

Term 1

Week 6 – 12 March 2014

Distributed weekly on Wednesday

A year calendar of events was distributed at the start of the year.

This section includes those events and any updates.

Term 1

30th Jan – 4th Apr

9 week, 2 days

1 public holiday – Labour Day

1 pupil free day – Restorative Practice Training Day 2/2

To Be Confirmed

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

February

14th Friday bluearth program commences fortnightly

March

12th Wednesday – Cycle 2&3 Hockey Road Show – am

12th Wednesday – Nominations for Committee due

17th Monday – RSVP for attendance at BBQ due

19th Wednesday – BBQ 5pm & AGM 6.30pm

21st Friday – World Harmony Day

24th – April 3rd – Cycle 2&3 Parent teacher interviews. Room schedules to be communicated prior to this date

April

3rd Thursday – P&F Community Breakfast (time to be confirmed)

4th Friday – End of term 2.15 finish

Term 2

22nd April – 27th June

10 weeks

2 public holidays – ANZAC Day, Queen's Birthday

1 pupil free day – Report Writing

April

25th Friday – Public Holiday - ANZAC Day

28th Monday – Cycle 3 Cross Country

From the Principal

I will be in Melbourne for training with Independent schools Victoria for the next two days. Feona, Nicola and Howard will cover the office and enquiries. Feona will be absent on Monday and Tuesday next week with Nicola and myself staffing the office.

Have you seen the Cycle 2&3 displays in that section of the school? Cycle 3 Art is a creative depiction of the history curriculum of The Big Bang. The Cycle 2 display is the Turquoise children's interpretation of the information regarding a European country. Even if you don't have a child in Cycle 2 or 3, take a wander down that end of the school occasionally to see what's on the walls.

I've been amazed at the imaginative play using the Cycle 2&3 playground's natural materials – this community has grown to include children of all ages and genders. The play is inspiring.

Thanks to the parents assisting in the outdoor areas across the school – many hands make light work and I know that some of you are not experiencing that so we appreciate your efforts greatly.



It's almost time to make an offer on our unwanted items of furniture – cabinets, sinks, tables, chairs, display furniture, children's furniture, clothes racks, desks, water and dry chemical fire extinguishers, amongst other items. Most items will be "make an offer" and we will have a range of times in which you can come along to view the items. First in will have the biggest choice. At this stage we anticipate this will occur early term 2 and include before, during and after school hours, and weekend times.

Kind regards

Heather



Parent Education Session – Restorative Practice

Would you be interested in a school day parent education session on restorative practice? What price would you be willing to pay (we would need to cover costs). What day? This would be the same information as last week's evening session but held during school hours to accommodate those parents who couldn't attend an evening session. Please let the office staff or Heather know. We completed our training yesterday and will now update our Peaceful Conflict Resolution Policy in light of our decision to adopt this process to assist in management of issues.

Family BBQ and AGM – RSVP and help requested

The annual family bbq and AGM will be held at school on Wednesday March 19th. The bbq commences at 5pm – please rsvp with numbers attending and any dietary requirements by **Monday 17th**. Families are asked to bring a salad or dessert to share – meat or vegetarian option is catered. At this stage we also need parents who are willing to help the P&F group order the meat and vegetarian option, organise bread and sauces, set up on the night, cook and clean up. This is a parent community event and your help would be appreciated.

The AGM will be held at 6.30pm. Nominations for election to the Committee of Management are currently being accepted. Forms may be collected from the office and are to be forwarded to the secretary Anne Duncan via info@beechworthmontessori.vic.edu.au or placed in the Form Lodgement Box by **Wednesday 12th March**.

Wanted

Cycle 2&3 children are commencing preparations of the grounds for the delivery of topsoil and the planting of grass seed. We are now seeking access to a truck so that we can move the donated topsoil to the school and the children can then level the areas and plant seed. We have access to a tractor and bucket to load the topsoil and even drivers – but we need a truck. If you have access or can point us in the right direction, please speak with a Cycle 2 or 3 Director, Heather or let the office staff know. Alternatively we could organise a convoy of utes/trailers – again, let us know if you can help out. The children are very keen to commence works.

