**JASON’S JOURNAL – The Principal’s Message**

It has been highly satisfying to see all children of the school busily undertaking an introductory unit of work “Linking TRRACs” - setting up expectations and responsibilities with their teachers. As well as discussing the ‘Student Code of Conduct’, one aspect of this is the development of classroom and school expectations – as outlined in the Student Management notice (available on our school website) under the ‘Notices’ link.

The start of the year is also a time of establishing routines – with thanks to our families for ensuring that children arrive at school on time. Also, please familiarise yourself with your child’s weekly and daily schedules, with the Specialist Timetable (Art, LOTE – Italian, Music, and Physical Education) beginning this week. You will receive this information in your child’s “Parent Planner” – a Level specific newsletter for this term, which will be distributed tomorrow.

Thank you to the families who have returned the yellow Permission notices sent home earlier this week. These are required for ALL school children (and can be downloaded on our school website).

**STAFF**

As well as thanking all parents for sending their children ready and keen to commence the school year, a big thank you to the school staff for all their outstanding preparation, and their focus on building relationships with our students in the last week. Our enthusiastic and energetic 2013 teaching and support personnel are as follows, with an asterisk (*) signaling the teaching team Coordinator:

<table>
<thead>
<tr>
<th>Principal:</th>
<th>Jason Walker</th>
<th><a href="mailto:walker.jason.r@edumail.vic.gov.au">walker.jason.r@edumail.vic.gov.au</a></th>
</tr>
</thead>
<tbody>
<tr>
<td>Assistant Principal:</td>
<td>Loisia Steed</td>
<td><a href="mailto:steed.loisia.1@edumail.vic.gov.au">steed.loisia.1@edumail.vic.gov.au</a></td>
</tr>
<tr>
<td>Leading Teacher:</td>
<td>Kerryn Straughan</td>
<td><a href="mailto:straughan.kerryn.j@edumail.vic.gov.au">straughan.kerryn.j@edumail.vic.gov.au</a></td>
</tr>
</tbody>
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<table>
<thead>
<tr>
<th>Level One (Prep):</th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Alana Hartman-Smith</td>
<td>Prep A</td>
<td>Room 9</td>
</tr>
<tr>
<td>Bec Williams-Phillips*</td>
<td>Prep B</td>
<td>Room 8</td>
</tr>
<tr>
<td>Emma Maquinness</td>
<td>Prep E</td>
<td>Room 11</td>
</tr>
<tr>
<td>Sue Rosendale</td>
<td>Prep S</td>
<td>Room 10</td>
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<table>
<thead>
<tr>
<th>Level Two (Grade 1/2):</th>
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<tbody>
<tr>
<td>David Dowson</td>
<td>1D</td>
<td>Room 3</td>
</tr>
<tr>
<td>Jenn Markham</td>
<td>1J</td>
<td>Room 6</td>
</tr>
<tr>
<td>Lesley Munro*</td>
<td>1L</td>
<td>Room 4</td>
</tr>
<tr>
<td>Diane Aldred</td>
<td>1/2D</td>
<td>Room 5</td>
</tr>
<tr>
<td>Debbie McDermott</td>
<td>2D</td>
<td>Room 2</td>
</tr>
<tr>
<td>Murray Aeschlimann</td>
<td>2M</td>
<td>Room 1</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Level Three (Year 3/4):</th>
<th></th>
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</tr>
</thead>
<tbody>
<tr>
<td>Adam Marchesi</td>
<td>3A</td>
<td>Room 12</td>
</tr>
<tr>
<td>Kym Morgan*</td>
<td>3K</td>
<td>Room 15</td>
</tr>
<tr>
<td>Suellen Hall</td>
<td>3S</td>
<td>Room 13</td>
</tr>
<tr>
<td>Jacinta Gibson</td>
<td>3/4J</td>
<td>Room 14</td>
</tr>
<tr>
<td>Ewan McAllister</td>
<td>4E</td>
<td>Room 20</td>
</tr>
<tr>
<td>Shari Lo Presti</td>
<td>4S</td>
<td>Room 21</td>
</tr>
</tbody>
</table>
HOME SCHOOL COMMUNICATION

As a school we are dedicated to effective and productive communications with our families – a reason why all class teachers are available and can be found in their classroom between 8:50 – 9:00am each morning before commencing instruction. Likewise, as principal I remind everyone of an open invitation to approach me at any time if you have an issue of concern about the school or an idea to discuss. Please don’t let any concerns go “underground” or allow others issues become “hearsay”.

