OPEN MORNING
Next week across Victorian Government schools, it is Education Week. It’s a time to recognise the work that goes on in our state schools, the opportunities that are provided and it’s also a time to celebrate our diversity and culture that can be both similar or different, depending on schools, their priorities, their sense of community, their location, whether city, country etc.

Wednesday 18th May our school is having an OPEN MORNING between 9am and 11am. During this time, parents, carers, family, friends and community are welcome to visit our school to view learning at GK. Visitors can walk into any part of the school during this time, visiting classrooms and specialist areas to see students working. Our School Captains will be greeting visitors as they arrive with a smile and directions if required. If you are able to visit your child’s classroom/s on the morning, even for a short period of time, that would be great.

NAPLAN
This week our year 3 and year 5 students have participated in NAPLAN testing. This testing has run over three days, assessing writing, language conventions, reading and maths. This assessment occurs annually throughout the country and is used to gain a measure of National and State Wide Learning traction. At our school level, student results will be released later in Term 3 and this will be sent home to all families with an explanation of their child’s results.

Our students have approached the rigour of test conditions exceptionally well, and while we have articulated the importance of ‘doing your best’, we have also spoken to the students about this being only one test in each curriculum area - It will tell us something about your learning but it will in no way tell us everything about you as a learner and person.

LIFE ED VAN
Our Prep students and Year 6 students have visited the Life Ed Van this week. Each class has participated in a session directly targeting the wellbeing area of relevance to their level of development. Prep students meet Harold the giraffe and spend the session discussing Safety and Healthy Eating. Our Year 6 students tackle the issues around Drugs and Alcohol and how they can come into contact with them through peer and social interactions. Discussion centres around how substances cause harm to the body, with a focus on strategies to use if exposed to these in interactions. We only target our Prep and Year 6 levels as these topics require an explicit focus and the access to an expert educator in this is critical.

ASSEMBLY CHANGE FOR JUNE—AUGUST
As our assemblies are held outdoors, I have made a decision to not hold outdoor assemblies during our coldest months. Historically, we have battled wind, cold and sometime rain to get through our assembly with children and adults shivering through bravely. The idea of an assembly is to share information and celebrate achievement. We will still do this but in a reduced manner. Only priority information will be shared with brief PA announcements and Student Of The Month certificates will be awarded at the office in this way also. This process will begin for the last three weeks of this term and for the majority of Term 3.

LEADER STARS
Check out our wonderful Green Team Leaders in the latest edition of the Leader Paper. There is a follow up article on our fabulous win of $1000 which we highlighted last week. Very special Jacob and Sarah!

Have a great week everyone.
Leanne Tingwell Principal
Teaching Mindfulness And Resilience To Our Students
(Developing Wellbeing Strategies@GK)

Shannon Whelan and I have recently been trained by Psychologist and Speaker, Kate Cooper (www.corporatezen.com.au), in understanding how current research into brain function can assist in the classroom. With the ever present pressures of a busy life, we feel it is extremely important to equip our young people with wellbeing strategies that they will be able to use well into adulthood to regulate their ‘busy’ state. Mindfulness skills are one of the areas of focus we will be working with our students on throughout this year.

This is the first part of some information I will share with you regarding what we are learning and how it fits into our education philosophy at GK.

What is Mindfulness?

The Mindfulness movement has taken off around the world and we as educators are increasingly alert to the possibilities this skill could bring to our students. Mindfulness opens student minds to a method of increasing self-awareness and gaining skills to improve their mood, their health and their happiness.

Mindfulness simply means just being aware. When you attempt to be more aware of what is going on around you and inside you, you are being mindful. Mindfulness can be understood as the foundation and basic pre-condition for education. Children need to learn to stop their mind wandering and regulate attention and emotions, to deal with feelings of frustration, and to self-motivate.

