



# Killara Primary School

*Our Best – Every Child, Every Day*

**Caring Acceptance Responsibility Excellence Support & teamwork**

Newsletter No 40

19 December 2013

## CALENDAR

|              |  |
|--------------|--|
| 20 Dec       | Last day of Term 4<br>Canteen closed<br>1.30pm dismissal |
| 24 Jan 2014  | Bookpack sales & pickup<br>10am – 5.00pm                 |
| 28 Jan       | Office reopens for business                              |
| 30 Jan 2014  | 1 <sup>st</sup> DAY FOR STUDENTS<br>TERM 1 2014          |
| 4 March 2014 | School Photos  |
| 7 March 2014 | Curriculum Day   |

## FROM THE EXECUTIVE TEAM

### GRADUATION

Last night we celebrated the end of primary school for our year 6 students. They were treated to a lovely dinner at the Sunbury Bowls Club and the ceremony, held in our school theatre, was enjoyed and well received. Many thanks to the many helpers who ensured this night was a successful one for our students.

### YEAR BOOK

The 2013 Year Book was distributed yesterday and we hope that you and your children enjoy looking at this piece of, what will be in the future, memorabilia. Many thanks to Karen Francis and her able group of student helpers for putting together our school year book for 2013.

### ARRANGEMENTS FOR TOMORROW

A reminder that school is dismissed early tomorrow, with a finish time of 1:30pm.

Students will be dismissed FROM CLASSROOMS, following an assembly, which will be held between 12:45 and 1:15.

Parents are welcome, but please note that students will be dismissed from classrooms to ensure an orderly dismissal. For safety reasons, parents must not take children directly from the assembly.

### SCHOOL OFFICE

Please note the office is unable to accept payments on Friday 20<sup>th</sup> December (tomorrow), the last day of term. We will open on January 24<sup>th</sup> 2014 for Materials & Requisite payments (see below). The office will then be open for normal business from January 28<sup>th</sup>.

### EARLY DISMISSAL

Please remember to make arrangements for **prompt collection** of students at 1:30pm tomorrow. The office will be closed from 1:30pm.

### CLASSES FOR 2014

As is tradition at Killara, students will visit their new classrooms for 2014 and meet their new teachers tomorrow. Every endeavour has been made to place students according to learning need. Students will bring home a letter introducing their teacher and stating the room number.

### FAREWELLS

We say a fond farewell to Adele Halligan, Simon Hancock, Michelle Wilkinson and Loretta Ryan. Thank you to each of them for their work at Killara.

We also wish families that are leaving us all the best with their future plans and wish any students that are leaving all the best with their future learning and development.

Finally we bid a fond and proud farewell to our Year 6 students. They have been great contributors to our school and we wish them all the very best as they move into the next stage of their development.

### HOT WEATHER

In cases of extreme weather we always consider the safety and comfort of our students. During today's hot weather, children remained inside during the lunch break.

## PLEASE NOTE DISMISSAL TIME FOR TOMORROW IS 1.30PM



Wishing all families a wonderful festive season and a very Happy New Year.

Best wishes to all families who are leaving Killara – we wish you well for the future.

A special farewell to all of our year 6 students – we wish you a happy and successful future!

Best wishes,  
Phil, Marie & Andrew



## CURRENT NEWS

### CANTEEN – CLOSED TOMORROW

### KIDSMATTER

(excerpt from Kidsmatter eNewsletter)

#### Managing holiday emotions

The most magical time of the year can also bring a mixed bag of emotions and behaviour. Managing strong feelings can be tricky for children at any time, but the holidays can be especially exciting /joyful /frustrating! Helping kids talk through intense feelings can help improve behaviour and even reduce conflict. Our info sheet has plenty of ideas.

## Learning to manage feelings

Children's feelings are often intense. They can be quickly taken over by feelings of excitement, frustration, fear or joy.

When feelings take over children's behaviour, they can find it difficult to manage without adult support. This is why learning how to recognise and manage feelings is a very important part of children's social and emotional development.

Understanding that all sorts of feelings are normal, that they can be named, and that there are ways of handling them are the first things children need to learn about feelings. Understanding that feelings affect behaviour, and being able to recognise how this happens are important steps for learning to manage feelings.

### How parents and carers can help children manage feelings

#### 1. Notice feelings

Before we can learn how to control feelings, we first have to notice them. You can help your children notice feelings by noticing them yourself and giving them labels: happy, sad, excited, frustrated, angry, embarrassed, surprised, etc. Giving feelings names helps to make them more manageable for children.