Having said this, your child’s class teacher – and also the Level Coordinator (asterisked above) – are your first port-of-call. As well as using your child’s diary, Blackburn Lake Primary teachers use email as a form of communication – particularly as we understand that working parents are not able to visit the school and meet with us on a regular basis.

Please give staff sufficient time to respond to emails or to take action as requested, as during school hours we concentrate our efforts on the children. It is very important that we devote our attentions and ‘duty of care’ to our school’s students throughout each school day (also noting that some specialist staff are not full time, therefore there may be a longer response timeframe depending on working hours and days).

Furthermore, please keep in mind that staff responses to emails should not be expected after school hours, during holidays or on weekends. Of course, the expectation is that students, parents and other members of the school community will observe common courtesy when addressing staff and other members of the community in communications.

Please note that email is not a replacement to the school diary. (Especially for matters requiring immediate attention, such as absence notes – please use the forms in the back of your child’s diary). The diary is the main communication tool. We very much appreciate that you use your child’s diary or email as a form of quick communication with us.

PARENT PAYMENTS

Thank you to everyone who has paid the 2013 Parent Payments and elected to make voluntary payments as well as the Essential Education Contribution. Our School Council sets Parent Payments as low as possible with the expectation that everyone pays. I am pleased to announce that almost all funds have been received or EMA payments have been committed.

Our school does not charge fees for schooling; and whilst it is true that a Government school education is provided free of charge, this does cover your child’s stationery requirements, nor fully cover curriculum development, curriculum resources (class book sets, art supplies, library etc) and the maintenance and
improvement of the school environment that we enjoy at Blackburn Lake Primary School. Therefore it is very important that all payments are received so that the funds we are provided by the Government for the provision of your child(ren)’s education can be used for this purpose.

Thank you to the families who have made **Parent Contributions** for 2013. If you have not yet finalised this payment, please contact the office to make arrangements to pay or to discuss a payment plan. Thank you all for your support.

**STUDENT SAFETY – ANAPHYLAXIS AND OTHER SERIOUS MEDICAL CONDITIONS @ BLPS**

With our genuine concern for student wellbeing at Blackburn Lake, staff at this Tuesday’s Staff Meeting discussed students in our care who have serious medical conditions including diabetes, asthma, severe allergies and anaphylaxis. Gay Burnett, our First Aid Coordinator (funded by parents who paid this year’s First Aid Levy) outlined the medical plans in place for children affected by such a condition and I remind parents of students with Medical Plans to please return these updates as a matter of urgency.

We have a number of students in our school who suffer anaphylaxis. In each of these other cases, anaphylaxis is triggered by food allergies. As such, we ask that no child is sent to school with nuts (peanuts and associated products in particular).

**INDUSTRIAL ACTION – THURSDAY 14th FEBRUARY**

As mentioned in last week’s *Lakeside News*, there is an impending AEU Stop Work day planned for next Thursday 14th February. Currently we are waiting for the outcome of the legal challenge and the AEU decision. Once I have all the information I will be able to notify parents if the stop work is proceeding. At this point in time I can only suggest that parents make tentative arrangements in the event the action goes ahead (with one of the possibilities Camp Australia OHSC ☎️ 0423 794 541).

**STUDENT SAFETY – BUSHFIRE EMERGENCY PROCEDURES @ BLPS**

Unfortunately the Australian summer has again seen the threat and realisation of bushfire across Victoria and being next to the beautiful Blackburn Lake Sanctuary classifies our school on the ‘Bushfire At Risk Register’.

As the wellbeing of your children is paramount, we have a detailed Emergency Management Plan that was a consideration of staff during our Curriculum Days and Staff Meeting. Classes have discussed safety and emergency procedures as a part of their Linking TRRACs introductory unit of work as we establish classroom routines and school expectations for the year, with a successful whole school DISPLAN practice yesterday (Preps plan to discuss and practice emergency evacuations separately as a part of their school transition).

Should there be a predicted ‘**CODE RED**’ day school community members will be notified three days prior to the predicted closure to inform them. One day prior to the closure day(s) another letter / phone call will confirm the closure. When final confirmation is given to close the school it will not be altered regardless of changes in weather conditions that may occur. If the school is closed, nobody will be on site. This includes all staff and students. As the Out of School Hours Care Program will also be closed families will be required to make alternate arrangements for such days.

**Given the shared responsibility of ensuring child safety and success, below is an article from parenting expert Michael Grose (@ [www.parentingideas.com.au](http://www.parentingideas.com.au))** 10 ways to promote good mental health & wellbeing in kids, which has some tips to create good mental health and wellbeing in kids.

