Dear Parents and Friends of BSW,

National Reconciliation Week starts today. The week begins and ends on two important anniversaries in Australia’s history, 27th May, (1967 Referendum in which more than 90% of Australians voted to remove discrimination in the Constitution against Indigenous Australians) and 3rd June, (High Court’s judgment in the 1992 Mabo case which recognised the Native Title rights of Aboriginal and Torres Strait Islander peoples).

It’s a time for all Australians to learn about our shared histories, cultures and achievements, and to explore how each of us can join the national reconciliation effort.


Our 2015 Family Breakfast was splendiferous, an appropriate thank you to our volunteers and celebration of our community- students, staff and parents - and State Education. About 550 attended and, wonderfully, we weren’t too crowded to repeat it all again next year! (In preparation, a catering review is underway.)

You, our wonderful parents and community members, are an important element in making BSW Another Great State School. As always, thank you for your wonderful support. This week’s activities alone are a fine example of this day to day contribution of volunteers: parental attendance at Monday Assembly; a throng helping with the minestrone and scone extravaganza; parents hearing reading; a couple attending the 8 am Engagement Sub-committee; another introducing MangaHigh to a JS class; someone helping students make a movie. On Friday, as winners of this term’s Golden Garden Trophy, Caroline & Lucy’s students will have cooking and eating with parents from the Kitchen Garden crew.

A PowerPoint loop of volunteers in action ran throughout the Breakfast. Our Journalist Leaders made this to celebrate the year’s work and to
recognize the many contributions of parents whose youngest child is in Year 6. Eight departing parents received special thanks:

Helen Gatford for her ten years of service across a broad range of activities, including community events such as the art show and fete

Jen Sheridan for her nine years of service across a broad range of activities, including transforming the cake stall so that the quality was reflected in the presentation

Katerina Grundy for her nine years of service to classroom programs and community events such as clubs, Italian and the fete

Lynne Bonney for her ten years of service, across a broad range of activities including community events and the fete pancake stall

Ray McKenzie for his ten years of service, especially six years as a School Councillor, four of those as President

Reita Mason for her nine years of service, especially to the library transforming and in our fete food choices

Sharon Suzuki for her four years of service, especially to the art show and family breakfast

Tim Grundy for his nine years of service, especially in the area of building maintenance and the development and management of our oval. (I have powerful memories of the oval as a dustbowl or mud pit.)

A sincere thank you to coordinator, Sarah Berry, her 2IC Fiona Cameron, and their band of helpers, (set up the day before, collected food, shopped, assisted before and during the event, and cleaned up afterwards), who made the event possible.

Open Day followed. In some classrooms this was too successful; they were almost as crowded as the hall during breakfast, not a good way to see a class in action. If you have any ideas to improve this for next year, please email them to your child’s class rep.

If you participated in the online conference, I’d be interested in your feedback. Please email it to Brunswick.sw.ps@edumail.vic.gov.au

Library and Information Week commenced on Monday. More than 150 libraries across Australia compiled a list of the most borrowed books between February and April. Turn to page 7 to see the most borrowed children’s books. An adult fiction list will also be there.

Yours sincerely,

Louise Chocholis
Principal

Weekly Collective Nouns:

- A group of guinea pigs
- A bloat of hippopotamuses
- A bouquet of hummingbirds

PREP ENROLMENTS 2016

Do you have a prep starting in 2016? Please enrol your child as soon as possible. Enrolment forms are available at the office.

3/4 ART CHALLENGE PROGRAM

For the past two Fridays, Sue Graefe has been at school teaching the 3/4 Art Challenge Program. It was a wonderful couple of days. The African soft toy dolls the children created look fantastic. They will be displayed later in the year in October at the Art Show.

A very big thank you to Sachiko, Leena and Jennifer for giving up their time to help Sue and I. Their tireless efforts with sewing, threading and general assistance was invaluable. Thank you also to Sue for a great program. The children really enjoyed themselves.

Felicity

HANNAH’S HOCKEY

Thank you to everyone who bought raffle tickets from me at the family breakfast. I will be selling them again on Friday before and after school.

Thanks,

Hannah Eldridge
DO YOU HAVE A CONCESSION CARD?

Camps, Sports & Excursions Fund (CSEF)

CSEF will be provided by the Victorian Government to assist eligible families to cover the costs of school trips, camps and sporting activities.

