I have just stepped into my office after attending our school Anzac Day assembly. What a fabulous ceremony and thank you to Mrs. Sandra Hannagan who planned and coordinated the assembly again this year. We were all very proud of Jessica and Chloe who led the assembly so capably. Thank you to the Year 5/6 children who read poems and journal entries from the Western Front. All were extremely moving and poignant.

Miss Jacobs found the Michael Travers song the ‘Last Anzac’ and led her class, along with the Year 5/6 girls in singing this, so beautifully, for us.

Mrs. Hannagan, students and parents had made up several sprays of gorgeous flowers for our students to lay at the flagpole. Such a lovely part of the ceremony and so many children were able to participate thanks to the kind donation of flowers from parents.

At the close of the assembly the Year 5/6 students distributed Anzac biscuits from old biscuits tins, to the assembled children, parents and teachers. The Year 5/6 class had made these biscuits last Friday at school.

Well done Mrs. Hannagan and all her helpers.

Thank you to Erin, Connor and Anna for their speeches at the Yarra Glen Anzac Day Ceremony on Anzac Day. Every year we hear from the community about how well our students speak. We are all very proud of you.

I will be taking personal leave from May 3 to May 23. During this time Sandra Hannagan will act as principal. Mrs Margot Pope will take the Year 5/6 class under Mrs Hannagan’s supervision.
**Calm Parenting**—most of us aspire to it, desire it, and even promise ourselves we’re going to do it—but it’s so difficult to sustain. We know how important it is to parent from our principles rather than from our fears, but despite our best intentions we lose it and end up yelling at those we love the most — our kids.

And why? Actually for good reason. We often blame our kids for our outbursts and convince ourselves that it’s because they don’t listen, are disrespectful, sassy, or misbehave. It’s important to understand that these are just our triggers—actions, behavior or events that push our buttons and often make us react without thinking. Added to that, we parents have strong feelings when it comes to parenting; they can run the gamut from fear, to sadness, to helplessness, and more. Parenting is a very personal experience and our feelings can easily get in our way of logic and wise reasoning. After all, we’re only human!

Understand that all feelings are natural, normal and acceptable—but all behaviors are not. Our challenge is to accept our feelings, but take control of our behavior when our strong feelings are triggered. And what triggers our feelings so strongly? We are all vulnerable to different emotions that can set off an alarm bell inside of us. Some of us become easily angered and others deeply fearful. So many hurts and disappointments and struggles happen as we raise our kids, and each of these emotional experiences forces us to confront our true selves, our “unfinished business,” and our fears. Parenting can expose us to our own deep, dark self—the pretty and not so pretty—some of which we were probably hoping to keep out of sight! These moments of awareness are painful and can get in the way of our desire and commitment to be calm and speak kindly and reasonably to our kids. Of course, our explosion leaves us feeling more guilty and hopeless as parents—and the cycle continues.

When the sun is shining and all is going well we feel that we have this calm parenting thing under control. But when stress hits, buttons get pushed and heat starts rising all logic and reason and book smarts goes out the window and alarms start blaring.

Let’s imagine our brains with two offices – one upstairs and one downstairs. The upstairs office, called THE LOGIC ROOM takes care of processing logical information and preparing charts, systems, plans and strategies. The downstairs office, called THE EMOTIONAL ROOM, takes in and processes our emotions. When things are calm in the downstairs office, the upstairs office functions well. But if the downstairs office gets too heated, the alarms will sound, the LOGIC office upstairs shuts down and things go haywire in a desperate attempt to cool the flames. When the heat is finally lowered, the upstairs office reopens and checks for damage, plans for repairs and creates strategies for the future.

Here’s the good news: Knowing your own internal triggers and recognizing, acknowledging and soothing your emotions, will keep them from controlling you. If you control them and keep them calmly settled inside you, rather than having these negative emotions spilling outward, you will be able to parent more effectively. The best part is, you can learn how to do this with practice.