Whilst our new Preps will not be joining us at tomorrow’s Whole School Assembly as they transition to school, I hope to see everyone else who can make it at 3pm to formally congratulate our 2013 Student Leaders (listed below in *Loisia’s Letter*). with Federal Member for Deakin Mike Symon to assist in badge presentations

Regards, Jason Walker - Principal 🌟walker.jason.r@edumail.vic.gov.au

<table>
<thead>
<tr>
<th>DIARY DATES FOR TERM ONE</th>
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<tbody>
<tr>
<td><strong>Tuesday</strong> 12 February</td>
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<td><strong>Tuesday</strong> 12 February</td>
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<td><strong>Thursday</strong> 14 February</td>
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<tr>
<td><strong>Tuesday</strong> 19 February</td>
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<td><strong>Mon - Wed</strong> 18 – 20 Feb</td>
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<tr>
<td><strong>Friday</strong> 22 February</td>
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<tr>
<td><strong>Mon - Wed</strong> 25 – 27 Feb</td>
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<tr>
<td><strong>Tuesday</strong> 26 February</td>
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</tbody>
</table>
LOISIA'S LETTER – The Assistant Principal's Message

Congratulations to the following student leaders for 2013:

- School Vice Captains: Sophie G and Joshua M

Peer Mediators are positions of honour and responsibility and the following students have earned the respect and recognition of the school community as Peer Mediator Captains for 2013:

- Jessica A, Joseph G, Viktoria L, Darcie P, Stephanie P-S, Tom S

Our student leaders in sport – our House Captains are:

- Acacia: Alice P and Joseph B
- Jacaranda: Bridie B and Hamish C
- Kurrajong: Tara K and Mitchell W
- Waratah: Jade F and Flynn P

We congratulate the successful application to the following specialist captaincy positions as:

- Art Captains: Isabella C-M and Alexandra C
- Environment Captains: Anastasia K and Josh R
- Music Captains: Minnie H and Hasti S-R
- Library Captains: Laura A and Alexandra H
- LOTE Captains: Sammi W-H and Tahlia E

And we look forward to working with these skilled Monitors:

- Art Room Monitors: Emily R and Immy B
- Audio Visual Monitors: Stewart B and Ricky S
- Computer Monitors: Tristan R and Marshall P
- First Aid Monitors: Jasmin L and Dane T
- Flag Monitors: Connor C, Josh L-N, Liam R & Stevie L
- House Point Monitors: Kieren H, Issac S and Riley B

Junior School Councillors elected by each class are:

- 5/6S: Bridget McL, Dylan S
- 5/6N: Jess A, Tom S
- 5/6M: Kai M, Taya S
- 5/6C: Lachlan J, Minnie H
- 4A: Lexie G, Nick M
- 4M: Zoe L, Oscar K
- 3/4J: Chloe S, Marc C
- 3S: Maddy B, Josh G
- 3K: Jamine S, William M
- 3A: Esther J, Josh S
- 2M: Gemma M, Zander B
- 2D: Harry B, Tiombe D
- 1/2D: Luke H, Ella McC
- 1L: Evie P, Hamish C
- 1J: Jaclyn McC, Jesse P
- 1D: Hannah McD, Harry M

Regards,
Loisia Steed – Assistant Principal
steed.loisia.l@edumail.vic.gov.au
BOOK CLUB IS DUE BACK BY
- TUESDAY 12 FEBRUARY 2013
(The Book Club mailbox is in the school foyer next to the PA mailbox)
PLeASE NOTE: NO LATE ORDERS CAN BE PROCESSED

PLEASE SEARCH YOUR CHILD’S SCHOOL BAG TOMORROW FOR THE
SCHOOL PHOTOGRAPH ENVELOPE SENT HOME WITH EVERY STUDENT
ALL ENVELOPES TO BE RETURNED TO BLPS BY - WED 20 FEBRUARY
Sibling Photograph envelope are available at BLPS Office

Advanced life
HOW TO ORDER SCHOOL PHOTOS

SCHOOL PHOTOGRAPHS ON -  Friday 22nd February 2013

Dear Parents,

On the above date, School photos will be taken at your school. Order envelopes either have been or will be distributed to all pupils. It is important that instructions are followed in order to save confusion and disappointment.

PLEASE NOTE: All orders received after photography day will incur a reorder fee.

1. Select your preferred package from the options printed on the flyer provided (which is enclosed in the order envelope). A class photo is included in all packages.

2. You must complete a separate order envelope for each purchasing child. Clearly mark the package and gifts you wish to purchase in the space provided using a black or blue ball point pen, complete all your contact details and enclose the correct payment using one of the options listed below.

