Greetings parents and friends of our school,
Communication comes into the modern world!
We have parents who are already using TQBIZ to send absence notes, advise of changes to contact information, and messages to me! WELL DONE!
Any parent that downloads the free app will be able to receive messages from school on your phone, iPad or computer. I would like to encourage everyone to do so. Search for tQBIZ, download, go to find, click primary schools, find and tick us, REGISTER once only, click inbox, click on our icon, you're done! Easy! If you have any problems please contact the office.

Working Bee
We planted over 200 trees and bushes! They will look beautiful. The circle seats are already popular! The honour roll includes the Murphy, Taeuber, Peeler, May, Farr, Rawlinson and Clements families. Thank you! Thank you also to the Carawah Nursery in Hoddles Creek for donating most of the plants!

Tree signs: ANY CREATIVE PEOPLE OUT THERE?
We are seeking to name and label our significant trees and plants. Have you any ideas for simple, cheap and permanent labels that we could use?

Community Conversations
Parents are invited to join others to discuss your school experiences led by a trained facilitator. The information gathered will help determine future action. Three sessions are offered: 13 August at 9 am and 2 pm, and 20 August at 9am. A flyer will come home with a return slip next week.

Information Evening Session
New 2015 families and those considering attending are invited to an Information session at 7.30pm on 19 August. Spread the news!

Newsletter
We are playing around with the weekly newsletter and welcome feedback, and any examples of good ones you consider may provide us with ideas! Watch this space!

God bless us all,
John

Surveys: HAVE YOUR SAY
Sixty families were randomly chosen to complete a survey on the school. Have your say! Any questions please contact me. They can be completed as hard copies or online!

Jeans for Genes Day
For those that wish to on Friday, a gold coin pays for the privilege of wearing jeans to school. It is NOT a free dress day. Other than jeans students will wear normal school uniform.
ALIVE IN OUR FAITH

Stewardship of Creation

As mentioned last week, we are focusing on social justice issues this term and students will be embarking on some action to contribute to a just and better world. Foundation, Junior and Middle students are studying creation and our responsibility to respect, care for and share the resources of the earth, which are vital for the common good of people.

“The way we live and the choices we make affect the lives of others: not only human life, in fact, but also the other forms of life found on earth.”

Students will explore how being in nature can be a spiritual experience. Watching a sunset or sitting in quiet scenic environment can make you wonder about how the world was created and bring you closer to the presence of God, the creator. Two accounts in Genesis, the first book of the bible, describe the sequence of events in creation. In the beginning there was darkness, on the first day God created light, the next day the water, followed by the earth, sky, sun, moon and stars. He filled the water with fish, the air with birds and the land with vegetation, animals and finally man. No-one actually knows how the earth was created: the bible stories should not be taken literally. What we do believe is the message of these stories, that God created the world. Looking at the marvels and complexity of nature, one can only conclude that a loving, supreme being was the creator.

The earth and all that is in it is a sacred gift from God. Our choices have an impact. God asks us to make good choices about caring for creation. This is the principle of stewardship of creation. Pollution, destruction, overuse of resources show disrespect for our earth. What can we do to contribute to protecting our environment?

Karen McQuade,
Christian Life Leader

Weekend Mass Times

Saturday – 4.30pm
Sacred Heart Church, Warburton

Sunday – 9.00am
St. Thomas à Becket Church, Yarra Junction

LAST WEEKENDS READINGS

Seventeenth Sunday in Ordinary Time

First Reading: 1 Kgs 3:5.7-12
Solomon is granted an understanding heart.

Responsorial Psalm: Ps 118:57. 72. 76-77. 127-130. R. v.97

Second Reading: Rom 8:28-30
God makes all things work for the good of those who love him.

