School Council Elections 2014

We are currently seeking nominations for parents wishing to stand for election on school council. A parent can either be nominated as a candidate on a completed nomination form or self nominate. Nomination forms need to be returned to the principal by Friday 28 February. The term of office for elected members is two years. Half of the members of a school council retire each year and this has creates four vacancies within the parent membership category and two vacancies within the Department of Education and Early Childhood Development (DEECD) employee category. If the number of nominations is equal or less than the number of vacancies, then those nominated are declared elected. Being on a school council gives parents and other members of the community the chance to be involved in setting the school’s educational policy.

Please consider standing for election in 2014.

Jim Bell, principal

Helping Your Child at Home: Reading Strategies Parents Can Use

Phonemic awareness refers to the ability to focus on and manipulate individual sounds (phonemes) in spoken words. Acquiring phonemic awareness is important because it is the foundation for spelling and word recognition skills. The ability to apply your knowledge of letter-sound relationships, including knowledge of letter patterns, to correctly pronounce written words is paramount. Understanding these relationships gives children the ability to recognize familiar words quickly and to figure out words they haven’t seen before.

How you can help:

- Help your child hear the sounds by asking him or her to think of a number of words that start with a specific sound, such as the “ssss…” sound.
- Make up silly sentences in which all the words start with the same sound. “Mum made me many meatballs.”
- Ask your child to clap or stand up whenever he or she hears a word that starts with a specific sound “bbb…”, or “rrrr”, or a word that rhymes with a particular word, such as “cat”.
- Reading and saying nursery rhymes together is a great way to increase phonemic awareness.
- Help your young child learn the letters and sounds of the alphabet. Occasionally point to letters and letter combinations and ask your child to name them. A set of magnetic letters on the refrigerator can provide fun and learning during meal preparation.
- Encourage your child to write notes, e-mails, and letters.
- Talk with your child about the “irregular” words; such as, said, are, and was, that he or she needs to recognize “by sight.”
Sports Shorts
Well done to all of the students who swam at the swimming trials last week. It was great to see everyone there giving their best efforts. There were many fine performances with Tabatha, Chloe, Tyson and Travis being standouts in every event. A huge thank you, to all of the parents who assisted and supported the swimming. District swimming is on the 3rd March.

On the 6th March selected students from years 5&6 will be playing in the Casey/Cardinia soccer festival. We wish all of our teams the best of luck.

District tennis is on the 14th March. This year we have two entrants Tyler and Ben. Once again we hope the boys do well.

Cross Country. The school cross country is on Friday 21st March.

Thanking you for your continued support.

Jim Narayan
Health and Physical Education

First Aid News
Just a friendly reminder to parents and guardians of children at Brentwood Park Primary School. Could you please send back Health Management Plans to the school as soon as possible. These are updated annually and are extremely important to maintain the highest care for your children. Thank-you in advance.

Ros, First Aid

Bridges Literacy Program: YOU CAN MAKE A DIFFERENCE BY BECOMING A BRIDGES LITERACY ASSISTANT AT BRENTWOOD PARK.
Bridges is a literacy program that pairs a student who needs help with reading and writing, with a literacy assistant who wants to make a difference in a student’s life. The ability to read is essential in affording an individual the opportunity for a lifetime of learning. Helping a child to become a successful reader is a most rewarding experience.

Over the past few years many children at Brentwood Park have benefited from the assistance of trained volunteers. These children not only improved their literacy skills but also grew in confidence and self-esteem. We would like to express our thanks and appreciation to the literacy assistants and congratulate the students who have participated in the Bridges program.

Some of our volunteers have obtained employment while others have moved out of the area. As a result, we require enthusiastic volunteers to work with individual students this year. All volunteers will attend a half day training session and will be guided and given help throughout the program to ensure a successful and pleasurable experience for themselves and their students. Volunteers are expected to attend for a minimum of 2 and if possible, 3 sessions per week. Each session lasts for approximately 45 minutes. All that we require is a current ‘Working with Children Card’. An application can be made at a post office.

Everything that you need except for your time and commitment to the Bridges program is provided by the school. Attendance times would be negotiated between the child’s classroom teacher and the volunteer. Regular attendance is important to ensure the success of the program and the establishment of a continuing relationship between the volunteer and student. Volunteers play a vital role in increasing student achievement and self-confidence. Volunteers can be parents, grandparents or anyone who wishes to be involved in their local community.

