Welcome back to the second half of the school year. I trust all of our students and teachers had a restful break and hopefully working parents got the chance to wrangle a few days off to spend with their families. This week we have also welcomed a new family to the Orrvale community. Jack Ladd has joined the Foundation Mueller class this week after moving with his family back to the Shepparton area.

This term will again be a busy one here at school. Our Learning By Doing Incursion will take place for the whole school next week. This will be a fantastic opportunity for students to be involved in a very hands-on project that will require patience, problem solving and coordination. Thankyou very much to the Parents and Friends Club for subsidising part of the cost for this activity. There will also be a number of local excursions across the school throughout the term, Grade 3/4 swimming, cricket clinics, the beginning of our transition program for our 2017 Foundation students and the Grade 2 Sleepover towards the end of the term just to name a few of the highlights. A particular highlight for our parent community to be aware of is the Bi-Annual Trivia Night that is organised by the Parents and Friends Club. Further details about this further in the newsletter.

CONGRATULATIONS
The term got off to a fantastic start with some very special news that occurred over the holiday break. We were thrilled to congratulate Chris Marshall and Ellen Stonehouse on the announcement of their engagement. A very exciting time for you both!

COMMUNITY LIBRARY
 Begins tomorrow, Thursday 14th July at 3pm and each Thursday after this. If you have children younger than school age, please bring them along to the Library for a short story session and the chance to borrow a book from our school library.
LEARNING ABOUT FRIENDSHIP CAN BE HARD WORK

Every generation has had, and will continue to have friendship issues during their school life. While these issues are more prevalent among girls, it is not unusual for friendship problems to affect all children at some stage at primary school. One event or a series of events may be the cause of a stand-off between friends and within one or two days, ‘best friends’ can become ‘enemies’. Very often, jealousy of a third person entering the friendship group can be the catalyst of what I call a “friendship tsunami”. During this time your child may be teary and generally quite sad. At times, these events can cause children emotional hurt and it can be very difficult for parents to stand by and watch their children go through these painful times.

The latest advice coming from www.kidsmatter.edu.au gives parents a few tips on how to manage children’s friendships.

General principles for supporting children’s friendship skills

Parents, carers and teaching staff have important roles to play in helping children develop friendships. They set examples for children to follow through the ways they manage relationships. They can also act as coaches and mentors for children, teaching them helpful social skills and talking through friendship issues to help with solving problems. As they learn how to manage social situations, having opportunities to talk about relationships with parents, carers and teachers helps children feel supported and develops their communication skills.

Provide children with opportunities to play with peers. Children gain experience and learn important social skills from playing with friends. For children who are still learning how to get along, it can be helpful to plan what to do before having a friend over for a play date. This could involve deciding whether to share all of their toys or only some, or encouraging them to think about what games the other child would like to play when they arrive.

Teach positive social skills. Observe your child to work out which negative social behaviours your child uses too often and which positive social behaviours your child could use more. Little things like smiles, looking at the person, knowing names and using a confident, friendly voice can make a big difference when making friends. Being able to better control negative emotions and paying attention to the needs and wants of others are also very important.

Teach one behaviour or social skill at a time and make sure the child is able to do it before introducing another skill. Show your child what to do. You may act out the situation and even demonstrate what to say. Take turns ‘acting’ until your child can demonstrate what to do. Don’t be too serious. Make it a fun experience.
Be a coach. Coaching is critical for helping children use new skills in real-life situations. Coaching involves prompting, reminding and encouraging (but not nagging!) children to use the skills they have learned. Coach your child to practise positive social skills in everyday situations with family members and friends. Support children’s learning by giving positive feedback and praise.

Help children solve friendship problems. Talking problems through with a supportive adult helps children to think about what happens, how they feel about it and what to do next. Thinking things through like this helps to build more mature social skills.

In adding to this article, I would like to mention that as parents we often feel conflicted about how to best support our children and at times our good intentions lead us to implementing strategies that do not work when dealing with friendships. These include: Trying to manufacture or manipulate friendships for your children. Unfortunately I have seen parents threaten children or coerce them into playing (or not playing) with their children. I know that in schools there have been isolated instances where parents have approached other children within school grounds to threaten or bully children in this manner. This practice of course cannot be tolerated.

Stepping in and trying to solve the issue themselves. For some parents it is extremely tempting to step over that boundary of being a supportive and positive coach. They become personally involved early into the friendship issue without giving the children a chance to solve their problems themselves. Whilst the temptation to do so may be great at times, we need to remember that, unless the adults in any child’s world have the expectation that the child will succeed, empathize rather than sympathize with the situation and talk about things that they could try to make things better, then children will not have that expectation of themselves.