If you hold a valid means-tested Centrelink concession card or are a temporary foster parent, you may be eligible for CSEF. The allowance will be paid to the school to use towards expenses relating to camps, excursions, or sporting activities for the benefit of your child.

The annual CSEF amount per student will be $125 for primary school students.

How to apply

Contact the school office to obtain a CSEF application form or download from www.education.vic.gov.au/csef

Closing Date

You should lodge a CSEF application form at the school by 26 June 2015

For more information about the CSEF visit www.education.vic.gov.au/csef

LOST & FOUND

LOST: Autumn Day
Dark brown ‘pilot’ hat with fur at ears & buckle around chin.

Please return to Omer (Chantel’s class, room 19).

Che giornata fantastica!!!

La Giornata di Minestrone e La Macedonia

Guarda, guarda!

Look at what the grade 3/4 students made on Monday 25th May for Italian! I think the photos speak for themselves!

Qui io faccio il pane e metto la croce sopra il pane!
Here, I make bread and I put a cross on the bread.

Facciamo il pane insieme!
We make bread together.
Well Done, Bravi! To all the children who remembered to bring along their verdura and their frutta.

Days like this are not possible without the hard efforts of those very helpful parents who make the impossible possible.

Grazie mille, thanks a million to Oriella, Sachiko, Lucinda, Felicity, Andrea, Lin, Loretta

Our eighty or so students in grade 3/4 were able to have ample bowls of minestrone with bread rolls and fruit salad.

Grazie ragazzi!
E` stato un piacere!
It was a real pleasure, thanks to all the students!
The BSWPS community has, for a long time, been concerned with sustainable practise. Our school ground over the years, mainly with the action of the buildings and grounds committee and parents at working bees, has become a place that provides an important habitat for local wildlife. And, it’s a great place to explore and enjoy. Recently, our year 5/6 leadership team, the Nature Warriors, did a biodiversity survey.

Here is some of the information that our student group recorded.

We have:

- 99 trees over six metres, 86 of which are native
- 205 smaller trees and shrubs, that make up the understorey
- 74 small native trees (less than 6 metres)
- 123 rocks and logs

Forty-two birds were sighted in the trees.

In 2014, our school signed up to the Resource Smart Schools’ Program. This is a government initiative. Sustainability Victoria has set up guidelines for us to achieve accreditation, as we complete modules. Currently, we are at the start of the process, working on the Core Module. The other modules are: Waste, Energy, Water and Biodiversity. The aim is for us to reduce our resource use, and so, reduce our carbon footprint.

So far, some changes around the school include:

- A greener staffroom eg more recycling, less landfill, purchasing products that are less harmful to the natural environment.
- Re-establishing the worm farm. Some junior school classes, and after school care, have started to recycle their fruit and vegetable scraps. We are getting some coffee waste from the café on the corner (worms and garden beds respond well to coffee.)
- 100% Recycled photocopy paper.
- Classrooms are using paper that have only one side blank and making sure that “end of life” paper goes into our paper recycling bins.
- The dumper being emptied less often and locked out of school hours.
- Establishing a teacher group (Sustainability Key learning Group), to ensure that sustainability is an integral part of the curriculum and that it is “just part of how we operate on a daily basis.”
- Establishing a parent and teacher committee (Sustainability Core Planning Team.) So far, we have been working on the Brunswick South West Primary School Sustainability Policy.

Coming Soon:

- Solar Panels
- Rubbish Free Lunches (minimising landfill)
HELP SAVE PAPER!

Today we printed our last hard copy of the Sou’wester. Teachers are now doing their bit to save paper by accessing it online.

We urge those receiving hard copy newsletters to switch to our digital version available on the website:


Sustainability Quiz

1. Which of these countries has the highest per capita carbon dioxide emissions?
   a) Canada
   b) Australia
   c) Russia
   d) China

2. Which of the following activities contributes the most to carbon emissions globally?
   a) Agriculture
   b) Transport
   c) Forestry
   d) Energy supply

Answers below

Quiz Answers

Quiz Answers

Students in Cathy and Jacqui’s class and Mel (parent) have set up the compost, using a layering system (compost lasagne.)
AN INVITATION

TO OUR BOOK FAIR!

Where: BSW Library

Date: 1st-4th June

Time: 8:45-9:10 3:20-3:50

Don’t miss out!

