Good afternoon Broady Valley!

It’s great to be here with you once again.

It is true, education, schooling and learning is our core work at BVPS. However, at BVPS we do more than just that. We understand that it is the wellbeing of our community that is most critical in allowing for improved academic outcomes to occur. Student Wellbeing means much more than feeling happy all the time, or being free of illness. It is a combination of physical, social and emotional factors. Resilience is also a large part of wellbeing – a capacity to persist and to deal with disappointment. When your child tries one more time to finish a puzzle, they are showing resilience. Being able to control your emotions is also an important part of wellbeing, for example when your child asks for a chocolate but is offered fruit instead. At first, their tears well up (I wanted chocolate!), but as they develop, rather than having a tantrum, your child takes a deep breath and takes the fruit. They are learning to control their emotional response to disappointment and to express emotions appropriately. Children with a strong sense of wellbeing are more likely to be confident and involved learners.

“So? How can I help my child to develop a strong sense of wellbeing?”

Here are some strategies that you might use at home with your child to assist them in developing these skills.

- Give lots of physical affection! Warm and supportive relationships help your child feel safe and secure. This sense of security means your child will have the confidence to try new things and to express how they are feeling.

- Encourage your child’s resilience, independence, decision making and ability to get along with others by offering them real choices such as how much food, what to wear etc., and enabling them to take considered risks such as jumping and climbing. As your child grows into a young adult they are then able to identify the qualities of a friend and resolve conflict using suitable language and actions.

- Encourage your child to be active. Give them lots of opportunities to play outside and to develop their motor skills; walking, climbing, running, riding, throwing, jumping, skipping and balancing.

- Dance and movement will help your child’s physical coordination and give them confidence in how their bodies move. Music and dance have been used for generations in bringing families together and sending messages about what is important within the culture of a community.

- Look for opportunities for your child to be responsible for their own health and wellbeing.

- Offer your child a wide range of healthy foods, but give them some choice over which ones they will eat. This can make meal times less stressful by giving your child some responsibility over what and how much they eat.

- Talk to your child about different foods and involve them in choosing food and preparing food. This will build awareness of the importance of healthy eating.

If you have any concerns about your child’s wellbeing, talk to your family doctor. At BVPS we may be able to provide you and your child with some suggested approaches and strategies in responding to the issues. Our helpful teachers and allied health professionals may also be able to help.

Best regards,
Andrew Jones
LN1 News!

This week we have begun Prep Transition for 2015 with the kinder kids from the Dimboola Early Learning Centre visiting the prep suite and our preps visiting the kinder. In LN1 the students engaged in a song about a big green monster and created their own paper puppets of monsters, with preps supporting the kinder visitors. Our prep students did a great job of involving their buddies in the learning. In two weeks’ time we will be hosting another visit and are excited to start getting to know some of our future students.

Another way we worked to build on our connections with the Early Learning Centre this week was to hold our grade one and prep play based learning sessions in the Play Group Room. The excitement at revisiting the kinder was very obvious amongst our students and they enjoyed playing with different equipment and using the beautiful outdoor space.

Next Thursday all of LN1 are ‘off to see the wizard!’ The Wizard of Oz is this year’s school performance at the Hume Central Secondary College. We are very fortunate to be able to take all our students over to watch this and our students will be richer for the experience. A very exciting event!

Have a great weekend.

Jodie, Wendy, Paula, Daniel, Maryja, Amy, Jamielee & Laura.

Learning Neighbourhood 2

Week 5 in Learning Neighbourhood 2
Happy Hump Week!

Week five marks the middle week of term 3, it is amazing how time flies. We are not sure if anyone in LN2 has even noticed how far into term we are as they are all just taking care of business. The business of learning!

In reading, we have continued to explore making connections when we are reading. In writing, students had the opportunity to select a mode in which to publish their information reports about themselves. We will have pop-up books, mobiles, iMovies and photo stories and PowerPoints. I wonder which mode your child has chosen.

In numeracy, we have been making patterns and exploring the mathematics behind games in our chance unit. So much maths that can be easily practised at home, come and ask any teacher about things you can do at home.

We had some celebrity guests with us during cooking this week. Michelle Reid graced us with her presence in the kitchen to help us roll out some delicious gnocci. Carmela’s secret recipe was a hit with everyone. Below is a photo of Fatima keeping a close eye on Michelle’s handy work.
After a long wait, our winners from the Enrichment Portrait Competition were announced. Congratulations to all of the finalists, in particular Joe, Saiha & Rukaya taking out the honours. Come in to see all of the finalists displayed in the neighbourhood next week.

Nathan Gage, Nicole Cromie, Krystina Simpson, Rob Pain, Nicole O’Meara.

Learning Neighbourhood 3

It was a blast in the past this week as LN3 ventured off to Yarrabee’s Yesterday’s World. It was a fantastic day as students got a taste of life in the 1900s. No electricity, no heaters and no iPads. Some students enjoyed the experience while others couldn’t wait to get back to the good life at BVPS. A massive thank you to all the parents who helped our students dress up. They looked absolutely fantastic. All the staff at Yesterday’s World loved the eagerness and energy from our students and we couldn’t have been prouder of their efforts. Congratulations to all!!!

LOST PROPERTY

There are several items of lost clothing in the neighbourhoods and sick bay. Are you missing any school uniform?

We have placed a large laundry basket in each Learning Neighbourhood for the lost property.

If your child has lost a piece of their uniform could you please come along to the LN's and have a look. We also have a basket in the sickbay which is full. Please label all items of clothing.

Calendar

Term 3

District Interschool Track and Field Carnival
Date: Thursday, August 21st 2014
Times: From 9.00am – 3.15pm

Interschool Rugby Gala Day
Date: Friday, August 29th, 2014
Times: From 9.15am - 3.00pm

Parent Opinion Surveys
Thanks to those wonderful parents who have returned their Parent Opinion Survey. Your cooperation is greatly appreciated
Michelle Reid

Birthdays

Aaliyah H
Anes A
Amin O
Zaharaa A
William W
Notice Board

BOOK FAIR
COMING SOON
LN 3 RESOURCE ROOM
WEDNESDAY 27th AUGUST TO
MONDAY 1ST SEPTEMBER
OPEN DAILY
8.30AM. – 9.00AM.  3.30PM. – 4.15PM.

Come along and purchase from a great range of books and knick knacks.

BVPS CAR PARK

We would like to remind parents not to park in the BVPS CAR PARK to drop off or pick up their children from school. This car park is for the staff of BVPS, HCSC and the SDS. It has very limited parking for the three schools.