Dear Families,

Welcome to week 6.

Welcome to the Anderson family with Tom in grade 5 and Alyssa in prep with Alexis joining us in 2016 as a prep. We also have a student placement teacher in the grade 5-6 area, Emily Burns.

Yesterday the 3-4 students had an excursion to the Penguins. Tess and Trinity spoke at assembly about their visit on behalf of the grade three/four students in confident and clear voices.

The grade five and six students had an incursion from Bully Zone Australia. Oscar the presenter shared clips and a personal account of the effects of bullying from his childhood. Charli and Willow R were wonderful ambassadors as both students demonstrated great clarity, confidence and poise when speaking at assembly about the bullying session. From the feedback I got from both staff and students Oscar from Bully Zone Australia will be booked in to visit SRPS in term two next year as part of a family night. I have included some more information for all our students and their families to discuss with their children as well as some student reviews.

All the students who spoke at assembly yesterday have definitely lifted the standard of public speaking at San Remo PS. Well done everyone it is always a pleasure to listen to young people. We are very proud of you. It would be great if all our guests at assembly could remain quieter and stay still so that the students running the assembly as well as our students reporting back from events they have attended could be heard and not distracted.

REPORT WRITING DAY:
This is happening next Monday 23rd November. If you require the Vacation Care Program we will require 12 students to be booked in by Thursday in order for this day to go ahead. PLEASE contact the office immediately if you need to book your child or children in on this day.

VACATION CARE:
So far we have had no bookings for the 10 day Vacation Care Program in January 2016. Once again we need 12 students per day booked in within the next 2 weeks for this program to go ahead.

A huge thank you to Anna and Lesley two of our delightful parents who have in their own time chosen a job off the sandwich board and weeded the vegetable garden that runs along the tennis court fence. Thanks ladies your efforts are greatly appreciated.

2016 PREPS TRANSITION MORNING:
It is always delightful to meet and greet our incoming preps and their
families joining our beautiful school. Last Thursday night we had 10 parents meet in Mrs Wilson’s room for the parent session. We even had a guinea pig arrive on the night much to the students delight. On Friday the 2016 preps had their first transition session. Parents met with Roz for a rundown of the many things we need to know as parents when we start out at Primary School. Parents were then busily trying on uniforms in the staffroom to place orders. I look forward to catching up with all the parents and students this Friday at 9:00am for the second transition session.

A SAFER GENERATION FOR EVERYONE

Ph. 1800 028559

Bullying can cease in under 10 seconds if a bystander intervenes.

Often in bullying situations the bystander knows the behaviour is unacceptable and inappropriate but unless they are asked for help or made to feel they have a responsibility to act, they may silently collude or walk away.

Thought of the week:

“Be an up stander NOT a bystander”  (Bully Zone Australia)

Regards Sharyne

WORKERS OF THE WEEK  Week Ending 13/11/15

P/1 W  Perry for always showing respect to his friends and adults.

1/2 S  Xavier for always displaying the SRPS school values inside the classroom and out!

            Ryan for working hard on his reading and showing great improvement.

3/4 H  Romeo for excellent writing about the shopping centre in his homework book.

3/4 M  Angus for supporting his classmates with their learning.

5/6 G  Jake for his thoughtful responses to class discussions about bullying.

5/6 T  Zach for his mature approach to our Health and Human Development sessions.

Special Award  Phoebe Ruffin for being an invaluable helper during our first Prep Transition Day.

HAPPY BIRTHDAY

to

Oliver Marks
Liam Dayson
Turi Holmberg
Teia Loughnan-Green

HAPPY   BIRTHDAY

Teia Loughnan

Teia Loughnan

Teia Loughnan-

Green

 Photo next week ANGUS 😊

JUNIOR SCHOOL PYJAMA PARTY

The Prep-2 children will be having a ‘Pyjama Party’ in the Junior Learning Centre on Thursday 26th November. Children will remain at school until 8:30pm. More information will go home via the class letters.
CONGRATULATIONS
Nate Axford competed in Mass Foundation skate competition at Noble Park on Saturday. He competed against about 18 under 16s, quality skaters from around Melbourne and from NSW. He should be proud of being there and apart of what is a great opportunity. Nate was one of two island boys, Tom is from Newhaven PS

Out of School Hours Care (OSHC)
If you require care for the last 2 weeks (end January 2016) of the quickly approaching school holidays then could you please contact Jenny or Roz ASAP. Please note that we need confirmed enrolments in order to run this program.

ICYPOLES - Price Rise!!!!
Please note that as from last Thursday, 12th Nov, the prices for icy poles have risen to $1.50 and ice creams to $2 each.

