**MEPS Newsletter**

PO Box 305, Mt Eliza 3930 – Phone 9787 1385
Newsletter is available on the web site address:
www.mtelizaps.vic.edu.au

16th February, 2017

### DIARY

#### Term 1

<table>
<thead>
<tr>
<th>Date</th>
<th>Grade</th>
<th>Event</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mon 20th</td>
<td>Gr 4</td>
<td>Life Education incursion</td>
</tr>
<tr>
<td>Tue 21st</td>
<td>Gr 1</td>
<td>Marine Life incursion</td>
</tr>
<tr>
<td>Wed 22nd</td>
<td></td>
<td>District Swimming</td>
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<tr>
<td>Thu 23rd</td>
<td></td>
<td>Second-hand Uniform Sale – 8.30 to 9.00 am</td>
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<tr>
<td>Fri 24th</td>
<td>Gr 5</td>
<td>1000 Steps excursion</td>
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<tr>
<td>Mon 27th</td>
<td>Grade 5&amp;6</td>
<td>Beach Program commences</td>
</tr>
<tr>
<td>Tue 28th</td>
<td>School Photos – Prep to Grade 4</td>
<td>Michael Grose – Spoon-fed Generation 7.00 pm</td>
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</tbody>
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### March

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
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<tbody>
<tr>
<td>Fri 3rd</td>
<td>Movie Night under the stars – 7.00 pm</td>
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<tr>
<td>Mon 6th</td>
<td>Education Sub-committee Meeting – 7.00 pm</td>
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<tr>
<td>Fri 10th</td>
<td>School Photos – Grades 5 &amp; 6</td>
</tr>
<tr>
<td>Mon 13th</td>
<td>Labour Day Public Holiday</td>
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<tr>
<td>Tue 14th</td>
<td>Gr 2 – Aboriginal Workshop incursion</td>
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#### Term 2

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
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<tbody>
<tr>
<td>Wed 15th</td>
<td>Division Swimming</td>
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<tr>
<td>Mon 20th</td>
<td>Second-hand Uniform Sale during assembly</td>
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<tr>
<td></td>
<td>School Council AGM &amp; Meeting – 7.00 pm</td>
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<td></td>
<td>PTA Meeting – 7.30 pm in the Library</td>
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<tr>
<td>28th – 31st</td>
<td>Grade 6 – Canberra Camp</td>
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<tr>
<td>Fri 31st</td>
<td>Last day of Term 1</td>
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### Principal’s Report

It has been great to see so many smiling, happy and well-settled students for the start of 2017. Our students have made a great beginning to their new year and should be commended for their enthusiasm and dedication already shown as they approach their new learning.

I trust that parents have enjoyed the opportunity to meet their child’s new teacher this week. Developing a strong partnership between home and school is important to ensure children are continuing to grow and develop. Don’t hesitate to contact your child’s teacher if you need to discuss important issues throughout the year – sometimes a meeting will need to be organised at a later date. I look forward to seeing all of our children continue to grow and develop both academically and socially/emotionally throughout a successful 2017.

This week’s article from Michael Grose is all about helping children develop their independence. This is one of Michael’s passions as a parenting educator and the central theme of his new book: ‘Spoon-fed generation’. We are very fortunate to be selected to host the national launch of Michael’s new book here at MEPS on Tuesday, 28th February. It would be great to have our hall full of parents to hear and discuss how we can all help our children develop their independence further. As a parent of two primary school-aged boys myself, developing their independence remains an ongoing journey. Just last Sunday my 9 year old son decided he wanted to cook bacon and eggs for breakfast – this meant he had to walk to the local shop on his own, purchase the bacon and rolls and then be supervised cooking the breakfast. While this takes time, seeing the pride he had in completing this on his own was great. Getting my boys to clean the dishes afterwards was a little easier than normal because they had made the mess!

### School Council

A call for nominations to join our School Council went out this week. If you are interested in joining our School Council, please call into the school office to complete a nomination form before 4pm on Monday, 20th February. We
currently have 4 parent and 2 community vacancies for a 2-year term each. School Council currently meets 8 times a year on a Monday night from 7:15-8:45pm. School Council members also attend a sub-committee meeting at another time throughout each month to work on either Finance, Building & Grounds or Education. If you would like further information, please contact me.

