



# Viewbank Voice

*Love of Learning, Learning For Life*

RESPECT, RESPONSIBILITY, DOING YOUR BEST, HONESTY AND TRUSTWORTHINESS

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## DIARY DATES

**APRIL 27 - 29**  
Grade 4 Camp

**APRIL 28**  
Mother's Day Stall  
Grade 6

**MAY 2 - 6**  
Grade 6 Camp

**MAY 5**  
Mother's Day Stall  
Prep to Grade 5

**MAY 15**  
Bunnings Warehouse Eltham  
BBQ - Helper's needed

**JUNE 3**  
School DISCO

**JUNE 13**  
Queen's Birthday  
- No School

**October 10 - 13**  
Grade 5 Camp

**October 18**  
Graduation/Sports/Music  
Photos

**November 12 & 13**  
Vision Portraits Family  
Fundraising photos

**November 21 - 23**  
Grade 3 Camp

**TWITTER**  
**@viewbankps**

## *PRINCIPAL'S REPORT*

*28 APRIL, 2016*

### ANGLESEA CAMP

By the time you read this, our Grade 4 students will be well into the second day of their three day camp to Anglesea. We are staying at the Anglesea Recreation Camp, Inverlochy St, Anglesea VIC 3230. I am happy to report that we are all having a great time, such a great time we are contemplating not coming back! But if we were, I suspect we will be punctually back by no later than 4pm on Friday!

### CANBERRA CAMP

At least we don't have to travel as far as our Grade 6 students who leave very early on Monday morning to travel north to Canberra. Having also been on this camp before, I can attest to how wonderful it is to visit our nation's capital and to attend so many attractions including the War Memorial, the Australian Institute of Sport and Questacon among others. Like always I acknowledge the staff and volunteers for giving up so much of their time to ensure the most amazing educational experiences for our students. We will keep you posted via COMPASS on their adventures as the week progresses.

### SCHOOL COUNCIL NEWS

At our last meeting, School Council approved Monday, June 20 as our next pupil-free day for 2016. Teaching staff will be conducting parent-teacher interviews on this day, including three-way conferences for all students from Grades 3 to 6, so please don't go ahead and book a long weekend as the involvement of our students in these conferences is pivotal to their success. The hours of operation on that day are still being tweaked but will approximate 11am - 7.30pm. Final information will be distributed in early June for you to go online and make a booking.

### SCHOOL DANCE

Whilst you have your diaries out, just letting you know that 2016 is the year for our School Dance to be held at La Trobe University Union Hall on Monday, September 5 (A-K) and Tuesday, September 6 (L-Z). Children will take part in seven or eight weeks dance instruction at school prior and will then perform a range of dances for you and with you on the night. Further information will be distributed in Term 3.

## MOTHERS' DAY STALL

Once again our parents and Friends have applied military precision to organising two separate Mothers' Day stalls for our students this year, so Dads, get your diaries out – Thursday, April 28 for our Grade 6 students (on camp the following week) and Thursday, May 5 for students in Grades Prep- 5.

## CONGRATULATIONS

You will recall us celebrating the swimming successes of Ryan Moodie and Abbey Martin in last week's newsletter, but it's also good to celebrate the successes of past students! So with that in mind, congratulations to 2015 graduate Mia Burns-Walsh who won a gold medal in the same State School Swimming Championships in the 50 metres butterfly for 12-13 year old girls. Mia is now at Viewbank College and swam 31.59 seconds for the event! Well done Mia!

Have a lovely weekend everyone,

Kind regards,

Bill Kersing  
Principal



## COMPASS SCHOOL MANAGER

Please be advised that student absences, Term payments and excursion permission forms are now accessed via Compass



## CYBERSMART TIP

### Cybersmart Tip



### Balancing online time

Playing games online and using consoles or games on a computer is great fun but you need to make sure that your online world does not take over your life.

With more and more mobile devices on the market it is easy and tempting to stay connected 24 hours a day, seven days a week, but it is also very important to know how and when to disconnect.