We all want our children to grow up to be resilient and independent people. To do this, we must accept that at times, they are going to fail or have negative feelings about particular situations. It is how they rationalize these feelings and come through those failures that will ultimately be the measure of their character.

If ever any parent in our school community has a concern about any other student within the school, I would expect that an appointment to meet with either Dan or I to discuss the issue would be arranged.
SCHOOL FEES/IPAD LEASE PAYMENTS
If you have fallen behind in your account payments, you may have received or will soon receive an accounts letter from the school outlining the various payment options available. If you have simply forgotten, please come and talk to Rachel in the office as soon as you can.

NEWSLETTER ADVERTISING
If you are interested in taking out advertising space in this newsletter, please get in touch with the school to discuss the various packages we offer. Typically, our advertising packages run for a financial year so now is the time for our existing advertisers and any new businesses to

PARENT OPINION SURVEY
Every year parents are given the opportunity to express their thoughts about their school in a state-wide survey. As in previous years, 15 per cent of families will be selected to participate from a computer-generated random sample.
If you have been randomly selected by our administration computer, PLEASE take the time to respond to questions about-

Student Wellbeing - student motivation and school connectedness
School Climate-approachability, stimulating learning, learning focus, general satisfaction, extra curricula and homework; and
Student Behaviour- student safety and classroom behaviour.
These surveys are anonymous as they are sent unopened to the Department of Education and Training (DET) to be processed. The school will receive a report with the results later in the year. The information gathered by the survey helps the school to gain valuable feedback about what Orrvale does well and areas that can be improved. The feedback is analysed by Staff, School Council and the Parents and Friends Group. The results are recorded in the School Annual Report. These surveys must be returned to school by August 5th.

PREP/FOUNDATION ENROLMENT 2017
We currently have 40 confirmed Foundation enrolments for 2017, which includes a large number of new families who will begin at Orrvale next year. As part of our new enrolment restriction process, we will now continue to accept all new enrolments until we reach three Foundation classes of no more than 20 students.
Please contact the office immediately if you haven’t recorded your child’s name for Foundation in 2017.

Adam Brennan
Principal
Congratulations to Foundation Mueller who were back to back winners last term.

Congratulations to the 5 classes who achieved over the school goal of 95% and a special congratulations to 1/2 Hendy who improved their attendance by over 5%.

Our whole school attendance target is 95% and for the final fortnight of Term 2 it was sitting at 92%. Hopefully we can improve this when results are tallied next week.

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**Attendance Ladder**

**Terrific Kid Winners**

John and Jan Hyde from Kiwanis visited Orrvale to present the Terrific Kids awards on the final day of Term 2. This is a very special award and our winners are to be congratulated.

- Level 1 - Blake C
- Level 2 - Erica K
- Level 3 - Ruby G
- Level 4 - Ella L

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**Term 3 Events**

Term 3 looks like being another busy term. Families are encouraged to check the school calendar for key dates of events and check-in with their child around any permission notes.

**QKR! App - Latest Version**

There has recently been an upgrade to the QKR! app. If you are experiencing any difficulties with the new layout or functions, I am more than happy to assist. Tickets for the upcoming Trivia Night can now be purchased via QKR.

**Attendance - Every Day Matters**

Our attendance ladder is proving to be a terrific way of tracking attendance at the classroom and whole school level. It has been pleasing to hear the conversations taking place in classrooms between students about the importance of attending school. If your child is absent please ensure you submit an absence via TIQBIZ or contact the office or send a note with your child when they return.
Dear Parent/Guardian,

The Goulburn Valley Primary School Health Behaviours Monitoring study is an exciting study that is being conducted at your school. All Grade 2, 4 and 6 students at your school are being invited to participate. This study will examine influences on healthy weight and related behaviours (physical activity, sedentary behaviour, diet quality and quality of life) among children and adolescents across the Goulburn Valley region of Victoria.

We ask that you please read the information carefully, so that you can make an informed decision about your child’s participation. We ask that you only return the OPT-OUT consent form should you and or your child decide NOT TO participate. We are using an OPT-OUT consent process whereby your child’s participation in this study is assumed unless you indicate via the return of the signed OPT-OUT consent form that you do not wish for your child to participate.

If you and your child agree to participate we would like your child to complete the following activities:

- Complete a brief physical activity, sedentary behaviour, food intake and health and wellbeing questionnaire (Grade 4 and 6 only);
- Have their height, weight and waist circumference measured in a private and professional manner with trained researchers (All Grades 2, 4 & 6);
- Some children will be asked to wear a match box sized activity monitor (accelerometer) on their right hip during waking hours for 7-days. They will need to return this monitor to school at the end of the week (All Grades 2, 4 & 6).

All activities will be conducted throughout a normal school day, in school time.

All information obtained in connection with this research that can identify your child will remain confidential. Your child’s data will be made anonymous during analyses, therefore, you child will not be identified in any report, publication or presentation.

