The students at Nilma Primary also held a Remembrance Service at the school and stopped for a minute silence.

FOUNDATION (PREP) ORIENTATION

Today was our first Foundation Orientation Day. Nilma has 13 new foundation students commencing in 2014. Ms Closter—their teacher for next year, completed some activities and had a very enjoyable time. The year 6 students designed a presentation about Nilma Primary school for our new parents and students too.

Next Wednesday fortnight, 27th November we will be having our second Foundation Orientation at the school from 9.00am until 11.30am. New Preps can bring a snack for recess.

YEAR 3 CAMP-School Sleepover

The Year 3 students are eagerly awaiting their sleepover (camp) at Nilma PS, next Thursday 21st November. Consent forms have gone home and we will forward a list of what students need to bring early next week. Activities will include, outdoor games, orienteering, BBQ dinner, night activities, campfire and marshmallows, indoor games, and possibly a movie depending on the weather.

The next morning the students will have breakfast at school and then be preparing their ‘steam boat’ lunches to cook on a campfire.

YEAR 4 CLASS REWARD

As part of our REAL class reward this Friday (tomorrow) Year 4 students will be completing their reward with a film and popcorn. Students are also asked to bring along a snack to share. (Normal school uniform)

MARC VAN

Next fortnight’s final MARC VAN session, is on 28th November—students can return books—there will not be any more borrowing! Can we have all books returned by next Thursday please.
R.E.A.L
STUDENTS @ NILMA
Student of the Week
Recognitions

Homegroup 1 / Prep
Sheree Casey-Wilson
Congratulations on the beautiful artwork that you did for the R.E.A.L. Stickers - A fantastic achievement!

Homegroup 3/2
Brianna Burnett
You are a great role model by always using your manners and putting 100% into everything you do. Your 3D shape drawings were fantastic too! Keep it up Brianna, it's lovely to have you as part of 3/2.

Homegroup 4
Kirsty Wooster
For making a great effort in all areas of your learning and always being willing to “have a go” and do your best. A fantastic effort with your Reading assessments! Thanks for your smile Kirsty!

Homegroup 6/5
Cooper Allsopp
For his cheerful approach to his learning and willingness to challenge himself and always do his best. A great role model.

ART AWARDS
- Holly Behncke
- Sheree Casey Wilson
- Matilda Dent
- Olivia Maunder
- Mckayla Lindsay
- Teagan George
- Sine Salt
- Anthony Scott
- Bayley Gunton
**R.E.A.L. Achievement!**

This week the winning designs for the new R.E.A.L. Stickers were announced....

Congratulations to **Sheree Casey-Wilson** for her beautiful design of the ‘Achievement’ sticker!

Above: Sheree being awarded an ‘Achievement’ sticker for her fantastic design (pictured right) by Mrs Sutherland.

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**3D Shape Wisdom!**

This week 3/2 had been learning about the properties of 3D shapes and how they are used to create and shape objects in our world and environment.

Faces are flat spots on a 3D shape. When 2 faces meet they make an edge. Aiden Vertices are a point where edges meet together, The edges make the faces meet together on a shape.

**Brianna**

We’ve been doing 3D shapes and we’ve learnt about faces, edges and vertices. We learnt how to draw a pyramid and cube. We drew a house using 2D shapes, step by step. Meg

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**School Concert**

On December the 5th is the school concert. I am Bull. Bull is a Bully with Weasel, Snot, Scar and Scab. He bullies the preps. I am feeling scared because I don’t want to muck up my lines.

By Lachlan

I am playing Robin in the school play. Robin is best friends with Nigel. He is Nigel’s sidekick. He is a bit of a coward. I am feeling nervous that I might forget my lines.

By Harrison

I am playing Nigel on the school play. He is a bit of a Nerd. He turns into a superhero to help the Preps. He has a sidekick called Robin. I am nervous and excited.

