



Newsletter

FOR YOUR
DIARIES

ISSUE 8

FRIDAY 31ST MAY

Principal's Message



GRADE 4—6 CAMP

Monday 3rd—
Wednesday 5th
June

GRADE 2/3 EXCURSION

Friday 7th June

(Immigration
Museum)

QUEENS BIRTHDAY PUBLIC HOLIDAY

Monday 10th June

(student free day)

GRADE PREP-1 EXCURSION

Friday 14th June

(Melbourne
Museum)

As the weather starts to get colder, we have been keeping warm at school by continuing to participate in a number of activities. Our Year 4-6 students attended Charcoal Lane last week and our whole school has been at the pool this week doing swimming lessons.

Charcoal Lane

As part of our partnership with Ardoch, our Year 4-6 students visited Charcoal Lane last week. Ardoch are a group set up to provide opportunities for students who may not otherwise receive such access. At Charcoal Lane our students learned about Indigenous Australian Food and even got to try fish, kangaroo and a range of berries. By all accounts they had a wonderful time.

Swimming

This week saw the second year of our one week intensive swimming program at Genesis in Melton. The students were placed in small groups and taught a range of water safety skills that are vital for safety around water. This program won't necessarily enable students to be elite swimmers, given the short time frame, but reinforcement of skills

over this one week intensive program will help students to lock-in learning more quickly. If your children are enjoying swimming, it may be a good idea to enrol them in a program at one of the many swim schools around. If your children have lost any items of clothing this week, we have a range of lost property to collect. Please see the office if you would like to see the items we have. Any items not collected within the week will be donated to a local charity.

Camp

The Year 4-6 students will be on camp next week. We wish them all the best for their 3 days away. Students are able to come to school at 11am on Thursday 6th June for those who were at camp. Students are able to come in at the regular time if they are unable to come in at 11am and they will be placed in other grades until all the students arrive. Everyone else will start at normal time.

Have a great weekend.

Darryl Spiteri
Principal



Our swimming program ensures all students develop life long swimming and water safety skills.

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School News



Karina Simmons
Co Vice Captain

Meet Our 2019 Student Leaders

Hello, my name is Karina and I am a school Vice-Captain. The reason I wanted to be a Captain was because I want to be an influence to younger kids and because it's my last year of Primary

School. After school my hobbies are football and dancing, I have been doing football for three and a half years. My favourite subject in school is P.E. because I'm a sporty person. In

class my favourite subject is writing. I'm in the best class - Silver and I have a great teacher in Miss Bencich.

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.



Join our tribe and take action against breast cancer.

When: Friday 21st June

Dress in pink and bring a gold coin donation.

All donations go to the National Breast Cancer Foundation; Australia's leading national body funding game-changing breast cancer research with money raised entirely by the Australian public.

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School News

A Word from Wellbeing

Building Independence in Children



Building independence in children is not something that happens overnight. For children to become independent they need many opportunities to develop new skills over time. They need to be able to try new things, experience making mistakes and trying again. This is how new skills develop. We can help build a child's growth towards independence by gradually increasing the tasks that we expect a child to do. When children have a setback, or are facing a new challenge, we can assist by providing encouragement. We need to allow them to attempt tasks that are developmentally appropriate, so that they have a chance to learn about how growth happens and experience success.

When teaching kids how to do things, show and help them at first. Then let them do what they can, even if they make mistakes. Be sure your child gets a chance to learn, try, and feel proud. Don't make new challenges too easy — or too hard. When we protect our children from new challenges we can inadvertently be setting up patterns of dependence and an unwillingness to attempt new things.

Many opportunities for children to develop

independence are offered to children throughout their school years. Primary school age children can learn to take care of their belongings, get dressed and undressed by themselves, assist with making their own lunch, remembering their home reader and carrying their own bag. There will be times that they forget, get it wrong or need a reminder, however, in the long run we are preparing our children to be responsible adults.

This week there have been many opportunities for children to develop new skills through our swimming program. For some children it may have been the first time that they have had to get themselves dried and changed after a swim or attended a pool without a parent being present. While teachers provide a great deal of support, we also encourage children to take care of their own belongings and do as much as they can for themselves.

Positive self-esteem is closely linked to independence. Kids who feel good about themselves have the confidence to try new things. They are more likely to try their best and they feel proud of what they can do. Self-esteem helps kids cope with mistakes. It helps kids try again, even if they fail at first. As a result, self-esteem helps kids do better at school, at home, and with friends.

