

The Mount Dandy News

Top of the mountain, top results.



Issue 271

24th November 2015



New lunch order menu!

WEEK 8 FRIDAY 27 NOVEMBER

- Minestrone soup and roll \$4
 - Pitta bread with falafels and homemade hummous \$5
 - Carbonara pasta \$5
 - Individual shepherds pie \$5
 - Couscous salad with mint, dates and roast veggies (GF) \$4
- A small side salad can be added to any items for an extra \$1.50



Don't forget the weekly surprise snacks!

Available to purchase from the canteen on Fridays. Bring your coins, all items \$1 and \$2

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News and Views...

Premiers Reading Challenge Certificates

Congratulations to the PRC Challengers who successfully completed the challenge. The certificates have arrived and they will be handed out at next Monday morning assembly. We are proud of each of you for taking the challenge and immersing yourselves in reading. We have a wonderful reading culture at Mt Dandy of which we are very delighted.

Return to Learn

Every day at school counts and so too does every minute spent in the classroom. If each student is on time we can maximise the learning time of our students and reduce the interruptions by late students after class has started. To encourage our students to be on time each day and to return promptly at the end of recess and lunch playtimes we have introduced the 'Return to Learn' program.

Each week on a randomly selected day, we will draw a student or staff member's name out of a box straight after the bell rings. If that child or staff member is present at the classroom when the second bell goes then they will receive a \$2.00 voucher to buy a snack from our school canteen.

SLU Market

Congratulations to our SLU students who raised \$1355 at their market day on Thursday. They battled hot conditions to provide ice creams, smoothies and many other snacks as well as games and second hand books and toys. They had to plan carefully, which involved many areas of the curriculum including Maths and Literacy, to be prepared. The money raised is being used to support our World Vision Sponsor Child, Tilahun and another charity yet to be decided. The SLU students are researching and presenting speeches about the charity that they would like to support this week. Well done to our students for their excellent entrepreneurial skills.

Wishing Tree 2015

Our annual wishing tree present collection is back in full swing. Each year we donate many gifts for children who are less fortunate than ours. Our wishing tree program is coordinated by Steps Outreach Program and Anne Mitchell from Steps will be presenting at assembly on Monday. We thank you in anticipation of your kind donations.

More information is contained in this newsletter.

Presentation Night – December 11th @ 7.30pm. Tickets \$5 each.

Our annual Presentation Night is once again being held at Yarra Valley Grammar. The evening consists of performances from each grade as well as at our Wakakirri team and the vocal ensemble. It also includes the presentation of the graduation certificates to our Grade 6 students. Tickets are \$5 each and can be purchased from the office. A letter will go home this week.

Emergency Management SMS Trial

Congratulations to parents for the 90% response rate we received to our trial SMS emergency message which was sent out yesterday. We are now confident our plan is achievable to contact every family in the community quickly. Any families who did not respond will be receiving a phone call to make sure we have correct and up to date contact details.

Thank you, Michael Leonard and Anni Smart.

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.

Wishing Tree

There is only 5 weeks until Christmas! Each year we set up our own Wishing Tree in the foyer. The tree will be in our foyer on Friday 20th November. The Wishing Tree provides an ideal way to teach our children to think of others, especially those less fortunate.

Simply choose a tag from the tree:

YELLOW – for children in Grades Prep – 2

GREEN – for children in Grades 3 and 4

RED – for children in Grades 5 and 6

Purchase and wrap an appropriate gift, attach the tag and place it under the tree. Including your child in the choice and wrapping of the gift is a great idea!

The gifts will be collected on **Monday 14th December** and will be passed on to “Steps Outreach Service” (Concern Australia) which provides support for young homeless people.

Thank you for your support.

This is a list of suggestions if you are unsure what to buy for the Wishing Tree

Any NEW items that you think are suitable would be appreciated.

0-5 years: a strong plastic toy, Duplo, cars, dolls, books, dinosaurs, Peppa Pig, Octonauts, In The Night Garden, Giggle and Hoot etc toys. Look in the pre-school section in any of the major stores.

5-12 years: **Girls** – Barbies, Lego, tea sets, books, Smiggle products, stationery
Boys – Lego, cars, football/soccer ball/basketball, books, torch

Teenagers: **Girls** – make-up or body lotion set (Body Shop gift set or Dove travelling set), nail polish, diary/journal, soap/bubble bath set, candles, perfume, backpack.

Boys – cap, sports equipment, wallet, drink bottle, backpack, Lynx travelling set, sports socks and art equipment.

Thank you.

