Week 8 - Thursday 24th November 2016 - Term 4

PRINCIPAL REPORT

A warm hello to our Melrose community!

So nice to see some sunshine today, and how lovely to look out my window and see all of our Foundation students out on the basketball court this morning looking Fabulously Fairy-tale-ish! I see elves and pirates, dragons and princesses, and plenty of proud happy smiles! The Foundation Fairy-tale Ball is the number one social event on the calendar for our youngest Melrose students and we know they will have had lots of fun.

Speaking of exciting events, the annual Melrose Spelling Bee was held yesterday, and I would like to congratulate all our winners on the day for their impressive spelling efforts. Well done to all of our contestants who performed admirably on the day, and also to our student body for their attention, respect and enthusiastic support for this event. A big thanks to Mrs Scott and the Literacy team for putting this together once again.

It is quite a short week for our students, with Monday having been a Pupil Free holiday and the Wodonga Cup Public Holiday falling tomorrow. Please remember that the school will be closed tomorrow and that MOSC will not be operating either. It is looking like it will be lovely weather for a long weekend though, so I hope everyone makes the most of it. I think I’ll set myself up on my back deck in the sun to read over the student reports our teachers have spent considerable time writing over the past few weeks!!

Week 9 starts on Monday, and once again there is a lot going on! Our Year 6 students heading to Wodonga Middle Years College have their HEADSTART week – getting a taste for Secondary School and becoming familiar with the school layout and class timetabling. We also have some Year 6 students experiencing transition days at other schools also. At the other end of the school, our F-2 grades will start their swimming program next week. Areas 8 and 13 will be heading off each day at 12:30pm for their lessons and Areas 15 and 11 will head over at 1:45pm each day. The remaining F-2 classes will do their swimming program in week 10, and the Middle Unit classes will then participate in a swimming program in week 11.

Having shared some information about our EQ program with our 2017 Foundation parents at transition this week, we have included a copy of the handout that we shared – Parenting with EQ – for you to read.

Wishing you a lovely long weekend!

Kind Regards,
Kellie Thorp - Acting Principal
**CHRISTMAS CONCERT!**

Christmas is fast approaching, so too is the Annual Melrose Christmas Concert. Classes will be performing Christmas Carols for everyone to sing along to, including a special staff number! There may even be a surprise visitor! The Christmas concert will be located outside the front office on the grassed area. Friends and families are welcome to bring a picnic rug or chairs to enjoy the night. Come at 5:30pm for a 6:00pm start, on Friday December 9th.

There will be items available for purchase on the night:
- Songbooks
- Icypoles
- Glow sticks
- Sausage in bread
- Water
- Primas

Can’t wait to see you there!
*From the Melrose Christmas Elves.*

There will be a raffle on the night with tickets $2 each or 3 for $5. If you have any non-perishable donations for the Christmas Hamper, can they please be sent into the office.

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**ENROLMENTS 2017**

Enrolments for 2017 are now due and need to be lodged at the office as soon as possible.

Also, if you have a student who you know will be leaving us at the end of 2016, please notify the school office urgently.

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**Great Melrose Spelling Bee**

Yesterday we had a great school event with the Junior and Senior Great Melrose Spelling Bee. There was a lot of excitement, many difficult words and lots of bravery and persistence shown. We were very proud of all the participants. Our congratulations go to the grade level winners:

**Foundation:** Leila Watts

**Grade 1:** Oscar Van Den Borne

**Grade 2:** Annabelle Olney

**Grade 3:** Rory Witt (Area 5)

**Grade 4:** Jordan Puilia-Hogan (Area 3)

**Grade 5:** Mariella Curcio (Area 17)

**Grade 6:** Tenika Nelder (Area 17)

We will have another round of Spelling Bee during assembly soon (to be announced later) to find our Champion of Champions speller at Melrose. This will involve the winners from Grade 3 to Grade 6.