REPORT WRITING DAY - NEXT Monday!!!!
There will be a Report Writing Day on Monday 23rd November. This is a Pupil Free Day.
As in the past, we are offering OSHC for the first 15 students wishing to book in. Please note that we need a minimum of 12 confirmed bookings by 4pm Thursday. We will let those families know on Friday morning if the program will run on Monday.

2016 TRANSITION
2016 Prep sessions:- November 13th, 20th & 27th and 4th and 8th December.
The whole school will participate in the transition sessions on Friday 4th December and Tuesday 8th December. Before this time we will be busy working on our staffing model for 2016 and will endeavour to have children in their expected grades for the December 8th transition session (State-wide Orientation Day).
If any families are expecting to leave San Remo PS at the end of 2015 or if you know any families planning on joining our BIG Family, it would be greatly appreciated if you could contact the school ASAP.

UNIFORM SHOP
Mondays and Fridays 8.30am-9.15am (not open in the afternoon)
Tuesdays, Wednesday and Thursdays 8:30am-9:15am and also from 3pm-3:45pm
Uniform orders can be placed at anytime by dropping it in the permission form box in the school office with payment or with a note of your receipt number if paid by direct deposit. All completed orders will be handed out to students by the end of the day if we have it in stock.

STUDENT SUPERVISION
Children are supervised in the playground from 8:45am until 3:45pm.
Parents are reminded that all classes begin at 9am sharp. If your child comes to school earlier than 8:45am or later than 3:45pm they need to attend OSHC.

NO PARKING ZONES Please note that parking is restricted along Thomas Grove and you are not permitted to park on the grass area behind the Rec centre and Bowling Club. Please do NOT park in the staff car park. Please remember our preferred parking for student drop off is at the top of Wynne Ave in the Rec Centre car park.
Please note: The local by-laws officers will be making periodic checks on the parking around the fringe of our school.
Learning to value others

Some girls in Grace's year four class were taking turns at skipping. Grace watched them closely and decided she would like to have a turn too. She asked to join in but Sally said, "It's too hard for you."

Grace had an intellectual disability. This meant she sometimes took longer to learn things. She was also not as well coordinated in sports as the other girls.

"Come on. Let me have a turn," said Grace. "Anyone can have a turn," said Deepa. "Have your turn after me."

So Grace tried to skip over the rope, but it got caught at her feet. "Try again," a few of the girls said. "You have to jump just as it hits the ground." Grace tried again. They gave her another turn because she was learning. On the last try she managed to skip twice in a row.

"You did it," said Deepa. Grace was really proud. "I did it!" she said. "And you helped me."

Learning to see another person's point of view

Learning to see another person's point of view is important for getting along with others and building positive friendships. Understanding others helps children know what to do in social situations and is the basis for developing caring and responsibility.

It's not always easy for children to see the point of view of someone who is different from them. Being different could mean having a disability, coming from a different country, being a different age or gender, or having different values and interests. Children who are seen as different may be left out of activities. They may face discrimination because others think they are not as good, as talented, or as important as they are. Discrimination can have very negative effects on children's self-esteem and mental health and wellbeing.

Skills for empathy

Taking others' needs into account involves values of caring, compassion and acceptance of others. It also involves emotional skills for empathy. Learning to empathise with another person means learning to walk in their shoes. It means being able to recognise and value their feelings and needs, even though they may be different from your own.

Skills for empathy develop over time and include:
- recognising your own feelings
- recognising others' feelings
- empathising with others' feelings
- knowing how to help others
- thinking about the situation from their point of view
- thinking how you can respond in a caring way
- doing something to help.

Some children find it easy to tune into feelings. Others need more guidance to learn empathic skills. Adults have an important role in supporting children to learn kindness and empathy.

How parents and carers can help

Research has found that the examples shown by caring adults have a big influence on children's empathy. Parents and carers (as well as school staff) can also foster empathy by promoting values of caring and compassion and coaching children to be kind and thoughtful towards others.

- Model empathy by putting into children's feelings (e.g. "Ouch! That must have hurt," or "You must be feeling disappointed that your friend can't come over").
- Help children think about how feelings affect other people (e.g. "How do you think your friend might be feeling?").
- Help children develop skills for understanding other people's points of view by discussing the effects of discrimination and the importance of respectful and caring attitudes toward everyone.
- Talk about situations that involve empathy (e.g. "What I liked about the story was how kind the hero was," or "That was a mean thing to do. Didn't you think she should have helped her friend?").
- Notice when children are kind and let them know you value their behaviour (e.g. "That was a very thoughtful thing to do. I really appreciate it").

