



Term 2

Week 8 – 3 June 2015

Distributed weekly on Wednesday

Monday is a public holiday and the school will be closed. Enjoy your long weekend.

From the Committee of Management

The Committee of Management are pleased to introduce two Parent Liaisons: Helen Sellar and Harry Bussell. These committee members have graciously volunteered to make themselves available as a point of contact for parents who may have a question, concern or comment about the school and are not sure where to turn. The Committee is committed to working together with the parents, administration and staff to make Beechworth Montessori the best school it can possibly be. This requires communicating openly, in a respectful way. The Parent Liaisons are here to facilitate positive communication.

Harry and Helen will be at the school next Thursday 11th June from 8.30 - 9.30am to meet with parents.

Please drop in if you have a question, comment or concern. This will be an informal catch up. The CoM will also explore other ways to engage with our parent community. Please let us know if you have ideas.

From the Principal

Congratulations to Lia Ladbrook who is through to the Hume Cross Country next week.

Welcome to Ella Morrison – Yr 10 student on work experience from Beechworth Secondary College. She will be spending time in the Early Years rooms this week.

Next week the whole school will be attending the play Warning: Small Parts, at Beechworth Memorial Hall. Regional Arts Victoria are providing the venue and we greatly appreciate their support in providing quality performances in small towns. One of the lead performers is Molly Burnett who attended our kindergarten many years ago.

Term 2

13th April – 26th June

11 weeks

1 public holiday – Queen's Birthday

1 pupil free day – Report Writing

To Be Advised

Cycle and room excursions if conducted and other events if the need arises

June

8th Monday – Public Holiday - Queen's Birthday

11th Thursday – 1.30-2.30pm Play – Warning: Small Parts. Memorial Hall. All rooms.

15th Monday – 19th Friday – Cycle 1 Kindergarten (Funded and Unfunded children) Parent teacher interviews. Room schedules to be communicated prior to this date

19th Friday – Reports distributed – Prep, Cycle 2&3

22nd Monday – 25th Thursday – Cycle 1 Prep Parent teacher interviews. Rooms schedules to be communicated prior to this date

26th Friday- End of term 2.15 finish

July

3rd Friday – Landscaping/Gardening work at school – Help appreciated.

Term 3

13th July – 18th September

July

13th Monday – Term 3 commences

31st Friday – Cycle 3 Winter Sports Carnival, Wodonga

August

14th Friday – Pupil Free Day – Staff updating qualifications

31st Monday – Maria Montessori's birthday

September

2nd Wednesday – Father's Day Night 5-6pm

4th Friday – School Athletics Carnival

7th Monday – Pupil Free Day – Staff networking & MAF Representative meeting

8th Tuesday – 17th Thursday – Cycle 2&3 Parent teacher interviews.

Rooms schedules to be communicated prior to this date

10th Thursday – Cycle 3 Athletics, Wodonga

14th Tuesday – International Peace Day Celebrations 2pm

18th Friday – End of Term 3. 2.15pm finish

The first Incontro was held on Monday afternoon. The Student Councillors organised and ran the event and it was a really enjoyable gathering. You may like to ask your children what happened during the Incontro. We sang the National Anthem, some Cycle 3 students preformed the Grammar Song (self composed and props created), Cycle 3 sang Eagle Flying (with Kat playing guitar) and Mia's string group of Cycle 2&3 students performed two pieces. It was sunny, but bitterly cold outside – we will review the event and look at indoor alternatives but due to our size these days it's hard to fit us all into class spaces without total rearrangement of rooms – we have always been creative though.

This morning we hosted the Tidy Towns Judge and the local Tidy Towns team as our building and organisation has been submitted in this year's awards – nominated in the area of sustainability. David, the judge was very impressed by the refurbishment of the building, the work that has been undertaken so far, the children's work in the classrooms and our entire philosophy towards reduce, reuse, recycle, repurpose, refuse.

Regards, Heather

Cycle 1 Parent Teacher Interviews

Cycle 1 Parent Teacher Interviews are being held over the last two weeks of term. A letter has been placed in parent pockets and a booking form is located in the foyer of the school. Please call or email us in the office to secure an appointment time or fill in the booking form at drop off or pick up.