*Happy Spelling!*

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**STAR WORK**

**A3 - Elton Sandland**
- fast and accurate work in Maths.
- Well done

**A5 - Zane McDiarmaid**
- improved behaviour and excellent work in class

**A6 - Holly D’antonio-Davern**
- being an active bystander and stopping a problem from becoming worse

**A7 - Leevi Beale**
- making fantastic, strong choices all week

**A8 - Logan Nugegodage**
- working quietly towards his goals, especially reading

**A10 - Lydia Habimana**
- doing an excellent re-tell for her reader this week

**A11 - Sarah Rowbottom**
- her fantastic achievements in spelling this year including spelling 98 words out of 100 correct

**A12 - Logan Dawson**
- astounding improvements in spelling this term

**A13 - Cody Stewart**
- Excellent classroom behaviour and an improved effort in his writing

**A14 - Cianna Stokes**
- trying her hardest to learn the words off her wordlist

**A15 - Tayah Smart**
- her outstanding behaviour this week and trying her best

**A16 - Gabriella Sheridan**
- making a huge effort to come to school on time, well done Gabriella!
**SENIOR GRADUATION CEREMONY**
The senior team are preparing the graduation ceremony for current Year 6 students happening on Friday 16th December. We ask that parents of any Year 6 student who was not at Melrose Primary in prep or year one, to send your child’s prep photo into the school. The photo will be scanned in to form part of a short slide show. Alternatively, you can email a copy of your child’s prep photo to: graduation@melroseps.vic.edu.au

**SENIOR GRADUATION DINNER - NOTE CHANGE OF DATE**
Please note that the date for the Senior Graduation dinner has changed from Thursday 15th December to now be held on Tuesday 13th December. Sorry for any inconvenience this may have caused.

**SWIMMING PROGRAM - JUNIOR SCHOOL**
Monday 28th November - Friday 2nd December
A8/A13  Leave Melrose:  12.30pm -2.15pm
A15/A11 Leave Melrose:  1.15pm - 3.00pm
Monday 5th December - Friday 9th December
A16/A10 Leave Melrose:  12.30pm - 2.15pm
A14/A12 Leave Melrose:  1.15pm - 3.00pm
Students will walk to and from the Leisure Centre and must be in school uniform and bring hat, towel and swimmers on their swimming days. Permission notes will be sent home on Monday and must be returned to school with the $30 no later than 25th November. Note: For Parents who have qualified for CSEF, this amount may be covered.

**SWIMMING PROGRAM - MIDDLE SCHOOL**
Group 1:   Leave Melrose: 12.30pm - 2.10pm Lesson at 1.00pm - 1.45pm  A04 & A07
plus some A03 - year 4s
Group 2:  Leave Melrose: 1.15pm - 3.00pm Lesson at 1.45pm - 2.30pm  A05 & A06
plus some A03 - year 4s
Lessons from: Monday 12th December to Friday 16th December. Students will travel by bus to Waves Swimming Pool Wodonga and must be in school uniform, bring their swimmers, towel and school hat on swimming days. Permission notes (sent home closer to the time) and $30 must be returned no later than 8th December. Note: To those Parents who qualify for CSEF, this cost may be covered.

**LITERACY LUNCHEON WINNERS**

**CHICKEN POX**
We have had several confirmed cases of chicken pox reported to the school over the past week - please keep an eye out for symptoms, see your GP and contact the school as soon as possible if you suspect your child may be developing some of these symptoms -

**What are the symptoms -**
- Chickenpox begins with a sudden onset of slight fever, runny nose, feeling generally unwell and a skin rash.
- The rash usually begins as small lumps that turn into blisters and then scabs.
- The rash appears over three to four days. At any one time, the lesions of the rash vary in stages of development.
- Symptoms usually occur two weeks after exposure to the virus.
- Most people recover without complications, but sometimes the infection can lead to serious complications, such as pneumonia and inflammation of the brain. Rarely, the infection can be fatal.
- Persons who are previously vaccinated can still get chickenpox. If chickenpox occurs in a vaccinated person it is usually mild and less contagious than in an unvaccinated person.

**How is it spread?**
- Early in the illness, the virus is spread by coughing.
- Later in the illness, the virus is spread by direct contact with the fluid in the blisters.
- The infection is highly contagious to people who have never had chickenpox or who have not been vaccinated.
- People are infectious from one or two days before the rash appears (that is, during the runny nose phase) and up to five days after (when the blisters have formed crusts or scabs)
- Chickenpox infection triggers an immune response and people rarely get chickenpox twice.