CASH - Please enclose exact monies as no change is available. If paying for additional siblings in one envelope, please note which envelope payment was made.

CHEQUE - Please print name, address and telephone on rear of cheque. If payment is declined by your bank, then dishonour fees will apply. Please allow 60 days for your cheque payment to be finalized. PLEASE MAKE CHEQUES PAYABLE TO: ‘ADVANCEDLIFE’

CREDIT CARD - payments can only be made on-line. An order envelope must be completed and returned to your school prior to photo day. If paying for more than one student or additional family photos, one transaction can be made by adding up the total of all order envelopes and recording the receipt number on all ordering envelopes. Online Instructions: Go to : www.advancedlife.com.au
- Click on online payments and re-orders, click on proceed
- Enter the three letter online payment code (ie: SCH), then click OK
- Enter your information and payment details
- Click on next to process payment.
- Check your payment details, then click on submit payment,
- A confirmation page will appear, record receipt number on order envelope where indicated under payment details: "online receipt number"
**Please note that a $1 surcharge will apply to the transaction.

SIBLING Order Envelopes can be collected from the school office and returned prior to photo day

Kind Regards,
ADVANCEDLIFE PHOTOGRAPHY Email: info@advancedlifevic.com.au
21 Bridge Street, Bulleen, 3105 Phone 03 9852 1133 Fax 03 9852 1433
SUPER SPORTS REPORT

Welcome back! The year is up and running and some sporting activities at school are already upon us.

District Swimming Trials – Thursday 21 February
Interested children have received information about this event. I have received a number of forms already but would like more. It is hoped to make at least a 4 x 50 Freestyle Relay Team for each age group. It would be even better to have a boys and a girls team at each level (6 teams, 24 swimmers).
Nomination forms will need to be returned to me by next Monday 11 February.
The swimming trials will be held at Monash Aquatic Centre this year.

ELITE SPORTS TRIALS
As in the past children have the opportunity to “trial” for a variety of sports to represent Victoria at state level.
These trials are for children who “elite” at their sport.

Our District will be holding trials throughout the coming months however we have two events coming up very soon.

Tennis Trials
These will be held on Thursday 14 March. We are able to send 1 boy and 1 girl from BLPS. Children will be receiving more information next week and those who would like to try out will need to return the nomination form as indicated.

Trials for Basketball, Netball, Australian Rules and Soccer will be held in the last week of Term 1. More information about these trials will be forwarded soon.

OTHER SPORTS
The following sports also have state teams for primary aged students;
cricket, diving, golf, hockey, rugby league, softball and touch football.
All information for these sports can be found “on-line” on the School Sport Victoria website (www.ssv.vic.edu.au).
If you have a child who is very talented in any of these sports please check this website.
If you have any questions about these sports please contact me about nominations after referring to the SSV website.

Morning Movers
It’s back!! We are planning to start again in week 4 – Tuesday 19 February.
Dust off those runners/walking shoes and be ready to move from 8.35am to 8.50am.
See you there.
Phil Lumsden PE / Sports Coordinator

MAGICAL MUSIC NOTES

Tuesday 12 February 6:30 – 7:30pm Instrumental Music Night - MPR
Please check the BLPS website for more information tomorrow (Friday 8 February 2013).

Jo Myers Music Coordinator
So show your support for the PA and 
or drop us a line via the PA mailbox in the school Foyer or send us an email at blps.pa@gmail.com

Diary date for 2013: First PA meeting
Our first PA meeting this year will be on TUESDAY 19 FEBRUARY 2013 AT 7.30pm. We’d love to see you there, including if you’ve never been to a meeting before.

ICYPOLE FRIDAYS ARE BACK!!!
Icypole Fridays are back on again - starting tomorrow. Icypoles will be available to purchase from the Canteen on Friday lunch times.

CANTEEN
I SCREAM, YOU SCREAM, WE ALL SCREAM FOR ICE CREAM!
Ever wondered what your Canteen Committee was doing over the holidays…… thinking about Canteen of course!! Now that we’re back up and running for 2013, we are pleased to announce that we are now selling some delicious new ice creams, as well as Pretzels and Glug Cola Sunnyboys.

Below is our current product range available for sale and prices. Remember, all money from the sale of these Canteen items stays with the school.

