



Newsletter

FOR YOUR
DIARIES

ISSUE 3

TUESDAY 12TH MARCH

Principal's Message

WERRIBEE ZOO EXCURSION

Friday 15th March
(Grades Prep & 1)

MPSSA LIGHTNING PREMIERSHIP

Friday 15th March
(Grades 4—6)

NATIONAL DAY OF ACTION AGAINST BULLYING & VIOLENCE

Friday 15th March

We have had a very productive couple of weeks here at Rockbank with teachers working hard during our recent Curriculum Day, students participating in our first values sessions and several large trees being cut down as they were beginning to split. The grounds look very open and inviting as a result of this improvement.

Values

At Rockbank Primary School we teach students to show the values of Respect, Learning, Togetherness and Safety. Last week, teachers swapped grades to work with students in other classes to teach them a range of skills and behaviours that we expect to see at our school. We are extremely disappointed when students do not follow our school values, so it is important for us to remind them of the right ways to engage with others and to promote a positive school environment. Building resilience is important to develop in students, but it also essential that students let us know if they are feeling that other students are not following the school values or are making them feel disrespected or unsafe. We have a series of pro-

grams and procedures in place to support both those who need help in dealing with difficult situations and for those who treat others poorly. We promote positive cultural experiences at our school and will be participating in the National Day of Action Against Bullying and Harmony Day and also participate in fortnightly Respectful Relationships education sessions, which strengthen our stance on this important community issue. We do not condone bullying and we put several programs in place to combat this including our Social Skills and Wellbeing programs .

Car Parking

I recently had the Melton Council out to our school to investigate the car parking situation. It is important that everyone follows the same rules and tries to keep our students safe in the car park. Driving slowly, being patient, keeping the three parking spaces clear near the entrance and using the speed hump area as a crossing are important rules for everyone to abide by. The Council will soon be erecting No Parking signs



Our students have been producing some beautiful art work.

and ways to stop people from parking on the speed hump. There will be a brochure sent out to parents to reflect any changes including details of fines for not following the road rules.

Have a great week.

Darryl Spiteri

Principal

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School News



Carly Lehane
Grade 2—3
Classroom Teacher

Meet Our New Staff

Hi everyone!

It has been lovely getting to know the students in my class, 2-3 Green, and I look forward to getting to know all of the staff, students and parents at Rockbank Primary School. Now I'll tell you a little bit about me.

I have been teaching for almost 20 years and have taught many year levels and specialist subjects. I

am married and have two gorgeous children. My son Heath is in grade 6 and my daughter Gemma is in grade 4.

Some of the things I love to do are: spending time with my family, making products using essential oils, shopping, playing tennis and going to the gym. I love coffee, Thai food and cake. I also have a bit of an obsession with

buying books. I have a wall to wall library at my house and many books in my classroom. I am a curious person who has always loved learning and trying new things. I have passed this onto my own children and I hope to inspire the students in 2-3 Green to develop their curiosity and have a 'Growth Mindset', believing they can achieve anything if they try hard!

REMINDERS FROM THE OFFICE

Bank Account details for direct deposits

*We encourage any
payments to be made via
direct deposit.*

BSB No. 313-140
Account No. 12055616
(Bank Australia)

Please make sure
you put your child's
name and what
payment is for in the
description part of
deposit.

Easter Raffle

Donations Please!

It is almost time for our annual Easter raffle. Being a small school, we are always appreciative of the generosity of our parent and friends.

Any donations (e.g. eggs, baskets etc.) to help make up our raffle prizes, would be much appreciated.



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School News



Angela Mitten

Student Wellbeing
Coordinator



A Word from Wellbeing

Helping Children Navigate Playground Politics (Part 2)

Emotion Regulation

Emotion regulation refers to a person's ability to manage his or her emotions in response to arousing situations.

Teaching Emotion Management to Kids

One of the most important skills we can teach children is how to identify their feelings when they are experiencing a strong emotion. These skills take time and practice to develop. I often use a feelings chart with children to help them identify how they are feeling, or after an explosive emotional event to discuss different feelings that led to the explosion. Teaching positive self-talk encourages kids to talk to themselves in a quiet voice or inside their heads. Some examples are: "I need to take three breaths," "I can do this if I practice more," "I'm not going to let her get to me," "That was probably an accident".