By Patrick

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**At last we got some iPads for the school!** The grade 6/5’s get to use them first because they are going at the end of the year. We had a disco to raise money for them and raised over 500 dollars, that was just enough. The iPads have different coloured covers. We got put with partners to play on them. I was partnered up with Max. We played on lots of games and apps with them yesterday. By Megan. L. Griggs

At Nilma we raised over 500 dollars to get iPads and we ended up getting 6. The grade 5&6 get to use them but the other day we got to use them. We looked at some of the apps yesterday. We were in groups of 2 or 3, Mr Williams got the blue cards out so we did not get to pick our partners. I was the last person to get called out so I got to pick my group and I went with Rose-Ann & Shelby. We got the blue iPad. The games we played were Word Jigsaw, then we played a pole game and we checked out the camera. By Sine

We had a disco on 19-9-13 to raise money for our school so we could have iPads. We raised enough money to get six. We have a blue, red, yellow, pink, orange and green covers. I’ve been on a couple of them at the moment. The grades sixes are making a movie about the school and people get interviewed and they take videos and pictures. There is Maths English and learning games and apps. My favourite is a maths one, it’s a penguin game and it’s not bad. I really like the iPads because it’s something new if there are not any computers left then we can just use the iPads. By Shelby
In regard to the Japanese program for next year, I am pleased to tell you that Miss Ayaka Soejima will be our volunteer teacher. Ayaka came here on a one week holiday that we organised three years ago. She stayed with a St. Paul’s family. She is really funny and enthusiastic and great at English too. There will also be a girl at St.Paul’s and also Marist Sion so it will be nice for them to be close. As usual, they will arrive ready for term two, 2014.

Exchange Program: As mentioned, the people from Innai, Japan, are keen to continue the program in 2014. This would mean that a small group, around 16 max, would come here in the last week of term one and for a couple of days in the holidays, similar to last year. Steve Pompei, the Darnum School Council President, still wants to assist so will help with planning etc whilst he finishes his time as School Council President. He is trying to see if we can get the same day trip to Walhalla as for last year, with the DSE running some programs on the day.

Return trip: If all goes well, the trip would be in November, around the first two weeks and taking cup week as part of it. The size of the group would be no more than 24. That would mean three staff, about one adult from each school and 16 kids. We could probably go one or two extra adults to give a 1:2 ratio, but as we have a higher number of students each year, I would prefer more kids had the opportunity to attend, even at a 1:3 ratio. The trip is only open to year 5 & 6 children, generally year 6 getting preference. There is also preference to students whose families have volunteered to host either students or our teachers from previous years. The full cost is expected to be around $2,000-$2,200. The main change for next year is a plan to stay all together when we do the city part, the last four days of the trip. This would mean staying in small hotels or a YMCA type accommodation. This would be a better option than home-staying with the interns from the Uni as it has been increasingly difficult to arrange in past years.

Could parents please fill out the expression of interest form and send back to the office by next Friday 22nd November.

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**EXPRESSION OF INTEREST FORM— JAPANESE TRIP 2014**

Please fill out and return to school by Friday 22nd November 2013 if your child would like to attend the Japanese trip to be held in November 2014.

Name of student: ____________________________________________

Signed by Parent: ___________________________________________

Date: _______________________________________________________

JAPANESE 2014
Hello Nilma families!!

We are enjoying a very wet Wednesday here at Nilma. This is giving us a chance to have a fun session with our new iPads.

As some of you know we are making a movie using the iPads to explain the happenings of our school, and also to show the new prep parents for 2014.

The movie is to be revealed on Friday 15\textsuperscript{th} of November. Hope you will all enjoy our surprise. – Savanna and McKayla
**SCHOOL HAPPENINGS**

**YEAR 3 CAMP-School Sleepover**
On Thursday 21st November, the Year 3 students will be having a sleepover at school. Students will go home at the normal time on Tuesday and come back to school at 6.00pm. We will be having a range of activities during the evening and the next day. After breakfast, the year 3 students will be participating in some outdoor activities during the morning to keep the flavour of a school camp. This experience will provide students with a good introduction to the camping program for the next 3 years. Permission forms were sent home yesterday and must be returned by Monday 18th Nov.

**BOOKCLUB ORDERS**
Attached to the newsletter are Bookclub orders. This will be the last bookclub for the year. All orders and payment are due back at the school by next Thursday 21st Nov 2013. Late orders cannot be accepted.

**SCHOOL PRODUCTION**

**‘Super Kids’**
The date has been set for Thursday December 5th 2013 at 7pm
It will be held at the Drouin Auditorium with supper to follow.
All students in Year 5 & 6 have been allocated a role.
Students should be practising their lines at home and rehearsals have already commenced at school and are going well!