<table>
<thead>
<tr>
<th>ICE CREAMS</th>
<th>CHIPS &amp; PRETZELS</th>
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</thead>
<tbody>
<tr>
<td>PADDLE POP</td>
<td>CHIPS – Sea Salt or Honey Soy</td>
</tr>
<tr>
<td>Chocolate Thick Shake</td>
<td>$2.00</td>
</tr>
<tr>
<td>$1.80</td>
<td>PRETZELS</td>
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<tr>
<td>Gooey Toffee Apple</td>
<td></td>
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<tr>
<td>Choc Orange Hero or Villain</td>
<td>$1.80</td>
</tr>
<tr>
<td>Chocolate, Rainbow &amp; Banana</td>
<td>$1.50</td>
</tr>
<tr>
<td>GOLDEN GAYTIME</td>
<td></td>
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<tr>
<td>$2.50</td>
<td>POP TOPS – Apple, Apple Blackcurrant,</td>
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<tr>
<td>CYCLONE</td>
<td>$1.80</td>
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<td></td>
<td>Orange, Wild Berries</td>
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<tr>
<td>SUNNYBOY – Glug Cola, Lemonade or Orange</td>
<td>$1.00</td>
</tr>
<tr>
<td>QUELCH FRUIT STICKS</td>
<td>$0.50</td>
</tr>
<tr>
<td>$1.00</td>
<td>WATER – 350ml OR 600ml</td>
</tr>
<tr>
<td>CALIPPO MINI – Raspberry/Pine or Lemon</td>
<td>$1.00</td>
</tr>
<tr>
<td>FROZEN YOGHURT –</td>
<td>$1.50</td>
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<tr>
<td>Strawberry/Mango/Vanilla</td>
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Our canteen is manned by parent volunteers and we NEED YOUR HELP. So if you have an hour or so to spare on a Monday between 1.15 and 2:15pm to help sell the above items then please contact Nicola on nadams@pacbrands.com.au or 0437 750 164 to register your help today.

Miss Peppercorn has some new menu items too, as well as their February specials and meal deals; all available on their website. If you haven’t already done so, ordering your lunches online is simple and easy. Simply register at www.misspeppercorn.com.au/schools, set up an account via your bank account OR credit card and start ordering!

Happy Lunching!
Amelia, Anni, Mandy & Nicola - The Canteen Committee
UNIFORM SHOP OPENING HOURS
MONDAY AFTERNOONS 3.30pm – 4.00pm in the MPR
THURSDAY MORNINGS 9.00am – 9.30am in the MPR

SCHOOL BANKING
Welcome back to school and we are looking forward to a great banking year!

VOLUNTEERS NEEDED for 2013
Our team needs new volunteers to help us in 2013. It only takes about 45 minutes every 3rd Wednesday of the school terms and involves collecting and counting money then entering the amounts into a web-based system. If you would like more information or would like to help us out, please contact Vickie on ☎️ 0419 773 335.

REWARD ITEMS 2013
We will hand out new reward sheets next week with your bank books, so remember to start banking next Wednesday 13 February! For every deposit you make, you will earn a silver Dollarmite token. When you have saved 10 tokens, you will be able to redeem them for a reward item.

Rewards include:
- torch
- calculator
- headphones
- jacks
- blue Dollarmites wallet; and
- handball.

COMMISSION EARNED LAST YEAR
You may or may not know that the School Banking Program is a fundraiser for the school, earning commission for every new account set up through our program and for every deposit made by the students. Last year we raised $622.19 which goes to the school to spend on whatever is needed. So not only does your child learn about saving money and working towards goals such as rewards, it benefits the school through the commission it earns.

NEW ACCOUNTS
If you are interested in opening a Dollarmite Saver account for your child, please go up to the office for an information pack which will give you details on how to set it up, either online, or in person at a Commonwealth Bank branch. If your child already has an account with the Commonwealth Bank, he or she can start banking with us straightaway - just bring the deposit book in every Wednesday morning to the Staffroom!

Thanks everyone for supporting the School Banking Program.
Regards, Vickie Liew, School Banking Coordinator M: ☎️ 0419 773335

SCHOOL BASED PROGRAMS

Coming up
Term 1, 2013.

OUR ASTRONOMICAL UNIVERSE
@ Blackburn Lake Primary School

Can you read a planisphere? Can you find Crux at night or the Moon by day? Why did Tycho Brahe wear a nose of silver? Is there life on other planets? Make your own Moonseeker. Create your own constellation, meet the Astronomers, make a pie pan spiral, discover south from the stars of the Southern Cross like Charles Kingsford Smith and more! Challenge your left and right brain. It's great fun for students from year 1 to year 6 who have qualified for WiseOnes

WiseOnes Application for 1st Term 2013
This program is available for all Grade 1 - Grade 6 children who have qualified for WiseOnes.
The unit for first term commences week beginning Monday, 11th February, 2013.
Because of the shortness of first term, the unit will run for 8 weeks (of the 9 weeks available) beginning: Feb 11, 18, 25, March 6, 11, 18 and 25, April 15 and 22.

