DATES TO REMEMBER

- **Tuesday 1st April** - Community Group Meeting 2pm
- **Wednesday 2nd April** - School Photos
- **Thursday 3rd April** - Bunny Brunch Grade 1/2 sleepover
- **Friday 4th April** - Last day of term. 2:30pm dismissal

FROM THE PRINCIPAL

INQUIRY

Grade 3/4, during Inquiry, have been focusing on changes within our society and were enthralled with a visit from Dianne Gannoway. Many stories were told and many questions asked by the students. Dianne came and shared stories about her younger days and the students were able to hear what she had learned from her parents and how we pass information and traditions on to the next generation.

CRAZY DAY

Friday 28th March is going to be a CRAZY DAY.

- Shave for a Day - Kyle H and Tallon W are shaving their heads for the leukaemia foundation.
- Tara Marcek is having her beautiful long hair cut to donate to Beautiful Lengths to be made into a wig for someone with cancer.
- Crazy Hair Disco organised by Community Group on Friday 28th.
- Free Dress and Crazy Hair Day notice went home Wednesday with information.

RIDE TO SCHOOL

- Friday 21st February we had our first “Ride to School” day. We had 70 students ride, skate, scoot or walk to school.
- Friday 21st March we had 81 students ride, scoot or walk to school. Well done, numbers are UP!!
- Our next Ride to school/ walk to school day is Friday 23rd May which is in Education Week. Let’s get even MORE students participating!!

COMMUNITY GROUP NEWS

Reminder that Easter Raffle tickets and donations are due Friday 28th March. Thank you to everyone who has supported the Easter Raffle and Bunny Brunch.

SCHOOL PHOTOS

A reminder that School Photos are on: **Wednesday 2nd April**

Please have your child/ren dressed in school uniform, hair neatly done and everyone with a happy smile on their faces.

Elizabeth Thomas
Principal

Thank you to Shane Hayres for coming to blow all the pathways clean of leaves and debris. It looks amazing.
Strong social skills are 'key to surviving bullying'
The Age March 16, 2014

Victims of school yard bullying who have strong social skills and little difficulty with studying are likely to emerge unscathed by the experience in the longer term, while bullies who have involved parents will stay on the straight and narrow later in life.

The Australian Institute of Family Studies used data from a longitudinal study of 1150 children to identify how many children were bullied or bullied others when they were 13 or 14. These children were followed up six years later to gauge any long-term effects.

Researcher Suzanne Vassallo found a quarter of young adolescents were bullied. By the time they were 19 these children were twice as likely as those who weren't bullied to have depression.

A fifth of school children admitted to bullying others. These teenagers were significantly more likely than their peers to have developed antisocial tendencies by the time they had left school. Their behaviour ranged from damaging property and getting into fights to serious crimes such as drug trafficking and rape. But Ms Vassallo identified certain factors that minimised the long-term consequences of bullying behaviour.

Children who had high social skills and coped well with their school work were much less likely to develop depression later on. Conversely, those bullying victims who placed a lot of importance on their peer relationships were more likely to suffer longer-term repercussions from the experience.

Bullies who had more stable temperaments and didn't overreact to situations or get easily upset and frustrated were better able to shake off their antisocial behaviours by the time they were young adults. A key factor that prevented them going off the rails was having parents involved in their lives.
What is resilience?

ROLE PLAYS

 tĩnh How can we solve this? tĩnh Positive self talk.

Energisers, Art work, Writing, Dancing Relaxation
Breakfast Club Success!

What a fantastic way to start the school day! Breakfast Club began last Friday morning thanks to Kilsyth Woolworths, and their Manager Ken Watson, we were able to provide breakfast to more than 40 students in our school Community. It was such a lovely morning that the children sat outside the canteen at a long table and enjoyed great conversations with each other a few laughs and their breakfast. Starting the day with such a positive frame of mind certainly set the children up for a day of fun filled learning when they got to their classrooms.

It was such a wonderful sight to see some of our parents join us and sit and talk to their children over breakfast – an opportunity that is most probably a rarity in households as we busily work to get out the door each morning.

Seeing first hand the children, parents and staff in our community work together with enthusiasm and a common goal certainly made me feel very lucky to be part of the Gladesville Community.

A very special thank you to all those people who assisted on the day –

Parents – Stacey Fife, Melanie Morgan, Anthony Hill, Stacey Catlow as well as those parents who supported the program and attended with their child.

Senior students – Claudia C, Locky S, Kaitlyn T

Staff – Helen Savaris, Elizabeth Thomas, Debbie Gleisner, Michelle Hull, Carmel Pannowitch and all those staff who popped in to offer their assistance.

Breakfast Club will run again next Friday (28 March) from 8.30am-8.50am.

Julia O’Callaghan
Welfare Officer

My mum likes me to eat healthy, so thank you for giving me a healthy breakfast this morning." (Student)

It’s nice to have some parents sitting with their children to have breakfast. This probably doesn’t happen at home." (parent comment)

It’s great to see the kids sitting and talking together." (Staff comment)
HEALTHY SNACK/ RECESS & LUNCH

We have been made aware that some students are bringing their food back home at the end of the day uneaten.

- Students have 3 to 4 opportunities during the day to eat their healthy snack (fruit, plain popcorn, vegetables), recess snack and lunch. Students eat inside and have 10 minutes to eat at recess and lunch.

- Families could help with Healthy Snack and Recess snack by cutting up the food into bite size chunks. Large apples, for instance, for young children, especially those losing their teeth, make it a slow and difficult process to consume if the food is still whole.