**Who is at risk?**
- Anyone who has not had chickenpox or been vaccinated in the past can get chickenpox.
- People with a past history of chickenpox are likely to be immune to the virus. Even adults with no history of chickenpox have a chance of being immune (because of past infection that was mild).
- Doctors sometimes perform a blood test to see if these people need a vaccination.

**Children with chickenpox should avoid others (and not attend childcare or school) until at least five days after the onset of the rash and all the blisters have dried.**

**VACATION CARE PROGRAMS**
Vacation Care programs for the 2016/2017 school holiday period will be going out with newsletter today. All bookings and payment must be made by FRIDAY 16th December to allow staff for planning.

**LIBRARY**
This week will be the final week for borrowing for the year. Please have a good look around at home for any library books that need to be returned and send them back into the school Library as soon as possible.
WODONGA MIDDLE YEARS COLLEGE

YEAR 6 TO YEAR 7
HEADSTART PROGRAM

Monday 28th November to Tuesday 6th December 2016

What to bring for HEADSTART:

- Transition passport
- Workbook and pencil case
- School bag
- Wear your current school uniform, including a hat
- Bring your lunch and drink bottle with you
- You will also be able to purchase something from the canteen if you wish

We look forward to meeting students at the HEADSTART Program.

F-2 Attendance Leader Board

<table>
<thead>
<tr>
<th>Classroom</th>
<th>Number of school days missed by students</th>
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<tbody>
<tr>
<td>1st Area 16</td>
<td>47</td>
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<tr>
<td>2nd Area 15</td>
<td>62</td>
</tr>
<tr>
<td>3rd Area 10</td>
<td>81</td>
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<tr>
<td>4th Area 14</td>
<td>83</td>
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<td>5th Area 8</td>
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<td>5th Area 13</td>
<td>88</td>
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<td>6th Area 11</td>
<td>89</td>
</tr>
<tr>
<td>7th Area 12</td>
<td>119</td>
</tr>
</tbody>
</table>

3-6 Attendance Leader Board

<table>
<thead>
<tr>
<th>Classroom</th>
<th>Number of school days missed by students</th>
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<tbody>
<tr>
<td>1st Area 4</td>
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<tr>
<td>2nd Area 6</td>
<td>78</td>
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<td>105</td>
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<td>6th Area 3</td>
<td>112</td>
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<tr>
<td>7th Area 17</td>
<td>128</td>
</tr>
<tr>
<td>8th Area 1</td>
<td>153</td>
</tr>
</tbody>
</table>

Transition Dates – 2017 Foundation Students

Tuesday November 15th 9:15am – 10:15am
Parents are invited to attend a “Stay and Play” session at the school. This will give students the opportunity to visit the school, feel secure by their parent’s side, as well as give the parents a chance to observe their children in the school setting. Games and activities will be provided. Please come to the front office on the day.

Tuesday November 22nd 9:15am – 10:15am
Children will participate in an Art based activity with the Foundation teachers. Students will use fine motor skills to create a piece of artwork that they will get to take home.
Parents are invited to attend Meet the Principal Morning Tea. A short presentation will be made from our EQ coordinator about the Melrose emotional and social development program Program.

Tuesday November 29th 9:15am – 10:15am
As a part of our school wide approach to Emotional Intelligence, the children will take part in an EQ game. These games provide the foundation to EQ in the first year at school. They will then complete a music session with the Foundation teachers.
Parents are invited to stay and attend an information session, including topics such as preparing for school, school banking and uniforms.

Tuesday December 6th 9:15am – 12:30am
This is the State Wide Transition Day. Students will be dropped off by parents in the morning and will complete a range of activities, aimed to introduce them to the year ahead. Parents are invited to return to school at 12:30pm for a picnic outside the Foundation classrooms. This gives parents another, informal opportunity to ask any questions before school commences in 2017.
WODONGA YOUTH SURVEY FOR SCHOOLS
All young people in Wodonga between the ages of 9 and 24 will be able to complete an online survey and have their opinions and ideas considered in the updated Wodonga Youth Strategy. The survey can be accessed at: https://www.surveymonkey.com/r/YouthSnapshot2016 and will be available for completion until Friday December 2nd, 2016. Young people who complete a survey can enter a random prize draw to win one of 50 movie passes.

