Some very excited Grade 5-6 students departed on the early train to Melbourne last Tuesday. They have had a very busy time and the reports back from Matt have been that they are all enjoying themselves immensely. They will be catching the 3.15 train from Melbourne tomorrow so you can pick them up from Castlemaine Station at about 4.45pm.

The Whole Town Garage Sale last Saturday was a great success, raising in excess of $1050. Thank you to Di and her helpers for the great job they did in organising this.

The Rusty Nail Poetry competition was on at Lockwood PS last Sunday. Congratulations to Lochlin who received a highly recommended and to Einon who won first prize.

A reminder that Kickball for Grades P-2 is on next Friday. Please return permission forms and payment if required, as soon as possible.

We have had some recent inquiries for enrolments for next year. If you know of anyone who is interested in coming to our school next year, please encourage them to make contact.

We have now discussed the new school vision with School Council and they have made alterations to it as follows. If anyone else would like to make further suggestions, please feel free to bring your ideas in.

The (updated) Suggested Vision
We are learning to be responsible and engaged citizens of the 21st century. This means we are:

- Active Learners
- Effectively literate and numerate
- Developing emotionally and socially
- Managing our own wellbeing
- Creative and independent thinkers
- Environmental guardians
- Technologically competent and responsible
- Contributing to and involved in the community
- Inclusive of everyone

The most recent changes are in bold.

Election Day Sausage Sizzle—Please Help
The school will be a polling booth for the State Election on November 29th. We are planning to run a sausage sizzle as a one off fundraiser on that day. This opportunity only comes around once every four years, so we should make the most of it. It would be nice if we had some different people come along to cook and sell the sausages. If you can spare an hour or two on that day, please let myself, Jacq or Di know.

Today is my last day until Monday 17th November. I am taking a short amount of long service leave to travel to Mexico to be with family. I will return on Monday 17th November. Katrina VG will be the acting Principal in that time, so please direct any inquiries to her.
STUDENTS OF THE WEEK:

Grade P/1: Julie: Using her reading strategies to improve her reading WOW!

Grade 1/2: Riley: Trying his hardest during spelling assessment.

Grade 3/4: Lincoln: For demonstrating his knowledge of capacity by indicating that two containers can show the amount of water differently.

SCHOOL ATTENDANCE

Number of days that students have been away this week:

Grade P/1: 5 days
Grade 1/2: 10.5 days
Grade 3/4: 10.5 days
Grade 5/6: 5.5 days

Cool to be at school winner is Grade P/1 Early Bird winner is Grade 1/2

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Term 4 Lunches

<table>
<thead>
<tr>
<th>Date</th>
<th>Menu</th>
<th>Duty Roster</th>
</tr>
</thead>
<tbody>
<tr>
<td>31st</td>
<td>Chick &amp; Salad wrap/Honey Joy (Lorella) (Gr 5/6 Camp)</td>
<td>Jason &amp; Kendall</td>
</tr>
<tr>
<td>7th Nov</td>
<td>Chicken Caesar Salad/Hedgehog (Deb C)</td>
<td>Kerry &amp; Gussie</td>
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<tr>
<td>14th</td>
<td>Bacon Quiche/ Pikelets (Andrea)</td>
<td>Donna S &amp; Elsa</td>
</tr>
<tr>
<td>21st</td>
<td>Zucchini Slice (Andrea)/ Banana Bread (Sandy)</td>
<td>Andrea &amp; Annie</td>
</tr>
<tr>
<td>28th</td>
<td>Ham &amp; Salad Wrap/Custard Tart</td>
<td>Lynda Q &amp; Lynda W</td>
</tr>
<tr>
<td>5th</td>
<td>Sushi (egg or tuna)/ Icy Pole</td>
<td>Andrea &amp; Jacq</td>
</tr>
<tr>
<td>12th</td>
<td>Sausage in bread/Chocolate crackles (Lorella)</td>
<td>Amy A &amp; Jacq</td>
</tr>
<tr>
<td>19th</td>
<td>No Main/ Ice cream cone</td>
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</tbody>
</table>

Duty~ Jacq & anyone who would like to come and help!

Payment information!

- Pay weekly by 9am Wednesday, filling in form each week. Form not accepted without money and to be placed in lunch bag and left in classroom box.

Fundraising Update

To all those involved in last weekend’s Whole town Garage Sale – THANK YOU!! Also a big thanks to Andy & Paula at Tread and Frank and Amanda at the General Store for selling maps on the day. We will be emailing or calling all those who had a sale at home or car boot stall to get feedback – the feedback from those people I have managed to speak to has been great – with some excellent suggestions for next year’s event already being put forward. It was wonderful to see so many locals involved and great to have people from as far as Romsey, Kyneton & Heathcote. It was a successful day and we managed to raise $1100 from registration fees, our sausage sizzle and map sales.

Our next event is the Barker BBQ on Saturday 8th Nov and there is a roster at the office for Barker families to pop their names on. If you can’t be there on the day but can make something for the cake stall there is a space for you to write down what you can do. We do hope to make this as successful, if not more, than the Mitchell & Lang BBQ’s. If you are in Barker please get on board and don’t forget there are HOUSE POINTS up for grabs. GO BARKER!!