[www.esafety.gov.au](http://www.esafety.gov.au)

## LIBRARY NEWS

The Library always has new books to be covered and needs assistance with the shelving of books. If you have some spare time to assist please pop into the Library and offer your services. Even 10 minutes while waiting to pick up your children would be appreciated.



## SCHOOL TERM DATES

### 2016

Term 2: 11 April to 24 June

**APRIL 14 - Student Free Day**  
**APRIL 25 – ANZAC Day Public Holiday**  
**JUNE 13 – Queen's Birthday Public Holiday**

Term 3: 11 July to 16 September

Term 4: 3 October to 20 December

## MOTHER'S DAY STALL

### Mother's Day Stall.....2016



This year's Mother's Day Stall will be held on

**Thursday 28<sup>th</sup> of April, 2016 (Grade 6)**

**Thursday 5<sup>th</sup> of May, 2016 (Prep to Grade 5)**

In the School Hall

Children are asked to bring no more than \$10.00

To purchase some quality goodies for their Mums, Grandparent, Aunties or Special person.

Please remember to bring your money and a carry bag

With you on the day

For this to run smoothly Parent helpers are required to assist with the setup, selling of gifts and packing up the stall which will run throughout

The entire day.... so if you are available please contact me via email

[cazstar@optusnet.com.au](mailto:cazstar@optusnet.com.au)

(Mob: 0410 039 554)

Thanks in advance

Carol Seneca & Sarina Sherlock



### CHOIR

If you love singing and performing with others then come along and join in.



WHO: Students in Grades 3 and up

WHEN: Wednesday Mornings  
Before School @ 8:15

WHERE: IN THE MUSIC ROOM

MRS PANACCIO

NEW MEMBERS WELCOME!



## UNIFORM SHOP

The Uniform shop is now open every Tuesday from 9am to 10am.



## CANTEEN NEWS

From Term 2 the canteen will operate on **MONDAY** and **FRIDAY ONLY**.

The first day for lunch orders in Term 2 will be **MONDAY 11 April**.

A new price list will also be released for Term 2.

**MONDAY MONDAY FRIDAY FRIDAY**

We would love to invite new volunteers to assist in the canteen on a Monday or Friday. How about staying after assembly for a cuppa and chat while assisting with lunch order preparations.

Canteen Committee

## TALK HOMEWORK

Here at Viewbank Primary we value parents' involvement in their children's learning. We would like you to be involved in helping your child become a better writer - starting by helping them to be a better talker.

Each team will be sending home some **TALK HOMEWORK** for you to complete with your child fortnightly. It doesn't involve any writing - it's all about the talking. Talk homework will be a question or an idea to talk about with your child. We would like you to talk as a family and to share ideas and opinions. By talking, you will be helping your child form ideas into sentences that they can use in their writing. Use 'WOW' words - big interesting words, and always ensure your child uses sentences. After talk homework has been given, the children will share their thoughts and opinions at school and then do some writing using the ideas that they have discussed. This writing is called Big Write and has been introduced across our school.

To make TALK HOMEWORK successful -

- \* turn off the T.V. and talk when there are no distractions
- \* try to have a talk with the whole family, perhaps at mealtime.
- \* talk on the way to and from school. Ask questions and don't accept 'yes' or 'no' answers. The word 'because' is really helpful.
- \* Make it fun. See **TALK HOMEWORK** as an opportunity to help your child learn new words and ideas that they can use in their writing.

Talking is very Important!  
The philosophy behind the **Big Write** program is: 'If they can't say it, they can't write it.'

## HATS ON



From 1st September until 30<sup>th</sup> April school hats must be worn outside during all outside activities.



## SCHOOL BANKING

Don't forget to hand your bankbooks into your class teacher every Tuesday for banking.



## VPS PARENTS & FRIENDS NEWS



# SAUSAGE SIZZLE

**Your help is needed for Sunday 15<sup>th</sup> May, 2016**

Viewbank Primary School Parents and Friends Association will be having a Sausage Sizzle on Sunday the 15<sup>th</sup> May, at Bunnings Eltham.

We are asking for people to offer 1 hour of their time on the day between the hours of 8:00am to 5:00pm.