How to support children to accept and include others

- Teach children that there is nothing wrong with being different and that each of us is different to somebody else.
- Teach children that everyone has a right to be respected.
- Help children develop skills for positive friendships and cooperative play.
- Parents and carers of children with special needs can talk to the staff at their child's school about how to support their strengths and about encouraging other children to include them.

Valuing others means seeing difference as something positive. It means trying to understand how others think and feel, and knowing that this helps you as well as them.

This resource is part of a range of KidsMatter Primary information sheets for families and school staff. View them all online at www.kidsmatter.edu.au

Australian Government
Department of Health and Ageing

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Bully Zero Reflection

I learnt about the age restrictions of apps. Karla
I felt upset that the girl with Down's syndrome was bullied. Tilisha
I was amazed how Melbourne and Sydney have the most cyber bullying in the world. Billie

Don't be a bystander, be an upstander. (Speak up) Jorja

I learnt that Melbourne is one of the greatest users of social media and I'm now extra careful of what apps I get on my iPod. Shioni

The video of the girl with Down's syndrome made me realize why everyone is trying to stop bullying and see why nothing to do with bullying is okay. Kaylee

I found it fascinating listening to the stories about people that have had bad experiences with social media. Charli

Some of the video clips he showed us made me emotional and made me think about the impact on lives that have been disrupted by bullying. Hayley

I learnt about how easy some children get persuaded to meet their internet friends in real life. It also changed my view on verbal bullying, physical bullying and cyber bullying. Lorie

I found the Bully Zero Australia Foundation presentation really interesting. Something that I learnt was that verbal bullying is the most dangerous and hurtful form of bullying. I think the 5/6's should do it next year. Nikki

Bystanders are just as bad as the bully. They don't go and help the victim but just stand and watch. Upstanders can be different. They go and help the victim and stand up to the bully. Bailee

If somebody on the internet says something nasty to you block them. Willow

I learnt that if you're a bystander you're as bad as the bully, but if you're an upstander you can be the solution to the problem. Finn

I learnt that Kik Messenger is the worst social media app and that an upstander is someone who stands up to the bullies. Jake

I found out that the bully hates the upstander because the bully wants the bullying to be covert, so when the upstander arrives the power changes and the bully must stop. Jesse

I learnt that Kik is the worst of social media. Matthew

I found out that there are lots more types of bullying than just physical bullying. There is verbal bullying, silent bullying and lots more. Cody

I learnt more about how to deal with it when bullies are yelling and swearing at you by telling someone or don't react because that is what they want. Zac

I learnt that any form of bullying should be notified to a trusted adult. Thomas

I learnt that verbal bullying hurts more than physical bullying and that verbal bullying stays with you. Mungo

I learnt that if the bystander does something about it, they become an upstander and take the power away from the bully. Joshua

It was an amazing presentation with all the photos and videos put together. Azayah

I learnt that the bystander is just as bad as the bully, but if you become the upstander you take the power away from the bully. Liam

Most bullying isn't physical, it's more said to the face and cyber bullying is a way to lure someone into disaster. Cassie

I learnt that a bystander is just as bad as the bully. I also learnt that Kik is the worst social media. Jess

I learnt that words can hurt you as much as someone physically hurting you. Gracie

Some of the apps on the computer, ipad and phone have paedophiles on them like Facebook and Kick. Jack
Phillip Island Board riders Club Supergroms Program 2015/16

The first supergroms comp will be on Sunday 22nd November at YCW beach at 9am. There are five sessions for the season.

The second comp will be on Saturday 12th December followed by Christmas BBQ and Santa that evening at the clubhouse.

The supergromms was started in the early 80’s. It introduces kids to surfing, having fun in the water and learning about competing. They also get to meet other kids and families.

You don’t have to be from a surfing family, anyone can join, all the kids need is a wetsuit and surfboard. There are divisions from little ones up to 13 years old with many age divisions for boys and girls.

All kids require an adult to be in attendance on the beach and throughout the sessions, young kids need to have an adult in the water with them. This is a fun way to learn how to surf with lots of other kids.

After every session everyone meets back at the club house where there will be a BBQ where food and drink can be purchased, and awards will be presented.

Registration night is Friday 20th November at the Board club, down the end of Veterans road Newhaven between 7 and 9. The cost is $80 and the kids also receive a board club windcheater and free Christmas BBQ.

Find us on Facebook

The Grade 3/4 students visited the Penguins yesterday. Watch out for their write up in next week’s newsletter.

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Leongatha

For a Free brochure FREECALL 1800 35 14 15
Or visit www.cricketcoaching.com.au for more information

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A HUGE THANK YOU TO OUR GENEROUS SPONSORS for our MUSICAL