- We also realise that students in older grades will be making their own lunches. We urge families to again support their child by encouraging them to have food that is not packaged and able to be eaten outside if they do not get to finish eating inside.

- We have a rubbish free policy where children can not take wrappers/ packaging outside.

- As a school we encourage children to eat the healthy parts of their lunch first e.g. sandwich (perishable foods) before food that can be eaten after school or at home.

- Reminder that we have Fruit Thursday which means your child will get fruit cut up in bite sizes and may not eat the fruit that you have sent that day.

- Please ensure your child has sufficient food to last the day. Children need to graze and eat often. School is hard work and children need good food to get through the day, to be able to think and be alert to learning.

- Reminder that we encourage students to have water bottles every day. They are able to access their water during learning time.
Interschool Sport

Year 5/6 have started their interschool sport training. This is 5/6T training for netball.

Our first game is Friday, 2nd of May in Term 2.
Come and cheer our netball, volleyball and softball teams on!
**PUPIL OF THE WEEK**

28th March, 2014

- Prep: Imogen F for being a positive role model in our classroom
- 1/2C: Tahlia M for her brilliant journal writing
- 2/3H: Tiana T for a wonderful week. For putting up her hand in Dipl and constantly being focused on the task at hand.
- 3/4P: Koda W for consistently trying his hardest in all areas
- 5/6J: Kayla B for trying her hardest in maths and helping others when they are struggling.
- 5/6T: Tali S for developing a brilliant introduction to our narrative writing

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**CANTEEN NEWS**

**SLURPEES ARE NO LONGER AVAILABLE**

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**STRANGER DANGER**

During the week one of our students was approached whilst walking to school by someone in a dark blue ute.

Parents please stress to your children the importance of not speaking with strangers and how important it is to report this to parents or teachers as soon as possible.

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**Basketball News**

*Please note: There have been changes to the fixtures please check below for times and venues*

**Results for this week**

<table>
<thead>
<tr>
<th>Team</th>
<th>Result</th>
<th>Comments</th>
</tr>
</thead>
<tbody>
<tr>
<td>Gems</td>
<td>L4 - 8</td>
<td>Jordyn C for an impressive first game of basketball. Well done</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Brianna M for improving her confidence and skills every week. Well Done!</td>
</tr>
<tr>
<td>Glitters</td>
<td>L0 - 6</td>
<td>Breana S for fighting hard defensively and stealing the ball!</td>
</tr>
<tr>
<td>Gremlins</td>
<td>L0 - 18</td>
<td>Kynan W for great attacking skills</td>
</tr>
<tr>
<td>Goannas</td>
<td>D8 - 8</td>
<td>Chris L for playing on even though injured</td>
</tr>
<tr>
<td>Giants</td>
<td>L0 - 33</td>
<td>Lachlan S for great defence and not giving up</td>
</tr>
<tr>
<td>Globes</td>
<td>W40 - 2</td>
<td>Sam T for showing us his breakdancing moves after scoring</td>
</tr>
<tr>
<td>Gaters</td>
<td>L4 - 47</td>
<td>Kyle B for good defending and team play</td>
</tr>
</tbody>
</table>

**Upcoming games**

<table>
<thead>
<tr>
<th>Team</th>
<th>Date/Time</th>
<th>Venue</th>
</tr>
</thead>
<tbody>
<tr>
<td>Glitters</td>
<td>Thurs 27/03 5:35 L3</td>
<td>Gems</td>
</tr>
<tr>
<td>Gremlins</td>
<td>Fri 28/03 4:35 K4</td>
<td>Goannas</td>
</tr>
<tr>
<td>Globes</td>
<td>Mon 31/03 6:20 L3</td>
<td>Giants</td>
</tr>
<tr>
<td>Gaters</td>
<td>Mon 31/03 6:20 L1</td>
<td></td>
</tr>
</tbody>
</table>

**Training times**

<table>
<thead>
<tr>
<th>Team</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Glitters</td>
<td>Tues 5.15 – 6pm</td>
</tr>
<tr>
<td>Gremlins</td>
<td>Thurs 3.45 – 4.15/4.30pm</td>
</tr>
<tr>
<td>Globes</td>
<td>Wed 5.15 – 6pm</td>
</tr>
<tr>
<td>Gaters</td>
<td>Wed 3.45 – 4.15/4.30pm</td>
</tr>
</tbody>
</table>

Gates | Wed 5.15 – 6pm |

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Gladesville Drive, Kilsyth    Phone: 9728 1877  Fax: 9761 9141

gladesville.ps@edumail.vic.gov.au
Dandenong Ranges National Park

Autumn in the Forest 2014

Junior Ranger Program

Tue 8 Apr - Tue 15 Apr

This autumn, join park staff for a fun-filled program of FREE and informative activities that the whole family will enjoy. Explore the National Rhododendron Gardens on their Free Family Fun Day, Climb a Mountain, get creative with clay sculpture at William Ricketts Sanctuary, or take a short stroll around Sky High Mount Dandenong, as part of their Children’s Week activities (gate fee applies to entry at Sky High).

Bookings Essential phone 9757 7724 (except for FFFDay at Rhodi Gardens)

For more information visit

GO COUGARS!!

NEW PLAYERS WANTED

SEASON 2014

Positions available in all teams
Under 8s, 9s, 10s, 11s, 12s, 13s, 14s & 15s

First Year Players to the Club receive FREE registration

President : Danny Lamb 0419 348 669
Registrar : Bonnie Isbester 0411 406 443

Download our free APP now or check out us on facebook kilsyth junior football club

Gladesville Drive, Kilsyth Phone: 9728 1877 Fax: 9761 9141
gladesville.ps@edumail.vic.gov.au