PRINCIPAL’S REPORT

2015 Annual Report to the School Community
On Monday, 18th April, I will be presenting the 2015 Annual Report to the School Community at a meeting scheduled for 5:30pm. Members of the school community are welcome to attend.

As the School Council will be in attendance, once the report has been presented to the community, the School Council will then begin the process of ratifying and endorsing it. Following this, the 2015 Annual Report to the School Community will be made available through hard copies being left at the office and it will also be placed on the school website.

Bell and Learning Times
8:50am – 9:00am
A reminder that there are two bells to signal the beginning of school.
The first bell will sound briefly at 8:50am.
The teachers will open their doors from this time, allowing students to enter prior to the 9:00am bell.
This will assist in:
• Class preparation for the day
• Building Relationships
• Parents will be able to have a ‘brief’ conversation with the teacher.
The second bell indicates the beginning of your child’s learning time.

Session 1
9:00am – 11:00am: Learning
Recess: 11:00am – 11:30am
Session 2
11:30am – 1:30pm: Learning
Lunch: 1:30pm – 2:30pm
Session 3
2:30pm – 3:30pm: Learning

Parents/carers, if your child is consistently late, even a few minutes, it means he/she misses what adds up to be a significant amount of ‘missed opportunities’ to learn. These ‘missed opportunities’ can greatly hinder your child in many ways that may not be evident now but collectively will create many and varied ‘gaps’ in your child’s development in areas such as:
• Thinking: This involves looking and listening, questioning, trying things out and making decisions. Children need time to be able to try things over and over until they can work things out.
• Self-esteem
• Social development
• Cultural understanding
• Health and physical development
• Communication
• Creativity

So, PLEASE plan your morning, be organised and deliver your child to us at least ten minutes before the first bell at 8:50 am. If you have problems with getting your child to school, talk to your teacher or inform the office, as we might be able to support you in some way.

John Mace, Principal

Opt-out Option Newsletter
Dear Parents/Carers
As you are aware Ballam Park PS has been trialling a paperless Newsletter for some time now. We have become increasingly aware of the fact that many parents are missing vital information because they may not be accessing the online version of the newsletter.

Up until now, we have had an opt-in option for a paper newsletter. We have decided to begin providing a print copy from today, and ask that, if you are happy to access the Newsletter online, you choose to opt-out of future paper copies of the Newsletter.

Please detach and return to school as soon as possible

To Ballam Park Primary School
Parent/Carer’s name: ____________________________
(Please print)
Children’s names and class:
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________

☐ I would like to opt-out of the paper copy option and will access the Newsletter online
☐ I would like to continue to receive a paper copy of the Newsletter.

Thank you
CAR PARK 1

- PARK AND WAIT AWHILE
- PAUSE, DROP OFF THEN DRIVE FORWARD THEN AROUND AND BACK OUT

THE DANGER ZONE!

- PLEASE! DO NOT PARK HERE
- PLEASE! DO NOT STOP HERE
- PLEASE! DO NOT WAIT HERE
- PLEASE! DO NOT SWEAR AT ANYONE
- PLEASE! DO NOT THREATEN PHYSICAL VIOLENCE
- PLEASE! BE PATIENT
- PLEASE! ROLE MODEL TO YOUR CHILDREN

CAR PARK 2

- PARK AND WAIT AWHILE
- PAUSE, DROP

HAVING A SMILE IS HEALTHY
Congratulations to the following students who have been presented with Merit Awards!

**1-2A:** Belle H  
**1-2B:** Jacyntha V  
**1-2C:** Elisha K  
**1-2D:** Lillybeth H  

**3-4A:** Dayle C  
**3-4B:** Josh E  
**3-4C:** Vincent Y  

**5-6A:** Kane P  
**5-6B:** Teah W & Hailey W  
**5-6C:** Ebony H & James M

---

**MAY cont...**

Mon 16 to Fri 20  
Thurs 19  
Mon 16 to Fri 20  

**JUNE**

Fri 3  
Fri 17  

**IMPORTANT DATES 2016**

**APRIL**

Fri 22  District Athletics Carnival (Track)  
Mon 25  PUBLIC HOLIDAY ANZAC Day  
Tues 26  Parents & Friends' Assoc Mtg 9am  
Fri 29  Years 5/6 Winter Sport Round 1