Angela Mitten

Student Wellbeing Coordinator

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School News



Social Skills

At Rockbank Primary School we run several social skills programs which aim to support selected students in their social/emotional learning. One of those programs is **The Zones of Regulation**.

The Zones of Regulation aims to educate participants on self-regulation. It teaches students that our feelings and state of mind determine which zone we would be in. Students are taught in a one hour weekly lesson, that if they can recognise when they are becoming less regulated, they will then have an increased chance of managing their emotions in a healthier way. They are given a number of tools and resources to assist them in their learning throughout the program.

Movement through the zones are normal to experience for everybody, with self-management coming natural to most, however, for others it is a skill that needs to be explicitly taught and practiced.

If your child participates in The Zones of Regulation at school, using the colour of the zones below to describe their emotions will reinforce their learning.

The Four Zones

The **Red Zone** is used to describe extremely heightened states of alertness and intense emotions. A person may be elated or experiencing anger, rage, explosive behaviour, devastation, or terror when in the Red Zone.

The **Yellow Zone** is also used to describe a heightened state of alertness and elevated emotions; however, one has more control when they are in the Yellow Zone. A person may be experiencing stress, frustration, anxiety, excitement, silliness, the wiggles, or nervousness when in the Yellow Zone.

The **Green Zone** is used to describe a calm state of alertness. A person may be described as happy, focused, content, or ready to learn when in the Green Zone. This is the zone where optimal learning occurs.

The **Blue Zone** is used to describe low states of alertness and down feelings such as when one feels sad, tired, sick, or bored.



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Announcements

May Birthdays

Happy birthday to the following students who celebrated a birthday in May

Manreet Kaur

Jacob Nguyen

Sophie McDonough

Nicola Castillo

Jacintia Cameron

Jhett Henderson

Jamie Mayhew

Kritika Bazarh

Zakk Etemovic

Irae Savea



Subway Lunches—from Term 2



A reminder, from this term we are trialling working with Subway to provide Subway lunch orders once per week, each Friday.

There is an order form to complete, which needs to be handed to the classroom teacher with *correct money* (no change will be given) by each Wednesday morning.

Please note that we cannot accept late orders.

Subway order forms are available at the school office, posted on FlexiBuzz, and available for download and printing from our school website.



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It's easy for everyone to stick together



Between 1 May and 25 June 2019, collect as many stickers as you can.



Stick them on the supplied posters or sticker sheets. Don't forget, you can always download and print extra sticker sheets at teaching.com.au



This time, you won't need to send your stickers back to us. You'll just need to count them up and let us know how many you've got. But it's important that you hang onto your stickers until your new equipment arrives.



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School Wide Positive Behaviour Support

A reminder: Teaching Expected Behaviours

Why teach?

We teach because it works. Teaching is an effective process for clarifying what all members of a community should know and be able to do, as well as where, and to what criteria to demonstrate the behaviour.

At Rockbank Primary School the focus is on directly teaching students the expected social behaviour through tell, show, practice, monitor and re-teaching. Instruction takes place each day, throughout the day, all year long. We also have weekly rotating Values and Respectful Relationship lessons.

A typical lesson plan may look like this.