I wish to enrol my child in the unit "Our Astronomical Universe" commencing week beginning Monday, 11th February, 2013. I give permission for a copy of this slip to be handed to the WiseOnes teacher.

Child's Name ____________________________________________  School: ___________________________________

Date of Birth ___________________________ Class (2013) ________

Parents' Names __________________________________________

Address

Phone: BH ___________ AH ___________ Mobile ___________

Email: __________________________________________________

My child has already qualified for WiseOnes YES/NO
I would like a free test for my child YES/NO.
I would like my child to be tested with a fuller assessment to qualify for WiseOnes (assessment cost $200 inc GST).

Please send this slip and payment of $220.00 on Wednesday, 6th February, 2013. As we are a non-credit business, children will not be accepted into the program for the term unless the fees and enrolment form are returned by the above date.

If paying by cheque please make it payable to "Blackburn Lake Primary School".
For further information please contact Pat Truscott on 9326 6441 or Mobile: 0407 313 657.

NB: Due to the Government increase of teachers' wages, please note the new cost of the program.
10 ways to promote good mental health & wellbeing in kids

This year make mental health a parenting priority. Kids with good mental health feel better, learn better and are better equipped to handle life’s curve balls.

It seems strange to talk about promoting good mental health in children.

Shouldn’t all children naturally have good mental health habits? After all, childhood is supposed to be a pretty relaxed time of life, free from the pressures and stresses that come hand in hand with adulthood.

Sadly, it doesn’t seem that way. According to the Australian Psychological Society one in seven Australian children experience some type of mental health issue, with ADHD, anxiety and depression being the most common.

Having good mental health doesn’t mean kids don’t experience difficulties or worries. Feeling worried, sad or fearful is normal. Kids who are mentally healthy are equipped to handle many of life’s curve balls that come their way. They also don’t let their emotions overwhelm them. As a result they learn better and have more friends as well.

As a parent it’s useful to reflect on the mental health habits that you promote in your kids. Here are ten ways to promote good mental health and wellbeing in kids.

1. Model good mental health habits: If you, like many parents, live constantly with stress then consider ways to actively minimise it, such as getting regular exercise, plenty of sleep and doing relaxation exercises. Not only will this improve your mental health, and make you easier to live with, it will send a strong positive message that mental health is important. It’s worth remembering that kids learn what they live, so make sure they see good mental health habits first hand.

2. Make sure they get enough sleep: Sleep is the one of the building blocks of mental health and wellbeing. Many children and just about all teenagers are sleep-deprived at the moment. Many parents are sleep-deprived as well! Children need between 10 and 12 hours’ sleep to enable proper growth and development, while teenagers need a minimum of nine hours. One of the single most powerful strategies to improve kids’ abilities to cope with stressful or changing situations is to ensure they get enough sleep.

3. Encourage your kids to exercise: When my mum would tell me all those years ago to turn the television off and go outside and play, she didn’t know she was promoting good mental health. She just knew that physical activity was a good thing for an active growing boy. Kids today get less exercise than those of past generations, which is an impediment to mental health. Exercise stimulates the chemicals that improve mood and release the stress that builds up over a day. An hour’s movement per day seems the minimum for kids. How much exercise does your child receive?

4. Encourage creative outlets: Kids should practise creativity if for no other reason than it helps them experience the state of ‘flow’. This is the state of getting so immersed in an activity that you forget about time and place. Writers and other creatives understand the concept of flow. It’s energising and helps take stressed and worried kids out of themselves.

5. Provide a space of their own: Children of all ages benefit from having some space of their own where they can think. Quiet time and down time give boys the chance to let their thoughts wander around inside their heads. It also helps them get to know, and even like, themselves. Boys will often do their best thinking on their own, so they tend to retreat to their caves (bedroom) when things go wrong at school or in their relationships. They need to go within to find their own answer.

6. Talk about their troubles: A problem shared is a problem halved. Talking about what’s worrying you is a great way to remove the burden of worry and reduce anxiousness. Some kids bottle up what’s inside, while others will catastrophise a situation, which can make matters seem worse. If your child has a problem let him know that his
concerns are important to you. Kids often can’t tell you what may be wrong, so be observant and gently ask questions to help gain a clearer picture of how kids may be feeling.