MOST BORROWED CHILDREN’S BOOKS

1. *Diary of a Wimpy Kid* series by Jeff Kinney
2. *13-Storey, 26 Storey and 39-Storey Treehouse* by Andy Griffiths and Terry Denton
3. *Geronimo and Thea Stilton* series by Elisabetta Dami
4. *Spot* series by Eric Hill
5. *The Wrong Book* by Nick Bland
6. *Just!* series by Andy Griffiths and Terry Denton
7. *Once* by Morris Gleitzman
8. *Peck Peck Peck* by Lucy Cousins
9. *Selby* series by Duncan Ball
10. *The Boy in the Striped Pyjamas* by John Boyne

MOST BORROWED ADULT FICTION TITLES

1. *Never Go Back* by Lee Child
2. *The Rosie Project* by Graeme Simsion
4. *Burial Rites* by Hannah Kent
5. *Eyrie* by Tim Winton
6. *The Narrow Road to the Deep North* by Richard Flanagan
7. *Inferno* by Dan Brown
8. *The Rook* by Daniel O’Malley
9. *Gone Girl* by Gillian Flynn
10. *A Wanted Man* by Lee Child
Book Reviews — Anya’s Class

**Book Title:** Edward the Emu
**Author:** Sheena Knowles
**Did you like the book?** 4 stars

What is the story about?
Edward the Emu is a duck in a race. He puts his tail down and says that his tail is the best.

This book would be good for...
My Friend Clancy

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**Book Title:** The Magic Hat
**Author:** Mem Fox
**Did you like the book?** 4 stars

What is the story about?
A magic hat that goes and turns people into animals. At the end something magic happens.

This book would be good for...
Young ages and P1/2.

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**Book Title:** Diary of a Wimpy Kid: The Third Wheel
**Author:** Jeff Kinney
**Did you like the book?** 4 stars

What is the story about?
A kid who has a very annoying life and gets embarrassed all the time.

This book would be good for...
3/4-5/6, grade 2-4.

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**Book Title:** WOW! What a Walk! (series)
**Author:** Each book in the series
**Did you like the book?** 4 stars

What is the story about?
We follow two wombats on a walk. They see many animals, including a kangaroo, a crayfish, and a koala. They also play hide and seek, and everyone is overjoyed.

This book would be good for...
People who like animals and stories with simple text.
Building thinking into reading

In After School Care, we know that reading with children is important. More than seeing whether they are getting the words right, it’s an opportunity to see if they understand the meaning of the story and finding ways to connect it with real life.

You see, the words and pictures in a book can only tell us so much. Good readers can use their thinking skills to develop a deeper understanding of a story.

During reading time, there are a few things we do that help kids think about the stories they are reading. We hope you can use the tips below to help develop your child’s thinking skills to help them understand the story and build up their confidence.

5 tips to help build thinking into reading:

1) Choose books with familiar experiences. For example, if your child is starting a new sport, pick a book about joining a new basketball or footy team. This will help your child use their personal experiences and feelings to make sense of the book.

2) Add a little conversation to every book. Take a moment to talk about important character developments or events, then reflect on our observations later.

3) Think aloud to solve problems in the book. To encourage your child to solve a problem in a story, say something like, “I wonder what the girl could do to solve the mystery?”

4) Predict what will happen later. Ask your child to predict what might happen next, and when you finish the book, ask your child what could happen in the future – or even ask what could have happened if the book had a different ending.

5) Ask open-ended questions. Avoid questions that allow for ‘yes’ or ‘no’ answers. Instead, ask questions that begin with: who, what, where, when, why, how.

If you’d like to know more about how we can encourage reading and thinking, visit the OSHC room to observe our approach.

We look forward to seeing you soon!

The Camp Australia Team.
Moreland City Libraries

Term 2, 2015

What’s happening at your library?

Moreland City Libraries has new books, DVDs and eResources to ensure we stay current with the needs of the community. If your child is taking part in the PRC (Premiers Reading Challenge) these books are clearly marked for your easy selection. We also ensure we have all the short listed books for the Children’s Book of the Year Awards, which highlight Australian authors and are presented later in the year.

Children’s activities
Evening story times, family fun nights and online resources for learning and for fun are ongoing throughout the year. The school holiday activity program, including digital gaming, can be viewed online or in the libraries one week before the end of term. Keep an eye out for the new programs coming up.