Expectation	Be Responsible	
Specific Behaviour(s) and/or Procedures <i>List behaviour and steps to complete</i>	Following Directions means: <ul style="list-style-type: none"> • Eyes on teacher • Do what teacher asks • Raise hand for help 	
Context <i>Identify the location(s) where behaviour is expected.</i>	All Settings	
Tell <i>Introduce the behaviour and why it is important</i>	<ul style="list-style-type: none"> • "Today we are going to review the skill I can follow directions." Read the behaviour and steps. • Brainstorm with the class a list of adults that they encounter on any given day at school. These would include their own teachers, specialists, P.E. coaches, secretaries, media specialists, lunchroom workers, bus drivers, custodians and many others. • Discuss why it is important to follow directions given by all adults in the building. 	
Show <i>Teacher demonstrates or models the behaviour. Teacher models non-examples</i>	<ul style="list-style-type: none"> • An adult blows the whistle on the playground; all students stop playing, look to see that the path to their line up spot is clear and move keeping their hands and feet to themselves to their line up spot. • The teacher directs the class to push their chairs in and line up. The class politely pushes in their chairs and forms a line, getting in their line order and leaving space for others to get in line. They get to their special class on time • Teacher models the non-example: Teacher has student role-play being the teacher giving directions to get materials out for a lesson and teacher is non-compliant. 	
Practice <i>Give students opportunities to role play the behaviour across all relevant settings</i>	<ul style="list-style-type: none"> • Give a direction, such as clear your desk, and time students to see how quickly they comply. • "Simon Says" game: practice with this follow-the-leader game to reinforce compliance with directions. • Role-play procedures such as lining up at the end of recess. Have one student be the "supervisor" and have that child verbalize the positive things they notice. 	
Pre-correct/Remind <i>Anticipate and give students a reminder</i>	<ul style="list-style-type: none"> • "Before I give the next directions, let's review the steps to following directions. They are listen attentively, raise hand to speak or ask questions and begin task immediately." 	
Monitor	Supervise <i>Move, scan and interact with students</i>	After directions are given, move, scan and interact with student to give them feedback about how they are following directions and correct as needed.
	Feedback <i>Observe student performance & give positive, specific feedback to students</i>	<ul style="list-style-type: none"> • Thank you for following the fire drill expectations and safely exiting the building." • "Great job of counting off quickly and moving to numbered corners. That shows responsible use of our learning time. I heard some interesting discussions..."
Reteach <i>Practice throughout the day</i>	<ul style="list-style-type: none"> • Have students share examples of when they followed directions promptly. • Share examples of someone you saw following directions promptly and tie compliance to positive outcomes such as more time for recess because the class was timely in getting lined up! 	

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Celebrating Our Successes

House Points—Term 2

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	11,970
Peacock	10,720
Fisher	9,870
Harrison	10,330

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 : 24th May	Week Ending: 31st May
Prep/1 Yellow Miss Mundie	Jasleen Kaur	Lona Charlton-Crennan
Prep/1 Blue Miss Bull	William Kolak	Izzy Charlton-Crennan
Prep/1 Purple Miss Lane	Deekshita Dandu	Japjit Kaur
2/3 Orange Mrs Niemiecki	Tyler Kennedy	Ayvah Minawieh
2/3 Green Mrs Lehane	Ash Bajwa	Khaira Ajitesh
4—6 Gold Miss Zemunic	Jacintia Cameron	
4—6 Silver Miss Bencich	Jasnoor Singh	Dylan Koochew

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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 30/05/2019

<p>Our Goal:</p> <p>All students will have at least 95% attendance all year .</p>	<p>Current school wide student average:</p> <p>87% </p>
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Number of students with **100% attendance** so far in term 2

35

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

Term 2 classroom statistics	
Blue (Prep/1)	93%
Yellow (Prep/1)	84%
Purple (Prep/1)	87%
Green (2/3)	85%
Orange (2/3)	86%
Silver (4-6)	90%
Gold (4-6)	86%

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

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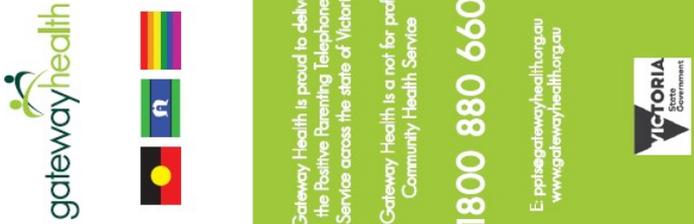
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Community News

POSITIVE PARENTING TELEPHONE SERVICE
1800 880 660



gatewayhealth



Gateway Health is proud to deliver the Positive Parenting Telephone Service across the state of Victoria.

Gateway Health is a not for profit Community Health Service

1800 880 660

E: ppise@gatewayhealth.org.au
www.gatewayhealth.org.au

POSITIVE PARENTING TELEPHONE SERVICE

FREE
VICTORIA WIDE SERVICE FOR

- Parents
- Grandparents
- Carers

Caring for children aged 2 - 12 years

OUR FREE 6 TO 10 WEEK PARENTING PROGRAM HELPS YOU TO:

- Have stronger more positive relationships with your children
- Set rules and limits
- Manage everyday behaviour problems
- Teach new skills

Participants complete a workbook or online modules which are supported by weekly 30 minute phone calls with a trained parenting educator.