Problem Solving

Teaching problem-solving means helping kids learn to recognize a social problem, focus on finding solutions, predict consequences, and select a safe and respectful solution.

Teaching Problem Solving to Kids

When challenges arise with other children, ask your children a series of questions to help them

think through the problem. Eventually they'll be able to ask the questions for themselves. Questions to consider when teaching problem solving are:

- **"What happened?"**

Allow each child to tell his or her story and feel heard before solutions are brainstormed.

- **"How did that feel?"**

Help kids get clear about how they felt so they can clarify what they actually want or need.

- **"What did you want/need?"**

Many times we can read situations inaccurately. Asking this question helps focus the brainstorming solutions.

- **"What are other ways to get what you want/need?"**

Let your children brainstorm two or three ideas. It's okay if they're not all great ideas! This is just brainstorming. If they can't come up with ideas on their own, offer them two choices that align with your family's values.

- **"How would that work for you?" or "What will happen if you try ...?"**

This is an opportunity to evaluate each of the proposed solutions.

- **"What are you going to do now?" or "What will you try next time?"**

By asking this question, you allow your child to choose how to act differently next time. Expressing a future action out loud increases the likelihood your child will try it.

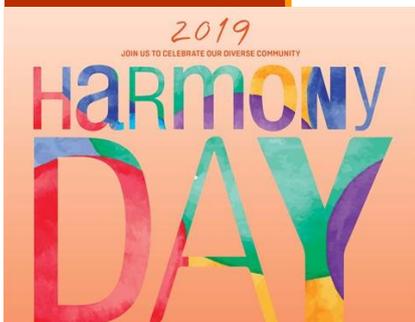
This article has been adapted from <https://www.heysigmund.com/playground-politics/>

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School News

HARMONY DAY—MARCH 21



HELP US CELEBRATE AUSTRALIA'S CULTURAL DIVERSITY THIS HARMONY DAY

- Harmony Day is about inclusiveness, respect and a sense of belonging for everyone.
- Our diversity helps makes Australia a great place to live.
- We enjoy different cultures, foods, ideas, minds, music and art that come from all over the world.

To celebrate, all students and staff are encouraged to come to school dressed in traditional cultural clothing or the colour orange.

There will be a 9am parade in the hall. All families are welcome.



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School News



Announcements

March Birthdays

Happy birthday to the following students who celebrate a birthday in March:

- | | | |
|-----------------|-------------------|----------------|
| Kiarah Pace | Gracy Nguyen | Annalise Romeo |
| Japman Dhaliwal | Aajoy Bains | Karina Simmons |
| Emilee Harrison | Aiden Mwaura | Dylan Koochew |
| Benji Cleghorn | Harman Waraich | |
| Ekam Bhowan | Jaydrien Chand | |
| | Maddison Harrison | |



Meet our new class members!

We have recently placed a fish tank in the STEM room for educational purposes such as learning about different types of fish and what they eat. Students will also learn other fundamental skills like taking responsibility to look after the fish and the maintenance of the tank.

Thank you to **Big Fish Aquarium** for making this possible. If you are interested in doing something similar at home Big Fish has you covered.

Address: 1/85-91 High Street Melton

Email: info@bigfishaquarium.com.au

Phone: 97476865



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School News

We have registered to support this day and will be doing activities in class to learn how we can all help take a stand against bullying.

National Day
of Action against
Bullying and Violence

Friday 15 March 2019
www.bullyingnoway.gov.au

**BULLYING.
NO WAY!**
TAKE A STAND
TOGETHER

What is bullying?

The national definition of bullying for schools, developed by educators across Australia, is:

Bullying is an **ongoing** and **deliberate misuse of power** in relationships through **repeated verbal, physical and/or social behaviour** that intends to cause physical, social and/or psychological **harm**. It can involve an **individual or a group** misusing their power, or perceived power, over one or more persons who feel unable to stop it from happening.

Bullying can happen **in person or online**, via various digital platforms and devices and it can be **obvious** (overt) or **hidden** (covert). Bullying behaviour is repeated, or has the potential to be repeated, over time (for example, through sharing of digital records).

Bullying of any form or for any reason can have **immediate, medium and long-term effects** on those involved, including **bystanders**. Single incidents and conflict or fights between equals, whether in person or online, are not defined as bullying.