Attached to the newsletter last week were the words to the songs for students to practise at home.
If families would like a copy of the songs—could you please bring into school a CD or USB drive or ipod so we can copy the songs for you.

We will provide a list of costume items in few weeks.
If we have any parents that would like to help with props or costumes please let Ms Sutherland know.
Thanks

On Thursday 5th December the whole school will be having a full rehearsal at Drouin Secondary College. Students will need to be dropped off and picked up from DSC. More information will be sent out in the newsletter closer to the date.

**Summit Camp Year 6 Transition Day**
On Friday 29th November the year 6 students will be attending “Summit Camp” at Trafalgar East with the other year 6 students from the Mount Worth Cluster, as part of their preparation and transition to secondary school in 2014. This is an excellent day with a focus on developing team building, leadership and initiative skills with students from other schools who will be joining them in year 7.

**LOST PROPERTY**
There are a number of goggles in the office from swimming. If you have lost a pair please come and collect them as we will only be holding onto them for a week before returning them to the Leisure Centre.

**PARENT INFORMATION**
Attached to the newsletter is a flyer about bullying for parent information.

**BOOKCLUB ORDERS**
Attached to the newsletter are Bookclub orders. This will be the last bookclub for the year. All orders and payment are due back at the school by next Thursday 21st Nov 2013. Late orders cannot be accepted.
Welcome to Sophie Milner, who will be taking over the AASC Supervisor role at Nilma Primary School for term 4. Sophie is looking forward to working with students at Nilma, helping them learn new skills and most of all have lots of fun! Please make yourself known to Sophie by saying ‘Hello’ next time you see her at school.

Celebrating Young Authors

on Tuesday 26th November

@ 2.30pm – 4pm

in the

Open Learning Area

Parents are invited to help celebrate the achievement of our Young Authors.

This term students have been exploring the purpose of procedural texts, becoming familiar with the structure and language used along with the features specific to this text type. Reading and completing procedures students transferred these skill into planning and writing their own procedure.

Our young authors are keen to share their procedural texts with family and friends.

GARDENING/SCIENCE

Today we did some caterpillar and butterfly pictures, we coloured them in—By Piper
We did some caterpillar pictures and cut them out and pasted them on paper. By Holly

Today we put animals into their groups of vertebrates and invertebrates, which means some have spines and some don’t. We made a chart and put all the names of animals, reptiles, fish, birds and mammals, they are all vertebrates. Invertebrates are worms., caterpillars and slugs. By Brianna & Nashaya

Today Jack C, Lachlan C, Cooper and I are mulching the garden and planting some more seeds. Cooper and I re-stacked the rose bush. By Shakira.

We read the hungry caterpillar and we cut and stuck the life cycle of the caterpillar on paper. By Ty.
SWIMMING PROGRAM FEEDBACK

SWIMMING PROGRAM - PARENT RESPONSE FORM
please complete and return to Office by next week—Thursday 21st November 2014

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SCHOOL CHAPLAIN

CHAPLAINCY PROGRAM - PARENT RESPONSE FORM
please complete and return to Office by next Thursday 14th November.

The chaplaincy program at Nilma Primary School is 80% federally funded with the school putting in the remainder 20% ($4000). I am pleased to report that we have had many positive comments from families and staff about the introduction of the program. I will be submitting the annual mandatory acquittal report and application for funding for 2014 to the federal government. Thanks in anticipation of parent responses.

COMMENTS
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Bullying

Raising sensitive issues and working out what to do can be challenging when you think a young person you know may be being bullied. It can be difficult to know when to give advice, when to push an issue, when to back off and when to seek help. Family and friends play a critical role in supporting young people involved in, or experiencing bullying. It’s important to manage your own feelings so you can work through the issues together in a constructive manner.

Four key ways you can help

1. Be supportive: be consistent, ask questions and cultivate trust
2. Be involved: show that you are interested in young people’s life, friendships, hobbies
3. Establish and maintain good communication: ask open ended questions and listen
4. Be prepared to seek help: establish a support system and remember that help is available

What is bullying?

Bullying is the intentional (often repeated) intimidating behaviour by an individual or group against another person or group. Bullying is not simply ‘part of growing up’; it is a destructive issue that can have serious effects on a young person’s physical and mental health.