Results of this study will provide information about effectiveness of current efforts to improve the health of Victorian children and adolescents. This information will be used by educators, policy makers, health service providers and researchers in future efforts to improve the health of Victorian children and adolescents.

If you require further information or have any problems or concerns regarding this research, you can contact Dr Claudia Strugnell.

With warm regards,

Claudia Strugnell

Research Fellow, World Health Organization Collaborating Centre for Obesity Prevention, Deakin Population Strategic Research Centre
Geelong Waterfront Campus, Deakin University
Locked Bag 20000,
Geelong Vic, 3220
PH: (03) 5227 8483
This year is a leap year, which means it is also an Olympic year. The Olympic Games provides some great opportunities for some real-life and engaging mathematical activities. Some of these include:

- Calculate the numbers of countries and teams competing.
- Analyse the training requirements for the different sports.
- Locate the competing countries on a world map.
- Compare the times and distances of the track events over the years.
- Calculate the size, shape, perimeter and area of the different fields, tracks, courts and playing zones.

Later in the term we will be holding a special multi–age Olympic Mathematics day to celebrate the 2016 Olympic Games and Paralympic Games.

Some interesting facts about the Olympics:

➔ The ancient Olympics were first held in 776 BC.
➔ The first modern Olympic summer games were held in Athens in 1896.
➔ The United States has won the most Olympic medals: 2,189.
➔ The 2016 Rio Olympics will be the first held in a South American country.
➔ There will be 28 different sports contested at the Rio games.
➔ Australia is one of five nations to have competed at each of the modern Olympic Games.
➔ Australia has 344 athletes from 24 sports selected for the Rio Olympic Games to date, with the final team expected to be around 410. The team comprises 218 rookies and the youngest athlete is footballer Ellie Carpenter at 16. Mary Hanna at 61 is the eldest and off to her 5th Games.
➔ Australia’s best ever medal tally was at the Sydney 2000 Olympic Games: 58 Olympic medals (16 gold, 25 silver, 17 bronze).
➔ Ian Thorpe has won the most Australian gold medals (5) and overall Olympic medals (9).

Some great online resources for Olympic activities include:

http://nrich.maths.org/
http://sport.maths.org/content/
http://www.primarygames.com/socstudies/olympics/games.htm
http://www.activityvillage.co.uk/olympic-games
Hi Orrvale Community.
I hope you had great opportunities to connect with your children over the holidays.
The second week of the holidays for me was quite intense. My parents are preparing to move out of their home to go into a retirement village. How do I help them without hindering was the question I asked myself? The week went well despite several awkward moments, walking through what was really important. It is now our time to look after them and their well-being.
I am sure that some of our ideas, (thinking that we knew what was best did) cause them some anxious moments however, we got through it without any casualties.
One of the key aspects to help without hindering I learnt was to ask questions.
· Would it be okay if?
· Are you able to do this or would you like us to do it?
· How do you imagine your furniture fitting in your new home?
· What would you like us to do if it doesn’t fit?
· Are we helping or hindering?
Asking questions gave them a chance to respond and paved the way to produce a positive outcome.

CoolFM is recommencing this term led by the team of students. This term our producer is on the lookout for a Grade 5 student to take over her role when she leaves for High school. This is good leadership and I wish her the best success if finding such a person. CoolFM continues to be a positive activity that develops confidence and provides opportunity in leadership and serving. Last term one of our parents did some voice overs which was great. This term we are looking into the possibility having a competition “CoolFm’s Got Talent”, stay tuned for that one.
Until next time, kind regards, Chaplain John, Aka Chappy
‘Wear it Wild’ Day

Dear Parents and Students,
As part of our Educational Research Project (ERP) a variety of Grade 5/6 students have been studying ecological fundraising, their assigned task was to invent and present their own fundraiser which benefits an ecological charity. As a result we have come up with a 'Wear it Wild' day.

The ‘Wear it Wild’ day is an opportunity for students and teachers to dress up as their favourite animal. The school day will run as normal, however students may find at different times of the day their class may be doing some animal themed activities in the classroom.

Students who choose to dress up are required to bring in a gold coin donation, with all funds going towards the World Wildlife Fund (WWF).

Thank you,
Grade 5/6 Students

PE with Mr. McMullan

Welcome back everybody to Term 3. I hope everybody had a safe and relaxing holiday and ready to go for another busy term. This term in PE will see students participate in dancing, this will be in preparation for a dance festival that will be held towards the end of the term.

On Friday 22nd of July some students from Grade 5 and 6 will be competing in Zone Winter Championships for football, soccer and netball. This is a great chance for students to show off their skills in their chosen sports while enjoying healthy competition against other schools in the region. Please make sure permission forms that will go out this week are returned by Wednesday 20th.