**Important Dates**

- **Michael Grose**
  - Spoon-fed Generation book launch here at MEPS (Refer to information in the newsletter)
  - Tuesday, 28th February (7.00 to 9pm)

- **Labour Day holiday**
  - Monday, 13th March

- **Term 1 ends**
  - Friday, 31st March at 2:30 pm

- **Term 2 begins**
  - Tuesday, 18th April

- **Pupil-free days**
  - Monday, 1st May (there will be a parent session on anxiety held on this evening)
  - Thursday, 29th June – Parent-teacher Interviews
  - Monday, 17th July – First day of Term 3

**Brett Bell**
Principal

### Assistant Principal’s Report

**Ways to connect with the Community**

We are fortunate to be part of a friendly and vibrant community in Mt Eliza. As we know the school is often a focal point for making connections with people in our community. There are a variety of ways that you can connect with and get to know each other at MEPS. These include joining the PTA, School Council, working bees, attending social events, etc.

Our first social event for this year promises to be a big one and a wonderful opportunity to catch up with old friends and meet new friends in an informal setting. The PTA are organising a Movie Night under the Stars on Friday, 3rd March from 7:00 pm onwards. The children always love coming to school with their families and seeing their friends outside of the classroom environment. (Please note that teachers will not be responsible for providing supervision).

For more information about this event and more to come, you can read the newsletter (copies available on our website), join our Mt Eliza Primary Facebook Page and download the TiqBiz app and register with our school.

Due to a clash of Beach Program and School Photos, we will be running School Photos over two different days this year.

**School Photos**

- **Tuesday, 28th February** - for Prep to Grade 4 and Family Photos (except siblings in 5OT, 6G, 6T and 5/6S)

- **Friday, 10th March** - for Grades 5 and 6, Student Leader Teams (All Student Leaders, Communication Leaders, Sport Leaders, ICT leaders, Library leaders, SRC and MEET) and Family Photos catch up.

I’d like to thank MSP photography for their flexibility with coming back to the school for another morning at no extra cost to the school.

**Bev Harvey**
Assistant Principal

### PTA

**Movie Night under the Stars**

An outdoor cinema is coming to Mt Eliza Primary School. Join us on Friday, 3rd March at Mt Eliza Primary School for a fun filled night under the stars.

The movie screening is the amazing 2016 Disney movie: Jungle Book.

The festivities start at 7.00 pm with the movie screening at around 8.15pm. Bring your bean bags, picnic blankets and pillows (no chairs please). Rain, hail or shine the show will go on – we will use the new hall if rain is forecast so fingers crossed for great weather.

The flying Calamari Bros will be serving up their yummy calamari cones and the Travelling Chill Bar will be serving up amazing wood-fired pizzas as well as having a bar for alcohol to be purchased on the night. Popcorn and choc tops will also be available to buy!
Tickets are on sale now! $10 for adults and $5 for children. Family ticket (2 adults and 2 children) are available for $25 with $5 for each extra child. Follow the link below to purchase your tickets.

http://www.trybooking.com/OSMZ

For enquiries please phone Catherine Trenham on 0423 558 263.

Thanking you, PTA

### Anaphylaxis & Serious Allergies

Many students at Mt Eliza PS have serious allergies. Anaphylaxis is a severe allergic reaction to various foods and other items, such as latex, that is potentially life threatening.

Mt Eliza PS is committed to providing a safe and supportive environment for students with allergies. It is important to be aware that students in your child’s grade may have allergies. Please talk to your child about not sharing food. It is also important that adults are aware that they do not offer food to students while on excursions, camps, etc as he/she may have a severe allergy.

### Camps, Sports & Excursions Fund

The Camps, Sports & Excursions Fund (CSEF) is provided by the Victorian Government to assist eligible families to cover the costs of school trips, camps and sporting activities. If you hold a valid means-tested concession card or are a temporary foster parent, you may be eligible for CSEF.

The allowance will be paid to the school to use towards expenses relating to camps, excursions or sporting activities for the benefit of your child. The annual CSEF amount per primary school student is $125. If you believe that you may be eligible for the CSEF you will need to contact the school to obtain and lodge a CSEF application form by **Monday, 27th February, 2017** so that payments can be made from March. More information about the CSEF can be found at [www.education.vic.gov.au/csef](http://www.education.vic.gov.au/csef).

### Outside School Hours Care

For more details on After School Care, Before School Care and School Holiday Program please phone Camp Australia on 1300 105 343. Registration is available online at [www.campaustralia.com.au](http://www.campaustralia.com.au).