Remember that when your emotional brain is in control, you’ll be most likely to react by yelling and screaming. Other forms of reactivity can include: shutting down, distancing, ignoring, and turning a blind eye to behavior. Responding, on the other hand, is when you avoid saying anything until the internal fire is out. You can then go upstairs to the LOGIC ROOM and think of the best way to respond to your child and the situation.

https://www.empoweringparents.com
**Term 2 Upper Yarra Valley Sports Association Events**

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
<th>Approx Cost</th>
</tr>
</thead>
<tbody>
<tr>
<td>April 15, 22, 29 May 6, 3-6</td>
<td>Table Tennis 3-6 PC</td>
<td>$3.00 per week</td>
</tr>
<tr>
<td>June 7</td>
<td>Cross Country 3-6 PC</td>
<td>$5.00</td>
</tr>
<tr>
<td>May 13 or 20</td>
<td>P-2 Photo Trail</td>
<td>$13.00</td>
</tr>
<tr>
<td>June 3</td>
<td>Aussie Sports Expo</td>
<td>$13.00</td>
</tr>
</tbody>
</table>

PC = Parent Choice not whole level – parents need to transport own child and supervise at event

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**CHANGES TO 2016 FOUNDATION TRANSITION PROGRAM**

Our first ‘Little Learners’ session is next **Wednesday May 3**. These sessions are now available to three and four year old children. Please invite any families with children due to begin school in 2017 and 2018, along from 9 am to 11 am. The class will be held in the current Foundation room with Mrs Hoogenraad.

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**PARENT PHOTOGRAPHING CHILDREN ON EXCURSIONS**

Please remember that parents do not have the right to photograph other people’s children without permission from their parent. Some of our families have not given permission for their children to be photographed other than for the class photos.

We have received complaints from parents who have seen their children’s photographs appear on personal Facebook pages. These photos are mainly taken at sporting events or on excursion. The parent has then posted them on their page. Unfortunately not everyone sets adequate privacy settings and these photos can consequently appear widely throughout the Internet.

Teachers do post photos occasionally on the school’s Facebook page which is a ‘closed’ group.
Mrs Hoogie’s F-1

As part of our Inquiry Learning we had ‘Yarra Valley Water’ present a theatrical and informative talk about the importance of water in our daily lives. As a follow up activity our class decided to make a water cycle using a plastic zip lock bag, water and the sun’s heat. It was very exciting to see the evaporation, condensation and precipitation happening inside the bag. We also made a simulation of a cloud by using shaving cream and food dye.

Our excursion to the Melbourne Museum provided the students with excellent information and first hand observations of beautiful, creepy, clever and hairy minibeasts. We had a lovely day and enjoyed having parent helpers to share in the excitement. When we got back to school we made minibeast hotels and we’ll be checking them regularly to see if we have any guests! We will learn to sort and classify minibeasts and use this information to identify what type of minibeast we are dealing with.

In Mathematics we are learning about telling the time on analogue and digital clocks. We read the Bad Tempered Ladybird and then created our own class book based around times of the day. We have become more familiar with recognising the key times of the school day. In the next few weeks we will be collecting temperature data and charting it on a graph. Foundation students were busy last week making a cardboard kitchen ready for our unit on money. The students will have a shop and café to practice identifying and using money. Foundations are now moving into reading and writing numbers up to 20 and Grade ones are learning to read, write, order and count beyond 100.

In English we have been reading information texts. Grades ones are learning how to create their own information texts on weather and minibeasts. We are also focusing on poetry and have been using percussion instruments to compliment the poems, learning about applying rhythm and beat.

I am thrilled with the progress of all students in the F-1 grade and thank their wonderful parents for doing such a fabulous job with the Home Reading, MIOOW words, Spelling and Mathematics consolidation activities.

1/2 Schabel

Everyone really enjoyed the visit to the Melbourne Museum. What a busy and informative day! We also learnt so much from our two incursions—Melbourne Water and Ugandan Drums.
YEARS 3-6

Grade 3/4 students are learning about Explorers this Term. To start their inquiry sessions, the students put on their explorer caps and had to prepare for and explore a place within our school that was unknown to them. Unsurprisingly, anywhere with a locked door became their mystery that needed to be explored. This week students finalised their exploration reports, including maps, photographs and journal entries and have presented their new found knowledge to the class.

Year 5 / 6 Science

Last week the students participated in a mess scene investigation and became Science Detectives. Mrs Hannagan had set up tables with a range of simple kitchen cooking items in various states; frozen liquids, solid chocolate, salt solutions and more. The student’s task was to observe the scene displayed and to photograph and write about their observations in small groups. The spokesperson of the group then reported their findings back to the class. Each group is writing a science report including a range of scientific words about Chemical Science.

Thank you to Erin, Anna and Connor for their inspiring speeches at the Yarra Glen Anzac Day ceremony.
PLEASE NOTE!

TISSUES
Now that Winter is looming we ask that every child bring a 220 box of tissues to school please. These must be named so the class teacher can check them off as being received.

DRUG EDUCATION
MEDICINE CONTAINERS NEEDED! Our drug education program needs a variety of medicine and vitamin containers for the children to study. If you donate prescription medicine we will black out the name. Just drop off at the office.