Or if you prefer you can chop onions at your own home. Remember the money raised will go directly to our school.

Please inform the office if you are able to assist us.  
[viewbank.ps@edumail.vic.gov.au](mailto:viewbank.ps@edumail.vic.gov.au)

We thank you, and all the children thank you for your fantastic support **we really can't do it without you!!!**



Dear Parents,

## **OUR 'ENTERTAINMENT BOOK'** **FUNDRAISING IS OFF AND RUNNING!!**

Order an Entertainment™ Membership and \$13 from every book sold will go towards new playground equipment for the kids!!

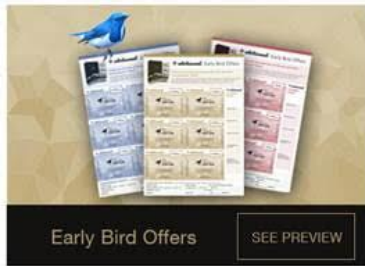


There are two easy ways to purchase:

1. Click on the below ['ORDER FROM US TODAY'](#) button
2. Order via the office

If you have trouble with the 'Order from us Today' button, please type / paste the following link into your internet browser:

<https://www.entertainmentbook.com.au/orderbooks/1891w37>



Order your new Entertainment™ Book or Entertainment™ Digital Membership before 26 April 2016 and you will receive over \$160 worth of additional offers that you can use right away!



Entertainment™ Memberships are packed with thousands of up to 50% OFF and 2-for-1 offers for the best local restaurants, café, attractions, hotel accommodation, travel, and much more!

**ORDER FROM US TODAY>>**



Available as a traditional Entertainment Book - or - Digital Membership on your smartphone, your Membership gives you over \$20,000 worth of valuable offers valid through to 1 June 2017!

Whether you are a regular or a new purchaser, we hope you will buy your book through the school this year.

As always, thank you for your ongoing support.

VPS Parents & Friends Committee

**COMMUNITY NEWS**

**BUNNINGS ELTHAM MOTHERS DAY FAMILY NIGHT**  
 Thursday 5<sup>TH</sup> May - 05:30 PM to 07:30 PM\*\*

Make a Gift for Mum Workshop  
 Glitter Tattoos  
 Farmyard Animals  
 Jumping Castle  
 FREE Giftwrapping  
 Refreshments Provided

**BOOKINGS ESSENTIAL:**  
 (03) 9430 0100 or via our website

Check out our website @ [www.bunnings.com.au/eltham](http://www.bunnings.com.au/eltham) for further information and other in-store activities

**\*\*PLEASE NOTE – DIFFERENT START TIME TO PREVIOUS FAMILY NIGHT EVENTS**

**Build and Test Drive a Billy Cart**  
 Join your children to build and paint their own 'old school' billy cart and then take it for a test drive

15 & 22 May

Session details below

**Build a Billy Cart, Sunday 15 May, 2 sessions, 10am-1pm and 2pm-5pm, Bangule Men's Shed, 103 St Hellier St, Heidelberg Heights. Test Drive, Sunday 22 May, 2pm-4pm, Vando Crescent, Greensborough**

You will get expert step by step guidance from members of the Bangule Men's Shed to build a race-ready cart. Then, join the fun and test drive your cart. All you need to bring is your racing gear (helmet and padding) for the opportunity to win one of our great prizes.

Children must be accompanied by an adult to this popular annual event.

Free. Bookings essential, with limited places available.

9490 4222 [www.bangule.vic.gov.au](http://www.bangule.vic.gov.au) 31

**Thinking about Secondary School?**

**Open Day Saturday 30 April, 9.30am-2.00pm**  
 Register online at [elthamcollege.vic.edu.au/openday](http://elthamcollege.vic.edu.au/openday)

**ELTHAM COLLEGE**  
 Growing hearts and minds

**NDHL 2016 Northern District Hockey League**

**WHO:** Children aged 5 - 10, beginners or with experience

**WHEN:** 6-7pm on Monday nights from 18<sup>th</sup> April \*  
 Runs for 8 weeks in terms 2 & 3 – join anytime  
 \* No sessions on Anzac Day 25<sup>th</sup> April or Queen's Birthday 13<sup>th</sup> June