Toddler Time
A program specifically for 18 to 36 month old children has now expanded to all 5 libraries across Moreland. Designed to enhance a toddler’s emerging literacy skills through song and stories, you can book for the 4 week long program at your library.
In addition, our regular weekly activities cater for pre-school children. Whether it’s Rhymetime for babies up to 18 months, or Storytime for 3-5 year olds, you will find a program to suit your child at Moreland City Libraries.

Brunswick Library
233 Sydney Road
Brunswick
Phone: 9389 9600

Coburg Library
Corner Louisa and Victoria Streets
Coburg
Phone: 9353 4000

Campbell Turnbull
220 Melville Road
West Brunswick
Phone: 9384 9200

Glenroy Library
737 Pascoe Vale Road
Glenroy
Phone: 8311 4100

Fawkner Library
Jukes Road
Fawkner
Phone: 9355 4200

Here are 15 healthy ways to manage your emotions that you can pass on to your children.

What training did you get from your parents in managing emotions?
If you are like me, you didn’t get much really constructive help in recognising or regulating feelings.

“Don’t worry! It will all turn out right!” was about the extent of the emotional management in my house.

I guess that’s why many people automatically default to ineffective ways to manage difficult emotions as adults.

Ineffective ways such as:

1. **Avoidance** “I’m okay, really!”
2. **Denial** “Nothing wrong with me!”
3. **Wishful thinking** “She’ll be right!”
4. **Worry** “What if…..”
5. **Self-denigration** “What do you expect? I’m a loser!”
6. **Blaming others** “She makes me feel so mad!”
7. **Acting out** (also abusing alcohol and other drugs) “Come here you! I’ll show you”

And they pass those same ineffective methods on to their children. Anxiety (a legitimate feeling), anger (also legitimate) and apathy (not a recommended state) are now at epidemic proportions among children and young people, even though we live in affluent times.

Here are 15 healthy ways to manage your emotions that you can pass on to your children:

1. **Breathe deeply**
   - The trick here is to take deep breaths, rather than shallow breaths. The easiest way to breathe deeply is to sit up straight (or stand up straight) count to 3 quietly while breathing through your nose, and count to 5 while breathing out. Breathe slowly and deeply. You may even feel a little ‘heady’, which indicates deep (and low) breathing.

2. **Find a favourite relaxation exercise**
   - There are many instant relaxation exercises you can use to change your emotional state. My favourite way to manage nerves and tension is to tense my body for 3 seconds and then relax. Repeat this a number of times and you can’t help but feel calmer. You can isolate part of your body such as your shoulders and arms to release the tension around your neck. There are plenty of quick techniques you can use to relax. Choose one or two and use them.

3. **Use a positive reappraisal**
   - Sometimes known as positive reframing, positive reappraisal is a simple technique you can use to help you look at a situation or event in a different light. Emotions are caused not by an event, but by the way we look at an event. A wedding speech to one person is a chance to strut your stuff (so they feel excited), while someone else may see it at as a nightmare (so they feel anxious). Change the way you view something and you’ll better be able to manage your emotional response. “This is a challenge, not a problem” is a catch-all reappraisal. The more specific the reappraisal the more effective it will be.

4. **Use positive, REALISTIC self-talk**
   - Ever talked yourself out of doing something exciting, new or challenging before you’ve even started? Maybe you’ve said something like: “I’ll never be able to do that.” “This will stress me out big time.” “I’m no good at…..” I know I have. I talk myself into feeling stressed out.

   Next time you catch yourself talking yourself or something down replace the negative with something realistic but more positive. Something like “I’ve done it in the past and I survived. So I should be able to do it again.”

   Repeat this a few times and your emotional state will shift to a better one. You may not exactly be jumping over the moon with confidence but you will feel less stressed. That’s what emotional management is about.
of scenarios can be exhausting, robbing you of energy. The paradox is that we often don’t feel like exercising, when we really need it. Let’s face it, when you come home from work tired and stressed, exercise is the last thing on your mind. BUT, going for a run, walking the dog or even playing a game outside with the kids is the very thing you need to feel better.

