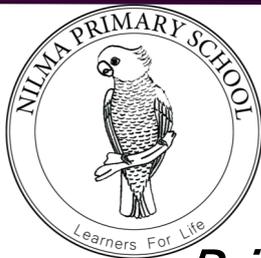


Bloomfield Road,
 Nilma 3821
 Telephone: (03)56232963
 Email: nilma.ps@edumail.vic.gov.au
 Website: www.nilmaps.vic.edu.au



NILMA PRIMARY SCHOOL

Principal Notes

NEWSLETTER

Thursday 16th March 2017
 Issue 07-2017

Principal
 Ms Annette Sutherland

Business Manager
 Mrs Rachel Hammond

**School Council
 President**
 Mrs Sara Cogo

NEWSLETTER CONTENTS

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SHOOL REVIEW

Every four years, schools work on developing a School Strategic Plan, detailing the strategic direction for the school into the next 4 years. Nilma Primary School has recently been notified that we will be completing our school review this year. The process involves the review of our; school mission, values and beliefs, a school self- assessment of our performance against our previous goals and reviewing our trend information from the school surveys over the past 4 years. The process will involve feedback and input from the school community; including parent, students and staff. We will use the information develop shared goals and key strategies for the next 4 years. I look forward to working with the whole community to continue to develop Nilma's positive learning culture and environment and continue to develop students who will be caring, confident, capable, and creative.

There will be several opportunities for parents to provide feedback to the school as active participants in the process.

MOVIE FUNDRAISER

The Nilma PS Movie Fundraiser will be held next Thursday 23rd March at the Warragul Cinema. Tickets are \$20 per person and can be purchased form the school office. Please bring along some friends to support Nilma's fundraiser.

WOORABINDA CAMP

Last week we had seven children represent our school who attended the Woorabinda Camp. These students were: Sheree Casey Wilson, Matilda Dent, Ashley Griggs, Savannah Salsbury-Challons, Bailey Stephens, Olivia Addison & Piper Bundle.



WEST GIPPSLAND RURAL SCHOOL SPORTS—ATHLETIC DAY. Years 3-6 Only.

The West Gippsland Rural School Sports Athletic Day will be held TOMORROW, Friday 17th March. Students are to be dropped off at the Geoff Watt Track by 9am and collected by 3pm. Parents are most welcome to come along for the day and support students. If in the event the Athletics Day is cancelled due to weather conditions, all families will be notified by the school and it will be a normal school day with students expected back at school. Back up day for the Athletics Sports is on Tuesday 21st March 2017. There is a timetable, canteen menu and program of events attached to the newsletter on page 8 & 9.

THANK YOU AMELIA

A special shout out to Amelia in Yellow Home group for her generous donation for the Oxfam trail walk. In a very thoughtful and considerate act, Amelia emptied her piggy banks out and sent in her silver coins. Amelia's generosity did not go unrecognised by the school community as she donated \$29. A big thank you Amelia.

THANK YOU TO OUR DIARY SPONSOR

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**Nilma Primary
 School
 Movie Night
 Fundraiser**



Thursday 23rd March
 6.45pm arrival for 7pm movie showing.
 Tickets \$20 a person—from the school or on the night.

Please contact the school 56232963 or Sara 0429609078 with any enquires.

STUDENT LEARNING @ NILMA



R.E.A.L STUDENTS@NILMA

Learner of the Week Recognitions

Homegroup 1/F Red

Layla Willames

For being a respectful learner in our classroom and using your manners towards others. You are a respected member of our class and set a great example.

Keep it up Layla

Homegroup 2 Green

Thomas Buckler

This week you have been determined to complete all your learning tasks and you have done this with a great attitude and smile. Fantastic work!

Homegroup 4/3 Blue

Taleah Hammond

For your cheerful nature and the positive attitude you demonstrate towards your learning. You are always willing to challenge yourself to do your best. Keep up the great effort Taleah!

Homegroup 6/5/4 Yellow

Aiden Olsson

For your inspiring mindset towards all your learning. You always put in an amazing effort and spend time to ensure you have success, even when tackling a challenge. Awesome work!

