**For Your Diary**

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
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<tbody>
<tr>
<td>Tuesday 3rd September</td>
<td>Working bee</td>
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<tr>
<td>Wednesday 4th September</td>
<td>School Council 3.45 pm</td>
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<tr>
<td>Saturday 7th September</td>
<td>Federal Election Polling place at BPS</td>
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<tr>
<td>Sunday 15th September</td>
<td>Bolinda Fair</td>
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<tr>
<td>Friday 20th September</td>
<td>Last day of term 2.00pm dismissal</td>
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**From the Principal’s Desk**

We have scheduled a working bee for next Tuesday 3rd September after school. We would like to weed the vegie garden, top up with soil and complete the lilydale topping. We may be able to use some of the lilydale topping to build a path from the red court to the kitchen. We will need shovels, wheel barrows and a good work ethic. This working bee has been scheduled on a Tuesday after feedback that Fridays weren’t possible for some parents.

**Student achievement Awards**

**Year P– 2**
Christie Bonnici — For a fantastic effort presenting her project on Sir Paul Strzelecki.

**Year 3- 6**
Ethan Campbell — For fantastic effort and improvement in reading.

**Stephanie Alexander Kitchen Garden**

On Sunday my brother Glenn who is an electrician and I as labourer wired the kitchen power points. He will come back later if we require more lighting.

I visited Luscombe Tiles in Sunbury last week and explained our kitchen program. They offered a range of samples to take away. As I was about to leave the sales person said that she had just spoken to the manager and they would supply the 5sq. metres we require at no cost. This is an extremely generous donation and if you are thinking of buying tiles, support the people who support us. I will be picking up the tiles this week.

**Flying Doctor Flight Simulator**

The RFDS Aero Medical Simulator was thoroughly enjoyed by our students. We learnt about what the Flying Doctor Service does and how they look after sick and injured people. Groups were then invited into the simulator with permission to touch and fiddle with every piece of equipment.

**Jump Rope for Heart**

Thank you to the parents and grandparents who attended and joined in the ‘Jump Rope for Heart’ jump off last Friday. Also thank you to Meagan for training our students. We have so far raised about $1400 with more money still coming in.

**Birthdays**

Happy birthday to Melissa and Deegan who both had their birthdays yesterday. We hope you both had a great day.

**Face Painters**

Tonia Langdon has asked for assistance with face painting at the Bolinda Spring Fair on 15th September. If there are any people in the school community and/or they know of anyone who is reasonably competent with face painting skills willing to donate their time to the school, could they please contact Tonia asap. If she doesn’t receive any helpers by Friday this week, face painting will be cancelled. This will allow enough time for a parent from the school to organise Temporary Tattoos. Paper plates and instructions for the Cake Stall at the fair will be sent home with the newsletter next week.

**Education Support Recognition Month**

Throughout August is Education Support Recognition Month. This highlights the important role of ES staff to the school community, acknowledging their diverse and indispensable contribution to school teams. Bolinda Primary School is very lucky to have such wonderful Support Staff who are committed to making a positive change both in and out of the classroom. We would like to thank these members of staff who make a difference at BPS.

Debbie Rosewall, Katie Duoba & Gayle Burley
Welcome

We have Jodie Cliff a student teacher with us for the next four weeks, please make her welcome. She will be observing and assisting in the classrooms.

Stephanie Alexander again!

As a part of the Stephanie Alexander Kitchen Garden program we are looking for some items you may have lying around the house. If you could help us that would be great, there is a box in the office for your kind donations.

This week we are looking for secateurs for the garden program and serving platters and serving bowls for the kitchen program.

Thanks Janine

Kids Matter

In our staff meeting last night we agreed on an implementation plan for Kids Matter. We decided that we would regularly include material about kids mental health. Included today is information regarding healthy relationships and families.

Typically when we think of families, the traditional nuclear and extended family who are biologically related may come to mind. However, a family can be made up of anyone a person considers to be their family. A family shares emotional bonds, common values, goals and responsibilities. Family members contribute significantly to the wellbeing of each other.

When a family includes children, one or more adults may take on an involved role in the child's life and become a parent or carer. Parents and carers may not necessarily be biologically related to the child or even live with the child all the time. A child may have one or several parents or carers. In addition to their biological parents, this could include grandparents, step-parents, aunts and uncles, foster parents, adoptive parents, and any other person who fulfils a significant portion of the parenting and caregiving for the child.

Building and maintaining positive relationships with children and with all family members is not always easy. All families have times when tempers flare, feelings get hurt and misunderstandings occur. It helps to have good communication, flexibility and creativity to manage these situations and maintain positive connections.

Cultural background, family values and differences in family make-up (e.g., sole parents, step and blended families, same-sex parents and carers) can influence the values and goals adults have for children's development. This may also lead to diverse relationships and support needs. Consider, for example, how your family values and cultural background has influenced your thinking and behaviour.

Making time for family members, communicating effectively and supporting each other are important ways to strengthen families and build positive relationships. Working together as a family is also helpful in building strong and caring family relationships. In times of conflict, families who are able to work together find effective ways to manage and learn from the experience. As conflict is a normal and healthy part of family life, children can learn to manage it. Parents and carers can help children identify the problem behind the conflict and guide them through a process of peaceful problem solving.

Some tips for building healthy family relationships

- Try to spend regular quality time together as a whole family and with each child, even if it is for a few minutes each day.
- Show affection (e.g., hugs, kisses, kind words or a pat on the back).
- Offer help and support to one another.
- Do fun things and laugh together.
- Share values and engage in family rituals (e.g., family dinners, weekend walks or movie nights) to build a sense of belonging.
- Talk to each other.
- Tell each other what you like about your family (e.g., "Dad, I like your hugs," or "Cara, you asked for that very politely").
- Have family discussions to organise family events and to work through difficulties.
- Try to listen, understand and respect each other's feelings.
- Try to include children in decisions affecting them; give younger children choices to help them make a decision.
- Teach and model problem-solving skills to children so they become more confident at resolving their own conflicts.
- Set examples and send clear messages to children so they learn how to treat family members (e.g., speaking in a calm voice even when you disagree with a family member).
- Recognise and appreciate that everyone in the family will have different likes, needs and wants and this may sometimes create challenges within the family.
- Get support from family, friends or professionals when you need help juggling demands.

Reading Awards

Deegan Collins — 25 nights reading
Jenna Honeychurch — 125 nights