Tips for parents

If your child talks to you about bullying:

1. **Listen** calmly and get the whole story.
2. **Reassure** your child that they are not to blame.
3. **Ask** your child what they want you to do about it and how you can help.
4. **Visit** www.bullyingnoway.gov.au to find strategies.
5. **Check in** regularly with your child.

Remember:

1. Listen
2. Respect
3. Acknowledge

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School News

NATIONAL RIDE2SCHOOL DAY 2019 FRIDAY 22 MARCH

Rockbank Primary School

are excited to be celebrating
National Ride2School Day on Friday 22 March 2019.

In the spirit of embracing a healthy and happy start to the day, we encourage all students and their families to leave the car at home and give riding, walking, scooting or skating to school a go.

National Ride2School Day is the perfect opportunity to kick-start new healthy habits and promote the many benefits of active transport for our community.

If you can't actively travel the whole way, consider parking the car nearby and riding or walking the rest of the way.

It's going to be a wheelie good day and we hope to see you there!



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School News

JOIN IN. GET ACTIVE!

PREMIER'S ACTIVE APRIL 2019




Get active this April with our brand new workout videos!

You can also use the new Activity Timer, all available on our Active April app for iOS & Android.



YOUR SCHOOL CAN WIN:

- ▶ Visits from high profile athletes at your school
- ▶ Bike education courses at your school

REGISTER TO GET:

- ▶ 10 free passes at your local YMCA or access to a local government recreation facility
- ▶ 30% discount at SEA LIFE Melbourne Aquarium and LEGOLAND Discovery Centre Melbourne
- ▶ One 2 for 1 ticket offer for Otway Fly Treetop Adventures
- ▶ 10% discount at Sovereign Hill
- ▶ 15% discount at Sportsmart in store and online
- ▶ Free experiences at participating Parks Victoria parks
- ▶ 15% discount for a Coasting, Stand Up Paddleboarding session
- ▶ 15% off Rock Up Netball Train and Youth Programs
- ▶ 20% discount for Netball Victoria community clinics
- ▶ One 2 for 1 green fee offer at participating Golf Victoria courses
- ▶ 10% discount on term 2 My Golf Junior Programs
- ▶ Five free group dance lessons at a participating DanceSport Victoria centre
- ▶ One free Cardio Tennis trial at participating Tennis Victoria courts
- ▶ One hour free tennis court hire at Melbourne Park or Albert Reserve
- ▶ Entry into the draw to win tickets to 2020 Australian Open Tennis Finals*

IT'S FREE & FUN FOR EVERYONE

Aim for 30 minutes of physical activity a day during April. Enjoy great benefits and win awesome prizes for you and your school.

Register today – activeapril.vic.gov.au

Follow us on:

MAJOR PARTNERS






*20% off on term 2 My Golf Junior Programs. *20% discount for Netball Victoria community clinics. *Entry into the draw to win tickets to 2020 Australian Open Tennis Finals*