Good luck to all students participating in weekend sport that will kick off this week after a well-earned break over the holiday period. Let’s hope the grounds are not too wet and muddy!!
EI Winners

Current EI Focus
Choose Yourself - Communicate Effectively
ORRVALE P.S TRIVIA NIGHT

SAVE THE DATE!

Saturday 13th of August
7pm-late
Shepparton East F.C rooms

$15 per head (Tickets available now on QKR! or at the office)
Drinks at bar prices
BYO nibbles, finger food
Tables of 10 or individual tickets available

The Parents and Friends Committee has been working hard to organise this event and any donations of goods and services that can be used as prizes would be greatly appreciated.

Parents and Friends Dinner

The Parents and Friends will be meeting for dinner at the Thai Coconut next Wednesday, 20th July at 7pm and anyone interested in joining us is welcome.

Please contact Terri Vera on 0430225922 or the ladies in the office if you’re able to attend.
EASTERN CLUSTER FOOTBALL CLUB

ANNUAL GENERAL MEETING

There will be an AGM for the Eastern Cluster Football Club on Tuesday, July 19th. It will be held at the Shepparton Sports Stadium at 5:30pm. The main purpose of this meeting is to form an executive and committee members to enable the cluster to become an incorporated body.

Orrvale, Grahamvale, Shepparton East and Lemnos Primary Schools make up the Eastern Cluster and forming the committee is essential to enable structures to be put in place for future football teams. If you require further information or would like to express an interest in being part of the committee please contact

Terri Vera
President, Orrvale Football Club
0430225922
Terrib13@hotmail.com

Aussie Net Program.
Games for 6 -7 years Old
Mid September!!!
Net-Set-Go participants wanting to play games welcome.
Shepparton Sports Stadium
Fridays from 4.00pm
QUALIFIED INSTRUCTORS
Aussie Net is an introduction to Netball for 5 – 7 yrs. This program will continue term 3 but offer the opportunity for 6 – 7 years old to join in”Learn as you Play” games mid Septmeber with Aussie Net/Net- Set- Go experience. Term fee $45
Term 3 starts Friday 22nd July
For information call Kylie 0419 998190
Canteen Roster

<table>
<thead>
<tr>
<th>Monday 14th July</th>
<th>Morning Shift 9-11am</th>
<th>Friday 1st Shift 9-10.30am</th>
<th>Friday 2nd Shift 10.30am-12.30pm</th>
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<tbody>
<tr>
<td></td>
<td>Kathy Rossignuolo</td>
<td>Carlene Beaumont</td>
<td>Alisa Fawcett</td>
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<td></td>
<td>Helper Needed</td>
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<tr>
<td>Monday 18th July</td>
<td>Paula Gullick</td>
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<tr>
<td>Friday 22nd July</td>
<td></td>
<td>Belinda Whitelaw</td>
<td>Belinda Thompson</td>
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<td></td>
<td>Melissa Davies</td>
<td>Heidi Pungitore</td>
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<tr>
<td>Monday 25th July</td>
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<td>Canteen Closed - School Curriculum Day -</td>
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<tr>
<td>Friday 29th July</td>
<td></td>
<td>Gayle Ward</td>
<td>Belinda Lewis</td>
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<td></td>
<td>Michelle Trickey</td>
<td>Lois Sellick</td>
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<tr>
<td>Monday 1st August</td>
<td>Bahar Bascuhadar</td>
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<tr>
<td>Friday 5th August</td>
<td></td>
<td>Jodie Donaldson</td>
<td>Josie Leocata</td>
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<tr>
<td></td>
<td>Tania Barolli</td>
<td>Tammy Hoskings</td>
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HOT DOG DAY - MONDAY 8th AUGUST
Orders can be placed on QKR! from Mon 25th July. If there is any business or family wishing to contribute to the cost of Hot Dog Day, please see Hanna

QKR! have recently upgraded their app which now includes a more refreshed logo. The updated version will allow for an overall improved user experience.

Introducing Qkr! (pronounced ‘quicker’) by MasterCard, the secure and easy way to order and pay for school items from your phone at a time and place that suits you.

With Qkr you can:
- Order and pay for your child’s lunches, reducing the need to bring cash to school;
- Pay for school fees, uniforms, excursions and more;
- See your receipts on the app and get them sent by email if required.
Orrvale Primary School

Would like to thank the following businesses for their ongoing support.

BRUCE FERGUSON TENNIS COACHING
Tennis Australia Professional Club Coach – coaching all age groups in group or private lessons.

Coaching available at:
KIALLA PARK T/C
McEWEN RESERVE T/C

0438 571 831
bomberferg@gmail.com

If there is any business in the community wishing to support Orrvale Primary School by sponsoring our newsletter, please contact the office.