I would like to thank all the lovely mums and dads who kindly came to have a look at the stand and supported our fundraising for the kids on the streets of Buenos Aires. A big thank you to Julie, always helpful, and Mr Leonard who accepted my request to host this fundraiser, advertise it in the newsletter, lent the tables I collected \$270 which, once converted, will allow us to buy all the things these children need.

Many thanks, Maj Britt.

OSH Club

Before & After School Care



Outcome 5: children express ideas and make meaning using a range of media.



Mt Dandenong OSHClub: week 7 - newsletter

24th of November 2015

Parent/Guardian Information:

OSH Club Program Phone:
0419 915 649

Coordinator:
Samantha Clarke

Assistant:
Kerrie Jones

OSH Club Head Office Oakleigh,
Victoria - 03 8564 9000

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.

Happy Birthday to:

- Jene. B – 28/11
- James. C-J – 28/11
- Ginger. L – 28/11
- Lilly. M – 28/11

	Mon	Tue	Wed	Thu	Fri
BSC	Cricket profile & colouring	World cup & Bop bop	Cricket craft & Wink murder	Indoor cricket & Go fish	Cricket bats & Show and tell
BREKKY	Cereal, Milk, Toast, Muffins, Yoghurt and fresh fruit.	Cereal, Milk, Toast, Muffins, Yoghurt and fresh fruit.	Cereal, Milk, Toast, Muffins, Yoghurt and fresh fruit.	Cereal Milk, Toast, Muffins, Yoghurt and fresh fruit.	Cereal, Milk, Toast, Muffins, Yoghurt and fresh fruit.
ASC	Make a cricket bat & Lego mask	<u>Get creative</u> Engage all game & Hama beads	<u>AASC</u> Cricket & Magic sand	<u>Cooking Club</u> Marshmallow players & Recycled craft	<u>Friday fun day</u> Cricket skills & Continuous cricket
ASC TEA	Healthy pizzas and a plate of watermelon, mandarin and grapes..	Plate of veg, brown rice crackers and dip with a plate of watermelon, grapes and oranges.	Nachos and a plate of grapes, pineapple, and watermelon.	Fresh Jam, vegemite and honey sandwiches with a plate	Yoghurt and a plate of watermelon grapes and apple.

Here is our healthy lunch box idea for the week.

Lunch

Crunchy Lettuce, Bean & Avocado Tortilla Wrap

Warm 1/2 cup refried beans in a small heat proof bowl in the microwave. Spoon mixture onto tortilla wrap. Dress with 1/4 cup reduced fat grated tasty cheese and an iceberg lettuce leaf. Finish with 1/2 sliced avocado (brushed with lemon juice). Roll up tortilla in greaseproof paper or plastic wrap. Cut in half, wrap and pack. Serve wrap with orange wedges and a small bunch of seedless grapes.



Making our own LPS animal creations

Last week in OSHClub we had a whole week dedicated to the infamous littlest pet shop (thanks to Hayli for the suggestion). We created a variety of activities that reflect the children's love of these cute little characters. The children created their own littlest pets used recycled materials to construct all kinds of houses/cities for their pets and we even made littlest pet shop bracelets.

This week in OSHClub we are celebrating all things cricket! With Australia's finest out planning tests against New Zealand we have decided to do the same! All week we will be learning about the famous game and how to play! We will also get creative making signs, banners and t-shirts.

So come along and join the fun!

As it is coming to the end of the year here at OSH we are trying to update our materials and equipment in the program. If anyone has any unused books, board games, furniture or pillows/blankets, we would love to take them off your hands.

FRIENDLY REMINDERS: To cancel an ASC sessions please do so on the internet by 3pm on the day before, send us a text on: 0419 915 649 or let an educator know you are collecting your child. There is a **\$2 a minute fee for each child that is picked up after 6:15pm**. Please book children in online. This is important as we need to staff appropriately for children attending.



Ella, Hannah and Sarah playing scarecrow tiggy.



Presentation Night 2015

Friday 11th December, 7.30 pm

Our end of year spectacular will be held at the 'George Woods Performing Arts Centre' at Yarra Valley Grammar, Kalinda Road, Ringwood.

This evening of entertainment is an end of year celebration when **every grade** performs their own unique musical item and we have the chance to farewell our graduating grade 6 students.

Award winners are announced and next year's house and school captains introduced to the school community.

The ticket cost of \$5.00 will provide you with a first rate view of this fabulous event. Tickets are now available from the office. (No reserved seating)

Mount Dandy School Magazine 2015

Don't miss out on your copy of the annual **Mt Dandy School Magazine** for 2015. This professionally printed magazine is only available on order, so to guarantee a copy of this great keepsake complete the order form below and return with \$8 per copy. The magazine contains an entry from every student, photos and great memories of the special events and happenings throughout the year.

