Hi Families,

Our student free curriculum day on Friday was a huge success. I must thank our staff for their enthusiasm and participation. The focus of the day was to establish a school wide process for managing challenging behaviour. The foundations of this discussion stemmed from the Positive Behaviour Support (PBS) model we have been applying at our school with success for the last couple of years.

PBS requires educators to investigate the cause of behaviours and establish preventative strategies to stop them happening. It is also about teaching our students appropriate behaviours to replace problematic ones. We are confident if we can commit to this strategy we are teaching our students to self regulate their behaviour. This I believe fits perfectly with our school vision, Learning for Life.

Our junior school students participated in the Specialist Schools’ music festival last week. This event was held at the Kingston Town Hall and showcased the talent of students from across a number of Specialist schools in Melbourne. It was great to see so many parents at the show watching their children shine. Thank you to the staff members and volunteers who worked hard to make this day such a success. I’m a little biased but I really thought our kids stood out on the day!

Thank you to the families, recently randomly selected by the Department of Education and Training, who participated in the parent opinion survey. We are looking forward to reading the results of the survey and using the data to improve our practice moving forward.

We are very fortunate and grateful for the support we receive from our wider school community. Working together we will get the best outcomes for our students.

Thanks!

Scott Tucker
Principal

DATES TO REMEMBER

Friday 18th September  Last day Term 3
Monday 5th October    First day Term 4
COFFEE CLUB
All Parents and Carers are welcome to come along to enjoy a cuppa, a chat and a laugh with other parents and carers from FSDS.

Every Tuesday in the Conference Room 9.30—11.30 am.

PARENT AND CARER MEDITATION
Take some time out for yourself and come along to our weekly meditation group to help increase feelings of calm and inner peace.

Every Friday in the Library from 9.30—10.00 am. Please contact Patrycia if you require more details.

PRINCIPAL’S AWARDS
The Principal’s Awards are awarded to students according to Our School Values. These awards are given out at the fortnightly assemblies throughout the year.

CARING— for others in our classroom, school and the wider community.
RESPECT— for yourself and others, being kind, and learning our school rules.
SHARING— with others, taking turns and working with others.
INDIVIDUALITY— being the best you can and doing the best you can.

Bailey Tolley
Rhyian Munro
Rhenay Kelly
Saxon Leader

PARENT AND CARER SESSION; LAUGHTER YOGA
Dear Parents and Carers,

You are invited to a laughter yoga session at the school run by our special guest, Marie-Claire Morgan, who is a Joyful life Strategist. There are many benefits to laughter yoga including reducing stress levels and boosting the immune system in a fun and joyful way. As Laughter Yoga is a low-impact cardio workout (10 minutes of continuous laughter is equivalent to 20 minutes on a rowing machine) there are some important things to consider before participating:

• If a person is suffering from anything complicated, advanced, acute, severe or unstable, they should get the advice of their doctor first before starting this or any other exercise regime.
• Not to do Laughter Yoga if they have had surgery within the past few months
• Not to eat too soon before doing Laughter Yoga.
• Wear comfortable clothing as you would if you were exercising.

To drink water after the LY session.

Date: Tuesday September 1st at 9:30 am—10:30 am (Followed by a cuppa and chat for anyone interested)
Place: School Hall
Please feel free to contact me if you have any further questions. I look forward to seeing you there.

Patrycia Podgorski, Welfare Officer

HAPPY BIRTHDAY TO THE FOLLOWING STUDENTS

7th August Jamie Norman
17th August Ben Gosling
18th August Cohen Herrald
19th August Tiffany Redhead

Happy Birthday to the following students

7th August Jamie Norman
17th August Ben Gosling
18th August Cohen Herrald
19th August Tiffany Redhead
Social networking tips for parents

Social networking is a great way to keep in touch with friends and family as well as meeting new people with similar interests and hobbies.

Here are some tips to follow when you feel your child is ready to begin engaging with social networking sites like Facebook, Instagram, and Twitter:

- If you haven’t already got an account, set one up so that you can understand what your child can and can’t do as well as learning how to adjust the privacy settings. You can use fake information if you aren’t comfortable using your own.
- Make sure your child is old enough to use the site. Sites like Facebook and Instagram require users to be 13 years or older.
- Tell your child to keep their passwords a secret otherwise other people may log on and pretend to be them. It is important that you know your children’s password however.
- Advise your child to set their account to private so that they will only interact with people they know in real life and aren’t approached by strangers.
- Encourage your child to think carefully before they post any information online. Things they post on social networking can have an impact on them even after they delete it and long into the future.
- Help your children to set up their location services on their device so that they aren’t broadcasting their location to strangers.
- Remind children to be careful when making new friends online as some people may not be who they say they are and ensure your children never arrange to meet an online friend unless accompanied by a trusted adult.
- Make sure you know how to report inappropriate content on social networking sites and show your child what they should do if they come across anything inappropriate.

INFORMATION SESSION ON THE NATIONAL DISABILITY INSURANCE SCHEME

You are invited to attend an Information Session on the National Disability Insurance Scheme.

Currently the NDIS is operating in seven launch sites across Australia with the national rollout planned for this year. Karingal Southern Disability Services are offering information forums across the area to help parents, carers and the school community prepare for the upcoming transition, in order to make it as supportive and easy as possible.

Our school has booked the following time for the information session:
Date: Wednesday September 16th
Time: 1:00pm-3:00pm (this will allow for question and answer time)
Location: School Hall

If you have any concerns please feel free to contact me.
Sincerely
Patrycia Podgorski
Welfare Officer