The Newsletter is available on our school’s website
Please register your name now.

Please sign up to receive your electronic newsletter on the school website (address above)
(Limited copies are printed and are available from the office.)

Principal’s Report

Science Outreach Program
Thank you to Ms Harding for booking a VSSES outreach science program for our students in grades five and six. The outreach program will visit our school on March 13. This program will be provided free-of-charge to our students and will include four sessions covering five activities, informal teacher professional learning with each lesson and free equipment to enable your teachers to conduct these activities with other classes in future.

Each class will be shown one of our Mission to Mars astronaut suits as an introduction followed by “The Search for Life on Mars”, an activity looking at microscopic fossils and living organisms from Earth as well as larger fossils including spiders and insects in amber, trace fossils such as dinosaur footprints and coprolites (fossilised dinosaur faeces). Each class will also participate in one of the following sessions.

1. States of Matter
Discovering the nature of gases by smelling scents which have passed through the wall of a balloon. Discovering the connection between temperature and the speed of movement of particles by putting dye in hot and cold water and watching the rate of dispersion. Investigating the space between particles by trying to compress gases, liquids and solids. All equipment to run this activity in future is included.

2. Analysing Martian Soil
Discovering the nature of “Martian” and Earth soil through chemical analysis. Testing for pH, water content and the presence of carbonates in soil. We leave all equipment and reagents necessary for testing other soil samples.

Please remember to return ASAP

We are unable to administer medication without these forms

- 2012 Asthma Management Plan – MUST be completed and signed on the back of the form if your child has Asthma medication kept at school.
- 2012 Medication Form – MUST be completed and signed on the back of the form if your child has ANY medication at school ie: Ventolin, Panadol, creams etc. We are unable to administer medication without this form signed.

Sunbury Heights PS Payment Option Plan
Sunbury Heights is sympathetic and understands the differing circumstances of individual students and families. If you are having difficulty paying for books, camps, excursions, etc. Please ring (9744 3377) or come in to see Kerry Hicks, Business Manager, at the office or Kaye Mills (Principal) to discuss a payment plan that would be suitable for you and the school. All conversations are strictly confidential.
3. Protecting astronauts from UV radiation. Students test sunscreen and various materials to discover their ability to offer protection against UV. They use UV sensitive beads to observe changes due to UV light. They construct a personal UV monitor to wear in the playground and take home. This activity reinforces the School's Sunsmart policy. We leave petri dishes, sunscreen, UV beads and various fabrics to test in future classes.

4. Mystery Science. Students are presented with a range of “Mystery Cubes” and “Mystery Tubes”. Their task is to deduce what is on the hidden side of the Cube and what is inside each Tube. They justify their answers without ever getting to check whether they are right or not. Students find this a little confronting!

All of these activities are “hands-on” activities, not demonstrations and similarly take about one hour each. This is a fantastic opportunity for our students to be involved with.

Doxa
Next week our students in grades 5 and 3 are off to Camp Doxa in Drummond just out of Malmsbury. The grade 5 students will catch the 9.45am train from Sunbury to Malmsbury next Monday March 5 and return on Wednesday March 7 at 1.25pm. Staff attending this camp are Miss Ratkowski, Mr O’Keefe, Mrs Jones and Mrs Dexter. Sean Synan will be attending as a community helper. The grade 3 students leave on Wednesday at 11.50am and return on Friday at 2.47pm. Miss Ratkowski, Mr Knight, Mrs Tyers and Mrs Williams will be the staff attending. Jodie Brown will be attending as a community helper. It should be a great week of curriculum, physical education, cooperation and team building. Other school staff will be calling up to join in the activities after school during the week.

Staff Car Park
In the interest of student safety please note that the car park at school is for STAFF AND DELIVERIES ONLY and cannot be used as a drop off or pick up point for children. Please refrain from walking through this area with your children on the way to and from school.