If you are interested in becoming a Bridges literacy assistant, please contact Jenny Reid, at the school (9702 2022) or complete the form that has been sent home with your child. At Brentwood Park we have an Early Years Bridges Program for students in Years 1, 2 and 3, and a Middle Years Program for students in Years 4, 5 and 6. The next training session will be for those interested in the Middle Years Program and will be held on Thursday 6th March from 9:15 to 12:00 in the Chinese classroom.

Lyne Hollick has been a BRIDGES literacy assistant for a number of years! Thank you!
School Injuries and Insurance
Parents are reminded that the Department of Education and Early Childhood Development does not provide personal accident insurance or ambulance cover for students. Parents and guardians of students, who do not have student accident insurance / ambulance cover, are responsible for paying the cost of medical treatment for injured students, including the cost of ambulance attendance / transport and any other transport costs.

Most medical costs will be refundable by Medicare and if you are a member of an ambulance or health insurance fund, you would also be able to claim transport or other expenses from the fund. As stated previously, the Department of Education and Early Childhood Development does not hold accident insurance for school students, however, reasonably low cost accident insurance policies are available from the commercial insurance sector. The Department cannot advise parents on whether to purchase a student accident policy or which policy to purchase as individual families are likely to have differing needs. Their decision may be affected by other insurance cover they hold, the extent to which their children participate in sports or other physical activities at school and the particular disposition of their children.

Additionally, private property brought to school by students, staff or visitors is not insured and the Department does not accept any responsibility for any loss or damage.

Safety Around Schools
Children are vulnerable road users and are at a higher risk in traffic because of their size and inability to judge speed and distance. School zones are often chaotic during the morning drop-off and afternoon pick-up times and children are sometimes put at risk. When in school zones, please observe the following guidelines to reduce risk to children:

- **DO NOT** park in bus zones, no stopping areas, on footpaths or over driveways.
- **NEVER** double park. This reduces driver visibility, causes congestion and puts children at risk.
- **NEVER** call your child across the road.
- **ALWAYS** encourage your child to enter and exit the car from the kerb.
- **BE PATIENT** - observe the directions of the School Crossing Supervisor.
- **REMEMBER** children are full of surprises! Expect the unexpected.
- **ALWAYS** drive at or below 40 km/h

By following the rules around school zones, we can work together to ensure the safety of our children.

School Banking Program
The School Banking Program provides children with an opportunity to make deposits into their personal Commonwealth Bank Youthsaver account at school each week. The program is about how often your child makes deposits, not how much they deposit. Every deposit earns them a Dollarmites token, and once they’ve collected 10 tokens they can redeem them for a reward. The importance of saving is highlighted at our school assemblies when the incentive prizes are rewarded. Since the commencement of term, we have had increasing numbers of deposits made. This week we had 76 with fourteen new applications received! Our catch phrase for 2014 is …

**Spend a Little … Save a Little … Save Often!!!!!**

School Uniform
With endorsement of school council, the compulsory wearing of school uniform is encouraged for the following reasons:

- To create a sense of collective and individual pride in students and their identification with the school.
- To remove the sense of competition in dress which can often cause distress amongst students.
- To improve the safety of Brentwood Park students by making them instantly recognizable in any group when the students are on school excursions.

In Year 6, the students are able to add a bomber jacket to their official school uniform. The bomber jacket creates a sense of unity amongst this cohort of students and the students eagerly wear it as soon as possible upon its arrival. Thankfully, the change in temperature coincided with this year’s arrival which made their wearing that little more comfortable!

Smiles were abundant and there was no shortage of volunteers to model this year’s design.

Please make sure all clothing is named so as it can be returned to its owners should it be misplaced!
5 LF SILLY POEMS!

I started my homework but my pencil wasn’t sharp
My chicken ate my homework and my I-pad’s on the sink
I accidentally threw it in the cake my mum was baking
My brother hid in when I wasn’t looking
Sabiha

I started my homework but my pencil ran out of lead
My monkey ate my homework and my laptop’s broken
I accidentally threw it in the toilet my mum was cleaning
My brother hid it in the mud when I wasn’t looking
Tatiana

I started my homework but I needed a drink
My dog ate my homework my I-pad’s on the sink
I accidentally chucked it in the cupcakes my mum was baking
My brother chucked it in the bin when I wasn’t looking
Joel

I started my homework but I had to clean my room
My bird ate my homework and my I-pod went boom
I accidentally threw it in the rice my mum was cooking
My brother gave it to the dog when I wasn’t looking
Lexi