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School News



School Wide Positive Behaviour Support

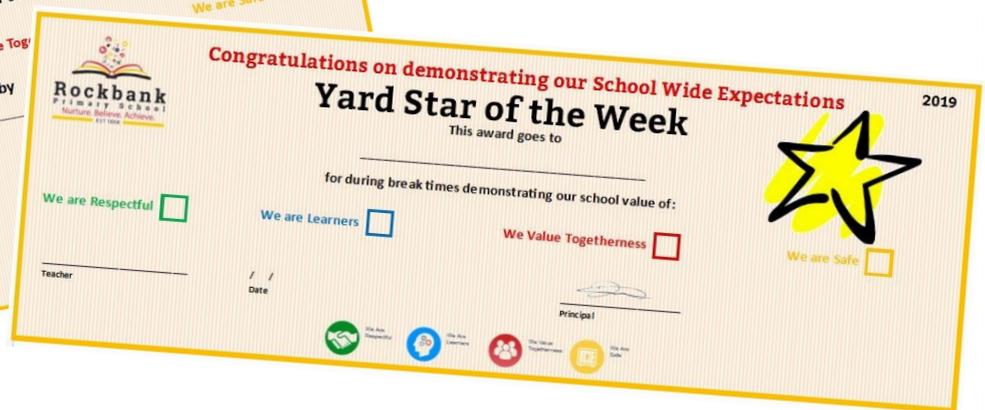
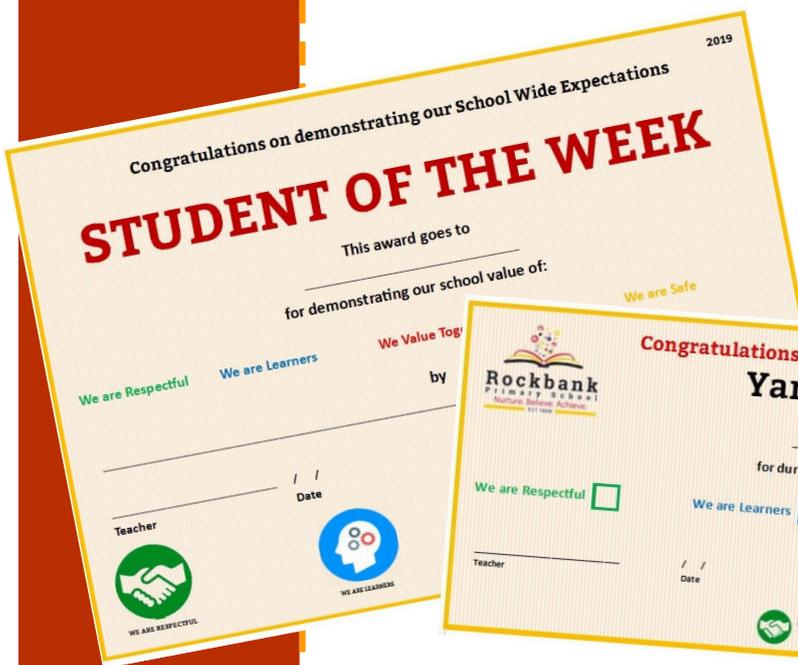
Acknowledging Expected Behaviours

“You get what you pay attention to”

At Rockbank Primary School, we encourage expected student behaviour through acknowledgement, recognition and encouragement.

Not all students are encouraged by the same thing or in the same way, so we utilise numerous reinforcements that serve to motivate all students across all settings. These can include:

- ⇒ Adult and peer attention through building positive relationships
- ⇒ specific positive feedback
- ⇒ tangible reinforcements.



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Celebrating Our Successes

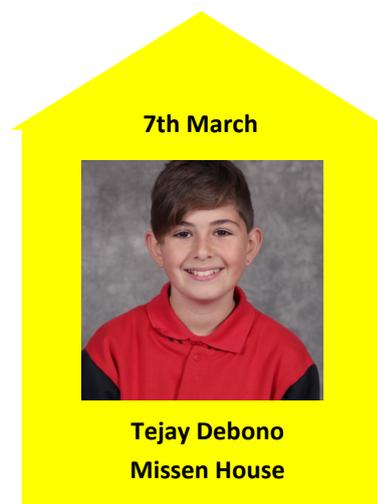
House Points—Term 1

Following our school values in the classroom, and the yard, is acknowledged with House Points. Our House Captains tally the results at the end of each week.

Missen	7530
Peacock	6780
Fisher	7760
Harrison	5860

Yard Star of the Week

Making great choices in the yard is recognised with our Yard Star awards. Yard Stars are awarded with House Points, and our Yard Star of the week earns extra points for their house and is published in the newsletter and recognised at assembly.



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Celebrating our Successes



We are Respectful



We are Learners



We Value Togetherness



We are Safe

Students of the Week

A class member from each class is recognised weekly with our Student of the Week Award. This award recognises students who consistently display our school values.

Class	Week Ending : 1st March	Week Ending: 8th March
Prep/1 Yellow Miss Mundie	Ben Cleghorn	Varnika Varnika
Prep/1 Blue Miss Bull	Ekam Batth	Lucy Ingram
Prep/1 Purple Miss Lane	Kaden Hollingworth	Maya Kularathna
2/3 Orange Mrs Niemiecki	Navjit Singh	
2/3 Green Mrs Lehane	Edward Keoheuangpraseut	Madison Courtice
4—6 Gold Miss Zemunic	Marisa McMullen	Ethan Jahoo
4—6 Silver Miss Bencich	Zakk Etemovic	Jai Pomare

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School News

**EVERY
SCHOOL DAY
COUNTS**

Come to school every day, and on time, and be recognised for your great achievement!



If your child is sick or absent, you are required to notify the school as soon as possible on the day of absence, by FlexiBuzz or phone.