L.A.U.G.H Program Learning Activities Under Guidance of

Home

NIGHTLY READING

25 Nights

Lucinda Salsbury-Challons

Patrick Dalrymple

Dylan Bradshaw,

Finnigan Young

Emma Brown,

Thomas Buckler

Alex Chesterfield,

Ty Kindermann,

Claire Simon,

Blake Stone

Xavier Mazzarella

PLAYGROUND AWARDS

Winners



- Bailey-Jack Christoph
- Zavier Allsopp
- Harrison Jones
- Ty Kindermann



Happy Birthday

Jai Macfarlane

Dorothy McMahon

HOMEGROUP HAPPENINGS!



Home Group
- 1/F -
Ruby Red

Foundation Journal Pieces

On the weekend I played on my ipad and watched tv. Levi

On the weekend I went to my mums house. Isaac

On the weekend I played in the backyard. James

On the weekend I went to the movies and saw Sing. Lucy

On the weekend I went to my grandma's and cousins' house. Layla

On the weekend I went to my grandma and grandads. Makayla

On the weekend I went fishing. Caleb

On the weekend I went to the swimming pool. Patrick

On the weekend I played with my friend Olly and I played on my phone. Tyson

On the weekend I went to the movies to watch Sing. Vivien



"Where does rainwater go after it falls to the ground?"

Students in the Green Home Group have been investigating Water - as a natural resource.



Home Group
- 2 -
Emerald Green



Home Group
- 4/3 -
Aqua Blue

Procedural Text....Pikelet Recipe by Will Cane

Ingredients:

2 cups of self-raising flour, 1 egg, 1/3 cup sugar, one cup of milk, butter

Special Ingredients:

Blueberries, Bananas, Choc Chips

Equipment:

frying pan, 1 cup, 1/3 cup, sifter, big metal bowl, wooden spoon, platter, plastic plates, butter knife, glass bowl

Method:

Sift the self-raising flour into the big metal bowl

Add the 1/3 sugar

Break and add the egg

Stir the mixture and add the milk

Continue to do this until you get a thick batter

If you want to add some blueberries in the pikelets take some out and put in a glass bowl

If you want a plain or choc chip or a banana pikelet put banana choc chip in

Spoon the pikelet in the buttered frying pan

When you see bubbles, flip the pikelet over

When it is ready take it out and put it on the platter

Eat and enjoy!

This is not so complex!

Inquiry Learning

This term, our inquiry learning is focused on Geography; mainly learning about the North American, European and Asian continents.

We have started researching three countries of choice from each continent and will present our findings on a special flip file.

Here are some interesting facts so far:

One of the languages spoken in Jamaica is called Patois (or Patwa). By Daniel

A famous landmark in Canada is the Heartland Ranch. By Amelia

The currency used in China is called Renminbi. By Emma



Home Group
- 6/5/4 -
Lemon Yellow

CHAPLAINS' CHAT

Good day folks. I hope you all enjoyed your long weekend and had time to catch up on those important things that got displaced due to urgency of life. ('Campers' you were missed greatly and I look forward to catching up next week.)

For the parents we have our next topic from Michael Grose 'Helping Kids Manage Anger'. It's not so good bottling up anger under the guise of 'it's not civilized'. Anger needs to be managed not avoided, otherwise it will simmer away and eventually spill over into physical violence or hurtful

Kids (and parents) need to express their anger in ways that are not hurtful to others or themselves.



Grose suggests 6 (six) steps that will help people get their emotions under check and respond safely when emotions run high. **Understand it:** Listen and ask appropriately 'What events and situations triggered the angry response?' This will vary, but may include playing rough games, not getting their own way and being teased by others etc. When they've quietened help the kids reflect on what caused the 'wobbly' so they can put in preventative measures. This type of self-knowledge is really helpful for older primary school children and teenagers.

Name it: Help them recognize the physical signs before the event, such as clenched fists and teeth, tension around their shoulders, heavy breathing whilst holding each breath in etc. Help them develop words to express their anger like "Mad as a snake, 'about to lose it', 'throwing a 'tanty' or 'chucking a wobbly' are some possibilities. Promoting expression of these emotions adds to the emotional literacy of kids.

Diffuse it: some strategies include distraction or 'time out' for toddlers with short fuses. For older children parents should use diplomacy rather than discipline. You may need to give some kids some space on their own before attempting to talk. (it may even be you need time out due to your own reactions in which case – name it and create some space for yourself). Always listen to their story, validate their right to be mad and focus on feelings (no need to be too wordy from your perspective as this can sound like a lecture and build more tension). Sometimes knowing someone else knows how you feel can be enough to put the anger in perspective and make it manageable.

