



# NEWSLETTER

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## SICK BAY LINEN

Friday 22 <sup>nd</sup> June	Daniella Cetkovic
Friday 29 <sup>th</sup> June	Allison Esmonde

## Dates for your Diary

Friday	22 <sup>nd</sup>	June	District Gala Sports Day 2 – UNIT B	
			Rosewood Playgroup – Dance Studio	3:00pm – 3:30pm
Monday	25 <sup>th</sup>	June	Perceptual Motor Program (PMP) – PREP	2:30pm – 3:30pm
Friday	29 <sup>th</sup>	June	Last Day of Term 2 – EARLY FINISH	8:50am – 2:30pm
Monday	16 <sup>th</sup>	July	First Day of Term 3	

## Principal's Report

**Last Day of Term 2 - Friday 29th June - 2:30pm FINISH**

**First Day of Term 3 - Monday 16th July**



Remember to return your Subway order every Wednesday  
 Envelopes are available in Units and from the Office

The Coffee Van will be back next Wednesday morning approx 8:00am.  
 It will be located near the hall for parents to purchase a nice hot coffee before school.

## Staffing

I have been selected to complete a placement in the Corporate section of the Education Department for Term 3. The purpose of this placement is to strengthen professional practice and connection between corporate areas and school leadership, through building stronger relationships and knowledge sharing opportunities. Only ten leaders from the State have been selected for this program, so I am very pleased to have this opportunity. Mr Growcott will be the Acting Principal during this time.

## Good Luck Elaine!

I am very happy to announce that Elaine our crossing supervisor has been nominated for the School Crossing Supervisor of the Year Award. This award acknowledges the contribution and dedication the Crossing Supervisor provides, by maintaining and providing a safe and enjoyable journey to and from school. As we know, Elaine is always friendly and works hard to keep our students safe. Please take the time to wish Elaine all the very best, as we are very proud that she has been nominated for this award.



### Absences - Please Contact the School

If your child is absent please ensure that you contact the school office on 9795 3744 (you can leave a voice message), use the FLEXIBUZZ App, email or send a written note. **We need you to contact the school regarding absences on the day of the absence.** This term we are introducing a new roll marking system called Compass. If your child is absent and we have not received notification from you by 9:45am, then you will receive a reminder to contact the school. Each week I am following up unexplained absences with a phone call. It is a requirement of the Education Department that we can account for all absences. We are aiming for all children to be at school everyday, unless they are unwell.



### Preps 2019

If you already have children at this school and are planning to enrol another child in 2019, we ask that you complete the enrolment process, as soon as possible. Enrolment packs are available from the school office. In addition, if you know of any other families who wish to enrol children please encourage them to attend one of our **school tours that are held every Wednesday at 10:00am**. If you wish to arrange a school tour on a day other than a Wednesday, please phone the school office on **9795 3744**. We are happy to run school tours at any time that suits you. We appreciate parents from Rosewood Downs promoting our school in the wider community.

### School Uniform - Scarves

Just a reminder, that school uniform is compulsory. The weather is getting colder and many children are wearing scarves, but please note that the School Uniform Policy states – **Scarves (optional) are to be royal blue or navy - other colours are not permitted**. Please ensure that your child is wearing correct school uniform.



We are delighted to announce our success in applying for a Telstra Kids digital kit. Telstra Kids helps kids across Australia connect to a digital future by building STEAM skills.

Huge thanks to Jim Gramberg from Telstra, who is the referrer, for applying for the funding for us. We are very excited to share in the million dollars the Telstra Foundation provides each year to help kids connect to a digital future.

Helen Casey  
Principal

**KidsMatter**

**Promoting Positive Mental Health**

15 Practical Ways to Support your Child's Mental Health is attached. We hope you find this resource valuable.

**STOMP**

- ✓ STOMP DANCE COMPANY – Performing Arts in Schools
- ✓ 5 Week Whole School Dance Program – TERM 3
- ✓ \$15.00 DUE Thursday 28<sup>th</sup> June

**KidsMatter Special Event - Empathy**

- ✓ Be Kind ... See Kind
- ✓ Caring Creates Resilience

How lucky we all are to belong to our Rosewood Downs Community. Last Friday we were able to showcase 'the feeling' you get when you step into Rosewood Downs. Activities ran throughout the day including our gold coin donation at assembly, Neighbourhood House Soup Kitchen, Green Team washing-up stations and Empathy activities in all classes.

