Dear Parents / Guardians,

School Fee Accounts: School fee accounts went home on Monday. Please note that the swimming rebates have not yet been taken off as the Juniors P-2 have until Feb 29th to get there memberships in the office.

iPAD ROLLOUT: March 3rd, 4th and 5th. Upfront fee of $250 is due by/on this Friday, 20th February. Those who are bringing there own iPads will be rebated accordingly after the rollout. The $250 will come directly off the $375 ipad payment total on your account not the student levy (which is also $250).

Changes to Working With Children Check Applications: We have been informed that the post office no longer processes or hold application forms for Working With Children Checks. To apply you need to go online at www.workingwithchildren.vic.gov.au/home/applications. There is no cost involved for volunteers. Please present your WWC card to the office to be copied and filed.

In line with current Privacy Legislation, we are asking that all School Helpers read and sign a Parent Helpers Confidentiality Agreement. These are available from the office and will be given to those currently helping in our school.

Parent Teacher Interviews: Parent Teacher Interviews will be held 19th and 24th Feb. To book go to www.schoolinterviews.com.au the code is U6CBM and follow the prompts alternatively you can access schoolinterviews via tiqbiz. Go to whole school and select interviews.

PARENTS AND FRIENDS FIRST MEETING: 7pm in the staffroom on Wednesday, 25th February. Everyone most welcome to come along and see what it is all about and if you are keen to be part of the P & F we would love to have you in our team.

RELAY FOR LIFE FUNDRAISER - PURPLE THE COLOUR OF HOPE: St Laurence’s Primary school is proud to be supporting the local event, Relay for Life. The colour for Relay for Life is purple which is the colour of HOPE. This Friday, 20th February we encourage students to wear a splash of purple with their school uniform and bring a gold coin donation in support of this worthy event.

Dear Lord,
I know you receive what is in my heart.
Let me be inspired by your words and by the actions of your son, Jesus.
Guide me to make sacrifices this Lent in the spirit of self-denial and with greater attention to you and to those around me.
**SUNHATS**

In Term 1 & 4, St. Laurence’s blue school sunhats are to be worn. Hats are available from the school office.

"No hat, No play"

Cricket Style $10-00
Please note that it is not acceptable to have a frayed hat or have graffiti on hats.

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**ICY POLES**

**FRIDAY LUNCH TIMES**

**TERM 1**

-50cents

To be sold at the kitchen window

To support those in need the Social Justice Team are supplying icy poles. Proceeds will go towards Caritas.

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**NO DOGS ON SCHOOL GROUNDS**

It is policy of St Laurence’s that there are to be NO dogs in/on the school grounds even if on a lead. Assistance dogs accepted.

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**ASSEMBLY**

Friday assembly is at 9:00am in the Big Shed. All parents welcome.

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**P & F**

Tuesday Ice-creams/Slushies

SLUSHIES $1
CHOC COATED ICE-CREAMS $1
YOGHURT ICE-CREAMS $1
ZOOPER DOOPERS – 50c
ICYPOLES—50c

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**PREPS SCHEDULE FOR FEBRUARY**

No School for Preps:

Wednesday 25th Feb
Preps attend every day onwards from 2nd March.

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**SWIMMING PROGRAM 3-6**

Tomorrow, Thursday 19th February, swimming testing will take place for all students in grades 3—6. Student’s need to participate in the testing so that next year’s levels can be ascertained. Children will be bussed to the pool in their swimming levels so a different bus time table will operate. Children will receive certificates in their second semester reports.

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**2015 PREP ENROLMENT INFORMATION**

A reminder that some parents have not yet supplied birth certificates, immunisation history or baptism certificates. Could you please do so as soon as possible thank you.

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**RESPONSIBLE, CARING, RESPECT—Love In Action**

Charlotte Aeschlimann—Honesty for handing in money found on the playground.

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**COMMUNITY NEWS**


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**BUS PASSES**

BUS PASSES WILL NOT BE ISSUED FOR LEISURE/SPORTING ACTIVITIES, MUSIC LESSONS, PARTIES OR SLEEPOVERS. EXCEPTIONS MAY BE MADE FOR EMERGENCIES ONLY AND WILL BE DECIDED BY THE SECONDARY COLLEGE BUS CO-ORDINATOR. 24 HOURS NOTICE IS NEEDED.
Last Thursday, saw the Annual House Swimming Carnival at the Korumburra Pool take place. Great weather, excellent student participation and strong parent representation made for a great day. It was very pleasing and a vindication of the swimming program to see the numbers competing in the mainstream events. From the day a team was chosen to represent the school at this Friday’s District event. Many thanks to Catherine Riseley for her great organisation.