I started my homework but my pencil broke
My cousin ate my homework and my I-pod broke
I accidentally flicked it in the cake that mum was baking
My brother ate the cake when I wasn’t looking
Kris

I started my homework but my pen had too much ink
My donkey ate my homework and my I-pod’s on the blink
I accidentally dropped it in the apple pie my mum was making
My brother ate the apple pie when I wasn’t looking
Mackenzie

I started my homework but my printer is out of ink
My dog ate my homework my phone is on the blink
I accidentally threw it in the pie my mum was baking
My brother ripped it apart when I wasn’t looking
Montell

I started my homework but my dinner was ready
My dog ate my homework and my pencil wasn’t ready
I accidentally dropped it in the room my mum was cleaning
My sister gave it to the dog when I wasn’t looking
Ethan

I started my homework but I smelt the worst smell
My donkey ate my homework and my computer fell down the well
I accidentally dropped it in the ice cream my mum was passing me
My brother stuck in on the ceiling when I wasn’t looking
Indy

I started my homework but my brother switched the ink
My kitten ate my homework and my laptop’s on the blink
I accidentally dropped it in the food my mum was chopping
My brother chopped it up and burnt it when I was not looking
Enzo

I started my homework but I couldn’t find my red ink
My bunny ate my homework and my computer’s on the blink
I accidentally dropped it in the pasta mum was cooking
My sister hid it from me when I wasn’t looking
Casey

I started my homework but I couldn’t think
My snail ate my homework and my phone wouldn’t sync
I accidentally dropped it in the cake my mum was baking
My father threw it in the garden when I wasn’t looking
Tiahna

I started my homework but I was really hungry
My father ate my homework and my I-pod’s being funny
I accidentally put in the pool my mum was cleaning
My brother put in down his pants when I wasn’t looking
Jocelyn

Backpack
Pack snack
Lunch box too
Calculator
I-pad
Blue eraser
Glue.
Notebook
Learn to cook
Poster paper
Pencil
Dictionary
Learning
Toys for my friends.
Josh
I started my homework but I need some food
My dog ate my homework and my i-pods wouldn't move
I accidentally dropped it in the stew my mum was cooking
My brother put it in the trash when I wasn't looking
Tyson

I started my homework but my pencil was broken
My dog ate my homework and my i-pad is broken
I accidentally put it in the pot my mum was using
My brother threw it out the window when I wasn't watching
Thomas

I started my homework but my printer ran out of ink
My brother ate my homework and my laptop's on the blink
I accidentally dropped it on the floor my mum was cleaning
My Granma hid it from me when I wasn't looking
Trinity

I started my homework but my dog was having kittens
My brother ate my homework and my calculator's in the kitchen
I accidentally dropped it in the ice cream my mum was eating
My father threw it out the window when I wasn't looking
Tristan

I started my homework but my printer ran out of ink
My dog ate my homework and my printer didn't since I
I accidentally threw it in the cake my mum was baking
My brother threw it in the cake when I wasn't looking
Matt

I started my homework but my pen was spilling ink
My dog ate my homework and my i-Pods on the blink
I accidentally chopped it in the pot my mum was washing
My brother threw it out the window when I wasn't looking
Danish

I started my homework but I had to get a drink
My fish ate my homework and my i-pad's on the blink
I accidentally threw it in the cake my mum was baking
My brother put it in the oven when I wasn't looking
Olivia

I started my homework but I need a drink
My cat ate my homework and my laptop's on the blink
I accidentally threw it in the garden my mum was planting
My brother buried it in the garden when I wasn't looking
Tab

I started my homework but then I spilled my drink
My baby sister ate my homework and my laptop's on the blink
I accidentally dropped it in the pudding my mum was making
My brother made an aeroplane that he threw into the cooking.
vihanga

I started my homework but my pen was in the sink
My bat ate my homework and my gadgets on the blink
I accidentally threw it in the pool when my mum was floating
My brother took it and tore it apart when I wasn't looking.
Tim
YOU CAN DO IT!
The Four Foundations and keys to academic success and social/emotional well-being are:

**Organisation** which means……..
setting a goal to do my best in my schoolwork, planning my time so that I’m not rushed, and having all my supplies ready.

**Getting Along** means……..
working well with my classmates, solving problems with classmates without getting angry, and following the rules (ie expected behaviour) of my classroom.

**Persistence** means……..
trying hard and not giving up when something feels like it’s too hard to do.

**Confidence** which means……..
feeling I can do it. Confidence means not being afraid to make mistakes or to try something new.