A BIG THANK YOU TO EVERYONE INVOLVED:

- ✓ Our community for donating \$349.30 to The Resilience Project fundraiser, 'Breaking the Poverty Cycle in the Solomon Islands'
- ✓ Neighbourhood House helpers who worked hard chopping vegetables and serving delicious warming soup to everyone
- ✓ The Green Team for looking after our environment by ensuring everyone brought reusable mugs and spoons, as well as organising washing-up stations



We are grateful for everyone's support and enthusiasm to make our Empathy Special Event such an authentic and meaningful experience.

**English Language Classes**

We encourage any members of our community who would like to improve their skills in Speaking, Reading or Writing English to join our Neighbourhood House English Language Classes in the Hall foyer each Friday, 9:15am - 11:15am.

**Food Handlers' Certificate – Expression of Interest**

We have a number of people interested in this course and need a few more participants for it to be offered at Rosewood Downs. Anyone interested in a Level 1 Certificate in Food Handling (approximately four hours of training at a cost of \$80) please see Deborah Lucas or Shelby at the Office. Thank you.

*Our Kids Matter Action Team thanks everyone for all their support this term and wishes you all a safe and happy holiday.*

**KidsMatter Action Team**



### Caught You Being Kind Award

Andy Kalaitzis (5T) and Filip Miljanic (3M) were both "Caught Being Kind". Well done, Andy and Filip!

### Music Award & Music News

PR	Joshua Hans	1PT	Aiden Bobby
1C	Ruzie Kosakyan	2W	Luke Tokanovic
2/3H	Parmis Mansuri	3M	Rylan Edwards
4F	Mo Pham	4M	Periklis Filippidis
5T	Cade Marsh	6B	Mursal Niazi

Anita Chan – Music Coordinator

### Art Awards & News

P/1S	Sarah Silk	1C	Natila Tran
2W	Ruby Kendall	2/3H	Elissa Baltas
4F	Charli Paterson	5T	Saeed Tavakoli
6B	John Choi	6B	Thomas Cunningham

Lindsay Campbell & Shireen Rawlins

### Sport Awards & News

PH	Elena Trakilovic	3M	Lillie Esmonde
5T	Lanny Duan		

### Sport News

#### Division Cross Country – Friday 8th June

Well done to the three students who competed at the Division Cross Country event on Friday 8th June. Thank you to the parents who took the students along as the event was on our Curriculum Day.

#### Results

11 year old Girls	Lanny	6th
11 year old Boys	Yianni	10th
9/10 year old Boys	Cade	12th

This was a fantastic effort from our team and all of the students should be really proud of their performance. Good luck to Lanny and Yianni who are competing at the Southern Metropolitan Region Finals at Hastings Foreshore on Thursday 21st June. We hope you have a great race!

#### Unit B District Gala Sports Day – Friday 22nd June

We are all looking forward to our second Gala Sports Day for the year. The Unit B students will be competing in four sports against students from the 10 other schools in our District.

The venues for the Gala Sports Day this Friday are:

#### Rugby, Soccer and Tennis Hot Shots

Greaves Reserve and Dandenong Tennis Club (Bennet St, Dandenong)

#### Volleystars

Dandenong Basketball Stadium (270 Stud Rd, Dandenong)

The competitions will be starting at around 10:00am and will run to about 2:00pm.

If there are any parents from Unit B available to help and support our teams could they please let the Unit B teachers know, thank you.

**Lindsay Campbell - Sport Coordinator**

### Parents & Friends Association

Parents and Friends Association will be holding our next meeting on Thursday 28th June at 9:15am in the hall foyer. We would like to do some general garden maintenance followed by a light morning tea and coffee to celebrate the end of another successful term at school. Bring your positive energy, gardening gloves, secateurs and a spade. Everyone is welcome, toddlers, babies, grandparents, mums and dads. We will also be finalising orders for the Father's Day stall which will be held in Term 3 and discuss future events and any ideas you may have would be warmly welcomed.