General News

Bus Fares

A price sheet was placed in the parent pockets last week of all children who have had a user agreement returned to school. Bus fares are set by the Department of Transport each year and there has been a slight increase. If your child uses the bus but did not receive this information in the parent pocket we have not received the user agreement. In this case, please complete the form and return to the office or collect a new form and complete. Thankyou.

Uniforms

The supplier has advised of an issue with supply regarding school hats. These will not be available until April.

Harmony Day

Harmony Day will be celebrated on Friday March 21st. Cultural awareness is an important part of the Montessori curriculum. Children are naturally drawn to know more about others and by studying different cultures they learn to appreciate the differences in people, their beliefs, customs and social behaviours. These understandings give relevance to the study of history, geography and peace. To promote a sense of cultural awareness the school participates in International Harmony Day on March 21st as an annual event. This year we will have a visiting musician Woody Clark who will work with the children in all rooms. Each room will have a time and plan for parents to attend and Cycles will advise of their plans through emails, the newsletter or a handout.

District Swimming

Congratulations Charlotte, Eadie, Jade and Uli on their successes in the pool – the relay team has made it through to the State finals in Melbourne in term 2 and both Eadie and Charlotte will also represent individually – Charlotte in two events.



Parent Teacher Interviews – Cycle 2&3 only

A review of reporting indicated that parent teacher interview needs varying according to the age and cycle of the child. We have therefore split interviews this year for Cycle 1, and Cycles 2&3. Details for the year can be found on the year calendar for events that was distributed at the start of the year. Cycle 1 – kinder and prep will be held in Term 2.

Cycle 2& 3 interview times can be found below in the table. To book a time, complete the sheet located in the Cycle 2&3 parent area or contact the office and we can secure a time for you. Interview duration will be 15 minutes and to enable efficiency and fairness directors will adhere to these times. If parents are late for interviews, the time will need to be reduced so that following families are not inconvenienced. A room timetable will be placed in parent pockets this week in addition to the table below.

Children are welcome to attend the interviews and an opportunity will be made available if there are issues that would be best discussed without your child present.

	Moonstone <i>Susi</i>	Turquoise <i>Karen</i>	Tigereye <i>Kat</i>	Topaz <i>Terie</i>
Monday 24/3	3.45pm – 5.30pm			
Tuesday 25/3	3.45pm – 5.30pm		3.30pm – 4.45pm	3.45pm – 5.45pm
Wednesday 26/3	3.45pm – 5pm		3.30pm – 5.30pm	3.45pm – 5.45pm
Thursday 27/3		3.30pm – 6.30pm		
Friday 28/3		3.30pm – 6.30pm		

Cycle 2 News

Harmony Day: Harmony Day presents an opportunity for our school community to celebrate cultural diversity in Australia. To celebrate Harmony Day students will be cooking and enjoying a shared lunch in their rooms. In the afternoon students will be learning songs and dances with guest presenter, Woody Clark. Parents are invited to come and join in with the children and Woody Clark between 2 - 2.45pm on Friday March 21st. Students can come dressed in multicultural clothing or the colour orange (a symbolic colour for Harmony Day).

Moonstone

Welcomes and Thank you: We welcome Charlie Pinard, Reuben Oke and their families to Moonstone. Charlie and Reuben have completed their transition from Cycle 1. Thank you to Emily Richardson for making beautiful resources and models of work for our classroom. We enjoy Emily's artistic contribution to our room.

Grace and Courtesy: We are practising two skills as part of the Grace and Courtesy curriculum. Firstly how to push in our chair when we leave a table whether it is when we have completed an activity or finished eating. Secondly how to sit at the table when eating and stay there until we have finished all our snack or lunch. You can practise these activities at home.