The times for kindergarten children:

	Amethyst Martina	Emerald Lynda
Monday 15/6	3.30pm – 4.45pm	3.30pm – 5.30pm
Tuesday 16/6	3.30pm – 4.45pm	3.30pm – 5.30pm
Wednesday 17/6	3.30pm – 4.45pm	
Thursday 18/6	3.30pm – 4.45pm	3.30pm – 4.10pm

The times for Prep & Grade 1 children:

	Amethyst Tameeka/Melissa	Emerald Lynda
Monday 22/6	3.30pm – 5.05pm	3.30pm – 5.30pm
Tuesday 23/6		3.30pm – 4.50pm
Tuesday 24/6	3.30pm – 5.05pm	

General News

Lunch Orders next week – Week 9

Chicken and sweetcorn soup - **\$3.00 per serve** (1 ladle full)

Tomato and lentil soup - - **\$3.00 per serve** (1 ladle full)

Students are encouraged to bring their own cup.

Jump Rope for Heart

The Jump Off for Cycle 3 was held last Friday and Cycle 2 will hold their Jump Off this week. If you have been collecting sponsorship please return your money and form to the Office before the end of term.

Parents & Friends

School Holiday – Landscaping works – Front of building ... Friday 3rd July

During the school holidays we will be planting the front of the school with more native ground covers, infilling the gaps, and also planting at the area near the bike shed as well as laying more weed matting. The Beechworth Prison Community Team will be available to assist. Parents can contact Jenny Pena either via email (jenny_pena1@bigpond.com) or mobile 0418 890 557. Any assistance would be greatly appreciated.

Hello from the P&F wood-fired oven fundraising group!

We are putting together a food hamper of local produce, wine, preserves, etc for a prize in a raffle which will be drawn on the winter Sri Lankan curry night (new date in term 3 to be confirmed).

We would appreciate any small donations you may have to offer.... home made jams, pickles, pumpkins, or any other product of the North East. Contributions can be left with staff in the office, or when the hamper appears in the foyer may be placed directly into the box.

Raffle tickets will be on sale in the foyer from next week for \$1.

Many thanks, from the wood-oven fundraising group.

Ruby Room News

These last 2 terms we have been cooking and tasting various snacks that are healthy and easy to make. Most importantly the children have been tucking into them with gusto! I think it would be helpful if we could share one or two of our favourite recipes with each other, so if you would like to do that please either email me or drop a hard copy into Ruby room. These will then be compiled and available for use. This invitation is extended to all within our school community.

Our Tots Playgroup has become very busy this term with lots of children (and parents) very active. Yesterday apple pikelets were made by the children and consumed by the children. If you have any seasonal local produce you would like to bring and share with others please do. The children were most excited to visit the chooks in the Cycle 1 playground and to see them eat the contents of our compost bucket and to discover an egg in the nesting box- it really can't get more exciting than that!

Don't forget the free clothes swap box on the shelf under the bathroom window that you are welcome to go through and take what you need.

Thank you to Mel for working for me last Thursday and again this Thursday.

On Monday we had Ella Morrison – a year 10 student from BSC - on placement here. She spent the day in our room experiencing both the Transition and ASC program. It was lovely to have her visit, thank you Ella.

We are currently running After Session Care twice a week on Monday and Wednesday afternoons so if you need ASC please see Feona in the office to enrol your child.

Please remember to send a coat along with your child as we will still go outside even if it is cold.

Thank you, Michaela

Cycle 1 News

Across Both Rooms

On these very cold mornings, particularly those with a frost, we will remain indoors until it warms up a bit. It is just too cold for little hands and feet to be out in the cold and hard to climb, hammer or dig when the fingers are stiff with cold. Please remember to pack a warm coat and hat for your child. We have many children arriving at school with light hoodies only – we do try to go out each day and do have warm coats for those who forget but our supplies are limited.