Thank you to Michelle Marsh and Rachel Dunstan for volunteering to help with the second-hand uniform stall. We still have many items left so we will plan to hold another one in Term 3, unfortunately there are no second-hand jackets or jumpers. If you are stuck for a jacket or have lost one, remember the uniform shop is online at [www.psw.com.au](http://www.psw.com.au) as well as at [PSW 2/10-12 S Link, Dandenong South VIC 3175](#), and are open Monday to Friday 9:00am – 5:00pm and Saturday 10:00am – 1:00pm. Big W and Best 'n' Less sell ROYAL



blue plain jumpers which are an acceptable alternative. And a friendly reminder to please check the names on your children's jackets as sometimes they pick up the wrong one and take home without realising. If you find you have someone else's jacket please send it back to school to either your teacher or to Shelby at reception.

**Allison Esmonde - PFA President**

### School Banking

It has been a busy term for banking. It was wonderful to have Deb from Commonwealth Bank and Pat the dog visit this term, which prompted a number of new students joining the Commonwealth Bank program; this was great to see. Welcome to the new students, we look forward to you bringing your bank book to school every Wednesday morning.

Lookout for new rewards available in Term 3.

Happy Banking!

**Michelle Marsh**

### Unit News

#### Unit A

It has been a busy two weeks in Unit A. The Preps and Grade 1's are gaining more confidence in speaking in front of a crowd by sharing their interests during Show and Tell. Show and Tell has been running for almost a term now and the children have been thoroughly enjoying it. Show and Tell aims to build children's confidence in speaking in front of people as well as giving all students and teachers the opportunity to get to know each other better. Student's don't necessarily have to pick a toy to talk about, but could also bring photos, books or brochures from places they have visited to share with their grade. We would appreciate it if you could please discuss these items with your child at home. These sessions are meant to be informal and interactive. Each student has a specific day that they share with the class according to their 'house' group. Your child might not have something to share every week, but we do encourage all students to have a go.

It was great to see Unit A's participation in Empathy Day last Friday. Children brought along a gold coin donation in support of Save the Children's efforts to help those in the Solomon Islands. Most of the



students also brought along a cup and spoon to have a taste of the delicious vegetable soup that parents and Neighbourhood House cooked for the students. Students also read the story 'How to Heal a Broken Wing' in order to highlight the importance of empathy.

We are continuing with our subway orders and ask that these envelopes be handed to the classroom teacher by Wednesday morning each week. Please remind your child to pick up a subway form each Monday from the plastic pocket inside the front door of Unit A.

We can see great enthusiasm in all our children learning their high frequency words and reading their take home book. Thank you for the constant practising and support from home. It is also a great idea to give children the opportunity to do some writing at home. Some ideas could be helping you with a shopping list, writing on birthday cards, spelling their high frequency words.

As you are aware, all teachers are outside at the end of the day for informal chats with parents and carers. If you would like to have a more in-depth conversation that will take more than a few minutes, we do kindly ask that you make an appointment time with your child's teacher.

It is almost the end of term! Just a friendly reminder that school will finish at 2:30pm next Friday 29th June. Student reports will also be sent home on the final day of Term 2 with the exception of Mrs Harrison's grade, who will receive their reports in early Term 3.

We wish everyone a well-deserved rest and safe holiday.

**Unit A Team,**

**Ashlee Rumney (Prep R), Linda Harrison (Prep H) and Chanté Smith (Prep/1S)**

### **Unit C**

It's hard to believe that we are drawing close to the end of an action packed term 2. We have accomplished so much with camps, NAPLAN, Unit C Sport and Environmental Studies being among the children's highlights.

This week be on the lookout for notices about Term 3 excursions to the Zoo for the Grade 2's and Scienceworks for Grades 3 and 4. Two great days have been planned and we hope all the children will be able to participate.

Next week to round off the term, we are planning a Design, Creativity and Technology day which will involve a lot of boxes and building. We have sent a note home this week requesting that the children bring along any small boxes, containers etc that we could use on the day.

The Unit C teachers wish you a restful holiday break if you are able to spend it with your children. Thank you for all your support this term.