ACTING PRINCIPAL:
Kellie Thorp

ACTING ASSISTANT PRINCIPALS:
Darren Clough
Heidi McKay

SCHOOL COUNCIL PRESIDENT:
Paul Barker

* Know Yourself
* Choose Yourself
* Give of Yourself

MUSIC LESSONS 2017
If you are interested in your child having private guitar, keyboard, piano or piano accordion lessons in 2017, please complete the reply slip below so we can pass your details on to the private tutor. Lessons are held at school during school hours. If you wish to speak to her direct you can contact Heather Wilson on 60256480.

Parent Name: ...........................................................................................................................

Student Name: ...........................................................................................................................

Contact Ph: ...............................................................................................................................
How to Connect with Your Child Each Day

At the end of each school day, when you ask your child, “How was school today?” you probably get a predictable answer. Here are some simple tips on how to ask questions that will yield answers beyond the typical response, “Fine,” and open up pathways for daily connections that are foundational to the parent/child relationship.

1. **Go beyond asking, “How was school today?”** Instead change up your question:

<table>
<thead>
<tr>
<th>Question</th>
<th>Why ask this?</th>
</tr>
</thead>
<tbody>
<tr>
<td>What was something that made you laugh today?</td>
<td>fosters self-awareness</td>
</tr>
<tr>
<td>What was something that peaked your curiosity?</td>
<td>promotes intrinsic motivation</td>
</tr>
<tr>
<td>What was a mistake you made today?</td>
<td>builds resilience, self-efficacy</td>
</tr>
<tr>
<td>What was a good choice you made today?</td>
<td>improves decision-making</td>
</tr>
<tr>
<td>What was something you did that was kind?</td>
<td>fosters empathy</td>
</tr>
<tr>
<td>What are you grateful for?</td>
<td>engenders awareness, empathy, and larger perspective</td>
</tr>
</tbody>
</table>

2. **Do daily EQ check-in’s.** Whether it’s in the morning, at dinner or bedtime, daily check-ins are a great ways for the whole family to tune in with each other.

- Each family member checks in with how s/he is feeling on a scale of 1-10 (1 being worst and 10 being best). Each member then explains why.
- Check-in methods can change each day or week, decided by a different person in rotation. Some ideas include:
  - If you were an animal, which animal would you be and why?
  - If you were a body of water, would you be a creek, a river, a lake or an ocean?
  - What song would describe your feelings today?
3. **Instill an attitude of gratitude.** Everyone takes turn making a toast to something they are grateful for. This allows every member of the family to feel in charge of setting the mood of the family, to understand that he can lift everyone’s mood with a cheer. It gives the mealtime an uplifting start; it’s a quick and positive way to start the meal. And kids LOVE to make toasts!

4. **Share high/low lights at the dinner table.** It’s important for kids to share their joys AND distresses with you - for them to know that life is not all ups but have plenty of downs and that all feelings are ok. Oftentimes, the low lights are more insightful than the high ones.

5. **Set aside 1-1 time each day per child (10-15 min).** Engage in doing something together with your child each day. Just focus on being present with your child and the activity. He will start to talk to you about his day without any direct questions from you. It may take some consistent days like this before she starts to volunteer. Be patient and have an open ear and heart.

6. **Be honest about why you want to know.** It’s natural that we want to hear about our kids’ days. It gives us a sense that we belong and have significance in their lives. But if we come across as prying and have a hidden agenda, they will not be very forthcoming.
   - Remember that your goal is to connect, not to lecture, discipline, or correct behavior (this is not the time for it).
   - The hardest part is waiting for when they are ready, not when you want them to share.
   - As in Zen philosophy, we don’t find the answers, we lose the questions.

*Parenting with EQ* is a parenting curriculum based on the Six Seconds EQ model. Stay tuned for the relaunch of our online classes for parents. If you would like to get notifications about the launch, please sign up here. For further questions, please email May Duong, Director of Parent Education at may.duong@6seconds.org.