7. Help them relax: Make sure your child has a hobby or activity that relaxes them. The ability to relax and get away from the stresses of everyday life is essential. Some children who have real difficulty switching off may benefit from practising meditation or mindfulness, but most kids just need time to chill out so they can relax naturally. (I personally practise mindfulness and have found it a really helpful way to turn off my brain for a while!)

8. Have two routines – weekday and weekend: Most households are pretty highly scheduled these days. There are routines for getting up, coming home, eating meals and going to bed. These structures are necessary when we’re busy. Families need a second, more relaxed weekend routine that helps kids relax and unwind. It’s important to have this release valve if families are flat out busy during the week.

9. Foster volunteering and helpfulness: Social isolation is a huge predictor of poor mental health. Encourage your child to be connected to and help others in any way possible. Helping others reinforces social connectedness and the importance of being part of a community, as well as providing opportunities for positive recognition.

10. Bring fun and playfulness into their lives: Kids should be the kings and queens of play; however, some children live such full-on, organised lives that much of the natural fun and spontaneity has been stripped from their everyday life. Mucking around, which is code for having fun, is something many children of this generation don’t have time for. If you see your child constantly stressed or overwhelmed by events, change the mood by going to a movie, joining them in a game or seeking other ways to have some fun.

These ideas are basic common sense. However, as kids’ lives get busier these essentials get squeezed out. Here’s my recommendation to ensure that mental health habits aren’t overlooked or neglected.

First, see these habits as the building blocks of mental health. Don’t ignore or trivialise them. Talk to your children and tie these activities to their mental health. Do this in your own way and your own time.

Second, assess which of these habits need your attention and make some adjustments over time to push the pendulum back in favour of your child’s mental health.

FREE Michael Grose parenting resources to help you promote good mental health in your kids.

- Coping ebook: 12 essential coping strategies every child can use when life gets hard
- Poster: 10 ways to promote good mental health & well-being in kids
- Poster: 25 Great Parenting Ideas (to stick to your fridge)

These great resources are waiting for you at parentingideas.com.au/ParentingIdeas-Newsletter. They’re available for a short time only, so be quick!
BLACKBURN JUNIOR FOOTBALL CLUB

Morton Park, Central Road, Blackburn 3130
www.blackburnfc.com.au
Secretary: PO Box 5054 Laburnum Vic 3130
Email: blackburnjnr@efl.org.au

Players wanted for 2013.

Blackburn Junior Football Club is now seeking players for our 2013 season. We have vacancies in all age groups but are particularly interested in hearing from:

- new players who would like to play in our Under 9s (i.e. born 2004 and 2005)
- girls (born 2001 to 2004) who are interested in playing in a girls’ only competition

The Club has developed close ties with the local Blackburn, Blackburn Lake and Laburnum Auskick centres with most of our players coming from these centres. Further most of the boys and girls at Blackburn, Blackburn Lake, Laburnum and St Thomas’ primary schools who play football, play at Blackburn Football Club. So you know if you are playing at Blackburn you are playing with your mates. Blackburn Football Club is a family based club where the emphasis is on player participation, development and fun. Our Under 9 teams are based on schools so that players can be with their friends.

Our formal **REGISTRATION DAY** will be held on **SUNDAY 10 FEBRUARY 2013** from **11.00am to 1.00pm**

at Morton Park Central Road Blackburn.

New players are encouraged to send their details (name, DOB, and phone number) as soon as possible to blackburnjnr@efl.org.au to receive a registration pack.

**The Blackburn Football Club 2012 – 425 junior players and growing.**

Michael Johnson President Blackburn Junior Football Club

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**FOR SALE - OLD STYLE - PRIMARY SCHOOL – STUDENT DESK - $80**

Do you remember these from when you were a kid? Our kids loved sitting in this desk doing their BLPS homework. Lift up lids keep homework books and papers out of view yet in easy reach of the kids. 92cm long x 67cm height (at front) 64cm (at back) x 70cm depth. Frame is painted dark blue and is in good condition with rubber stoppers on legs.

If interested please call Andrea on 0400 880 042
KOONUNG COMETS BASKETBALL CLUB INC

***New players wanted***

REGISTRATION & GRADING DAY Sunday 17 February 2013

Where: Koonung Secondary College

Time: 10:30 am to 4:30 pm

All players undertaking Grading are requested to:

☐ wear a Koonung singlet (new players wear a red t-shirt)
☐ bring a basketball
☐ a drink bottle.