This term we are focusing on the foundation of ORGANISATION.

**A student demonstrates organised behaviour by:**
- Having a study schedule at home
- Writing down class homework or projects, including when they are due in a diary
- Breaking down a large project or homework task into smaller parts or steps
- Scheduling the various steps of the project/ homework far enough in advance so that they do not rush their work
- Follow the information/directions written down on the board or verbally given by the teacher
- Keeping class notes and handouts in an organised folder/notebook
- Handing in homework on time
- Studying high priority material before working on less important material
- Setting a goal
- Using a checklist to complete a project/ homework task

You can encourage the development of ORGANISATIONAL skills within your child by using the following phrases when you see your child being organized:

“You brought your homework home. Excellent.”
“I like the way you clean your school bag each night.”
“You are good at breaking your project into smaller steps.”
“It is great to see you doing your homework-share book reading, learning your spelling words etc. each night.”
“It is great to see your pencils sharpened in your pencil case.”
“You really focused yourself to get this work in on time.”
“It is great that you are bringing your diary home and recording your homework tasks.”
“I bet it saves you time when you can find things easily on your desk.”

LOOK OUT FOR YOUR CHILD BEING ORGANISED AND PROVIDE POSITIVE (AS ABOVE ) FEEDBACK. GOOD LUCK WITH THE FEEDBACK.
Brentwood Park now has access to ABC Reading Eggs as well as Mathletics!

**ABC READING EGGS**

The ABC Reading Eggs program focuses on a core reading curriculum of phonics and sight words using skills and strategies essential for sustained reading success. It supports what the students learn at school. There are hundreds of comprehensive activities and over 1500 eBooks are available. Reading Eggs supports core literacy teaching from ages four to thirteen.

With interactive animations, fun games, great songs and lots of rewards, ABC Reading Eggs is an engaging tool to learn to read.

The teachers at Brentwood Park are introducing the program to the students this month and each student is provided with a username and password and families will receive a letter detailing access at home once your child’s teacher has introduced the program.

The school has paid for the subscription of all the students and as you are aware the school has requested families to pay for the subscription for Mathletics.

**MATHLETICS**

Mathletics is a world-leading e-learning resource which has a highly engaging curriculum-aligned content. It involves live fluency activities and targeted adaptive practice. It has a variety of resources, diagnostic testing and assessments. The lessons are targeted at individual learning and covers preschool to 12 mathematics curriculum concepts.

As per Reading Eggs the students have a user name and password of which most parents would be familiar with as Mathletics has been utilised at the school for four years now.

The parents of Foundation students will become familiar with these programs during this year!

Please ensure you have paid the Mathletics subscription. If you did not purchase your child’s stationary at the Berwick Newsagency please pay the Mathletics subscription to the school. (Please note invoices have been sent home to families this week who have not yet paid).

Thank you for your support of these two interactive programs that will support your child’s literacy and mathematic skills.
Schedule 4 - Notice of Election and Call for Nominations

An election is to be conducted for members of the School Council of BRENTWOOD PARK P. S.

Nomination forms may be obtained from the school and must be lodged by 4 pm on Friday 28 February 2014.

The ballot will close at 4 pm on 14 March 2014.

Following the closing of nominations a list of the nominations received will be posted at the school. The terms of office, membership categories and number of positions in each membership category open for election are as follows –

<table>
<thead>
<tr>
<th>Membership category</th>
<th>Term of office</th>
<th>Number of positions</th>
</tr>
</thead>
<tbody>
<tr>
<td>Parent member</td>
<td>From the day after the date of the declaration of the poll in 2014 to and inclusive of the date of the declaration of the poll in 2018</td>
<td>4</td>
</tr>
<tr>
<td>DEECD employee member</td>
<td>From the day after the date of the declaration of the poll in 2014 to and inclusive of the date of the declaration of the poll in 2018</td>
<td>2</td>
</tr>
</tbody>
</table>

If the number of nominations is less than the number of vacancies, a notice to that effect and calling for further nominations will be posted in a prominent position at the school.

James Bell
Principal

Notes:

“Electorate of the school” means the DEECD employee electorate of the school and the Parent electorate of the school.

“Parent electorate of the school” means all persons (except the principal) who are parents of students of the school, other than those who are DEECD employees.

“DEECD employee electorate of the school” means the principal of the school and –

DEECD employees engaged in work at and for the school (other than those who are parents of students of the school) and other DEECD employees who are parents of students of the school.

