**Health and Wellbeing Night Round Up.**

We’d like to congratulate our community for coming along and supporting our Education Week Open Night. Our activities presented opportunities for adults and children alike to participate in a range of wellbeing activities including mindfulness, yoga, meditation, Zumba, massaging and much more. Other than having a great time we hope that some of you will take the opportunity to participate more frequently in wellbeing activities and pastimes.

Thanks to the generosity of our sponsors we were able to give out some prizes for those who completed their passport and entered in the raffle. Please be sure to consider our wonderful sponsors when you are seeking health and wellbeing support.

The winners of the raffle are listed below:
- 1 Hour relaxation massage donated by Elle Naturale – Sophie R
- ½ Hour remedial massage donated by Dandenong Ranges Physio – Revis A and Chelsea A
- 5 week Zumba pass donated by Josie Aps – Claudia P
- Mindfulness Colouring books and pencils – Thurston A and Django L
- 30 Day FIT Gym passes – Peta, Hannah, Amelia, Arke, Mavee, Amelia, Eloise V, Cai Qehry, Emily S, Mika H and James J.

Thank you so much to our dedicated staff that planned organised and coordinated activities for the evening.

**Semester 1 Reporting Timeline and Process.**

As we have hit the middle of Term 2 (believe it or not) our teaching staff are preparing our formal mid-year reports to parents. Throughout the year they have been collecting information about each student, which will inform their decisions about the students’ progress and future areas for improvement.

We have moved to a new reporting package that will hopefully be a far more practical and useful resource for our staff. This is however taking time to get up and running as efficiently as we would like.

In-line with the Assessment and Reporting process we are currently developing the formal Mid-Year Report will come home in the first week of Term 3 to allow students and teachers to create a document that is as true a representation of the first half of the year as possible. Previously we had them completed to be sent home in the second last week of Term 2 with interviews in the last week. In that case they were really only a report on the first term and a bit as they would already have been written in essence by this time.

Our move to delay them until early Term 3 allows students as much time as possible to make progress and work with our teaching staff. Three way interviews will take place soon after the reports are sent home.

**Fun Run News**

So far we have raised over $3000 from our fun which will be utilised to support our ICT program by installing better routers to improve connectivity of our devices. A portion will also be used to maintain the oval surface towards the end of winter. If you still have outstanding donations to submit we would appreciate it if they could be dropped in at the office this week.

Congratulations to Prep 00J who, as of Friday, had raised the most amount per capita and therefore won the 30 Day FIT Gym passes.

**Traffic Management on Mt Dandenong Tourist Road.**

Last week I had a visit from a VicRoads representative who is organising the planning process for the soon to be installed 40km per hour zone and flashing 40km zone warning lights on the Mount Dandenong Tourist Road near our crossing. This installation will hopefully make the crossing and the bus stop a safer area for pedestrians during peak school periods by slowing the traffic down in that area. This was an election promise made by James Merlino last year and it is expected to be fully operational by the end of the year.

**Extra Curricula Activities at Mount Dandy**

Being a smaller school it is very difficult to run extra curricula lunchtime activities that require teaching staff to coordinate and staff. Each teacher has 4-5 yard duties and is also entitled to half an hour break daily. None the less we still manage to offer our children some excellent extra curricula activities. For Wakakirri this year each staff member has agreed to do an extra yard duty so that the teachers involved have to time to support the students. Below are some of the activities we are running and/or considering.

**What’s in this issue?**

<table>
<thead>
<tr>
<th>News and Views</th>
<th>1</th>
</tr>
</thead>
<tbody>
<tr>
<td>Health and Wellbeing</td>
<td>2</td>
</tr>
<tr>
<td>Evening Thank You</td>
<td>3</td>
</tr>
<tr>
<td>OSHClub</td>
<td>48.5</td>
</tr>
<tr>
<td>Cybersafety</td>
<td>6</td>
</tr>
<tr>
<td>Art News</td>
<td></td>
</tr>
</tbody>
</table>

**Purpose Statement**

Mount Dandenong Primary School values our unique environment and close community. It is a place for creative opportunities and academic excellence, nurturing respect, happiness and independence.
Music—As you may have heard from your children our extra curricula music programs are up and running again thanks to the efforts of our new teacher Mrs Claire Somerville. We now welcome back our orchestra, vocal Ensemble and Junior choir. Wakakirri is also in full swing with the students now spending some lunchtimes rehearsing and learning their moves. Our dedicated staff team of Mrs Howell, Mrs Press, Michael Smedley and Cheryl Sinclair have been working hard and given up a lot of their time to provide this opportunity to our students.

Skipping—Eager parents Janet Rowe and Kylie Stewart are busily collecting skipping ropes in an effort to start up a lunchtime skipping club for our female students. The aim of their program is to encourage girls to become more active and to make good choice about their own health and wellbeing. If you’d like to donate a skipping rope to help support this program please drop it of at the office.