**MAY**

Tues 3  Years 3-6 BPPS House Cross Country  
Thurs 5  Foundation Myuna Farm Excursion  
Fri 6  Yrs 5/6 Interschool Winter Sport Rnd 2  
Tues 10  Parents & Friends' Assoc Mtg 9am  
Fri 13  Yrs 5/6 Interschool Winter Sport Rnd 3

**JUNE**

Fri 3  Yrs 5/6 Interschool Winter Sport Rnd 5  
Fri 17  Yrs 5/6 Intersch Winter Sport Play-offs

---

Congratulations to the following students who have been presented with Merit Awards!

**1-2A:** Te Huia T  
**1-2B:** Harper P-T  
**1-2C:** Jacob O  
**1-2D:** Mason W

**Foundation A:** Lily B
**Foundation B:** Owen K
**Foundation C:** Alysia A

**3-4A:** Nicholas W  
**3-4B:** Taylon V  
**3-4C:** Christopher R  
**3-4D:** Leigh-Peter C

**5-6A:** Emily S  
**5-6B:** Ina T & Maddy M  
**5-6C:** Kyle W

---
Sport News

Year 5/6 Camp
A great time was had by all on the Year 5/6 Camp at Grantville Lodge in the last week of Term 1. We were blessed with perfect weather, and students enjoyed participating in canoeing, low ropes, high ropes, hut building and flying fox activities.
A big thank you to those staff who attended for their tireless work: Mr Mace, Mrs Burrows, Mrs Davis, Miss Vella, Mrs Lothian, Mr Shotter and Mrs Street.
Congratulations to our Year 5/6 students who attended for their outstanding behaviour and enthusiasm over the three days on camp.

Sport in Term 2
Term 2 will be a very busy term for sport activities at Ballam Park PS. Our Years 3 – 6 students will participate in cross country and athletics training and activities in PE, culminating in district events.
Years 5/6 students will represent the school in Inter-school Winter Sport this term as well beginning on Friday 29th April in football, soccer (boys and girls), and netball (boys and girls).

Sport dates for Term 2:
- Bayside District Athletics (Track Events) – Friday 22nd April
- Inter-school Winter Sport Round 1 – Friday 29th April
- BPPS House Cross Country – Tuesday 3rd May
- Inter-school Winter Sport Round 2 – Friday 6th May
- Inter-school Winter Sport Round 3 – Friday 13th May
- Bayside District Athletics (Field Events) – Wednesday 18th May
- Bayside District Cross Country (@ Woodleigh School) – Friday 20th May
- Inter-school Winter Sport Round 4 – Friday 27th May
- Inter-school Winter Sport Round 5 – Friday 3rd June
- Inter-school Winter Sport Play-offs – Friday 17th June

Darren O’Brien
Sports Coordinator
Easing children’s anxiety

Anxiety is normal and part of everyday life. There’s no better time than childhood for learning how to cope with anxiety.

For those with no personal experience of anxiety it can be hard to understand how debilitating it can be. “Come on, get on with it,” seems so obvious. Of course, this response is nowhere near adequate. Most kids experience some anxious moments or have fearful thoughts and feelings from time to time about certain events. These thoughts and feelings prompt them to proceed with caution.

But anxiety and fear can be paralyzing. Some kids simply can’t stop their ‘bad thoughts and feelings.’ They can’t silence the voice of fear that whispers to them continually.

Staying calm
Anxiety is a normal part of life and can be managed, but it takes time. It’s also contagious so it’s the job of parents to stay calm, think clearly and role model confidence when kids get anxious.

CALM is created through your words, voice and facial expression. When children become anxious, help them recognize what’s happening. Some kids get angry, some become upset and others withdraw. Work out the pattern for your child and help them recognize when they are anxious.

ACCEPT your child’s anxious feelings. Your child needs to trust that you are with them, and then they will be more willing to let you help them cope. It’s hard sometimes to differentiate between what may be a bad case of negative thinking and true anxiety.

Is a child being negative when she doesn’t want to join a new club because she thinks no one will like her, or is there something more going on? Try to confirm whether there is any validity in their fears. If not, point out diplomatically, that they may be catastrophizing. If you feel there is reason for concern, help them to overcome their anxiety.