GRADING & REGISTRATION TIMES (Under 9 to Under 13) - BOYS GIRLS

<table>
<thead>
<tr>
<th>Age</th>
<th>Times</th>
</tr>
</thead>
<tbody>
<tr>
<td>Under 9</td>
<td>10:30 am - 11:30 am</td>
</tr>
<tr>
<td>Under 11</td>
<td>12:30 pm - 1:30 pm</td>
</tr>
<tr>
<td>Under 13</td>
<td>2:30 pm - 3:30 pm</td>
</tr>
</tbody>
</table>

REGISTRATION TIMES (Under 15 to Under 19) - BOYS GIRLS

Under 15, 17, 19 Please register on the day, any time between 11.00am to 4.00pm

For all age groups the cut-off date is 1st January 2013. So if your child was 8 at that date they will play Under 9s. See www.kcbc.asn.au for more details or email koonung@hotmail.com

FOREST HILL JUNIOR FOOTBALL CLUB SECONDHAND GEAR FOR SALE

1 Zebra’s Bag - $35
1 Zebra’s Jacket – Size 12 - $35
1 green EFL shorts – size 22 - 55cm (suit size 8 child) - $15
1 pair of Zebra’s socks – Smallest size - $5

OR IF PURCHASED AS TOTAL PACKAGE $80.

All articles in excellent condition as were only used for only 1.5 seasons of Under 9s (purchased mid 1st season). The bag did have surname embroidered on it but this has been carefully removed (unpicked).

Enquires: Andrea ☎️ 0400 880 042

BLPS UNIFORM FOR SALE

Good used condition (ie. no stains or holes)

- Tunic with detachable top and bottom – size 6 $24
- Tunic all-in-one – size 6 $24
- Winter tartan skirt – size 8 $20
- Summer dresses x 3 – size 6 $19
- Summer shorts – 1 size 6, 1 size 8 $11
- Summer BLPS polo shirt – size 6 $12

Winter BLPS polo shirt – size 6 $13

Bomber jacket $15
Red Polar fleece jacket $15
Green slouch hat $ 6
Green slouch hat (faded) $ 4
School backpack (current style) $20
School backpack (older style) $10

Please contact Alison A ☎️ 0414 883 565

Forest Hill Junior Football Club Inc
Players Required for Season 2013

U9 to U14 + Auskick

The Zebra’s will provide

- **Opportunity.** Every kid who joins the Zebra’s will be given the opportunity to play the game and participate as an equal member of their team.

- **Great Coaching.** We have a great coaching team and every kid will have the opportunities to learn, develop their skills, & play the game in the right spirit.

- **Great Fun.** An enjoyable time for kids and adults alike

If this sounds like a good environment for your child to learn & play football in, please come & join us.

REGISTRATION DAY
FRIDAY 22 FEBRUARY 6.30pm-8pm
@ our clubrooms, 3 Fraser Place Forest Hill.
(Yes, we’re the Zebra’s down by the pool…)

“Come along and join the herd”

For more information or to register, please contact Club President, Brendan McKenna ☎️ 0421 583 070.

You can also refer to the junior & Auskick pages on our web site at www.foresthillfc.org.au, or Email the club. (foresthilljnr@efl.org.au)
**Always wanted to work in:**
- **Aged Care**
- **Home and Community Care?**

Enrol now for Government Funded courses starting in **BOX HILL** in **February 2013**.
Call Kelly ☎ 9761 2156 for more information, or visit: [www.employease.com.au](http://www.employease.com.au)
*This training is delivered with Victorian & Commonwealth Funding. Subject to eligibility. TOID 6832*

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**MARSHERE DANCE STUDIOS**

**Learn | Exercise | Socialise**

**MARSHERE NUNAWADING**
200 Rooks Rd, Nunawading, 3131
(03) 9874 8711

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**2013 PLAYER REGISTRATION DAY**

**Sunday 10 February 10:00 am - 1:00 pm**

Register, meet the coaches, order uniforms & club merchandise.

**Auskick & U9’s to U15’s**

**Contact:** Age Group Coach - Under 15’s Jeff D’Amato 0425 721 677, Under 14’s John Giles 0418 586 356, Under 13’s Justin Goldsmith 0414 534 446, Under 12’s Phil Nash 0418 342 056, Under 11’s Paul Hamilton 0425 717 751, Under 10’s Adrian MacNamara 0413 730 067, Under 9’s Matt O’Brien 0437 506 683, Auskick Andrew Gilmour 0402 894 792 Club Secretary Diarmuid McAlary 0410 181 822  [www.donvalefc.com.au](http://www.donvalefc.com.au)

*Fun for the whole family!*  DONVALE RESERVE, Noonan Way, Donvale.  Melway Ref; 48F3