Principal Report

Welcome Back to Mount Martha Primary School for 2016. I hope everyone had a very enjoyable and restful holiday! 2016 promises to be another fantastic school year and I am really pleased with our very smooth start. The students have quickly resumed their school and learning routines. Staff had a very productive two days at the start of the year with time allocated for planning our curriculum and teaching approaches at a whole school and year level team and as well as updating our training in management of anaphylaxis and asthma.

A huge welcome to our 2016 Prep students who started so well yesterday. The first day of school is always a very exciting day! Welcome also to families and new students at other year levels who are joining our school community.

Welcome to our 2016 Preps:

<table>
<thead>
<tr>
<th>Prep A</th>
<th>Prep B</th>
<th>Prep C</th>
<th>Prep D</th>
<th>Prep E</th>
</tr>
</thead>
<tbody>
<tr>
<td>Ms Dixon</td>
<td>Miss Howle</td>
<td>Ms O'Brien</td>
<td>Mrs Adcock</td>
<td>Mrs Moncrieff</td>
</tr>
<tr>
<td>Raphael</td>
<td>Ruby</td>
<td>Willow</td>
<td>Zoe</td>
<td>Will</td>
</tr>
<tr>
<td>Ryder</td>
<td>Luke</td>
<td>Kieran</td>
<td>Niah</td>
<td>Isabella</td>
</tr>
<tr>
<td>Noah</td>
<td>Addison</td>
<td>Sebastian</td>
<td>Silas</td>
<td>Flynn</td>
</tr>
<tr>
<td>Jake</td>
<td>Alexandra</td>
<td>Sebastian</td>
<td>Tate</td>
<td>Charlotte</td>
</tr>
<tr>
<td>Dylan</td>
<td>Charlie</td>
<td>Maya</td>
<td>Nicholas</td>
<td>Ava</td>
</tr>
<tr>
<td>Layla</td>
<td>Oliver</td>
<td>Sienna</td>
<td>Ruben</td>
<td>Dylan</td>
</tr>
<tr>
<td>Ellie</td>
<td>Ava</td>
<td>Tarah</td>
<td>Aylah</td>
<td>Lewis</td>
</tr>
<tr>
<td>Bailee</td>
<td>Drew</td>
<td>Archie</td>
<td>Hugo</td>
<td>Jake</td>
</tr>
<tr>
<td>Gwendolin</td>
<td>Tahlia</td>
<td>Ryan</td>
<td>Campbell</td>
<td>Ryan</td>
</tr>
<tr>
<td>Henry Jack</td>
<td>Henry</td>
<td>Julia</td>
<td>Zoe</td>
<td>Jordy</td>
</tr>
<tr>
<td>Lui</td>
<td>Jethro</td>
<td>Leila</td>
<td>Indigo</td>
<td>Miffy</td>
</tr>
<tr>
<td>Harry</td>
<td>Hugo</td>
<td>Bentley</td>
<td>Jessica</td>
<td>Alice</td>
</tr>
<tr>
<td>Addison</td>
<td>Kalani</td>
<td>Charlie</td>
<td>Noah</td>
<td>Milana</td>
</tr>
<tr>
<td>Miller</td>
<td>Amelie</td>
<td>Hamish</td>
<td>Stella</td>
<td>Lila</td>
</tr>
<tr>
<td>Summer</td>
<td>Ollie</td>
<td>Sean</td>
<td>Gabriel</td>
<td>Isobel</td>
</tr>
<tr>
<td>Shah-Blu</td>
<td>Noah</td>
<td>Mia</td>
<td>Sofia</td>
<td>Phoebe</td>
</tr>
<tr>
<td>Annalie</td>
<td>Josh</td>
<td>Darby</td>
<td>Jack</td>
<td>Max</td>
</tr>
<tr>
<td>Georgie</td>
<td>Owen</td>
<td>Juniper</td>
<td>Toby</td>
<td>Finn</td>
</tr>
<tr>
<td>Tripp</td>
<td>Darcy</td>
<td>Jason</td>
<td>Eden</td>
<td>Makai</td>
</tr>
<tr>
<td>Oscar</td>
<td>Harriet</td>
<td>Mia</td>
<td>Darby</td>
<td>Hollie</td>
</tr>
<tr>
<td>Milla</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Welcome to our new students for 2016:

Year 1: Charlie, Scarlett, Andrew, Tia
Year 2: Billy, Asha, Isabella, Michelle, William, Jack, Duke, Luka, Arija
Year 3: Zoe, Harrison
Year 4: Kaspars, Milija
Year 5: Jenny, Oliver
Year 6: Faye, Tal