Amethyst

Art

This week we looked at the still life paintings of Australian artist, Roger Roberts. We talked about how his paintings look just like real objects, and his use of colour and line. We chose some objects to draw from around the room such as pieces of fruit, a peacock feather, vases, a bird's nest, and an old sneaker. The children used chalk on dark coloured paper to draw their chosen objects. You can see some of the drawings on the classroom window.

Science

Last week we made some wind hoops to hang outside. The children tied lots of different lengths of ribbon to two hoops and we put them in the trees in our playground. They have been an endless source of fascination for the children when the wind blows, and they love to feel the ribbon as they walk past.

Cultural Subjects

We are continuing to learn about the different biomes in Australia, focussing on a new one each week. The children use three-part cards to identify the different biomes (desert, temperate forest, tropical forest, grasslands, wetlands, and mountains) and have done some art activities to gain a better understanding of what they look like. Some of the children have completed collage of a temperate forest/mountain scene, created a desert scene using coloured sand, and drew/painted a tropical forest. We are also working on creating a textured fabric map of Australia showing the various biomes, but this will take a long time to complete as it is very intricate.

Enjoy the long weekend,

Tameeka, Melissa, Martina, Lisa

Emerald

Botany

This week we will be planting winter vegies - if the frosts continue we will plant them into small pots to enable them to become seedlings before exposing them to the elements. If you would like to join us, we plan to get out into the garden on Thursday afternoon (please check with me in the morning to ensure we will be proceeding). We will extend on this in the classroom with observations of plant growth, dissecting and studying the parts of the seed, and experiments to determine the impacts of heat, water and sunlight on plants (outcome 2: caring for the environment).

Art and Culture

Following on from our recent work on families and the lovely morning tea prepared by children for National Families Week, we will be undertaking a craft activity with the assistance of Lindsey McLachlan (Charlie and Felix's mum). If all families of children attending on long days could please supply a plain white t-shirt, the children will be using fabric markers to decorate it with a picture of their family. Lindsey will be working with us during the afternoon of Monday 15 June so if you could supply a t-shirt before this date it would be appreciated (Kmart and Big W sell plain t-shirts very cheaply). (Outcome 1: strong identity)

Language

In the language curriculum we are working on the construction of a story. We are starting with factual recounts of events (such as the Incontro held on Monday – see the classroom window for the learning story). For younger children this recount occurs verbally, for others capable of writing, they compose the story verbally then write it down. This is important for assisting children to organise their thoughts and to plan ahead. It can be very difficult to articulate what you know about something on request, but is an important skill to have for future learning (outcome 5: successful communicators).

Maths

Counting is the big interest in the maths curriculum at the moment. For our youngest children it is learning to undertake 1 to 1 correspondence (i.e. applying one number to one object as they count); whilst for older children it is learning continuation to the next decade or century: after 29 is 30; after 199 is 200; for those who are ready, skip counting of bead chains and the flip chart is a real topic of interest with many discovering that multiplication tables are in fact the same as the chains when skip counted. (Outcome 4: confident and capable learners)

Our sincere apologies for the lack of photos this week. The camera memory card has malfunctioned and the photos on it can't be accessed. I will replace it this week and overcompensate with photos next week!

Lynda, Wiggy, Geraldine

Supporting your Montessori Child

[http://www.ahaparenting.com/blog/Obedience Why Do You Have To Tell Them Five Times](http://www.ahaparenting.com/blog/Obedience%20Why%20Do%20You%20Have%20To%20Tell%20Them%20Five%20Times)

"In one fairly typical encounter, a father asked his eight-year-old son five times to please go take a bath or a shower. After the fifth plea went unheeded, the father picked the boy up and carried him into the bathroom. A few minutes later, the kid, still unwashed, wandered into another room to play a video game."

-Elizabeth Kolbert, in *Spoiled Rotten: Why do kids rule the roost?* in the New Yorker.

This situation may be extreme, but most parents I know have some version of this complaint. It's a good question: Why don't kids just do what we say the first time we say it?! And there's a good answer. Several, in fact.

1. They don't share our priorities.

No child understands why a bath seems so essential to you. And every child has something else he's in the middle of doing that seems more important to him. It may not look important to you, but a child's play is his work -- that's how young humans learn. That's a good thing--you want a child who's self-motivated, rather than expecting you to entertain him.