**Age Champions:**

U 12/13  
Merrin Giles  Matt Fowkes

U 11  
Heidi Tieman  Taite Cumming

U 10  
Phoebe Hinds  Will Croatto

U 9  
Montana Kranen  Oscar Murdoch

**Carmel Kennedy Medallion for Individual Medley**

Merrin Giles  &  Taite Cumming

**House Results:**

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<thead>
<tr>
<th>Place</th>
<th>House</th>
<th>Score</th>
</tr>
</thead>
<tbody>
<tr>
<td>First</td>
<td>Coyne (Blue)</td>
<td>575</td>
</tr>
<tr>
<td>Second</td>
<td>Reardon (Gold)</td>
<td>557</td>
</tr>
<tr>
<td>Third</td>
<td>Phelan (Red)</td>
<td>521</td>
</tr>
</tbody>
</table>
Healthy ways for kids to manage their emotions

Emotionally intelligent children, like their parents, know a range of healthy ways to manage their feelings.

1. **Breathe deeply**
   The trick here is to take deep breaths, rather than shallow breaths. The easiest way to breathe deeply is to sit up straight (or stand up straight). Count to 3 quietly while breathing in through your nose, and count to 5 while breathing out. Breathe slowly and deeply. You may even feel a little ‘heady’, which indicates deep (and low) breathing.

2. **Find a favourite relaxation exercise**
   There are many instant relaxation exercises you can use to change your emotional state. My favourite way to manage nerves and tension is to tense my body for 3 seconds and then relax. Repeat this a number of times and you can’t help but feel calmer. You can isolate part of your body such as your shoulders and arms to release the tension around your neck. There are plenty of quick techniques you can use to relax.

3. **Use a positive reappraisal**
   Emotions are caused not by an event, but by the way we look at an event. To one person, giving a wedding speech is a chance to stuft their stuff (so they feel excited), while to someone else it is nothing but a nightmare (so they feel anxious). Change the way you view something and you’ll be better able to manage your emotional response. “This is a challenge, not a problem” is a catch-all reappraisal. The more specific the reappraisal the more effective it will be.

4. **Use positive, REALISTIC self-talk**
   Ever talked yourself out of doing something exciting, new or challenging before you’ve even started? Maybe you’ve said something like: “I’ll never be able to do that” or “This will stress me out big time” or “I’m not good at…..”? I know I have.
   Next time you catch yourself talking yourself (or something else) down, replace the negative with something realistic but more positive. Something like “I’ve done it in the past and I survived. So I should be able to do it again.” Repeat this a few times and your emotional state will shift to a better one.

**more on page 2**

... healthy ways for kids to manage their emotions ...

Deal with negative feelings

5 Exercise
Exercise releases endorphins, nature’s feel-good chemical, which will move your mood to a better state. The paradox is that we often don’t feel like exercising when that’s exactly what we really need. Don’t let those feelings stop you. Going for a run, walking the dog or even a playing a game outside with the kids is the very thing you need to feel better.

6 Distract yourself
A healthy distraction, such as phoning a friend, reading a novel or watching a comedy is a way many people use to manage difficult emotions. It’s a highly recommended strategy for natural worriers! It’s amazing how much better a situation will seem after giving your mind a short break from it.

7 Have constructive habits and hobbies
One of the tenets of good emotional health is that a person needs hobbies and interests that lift them up and make life enjoyable. Single-tracked lives – all work and no play – are recipes for emotional disaster. If you can relate to this, then I suggest you take the time to find a hobby or interest that juices you up. The same, of course, holds for kids. All work and no play makes … well, it’s hard to hold it together if you are feeling stressed all the time.

It’s important that as parents and teachers we practise good emotional management techniques ourselves so we are better placed to pass them on to kids. The upside is that we’ll feel better, make better decisions and be more effective as parents and teachers as well.

This is an extract from “15 right ways to manage emotions”, a special report available at Parentingideasclub.com.au

Michael Grose