COMING EVENTS

**FEBRUARY**

Friday 5th
- Year 5 Beach Program 05A, 05B & 05D
  9.30am – 2.30pm

Monday 8th
- Year 4 Beach Program
  9.30am – 2.30pm

Tuesday 9th
- Year 3 Beach Program 03C & 03D
  9.00am – 3.00pm
- Safe Internet Day

Wednesday 10th
- Year 3 Beach Program 03A, 03B & 03E
  9.00am – 3.00pm
- Meet the Teacher
  Years 4 – 6
Bookings are essential

Thursday 11th
- Meet the Teacher
  Prep – 3
Bookings are essential
- Year 3 Mornington Historical Society incursion
  9.30 - 10.00am & 10.00 - 10.30am
- Year 6 Beach Program Carnival Day
  9.30am – 2.30pm

Friday 12th
- Year 5 Beach Program Carnival Day
  9.30am – 2.30pm

Monday 15th
- Year 3 Mornington History Tour 9.00 – 2.30pm
- Year 4 Beach Program
  9.30am – 2.30pm

Tuesday 16 - 22nd March
- Year 4 Triskills Dance Workshop six sessions

Tuesday 23rd
- Years 5 & 6 Swim Sport
  Mt Secondary College
  9am – 3pm
  9am – 3pm

NEXT SCHOOL COUNCIL MEETING
TONIGHT
11th February
at 6.45pm
in the Staff Centre
Threatening Phone Calls. In the past few days a number of schools have experienced bomb threats. While these have been hoaxes, the safety of students and staff is always the number one priority. Our school has not received such a call but, like all schools, we have an emergency management plan in place for situations like this, and we practise it throughout the year. Those schools which did receive a threatening call enacted their emergency management plans and they worked well.

In these situations school actions are guided by emergency services and procedures implemented according to both the advice received and our emergency management plan. This may include evacuation to an on site or offsite location. Communication strategies appropriate to the situation to inform the school community are also part of our response. If you have any questions please contact me.

Keeping Up To Date. There are always many things happening at Mount Martha Primary School and there is always a need to keep informed. Communication of these events is important allowing everyone to know not only about the event but also if any action is required at home eg returning permission slips or if there is an opportunity to be involved. Classroom teachers will let you know of events via notes, classroom blogs or notices at the classroom. Please sign up to the classroom blogs as they give a great insight into the learning occurring in the classrooms. The Banksia Bulletin is published weekly and is also available via the school website which also is another source of school information. The Skool Bag app is used for reminders and links. It is well worth downloading to your device. This year we have started using an updated SMS messaging system. Please ensure we have your latest contact details. We encourage the sharing of information which is relevant to your child’s program or requirements with the classroom teacher. Of course questions can also be directed to the Office or Hugh, Karen or myself.

Meet The Teacher. The school will be starting off with two events to share information. The “Meet The Teacher” evenings on Wednesday 10th February (Year 4,5 and 6) and Thursday 11th February (Prep Years One, Two and Three). We will also be holding Curriculum Information Nights on the 23rd February for Prep and Year 2, 24th February for Years 1, 3 and 4 and 25th February for Years 5 and 6

Being Involved. There are many ways to be involved in the school. This may be as a helper in the classroom or at activities or in the PTA or School Council. Your help is always appreciated, your child/ren love to see you involved and many long term friendships have been formed at school events. The School Council election process will be starting shortly and initial information is included in this newsletter as well. Dates for meeting are listed in our “What’s On” section.

I am really looking forward to an exciting year in 2016!

Kind regards, Martin Page.