Solution:

First, connect with your child by noticing what he's working on and acknowledging his priorities:

"Wow, look at this elaborate train track you're building! Can you show me how it works?"

Then, give him a warning that you're about to overrule his agenda with your own:

"Henry, it's bath time. Do you want to take your bath now, or in five minutes? Ok, five minutes with no fuss? Ok, that's a deal -- let's shake on it!"

2. We've trained them not to pay attention until we yell and threaten.

Your child is no dummy. She knows she can milk extra time before bath if she just ignores you. That doesn't make her bad, just human. So if your child is like the eight year old who ignored five requests, it means you've trained her that you aren't serious until you yell.

Solution:

Don't give directives from across the room. Move in close to your child and touch her. Connect by commenting on what she's doing. Then say

"Excuse me, Isabel....I need to tell you something,"

and wait until she looks you in the eye. If she's staring at a screen, warn her that you're going to pause the game or the TV. Don't give your directive until you make eye contact, so she knows you're serious. Give only one warning, then stick to the time limit you've agreed on. Follow through. If you don't, you're training her not to take your requests seriously.

3. They need our help to make the transition.

When you're engrossed in your computer screen, don't you find it hard to pull yourself away to tend to a whining child? Kids experience our repeated nagging the same way we experience their whining, meaning they try to tune it out.

Solution:

Give one warning. When you go back in five minutes, connect again by commenting on his play: **"Wow, look at those trains go!"** Remind him of your deal:

"Ok, Sweetie, it's been five minutes. Remember our deal? Five minutes and no fuss. It's bath time now."

Then, create a bridge from his play to what you're asking:

"Do you want the two engines to leap off the track and race all the way to the bathroom? Here, I'll take this one and you take that one; Let's zoom!"

4. Their frontal cortex is still developing

Their frontal cortex is still developing the ability to switch gears from what they want to what you want. Every time you set a limit that requires your child to give up what she wants in order to do what you want, she has to make a choice. When she decides that her relationship with you is more important than what she wants at this moment, she follows your request. Every time she does that, she's strengthening her brain's ability to rein herself in. That's how kids develop self-discipline. But this only works if your child switches gears somewhat willingly. If you drag her kicking and screaming, she's resisting, rather than choosing. She's not building those self-discipline neural pathways. (That's why there's a "self" in "self-discipline. It's chosen from inside.)

Solution:

Set limits with empathy so she WANTS to cooperate, and gets plenty of practice.

5. They don't feel heard.

We can't MAKE children obey, unless we're willing to hurt their bodies and break their spirits. They have to WANT to cooperate. Luckily, our kids usually give us the benefit of the doubt and follow our rules, as long as they feel heard.

Solution:

Acknowledge her position:

"I hear you. You're saying it loud and clear-- NO BATH! You really don't want to take a bath. I bet when you're older you'll NEVER take a bath, right?....Tonight you do need a bath, though....Which do you choose-- a bath or a shower?"

Sometimes, hearing your child's perspective might even convince you to compromise or change your position. That's fine. Just explain your reasoning, so your child knows it was his win/win solution that changed your mind, not his obstinacy.

6. They feel disconnected from us.

When kids don't follow our lead, it's because they feel disconnected from us. Why on earth would he feel disconnected? Because he was away from you all day. Or you lost your temper at him this morning. Or he's angry at you because you always have the baby on your lap. Or you rely on timeouts and consequences for discipline, instead of connection. Or maybe just because he's a little person in a big world, and that gets scary, and all those scary feelings get pushed down inside, where they block the child's ability to lovingly connect.

Solution:

Empathize with your child's experience, both when you're giving a directive and as often as you can. That rebuilds the connection. Be prepared for any upset feelings to surface once your child feels that warm connection more strongly, and stay compassionate through the resulting meltdown. After he's had a chance to "show" you the upset that's been weighing on him, your child will feel re-connected and cooperative.

7. They've given up on us.

Children naturally look to their parents for nurturing and guidance. If they're convinced that we're on their side, they want to please us. So if your child is defiant, or you keep finding yourself in power struggles, that's a red flag that your relationship needs strengthening.