Gospel Acclamation: See Mt 11:25

Gospel: Mt 13:44-52
Jesus describes the kingdom through images.
Mt 13:44-46

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### Week 4

<table>
<thead>
<tr>
<th>Activity</th>
<th>Location</th>
<th>Location if wet</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Echidnas</strong>&lt;br&gt;Mrs Vranken</td>
<td>Commando&lt;br&gt;SPA gym or driveway</td>
<td>South building shared area</td>
</tr>
<tr>
<td><strong>Dingos</strong>&lt;br&gt;Mrs Whetham/Mrs Psathas</td>
<td>Relays&lt;br&gt;Basketball court</td>
<td>Church meeting room</td>
</tr>
<tr>
<td><strong>Kookaburras</strong>&lt;br&gt;Mrs McQuade</td>
<td>Pentathlon&lt;br&gt;SPA gym</td>
<td>Art room or corridor of main building</td>
</tr>
<tr>
<td><strong>Kangaroos</strong>&lt;br&gt;Mr Booth</td>
<td>Games&lt;br&gt;Basketball court</td>
<td>SPA gym (one third)</td>
</tr>
<tr>
<td><strong>Wombats</strong>&lt;br&gt;Mrs Reed</td>
<td>Skipping&lt;br&gt;Roundabout</td>
<td>SPA gym (one third)</td>
</tr>
<tr>
<td><strong>Koalas</strong>&lt;br&gt;Miss Bourke</td>
<td>Circuit Training&lt;br&gt;SPA gym (one third)</td>
<td>SPA gym (one third)</td>
</tr>
<tr>
<td><strong>Bandicoots</strong>&lt;br&gt;Mr Colley</td>
<td>Aerobics&lt;br&gt;SPA Performing Arts</td>
<td>SPA Performing Arts</td>
</tr>
<tr>
<td><strong>Tassie Devils</strong>&lt;br&gt;Mrs Vanstan &amp; Mrs Traynor</td>
<td>Boundary&lt;br&gt;Meet outside office. Run around cross country track and oval</td>
<td>Join in with aerobics</td>
</tr>
</tbody>
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### The Pinafore Pirates

**PRODUCTION UPDATE:**
It’s getting closer!

- Notes explain costume requirements for each level will be sent home very soon. The costumes will be very simple and should be easy to organise.

- On the days of the performances we will need the help of some hairdressers and people who have some expertise with stage make-up. If you are able to assist, please let Prue Vanstan know.

- If you are able to help with costumes please text Minna on 0439 614 456

- We are in need of quite a number of plastic Police Helmets. If anyone knows of a supplier, please send a note along to the office or speak to either Minna or Marg Broderick.

*Many thanks.*
**Seniors Excursion to the city..**

The seniors have recently been on an exciting adventure to the city to investigate and find out about Australia’s History through visiting the Victorian Art Gallery, Immigration Museum, Old Melbourne Gaol, St Patrick’s Cathedral and then having dinner at a Japanese restaurant.

All the Seniors went to Melbourne city to see all of Australia’s history. We had dinner after the activities. Our dinner was at Ajisen Raman, a Japanese noodle and rice restaurant. I had chicken yaki ramen. The chicken looked like it had little pieces of wood chopped up on top. It came with noodles, some carrot and other vegetables. I ate the noodles with chopsticks when I first used them they were EXTREMELY HARD TO USE!!! After a while I got used to them and they were easy to use. My meal was excellent! – Mychal 😊

Our trip to Melbourne!

On Thursday the 17th of July all of the seniors went to Melbourne. When we first got off the train we had a sit down and ate some lunch at Fed Square. After that we went to the gallery and saw lots of Australian paintings. The art gallery had so many different paintings. It was very interesting. My favourite painting was “the Pioneer.”

Afterwards we walked along the Yarra River to the park and had some lunch then we kept on walking and went to the Immigration Museum which was very interesting. I liked the activities we did there. I never actually realised how many people immigrated to Australia.

After the immigration museum we went to the Old Melbourne Gaol. That was probably my favourite. We saw where Ned Kelly got hung and the cells he went into and we also saw Ned Kelly's death mask and copies of his armour. Then we got to have look around, it was so hard to imagine what it would be like to be in there 23 hours a day! Our last stop before Dinner was St. Pats Cathedral. The stained glass windows were amazing and the big organ too. It was actually a very nice place.