Choose it: Help the child to understand that they do have choices but that hurting yourself or others is not a good choice. Neither is slamming doors, throwing things and refusing to cooperate. These are the wrong ways to display anger. Encourage them to do something physical ie take the dog for a run, shoot some goals, a bike ride or swing in the park, swim several lengths of the pool, punch a pillow or go for a walk. Remind them that you are on their side but they need to find socially acceptable ways of handling anger. (Tell them your methods ie vacuum the floors when you are angry – if that's true).

Say it out loud: Use 'I' statements. If you want the best results then model it for your kids. When you are frustrated, say (not yell) "I feel really let down, I'm going to take a break and have a cold drink, then we'll talk about it when I am calmer." OR 'I feel like nobody cares – I know you do but inside when you do this each time I feel too churned up to think... Or 'I feel really mad when you say nasty things to me. I don't like it.' Remember modelling doesn't happen immediately. Keep it up and before too long you will hear your kids saying it to someone else, maybe even you.

Let it out safely: Boys in particular and a growing number of girls need physical outlets for pent up anger. I've mentioned some in No. 4 but it may even help the child to pour their anger into a letter or do some work on a project ie gardening, making a scarecrow, building a ladder, hammering some scrap wood into a Christmas decoration, making a dog house.

Remember: If you don't model the behaviour you want in your child, they will simply copy what you do and say, and will inevitably come to loggerheads perhaps even pushing and shoving. As a parent, what do you do when you start to 'build up steam'? What safe guards do you put in place automatically? Do you know your own signs of 'built up frustration'? Have you learned to put your feelings into words? Have you learnt to control your spoken word (without bellowing) so that others listen rather than re-act? Ask a close friend whom you admire how they handle anger and listen carefully. Thinking through and finding the answers to these questions will mean that when your child asks "What do you do Dad' or 'What works mum' you will have some way forward for them to think through.

Life is a journey, stick with it. We're all worth it. A catch phrase might be; **There is nothing so bad that we can't talk about it.** However some behaviours that are not acceptable.

Anne Prime (Michael Grose "Helping Kids manage anger" www.parentingideas.com.au)

SCHOOL ORGANISATION

P-2 ATHLETIC SPORTS DAY

10-11am	Rotation of 3 individual events
11-11:30am	SNACK
11:30-12:30	Rotation of final 3 individual events
12:30-1:15pm	LUNCH
1:15-2pm	Team Games
2:15pm	Presentation of ribbons
2:30pm	FINISH

FARM WORLD EXCURSION

Permission forms have been sent home to all students regarding the Farm World excursion. Students are required to be dropped off at the top gate at Farm World-Lardner Park at 8.45am and be picked up at 2.00pm from the same venue. The cost of this excursion will be covered by the Mothers Day fundraiser.

SCHOOL PRODUCTION

It is super exciting that this year is a School Production Year! Our Whole school production will take place in Term 3, with lots of rehearsals and preparations during Term 2. Each and every student plays an important part in the preparation and delivery of the performance. More details will be shared as term 2 approaches, with the senior students taking home scripts and auditioning for main roles.

We require all students to bring a white t-shirt (without a logo or print) to school as part of our costumes. Marked or stained is not a problem as we will be dyeing the material. Target, Kmart, local op shops or the bottom of your wardrobe are all great options. We will need one t-shirt per child - if you are able to donate extra t-shirts or have any problems with providing a t-shirt please speak to Amanda Buckler.

It would be terrific if we could have all t-shirts sent in by the end of Term 1 or the first week back of Term 2.

Thank you, Mrs Buckler

P-2 ATHLETICS DAY

Next Friday 24th March is our F-2 Sports Day. Nilma Primary School will be hosting the event, with students from Bona Vista, Ellinbank and Ripplebrook primary schools attending. The individual events will **start at 10am** and will include; Vortex, tennis ball throw, hay bale hurdles, target throw, 50m sprint and sack race. As part of their leadership role, Year 6 students will be running the individual events. The team games will be held after lunch. Students will participate in tunnel ball, water relay or the egg and spoon race. The day will finish at 2:30pm with a ribbon presentation. Students have the option to pre-order their lunch for \$5. Lunch order forms can be obtained from the office. A timetable for the day is attached to Page 5 of the newsletter.

This special lunch pack for \$5 is available for all Nilma PS students to order.

One order for student please.

TEAM APP

Nilma Primary School is now on Team App!

Follow the instructions as listed in the poster to download the app and then install Nilma Primary School on your home screen.

