Dear Parents and Friends of BSW,

Next Monday we will be saying goodbye to winter and on Tuesday we will welcome the first day of spring! This of course means hello to hats. As stated in our school Sunsmart Policy, staff and all students are to wear hats when outdoors from September 1 to April 30. For more details please see our Sunsmart Policy located on the school website. Please ensure your children have a wide brimmed hat clearly labelled with their name. Many students who purchase a school hat embellish them with their own unique designs making them easily identifiable.

As most of you know, one of our year 4 students, Macey Braybon, has been receiving treatment for a brain tumour. I am pleased to say that she has completed the treatment, and last week she joined her class for an art session and a singing session. Macey’s classmates were thrilled to see her. The school community will support Macey and her family in this transition. There are many ways to achieve this. Keeping your sick child at home is a practical way you and your family may help Macey. If your child has chicken pox, measles or mumps or is suspected of...
having an illness, please contact the school immediately. This will allow the school to assess the probable contact and therefore exposure of Macey to the disease. Notification can then be given to the parents and medical specialists.

Information on infectious conditions can be found on national health websites eg. www.health.gov.au or alternatively contact your local GP.

I would like to acknowledge the wonderful job our teachers and support staff have been doing this term and the extra-long hours dedicated to the school week. They do it so seamlessly that we sometimes forget the great demand that is placed on them. Swimming program can mean few breaks, school camp means overnight work and evening events such as Bedtime Story Night can involve a very long day. Not to mention all the time and planning that has gone into the curriculum day and weekly professional development sessions after school.

Barb Smith will be continuing her leave for a few more weeks while Lilly Van Dyke continues to take her 3 / 4 class. We wish Barb all the best and look forward to seeing her back on board soon.

Finally, we have been very fortunate to have Dr Gaye Williams from Deakin University working in the 3-6 area this week on problem solving and resilience. This is valuable for both students and teachers. Students learn skills transferable to areas across the curriculum and teachers have a valuable opportunity for observation and feedback.

Have a great week everyone.

Yours sincerely,

Judy Harrington
Acting Principal

---

**CAMPS SPORTS & EXCURSIONS FUND**

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 **18 September 2015**. Late applications cannot be accepted.

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

---

**Lost**

**2015 AFL Football Card Albums**

1. On the 7th August, Eamon Connell’s AFL album went missing from the bag area in the library entrance. It didn’t have his name written on it and may have been mistakenly taken.

2. This week, another AFL card album has gone missing. This time from the oval and it’s got Lachie Minihan's name on it.

If found please return to the school office.
HELP SAVE PAPER!

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


SICK STUDENTS

Sick children should not come to school; they are not able to participate effectively and may infect others. Keeping your sick child at home is a practical way to prevent the spread of illness. If your child has chicken pox, measles or mumps or is suspected of having an illness, please contact the school immediately.

Information on infectious conditions can be found on national health websites eg.: www.health.gov.au or alternatively contact your local GP.

ENGLISH NEWS

The Victorian Premiers’ Reading Challenge ends soon! To ensure you complete the challenge, please make sure you have completed all your information online by Friday 4th September. See your teacher if you have any questions.

ARE YOU MOVING IN 2016?

Please let the office know as soon as possible if your child will not be attending BSW in 2016.

This is very important as we need to plan early.

AFTER SCHOOL CARE

If your child is not going to afters, please let them know on 9389 3329 early in the day.

WEBSITE

Did you know there was a calendar on the website?

Also, the newsletter is uploaded to the website every week.
Father’s Day is fast approaching and the Brunswick South West Primary School Father’s Day stall is happening again.

This year, we are asking parents to donate homemade gifts that can be sold at the stall.

The stall is for students to buy a Father’s Day gift for their dad/pop/special person in their life. The prices are kept low, $5.00 and under. There will be some things priced higher, usually the homemade things.

The stall will be held on Thursday 3rd of September and Friday 4th of September in the morning. Any parent wishing to help on either of these days, please contact Catherine on 0428080366 or email cpfabe@bigpond.net.au.

Come and Join Us!

The next fete team meeting will be on Monday 7 September at 7.30pm, in the school staffroom.

Thanks to all those parents who’ve offered to join our fabulous fete team. However, we still have a couple of critical co-ordinator roles that need filling. In particular, a joint co-ordinator for Things to Buy and a joint co-ordinator for Sponsorship and Donations.