When we got to the Japanese restaurant it was so nice to sit down. My meal was good, but not something I would get again. After dinner we walked down to the station, our train got delayed then it finally came. We hopped on and then not long after the train had stopped. We were stopped for about 15 minutes, then we got going. Then we stopped again and had to get on another train and then we finally got back to Lilydale station! Over all it was a pretty good day!

By Tiffany-Jo Gribbrock!
Going to the city
The best thing we did was going to a Japanese restaurant for dinner, the food was the best.
The other place we went to was the Old Melbourne Gaol. I liked seeing the cells they had lots of marks on the walls from the prisoners. Tom Clements

On the 17th of July 2014 the senior classes went to the city. We had a great time.
My highlight was the Old Melbourne Gaol because we saw Ned Kelly Gaol cell and there was Ned Kelly Armour for kids to wear.
For dinner we had Japanese food, mine was spicy. Then the train ride went for longer than 1 hour but we got back safely.
I got home at 9:00pm.
All the mums and dads were waiting for a long time at Lilydale train station we were all tired and bored on the train.
By Joshua Read. ☺

Day at the city
Last Thursday, the 17th July 2014, both senior classes went to Melbourne for the day. We arrived at Lilydale train station at 8:05 and left at 8:16am.
When we left at 8:16 it took an hour to get there. After we got there, we went straight to Federation Square to have our morning tea. When we were eating our morning tea, I was sitting next to Lara and Lilly. We were minding our own business when this weirdo came up and spoke to us. After that I was chasing the birds and then the guy came up and tried to throw his coke at me THAT WAS REALLY SCARY!
After morning tea we went to the national art gallery (before we went there, we went to the wrong art gallery).
When we were in the art gallery we saw paintings that are of Australian history.
After the National Art Gallery we went to the Yarra River to have our lunch and play on the playground. After our lunch we went to the immigration museum first at the immigration museum we did an activity and then we looked around and did a quiz.
After the immigration museum we went to the old Melbourne Gaol and then we had a look around. Then we went to St Patrick’s Cathedral. After that, we then went to dinner. Then we had the long trip home on the train. It was the best, but most exhausting excursion ever!
Maddy.
Understanding separation anxiety

Although the average age range for developing an anxiety disorder is between six and 11 years, the typical age of onset varies between different disorders. Parenting ideas writer Lakshmi Singh looks at one of the more common disorders that may start at any time: separation anxiety.

A collection of fears and worries about being separated from loved ones can manifest anytime, in a child from as young as a few months old right through to a fully grown adult. It can happen after a traumatic event or seemingly for no apparent reason.

To understand why your child is clingy, appears worried or obsessed with thoughts depicting sadness, or looks visibly upset, it’s important to understand the factors at play in order.

THE UNDERLYING FEAR:
“Children with separation anxiety disorder feel constantly worried or fearful about separation,” says Rebecca Swinbourne, a child and adolescent psychologist at Sydney South Child Psychology. She describes a chain of thoughts that involves one or more of the following:
- Fear that something terrible will happen to a loved one.
- Worry that an unexpected event will lead to permanent separation.
- Nightmares about separation.

Cindy Russell, a life skills educator who coaches children and adults to manage their anxiety, suffered from separation anxiety herself while in primary school.

“I used to describe separation anxiety as the most intense fear you can imagine. Like hearing over a loud speaker the world will end in 60 seconds,” she says.

Over the years, Russell recognised that her fear was brought on by the unconscious mind feeding on irrational thoughts – thoughts that in fact posed no real threat. But her mind would react with severe panic, as if there was a detrimental threat, including symptoms such as a lack of energy.

DEVELOPMENTALLY APPROPRIATE
Although only about three to four per cent of children will be diagnosed with separation anxiety, it is not uncommon for a child to feel anxious at the thought of being physically separated from a primary caregiver, says Swinbourne.