Learning to pay attention to how they are feeling helps children understand that they can have emotions without being controlled by them.

#### 2. Talk about everyday feelings

Talking with children about what it's like when you're angry, sad, nervous or excited helps them find ways to express feelings without having to act them out through negative behaviours. Children learn these skills best when they hear adults and peers using words to express feelings and when they are encouraged to use words like this too.

Learning to name feelings helps children find ways to express them without having to act them out.

#### 3. Create space for talking about difficult feelings

Help children to separate a feeling from a difficult reaction by helping them name it. Being able to say or think, "I am feeling angry," means that children don't have to act really angry before anyone takes notice. It allows them to choose how they will respond. The same idea works with other difficult feelings like nervousness or fear.

Learning to cope with feelings helps children manage their behaviour at school and at home. It helps them learn better, relate to others better and feel better about themselves.

#### Things to remember

- learning skills for managing feelings takes practise
- noticing and naming feelings comes first
- talking about everyday feelings in normal conversations makes it easier when the difficult feelings come up
- talking about difficult feelings is usually best tried after the feelings have calmed down a bit, and when children, parents and carers are feeling relaxed.

#### Things to try at home

- Use feeling words when you talk with children about everyday situations: "You scored a goal!

How exciting was that!", or: "It's pretty disappointing that Kati can't play with you today."

- Invite children to describe their own feelings: "I'm feeling pretty nervous about going to the dentist. How about you?", or "How did you feel when...?"

## PUPIL OF THE WEEK TERM 4, WEEK 10

| Junior School Preps<br>For Working consistently hard all year |                                 | Middle School Teacher's Choice                |                        |
|---|---------------------------------|---|------------------------|
| R1  | Joshua Q                        | R11   | Ella R                 |
| R2  | Jordan M                        | R12   | Hannah M               |
| R3  | Morgan O                        | R13   | Toby A                 |
| R4  | Memphis B                       | R14   |                        |
| R5  | Rylee S                         | R15   | Amy J                  |
| Year 1/2<br>Teacher's Choice                                  |                                 | R16   | Emma M                 |
|   |                                 | <b>Senior School<br/>An outstanding year!</b> |                        |
| R6  | Jazmin F / Lachlan D            | R7  | Sarah R / Aidan R      |
| R17   | Angus R / Rylan C               | R8  | Sasha I / Jai W        |
| R18   | Leila N / Shaila M / Jonathan M | R9  | Ben M / Damon H        |
| R19   | Max P / Blake B                 | R10   | Ethan B                |
| R20   | Byron D / Riley D / Jasmin F    | R25   | Victoria G / Tarleea P |
| R21   | Xavier A / Chayse P             | R26   | Mia W                  |
| R22   | Joshua P / Bailey J             |   |                        |
| R23   | Charlie P / Charlie K           |   |                        |
| R24   | Bailey P                        |   |                        |

**Specialist Classes of the Week**

**Performing Arts**  
5/6 F – Katelyn Fraser  
Graduation and Animation sessions

**Visual Arts**  
5/6 C – Chris Weedon  
Putting a fantastic effort into the making of their Xmas wreaths

**Physical Education**  
Prep E – Kellie Eastaughffe  
Playing new games with great enthusiasm

**Library**  
3/4 F – Sarah Vosti  
Returning most of their books

### FAREWELL TO THE FOLLOWING FAMILIES WHO ARE LEAVING KILLARA AT THE END OF 2013

|          |            |                 |                |
|----------|------------|-----------------|----------------|
| ABBAY    | GOSS       | MUIR            | SHELLNACK      |
| ANDERSON | EDWARDS    | JUSIC           | SMALL          |
| ATHERTON | EVERITT    | LYALL           | SUTTON         |
| BARTLETT | FARRELLY   | MARKHAM         | SYNNOTT-SEARLE |
| BETTS    | FELTHAM    | MCALIECE        | TIDSWELL       |
| BOKO     | FORTEZA    | MCDONALD        | URBANIACK      |
| BULL     |            | MCINTOSH        |                |
| CARLIN   | HATTY      | NUNN            |                |
| CHAUDRY  | HEALES     | OVERELL         |                |
| CLOETE   | HILDEBRAND | PASCOE-CARLETTI |                |
| CRANWELL | HOLTER     | PODBREZNIK      |                |
| DENNING  | HUMPHRIES  | PRATT-NENER     |                |
| DUDOK    | HUTCHINSON | QUILTY          |                |
| EALLES   | IBBETSON   | ROOKE           |                |

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