**Community News**

**2015 Term Dates for Wonthaggi Primary School**

<table>
<thead>
<tr>
<th>Term 1</th>
<th>27th January</th>
<th>Office staff return</th>
</tr>
</thead>
<tbody>
<tr>
<td>28th January</td>
<td>All staff commence</td>
<td></td>
</tr>
<tr>
<td>29th January</td>
<td>Staff conference</td>
<td></td>
</tr>
<tr>
<td>30th January</td>
<td>Students commence Grades 1-6</td>
<td></td>
</tr>
<tr>
<td>2nd February</td>
<td>Prep start</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Term 2</th>
<th>Term two commences</th>
</tr>
</thead>
<tbody>
<tr>
<td>11th May</td>
<td>School Closure Day</td>
</tr>
<tr>
<td>26th June</td>
<td>Term end 2:30 finish</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Term 3</th>
<th>Term end 2:30 finish</th>
</tr>
</thead>
<tbody>
<tr>
<td>13th July</td>
<td>School commences</td>
</tr>
<tr>
<td>18th September</td>
<td>Term end 2:30 finish</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Term 4</th>
<th>Term end 1:30 finish</th>
</tr>
</thead>
<tbody>
<tr>
<td>5th October</td>
<td>School commences</td>
</tr>
<tr>
<td>18th December</td>
<td>Term end 2:30 finish</td>
</tr>
</tbody>
</table>

**From the Principal…**

This week we welcome Jodie Olden to our Office. She is replacing Robyn Spargo who has taken personal leave for the remainder of Term 2. We will welcome Robyn back at the beginning of Term 2.

We also welcome Janine Balle to our Welfare team. Janine has commenced as an additional School Chaplain for 1 day each fortnight on a Thursday.

At our school, we actively teach social skills. “Getting along with others” is one of the most important skills for life and is a core value for our school. Over the past few weeks, your children may have been coming home talking about the concept of “bucket filling.” Here are some of the concepts relating to our approach.

**What is the “bucket”?**

The bucket represents your mental and emotional self.

**How do you feel when your bucket is full?**

When your bucket is full, you feel more confident, secure, calm, patient, and friendly. Your thoughts are positive and you expect positive results.

When your bucket is overflowing, you experience an intense happiness that can spread to those around you. Have you ever felt better after someone gave you a friendly smile or happy grin? This is the “ripple effect” of a full bucket.

**How do you feel when your bucket is empty?**

When your bucket is empty, it contains few, if any, positive thoughts or feelings. When your bucket is empty you can easily become sad, negative, insecure, nervous, angry, depressed, stressed, worried, afraid, or physically ill. When you experience any of these feelings, it’s easy to believe that life is too challenging and that nothing you attempt will be successful. An empty bucket can affect your behaviour and can cause you to express your emotions in a way that empties the buckets of those around you.

**What affects the level of happiness in your bucket?**

Negative life events. The careless or even cruel words and behaviour of others can also affect the level of happiness in your bucket. Your own self-talk and thoughts can dramatically reduce or raise the level of happiness in your bucket. It’s important to know that you are responsible for what you choose to think and when your thoughts are positive and healthy, your bucket levels will reflect it.

**What is Bucket Filling?**

Actions or words that show that you care about someone. Saying or doing something kind. Giving someone a heartfelt smile. Using names with respect. Helping without being asked. Giving sincere compliments. Showing respect to others. There are hundreds of wonderful ways to fill buckets. The language of bucket filling has become synonymous with being kind and thoughtful. Your bucket will be filled when, at the close of each day, you reflect on the ways in which you have filled buckets.

### GIPPSLAND POWER FOOTBALL CLUB

Will be holding Under 11 and 13 Fitness and Skill acquisition days at the Gippsland Power Centre of Excellence Morwell Football Ground, Traveller Street, Morwell

**Features**
- Elite Coaching
- Skill Acquisition
- Fitness Testing
- Skill Testing
- Pathway Brief
- Training Sessions

**Junior Coaching Program**
- Under 11: 11th March 2015
- Under 13: 13th March 2015

**Junior Officers**
- President: Michael Smith
- Vice President: Alex Johnson
- Secretary: Emily Brown
- Treasurer: Sam Lee

**Membership**
- £5.00 for Under 11s
- £6.00 for Under 13s

**Contact:**
- 5484 1234

### GIPPSLAND POWER FOOTBALL CLUB

Upcoming Events:
- Under 11: 11th March 2015
- Under 13: 13th March 2015

**Membership**
- £5.00 for Under 11s
- £6.00 for Under 13s

**Contact:**
- 5484 1234
Continued …………

What is Bucket Dipping?
Making fun of someone, saying or doing unkind things. Refusing to help. Failing to show respect or being intentionally disrespectful. This is a partial list of ways in which it’s possible to dip into another’s bucket. Another is bullying, the behaviour that has become the essence of bucket dipping. It is very important that we learn to understand the motivation for these behaviour’s.