Orders must be received before by **Friday 11th December**



Please provide

of grade with copies of the

2015 Mt Dandy Magazine. Enclosed \$8 per copy.

20 Behaviours even the Best Parents Need to Stop Submitted by: Michael Grose | 11 November

As a parenting educator of over twenty years' experience, I've had many opportunities to observe and listen to parents in action. During this time I've learned some valuable lessons about raising children and managing families.

One thing I've learned is that parenting experts spend a lot of time helping parents learn what to do. We do not spend enough time teaching parents what to stop. Half of the parents I have met don't need to learn what to do. They need to learn what not to do!

There are a lot of good reasons for this. Probably most prominent is the fact that most parent experts are committed to positive action to maintain forward momentum. If you are a parent, or an educator who works with parents, then it's helpful to focus on "What to Stop" as well as focus on the positive activities that parents should do.

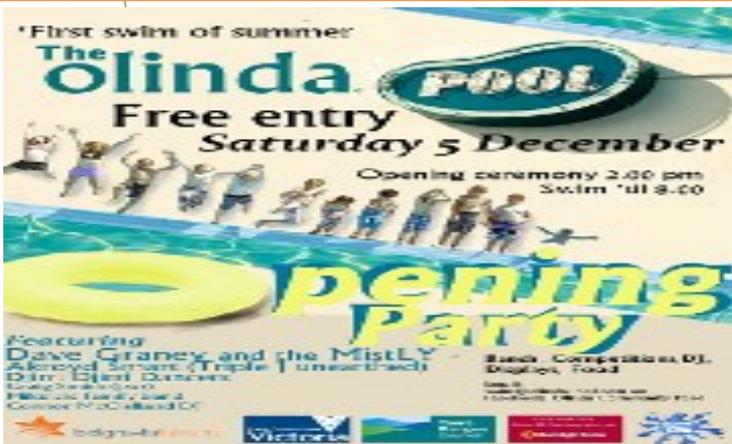
Here are 20 poor behaviours of parents. Everyone I have met has exhibited one or more of these behaviours, including me! Review the list. Do you identify with any of these bad habits? If you are like the majority of people, the answer is yes, and you are ready to start putting positive parenting behaviours into action. So what to stop? Here goes:

- 1. Doing too much:** We all know that kids need to learn to fend for themselves and stand on their own two feet. Independence is the aim for parents. Learn to delegate.
- 2. Winning arguments:** The need to win arguments and prove that we are right harms relationships and creates fertile ground for conflict. Focus on the things that matter.
- 3. Expecting too little:** Expectations are tricky. Too high and kids can give up. Too low and kids will meet them. Pitch them at their developmental age.
- 4. Speaking when angry:** Speaking is our default mechanism regardless of our emotional state. When we are angry kids don't listen. They pick up our venom but not our words. Choose the right time to speak to kids.
- 5. Failing to give proper recognition:** It's easy to take children's good behaviour and their contributions to the family for granted. Catch kids doing the right thing.
- 6. Playing favourites:** Children usually know who's the favoured or preferred child in their family. Your discipline and expectations give this away. Share the parenting so you share the favouritism.
- 7. Letting kids drop out of the family:** In small families every child has a bedroom, which means isolation is easy to achieve. Teenagers, in particular, tend to prefer their own company rather than the company of peers and parents. Put rituals in place and make sure everyone turns up to meal-time.
- 8. Taking the easy way out:** It's a quirk of modern life that as parents get busier with work and other things there is a tremendous temptation to avoid arguments by giving into kids. Hang in there when you know it's the right thing to do.
- 9. Judging yourself too harshly:** Parents are generally hard markers of themselves. Kids are more forgiving of their parents' blunders than their parents. Parent your family as if it's a large one.
- 10. Solving too many problems:** Good parents try to solve their children's problems rather than leave them some to solve. A forgotten school lunch is a child's problem not a parent's problem. Pose problems for kids rather than solve them.
- 11. Confusing helping for responsibility:** We all love it when our children help at home, but this shouldn't be confused with taking responsibility. A child who gets himself up in the morning is learning to take responsibility. If you want a child to be responsible give him real responsibility.
- 12. Not listening:** There is something inherent in most parents that makes us help children when they are in need or get stuck. We want to talk and help them solve their problems so they become unstuck. Listen first and then decide if you need to speak.
- 13. Taking yourself too seriously:** There is a lot of gravitas placed on parents' behaviours and on modelling that can weigh us down and take the joy out of the job. Take time to enjoy the little things.
- 14. Parenting the individual:** Small family parenting is almost always an individual endeavour. It's worth remembering that sibling relationships (if children have siblings) can be just as influential as the parent-child relationship. It will almost certainly outlast the parent-child relationship. Lead the group, manage the child.
- 15. Refusal to express regret:** Sometimes parents can work themselves into a tight corner after they've said something out of anger or desperation. One parent I know cancelled Christmas out of desperation, and refused to admit she was wrong. Sometimes you need to acknowledge your mistakes and start over again.
- 16. Failing to use communication processes:** Okay so you are about to talk to your children about sexuality and relationships. What process do you use? Where will you hold that conversation? Establish communication processes and communication places well in advance of when you really need them.
- 17. Neglecting your own well-being:** Many families operate under a child-first mentality, which places a lot of pressure and stress on parents. We happily drive kids to their leisure activities at the expense of our own. Carve out some time for your own interests and leisure pursuits.
- 18. Giving feedback at the wrong time:** Timing is everything when we give kids feedback. If you give negative feedback immediately after an event or action, you risk discouraging them. Use 'just in time prompts' to remind them how to do something. Pick your timing when you give feedback.
- 19. Clinging to the past:** The ghosts from the past are strong indeed causing us to put some of our problems onto our children. The problems we may have experienced growing up won't necessarily be shared by our children. Retune your parenting antennae to your children's lives.
- 20. Believing everything your children say:** As loving parents we want to trust our children and believe everything they tell us. Children are faulty observers and frequently only see one side of an issue. Help children process what happens to them and see issues from every side.