If you think you can help in any way, please come along to the meeting.

For more information about helping out with the fete, please contact Elly Davis at elli@edsm.com.au or 0434 530 249.

Grade 1—Bedtime Night
Was a great success!

Grade 2 - Sleepover (4th September)

Prep - Teddy Bear’s Picnic
(early term 4, more information to follow)

HATS! HATS! HATS!

September means hats are required in the playground.

Navy blue hats are available for purchase at the school office.

Small, medium, large & x-large—All $10.
COBURG CRICKET CLUB
JUNIOR CRICKET SEASON 2015/16

- Are you looking to have fun and make friends?

Then come on down to Coburg Cricket Club!!!!

Location: City Oval, Harding Street Coburg. (behind the Coburg Leisure Centre)

Cricket for boys & girls aged 6 to 16.

For all Junior Cricket Enquiries contact:

Bill Tucknott: 0422 954 325 or tucky@alphalink.com.au
(If emailing please include your full name and phone number.)

Milo in2cricket: Uff Budak, 0421 247 052 or ufflee@optusnet.com.au

Come and have plenty of fun playing cricket at Coburg !!!!!

"Keep up to date with what's happening at Coburg CC by following us on twitter @coburgcc1856 or by liking us on Facebook"

Visit our website: coburg.vic.cricket.com.au
What’s happening at Moreland City Libraries?

The big news for Term 3 is, of course, Children’s Book Week along with the announcement of the Children’s Book of the Year Awards, which recognise Australian authors and illustrators. To celebrate the special week (August 22–29), Moreland City Libraries will have all the short listed books available for loan, as well as fun activities which can be booked online.

Book children’s activities online at childrensactivitiesMCL.eventbrite.com.au

All children’s programs that require bookings can now be viewed and booked online. The school holiday program, including digital gaming, can be viewed and places booked one week before the end of each term. All library activities are free.

Children’s online resources

There’s a lot more to libraries than books!
Go to moreland.vic.gov.au/libraries/children/online-resources-children/ for fun activities as well as educational resources. Ziptales, Tumble Books and Big Bus have stories, jokes and activities for primary school aged children. Who next?, Britannica Library Edition and Britannica Smartmaths provide a guide to children’s authors and information for school projects.

# PRC (Premier’s Reading Challenge) closes on the 14th September. Don’t forget the library has a great range of PRC books which are clearly labelled and easy to find. Books can be borrowed for 3 weeks.

Brunswick Library
233 Sydney Road
BRUNSWICK VIC 3058
Phone: 9389 8600

Campbell Turnbull Library
220 Melville Road
WEST BRUNSWICK VIC 3055
Phone: 9384 9200

Coburg Library
Corner Louisa and Victoria Streets
COBURG VIC 3058
Phone: 9353 4000

Glenroy Library
737 Pascoe Vale Road
GLENROY VIC 3046
Phone: 8311 4100

Fawkner Library
77 Jukes Road
FAWKNER VIC 3060
Phone: 9355 4200

Exploring the New Frontier in Parenting

So what is this new frontier of parenting? Emotions are now recognised as an important part of the parenting landscape. Here are five ideas to help you explore the alien landscape of kids’ emotions.

It’s official!
Emotions are now part of the parenting and educational mainstream!

For some time they’ve been relegated as a sideshow to the main events of discipline, confidence building, character building, and lately, resilience.

Not now.

The recently released movie Inside Out gives life to emotions in a fun, accessible way. It’s a wonderful demonstration of why we must put emotional intelligence front and centre in our parenting and teaching.

The quickest pathway to happiness and success is the acceptance and recognition of feelings.

This is not a new idea. Over 2,000 years ago Socrates reminded his Greek compatriots, “Educating the mind without educating the heart is no education at all.”

Current day muse Dr. Marc Brackett, Director of the Yale Centre for Emotional Intelligence is more expansive. He says, “Emotions matter as they drive learning, decision-making, creativity, relationships, and health.”

This is not to say that we ignore children’s poor behaviour, neglect to set limits or not ask anything of them when they’ve experienced hardship at school. Accepting and recognising emotions is an added layer in our interactions with kids, which may well be the missing link in building cooperation, connection and resilience.