Note: It is also dipping when we unintentionally dip into another’s bucket with a thoughtless word or careless action. These are small and should be repaired with a swift, sincere apology.

What does “Use Your Lid” Mean?
Because your bucket represents your emotional and mental health, it is extremely important that you learn to protect the good thoughts and feelings you’ve collected. The “lid” represents a mental shield against anything that would dip into your bucket. When you consciously train yourself to stop and think through a situation as soon as you feel the hurt, pain, or anger from a painful, embarrassing, or otherwise unpleasant situation you will be able to prevent your bucket from being dipped. As you practice using your lid, you will build the necessary resilience to work through life’s challenges. Both children and adults can be taught to use their lids to protect their buckets. It’s true that every situation is different, however patience and practice in using your lid combined with trust in your basic bucket filling instincts, will help you succeed more often than not.

Happy Bucket Filling!

PARENT TEACHER INTERVIEWS
Included in today’s newsletter is an information sheet about how to book a parent teacher discussion for your child/ren. It is really important to develop the relationship with your child’s teacher and this discussion will help us work in partnership with you for your child. The research is very clear that when parents/carers are actively involved in their child’s schooling the child achieves greater success. We look forward to seeing you all on Wednesday 25 February. Please go online at www.schoolinterviews.com.au and use booking code 6EG4K to make an appointment or call the office staff if you need assistance. Bookings close Friday 20th February, 2015.

Principal
Leonie Anstey

LOST PROPERTY
We have mounting piles of clothes in lost property. If your child has lost an item please come and check with the office or their classroom teacher. Also in the office we have a collection of odds and ends that are handed in to us when found laying around the school yard. If your child is missing anything don’t hesitate to check with the office.

ART ROOM
Wanted
We really need cardboard tubes like the ones found in paper towelling, alfoil and gladwrap. Also lids from milk and orange juice containers. These are for use in the fabulous 3D, paper mache creations that are being made by the whole school. If you can help it would be greatly appreciated.

Pinii Chapman
Art Teacher

MUSIC NEWS
We’ve had an outstanding week of work in the music room, with students demonstrating their skills on keyboard, wooden xylophone, glockenspiel and various percussion instruments. Classes have been playing the riff (small group of notes) to Tim Woodz song ‘Tall Trees.’ This is in line with our current theme of My Place. Songs throughout the term will focus on content that celebrates ‘home’.

Instrument borrowing has commenced this week. Please note parents, that it is you who is borrowing instruments on behalf of your child/ren. Come to the music room on Wednesday afternoons with your children, select an instrument, sign a form and ensure that they are returned on Monday mornings! It’s a sure way to get the whole family playing together!

Ruth Chambers
Music Teacher

ACTIVE AFTER SCHOOL PROGRAM
The Active After School Program has finished and will not return. A new program is in the process of being trialled and will commence later in the year. We will advise the school community about this new program once we have more information.

SCHOOL BANKING
School Banking has commenced for this year and will be done on Thursdays.
Bank books should be handed in via your classroom or to the office first thing on Thursday mornings.

READ LIKE A DEMON
Yesterday we had players from the Melbourne Football Club come to our school to spend time reading with the grade 3/4 students from the Demon Program and it was a great success. Of course time was spent at the end of the program getting autographs.

OUR HOUSE CAPTAINS

STUDENT OF THE WEEK
12C Lincoln W. A Positive start to the year keep it up.
56A Luke O. For having a fantastic start to the year.
56B Noah C. For helping others in the computer lab.
56B Karen W. For settling in well to her new school.
56C India L. Being a roll model to her peers.
56D Izaak D. For his outstanding start to Grade 6.

BASS COAST YOUNG LEADERS
Zara H
And
Liam S