All of this can be done from the comfort of your own home at a time that suits you



Enrol now and make a positive start to last a lifetime

Please call
1800 880 660

Enrolments are taken all year round

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FREE
VICTORIA
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For:

Parents

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Carers

**of children aged 2
to 12 years**

Positive Parenting Telephone Service

Our free 6 to 10 Week program helps you to:



Have
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All of this can be done from the comfort of your own home at a time that suits you.



**Enrol now and make a
positive start to last a lifetime**

Call us for more information or to enrol

1800 880 660

Enrolments are taken all year round



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Community News

Get Activated Stay Motivated



Get Activated Stay Motivated is a fun and exciting holiday activity for kids aged between 1 and 12.

Kids get a chance to have a go at a range of sports and other activities in one morning, all in the one place!

The café is open from 9.30am - Coffee and snacks available.

COST: \$7 per child

Register at: <http://www.melton.vic.gov.au/Online-Forms/Get-Activated-Stay-Motivated>

Or search 'Get Activated Stay Motivated' on www.melton.vic.gov.au

For more information Contact:

JohnTr@melton.vic.gov.au | Phone: 9747 5356

CAROLINE SPRINGS:

WHEN:

Wednesday 3rd July 2019

TIME:

10am-12pm Arrive at 9.30am

WHERE:

Caroline Springs Leisure Centre
9-19 The Parade, Caroline Springs

MELTON:

WHEN:

Wednesday 10th July 2019

TIME:

10am-12pm Arrive at 9.30am

WHERE:

Melton Indoor Recreation Centre
Coburns Rd Melton



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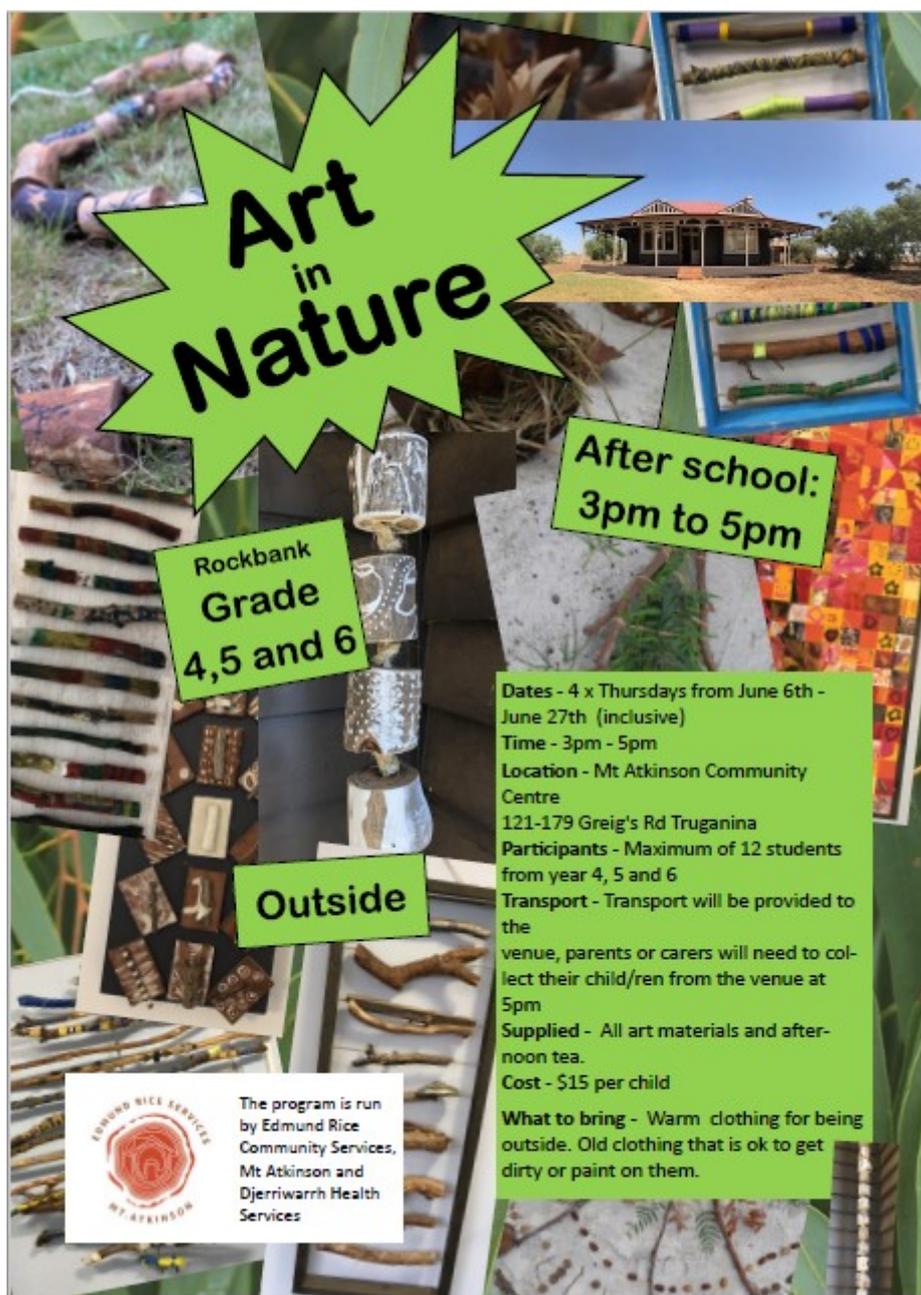
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Community News