After reviewing this list, for those of you who still aren't sure what to stop, there is one habit that I've seen take precedence over all of the others. You may be part of the majority of people who partake in this bad habit. What is the number one problem of the successful parents I've worked with over the years? It is Doing Too Much.



Don't forget when you purchase from The Good Guys in Canterbury Road, Bayswater to ask for your "Bayswater Bucks". You only have to mention Mt Dandenong Primary School at the checkout and the store will give you a Reward Voucher to pass onto the school equaling \$1 for every \$25 spent at the store. Over the years we have been able to purchase much needed equipment using this generous offer.



Deborah J Weber CA

Chartered Accountant

Chartered Accountant
CA SMBSE Specialist
Registered Tax Agent

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- ▣ Women's health

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Open every day!
Join me for free meditation every Wednesday morning at 9.15am

Mount Dandenong Preschool

A limited amount of places are still available for 2016

Surrounded by cool temperate rainforest and lyrebird song is our happy kinder community.

We offer both a three year old 'Waratah' program (2 x 3 hour sessions per week) and four year old 'Lyrebird' program (3 x 5 hour sessions per week).

Both programs offer a positive and play based approach to learning, guided by the children's interests.

A limited amount of places are still available for the 2016 4 year old program. Please contact Enrolment Officer Nikki Kouris for more information on 9751 0555 or at enrolments@mtdandenongpreschool.com.au



COMMUNITY EVENT

Landline, Internet & mobile meeting

Sunday 29th Nov. 4pm
Farndons Hall
42 Falls Rd. Mt. Dandenong

Come and ask a Telstra representative what can be done to resolve our telecommunications problems.

RSVP:
kamdags.community@gmail.com

KAMDAGS
KALDRAMIA & MT DANDENONG ACTION GROUPS

★
★
★
★

SATURDAY 5TH DECEMBER POP UP STORE

'One Day Only'
Where: Next door to Wild Oak Restaurant and Bendigo Bank, Unit 5/232 Ridge Road Olinda 3788
Time: 10-4pm

mellisamurdesign

November 2015

Mon	Tue	Wed	Thu	Fri	Sat	Sun
30						1
2	3 Melbourne Cup Public Holiday	4	5	6	7	8
9	10 2016 Prep Information Night 7:30pm	11 Soiree Grade 3–6	12	13	14	15 Bunnings BBQ
16	17	18	19 SLU Market <i>Date change</i>	20	21	22
23	24	25	26	27	28	29

December 2015

Mon	Tue	Wed	Thu	Fri	Sat	Sun
	1	2	3	4	5	6
7	8 Orientation Day and Prep BBQ	9	10	11 Presentation Night	12	13
14 Prep—2 Swimming Fun Day	15	16 Grade 6 Graduation	17	18	19 Last day of Term 4	20
21	22	23	24	25	26	27
28	29	30	31			

January 2016

Mon	Tue	Wed	Thu	Fri	Sat	Sun
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27 Staff return	28 Curriculum Day— No students at school	29 Grade 1 -6 stu- dents return to school	30	31