CHALLENGE the validity of your child’s fears and anxiety, using logic and rational thinking. Don’t allow kids to wallow in self-pity. Move their thoughts towards the future rather than allow them to mope around.

Making a plan
ENCOURAGE your child to overcome their anxiety through action. Vanessa came up with a creative solution to help Ruth, her seven-year-old daughter, overcome her reluctance to attend birthday parties without her. Initially Vanessa attended parties with her daughter so she wouldn’t miss out, but Ruth was becoming too reliant on her, so it was time to make a change.

The next time Ruth was invited to a party, Vanessa put a plan into action. First, she set up a little birthday party scenario at home using dolls and teddies as friends, so her daughter would know what to expect. Vanessa explained that she would leave her at the party for a short time. Vanessa let her daughter know that she had no doubt that she’d cope.

The little plan worked a treat. Vanessa arrived at the party an hour after the start to find Ruth involved in a game. She acknowledged her mum, but she didn’t leave the game. Later, at home Vanessa made a fuss over her daughter for being brave. Ruth agreed that next time she was invited to a party she would go for the whole time without her mum.

Anxiety is normal and part of everyday life. However, it can be debilitating unless it’s managed. Anxiety management takes time for kids to learn, but it’s one of those valuable life skills that parents can teach their kids.
Almost all families are eligible. To find out more, call our Customer Service Team on 1300-105-343 Monday to Friday.

Once registered you can make bookings and cancellations, view your statements and manage your details any time of the day online. Please keep in mind we are able to take bookings at short notice to help busy families.

Breaky Club (free) is open every day, 8.15am
Our (free) Breaky Club operates every morning, Monday to Friday, from 8.15am to 8.45am in the Canteen. The aim of the Breaky Club is to encourage all students to eat a healthy and nutritious breakfast. There is a limited menu consisting of toast, Vegemite, Weetbix, two fruits, Milo and fresh fruit. Everyone is welcome! We look forward to seeing your child/children at Breaky Club!

How to get started — Before using our programs, you must register online for an account. Registering is quick and easy. Please visit our website to begin: www.campaustralia.com.au

Once registered you can make bookings and cancellations, view your statements and manage your details any time of the day online. Please keep in mind we are able to take bookings at short notice to help busy families.

Save on care — You can save 50% or more on Before and After School Care fees with the non-means tested Child Care Rebate. Almost all families are eligible. To find out more, call our Customer Service Team on 1300-105-343 Monday to Friday.

<table>
<thead>
<tr>
<th>OUTSIDE SCHOOL HOURS CARE HIGHLIGHTS</th>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Board Games Fresh Fruit</td>
<td>Sports Day Fresh Fruit</td>
<td>Computer Day Fresh Fruit</td>
<td>Art &amp; Craft Day Fresh Fruit</td>
<td>Movie Day Fresh Fruit</td>
</tr>
</tbody>
</table>

Could all parents who know that their child needs to attend OSHC please book them in rather than be placed as an “extra”, as this can dramatically impact on our ratios. Thank you.

For bookings, please log on to:
www.campaustralia.com.au

Stars of the Week:
Congratulations to all our buddy leaders. Well done!

OSHCo-ordinator: Judit Sullivan
Phone 0402 354 584

Outside School Hours Care with Camp Australia
Talking to Children

Parents may experience difficulty discussing their mental illness with their children. They might think that if they talk openly about their illness and how it makes them feel, their children will be confused or won’t understand.

However, children worry less about something if they understand it and know they are not alone in their experiences.

Answering questions and providing honest, age appropriate explanations to children helps to stop them from filling in gaps with wrong information. Accurate information can reassure them that they are not at fault as they may also feel that they are somehow to blame for their parents’ condition.

Providing opportunities for children to talk with their parent or other trusted adults about mental health issues might help reduce their worries.

If you need some encouragement and some guidelines for talking to your children, refer to other resources overleaf.