Please note change in start date, and reduced price from FlexiBuzz that was sent earlier this week.

Sign up sheets and medical forms for these workshops are available at the school front office.

If you have any questions about the workshops, please contact Bernadette Duffy (Health Promotions Officer, Djerriwarrh Health Services via email [http://BernadetteD@djhs.org.au](mailto:BernadetteD@djhs.org.au) or phone 0487 687 951.



Art in Nature

Rockbank
Grade
4,5 and 6

After school:
3pm to 5pm

Outside

Dates - 4 x Thursdays from June 6th - June 27th (inclusive)
Time - 3pm - 5pm
Location - Mt Atkinson Community Centre
121-179 Greig's Rd Truganina
Participants - Maximum of 12 students from year 4, 5 and 6
Transport - Transport will be provided to the venue, parents or carers will need to collect their child/ren from the venue at 5pm
Supplied - All art materials and afternoon tea.
Cost - \$15 per child

What to bring - Warm clothing for being outside. Old clothing that is ok to get dirty or paint on them.

The program is run by Edmund Rice Community Services, Mt Atkinson and Djerriwarrh Health Services

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Community News

This is a ticketed event. Please book your free tickets through:

<https://www.eventbrite.com.au/e/family-movie-night-tickets-62618893797>



**Free Family
Movie Night
in Rockbank!**

Saturday June 15, 5:30PM
Rockbank Community Hall
24 Old Leakes Rd, Rockbank

Free BBQ from 5:30pm
Free movie from 6:30pm
Free popcorn throughout the movie!

THIS IS A TICKETED EVENT!

Please book your **FREE** tickets
through:
<https://www.eventbrite.com.au/e/family-movie-night-tickets-62618893797>

✉ Healthpromotion@djhs.org.au

📘 HealthPromotionatDJhs

☎ 8746 1508

This event is a joint partnership between Edmund Rice Services - Mt. Atkinson, Woodlea, Grassroots Placemakers, Melton City Council and Linking Rockbank



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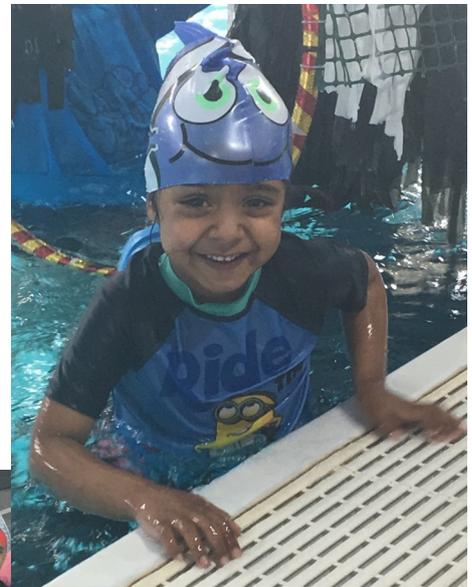
What have we been learning?

Blue Prep—1 Classroom

This week P1 Blue have been enjoying our swimming lessons at Melton Swim School so much! We have learnt all about being safe in and around the water, helping people in trouble, how to swim through seaweed and how to be a rocket in the water!

We have done great listening and shown our school values to our swimming teacher by being respectful and learning lots.

We can't wait to do it all again next year!



MELTON
SWIM SCHOOL



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