Exercise
Exercise releases endorphins; nature’s feel-good chemical, which will move your mood to a better state. The paradox is that we often don’t feel like exercising, when we really need it. Let’s face it, when you come home from work tired and stressed, exercise is the last thing on your mind. BUT, going for a run, walking the dog or even playing a game outside with the kids is the very thing you need to feel better.

Distract yourself
A healthy distraction such as phoning a friend, reading a novel or watching a comedy is a way many people use to manage difficult emotions.

Meditation
A well-known strategy for natural worry is meditation. Parentingideas recommends meditation as a life skill that will help you balance your emotional state.

Longer term strategies

7 Have constructive habits and hobbies
One of the tenets of good emotional health is that a person needs hobbies and interests that lift them up, making life enjoyable. Single-tracked lives— all work and no play— are recipes for emotional disasters. If you can relate to this, then I suggest you take the time to find a hobby or interest that juices you up.

8 Make physical activity a habit
How much do you move during the day? 10,000 steps a day is related to good physical and mental health. This was relatively easy to do before modern transport made walking largely redundant as a mode of transport. Now we have to purposefully exercise if we are going anywhere near to close to the amount we need for optimum mental and physical health. Daily walks, regular swims, playing team and individual sports are all great mood shivers we need to incorporate into our lives.

9 Meditate to stop those thoughts
If you struggle to close down the thoughts that race through your brain, then meditation will offer you the relief you need. Living with a brain that never seems to close down, or at least never stops ruminating and examining all sorts of scenarios can be exhausting robbing you of huge amounts of emotional energy.

10 Let me entertain you!
Fun is an antidote to poor mental health. People who have no fun in their lives have no mechanism for pushing their moods into a positive direction. Music, television, and video games are all great forms of entertainment that help change moods. It’s unhealthy though to use entertainment as a permanent escape from the situation that caused unpleasant feelings in the first place.

11 Find spirituality or something bigger than you
It’s no coincidence that most sustainable cultures have an aspect of spirituality present—that is, there is something or someone bigger than us present. As Western cultures have become more prosperous the place of religion specifically, and spirituality in general, has diminished. We are the poorer for it as we’ve become insular as individuals. If religion whether organised or unorganised is not your bag, then find a cause that inspires you and makes you feel significant through your contribution. Adding meaning to your life will help you make sense of difficult feelings, and importantly, keep the blue moments in perspective.

12 Modify the situation
Ever lay in bed stewing over a problem or situation and worked your self into a real knot. Suddenly you feel overwhelmed. It’s no coincidence that most sustainable cultures have an aspect of spirituality present—that is, there is something or someone bigger than us present. As Western cultures have become more prosperous the place of religion specifically, and spirituality in general, has diminished. We are the poorer for it as we’ve become insular as individuals. If religion whether organised or unorganised is not your bag, then find a cause that inspires you and makes you feel significant through your contribution. Adding meaning to your life will help you make sense of difficult feelings, and importantly, keep the blue moments in perspective.

13 Change your goal
Sometimes our emotional state is giving us a message—that is, we are not on the right path. There are times when we set ourselves targets or aspire to goals that are unrealistic and unattainable. The result of our honest efforts is that we continuously feel overwhelmed, swamped and stressed. If this is the case, then it maybe time to reassess what you are trying to achieve so that you can more easily manage your emotional state.

14 Get support from others
A healthy distraction such as phoning a friend, reading a novel or watching a comedy is a way many people use to manage difficult emotions.

15 Seek professional counselling
We all get stuck from time to time by aspects of our lives, such as experiencing loss, transition or trauma. When this happens we need a professional who can help us take the steps needed to become ‘unstuck’. A well-known song by US singer Kenny Roger song went, “You’ve got to know when to hold ‘em, know when to fold ‘em and know when to walk away.” I’d like to add another line—“You’ve got to know when to get some help.” Seeking help is something we are getting better at as a community, but we still have a long way to go until it accepted and normalised.

Check out how many of these healthy emotional management techniques you currently practice. My guess is that you do many of these intuitively, but you weren’t aware that they are emotional management techniques.

What would you like your kids to say?
There are plenty of healthy ways to regulate our emotional states, but often we simply default to unhealthy, unhelpful ways out of habit or because we know no other ways.

If someone asked your children in thirty years time to articulate the lessons they learned from you, hopefully they’ll be able to recount some of the right ways outlined above rather than pull out strategies from the 7 wrong ways list.