“It is developmentally appropriate for ‘stranger anxiety’ to appear between eight and 10 months of age, and separation anxiety between 14 and 18 months. Usually stranger anxiety tapers off around age two. Separation anxiety tapers off more slowly and may last until the child is five years old.”

Though less commonly seen in adolescents, Swinbourne explains that anxiety around separation may be ‘traumatised’ into the later years and may manifest as other disorders, particularly if there has been no intervention.

THE TRIGGERS
Like any other type of anxiety, separation anxiety is caused by the interplay of biological, cognitive, genetic, environmental, temperament and behavioural factors, says Swinbourne.

Stressful or traumatic events like a stay in hospital, the death of a loved one or a change in environment could all trigger the condition. Russell believes that her curious nature and habit of questioning as well as analysing life and death contributed to her developing a ‘fear of the unknown’.

“I would get thoughts about bad things happening to my parents. I felt safe when I was with them,” she says.

She also believes that her anxiety played a part in her own daughter displaying signs and symptoms of the condition.

This link is not uncommon, says Swinbourne: “In fact, it may not necessarily be a disease of the child but a manifestation of parental separation anxiety as well – parent and child can feed each other’s anxiety. In addition, the fact that children with separation anxiety often have family members with anxiety or other mental disorders suggests that a vulnerability to the disorder may be inherited.”
... understanding separation anxiety ...

Building parent-school partnerships

MANAGING IT

It is important for parents to remember that many fears are a normal part of development, says Swinbourne.

"But children and adolescents who develop anxiety disorders do not seem to have the resources and coping mechanisms available to them at the time (internally and externally) to overcome these fears, hence they manifest into disorders," she explains.

Swinbourne advises parents to help their children understand the 'fight or flight' state that their body and brain can go into as a result by offering a two-step management process.

"First parents can help their children to recognise when they begin to feel the physical signs of anxiety and teach them to relax their body and slow their breathing and heart rate down."

"Secondly, once the body is relaxed, it gives the brain the opportunity to rationally assess the situation and challenge their default response (the anxious behaviour)."

For younger children, it is more appropriate to calm them down by holding them, distracting them or engaging in a fun activity and then reassuring them that they are safe in the company of their caregiver, she says.

Experts' tips to minimise a child's anxiety

- Talk to the child about what they are feeling. Bringing awareness to their thoughts will not make it worse.
- Ask the child how they would like to feel in the same situation and if they can think of a time they have felt that way. This gives them an example of where they are already doing this.
- With your child, think up some steps that the child can take to get them one step closer to the way they want to feel when separating from you.

- Talk everyday about how they applied one of these steps, what worked and what didn’t.
- Celebrate their successes, no matter how small.
- Be patient and be a role model by showing them how you successfully cope with your own anxieties.
- Do not stop when things are okay: continue to focus on helping the child be clear about what they want and what steps they can take to get it.


parentingideas.com.au
Hot Lunch Day- Friday 15th August. Yum! Order forms went home last week. Please return one order form per child no later than Wednesday 6th August.

Shopping Tour- Saturday 23rd August. A great social day out with a bit of retail therapy, while we raise money for the school. Tickets are now available. If we have between 36-44 people they will cost $33. If we have over 44 people the tickets will cost $28. Only one more person is needed to lower the cost! Invite your mum, sisters, daughters and friends! We will be visiting 11 outlets on the day which may include places like Russell Athletics, Sirocco, Kitchen items, Manchester, kid’s clothing etc. See Cathy Linder regarding tickets, or to help choose the outlets we will be visiting; or leave your name and contact number at the office if you are interested in coming.

Morning Tea- come to the staffroom for morning tea and a chat. We will hold one on the 1st Friday of each term, and then the 1st Friday of each month. Please note that the next morning tea will be changed to be held on Friday 8th August. Younger children welcome.

Dates to mark in your diaries:

- Father’s Day Stall – Friday 5th September
- Footy Day – Friday 19th September
- Lapathon - Monday 20th October
- Twilight Sports Night – Friday 24th October

Have a great week!

Yarra Valley Uniforms
Ph: Donna 0427 516 375
Open on Thursdays at 3pm.