Chess Club—We are currently researching the viability of offering a Chess Club for those students who would like to be involved in this at lunchtime. We anticipate it will be a user pay activity as we will employ a professional company to coach our students. Stay tuned for further developments.

Thumbs Up To:

- All of our volunteers, staff and participants for our Health and Wellbeing night.
- Grade 2T who performed for our first Friday assembly for the year.
- Jo Dixon who organised the merits and parent notifications each week
- Those parents who regularly check and treat their children's hair for head lice

Thank you, Mike Leonard and Anni Smart.
OSHClub News
Before School / After School Care Program

This week in OSH we went animal mad!! From creating dog houses, to vets and even Zoos, we definitely were immersed in the animal theme for the week. Here is Hayli and her vet made entirely out of recycled materials, courteous of school and community donations.

We also ran an activity for the community Health and wellbeing night. In our ‘pop up OSHClub’ We endeavoured to create a snap shot of the fun and excitement we promote at After school care. We were so pleased to see, and meet so many students and parents. It was so much fun to participating in activities with new and old friends. So thank-you for coming along and supporting OSHClub.

Next week we are having our science week ‘take 2’. So come along if you want to become a mad scientist, who creates all kinds of fabulous experiments that will blow your mind!

Hopefully we will see you all soon in Before or Afters.

This Week’s Activities - Term 2, Week 7

<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
</tr>
</thead>
<tbody>
<tr>
<td>Before Care Activities</td>
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<td></td>
<td></td>
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<tr>
<td>Colouring in</td>
<td>Chalk drawing</td>
<td>Board games</td>
<td>Hama Beads</td>
<td>Lego</td>
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<td>Brekky</td>
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<td>Cereal &amp; Milk, Juice (No sugar), Toast (White/Wholemeal) &amp; Spreads, yoghurt</td>
<td>Cereal &amp; Milk, Juice (No sugar), Toast (White/Wholemeal), Spreads &amp; Milk &amp; Milo</td>
<td>Cereal &amp; Milk, Juice (No sugar), Toast (White/Wholemeal), Spreads &amp; Raisin Toast</td>
<td>Cereal &amp; Milk, Juice (No sugar), Toast (White/Wholemeal), Spreads &amp; Raisin Toast</td>
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<td>4:15pm-5:15pm Magic Milk &amp; Table tennis</td>
<td>'Get Creative' Art/Craft Club! 4:15pm – 5:15pm Static electricity &amp; Hopscotch</td>
<td>'Active after school' 4:15pm – 5:15pm Touch footy &amp; Volcanoes</td>
<td>'Cooking club' 4:15pm – 5:15pm Puffy dogs &amp; slime</td>
<td>'Friday Fun Day' 4:15pm – 5:30pm Sherbet &amp; Dancing</td>
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<tr>
<td>After Care Activities</td>
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<td>2 minute noodles with a plate of watermelon, oranges and apple.</td>
<td>Crackers, dip and a plate of fresh watermelon, apple, grapes and pear</td>
<td>Sushi and a plate of oranges, watermelon and apple.</td>
<td>Fresh jam, vegemite and honey sandwiches with a plate of watermelon, apple and kiwi fruit.</td>
<td>Nachos and a plate of oranges, watermelon, apple and mango</td>
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Parent Information

Ensure all enrolments are to be signed in and out when your child arrives and is collected at the end of the day.

OSH program phone: 0419915649

OSHC program phone: 0419915649

Coordinator: Samantha Clarke

OSHClub Head Office: 03 8564 9000

Assistant: Kerrie Jones

All families must be enrolled to attend the program, remember this is Free!! Please create an account online at www.oshclub.com.au all bookings and cancellations can also be managed via your online account. For on the day bookings please contact the Coordinator direct at the program.
“Watch your back – I am going to turn all your friends away from you”

On Thursday night Ella, aged 13, receives a text message from her friend Andi. Ella opens it assuming it is an update from the conversation they were having at school earlier that day. Immediately, Ella knows that it is not. She feels hot, overwhelmed and tears well up in her eyes when she reads “Don’t think you can get away with what you did at school today. Watch your back because I am going to turn all your friends away from you!”

Relational aggression refers to acts of emotional bullying hidden among tightly knit networks of friends. Kids who use others emotions negatively, use relationships, words and gestures as their weapons of attack. It comes as no surprise to many parents that this is common at this age, particularly with girls. Using relationships to bully and hurt others is by nature covert, secretive and difficult to detect.

Unfortunately, an event like the one above happens among school aged children every day. Cyberbullying is classified as relational aggression because it is a direct attempt to inflict harm on a peer through manipulation and with the intent of damaging peer relationships.