“DEECD employee” –

(a) means a person employed for eight hours or more per week in either an ongoing capacity or for a fixed term of at least 90 days -

(i) under the Teaching Service Act 1981; or
(ii) under the Public Sector Management and Employment Act 1998; or
(iii) by a school council of a State school; or
(iv) under section 5 or 5A of the Education Act 1958; or
(v) under more than one of the paragraphs (i) to (iv) above, and

(b) does not mean a person employed under a contract for service or the employees or the contracted personnel of such a person.

Votes may be posted to the principal or placed in the ballot box at the school on any day up to the closure of the ballot. Further details on how votes may be lodged will be provided when ballot papers are sent to the electorate of the school.
Term 1
Week ending 14th February 2014

FTL  Abbigail  For being a super organised member of FTL.
FBV  Bryce    For improving on his listening and packing up in class.
F/1S  Angus    For display persistence and an awesome attitude to learning.
1MM  Lincoln  For being an enthusiastic Maths whiz doing his Maths testing!
1ER  Kai      For settling in so well at B.P.P.S - it’s a pleasure to have you in 1ER!
2RG  Rachel   For her attention to detail and using excellence to complete work in class.
2MB  Angelina For always trying her best and contributing to class discussions.
2/3C  Ella    For your attention to detail in painting your Chinese characters so finely. Well done!
3LP  Hannah  For your AWESOME listening skills, being SUPER organised & presenting beautiful work!
4CH  Jacob   For making a great start for the year and finishing all his work.
4SM  Bronwen For being a kind and patient friend. Thank you, Bronwen!
4VK  Riley   For organising his lunchbox without being told how.
5HG  Jayden  For ALWAYS being well mannered and making valuable contributions to class discussions with a smile.
5LF  Olivia  For being super organised with classroom activities. Keep it up!
6TS  Faith   For her focused, positive approach to learning. An excellent start to grade 6.
6JA  Jai     For working so well and participating with great thinking in class discussions.
6JD  Adam    For his fantastic page on the 6JD website. Terrific job!

‘SPECIALIST’ Stars of the Week

Health & P.E.  2RG  For sensational “High Jumping” & also for super encouragement with classmates!
Performing Arts 2RG  For great teamwork as you played the beat and rhythm of the ‘Back to School’ poem.
Visual Arts    2RG  For wearing their art smock in the art room, for carefully applying oil pastels to their page and for creating magical transfer pictures on their blank page.
EXCITING CANTEEN NEWS
FIND IT HARD TO FIND CHANGE FOR YOUR CHILD’S LUNCH ORDER

WORRY NO MORE - YOU CAN NOW USE OUR PAY UP FRONT OPTION.

❖ A minimum of $20 is required to start your account and present to the canteen on Friday mornings.
❖ Then all you do is place your child’s lunch order and the amount will be deducted from your account.
❖ When you get down to $5 on your account we will send you a note so you can top up the account.
❖ If there is not enough money in the account for your child’s order we will only supply foods to the amount of available funds.
❖ NO MONEY in the account means NO FOODS SUPPLIED.
❖ You may also order recess snacks with your lunch order and they will be ready for your child to collect at recess without having to queue up with the other children waiting for counter sales.
❖ There will be tally sheets available from the office if you wish to run a tally of your own.
❖ Account details will be available to the child’s parents only.
❖ If you have any queries please do not hesitate to ask your canteen person for assistance.

We look forward to doing business.
YOUR FRIENDLY BELLBROOK CATERING STAFF
LUNCH ORDER EXAMPLE

FRED SMITH       PREP X

1 x Hot Dog       $ 3.40
1 x Sauce         .20
1 x Chocolate Milk $ 2.30
1 x Cobs Sea Salt Popcorn  $ 1.30

TOTAL            $ 7.20
Money Enclosed    $ 7.20

Please note if you do not send the order on a paper lunch bag, there is an additional cost of 10c to pay for the bag.

There is a cost of 20c for Tomato Sauce for hot food. There is no charge for sauce on Burgers or Dim Sims.

If change is required, it will be taped into the bottom corner of the lunch bag with the amount written on it.

Frozen items, when ordered, are given out after the bell when the children go outside. They will need to bring their bag back to the canteen window.

If there are any queries with anything regarding the canteen, please feel free to come and see us.
Going to school every day is the single most important part of your child’s education. Students learn new things at school every day – missing school puts them behind.

Why it’s important
We all want our students to get a great education, and the building blocks for a great education begin with students coming to school each and every day.

If students miss school regularly, they miss out on learning the fundamental skills that will set them up for success in the later years of school.