**WHERE:** Greensborough Hockey Club, Plenty Park  
 Memorial Drive, Plenty 3090 (Melways Map 11 D5)

**REGISTER:** Please feel free to turn up on any Monday night.  
 To pre-register your child/ren or for more information, please contact Erika Newbegin on 0419 888 050 or at [juniors@greensboroughhockeyclub.com.au](mailto:juniors@greensboroughhockeyclub.com.au)

# big5sports

Term 2 2016

BUILDING A PATH FOR JUNIOR SPORT

ONLY \$110 for the whole term at Viewbank Primary School

## Dance



\$110

Step to the beat in a number of sequences to learn a choreographed dance routine!

When: Wednesday	Time: Lunchtime
Classes commence: 29th April	Where: Viewbank Primary School
Classes conclude: 8th June	Who: Prep - Year 4

Cost: \$110 per program.

ENROL ONLINE:

[WWW.BIG5SPORTS.COM.AU](http://WWW.BIG5SPORTS.COM.AU)

Alternatively, Call the Office at 0422 043 853

**Greville Road**  
MEDICAL & DENTAL

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33 Greville Rd, Rosanna [www.grevillerdmd.com](http://www.grevillerdmd.com)

All dental health funds accepted Medicare CDBS Bulk Billed



# OFFICIAL

VIEWBANK PRIMARY SCHOOL  
school tennis program

TENNIS+  
FUN+  
FRIENDSHIP  
WHAT A  
GAME!



INSPIRING EXCITEMENT  
AT THE GAMES TODAY

JOIN TODAY!

# TENNIS LESSONS

Enjoy our renowned Fireball Tennis lessons at the convenience of your local primary school!

Fireball is a nationally endorsed Tennis Australia Approved Academy.



Fireball Tennis Academy offers both during and after school lessons.  
ENQUIRE @ PHONE: 0400 216 290 email: [fireball@fireballtennis.com.au](mailto:fireball@fireballtennis.com.au)  
[WWW.FIREBALLTENNIS.COM.AU](http://WWW.FIREBALLTENNIS.COM.AU)



## WANT TO PLAY BASEBALL?

RESEARCH-LOWER PLENTY BASEBALL CLUB



## GIVE IT A TRY

NEW PLAYERS WELCOME ANYTIME

RESEARCH - LOWER PLENTY BASEBALL CLUB  
BOYS & GIRLS JUNIOR PROGRAM  
U11, U13, U15 & U17



h.crundwell@hotmail.com

f Research-Lower Plenty Junior Baseball Club

Heidi on 0417 580 009

[www.research.baseball.com.au](http://www.research.baseball.com.au)

## VIEWBANK TENNIS CLUB

### TENNIS COACHING

Rutherford Road, Viewbank (2 minutes from the school)



WE SPECIALISE IN LESSONS FOR BEGINNERS

**BOUNCE INTO OUR TEAM 2 SUPER SPECIAL**

FOR FIRST 10 NEW STUDENTS

Enrol Now & **RECEIVE 30% OFF**

YOUR FEES

and also receive a **FREE HEAD Tennis Racquet Pack** valued at \$80

ENROL NOW FOR  
TERM 2 2016 LESSONS



For more information please call Topline Tennis on 9432 - 3706

Web: [www.toplinetennis.com](http://www.toplinetennis.com) Email: [info@toplinetennis.com](mailto:info@toplinetennis.com)



topline tennis  
COACHING

## Parenting when life gets busy by Michael Grose

Australian parents currently rate work-family balance as one of their greatest parenting challenges. Approximately three quarters of Australian parents say they have difficulty finding time to do the things they enjoy with their children.

Current research indicates that busy parents can be successful raising kids as long as they make children their number one priority. According to Ellen Galinsky author of the landmark book about work and parenting, *Ask the Children*, the key to success as a working parent is knowing what is going on in the lives of children and young people. Gaining this knowledge comes from spending time with kids, in their school and from knowing their friends.

