

Alexandra Primary School

Our purpose is to build a learning community that challenges and supports young minds to develop as independent and lifelong learners, continually striving for excellence.

RESPECT

CARE

INTEGRITY

ACHIEVE

Term 2, Week 8

We are finally preparing to say goodbye to teaching and learning in this strange arrangement! We are excited to welcome back our senior students and are very relieved to be teaching them face to face! We once again thank you for your support during this time. It has been difficult for us all but I do feel that we have made an outstanding team—home and school!

Looking forward to 2021!

Goodness the time flies (particularly as I get older!). We are already talking about enrolments for 2021. If you know someone who is interested in enrolling at our school, please let them know that tours will begin on July 20th. Due to the restrictions regarding access to our school, we invite interested families to contact us either by email or telephone prior to coming in to school. Naturally, when normality returns, we welcome visitors any time!

Navigating the social world of school!

Many children will not have had to solve a friendship problem for quite some time due to social isolation. While this seems like a dream, it also means they have not been practicing what works and what doesn't. I have found this article from Dana Kerford that speaks about the 'facts of friendships' which may assist families in dealing with the ups and downs of the playground. I hope you find it useful.

The Four Facts of Friendships - Adapted from Dana Kerford

Friendships are central to our children's lives and are among the most important relationships they experience, in school and beyond. When children face challenging friendship issues, their wellbeing and ability to learn is inhibited. So, how do we teach our children to have healthy relationships and guide them to bring healthy relationships to life and successfully navigate inevitable challenges?

The answer: **Focus on friendship skills.** When we teach children how to form deep and meaningful friendships, they learn universal strategies that will apply to relationships in their lives. These four simple truths allow our children to develop realistic expectations and feel successful in their friendships:

1. No friendship (or relationship) is perfect

Our children need to understand that conflict is a normal, natural part of a friendship – and they can survive it. When children learn to resolve conflict in a way that respects themselves and others – they are less likely to engage in unhealthy behaviours. Helping your child become master conflict-resolvers, rather than conflict-avoiders, fundamentally helps shift a school culture to a place of kindness and respect.

Continued....

The Four Facts of Friendships continued...

2. Every friendship is different

This seems like common sense, but children often expect every friendship to operate in the same way. They need to understand that every friendship is different because every person is different. This means, what works with one friend may not work with another. If your children are experiencing a challenging friendship, encourage them to describe when they feel most comfortable with that friend. What are they doing when it feels difficult or complicated? Help your child become strategic about their friendships by identifying what works and devising a plan to address things that are not working. Our children need to understand that each friendship is unique and requires its own set of instructions.

3. Trust and respect are the two most important qualities of a friendship

Trust and respect are the foundation of a strong friendship. When mistrust or disrespect develops, the foundation starts to crack. Ask your children: 'What does trust look like in a friendship?'

Discuss topics like secrets, reliability, loyalty, honesty and promises. Ask them: 'What does respect look like?'

Discuss topics such as listening, inclusivity, discrimination, stereotypes, family values and religious beliefs.

Exploring what trust and respect looks like in action, helps our children identify the key ingredients of a healthy friendship.

4. Friendships change... and that's okay

Friendships are constantly evolving because people are always changing. Sometimes we change, learn and grow alongside our friends; sometimes we simply grow apart or friendships become unhealthy, even toxic. Our children need to become comfortable with this natural ebb and flow of friendships and accept that some friendships may only last a brief time. Remind your child they deserve feel-good friendships and, as hard as it is, sometimes even the 'best' friendships change... and that's okay.

Teaching and reinforcing these four concepts empowers children to create strong boundaries and make smart choices within their relationships; helping them set the stage for healthy friendships to grow. When friendship skills are explicitly taught, our children learn how to manage the realities of all their relationships and schools become a place of harmony and belonging.

Dana is a teacher, friendship expert and the founder of [URSTRONG](#). To learn more about enhancing the social-emotional wellbeing of children through friendship skills visit the [URSTRONG website](#).

Happy learning!

Vicky Draper

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Finishing Time	Grade
3.10	Foundation and 1/2B
3.15	1/2A and 4/5
3.20	3/4, 5/6A and 5/6B

Reminders...

- ✓ Students require a [water bottle](#) for school. **There will be no drink taps open at all!**

Thank you...

- ✓ **Global Tree Services for the donation of mulch for our garden!**
- ✓ **The garden volunteers for shifting mulch!**

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REMOTE LEARNING FAMILY SUPER HEROES!

The Francis Family

Lisa, Paul, Charlie and Ashleigh have been creative, clever and courageous when undertaking their online learning tasks. From weighing the dog to creating amazing PE circuits, the Francis family have not faltered.

We are proud to have you in our online learning community Francis family. You are STARS!



HONOUR ROLL

Mitchell Rowntree
Oberon Russell
Noah Jack
Claire Hemming
Cheyanne Richards
Jaidyn Dimech
Ivy Miljkovic
Indi Hoornweg
Juliet Kirkpatrick
Max Bristow
Charli Edwards
Lizzie Rowntree
Zoe Gibb
Aiden Campbell

Special mention: Mitchell Forden!

Megan Kendall
Nikita Lyttle
Charlie Francis
Miles Farley
Harper Williamson
Phoebe Kidd
Chase Stevenson
Zoe Mullins

Grow Well Dindi

Inviting all students (and community) to use your computer graphics skills and enter the Logo competition for the renamed community RESPOND project 'Grow Well Dindi'.

The logo should reflect growing up healthy in Murrindindi, with a focus on eating healthy and being physically active.

The community member with the winning logo will receive a \$100 voucher and their logo will be included in all communications and messaging relating to community led actions for Grow Well Dindi.

The 2 runner up entries will also each receive a \$50 voucher.

All vouchers will support local businesses.

Entries to be emailed to respond@gmail.com by June 30th

See <http://lhpcp.org.au/respond/> under latest updates for the 5 KEY requirements and more information.

Still in the lunch box...

Cheesy Pasta bites!

Ingredients

- 150g pumpkin, peeled and roughly chopped
- 150g cauliflower, roughly chopped
- 250g macaroni
- ½ bunch thyme, leaves picked
- 1½ cups light tasty shredded cheese

Method

1. Preheat oven to 180°C. Line a muffin pan with baking paper (see note).
2. Cook the macaroni according to packet directions. Drain and set aside to cool.
3. Meanwhile, steam pumpkin and cauliflower over boiling water for 15 minutes or until soft. Transfer to a blender and blitz until smooth. Season with pepper to taste.
4. Stir together vegetable mixture, macaroni, thyme and cheese in a large bowl. Divide mixture into muffin pan and bake for 20 minutes or until golden brown.