### Uniform Shop

Please note the new opening hours for our Uniform Shop are:

- **Mondays** – 8.30am – 11.00am
- **Thursdays** – 2.00pm – 4.30pm

### Community Notices

**Frankston Hockey Club Registration Day** – Sat 18th Feb from 12 noon to 3pm at Frankston Hockey Club Clubrooms, 1 Bloom St Frankston (behind Monash Uni). For enquiries phone 04876 888 032 or email hello@frankstonhockeyclub.com. More information available from [www.frankstonhockeyclub.com](http://www.frankstonhockeyclub.com).

**Mt Eliza Kuca Club** – Kids at the Uniting Church in Australia. Held at Mt Eliza Uniting Church, 93 Canadian Bay Rd, Mt Eliza. Activities include sports, games, craft, stories, singing, Bible teaching, social justice activities, cultural learning and a meal. Cost $4 per week. Families rostered for meals. Juniors, Prep – Gr2, 3.30 to 5.00pm on Fridays. Seniors, Gr3-6, 5.30 to 7.30pm Phone 9781 2636 or 0419 572 936 for more details or email amconnan@hotmail.com

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The Parenting Masterclass

How to raise independent kids

“Never before has a generation of children been so dependent on their parents.”
- Michael Grose

Lose the bubble-wrap and step away from the helicopter!

Join bestselling author and parenting expert, Michael Grose for an interactive evening designed to challenge thinking and empower parents to raise independent, resilient and confident children.

Michael will share hands-on and practical strategies to help:

- Encourage independence
- Build strong, caring and cooperative family relationships
- Reduce anxiety
- Foster emotional intelligence

You’ll leave feeling empowered to move forward in raising your independent children.

Join us for our Parenting Masterclass

Date  Tuesday 28th February
Time  7–9pm
At  Mount Eliza Primary School
1 Wooralla Drive, Mount Eliza

100% of the proceeds will be donated to The Smith Family, helping young Australians in need to transform their lives through education.

About Michael Grose

Michael has been sharing his insights and strategies with parents and teachers for more than 25 years. Michael has been the teacher and he’s been the parent. He’s written 10 award winning books including Thriving! and is currently touring Australia with his newest release Spoonfed Generation.

To book your ticket visit spoonfedgeneration.eventbrite.com.au

Freecall 1800 004 484  Email office@parentingideas.com.au  Post PO Box 167 Bahnarring VIC 3926 Australia
Developing independence in primary school

By Michael Grose

Practical ideas for parents to encourage real independence in children.

Your goal as a parent should be for your child to be completely self-managing by the end of primary school. That is, he can get himself and others up each morning; make his own breakfast; prepare his own schoolbag; collect his own school uniform; put any notes under your nose to be signed and returned to school; and so it goes on. Now, that doesn’t mean that kids will do all this all the time, because other factors come into play such as busy schedules and early starts; children will need some assistance at times. However, it’s good to keep in mind that children, when left to their own devices, generally do remarkably well at organising their daily tasks. Sometimes they just need the opportunity.

Here are four practical ways to develop real independence in primary school-aged children:

1. Involve them in mealtimes
Mealtimes are the fulcrum around which healthy families operate. A shared meal is more than food. It’s a ritual that binds people together; it’s a vehicle for parents to influence their children; and it’s an expression of love and care. It is also fundamental to children’s wellbeing because there is a strong correlation between good mental health in young people and those who regularly share a family meal. Mealtimes also offer plenty of opportunities for children to help including running errands, preparing the meal, setting the table, clearing the table, packing the dishwasher and other jobs. There’s something for everyone!

2. Use pocket money to develop independence
A regular allowance is a fabulous way to promote real independence in children. Start in lower primary school and gradually increase their allowance the older they become. Importantly, you need to increase the areas that their allowance covers. For instance, in lower primary school a child’s pocket money might go towards the purchase of some sweets and one or two other items each week. However, in middle primary school it might increase to cover the cost of one or two lunch orders each week, their bus money and some treats.
Developing independence in primary school

In later primary school it could even cover some of their clothing purchases as well. The important thing is not to cover for kids if, for instance, they don’t budget appropriately and run out of money for school-scent lunch. They can either make their own lunches at home or perhaps borrow from a sibling and repay out of their next allowance. Pocket money used well is a fantastic way to develop independence in kids.

3. Look after pets
It’s a quirk of life that most children want a pet, but they just don’t want to look after it in the long term. Many kids discover that following the initial flush of enthusiasm looking after a pet can be a grind – walking the family pooch, cleaning out the guinea-pig cage, or feeding the family feline. But pet care offers priceless lessons in the development of grit, responsibility and nurturance – all necessary attributes for independent success.

