Paynesville Primary School
“Where Friendship and Learning Grow”
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Bushfire Appeal
The school has become the drop off point for any item wishing to be donated to the bushfire appeal. Bruce and Trevor Sharp have kindly donated the use of one of their “Furniture One” trucks to help us take the goods to St Mary’s Church tomorrow morning. If parents have some free time in the morning, we will need some assistance with the loading of the truck from 9.00 onwards, any volunteers would be most welcome.

Today the school raised an amazing $500.00 through a casual dress and hat day for the bushfire appeal. Other schools across the state are also having a day to raise money tomorrow. This was a great effort with just one days notice, congratulations to the whole school community.

School Captains
On Monday, 12 students nominated themselves as School Captains. Unfortunately we were only able to select 4 students.

Our school Captains for 2009 and Ela Rutherford and Jack Reid. Our Vice Captains are Courtney Hill and Keenan Hynes. Congratulations to all those who nominated and it shows that we will have a great student leadership group this year.

House Captains
I would also like to announce 2009’s House Captains and Vice Captains.
School News

Joey Sea Scouts
Are you 6 or 7 years old? Would you love to come and play games, learn about nature, be part of a team, earn badges and wear a great uniform? We learn about Sharing and Caring and helping other people while having fun. We go on small hikes, bike rides and canoe in the shallows of the lake. We can show you how to do all these and more.
Cost for half year is $80, a one off joining fee of $30, and uniform if you can’t get a second hand one is $30 new.
When: Thursday afternoons, 4.30pm to 6pm, at the Paynesville RSL, Main Rd.
Contact for more information: Amanda Bodinnar (Puggle) on 51560908.

INSIGHTS

by Michael Grose - Australia’s No 1 parenting educator

Help your children make sense of the natural disasters

As adults we all want our children to live carefree lives and keep them from the pain and even horror of tragedies such as natural disasters. In reality we can’t do this.

The Queensland floods and the Victorian bushfires continue to wreak incredible havoc on so many people’s lives and will no doubt leave an indelible imprint on our collective psyches. These two natural disasters will be brought into our living rooms via the media over the coming days and weeks.

As adults we all want our children to live carefree lives and keep them from the pain and even horror of tragedies such as natural disasters. In reality we can’t do this.

So what is a parent, teacher, or other caring adult to do when the natural disasters hits the airwaves and the consciousness of society? Here are some ideas:

1. Reassure children that they are safe. The consistency of the images can be frightening for young children who don’t understand the notion of distance and have difficulty distinguishing between reality and fiction. Let them know that while this event is indeed happening it will not affect them directly.

2. Be available. Let kids know that it is okay to talk about the unpleasant events. Listen to what they think and feel. By listening, you can find out if they have misunderstandings, and you can learn more about the support that they need. You do not need to explain more than they are ready to hear, but be willing to answer their questions.

3. Help children process what they see and hear, particularly through television. Children are good observers but can be poor interpreters of events that are out of their level of understanding.

4. Support children’s concerns for others. They may have genuine concerns for the suffering that will occur and they may need an outlet for those concerns. It is heart-warming to see this empathy in children for the concerns of others.

5. Let them explore feelings beyond fear. Many children may feel sad or even angry with these events so let them express the full range of emotions. They may feel sadder

for the loss of wildlife, than for loss of human life, which is impersonal for them.

6. Help children and young people find a legitimate course of action if they wish. Action is a great antidote to stress and anxiety so finding simple ways to help, including donating some pocket money can assist kids to cope and teaches them to contribute.

7. Avoid keeping the television on all the time. The visual nature of the media means that images are repeated over and over, which can be both distressing to some and desensitizing to others.

8. Be aware of your own actions. Children will take their cues from you and if they see you focusing on it in an unhealthy way then they will focus on it too. Let them know that it is happening but it should not dominate their lives.

9. Take action yourself. Children who know their parents, teachers, or other significant caregivers are working to make a difference feel hope. They feel safer and more positive about the future. So do something. It will make you feel more hopeful, too. And hope is one of the most valuable gifts we can give children and ourselves.

Children’s worlds can be affected in ways that we can’t even conceive of so adults need to be both sensitive to children’s needs and mindful of what they say and how they act in front of children. In difficult times, it is worth remembering what adults and children need most are each other.

Published by Michael Grose Presentations. All rights reserved. Michael Grose is one of Australia’s leading parenting educators. For more parenting information and resources visit www.parentingideas.com.au

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Active After-School Program
Registration

Dear Families,
We are very lucky to be able to run the Active After School program again this year. If you would like your Child /Children to participate please fill in the registration form they are kept at the office. Please fill in and return ASAP to the office. We have three new trainers starting with us this year. And Gayle has returned as the Co-ordinator. We will be running 2 groups each night.

As part of the program we will receive funding to run an active after school program two days a week from 3.35—4.35. This program will be open to all students at no cost. Participants will, however, need to be registered so that numbers can be monitored.
   \textbf{It is not possible just to turn up on the night.}

\section*{After School Fun!}

The Australian Sports Commission’s Active After-school Communities Program (AASC) will commence at the Primary School this term ASAP.

The program will be running on \textbf{Monday and Thursday}
The sessions are based on the Playing For Life philosophy to coaching, which incorporates a strong focus on providing a non-competitive environment and activities that improve children’s motor skills through challenging them to achieve realistic goals. Over the course of the program children will be introduced to a host of activities, games and sports. Individuals who coach the sessions will have completed an accredited course with the Australian Sports Commission. A healthy snack is provided to each participant as part of the healthy lifestyle message the AASC promotes.
Attendance is FREE.

If you would like to enrol your child in the AASC program please complete and return the form to the office by \textbf{Monday16th February}. So that we have time to sort through the forms and put groups together. Parents will be notified when will have final numbers.

More information about the program can be found at