School Council News
Thank you to all parents and staff who nominated for School Council. The School Council performs a very important role in the governance of the school. I am very much looking forward to working with the newly formed Council during 2012. Our first meeting will be held on Tuesday March 12th where office bearers will be elected. If any parents are interested in attending Council meetings you are more than welcome. Meetings are held on the second Tuesday of the month at 6.30pm.

Bullying
From time to time the topic of bullying is brought to the attention of the staff and I. When a child is being bullied it is very distressing, not only for the child but also for the family who love him/her and the teaching staff who have to support that child’s learning and emotional wellbeing whilst at school.

Like all Victorian government schools Sunbury Heights takes bullying very seriously and has guidelines for its prevention and management.

For all parents information I have included the guidelines regarding bullying that Sunbury Heights operates under.

Definition:
Bullying occurs when one or more people deliberately and repeatedly upset or hurt another person, damage their property, reputation or social acceptance.

Bullying can take many forms:
- direct physical bullying involving behaviour such as hitting, tripping, and pushing or damaging property
- direct verbal bullying includes behaviour such as name-calling, insults, homophobic or racist remarks
- indirect bullying is harder to recognise and often takes place ‘behind someone’s back’. This type of bullying is designed to damage a person’s reputation or cause humiliation. It includes behaviour such as lying and spreading rumours, playing nasty jokes, mimicking and encouraging social exclusion
- Cyber bullying is when technology – such as mobile phones, social networking sites and email – are used to create, display or send information or images which are used to harm or harass another person.

There are also many distressing behaviours that are not regarded as bullying, even though they are unpleasant and often require teacher intervention and management. These can include:
- mutual conflict (conflict where both parties are responsible)
- social rejection or dislike
- single-episode acts of nastiness or meanness
- random acts of aggression and intimidation

All Victorian government schools are required to include anti-bullying strategies in their Student Engagement Policy (or their Student Code of Conduct).

Schools have a duty of care to take reasonable measures to prevent foreseeable risks of injury to their students.

How can I tell if my child is being bullied or bullying others and what can I do?
Discovering your child is being bullied or bullying others is stressful and upsetting. Most parents initially experience anger, confusion and guilt.

Signs that may mean your child is being bullied include:
- wanting to stay home
- wanting to travel to school a different way to avoid bullies
- being very tense or unhappy after going to school and refusing to talk about it
- changed behaviour and a loss of confidence or self-esteem
- physical signs, such as bruises or scratches, weight gain or loss
- talking about hating school or not having any friends
- doing poorly in school work.

These signs might indicate a problem other than bullying so it is important to discuss with your child what is bothering them.
What you can do

If your child is being bullied or bullying others you should:

- listen carefully to your child and show concern and support
- give considered advice – don’t encourage your child to fight back as this will most likely increase bullying
- help your child to develop positive strategies – such as saying ‘Leave me alone’, calmly walking away or avoiding situations that might expose them to further bullying
- ask your child questions to understand if there is a repeated pattern of bullying
- establish what, when, where the incident(s) happened and who was involved
- work with the school to solve the problem by establishing a plan for dealing with the current situation and future bullying incidents.

You can then work with our school to solve the problem by contacting us and making an appointment to discuss the issue. Do not directly approach any other student or their family.

In Term Two all our students will have the opportunity to see a performance of a show entitled Stamp Out Bullying.

S.T.A.M.P.
Out Bullying

Click here to view DVD footage of S.T.A.M.P Out Bullying

Stay away
How to avoid bullies.

Tell someone
Reporting a bully is not being a ‘dobber’.

Always help
The power of peers.

Make friends
Including students who are easily left out.

Play nice
Making sure that YOU’RE not being the bully.

Using comedy, magic and ventriloquism Ben has his young audience in fits of laughter and hanging on his every word as he illustrates the 5 important STAMP principles.

A face, that has been sketched on a pad in front of the students, comes to life as it first looks around the room and then starts talking. The hilarious dialogue which ensues highlights the importance of making friends. In fact the picture continues talking, moving both its eyes and mouth right up to the time it is torn from the pad and given to its new found friend in the audience! A truly neat trick.

Objects appear, mysteriously grow in size and then vanish in Ben’s hands as he discusses ways to deal with bullies and to avoid being bullied.