4. Walk, ride or take public transport to school
The opportunity to go to school on your own devices was a luxury that previous generations enjoyed. While it may have seemed at the time like something to be endured rather than enjoyed, most people I discuss this matter with look back with fondness and nostalgia.

For most people it meant freedom, friendship and fun. For a short time each day kids experienced a delicious type of freedom away from both teachers and parents – a time to muck around, dawdle and mess around with mates. It also gave kids some familiarity with their neighbourhood.

It’s well established that currently more children are driven to school than ride or walk, which denies children the same opportunity for friendship, fun and freedom. Busy schedules, less child-friendly neighbourhood layouts and working parents are just some of the reasons that prevent kids walking to school. If possible, look for ways to allow your child to get to school on their own. It’s fantastic for their independence and wellbeing. If children are too young, walk or ride with them some of the way until they are old enough and skilled enough to make the trip without you.

The age of opportunity
Children in this stage have an outward orientation and are exploring their place in the world. This is an age and stage for greater neighbourhood exploration, for taking on real responsibility and for developing personal confidence and efficacy before adolescence starts.

Visit our website for more ideas and information to help you raise confident and resilient young people.

Special note: I’m thrilled to announce that my latest book Spoonfed Generation: How to raise independent children is out. It’s available at parentingideas.com.au
Mt Eliza Primary School Council Election 2017
Information for Parents

Dear Parents/Guardians,

I would like to advise that the Notice of Election and Call for Nominations for the Mt Eliza Primary School Council is Monday, 13th February, 2017. Nomination forms may be obtained from the school and must be lodged by 4.00 pm on or before Monday, 20th February, 2017.

There are four parent member vacancies for 2 years, two community member vacancies for 2 years and two DET employee member vacancies for 2 years.

Please read the information below to give you a better understanding of our School Council.

What is a School Council and what does it do?
All government schools in Victoria have a School Council. They are legally constituted bodies that are given powers to set the key directions of a school within statewide guidelines. In doing this, a School Council is able to directly influence the quality of education that the school provides for its students.

Who is on the School Council?
For most School Councils, there are three possible categories of membership:

- A mandated elected Parent category - more than one-third of the total members must be from this category. Department of Education and Training (DET) employees can be Parent members at their child's school as long as they are not engaged in work at the school.
- A mandated elected DET employee category - members of this category may make up no more than one-third of the total membership of School Council. The Principal of the school is automatically one of these members.
- An optional Community member category - members are co-opted by a decision of the council because of their special skills, interests or experiences. DET employees are not eligible to be Community members.

Generally, the term of office for all members is two years. The term of office of half the members expires each year, creating vacancies for the annual School Council elections.

Why is Parent membership so important?
Parents on School Councils provide important viewpoints and have valuable skills that can help shape the direction of the school.

Those parents who become active on a School Council find their involvement satisfying in itself and may also find that their children feel a greater sense of belonging.

How can you become involved?
The most obvious way is to vote in the elections, which are held in Term 1 each year. However, ballots are only held if more people nominate as candidates than there are positions vacant.
In view of this, you might seriously consider
  • standing for election as a member of the School Council
  • encouraging another person to stand for election.

Do I need special experience to be on School Council?
Each member brings their own valuable life skills and knowledge to the role, councilors may
need to develop skills and acquire knowledge in areas that are unfamiliar to them. What you do
need is an interest in your child’s school and the desire to work in partnership with others to help
shape the school’s future.

What do you need to do to stand for election?
The Principal will issue a Notice of Election and Call for Nominations following the
commencement of Term 1 each year. All School Council elections must be completed by the
end of March unless the usual time line has been varied by the Minister.

If you decide to stand for election, you can arrange for someone to nominate you as a
candidate or you can nominate yourself in the Parent category.

DET employees whose child is enrolled in a school in which they are not engaged in work are
eligible to nominate for parent membership of the School Council at that school.

Once the nomination form is completed, return it to the Principal within the time stated on the
Notice of Election. You will receive a Nomination Form Receipt in the mail (or by hand)
following the receipt of your completed nomination.

Generally, if there are more nominations received than there are vacancies on council, a
ballot will be conducted during the two weeks after the call for nominations has closed.

Remember
  • Ask at the school for help if you would like to stand for election and are not sure what to
do
  • Consider standing for election to council this year
  • Be sure to vote in the elections.

Please contact me if you require any further information.

Yours sincerely,

Brett Bell
PRINCIPAL