Bullying takes many forms and can occur in a real (face to face) or virtual (online) environment. Face to face bullying can be verbal, physical, relational (social), or indirect (involving a third party). Cyber bullying involves intimidating/degrading behaviour via technology such as text messages, email, chat rooms, and social networking sites such as Facebook and Tumblr. This enables the bullying to occur outside of the school yard, 24 hours a day, seven days a week.

Bullying is a complex and dynamic issue and individuals may at different times (or in different situations) be the target, the perpetrator or the bystander in relation to bullying behaviour.

Parenting and bullying: what helps?

Warm and positive family relationships can help buffer young people from the negative consequences associated with being bullied (Bowers et al, 2010). Young people who receive high parental support, report fewer depressive symptoms than those receiving low parental support, regardless of whether they are the ones engaged in bullying behaviour or the target (Conners-Burrow et al, 2009).

If you know bullying is occurring

If bullying is occurring or suspected, don’t ignore it – the consequences can be serious – ask your young person how they are, listen and take their feelings and fears seriously. You can:

• Normalise any feelings of embarrassment, hurt or fear
• Reassure them that bullying is not their fault and that they are not responsible for what is happening to them
• Make sure they are safe. Sometimes this may require taking action they are not happy with. Have a conversation if this might be the case

• Try to give them as many options as possible to find solutions so they feel more in control. Solving problems, with your support, can increase self-esteem
• Work on improving the young person’s confidence by building on the things they do well
• Help them feel good about other things in their lives
• Reassure them that they are not alone, it shouldn’t be the responsibility of your young person to ‘do something’ about the situation by themselves. ([Adapted from Parenting SA, 2018])
Finding out if someone is being bullied

Knowing if someone is being bullied can be difficult; often parents and carers do not know, or underestimate its frequency and/or severity (Feilkes et al., 2006; Goodman et al., 2010; Holt et al., 2009). Family and friends are often in a good position to notice changes in behaviour, mood and general wellbeing as well as early signs of mental and physical health issues. Not all young people will ask for help and it may take time for a young person to speak about their experiences. Always ask your young person how they are, especially if you suspect they are being bullied. Try open-ended questions:

- Have you ever seen kids at school call each other names or hitting or pushing each other?
- What is lunchtime like at school? What do you do?
- Do you ever feel lonely at school or left out of activities? What happens and what do you feel?
- Do kids ever tease you? Bully you? Hit you? Pushed you around? Let’s talk about what you do when this happens.
- What can I do to help?

Be mindful that constant and persistent questioning can be stressful for some young people and may make them less willing to talk. Encourage them to speak to someone they feel comfortable with and don’t take it personally if they want to speak to someone other than yourself. (Adapted from Australian Institute of Family Studies, 2008).

The importance of a young person’s support network

Research suggests that social support may help buffer young people against the negative impacts associated with bullying (Rothon et al., 2011). Support your young person to make new friends and maintain existing friendships — encourage them to engage with others outside of the school they attend (or away from where the bullying is happening). Identify their strengths as well as things they enjoy and find ways to develop these, especially in a social context.

Other things to consider

- Documentation will be useful if the issue needs to be taken further (i.e. with the school, police or support services) so keep a record of events including: when it occurred, who was involved, what happened, where did it happen, did anyone else see it happen, what type of bullying occurred (physical, verbal, cyber bullying?). Did anyone intervene? Has it happened before?
- Get to know the websites and social networking tools that young people use and talk to them about how to use these safely
- If the bullying is occurring in or around the school, approach the school to discuss your concerns or seek advice as how best to proceed. It may be helpful to discuss the process with your young person before you begin
- If you’re concerned that your young person may need more help than you can provide, seek professional help

Other useful websites:

Help lines and support:
- Lifeline: www.lifeline.org.au
- Kids Help Line: www.kidshelp.com.au
- There are parent helplines in every State and Territory of Australia; Google “Parentline” along with your State or Territory

Websites and further information:
- Bullying No Way — www.bullyingnoway.com.au

For more information, and to find out how to get help, visit the headspace website:

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# NOVEMBER 2013

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### 2014 School Year

Staff commence: Tuesday 28th January 2014

Students commence: Wednesday 29th January 2014