What we hope TEACHING MINDFULNESS STRATEGIES will do for our GK students:
Mindfulness has potential to help children with:

**EMOTIONAL & BEHAVIOURAL OUTCOMES:** reduce worries, anxiety, distress, reactivity and bad behaviour, improve sleep, self-esteem, and bring about greater calmness, relaxation, and self-regulation and awareness.

**LEARNING OUTCOMES:** Mindfulness has also been shown to contribute to the development of cognitive and performance skills in the young. When children and young people learn to be more ‘present’ and less anxious, they often find they can pay attention better and improve the quality of their performance, in the classroom, on the sports field, and in the performing arts for example. They often become more focused, more able to approach situations from a fresh perspective, using existing knowledge more effectively, and pay attention.
The purpose of being aware of the present moment is threefold:
1. To give your **physical body** a chance to relax and change the hormonal mix in your body.
2. This calmness of body and change of hormonal mix will enable you to **clarify thoughts** that are present and crystallise down to what is important and what is just confused thoughts or random ideas that are thrown in to your mind from the hectic day.
3. Being conscious of your **feelings**, remembering that your thoughts will be the author of your feelings. This gives you an opportunity to really understand what you are feeling, perhaps even why and what you can do about it – that is, clarity of thought, feelings and purpose.

**Skill Development**
Focus for year levels:

- **P-2**
  - Self-regulation skills
  - Mindful of basic core emotions: sad, mad, happy, tired
  - Improved attention & ability to learn

- **Years 3-5**
  - Increasing self-awareness of self and others

- **Years 6-9**
  - Increased emotion management
  - Higher order thinking skills improving around age 12

- **Years 10-12**
  - Ability to use mindfulness as a tool to manage mood and thoughts
  - Ability to harness state of calm to improve focus and learning

**How we respond to stress:**

By learning how the brain responds to stress and then practicing strategies for quieting their minds, students become better at self-regulating their emotions and bodies, increase their capacity for absorbing information, and improving their relationship skills. The brain can be changed like a muscle – we just have to train it.

We look forward to sharing more information with you as we learn about our amazing brain and how to work it to its best potential.

Leanne Tingwell  (Principal)
Congratulations to our Year 5—6 students. You will be announced at assembly on Monday. LOOK OUT FOR OUR MAY CHAMPIONS SOON :)

**STUDENT OF THE MONTH**  
**APRIL**  
**Year 5 & 6**

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Our Year 3 & Year 4 SOTM Stars
CANTEEN

We would love LEGO donations. We want to get our kids playing, talking, creating and laughing together in opportunities outside of the classroom. We are looking to have a LEGO CLUB and are in need of this wonderful resource to do this. If you have any you could donate, please do. Even those little odd pieces laying about would be awesome. Send anything to the office so we can make this happen.

Appreciation in advance. Leanne Tingwell

This week is National Volunteers Week, so I would like to thank everyone who gives up their time to help out in the canteen, whether its once a month or in an ‘emergency’ or for one of our special days. I could not run the canteen so successfully without you. MWAH!!

Today by 4pm is the last chance to put in your ‘The Biggest Morning Sushi Day’ orders ready for next Wednesday. Every snack ordered will raise $1 for Cancer Council Vic. Thank you to those who have been generous to include an extra donation, I’ll let everyone know how much we have collected in next week’s Linkletter.

I require help for the 1st and 2nd Friday of the month. If you are able to help, please contact me ASAP in the canteen or via email cunningham.suzanne.s@edumail.vic.gov.au or sms 0408172778. My usual hours are Tuesday to Friday 8.30am to 1.30pm.

Suzi Cunningham

URGENT HELP REQUIRED for OUR OPEN MORNING

We need your help to serve tea, coffee and scones from 9am—11am.