Once installed, you can set your device to allow you to receive notifications from Nilma Primary School on Team App.

We will be uploading items such as newsletters, policies, sponsor information and events.

Please speak to the Office staff for any further information.

32/51 Families have access. Thanks for keeping informed.

NILMA PRIMARY SCHOOL NOW HAS ITS OWN APP



Download our awesome new app now and stay up to date with all the latest information!

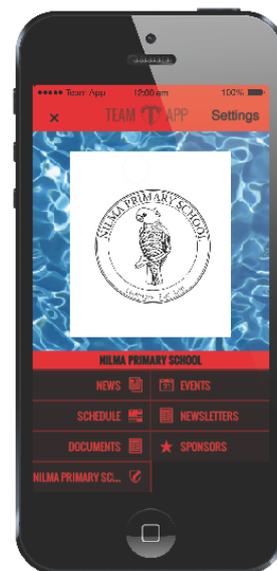
Install the Nilma Primary School App on your smartphone or tablet now!

Follow these steps:

1. Download Team App from the Apple or Google Play app store.
- 
2. Sign up to Team App. You will be sent an email to confirm your registration.
 3. Log into the App and search for "Nilma Primary School".
 4. Choose your applicable access group(s).
 5. If you don't have a smartphone go to nilmaps.teamapp.com to sign up and view this App online.

Need help?

Contact: Nilma Primary School
Email: nilma.ps@edumail.vic.gov.au
Phone: 03 5623 2963



teamapp.com



NILMA PRIMARY SCHOOL CALENDAR

Issue 07– 16/03/2017

MARCH 2017

Monday	Tuesday	Wednesday	Thursday	Friday	Sa	Su
20 Breakfast Club	21 Aths Back up Day	22 School Banking Breakfast Club	23 Movie Fundraiser	24 F-2 Sports Day	25	26
27 School Council Mtg 6.30pm	28	29 Breakfast Club	30 Marc Van Homegroup Planning Day	31 Last Day Term Farm World Excursion		

APRIL 2017

Monday	Tuesday	Wednesday	Thursday	Friday	Sa	Su
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17 Easter Monday Public Holiday— No School	18 Term 2 starts for students	19 Breakfast Club	20	21	22	23
24 Breakfast Club	25 ANZAC DAY PUBLIC HOLIDAY	26 Breakfast Club	27 MARC VAN	28	29	30

MAY 2017

Monday	Tuesday	Wednesday	Thursday	Friday	Sa	Su
1 Breakfast Club	2	3 Breakfast Club School Banking	4	5 Winter Sport	6	7
8 Breakfast Club	9 NAPLAN	10 NAPLAN Breakfast Club School Banking	11 NAPLAN MARC VAN	12 Winter Sport	13	14
15 Breakfast Club	16	17 Breakfast Club School Banking	18	19 Winter Sport	20	21
22 Breakfast Club	23	24 Breakfast Club School Banking	25 MARC VAN	26 Winter Sport	27	28
29 Year 6/5 Camp	30 Year 6/5 Camp	31 Year 6/5 Camp				

YEARS 3 -6 ATHS DAY ORGANISATION

Athletic Sports Parking

It would be appreciated if drivers arriving at the Athletic Sports adhered to the following directions:- Enter via the entry closest to the bus depot (next to the Regional College pedestrian crossing). If dropping off children turn to the left and after dropping children exit at the other end. If parking for any length of time follow the instructions of the parking marshalls (in orange vests) and turn right onto the large grass area adjacent to the tennis courts. Please note there will be a section through the treed area (marked with bunting) that acts as a laneway to the parking area and must be kept clear at all times.

Please respect the parking marshalls who are trying to ensure the safety of the children and the smooth and efficient movement of many vehicles.

Parent statement for Athletic Sports

The attendance and support of parents, other relatives and friends at the Athletic Sports is certainly appreciated and encouraged by the staff and students. It is wonderful to see and hear so many people supporting the children. It is important to remember that the emphasis at our Athletic Sports is on participation, enjoyment and 'trying your best' rather than on winning. Some events may be run in a different way to competitions you have seen or experienced at other Athletic events. We ask parents to encourage and support all children and teachers in their efforts at the sports.

Hay bales for School Sports

We are asking if any parents are able to supply 12 hay bales for our school sports. These will need to be delivered to the Geoff Watt Track on Thursday 16th March. If you are able to help, please contact the office.

