

The Cassowary

Official Newsletter of Beverley Hills Primary School

25th March 2009, Number 04



GOOD PARENTING STRATEGIES

For this newsletter I would like parents to consider some thoughts of Mel Levine a Professor of Paediatrics at the University of North Carolina. His area of expertise is Neurodevelopment Dysfunction as it affects learning - particularly learning at school. In short, he is interested in why some students find learning difficult. The particular chapter I have focussed on in these extracts is -

'Parenting that Cultivates Output'

- 1. Kids deprived of mental-work practice at home may never acquire the habits of self-discipline that promotes high output throughout life.*
- 2. When kids generate low levels of work output, they become susceptible to distraction and diversions that demand little or no mental effort. They gravitate excessively and perhaps obsessively towards television screens, telephones, computer games, and other passive paths of least resistance.*
- 3. Down deep, kids, and grown-ups too, feel good about what they have been able to do and bad about what they have not been able to do.*
- 4. Provide work incentives. Although we would love to see boys and girls become workers for their own personal satisfaction, there is nothing indecent in providing incentives, even material ones.*
- 5. At home, arrange for optimal working conditions. Kids need to work in a quiet environment, one that is relatively distraction free. It is hard for a student to be productive while the rest of the family is howling with laughter over their favourite situation comedy. It is best, in fact, if everyone is engaged in quiet activities while the student strives for high output.*
- 6. Set up and enforce consistent work times. Consistency is paramount, yet it is not that easy to achieve in our culture. But just as many people are setting aside time each day for physical fitness, kids need to have specific slots for mental workouts, which may or may not involve only homework.*
- 7. Limit TV viewing and other passive or hedonistic activities. Relaxation is a necessity, and most contemporary kids take advantage of modern telecommunications and other forms of electronic wizardry to rest their weary brains. But high levels of brain-free relaxation are likely to be detrimental to output. Although some television viewing is actually beneficial and culturally revealing for all children and adolescents, it is easy for kids to become mesmerized and far too dependent on the device.*
- 8. I have found that the most effective parents are those who offer accessible homework consultation without doing much of the work for the child or teenager. Parents should take every precaution not to come across as a child's harshest critic. Never forget that there is no one a child wants to impress more than his/her parents.*

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Principal: **Malcolm Corr**

Calendar

March	April
26 th – School Photos	4 th – Daylight Savings Time Ends
3 rd – Easter Hat Parade	20 th – Term 2 Start
3 rd – Term 1 Finish (2.30pm dismissal)	20 th – P&F Meeting
	22 nd – School Council Meeting

HEAD LICE

With regards to head lice please check your children's hair thoroughly at least once a week. If you find evidence of lice or eggs notify the school and see the local chemist about treatment. Children must not return to school until their hair has been treated. The school will check all other children in your child's class once notification has been received. Remember clean hair is not necessarily a defence against lice.

REMINDER – School Photos

Thursday 26th March – School photos will be taken.



GRADE 6 FUNDRAISING

Grade 6 fundraising for the Sydney/Canberra tour which will take place from 12th-16th October has begun in earnest. All proceeds will be used to pay for the grade 6 windcheaters and to defray the cost of the camp. We must warn that we are now all regarded as prospective customers.

Please support the children in their endeavours and if at any time you feel the need for a sweet treat, please call in to the Grade 6 classrooms where you will find very keen vendors.

DRACULA

Grade 6 students will attend East Doncaster Secondary College's matinee performance of Grease on Tuesday May 12th. In the past our students have enjoyed the cultural experience, particularly when they recognise siblings and former students in a somewhat different role.

Performance dates are:

THURSDAY May 14th 7.30pm

FRIDAY May 15th 7.30pm

SATURDAY May 16th 7.30pm

Bookings can be made by phoning the College on 9842 2244



ANNUAL GENERAL MEETING

Congratulations to the new members who were elected; Sue Kent (President), Eve Darsas (Secretary) and Yasmin Tibb (Treasurer) and also to our committee members Debra Mac Isaac, Mandy Mullen, Leigh Horder, Jo Thomas and Helen Drossinis. We wish them all a very fulfilling and enjoyable year with the P & Friends Association.



EASTER RAFFLE AND HAT PARADE

Easter egg donations- we are seeking donations of chocolate eggs, novelty rabbits and bunnies and baskets for our annual Easter Raffle. The Easter Hat Parade will be held on Friday 3rd April. Don't forget to decorate your favourite hat and come along to the parade. Please leave any chocolate donations at the school office.

HOT CROSS BUNS

Will be served to children after the Easter Hat Parade. They will cost \$1.00 each. Also Hot Cross Buns are available in packs of six for parents to buy. Order forms inserted in this newsletter.

CADBURY SHOPPING DAY

Will be held on Tuesday 31st March at 11am. We will be meeting at Cadbury's in Ringwood. Limited spots are available. Please RSVP, Helen Drossinis on 9842 7213 if you would like to come along.