Galinsky urges parents not think in terms of quality and quantity time but in terms of 'focused time' and 'hang-around time'. The former refers to time we spend purposefully with kids such as hearing them read, while the latter refers to just being there with kids so that natural interaction occurs.

Children and young people value the every day encounters they have with parents, above all else. It is the chats with parents over the kitchen table, the lively conversations they may have in a bedroom, bathroom or living room and rituals such as bed-time reading that mean most to kids.

Galinsky maintains it is important to maintain rituals such as mealtimes so that families have something to bring them together even during busy periods.

Research by Australian Institute of Family Studies fellow Virginia Lewis supported this view of family time. Lewis found that many children of working parents wanted to play more and interact informally with their parents. They didn't mind if their parents worked reasonably long hours but they resented it if their parents came home stressed or grumpy. It seems that many parents need a wind-down time so they can switch from work mode to parent mode.

Lewis also found that adolescents gained in confidence from not having parents around as they were given very real responsibilities.

All the available evidence suggests that parents who work hard at parenting and make their children their number one priority are successful in the difficult task of parenting while they work.

OK

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*Michael Grose is a leading parent educator, a trained teacher and author. For further ideas about raising confident kids and resilient teenagers visit [www.parentingideas.com.au](http://www.parentingideas.com.au)*

## Living with a perfectionist by Michael Grose

Many children are afflicted by the curse of perfectionism. It is not lack of ability, opportunity, timidity or even laziness that holds many kids back. Rather it is a deep-seated unwillingness to expose themselves as temporary failures while they learn, that stops many children from really achieving their full potential.

The curse of perfectionism means that some children will only star or achieve in areas where they are certain of success. So they tend to narrow their options by sticking to the safest path. It is little wonder that first borns tend to be less innovative and adventurous than later born children. The road to innovation and adventure is also littered with uncertainty, which increases the likelihood of making errors.

Perfectionists are hard to live with. They can make demanding partners and anxious children. They can be critical of those around them just as they are highly critical of themselves. Their attention to detail can be infuriating. Perfectionists usually want to be better than anyone else.

It may seem strange but children need to make more mistakes. We should encourage our kids to make more errors, spell more words incorrectly, get more sums wrong, make a mess sometimes when they write, break a dish or two as they unpack the dishwasher, set the table with the knife and fork upside down, leave marks on the floor when they wipe up the mess or forget to feed the cat once in while.

Continued page 2

# Our Kids

'Living with a perfectionist' continued

Children benefit from being released from the pressure of always having to do well. When children learn that mistakes are quite acceptable they are more likely to stretch themselves and try new areas of endeavour or use their own initiative and not worry if they mess up.

Help perfectionists understand that they don't have to do everything perfectly. Sometimes near enough is good enough, particularly if you are trying new endeavours. Learning to spell, writing a story or playing a game all have healthy margins for error. The trouble with some children is that they believe that they only count in the eyes of others when they are perfect, look perfect or can do the perfect job. These children need to learn that doing their best is indeed good enough.

OK

Further ideas about dealing with perfectionists can be found in *Why First Borns Rule the World and Last Borns Want to Change It* at [www.parentingideas.com.au](http://www.parentingideas.com.au)

## What you should know about .....optimism by Michael Grose

Optimists do better academically, socially and enjoy better health than pessimists.

Helping your child look on the bright side is a significant life skill to develop

Optimists look at the flip side of negative events for some good, some hope and some reason to be positive. Optimism means having a strong self-belief and confidence to deal with a variety of situations.

There are five building blocks to optimism:

1. **Trying and persisting**
2. **Practising and getting better**
3. **Having a positive view of failure**
4. **Planning and organisational skills**
5. **Having the confidence to try again**

Importantly, these building blocks link optimism with competence so when children experience success they are more likely to believe that they can achieve and have more success.

Some children are natural optimists. They are born with optimistic temperaments and have natural dispositions to deal with challenges and problems. Others expect the worst and tend to see catastrophes where really small challenges exist.