There is loads of audience participation and comedy as the students learn through laughter.

Each strategy of the STAMP acronym is explored as Ben, his friend Croc, Brice the bully, drawing and numerous illusions keep students entertained as they learn effective strategies to deal with and prevent bullying.

SUNBURYSCHOOL OF CALISTHENICS:

Does your child like to sing, dance, dress up and perform?
Then Calisthenics is just the sport!

❖ Sunbury School of Calisthenics have started classes for 2012.
❖ New students can still come and try 2 free classes to see how much fun it is.
❖ We accept students from the ages of 3 ½ to adult.

We are looking for students in the 3-7 year age group and encourage you to come and try our uniquesport. Enquiries please phone: 9539 4349 or visit our website www.sunburyschoolofcalisthenics.net.au
**STUDENT BANKING DAY-REMINDER**

Teaching your child the all important skill of money management and saving when they are young can empower them for success in the future. The Commonwealth Bank School Banking program is a special initiative designed to do just that. It also has a fantastic rewards program that child can redeem for awesome gifts along the way such as a watch, ball, book light and USB stick. You can participate with as little as 5 cents per week.

Please refer to the information pack that you received with instructions how to participate in this fantastic program. When your child banks at school for the 1st time they receive their token and the school receives $5 to go towards our fundraising efforts.

If your child already has a Dollarmites/Youthsaver account with the Commonwealth bank simply fill in the deposit book and amount and simply start banking straight away.

Commonwealth bank account.

**SCHOOL BANKING DAY IS TUESDAY**

**SUNBURY GYMNASSTIC COLLEGE INC**
- Offering classes for children from 2 years of age
- Great way to develop co-ordination, confidence & strength.
- First Lesson is FREE!

Phone: 9740 4957 or 0409 944 403 or check out our Website: www.sunburygymnastics.wordpress.com

**Upcoming events:**  (12 – 14 Sussexs Crt, Sunbury)
- OPEN DAY - Sat 24th March 12noon – 2pm
- Come along and have a try
- Head Coach and members of the Committee will be in attendance

**EASTER DISCO - Fri 23rd March 7pm-9pm**
- Dress up in your favourite Easter theme

**LIBRARY NEWS**

**SCHOLASTIC BOOK CLUB**

**DUE BACK – Friday 16th March, 2012**

If your child would like to make a purchase, please fill out the order form on the back of the brochure you are ordering from. If you are ordering from a few brochures, please fill out each order form and place in an envelope with correct money marked scholastic book club. If you would like to pay by credit card, payments can be made online at www.scholastic.com.au/payment or free call 1800 557 908 with your credit card details. Please make sure you record your 11 digit receipt number on the back of your order form. Please place your order in an envelope, marked scholastic book club.

This is a great opportunity to purchase quality books at reasonable prices. All orders will earn our school free books and resources.

Thanking you
Bev McIntyre
Liz Hill

**Prime Tutoring**

“Helping children reach their Prime with maths”
Prime Tutoring assists with:
- Primary School literacy and numeracy (Grades 3 – 6)
- Mathematics (Years 7 – 11)
- VCE Accounting
- Introductory, Financial and Computerised Accounting (MYOB)

I come to you! Servicing Sunbury and district.
0430 270 487
www.primemathstutoring.com

The Victorian School of Languages offers classes in French and Italian for Years 1 to 6 and 7 to 12 from 4.00pm Mondays at Gisborne Secondary College, $70 per year.

Enrol online at vsl.vic.edu.au/
Enquiries: Paul Calleja 5428 3691 or just come along and try it.

**Branca Taekwondo**

Branca Taekwondo is a child friendly, family club teaching the Self Defence, Martial Art and Olympic Sport of Taekwondo. Recognised by the World Taekwondo Federation. No Contact Classes and optional competition focused contact Classes.
Please call Teresa Branca on 0417 501 221 to book a FREE TRIAL LESSON, or email to kickin@branca@taekwondo.com to receive a FREE INFO PACK.