ENTERTAINMENT BOOKS COMING SOON!!!

Books will be available to purchase from the school office. The cost will be \$65.00. Please help and support the school as a percentage goes back to the school.

NEXT MEETING

Monday 20th April – All welcome!

President - Susan Kent - P.9891-7037

Secretary – Eve Darsas – P.9842-2412

Treasurer – Yasmin Tibb – P.9842 4875



BHOSH Kids

BEFORE CARE WEEK 1

MON	Craft
TUE	Indoor Activities
WED	Games
THU	Children's Choice
FRI	Nintendo

AFTER CARE WEEK 1

MON	Craft
TUE	Cooking
WED	Games
THU	Children's Choice
FRI	Indoor/Outdoor Activities

BEFORE CARE WEEK 2

MON	Indoor Activities
TUE	Nintendo
WED	Children's Choice
THU	Games
FRI	Easter!!!!

AFTER CARE WEEK 2

MON	Easter Craft
TUE	Activities
WED	Easter Cooking
THU	Indoor/Outdoor Games
FRI	Easter!!!!!!!!



news from the kindergarten

Exciting news at Kinder this week is our Duck Eggs have started to hatch – please call in and have a look at our new arrivals!!!!



special news & events

SCHOOL COUNCIL ELECTIONS

Congratulations to our recently elected school council members

PARENTS

Sharan Safe (President) – Emily 5C, Zoe 2P, Rubie P/L

Goran Joksic – Nicholas 4J

Wendy Chan – Jonathan Hew 1D

Susan Kent – Andrew 6N, Julie 1D

TEACHERS

Niky Corfios – 5C

Natalie D'Amico – 1D



ss Parsons(Mrs Corr)
nd David Corr
arrival of:
rsons Corr
: 52cm
3.950kgs

CANTEEN MANAGER PART-TIME

Beverley Hills Junior Football Club is an established and successful football club located in the Doncaster East area. We operate two canteens during the football season. We require a pleasant and self motivated individual to manage all aspects of the operations of our canteens. For further details please email belinda@jsbuils.com.au



FITNESS CLUB

In the fourth week the children are improving and enjoying the activities. We are completing circuit training focusing on improving the student's aerobic endurance. Some of the students have been experiencing muscle soreness which is a good thing its shows that they are completing the exercises appropriately and working the designated muscle group.

This week the children have been given an Eating Reward Chart please help them to

achieve 2 pieces of fruit, 4 serves of vegetables and 5 -7 glasses of water each day. Help them work out an appropriate reward for the end of the week.

The key to Healthy Eating is to pack a yummy lunchbox to help your children stay away from junk foods, try to make their lunch boxes as tasty as possible. Great snacks include some different fruits (such as a few blueberries, kiwi fruit or cubes of melon), a box of sultanas, a tub of low-fat yoghurt or a small handful of dried fruit. Use a variety of wholemeal breads (such as lavish, Lebanese or pita) to add excitement to lunchtime sandwiches, and as often as possible, vary the fillings.

In Physical Education and in our Fitness Classes we have been encouraging all the students to bring their own water bottles. Teach your children the importance of drinking water, when they are thirsty – especially after exercise.

PE Teacher Mrs. R. Wallace



SCIENCE – WEB SPINNERS

Helmeted Honeyeaters need your help to build their nests!

THREATS

- Helmeted Honeyeaters are Critically Endangered with only two small populations existing in remnant patches of forest about 50km east of Melbourne.
- The main threat to these beautiful birds is loss of habitat, competition with other bird species, and natural disasters such as wildfire, drought or disease outbreak.



August through to February is the Helmeted Honeyeater breeding season. During this time the keepers at Healesville Sanctuary collect and put spider webs into the Helmeted Honeyeater aviaries. The birds use the webs to bind their nesting material together so they can lay their eggs. If there is more nesting material the birds are more likely to breed multiple times during the season. By collecting spider webs, students can help with the survival of the Helmeted Honeyeater.

HOW TO COLLECT WEBS

1. Use forked sticks to collect the spider webs. These can be attached to a longer pole with tape if necessary.
2. Locate spider webs to be collected. To ensure webs have not been sprayed with insecticide, select webs from outdoor areas.
3. Make sure the webs are clean and free of dust, or the birds won't use them. If you find dirty spider webs, clear them away and wait for the spiders to build a fresh web for collection. This may take up to 2 weeks.
4. Collect the spider web by winding the webs around the forked stick, just like winding spaghetti onto a fork.
5. Once collected, place the webbed sticks into a plastic bag, return to school and Mrs Manners will take them to Healesville Sanctuary.

Please bring any webs you collect to school, give them Mrs Manners and I will arrange to have them delivered to Healesville Sanctuary. Mrs Manners – Science Coordinator