2016 Staff List

<table>
<thead>
<tr>
<th>Principal</th>
<th>Mr Martin Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>Assistant Principals</td>
<td>Mr Hugh O’Brien Mrs Karen Walker</td>
</tr>
<tr>
<td>Prep</td>
<td>Ms Jessica Dixon Mrs Danielle Howle, Ms Mary O’Brien, Mrs Danielle Adcock, Mrs Julie Moncrieff</td>
</tr>
<tr>
<td>Year 1</td>
<td>Mrs Kris Colson Mrs Janine McAuley, Mrs Lyndal Gunn Miss Lea Henderson Mr Steph Otte Mrs Kimberley Klan</td>
</tr>
<tr>
<td>Year 2</td>
<td>Miss Tessa Piccolo Mrs Kelly Cartwright Mrs Jeanette Goode Mrs Jeny Wallace, Ms Karen Hodgkins Mrs Esther Kuilboer</td>
</tr>
<tr>
<td>Year 3</td>
<td>Mr Jason Antoniou Miss Stephanie Dearaugo Mrs Jane Doye Mrs Marta Reardon Miss Alexandra Keates</td>
</tr>
<tr>
<td>Year 4</td>
<td>Mr Ross Hamaline Mrs Jill Bull Mrs Megan Kohlman Mrs Joelle Rubinstein Mrs Despi O’Connor</td>
</tr>
<tr>
<td>Year 5</td>
<td>Mrs Sally Giles Mr Darrel Hartwig Ms Donna Gadsby Mrs Jenny Spiridis Mr Jason Cech</td>
</tr>
<tr>
<td>Year 6</td>
<td>Mr Michael Beirne Ms Melanie Carson Mr Justin Whelan</td>
</tr>
<tr>
<td>Specialists</td>
<td>Mrs Julie Christie Mrs Sarah Forward Mrs Leanne Rault Mr Cameron Sweatman Mr Bill Nickeas</td>
</tr>
<tr>
<td>Office</td>
<td>Mrs Lindie Hartwig Ms Anna Goss Mrs Gina McMartin Ms Debra Tate</td>
</tr>
<tr>
<td>First Aid</td>
<td>Mrs Lorraine Stuart</td>
</tr>
<tr>
<td>Support</td>
<td>Mrs Maria Harvey Mrs Yvonne Krahe Mrs Leigh Moreton Mrs Kerry Spiers</td>
</tr>
<tr>
<td>Out of School Hours Care</td>
<td>- Mrs Gillian Reid Mrs Jane Moore</td>
</tr>
<tr>
<td>Maintenance</td>
<td>- Mr Andrew Pryor</td>
</tr>
</tbody>
</table>
School Council Election 2016 - Information for Parents

What is a school council and what does it do?
All government schools in Victoria have a school council. They are legally constituted bodies that are given powers to set the key directions of a school within statewide guidelines. In doing this, a school council is able to directly influence the quality of education that the school provides for its students.

Who is on the school council?
For most school councils, there are three possible categories of membership:

- A mandated elected Parent category - more than one-third of the total members must be from this category. Department of Education and Training (DET) employees can be Parent members at their child's school as long as they are not engaged in work at the school.
- A mandated elected DET employee category - members of this category may make up no more than one-third of the total membership of school council. The principal of the school is automatically one of these members.
- An optional Community member category - members are coopted by a decision of the council because of their special skills, interests or experiences. DET employees are not eligible to be Community members.

Generally, the term of office for all members is two years. The term of office of half the members expires each year, creating vacancies for the annual school council elections.

Why is Parent membership so important?
Parents on school councils provide important viewpoints and have valuable skills that can help shape the direction of the school.

Those parents who become active on a school council find their involvement satisfying in itself and may also find that their children feel a greater sense of belonging.

How can you become involved?
The most obvious way is to vote in the elections, which are held in Term i each year. However, ballots are only held if more people nominate as candidates than there are positions vacant. In view of this, you might seriously consider

- standing for election as a member of the school council
- encouraging another person to stand for election.

Do I need special experience to be on school council?
No. What you do need is an interest in your child's school and the desire to work in partnership with others to help shape the school's future.

What do you need to do to stand for election?
The principal will issue a Notice of Election and Call for Nominations following the commencement of Term i each year. All school council elections must be completed by the end of March unless the usual time line has been varied by the Minister.

If you decide to stand for election, you can arrange for someone to nominate you as a candidate or you can nominate yourself in the Parent category.

DET employees whose child is enrolled in a school in which they are not engaged in work are eligible to nominate for parent membership of the school council at that school.

Once the nomination form is completed, return it to the principal within the time stated on the Notice of Election. You will receive a Nomination Form Receipt in the mail following the receipt of your completed nomination.

Generally, if there are more nominations received than there are vacancies on council, a ballot will be conducted during the two weeks after the call for nominations has closed.

Remember
- Ask at the school for help if you would like to stand for election and are not sure what to do
- Consider standing for election to council this year
- Be sure to vote in the elections.

Contact Martin Page, Principal, 5974 2800 for further information.
Kids Matter

Our Style of Parenting May Contribute to Emotional Problems in Kids

When our kids are anxious, it’s important how we respond. Seeing if parenting practices might be associated with increased risk of childhood anxiety and depression in young kids, was the aim of a recent study by researchers from New Zealand and Australia. The researchers used data from a large-scale community survey of mothers and fathers to examine the prevalence and association of emotional symptoms in children aged between 4 and 7 years, as they made the transition to primary school.