2019 stats at 07/03/2019

<p>Our Goal:</p> <p>All students will have at least 95% attendance all year .</p>	<p>Current school wide student average:</p> <p>85% </p>
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Number of students with **100% attendance** so far in term 1

29

Names of students to go into a raffle for a prize to be announced at the last assembly of the term.

Year to date classroom statistics

Blue (Prep/1)	83%
Yellow (Prep/1)	83%
Purple (Prep/1)	86%
Green (2/3)	80%
Orange (2/3)	89%
Silver (4-6)	89%
Gold (4-6)	88%

Class with highest attendance at end of term will be recognised with a class celebration with Mr Spiteri.

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Community News

Harmony Day

Saturday, 16 March 2019 | 11:00 AM to 03:00 PM

On Saturday 16 March, communities across the City of Melton will come together at Morton Homestead to celebrate Harmony Day.

Activities include:

- multicultural food
- African drumming
- cultural performances
- kids activities
- henna face painting, and more..



Harmony Day celebrates Australia's cultural diversity which coincides with the United Nations' International Day for the Elimination of Racial Discrimination.

The message of Harmony Day is everyone belongs.

Harmony Day is an opportunity for all Australians to embrace cultural diversity and to share what we have in common. It is a day of cultural respect for everyone who calls Australia home – from the traditional owners of this land to those who have come from many countries around the world.

Please note: Access to the event site car park via Morton Boulevard will be blocked on event day. Please access the car park via Calder Park Drive.

When

Saturday, 16 March 2019 | 11:00 AM - 03:00 PM

Location

Morton Homestead, Calder Park Drive, Taylors Hill 3037

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Community News



Kids Dance Classes

Call: 0403 683 989 or
0410 275 785



FUN AND AFFORDABLE!
DANCE CLASSES FOR CHILDREN
AGED 2+ IN ALL STYLES OF
DANCE: JAZZ, BALLET, TAP & ACRO
FREE TRIAL
LOCATED AT ROCKBANK PRIMARY
SCHOOL HALL

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Community News



**MELTON
CHRISTIAN
COLLEGE**

STEADFAST AND STRONG

OPEN DAY

SATURDAY 30 MARCH, 2019
10AM - 2PM

Please register your attendance online at
www.mcc.vic.edu.au/enrolments

EXPRESSIONS OF INTEREST NOW OPEN FOR 2021

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Community News



MAR 31 Friend IN ME 2019
Public · Hosted by Friend IN ME

★ Interested ✓ Going Share ...

🕒 Sunday, March 31, 2019 at 11 AM – 4 PM

📍 Seaworks [Show Map](#)

📄 Free Sign up on Facebook [Sign Up](#)

Details

TICKETS ON SALE NOW!!!

\$10 per adult
\$5 per child
\$30 family pass (up to 3 children)

ALL PROCEEDS FROM THE DOOR GOING DIRECTLY TO CHARITY

After learning about how worrying it can be for parents who have a child that struggles to make friends or get invited to parties, we decided to host an all inclusive event for families within our neighborhood and our extended community.

Friend In Me brings together children of all ages, nationalities and abilities to dance, play, sing, create and most importantly, make lifelong friends and memories they will cherish forever.
This event will ensure "no child is left behind". Not today. Not tomorrow. Not ever.

It is so important for parents and children alike to form long lasting, supportive networks and friendships within their local communities and beyond.

Friend In Me helps to create and nurture those friendships in a fun, safe and welcoming environment. One of the aims of Friend in Me is to reduce the feelings of loneliness and isolation that children can experience by bringing families together to meet, share, laugh and connect with each other all whilst raising money for a chosen charity

FRIEND IN ME TEAM



Purchase tickets here <https://www.eventbrite.com.au/e/friend-in-me-2019-the-biggest-inclusion-event-for-melbourne-children-tickets-58481054408>

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What have we been learning?



AUSLAN

The students have been practicing finger spelling the Auslan alphabet across the school.

Year 4-6 students have been practicing the signs for the alphabet by playing games such as battleships, hangman and Go Fish. They have been learning signs for the Bruno Mars song 'Count on Me'.

Years P-3 have been learning the signs for emotions and have enjoyed playing a number games to remember these signs.

The P/1's do a fabulous job of signing 'Twinkle, Twinkle Little Star'.



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