There is no safe number of days for missing school – each day a student misses puts them behind, and can affect their educational outcomes.

Each missed day is associated with progressively lower achievement in numeracy, writing and reading.

Getting in early
Attendance patterns are established early – a child regularly missing days in kindergarten or in the early years of school will often continue to miss classes in the later years, and receive lower test scores than their classmates. It’s vital that students go to school every day – even in the early years of primary school.

What we can do
The main reasons for absence are:

Sickness – There are always times when students need to miss school, such as when they’re ill. It’s vital that they’re only away on the days they are genuinely sick, and setting good sleep patterns, eating well and exercising regularly can make a big difference.

It’s vital that holidays are planned during school holidays where possible, and not during the term if it can be avoided.

“Day off” – Think twice before letting your child have a “day off” as they could fall behind their classmates – every day counts.

Truancy – This is when students choose not to go to school without their parent’s permission. There can be many reasons for truancy. The best way to address this is for schools and parents to work together.

If for any reason your child must miss school, there are things you can do with your school to ensure they don’t fall behind:

- Speak with your classroom teacher and find out what work your child needs to do to keep up.

• Develop an absence learning plan with your teacher and ensure your child completes the plan.

Remember, every day counts. If your child must miss school, speak with your classroom teacher as early as possible.

Openly communicating with your child’s school about all absences is a good way to prevent attendance issues being escalated to a School Attendance Officer. Attendance issues that are escalated can lead to an Infringement Notice.

If you’re having attendance issues with your child, please let your classroom teacher know so we can work together to get your child to school every day.

For more information and resources to help address attendance issues, visit: www.education.vic.gov.au
Back to School in 2014! Be prepared for an Asthma Spike

What is the February asthma spike?
Throughout the year there are significant increases, or ‘spikes’, in asthma presentations to hospitals and emergency departments. Approximately 1 in 10 children in Australia have asthma, and for children and adolescents with asthma these ‘spikes’ usually occur towards the end of holiday periods as they return to school and preschool. A significant ‘spike’ in asthma presentations and admissions to hospital of children and adolescents, experiencing severe asthma exacerbations, occurs throughout the first few weeks of February.

Triggers that can be encountered are:
- Dust and mould spores from poorly ventilated, or insufficiently cleaned school rooms
- Respiratory viruses, such as cold and flu viruses
- Cleaning products that leave behind strong smells, aerosols or airborne dust
- Anxiety and stress due to returning to school

What can we do to avoid asthma exacerbations in our school?
- Ensure your school has a sufficient number of Asthma Emergency Kits
- Ensure that each Asthma Emergency Kits contain fresh and in-date reliever medication (e.g. Ventolin, Asmol or Aironir), spacers, record sheet and instructions detailing the emergency procedure
- Ensure student Asthma Action Plans are updated and returned to school
- Ensure staff education and training is current, arranging a free staff asthma education session as required for all new and ongoing staff
- Ensure your school’s asthma policy is current for both onsite and offsite situations, and first aid posters are displayed in key locations
- Ensure staff are aware of which students in their class have asthma, and know where Asthma Emergency Kits are stored
- Ensure all classrooms are opened, cleaned and aired out in the weeks before students return to school. A helpful technique can be to turn on all fans, as well as any heating/cooling systems, to begin to clear dust before students arrive

Why does the spike occur?
While there have not been direct links established, the February ‘asthma spike’ is believed to be largely due to children and adolescents coming into contact with asthma triggers that they have had time away from, as they are now returning to school. Forgetting to take their medication, and poor medication adherence, also places students at an increased risk of asthma attacks when exposed to triggers.
FREE two day workshop and information sessions for PARENTS/CARERS of school age students on the autism spectrum

Workshop: 2014VICPC1  Location: Berwick

The Positive Partnerships initiatives have been developed and delivered by Partnerships between Education and the Autism Community (PEAC) and funded by the Australian Government Department of Education, through the Helping Children with Autism package.

What will you learn?
As a result of participating in the workshops and information sessions as parents/carers you will gain:

- a greater understanding of the impact of autism on your child, both at school and at home
- knowledge about how to develop effective parent, school and teacher partnerships
- specific strategies on how to:
  - advocate for your child
  - support your child’s participation at school
  - develop an awareness of ongoing learning needs
- information about your local school system’s processes
- opportunities to network and share strategies with other parents/carers and key community members
- opportunities for discussion around a range of topics relevant to students with an ASD and their families

Some key community representatives that support families living with autism will be identified and invited to participate in the workshop with a view to supporting a community focus beyond the workshop.