**Unit C Team,**

**Mrs Madeline Hartmann (2/3H), Mrs Dianne McCulloch (3M), Ms Gail Fitzpatrick (4F) & Mrs Caitlyn Watkins (4W)**

### **Unit D**

Our Empathy day, coupled with our Neighbourhood soup tasting was a lovely reminder of how lucky we, as a community, are. Most students had a taste and in some cases were asking for seconds. A big thank you to our parents and Neighbourhood House members for delivering warm and delicious soup. Once again our students made us proud when they spoke about Empathy and what this means to them.

Winter has really struck with icy cold mornings. It's great to see warm jackets being worn to school with hats, scarves and gloves as well. We ask that these items are clearly named for easy identification and that they are in our school colours of Royal blue.

Also with winter comes cold and sniffles. Could we please ask for donations of boxes of tissues to the unit?

Year Ones are finalising our topic: Light and Sound. Our focus this term has been largely on parts of speech; at times this has been quite challenging for our students...but...we are pushing on and the connections are getting stronger. Well done Year Ones!

Year Twos have now finished the topic: Smooth Moves and are now working on constructions of models using a variety of materials. In Literacy they are exploring Comics as a reading genre.

Please keep an eye out for the Year Two excursion notice that will be sent home very soon. Watch this space!

The dance program STOMP will begin in Term 3. This program has been running at our school for the past couple of years. It's an absolute delight to watch the children mixing and moving and developing their 'dance' co-ordination. They really embrace the choreography and it is amazing how quickly they turn these moves into a routine.

A reminder for those who wish to participate- the payment for the STOMP program is now due. If you have misplaced the notice please collect one from the office.

As this is our last Newsletter for the term we would like to thank our team of dedicated helpers who come every week to help out with our reading program. The children love having you here and so do we! If there are any parents out there who would like to volunteer some time to this cause please let us know.

Unit D Team,

Mary Chan (1C), Terrie Palmer-Tanner (1PT), Karen Woodhouse (2W)

### Rosewood Playgroup, Readers & Musos

## ROSEWOOD DOWNS Primary School

Murray Road, Dandenong North 3175 (Ph) 9795 3744

**All toddlers and pre-school children  
are invited to join us for:**

**Rosewood Playgroup**  
in the Dance Studio

**Rosewood Readers**  
in the Library

**Rosewood Musos**  
in the Music Room

**Fridays 3 - 3:30pm**

*\*Crazy Hair Disco will be in the Music Room  
for toddlers and pre-schoolers*

## Term 2, 2018

April 20 <sup>th</sup>	Readers
April 27 <sup>th</sup>	Playgroup
May 4 <sup>th</sup>	Musos
May 11 <sup>th</sup>	Readers
May 18 <sup>th</sup>	Playgroup
May 25 <sup>th</sup>	Musos
June 1 <sup>st</sup>	*Crazy Hair Disco
June 8 <sup>th</sup>	Curriculum Day
June 15 <sup>th</sup>	Readers
June 22 <sup>nd</sup>	Playgroup
June 29 <sup>th</sup>	Last Day of Term 2



# 15 PRACTICAL WAYS TO SUPPORT YOUR CHILD'S MENTAL HEALTH



**01** Each night before bed help your child to write down 3 good things they have achieved



**02** If your child is experiencing a worry why not try to problem solve and think of all possible solutions with them



**03** Work through some deep breathing with your child. Try teaching them ratio breathing



**04** Set aside a time each day for your child to allow themselves to experience their worries



**05** Develop a thought diary where your child can write down their thoughts and reflect on them



**06** Help your child to try and use imagery to imagine themselves in a calm relaxing and happy environment



**07** Exercise is a great way to reduce stress and boost mood



**08** Use an activity diary or calendar to schedule in some fun and pleasurable activities with your child



**09** Progressive muscle relaxation is great for helping your child to reduce tension



**10** Develop a gratitude jar. Each time you are grateful for something write it down and put it in the jar



**11** Help your child identify their feelings by using a mood chart. They can either write down their feelings or draw something to express how they feel



**12** Involve them with what you are doing. Why not allow them to help you cook or bake



**13** Engage in play and fun activities with your child. Allow them to be creative with art



**14** Ask your child to take photos of things they are grateful for each week



**15** When your child experiences an unhelpful thought, sit down with them and help them to challenge it



@BELIEVEPHQ