Parents were asked about how they responded to anxious or distressed behaviour of their children, including: (1) ignoring the distress by not giving any attention; (2) holding, cuddling or using physical contact to settle or calm the child; (3) telling the child to stop being so silly; (4) talking to the child in a soothing way until the fear has passed; (5) allowing the child to avoid the thing he or she is scared of; and (6) encouraging the child to be brave.

Those parenting reactions that were identified as being associated with childhood anxiety and depression were rejection (#3) and control (#5). Rejection was characterised by negative and hostile feelings and behaviours towards a child, including criticizing and minimizing the child’s feelings. Parental control included behaviours designed to protect the child from real or imagined harm, and included excessive regulation of a child’s activities and routines, overprotection and intrusive parental decision making and direction of the child’s reactions and feelings.

Key messages:

- Parental warmth and responsiveness is an appropriate response to a child’s distress and has a protective influence on a child’s adjustment.
- Strategies likely to enhance children’s coping skills such as encouraging the child to be brave, protect against the development of emotional problems.
- Messages parents receive from their friends, family, child’s school and community are likely to be powerful means of support to parents in their child rearing role.
For mothers and fathers, low levels of consistency in dealing with their child’s misbehaviour and low levels of confidence in responding to anxious or distressed behaviour were related to a greater likelihood of elevated emotional symptoms.

Greater paternal and maternal stress and depression were related to a child’s emotional problems.

For mothers only, low levels of feeling supported in their parenting role by family and friends was related to elevated child emotional symptoms.

Fathers who reported that they were likely or very likely to encourage their child to be brave and mothers who used physical contact to calm their child were less likely to rate their child in the clinical range for emotional symptoms.

Things you can do:

- Have confidence in your parenting and be consistent when it comes to consequences for misbehaviour.
- Acknowledge your child’s feelings and encourage them to talk about whatever is troubling them. Being critical or dismissive of anxiety or labelling the behaviour as ‘silly’ only leads to further stress for the child.
- For younger children, help them to develop an emotional vocabulary.
- Talk openly with your child about things that make you anxious as an adult, role model coping skills, teach coping strategies to your child.
- Resist becoming a helicopter parent. Overprotecting and micromanaging your child’s behaviour, routines and decision making, means that your child is denied independence and opportunities to mature. If they don’t experience the feelings associated with stress and anxiety, they can’t develop appropriate ways to cope.


For more information and resources on positive and effective parenting, visit: [www.youcandoitparents.com.au](http://www.youcandoitparents.com.au)

From the Kids Matter team
Keeping you in the Literacy Loop

Welcome for 2016 to our regular section of the Banksia Bulletin dedicated to keeping you up to date with what is happening in English both at MMPS and in our wider community. We will include student’s work, information about upcoming events, interesting articles and parent information about current literacy practices.

Our focus for Literacy in Term 1

This term, teachers will be using the transition information from last year’s teachers and their own assessments to learn more about the strengths and weaknesses of their students. Our writing and reading programs will be introduced to the children slowly, ensuring that they understand each part, and the accompanying tasks. Parents will have an important role to play as we hope writing topics will become part of our “talk homework” procedures, and reading become a regular nightly routine. Teachers and students will be working hard to bridge the gap that may have occurred over the holidays. Parents can assist their children’s academic development by:

- returning children to a regular home reading routine and encouraging reading for leisure.
- continuing to read books to their children at bed time.
- ensuring that there are plenty of opportunities at home for discussion, both formal and informal.
- talking about homework expectations and ensuring that children have an area at home, organised for study.
- monitoring screen time.
- modelling activities such as reading, writing lists, using recipes, discussing movies, books and advertising material.
- communicating with teachers if issues arise.

Remember that oral language forms the basis of our Literacy Program and children need to have every opportunity to improve their vocabulary, practise listening skills, share their feelings and opinions and practise the protocols needed to hold a conversation.

For families new to MMPS, our Little Free Library (LFL) is a fun and community friendly way to promote a love of reading for everyone. It is located at the front of the school and contains books for babies to adults. Feel free to borrow books at any time, returning them to either our LFL or any of the others in Mt Martha. A map of the sites is available inside the little house! Books can also be donated by either popping them in the LFL or if there is no room, handing them in at the school office.
Tuesday 9th February is **Safer Internet Day** and is a good time to discuss Internet Safety with your child. We will be discussing Internet safety at school and reminding students of our school acceptable Internet use agreement, which is signed by families and students upon enrolment at our school. We have a Prep – Year 2 and Year 3 - 6 internet acceptable use agreement. A copy of the agreements are available in the office foyer and can be also be downloaded from the ICT blog. The internet agreements will also be posted on class blogs along with some fun videos to promote class and family discussion for international safer internet day.