Bluearth: Every second Friday we walk to the oval for Bluearth activities. We follow three steps, Bring your best, Show Respect, and Have a Go, to ensure we all have lots of fun and learn as much as possible from these sessions. In class students have participated in their first **Restorative Chat** to discuss how they can take responsibility for their behaviour and contribute their best to Sport and Bluearth.

Art: The paintings from the Caves of Lascaux in France are inspiration for a major artwork each student is busily producing. The work will be displayed later this term.

Myths, traditional stories and legends: We are listening to stories from different cultures and discussing the structure of the text in preparation to write a story inspired by different cultural stories. Papua New Guinea

Botany: The amazing world of flowers continues to enthrall and fascinate us all. We are learning to identify the parts of the flowers and discuss what their function is. Many wonderful flowers are displayed in the room as students are observing and collecting specific samples to share.

Upcoming events: Next week we look forward to participating in the Insect and Minibeast tour and Cheese making workshop.

Memo: Remember to keep all pencil case novelty items and little trinkets at home.

Photo caption: Older students guiding younger students in lessons.

Susi & Sally

Turquoise

History:

Continuing with the theme of 'The Common Needs of Man', last week we delved into medicine across the ages. We discussed Shamans, the belief the illness was a direct result of punishment from the Gods or evil spirits, using nature to alleviate ailments, the use of leeches to 'clean the blood', and the improved understanding of how the body functions over time. We discussed the enormous changes that have occurred in the last 50 years, but most interesting to the children was 'trepanation', the cutting of a hole in one's skull to let the evil spirits out, used extensively throughout history. We then explored the treatment of broken bones across time using grasses, bark and eventually bandages and slings.



Cooking:

Last week the children made Stollen bread from Germany – not a single complaint (or remaining crumb) from anyone – a lovely sweet bread that was enjoyed by all.

We also enjoyed cheese making with Marilyn

Webster – hope you all enjoyed the fruits of our labour – it was great to

see the children absorbed by the process and to gain an improved understanding of the time, energy and hygiene required to produce the goods commonly found on supermarket shelves.

Art:

It is great to see the children remembering each of our past lessons on famous artists. This time we moved away from the Renaissance but stayed with the theme of European artists, by learning about Monet. So make sure you take the time to look at the country flags currently on display in the corridor before our impressionism creations go on display.

Geography:

The children have become very attached to Europe! They have taken on the challenge of naming European countries progressing from 14 in week one to being able to name 38 last week! Some students have even committed the 43 European flags to memory and are now working on associated capitals!

Karen & Donna

Cycle 3 News

Tigereye

Geography

This term we have been exploring the hydrosphere and last week we made terrariums as a way of further understanding the water cycle. A terrarium is a collection of small plants growing in a transparent, sealed container. A terrarium is a closed environment where we can observe evaporation, condensation and precipitation. Some students have decorated the inside of their terrariums with all kinds of adornments and so far, the plants seem to be doing well.

If you are interested in making one at home instructions can be found here:

http://www.fairchildgarden.org/uploads/docs/Education/Downloadable_teaching_modules/school%20gardens/Terrarium%20Activity.pdf



Maths

Here is a problem that kept some students very enthralled. I thought maybe some parents would like to have a go at this. See if you can work out which pocket money option would be the best (for you as a parent!)

Pocket money problem

Your child comes to you asking for pocket money. They suggest two options— you need to figure out which one would suit you best.

They can either have:

Option A

- \$10 a week, for every week of the year, for an entire year

OR

Option B

- You will give them 5c today, doubled to 10c tomorrow, doubled to 20c the next day – doubling each day but only for 30 days and then nothing else for the rest of the year.

Which option would you choose?

Kat

Topaz

Garden landscaping: We completed our first landscaping working bee on Friday, raking and clearing sticks, stones and other debris from the 'mini' oval'. Our next step is to rake over top soil, and sow seed in readiness for Term 2 and the onset of winter sports, such as soccer and footy. It was hot and dusty work but the students are to be commended for their enthusiasm and cooperation. The garden near our back door is also progressing with a new bulb bed being dug and the addition of an apple box for vegetable growing. Thanks to John Griffith for bulbs and Wiggy for ordering the boxes. It was a mighty effort but Elias, Tas, Liam and Alex managed to carry the box from Cycle 1 to our garden.