Recent research indicates that children learn their optimism from their experiences of success and through their interactions with

parents, teachers and significant others in the first eight years of life.

So the way adults talk is significant in the way they shape a child's belief about success or failure. The message is clear that adults need to be aware about how they present the world to children as our explanatory style (the way we explain events) is on show.

Optimists explain adverse events in the following ways:

1. **Adverse events tend to be temporary:** "It takes time to find a friend" rather than "No one likes me."
2. **Situations or causes are specific:** "I am not so good at soccer" rather than "I am hopeless at sport."
3. **Blame is rationalised rather than personalised:** "I was grounded because I hurt my sister" rather than "I was grounded because I am a bad kid."

Pessimists have a tendency to build mountains out of molehills and give up before trying. The trouble with pessimism is that it tends to be a self-fulfilling prophecy. "I told you I wouldn't get a kick in the game. What was the point of me even turning up?" Such comments just reinforce pessimism and these feelings of hopelessness lead to helplessness.

OK

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# Fresh tastes CANTEEN MENU

## Canteen lunch orders from this Menu are available on Mondays & Fridays.

- Lunch order paper bags should be written on clearly with child's name, class, order and prices. Money should be wrapped in foil so as to comply with health regulation – please include correct amount where possible.
- If you require a paper bag, please include an extra 20c. Please do not use staples or sticky tape with orders.

SANDWICHES		ROLLS
Ham	\$2.80	\$3.80
Ham & Salad	\$3.60	\$4.60
Chicken	\$3.00	\$4.00
Chicken & Salad	\$3.80	\$4.80
Salad <sup>v</sup>	\$3.00	\$4.00
Cheese <sup>v</sup>	\$2.20	\$3.20
Tomato <sup>v</sup>	\$2.20	\$3.20
Vegemite <sup>v</sup>	\$2.20	\$3.20
Vegemite & Cheese <sup>v</sup>	\$2.60	\$3.60
Sandwiches and rolls are multigrain. White bread available on request.		
Salad includes beetroot, tomato, carrot, lettuce and mayonnaise.		
EXTRAS		
Lettuce		\$0.40
Tomato		\$0.40

DRINKS	
Chocolate Milk	\$2.00
Strawberry Milk	\$2.00
Apple Juice 200ml	\$1.50
Orange Juice 200ml	\$1.50
Apple & Blackcurrant Juice 200ml	\$1.50

FROZEN SNACKS	(COUNTER ONLY)
Juicies 100ml	\$1.00
Frozen Pineapple Rings	\$0.60
Moosies Frozen Milk Iccypole	\$1.00
Sunsmart Slushies (Tropical or Raspberry) Available September to April	\$2.00
Jucies Tubes	\$1.00

HOT FOOD	
Party Pie	\$1.20
Meat Pie	\$3.50
Chicken Pie	\$3.50
Cottage Pie	\$3.50
Jumbo Sausage Roll	\$2.70
Ham & Pineapple Pizza	\$3.00
Hot Dog	\$3.00
Dim Sims	\$1.00
Chinese Fried Rice <sup>GF</sup>	\$3.00
Corn on the Cob <sup>v</sup>	\$1.00
Halal Food	
Bolognaise Spirals <sup>H</sup>	\$3.50
Macaroni & Cheese <sup>v H</sup>	\$3.50
Jungle Curry <sup>H</sup>	\$3.50
Vegetarian Pizza <sup>v H</sup>	\$3.50
Margarita Pizza <sup>v H</sup>	\$3.50
Halal Dim Sim <sup>H</sup>	\$1.00
Cheese Toastie <sup>H</sup>	\$2.00

SNACKS	
Sweet Chilli & Sour Cream Rice Snacks	\$1.20
Pretzels	\$1.20
Butter Flavoured Popcorn	\$1.50
Gingerbread Person	\$1.50
Blueberry Muffin (small)	\$1.50
Mini Apple Muffin (small)	\$1.50
Apple Pies (available terms 2&3)	\$3.50

<sup>v</sup> Vegetarian Option

<sup>H</sup> Halal Option

<sup>GF</sup> Gluten Free

April 2016