PAPER NEEDED!
Wherever possible the teachers photocopy worksheets onto recycled used paper. If you have business contacts who are willing to give us used A4 paper please collect and bring to the office.

MAD ABOUT SCIENCE
The April 22 date has been postponed to end of May due to a clash with the table tennis. Parents may still pay with the note sent out this week—will save you time and worry later!

Yarra Glen  Craft Market Car Parking Roster

PLEASE HELP

Yarra Glen Craft Market Car Parking

Name: ..........................................................................................................

Students Name: ..........................................................................................

Contact Phone: ..........................................................................................

Contact email address: ..............................................................................

☐ 1st May 2016
☐ 5th June 2016

Please return ASAP
PARENT OPINION SURVEY TEAM ANALYSIS 2015

Dixons Creek Primary School is committed to providing an inclusive and supportive environment which promotes open communication, respect, fairness and positive relationships.

A key tool that assists the school leadership team to understand how the school is delivering on its key objectives, from our parents’ perspective, is the annual ‘Parent Opinion Survey’. This is distributed to a random selection of parents each year and its results are analysed and discussed within School Council, and the school leadership team, in order to work out how we can improve the educational experience for our students.

The survey results from late 2015 have been analysed in detail and a summary of the results are shared with the school community, below.

One important thing to note is that in a small school community like ours, when the surveys are not returned by all parents, the results can be skewed by a small number of strong negative or positive opinions provided. This is why it is so important for all parents to complete their surveys and return them to the school so that the school gets a truly representative picture of what parents as a whole group, believe the school is delivering. Last year we had 63% of distributed surveys completed, which was a total of 23 responses, which represents approximately only a one third of families at the school.

Summary of the key 2015 survey results:

Although there are many highly satisfied parents at this school, the school leadership team are, on the whole, disappointed with the feedback that the school received via the 2015 survey results.

In saying this, there will be a strong focus on the areas highlighted as the lowest performance areas, which provide the greatest potential for improvement. The areas of lowest performance were in the areas of ‘Extra Curricular’, ‘Classroom Behaviour’ and ‘Parental Input’, however the areas of ‘Homework’ and ‘Approachability of staff’ were also lowly rated.

These low scores were due to:

- Respondents indication that there are not a satisfactory range of additional activities offered outside school hours
- Respondents indicating they were not happy with the disruptive behavior of some children in the classroom
- Respondents indicating they feel they were not encouraged to have input into planning at the school
- Respondents indicating that their children were not taught organizational skills to help them do their homework
- Respondents indicating there was not good two way communication between parents and staff

Following this survey school staff have initiated the following changes to practice:

- Compiled a more newsy and student focused fortnightly newsletter
- Added a ‘Dixons Dialogue’ main event calendar of events
- Placed a weekly events reminder board in the school notice board
- Made teachers and the principal more available before, and after school for parent contact
- Reviewed many key student welfare policies
- Conducted information and ‘Meet and Greet’ events to share information
- Continually updated the school website
- Made student and staffing changes to reflect parent and student feedback
- Added many more extra—curricular incursion and excursion events to the yearly program
If your child is approaching Secondary College, we warmly encourage you to

Discover
LILYDALE HEIGHTS COLLEGE
at our OPEN NIGHT
Tuesday 3rd May, 2016
Presentation and Tours from 6.00pm

Presentation, tours and supper provided throughout the evening in our café.
17 Nelson Road, Lilydale Vic 3140

COLLEGE TOURS AVAILABLE
Bookings: 9735 1133
P: 03 9735 1133
E: lilydale.heights.co@edumail.vic.gov.au
www.lilydaleheights.vic.edu.au

Participate in our Open Night for your chance to win an iPad mini.*
* Conditions Apply

Excellence    Respect    Responsibility

Thinking about Secondary School?

Open Day Saturday 30 April, 9.30am-2.00pm
Register online at elthamcollege.vic.edu.au/openday

Growing hearts and minds
DCPS SCHOOL SUGGESTION BOX

Please ask Kerrie for a ‘suggestion’ form should you have great ideas for school improvements, and are willing to put time and effort into making your suggestions work.

Thank you
Meridie Jackson
School Council
Yarra Glen NetSetGO

Yarra Glen Football and Netball Club offer a modified skills program for 5 – 10 year olds.

Where: Yarra Glen Recreation Reserve

When: Friday Evening (during term two)

15 April - 24 June

Time: 5pm – 6pm