Watch out for our display in the **foyer of bridges** in the next week or so. They are spectacular!

In **History** we are comparing Ardipithecus, Australopithecus, Paranthropus and Homo as we continue to study the timeline of man. We are learning about how the movement of the lithosphere in Africa's Rift Valley is unearthing our history and continuing to provide fragments of information from over 5 million years ago.

In **Science** some of the students are experimenting with the composition of liquids and the components that allow some liquids to mix and others not. Did you know that the soap molecule had opposing ends with one end attracting oil and the other attracting water? You can explain this to your children as they do the dishes!

Fundamental Needs of Humans: We continue to study the timeline of clothing and have looked at early Greek clothing, the tunica and toga, Chinese silk making and how they kept it a secret for hundreds of years, and Indian saris and dhotis. The students enjoyed dressing up in an array of different outfits with some very interesting choices!

Terie

Montessori Matters

Articles and information in this section may not necessarily be Montessori philosophy but the concepts support the Montessori child and parents of a Montessori child

Thanks to Zoe Pinard for last week's article.

This article as printed in the Beechworth Secondary College newsletter refers to teenagers but also discusses tips for good sleep regardless of age and that good habits started early in childhood carry through to adolescence. It's also timely that the request regarding the sleep study came through again. You may like to participate in the study.

How well does your child sleep?

A study on the quality of child sleep

Who can participate?

Parents (or carers) of children aged from 2 to 10 years old

What's involved?

We are looking at relationships between sleep hygiene, bedding, sleep environment and children's sleep quality.

If you decide to participate, we will ask you to:

- Complete a survey online - <http://tinyurl.com/childsleepsurvey>
- OR
- You can complete a paper version of the survey; please contact Ru using the details below.



For more information

Please contact: Miss Ru Ying Cai
Olga Tennison Autism Research Centre
La Trobe University, Bundoora
Phone: (03) 9479 6762
Email: r.cai@latrobe.edu.au

INSIGHTS

by Michael Grose – No. 1 parenting educator



Is your teenager sleep-deprived?

Sleep research has shown that the brain practises what it has learned during the day when a young person is asleep. So sufficient sleep consolidates past learning as well as keeps a young person fresh to maximise their future learning.



Many teenagers today are sleep deprived because they don't get enough sleep. They need between nine and 10 hours sleep each night, yet most get about seven or eight hours sleep. Some get less.

Sleep deprivation is akin to jet lag, where they don't function at their optimum.

The sleep-wake cycle for teenagers is delayed by up to two hours. That is, they are sleepy later and awake later than when they were children.

Most teens secrete melatonin, which makes them sleepy, around 11.00pm, which makes the time before then a sleepless zone. Children secrete melatonin far earlier than this.

Cortisol, the chemical that wakes them up, is secreted at 8.15am for many teens. It seems the teen brain wants to be asleep just when most have woken up.

One US study found that 20% of teens were asleep in class in the morning, which had catastrophic effects on learning. As a result a number of high schools have delayed the start of school time to accommodate the teen sleep-wake cycle. This enables teens not only to get more sleep but to be at their best (or at least awake) when they are at school.

The results were startling and immediate, including better learning, better behaviour, less fights and fewer kids dropping out of school.

Sleep maximises brain growth, which occurs during adolescence.

Sleep also consolidates learning. Sleep research has shown that the brain practises what it has learned during the day when a young person is asleep. So sufficient sleep consolidates past learning as well as keeps a young person fresh to maximise their future learning.

Sleep experts have noted that children who develop good sleep patterns tend to carry these into adolescence.