Class blogs will be updated for the new year and ready for families to subscribe to in time for our school Meet the Teacher interviews. We would love our school and wider community to follow our class blogs and interact with them by posting comments. We encourage you to share your thoughts as they relate to the learning showcased on our blogs. Commenting is what makes our blogs come alive. It allows the opportunity to connect to a wide and authentic audience, and improve literacy skills. Please be sure to leave a comment if you visit our blog! We look forward to receiving and replying to your comments.

There are many excellent resources and games for students of all ages and also informative parent information about Cyber safety available on the [Children’s eSafety Commissioner Website](https://www.esafety.gov.au). The school ICT blog has a parent page with links to parent information.

You may also like to have a look at the ‘Kids teaching Kids’ [cyber safety projects](https://www.esafety.gov.au/kids-teaching-kids) and [Kid Safe Internet Search Engine](https://www.esafety.gov.au/kid-safe-internet-search-engine) projects created by students posted on the ICT blog. Students in Years 5 and 6 this year will be creating some new projects to share with our school community.

Scan the above code to view parent resources.

Sarah Forward  
**ICT Specialist Teacher**

---

**The Art Room**

At the moment we are collecting the following items to help with the Art program…..

- Old C.D.s
- Longish card tubes (glad wrap etc)
- Rinsed out Shampoo bottles

Any contributions will be greatly appreciated!

Thanks

Julie Christie, **Art Teacher**
LUNCH ORDER UPDATE

Bakery Made will now be offering lunch orders on Fridays only. A bright yellow price list has been sent home today with the eldest child in each family.

Thank you.
STIRLING LINGARD TENNIS COACHING
MT MARTHA TENNIS CLUB

Tennis.....fun for life! Coordination, fitness and fun
Tennis lessons from only $15 per week
Hot Shots program 4-16yrs
Adults Cardio program Mon-Fri 9.30am
Extensive Holiday program running Easter holidays
slingard8@bigpond.com or call Stirling 0411 082 723

Dr Peter Scott Orthodontist
Children & Adult Specialist Orthodontist
Creating Beautiful Smiles
13 Beach St, Frankston 3199
PH: 9783 4511

Breathing Room Yoga
Mount Martha Community House
Accessible & affordable vinyasa yoga
Feel energised, balanced and refreshed
All welcome, even if you can only touch your toes
on a good day!
Daily Mon-Fri - 6.15am-7.15am,
Tuesdays 9.30-10.30am, Saturday 6.45am-7.45am
Contact: Fiona Lansley: 0405 10 30 60 to book.

KOOPA HORTICULTURE
Qualified Gardeners FULLY INSURED
• Hand & ride on mowing
• Pruning & Hedge trimming
• Weed Control
CALL LUKE OR JOHN ON 0403 027 164

KOOPA HORTICULTURE
Qualified Gardeners FULLY INSURED
• Hand & ride on mowing
• Pruning & Hedge trimming
• Weed Control
CALL LUKE OR JOHN ON 0403 027 164

EMMA KAMAN SCHOOL OF DANCE
Offering classes in Hip Hop, Tap, ‘Musical Theatre/Glee’,
Acrobatics, Jazz, Ballet and Contemporary.
Classes held at MMPS Gym & Mt Martha House.
Contact Emma on 0419 173 406
emmakaman@gmail.com
www.emmakamandance.com.au

John The Handyman
(I take pride in my work)
Mature, Reliable, & Courteous
Carpentry, Painting, Tiling, Plastering. 30 Years Exp
Cheap Rates.
Also Dog Minding (Animal Lover)
No Job too small.
Ph: 0414 243 914
Mt. Martha Netball Club Winter Comp Registrations

Winter Comp Registrations are now open for all current players and new players for 9&U, 10&U, 11&U

Competition begins Saturday the 5th of March and runs for 20 weeks

$160.00 for Winter Comp

Plus $50.00 for VNA (mandatory) to be paid at a later date

Registrations via Sporting Pulse:
https://reg.sportingpulse.com/regoform.cgi?formID=56307

Registration is open now and closes the 12th of February

For further information contact club president

Nicole van den Acker 0417 860 288