Posting a harmful remark, blogging nasty comments about someone or sharing inappropriate pictures of a ‘friend’ through a social media platform; where others are intended to read the remarks and see the images, intentionally create wider relational harm.

Flaming messages
Flaming messages are hostile or insulting messages that are sent between internet users, and they often involve put downs and profanity. They fly through cyberspace at lightning speeds and may have long lasting consequences on both the bully and the victim. The messages are frequently the result of the heated real-world issues that come with schoolyard politics. Although cyberbullying occurs mostly at home and often on school grounds, the consequences are definitely prevalent during school hours.

Cyberbullying can emerge from a flame war. One person sends a hurtful message to another, they react by sending a flaming message back, the original flamer sends one even hotter…and the war has started.

What can your child do if they receive a flaming text? I.C.E
At Kidproof we have a saying that you can stop a bully in their tracks by using ICE – Ignore, Communicate and Exit.

- Ignore: Do not respond to the flaming message, it can aggravate the situation.
- Communicate: Tell a trusted adult (preferably one at school and one at home) about the message. Exit that conversation, the gaming site, the group chat, etc.

ICE is about stopping the exchange and empowering yourself in having control over where that conversation is going, which is nowhere.

Cyberbullying is not normal behaviour, and it is not “just kidding around”
Interestingly enough there is a correlation between the number of devices at home and the level of tech use and abuse amongst the residents. That means, the more devices you have in your home, the more likely your child is to be involved in some degree of technological misuse.

So, why do kids do it anyway? Young people can use a number of rationales, such as:
- they have observed other kids doing it, it becomes ‘normal’
- the other person upset them
- their friends bullied online so they thought it was acceptable
- because it was fun
- they didn’t like the victim
- they were bullied first
- forced to do so (peer pressured)

Continued on page 5...
“Watch your back – I am going to turn all your friends away from you”

...Continued from page 4

What’s the harm?
Often people that participate in cyber bullying misunderstand freedom of expression guidelines. Many youth are still developing their critical thinking skills, and these are essential to understanding the long term consequences and repercussions of their online actions.

Digital drama’s and drive by postings are common. Youth looking to draw attention to themselves can easily create drama around them. What is happening in the schoolyard can now be dragged into an online space and community and vice versa. Making a hurtful comment and then running away into the darkness of night, while the victim never knew who attacked them is downright cowardly.

Parents can be an agent of change
If you are worried about the impact of cyberbullying and relational aggression on your child there are things you can do to help. Parents can be an agent of change by proactively opening conversations about this issue. You can start a conversation by asking your child questions such as these:

- Have you ever received an angry or rude message from someone via email, text or in a game chat room?
- Have you continued to receive hurtful messages after you asked them to stop?
- Were you ever afraid to open an email, text message or go onto a game site for fear of seeing a hurtful message?
- Have you received unwanted sexually explicit photos or suggestions?

The thing is, most kids know the ‘rules’ of how to deflect a bully; block, report and delete. So if they know the rules, why aren’t they following the rules?! This is when underdeveloped critical thinking skills get them into trouble.

Think about your own digital modelling.
As parents it is our responsibility to set rules, boundaries and expectations when it comes to our children’s online behaviour. Consequences must also be enforced when rules and guidelines are broken, just as you would in the real world. What are your values in regards to treating others? If you expect respect, consideration and tolerance, then expect no less of your children. Set the expectations of social behaviour and model this by being a good digital citizen yourself.

Encourage kids to do the right thing. Encourage your child to treat others with respect and to stand up for those who are being targeted. Empathy and tolerance go a long way in reducing the instances of bullying and cyber bullying. Encourage conflict to be solved face to face. When a child can see another’s emotions or signs of stress or sadness, they tend to back down.

Technology is a privilege
Too many youth believe technology is their right. Privileges are earned based on good behaviour and meeting family standards. Enforce integrity and have the strength to restrict or take away online access if digital boundaries are violated. This can be a very tricky thing to do, but it will certainly make an impact.

KidProof Melbourne – kidproofsafety.com.au

Girls in Sport

This Wednesday lunchtime in the undercover area, will see the start of a program by parents promoting girls playing sport. Each week a different activity will be highlighted. This week kicks off with skipping. We would love more parents joining in to help!!

Janet Rowe and Kylie Stewart
Art News

There is a wide variety of artwork currently on display throughout the school from students in Grades Prep to 6. Please take some time to come and view the work with your child.

We are desperately needing newspaper in the art room to cover our tables and for creating artwork. Please leave the newspaper outside the art room door.

Many thanks,
Liz Kennedy, Art teacher

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Fruit of The Spirit

Sun May 31st 2015 3-5pm
Fun Worship for all Ages

Get Messy!

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Cnr Mt Dandenong Tourist Rd & Falls Road Kalorama.
97286353

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