Please text Rachael on 0407 773 616 or email Rachael - cantlay@hotmail.com

Thankyou

WE WOULD LOVE LEGO DONATIONS

We want to get our kids playing, talking, creating and laughing together in opportunities outside of the classroom. We are looking to have a LEGO CLUB and are in need of this wonderful resource to do this. If you have any you could donate, please do. Even those little odd pieces laying about would be awesome. Send anything to the office so we can make this happen.

Appreciation in advance. Leanne Tingwell
BIGGEST MORNING SUSHI DAY
FOR CANCER COUNCIL VIC

WEDNESDAY, 18TH MAY 2016

FULL NAME: ____________________________________________

GRADE: ____________________________________________

QUANTITY (Please indicate number of sushi) at $3.00 each

☐ COOKED TUNA ROLL - tuna, lettuce, light mayo & rice

☐ CHICKEN TERIYAKI ROLL - chicken in teriyaki sauce, cucumber, light mayo & rice

☐ VEGETARIAN ROLL - avocado, carrot, cucumber, tofu, light mayo & rice
  All orders will be provided with soy sauce

☐ ADD $3.00 to include 1 x 350ml Lemonade Quench Drink, a Choc Chip Cookie AND a $1 Donation to the Cancer Council

TOTAL OF MY ORDER $____________

PLEASE RETURN BY 4PM Thursday, 12th May, 2016

*** NO OTHER LUNCH ORDERS WILL BE AVAILABLE ON THIS DAY ***

No late orders accepted/No refunds given.
No paper bag required.

ORDERS CAN BE PLACED ON QKR : RECEIPT #_______________________

__________________________________________

PARENT HELPERS REQUIRED FROM 10.15AM to 11AM

NAME: _________________________________________________________

CONTACT ph: ____________________________ (Mobile preferred)
THE CHOCOLATES ARE COMING!

This year's major PFA fundraiser is a Cadbury Chocolate Drive. A carry box of fundraising chocolates will be set home with the eldest child from each family next Wednesday. Families are asked to sell one box of assorted Cadbury Freddo frog chocolates. There are 50 assorted Freddos in a box valued at $1 each. The Chocolate Drive will run for 3 weeks with all money collected and unsold chocolate due back by Wednesday 1st of June. There will be incentive prizes for selling a full box. A raffle will take place at the conclusion of the chocolate drive for all boxes sold with 1st Prize a $200 Myers Voucher & 2nd Prize a $100 Myers Voucher. The family that sells the most boxes of Cadbury Chocolates will win a $100 Myers Voucher.

Thank you in advance for your support in this fundraiser for our school. Any queries please contact Bridget Ramaekers 0407 243 024. HAPPY SELLING!

REMINDER: ENTERTAINMENT BOOKS ARE NOW OVERDUE

Please return all outstanding books to the office ASAP.

Payment can be made either directly via the following link: www.entbook.com.au/1894x92 or through QKR.

Thanks

COMMUNITY NEWS
COMMUNITY NEWS

GLEN KATHERINE P.S

TENNIS LESSONS

Location: Glen Katherine Primary School Tennis Courts

WE SPECIALISE IN LESSONS FOR BEGINNERS

BOUNCE INTO OUR TERM 2 SUPER SPECIAL
FOR FIRST 10 NEW STUDENTS
Enrol Now & RECEIVE 30% OFF
YOUR FEES
and also receive a FREE HEAD Tennis Racquet Pack valued at $50

ENROL NOW FOR TERM 2 2018 LESSONS

For more information please call Topline Tennis on 9432 - 3705
Web: www.toplinetennis.com Email: info@toplinetennis.com

MARKET AT THE MANOR

15th May
Ashton Manor
49-55 Main Street Diamond Creek
10am - 2pm
3RD SUNDAY OF EVERY MONTH

Lots of amazing Stalls
Coffee and Food
Kids Activities
15/5 19/6 17/7
21/8 18/9
16/10 20/11 18/12

For more information contact Amanda
marketatthemanor@sparkleanddcoevents.com.au
www.facebook.com/asicodesigns

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