Also there are still seats available on the Shopping Tour Bus if you would like to come along – Saturday 22nd Nov. Please contact Lorella Burns on 0422 286 393 to book your spot or for more information.

Di Selwood

Melbourne Warehouse Shopping Tour

Saturday 22nd November, 2014

Includes 2-course lunch, morning & afternoon tea, raffle prizes and a hostess who knows all the great spots to go!

Book your spot today with Lorella on 0422 286 393

$65 per adult, $35 per student U17

Bus Departs Stanley Park 6.30am Returns approximately 7.30pm
Date: 28/10/2014

I just returned from a research trip to the Yale Centre for Emotional Intelligence near New York, home of the RULER Program – the world’s best emotional intelligence program for children and families. This research trip is a fore-runner to the introduction of the RULER Program tools for all Parentingideas Club members. I can’t wait to share these wonderful emotional intelligence tools!

The thing that I love about the RULER Program is that it’s totally evidence-based. It’s effectiveness is backed by mountains of scientific evidence, so credibility is assured. Speaking of evidence-based, it’s timely to share 10 research-backed tips for raising what most parents want – happy, successful kids.

1. Birth order matters
Birth order is something parents need to work with. Disregard your child’s birth order and you miss a vital clue to your parenting puzzle. Eldest children as a cohort experience greater mental health problems particularly anxiety than children in any other position. Happiness can be elusive for this group so they require a parenting style that is cognisant of their drivers, and who releases rather than places extra pressure on them.

2. Positive peers matter
Your child’s friends impact heavily on their well-being and frame of mind. When peer relationships are smooth then children seem to be happier, more content and even learn better. Recent research I was involved in demonstrated that the well-being of teenage girls is highly influenced by their peer groups. A positive peer group usually equated with high life satisfaction regardless of what other factors where at play.

3. Parent mental health matters
If you want happy kids then you need to get yourself happy. Parent anxiety and depression is linked to behavioural problems in kids; it also makes our parenting less effective.

4. Siblings relationships matter
Relationship-building is important but how do you go about teaching kids to get on. Start by encouraging children to build small acts of kindness, which builds empathy. Help them mend relationships problems that have broken down. Start with siblings first. For only children, make sure you build these skills with interactions with peers. Research shows that over the long haul healthy relationships makes kids happier.

5. Developmental matching matters
A number of studies point to the fact that much of what is considered poor parenting has actually got more to do with poor developmental matching. Put simply, parents who raise an eleven-year-old like they did their eight-year-old may find that conflict and resistance becomes their constant companion, and unhappiness accompanies their child.

6. Good parenting matters
Permissive, laissez faire, autocratic or authoritative parenting? These are the parenting styles most parents use at some point. If you want your child to be happy and succeed over the long term then extensive British research shows the way – the links between authoritative parenting (a mixture of firmness, warmth and family participation) and children’s happiness and well-being are well drawn.

7. Family dinners matter
Yes, you’ve got to eat. But you need to eat together. Significant research links family strength and children’s well-being to regular family mealtimes. Importantly, there is a high correlation between teenagers that eat with their family at least five times a week and good mental health.

8. Fun matters
Kids get precious little unstructured time these days. Play that is not initiated by adults is more than just mucking around. Kids learn and grow through play. Researchers believe that the dramatic drop in unstructured playtime is in part responsible for slowing kids cognitive and emotional development. Unstructured play helps children learn how to work in groups, to share, negotiate, resolve conflicts, regulate their emotions and behaviour, and speak up for themselves.

9. Helping others matters
The Positive Psychology movement know what they are talking about when they put volunteering at the forefront of an individual’s well-being. Helping others makes you happy over the long term. Same goes with kids. Just don’t let their grumpiness put you off when you expect them to help.

10. Emotional intelligence matters
Emotional intelligence is a skill, not an inborn trait. Thinking kids will just naturally come to understand their emotions (let alone those of others) doesn’t set them up for success or happiness. Kids learn best when they have concrete tools to assist their learning – whether it’s learning to read (books come in handy), play sport (a ball and some goalposts helps) or learning to dance (some suitable music helps). The wonderful tools in RULER Program toolkit make learning emotional intelligence accessible for kids.

So let’s recap!

To raise happy, successful kids:

1. Birth order matters
2. Positive peers matter
3. Parent mental health matters
4. Siblings relationships matter
5. Developmental matching matters
6. Good parenting matters
7. Family dinners matter
8. Fun matters
9. Helping others matters
10. Emotional intelligence matters
Halloween in Harcourt!
Get dressed up and grab your friends and go trick or treating!
Homes in High, Buckley, Barker & Bagshaw Streets were invited to hand out lollies.
Where: Any home in the above street who has a balloon out the front.
When: Friday 31st October
Time: between 4pm and 6pm
If you wish to continue the Halloween fun, bring your tea along to the Uniting Church Hall in Buckley Street, where we will be having a disco from 6pm onwards.
Lynda: 5474 2534

CLOTHING
If you have any clothing belonging to another child, return it to the school office.
Remember to label all school uniforms and regularly check the lost property basket near the toilets.

Emailing Newsletter
In the interest of saving paper, money and time we are keen to email the newsletter to as many families, relatives and friends of Harcourt Valley Primary School as possible. Please contact the school office with your email address.

Harcourt Valley Primary School does not endorse any advertising that appears in this newsletter