Good sleep habits include:

1. **Regular bed-times.** Kids may fight this, but be regular during the week and let kids stay up a little later on weekends.
2. Have a **wind-down time** of up to 45 minutes prior to bed. This includes, removing TV and other stimuli, calming children down, and limiting food intake (and caffeine for teens).
3. **An established bed-time routine** that makes the brain associate behaviours such as cleaning your teeth and reading in bed with sleep.
4. Keeping **bedrooms for sleep** and not for TV. Bedrooms that resemble caves seem to be recommended.
5. Maximising the **three sleep cues** of: darkness (cave-like bedroom), lowering body temperature (baths can be good for this) and melatonin (work within their cycle).

Better knowledge of the biology of sleep and of sleep patterns, as well as instigating good habits, will go a long way to helping kids and teens get a good night's sleep.

Sleep tips for teens

1. Allow them to catch up on lost sleep during the weekends.
2. Help your young person schedule their after school activities to free up more time for rest.
3. Discuss ways to limit stimulating activities such as television and computer around bedtime. Encourage restful activities such as reading.
4. Afternoon naps are good ways to recharge their batteries.
5. Make sure they go to bed early each Sunday night to prepare for the coming week.

Community News

Beechworth & District Hockey Club are running

Hook into Hockey

at

Beechworth Primary School,

3.45 pm - 4.45pm

Monday afternoons

17th, 24th, 31st March and 28th April.

Come along for some great fun, team work and an introduction to hockey. There is the opportunity to play in our Under 9's and Under 12's teams also.

Just bring a hat and drink bottle, we will provide sticks and balls.

For more information call Heather: 57 281550 or Rachael: 0400165009



Positive Parenting Telephone Service



This Program is offered to parents, grandparents & carers of children aged 2 – 10 years

Our ten week program aims to assist you to:

- *Develop a stronger and more positive relationship with your child/children
- *Manage everyday behaviour problems
- *Set rules & limits
- *Teach new skills
- *Developing behaviour strategies

Through our service you will receive a workbook and weekly phone calls with a parent educator and all this can be done from the comfort of your own home, at a time that suits you.

Interested?

For more information or to enroll phone

FREECALL 1800 880 660

ENROLMENTS TAKEN ALL YEAR ROUND

Start now and make a positive start last a lifetime


gatewaycommunityhealth
connecting our community

This service is funded by Department of Human Services Victoria



BEECHWORTH FOOTBALL & NETBALL CLUB INC.



NET SET GO! Netball Skills for Kids Ages 5-10

Expression of Interest for Term 2 2014

Beechworth Netball Club is looking forward to starting the NET SET GO! program for Term 2 2013. We are currently seeking **expression of interest** for children aged 5-10 to participate in a 9 week program in the **week beginning 28 April 2014**.

Due to such large numbers last year, we are once again asking parents to please register their child/children interest to participate so we can arrange all the balls and t-shirts to be ordered and delivered. We can distribute them early in the season and the children do not have to wait for their ball and can get practising.

Due to large numbers last year we are going to conduct **Net Set Go over 2 nights**.

The session times are as follow:

Day & Time: Tuesday (5-7 year olds): 3.45 – 4.30pm
Thursday (8-10 year olds): 4.00 – 5.00pm

Venue: Beechworth Netball Courts, Balaclava Rd, Beechworth

Cost: \$50 Includes membership with Victorian Netball Association (includes insurance and discounts offers), coaching, Gilbert netball, T-shirt and centre fee.

What to do?

Register your interest child's interest in **NET SET GO!** by **Friday 20 March 2014**. Registration forms will be made available at the schools for collection and brought completed to the first evening on Tuesday 29 April or Thursday 1 May.

Please provide the following information by Friday 20 March:

- Name
- Age
- School
- Parent contact details
- T-Shirt size (chest width):
- 6 (32cm) 8 (35cm) 10 (38cm) 12 (41cm) 14(44cm) 16(47cm)

Please contact the **Gabriella Tange**, to register your **interest, your child's T shirt Size and participation** on netsetgobeechworth@gmail.com or 0408 730 177.