Solution:

Half an hour of Special Time, one-on-one, daily. This seems so simple that most parents under-estimate the impact. But I have never seen special time fail. Be sure to do a lot of giggling and roughhousing on the days when you get to choose the activity. On alternate days, follow your child's lead.

8. They're human.

Force creates push-back. All humans resist control, and kids are no different. The more they feel "pushed around" the more they rebel. That's a good thing. Training a child to be obedient sometime means that as an adult she may not stand up for herself. Teaching a child self-discipline raises a child who can think for herself, stand up for what's right, and isn't likely to be taken advantage of.

Solution:

Choose your battles. Make sure your child knows you're on her side and she has some choices. Coach your child rather than trying to control her.

The Kolbert quote above is taken from an article that doesn't mention any of these reasons. Instead, Kolbert says kids ignore parents because "Parents want their kids' approval" and "worry that we're going to damage...kids by frustrating them." This accusation surfaces in every discussion alleging that kids today are spoiled. But I just don't buy it. The man who picked his eight year old up and put him in the bathroom wasn't afraid to set a limit because he wanted his son's approval. It looks to me like his son didn't follow his directives because the dad didn't follow through on his limit. He had trained his child to ignore him. And he most likely finished the evening with screaming or walloping, which decrease the child's respect and connection, and therefore decrease future cooperation.

Discussions about whether kids are spoiled always indict parents for raising kids who aren't obedient, as if obedience is the holy grail to which parents should aspire. But don't you want to raise a child who's self-disciplined and WANTS to cooperate? That's very different from obedience, where the discipline comes from outside the child. As H.L. Mencken said,

"Morality is doing what's right no matter what you're told. Obedience is doing what you're told no matter what's right."

Does setting empathic limits sound like a lot of work? It is, in the beginning. It would certainly be easier if kids would immediately comply with our every directive. But the good news is that following these practices consistently not only raises a self-disciplined child, it raises a child who knows you'll follow through, so he doesn't need to be asked five times to do something. Which makes it a whole lot easier to get him into the bathtub.

Community News

North East Healthy Food Survey



Please complete

Beechworth Health Service in partnership with Indigo North Health, Healthy Together Wodonga, Gateway Health and the North East Catchment Management Authority are currently undertaking a healthy food survey in the North East of Victoria.

The information gathered from this survey will assist to identify the barriers to accessing healthy food in our region and in turn, assist in developing recommendations to address these issues.

It would be great if you could take a minute to fill it out!

<https://www.surveymonkey.com/s/NEHealthyFood>

Please note that the survey will close on 14 June 2015.

We thank you in advance!

Gabriella Tange and Anna Mackinlay
Health Promotion Officers
Beechworth Health Service

Albury Entertainment Centre and Flying Fruit Fly Circus Present

PRIOR TO SYDNEY OPERA HOUSE - ONLY ALBURY PERFORMANCE!

FLYING FRUIT FLY CIRCUS

CIRCUS UNDER MY BED

ORDINARY KIDS DOING EXTRAORDINARY THINGS



ALBURY ENTERTAINMENT CENTRE

26 JUNE

AT 7.30PM

AGES 4+

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SUNSET ARTS OF ALBURY

"Gasping inducing acrobatic feats, the performers captivate and inspire!"
DAILY TELEGRAPH

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You are invited to

Candle Day Curry Night

Saturday 20th June 2015
Baarmultha Park Function Centre,
Balaclava Rd, Beechworth
7pm

\$25 per person
Licensed premises – no BYO please.

Our guest presenter is Susi Allen, on their family's experiences with the farmers of Erromango island, Vanuatu

Please come and share a delicious curry feast with us. Funds raised will assist Amnesty International, the Sandalwood and Essential Oil Association of Erromango and Indigo Atauro Friendship Group projects in Timor Leste.
Bring some extra cash as there will be raffles and sales.

Please RSVP by 18th June:
Kerrie Connor 0357282173
beechworthcurrynight@gmail.com

❖ Please talk to Kerrie about contributing a curry, dessert or accompaniments when you book. Our meal is a joint project!