Workshop details
Venue: The Cardinia Cultural Centre
        Lakeside Boulevard, Pakenham VIC 3810

When: Two day workshop – Tuesday 18 & Wednesday 19 March 2014
       Day 1: 9.00 a.m - 4.30 p.m (Registration from 8.15am)
       Day 2: 9.00 a.m - 3.30 p.m

Registration opens Wednesday 5 February 2014 and closes 2 days prior.
Registration may stay open until one day before the workshop if spaces are still available, but we strongly recommend that you register as soon as possible.
You will receive a confirmation of your registration.
Online registrations preferred: please go to the website www.positivepartnerships.com.au.

Only complete the following form if you do not have access to the internet and fax or mail to:
Fax: 02 9451 9661; Mail: Positive Partnerships, ASPECT, PO Box 361, Forestville NSW 2087

Positive Partnerships Info Line number: 1300 881 971

“The Positive Partnerships initiative is funded by the Australian Government Department of Education through the Helping Children with Autism Package. The views expressed in this publication do not necessarily represent the views of the Australian Government or the Australian Government Department of Education.”
Eat more, Exercise less and achieve better results!

Attend our 60 min seminar “The 5 must do’s for effective weight loss” to find out how. No gimmicks, no selling, just quality information you can implement right away.

Seats are limited, don’t miss out on this golden information. RSVP now call 1300 510 510.

Date: Tue 25th Feb
Time: 10am or 6.30pm (Yes! We’re running 2 seminars on the same day so there’s no excuse not to attend.)
Where: Old Cheese Factory
341 Homestead Rd, Berwick

Envie Berwick - 88 Enterprise Ave, Berwick VIC
Ph: 1300 510 510 enviefitness.com.au
Who’s in Charge?

Does your child hurt, intimidate or abuse you? Do you feel you are losing control? Want to better handle conflict?

"Dear Andy — How are you? Your mother and I are fine. We both miss you and hope you are doing well. We look forward to seeing you again the next time your computer crashes and you come downstairs for something to eat. Love, Mom and Dad."

The Who’s in Charge? group is a 7-week program for parents or carers of young people (8 to 18) who are beyond control, violent or defiant.

The group aims to:
- Provide a supportive environment to share experiences and ideas
- Reduce the guilt and shame which most parents feel
- Offer ideas to help you develop individual strategies for managing your child’s behaviour
- Explore ways of increasing safety and wellbeing
- Help you feel more in control and less stressed

Starting – Wednesday 19th February 2014 @ 9.30am - 12.00pm
Finishing – Wednesday 2nd April 2014 (longer session)

At the Dandenong Uniting Church
Corner of Scott & Robinson Streets, Dandenong 3175
Enquiries & Enrolment (essential):
Contact the Group Workers at Cranbourne on 5990 8400

Gold Coin Donation
Further info on violence to parents: www.eddiegallagher.id.au
connections.org.au
Type 1 Diabetes

Do YOU Know The Symptoms?
You could save the life of someone you LOVE

No-one is ever TOO YOUNG

One of the most common Non-preventable Auto-immune diseases in children

Signs and Symptoms NOT to be ignored
- Extreme thirst
- Sudden weight loss
- Frequent urination
- Blurred vision
- Extreme tiredness
- Mood changes
- Constant hunger
- Vomiting
- Nausea
- Infections
- Tummy pains
- Acetone breath

If you notice these symptoms please seek medical advice

Produced and supplied by The Courageous 14
contact email: TheCourageous14@hotmail.com

Funding support from Abbott Diabetes Care
Getting Teens on Track

➢ Is your teenager not listening to you?
➢ How can parenting teens be easier and fun?
➢ Where's the balance between rules and independence?

Come along and join other parents/carers to discuss experiences, ideas and learn strategies in a relaxed, friendly place.

When: Wednesdays for 5 weeks  
5th March – 2nd April 2014  
6.30pm – 9.00pm

Where: Youth Information Centre  
Stuart Avenue (next to Library)  
Hampton Park

Facilitators: Sandra Phillips from Parentzone  
Dani Williams from Casey Youth Services

Bookings & Enquiries: Sandra Phillips at Parentzone  
Ph: 1300 984 011 or 0447 500355  
sandra.kelly@anglicarevic.org.au

Refreshments Provided

For Parents or Carers of Teens/Preteens aged 11+

NO COST – but bookings required
PIT STOP
Parenting Tune-Up

BLOKES DO THIS!
Your kids are worth it!