Key Resources

Parent Line: 13 22 89
Kids Help Line: 1800 55 1800
CHILD First: 1300 721 383
Anglicare Victoria 9781 6700
Good Shepherd 59794443
Peninsula Health Mental Health Services 9784 6090
Family Mediation Centre 9783 7611
Mornington Peninsula Shire Youth Services 5950 1666
Frankston City Council Youth Services 9760 1366
Alfred Hospital Young Carers 8781 3400

Websites

Family Specific
http://www.mifellowship.org/ (Families and Carers)
http://www.copmi.net.au/ (Tips for families)

Young People 12-18
https://www.beyondblue.org.au
http://headspace.org.au/

Children 5-12
http://www.copmi.net.au/
Anyone can be affected by Mental Illness

- 20% of adults are affected by some form of mental health illness every year.
- Anxiety disorder and depression are the most common mental health illnesses.
- Most people with a mental illness recover when they receive ongoing treatment and support.

What can we do?
Try talking about mental illnesses openly with people that you meet – it is surprising how many people are affected by mental illness but have been too afraid of rejection to discuss it openly.

CHAMPS Referrals

- A support group for children aged between 8 – 12 years, whose parent/s experience mental illness.
- CHAMPS is an 8 week support group that incorporates fun activities, information about mental health issues, helps develop coping strategies, helps children to develop a personal safety plan.
- Information sessions will run for parents.
- CHAMPS will run for 8 weeks in Frankston, Mornington, Hastings and Rosebud from 3.30pm – 5.00pm.
- Transport can be arranged for the participants (prior arrangement)
- There is NO COST to participate in the program.
- For further information please contact Suzanne on 9781 6733 or 0499 078 770.

Being a Parent who has a Mental Illness

- Parenting is hard work.
- All parents struggle at times. Most families need help from time to time from friends and relatives or professionals.
- It’s OK to ask for help.
- Parents who have a mental illness may be afraid that by asking for help, they will be judged as a ‘bad parent’. Yet, many people with mental illness successfully raise families.
- As a parent, it is important to look after yourself.
- This may mean arranging regular breaks from your role as a parent, such as spending time with your friends or family.
- Respite care can be a useful option to explore as part of a self-care plan.
- Children and parents benefit from space apart as well as time together. This assists children to discover and explore the world around them safely and independently.
LIVING WITH AUTISM.
PARENTS OF CHILDREN WITH AND AGED 6-11 YEARS

Are you a parent/carer of a child on the autism spectrum aged 6-11 years?

Join with other parents/carers to share experiences, ideas and learn strategies in a relaxed, friendly place.

During the 6 weeks you will:
- Meet with other parents to share ideas and strategies
- Develop skills to further support your child
- Find out about other resources and funding
- Take time to think about how to care for yourself and others in your family

WHEN: Wednesday 20th and 27th April, 4th, 11th, 18th and 25th May
TIME: 9.30am - 11.30am
WHERE: Ballam Park Primary School, Belair Avenue Frankston
WHO: Parents, grandparents, carers of children with a diagnosis of autism

For bookings & enquiries contact:
Parentzone Southern 1300 984 011
or Joanne Templeton, 0499 007 418 or 03 5945 2000
Joanne.Templeton@anglicarevic.org.au

FREE BUT BOOKINGS ESSENTIAL
Refreshments Provided
Cost: FREE of Charge
There are vacancies available for 1/2 hour guitar lessons at school on MONDAYS and THURSDAYS.
Please ask at the office for an 'expression of interest' form or, alternatively, ring Glen on 5979-4575 or 0437-440-265 for more information. Private lessons are also available at my house in Hastings.

Glen Vinton
x10sivguitartuition.com.au
Ph: 5979-4575 or 0437-440-265Email: glen@x10sivguitartuition.com.au

School term dates 2016-2017

2016
Term 2: 11 April to 24 June
Term 3: 11 July to 16 September
Term 4: 3 October to 20 December

2017
Term 1: 30 January (school teachers start) to 31 March *
Term 2: 18 April to 30 June
Term 3: 17 July to 22 September
Term 4: 9 October to 22 December

* The first day of Term 1 is a student-free day in all government schools to allow for appropriate planning to take place for the arrival of students. Each year government schools are provided with four student-free days for professional development, school planning and administration, curriculum development, and student assessment and reporting purposes. The remaining three student-free days are determined by each individual school, so contact your school for details.

** Please check with your school when other student-free days will occur throughout the school year.

Guitar Tuition
with Glen Vinton

On a musical note...