Emotions are messy. They can be loud. They can be hidden. They so often interrupt our well-organised schedules. “What do you mean you’re sad? We’re off to watch a movie. It’s a happy time!” Emotions are hard to control and difficult to see. Like slippery eels swimming in a dam, you know that they are down there somewhere but it’s hard to figure out just what they are doing.

It’s a wonder parents haven’t smartened up to emotions earlier because ‘good parenting’ is hard emotional labour. When your three-year old throws a tantrum in a supermarket and all you can do is grin and bear it (rather than throwing your own tantrum or doing what you really feel like which is disowning your own child!) you’re doing hard emotional labour.

When you console and contain the hurt of a primary school aged child who throws himself at your feet howling that everyone hates him, you are doing emotional labour.

Staring down a teenager who looks you straight in the eye while spitting out “I hate you!” because you’ve denied their request to go out is hard emotional labour. Parents do emotional labour all the time. That’s one of the reasons it’s so draining.

Accepting kids’ emotions mean we need to listen to them. We need to be mindful of their feelings as well as their behaviours and thoughts, which is what most parents and teachers are conditioned to do. We’ve built a broad vocabulary around behaviour management featuring terms such as consequences, limits and boundaries, and time-out to name a few. And the perennial ‘To smack or not to smack’ question shows we are very willing to have debates about behaviour management methods, but discussions about emotional management are few and far between.

more on page 2
The limits of many parents’ emotional vocabularies are matched by the limitations in method as well. Most parents when asked can provide plenty of ways to raise a well-behaved child but I suspect many would struggle if asked to name three or more ways to build their children’s emotional smarts. This is not a criticism but an acknowledgement of lack of training in the area.

Ask yourself, “Who taught you how to recognise, manage and regulate your emotions?” If you answered your parents then lucky you. They’ve given you the tools you need to have successful relationships, to maximise your earning potential (I kid you not) and to behave like a champ, not a chump, when playing sport and participating in other competitive or high performance activities. If you were able to identify any adult who taught you emotional intelligence then I suspect you are in rare company. My guess is you probably couldn’t identify anyone, so your emotional intelligence (if you’ve read this far you have the emotional smarts needed for focus, self control and concentration) is unconscious, rather than conscious, making it hard to teach or pass on emotional intelligence skills to kids. So where do we start?

Here are five ideas to help you explore the alien landscape of kids’ emotions, the new frontier of parenting:

1. **Listen first**
   When your child fusses and fumes about some wrong-doing or hurt they’ve experienced clear your mind and listen. Avoid trying to fix the situation just show understanding and compassion. There is no better feeling then being understood.

2. **Contain rather than manage (let your kids do the managing)**
   Children’s behaviour can become tangled up in upsets and disappointments. It’s hard to separate their behaviour from their feelings. Sometimes as a loving, caring adult you just have to soak up their feelings, and give them the time and space to soothe their own souls. We don’t have to do that for them.

3. **Know that emotions can be pleasant and unpleasant**
   We often place value judgements on emotions by saying some emotions are good or positive (happy, motivated, energised) while some are bad or negative (sad, worried, sullen). Avoid passing judgement in such ways. Recognise that emotions are pleasant or unpleasant and that all emotions are acceptable, whereas some behaviours (such as hurting someone when you are angry) are unacceptable.

4. **Build a vocabulary around emotions**
   Just as feelings have names, there are terms for the emotional intelligent parenting method. For instance, I-messages* are a type of communication used by parents and adults who take an emotions-first approach.

5. **Help your kids recognise, then regulate emotions**
   Ever told a child to calm down only to see their emotions escalate? Kids, like adults, need to recognise their feelings before they can regulate their emotional state, and that’s not easy. Emotional recognition is a complex process that takes practice. Even when we are good at it we don’t always get it right. Learning to recognise your feelings is a continuous process that’s best started when young, before the ups and downs of adolescence becomes a reality.

Emotional intelligence is best learned when it becomes part of your family’s culture, or way of doing things. When it becomes part of your family’s DNA then emotional intelligence will be passed down from generation to generation. You’ll know it’s had generational impact when your children identify you as the person who trained them in the skills of emotional intelligence. How cool is that!

Want more ideas to help you raise confident kids and resilient young people? Subscribe to Happy Kids newsletter, my FREE weekly email parenting guide at parentingideas.com.au. You’ll be so glad you did! When you subscribe you’ll also get my fantastic Kids Chores & Responsibilities Guide with plenty of ideas to get your kids to help at home without being paid.