Pit Stop is a six-session ‘parenting tune-up’ for fathers who like seeing their families fire on all cylinders.

Get the FACTS on FATHERHOOD:

» Why Dads Matter and Developing a Healthy Parenting Style
» Working as a team
» Improving Family Communication and Closeness
» Steering Your Children Through Stressful Stages
» Disciplining Kids Without Losing It… or Them!
» Balancing Work/Life/Family and Implementing Change

For: All dads including new dads, step-dads and grand-dads.
Dates: Tuesdays: 29th April 2014 - 3rd June 2014
Time: 7:00pm - 9:00pm
Venue: Hampton Park Uniting Church, 1 Coral Drive,
Hampton Park
Cost: Gold coin donation

Includes a comprehensive ‘parenting tune-up’ manual.

Contact: Sidney Ashby 03 5945 3900 or Jonathon Gonsalvez 03 9704 8377
Registration essential

connections.org.au
Berwick Panthers Basketball Club Registration Day
Winter Season 2014

Saturday, 1 March 2014
8.30am – 12.30pm
Ages: 5 years – 14 years
U8, U10, U12, U14, U16
Boys and girls needed!

Kambrya College, Bemersyde Drive Berwick
EFTPOS available on the day
For registration information, please email:
vicepresident@berwickpanthers.com.au
www.berwickpanthers.com.au
Casey Tigersharks Swimming Club
Now Recruiting!!

Have you ever wanted to join a swimming club, but didn’t know how?
Are you looking for a way to improve your overall fitness?
From 8 year olds to Olympians! We can cater for them all!
Can you swim 50mts Freestyle & 25mts Backstroke & Breaststroke

www.caseytigersharks.com.au

Try Out Day’s

<table>
<thead>
<tr>
<th>WHERE:</th>
<th>Casey RACE (Berwick-Cranbourne Road, Cranbourne East)</th>
</tr>
</thead>
<tbody>
<tr>
<td>WHEN:</td>
<td>Saturday February 22nd @ 11:00am</td>
</tr>
<tr>
<td></td>
<td>Saturday March 8th @ 11:00am</td>
</tr>
<tr>
<td>WHAT TO BRING:</td>
<td>Swim Suit and Goggles</td>
</tr>
</tbody>
</table>

Please RSVP to: tigersharksrecruitment@hotmail.com.au

to gain FREE entry on the day for 1 swimmer and a parent.

Every child gets a showbag!

Cost: FREE
JOIN US IN THE SPOTLIGHT

Convenient classes in your local area
Berwick, Frankston and Mornington.
15 other locations across metro Melbourne.

Fun, inspiring classes in drama and musical theatre for kids! From beginners to advanced.

- Develop successful life skills like confidence, communication and teamwork.
- Great value - all weekly classes, workshops and costumes included. No registration fee.
- Perform on stage twice a year.
- Over 25 years of success.
- Highly qualified, experienced teachers.
- Talent Agency - opportunity to join.

CALL 9384 1644
to book a free, no obligation audition session in November 2013 or February 2014.

Classes Start February 2014

CHILDREN'S PERFORMING COMPANY OF AUSTRALIA

cpca.com.au Facebook Twitter

Bumble Bee Baby & Children’s Market

Berwick Fields Primary School
Gwendoline Ave
Berwick

0410 043 549

Sun 23rd February
9am – 12

New, Pre loved & Handmade Items
Adults $2, Children Free
Indoor Market

www.thebumblebees.com.au
info@thebumblebees.com.au

Bumble Bee Baby and Kids Market
**Read-Play-Make**

**RPM for Dads**
- Share stories, activities and games with your child
- Meet other dads
- Help your child learn through play

**FACT Sunday Sessions**

**Fathers and Children Together**
- Time to have fun with your children
- Sporting activities
- Movies and dinner
- Most other dads

**Dads’ Little Builders**

Come along and build with your little one
- Sharing fun with your children
- Building side by side
- Meet other dads

**Read-Play-Make**

**RPM for Dads**
- Share stories, activities and games with your child
- Meet other dads
- Help your child learn through play

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**Children Services**

City of Casey - Fathers Inclusion Team

**Dads Matter**

Commencing Friday, February 14th
Free Community Fit Club is a great way to get moving, get fit, lose weight and have fun

- Suits all fitness levels & ages
- Social, friendly group
- Child friendly

JESS
0432 799 750
Public Park- Cheviot Avenue, Berwick