

*Partners in Learning Newsletter*  
*Moving forward With the Passion to Succeed*

**Assistant Principal**

**Dear Parents /Carers,**

**Happy Winter days! I hope you are all keeping warm as our weather begins to cool. Please find information regarding Attendance. It is critical that your child is at school EVERY day in order to maximize learning opportunities.**

**Why do I need to notify the school if my child is absent?**

Schools need to know when and why a child is absent and you need to know if your child isn't at school.

From the end of Term 2 2018, all Victorian government schools are required to contact parents/carers as soon as practicable on the same day of an unexplained student absence. If your child is absent on a particular day and you have not contacted the school to explain why, the absence will be marked as unexplained.

This system also promotes daily school attendance. Going to school every day is the single most important part of your child's education, they learn new things every day – missing school puts them behind.

**What is your responsibility?**

You are legally required to ensure your child attends school every day or you must provide an explanation for their absence. You should let the school know in advance of any upcoming absences or let them know in the morning if your child won't be at school. In order for schools to implement the same day notification requirement, it's essential that you provide the school with your most up-to-date contact details.

Generally one notification will be sent per family. Should there be circumstances that require both parents and carers to be notified, please contact the school to make the necessary arrangements.

**What is the school's responsibility?**

The school must notify you of an unexplained absence in relation to your child as soon as practicable on the same day.

Our school will let you know via SMS. Please ensure your phone numbers remain up to date at all times.

**Warmest Regards,**

**Kathy Cvitkovic**

**Assistant Principal - 3-6 Learning Community**



# Getting it right in Reading!

## What is fluency and why is it important?



Fluency is a key contributor toward independent and successful reading. It is comprised of three components:

- Accuracy (correct recognition/reading of words)
- Rate (speed of reading)
- Prosody (expression)

It is these capabilities that support students' comprehension of an author's message. Fluent readers read more words and because of this they have increased opportunities to further develop their word recognition skills, broaden their vocabulary, increase their knowledge about the world, and strengthen and refine their comprehension abilities.

*Taken from Anne Bayetto, - Lecturer, Flinders University School of Education*

### Prompts you can use to support your child with fluency while hearing them read aloud:

<b>Accuracy</b>	<ul style="list-style-type: none"><li>-Read it again and make sure you look at the punctuation.</li><li>-These words make sense together. Read them together.</li><li>-Can you make it sound like this? (model)</li><li>-Put your words together so it sounds like the way you talk.</li><li>-Are you listening to how your reading sounds?</li></ul>
<b>Rate</b>	<ul style="list-style-type: none"><li>-Can you read that sentence again, but faster this time?</li><li>-Move your eyes quickly so you can read more words together (this may be accompanied By pushing a card across a line of text).</li></ul>
<b>Expression</b>	<ul style="list-style-type: none"><li>-Make your voice show excitement when you see the exclamation point.</li><li>-Make your voice go up when you see the question mark.</li><li>-Make your voice go down when you see the full stop.</li><li>-Take a short breath when you see the comma.</li><li>-Make your voice sound like the character is talking when you see the speech marks. Look at who is saying it and think about how they would sound.</li><li>-Try it again and make that word sound important.</li><li>-That is a word in bold print. Say it again and say it a bit louder.</li></ul>

*\*Prompts taken from Prompting Guide for Oral Reading and Early Writing, Fountas and Pinnell.*

### Activities to support the development of fluent oral reading:



#### Read with a puppet

Ask your child to select and place a puppet on their hand. The puppet then reads the text to you or a sibling using the voice of the character. When the puppet has finished reading, the puppet summarises what has been read and then you/sibling restates what the puppet summarised.

#### Listening to phrased and fluent oral reading

Regularly read familiar and loved texts aloud to your child so they can hear what phrased and fluent reading sounds like. Alternatively, many of the websites and iPad apps shared in the last few newsletters have texts that can be read aloud to your child.

#### Read to a figurine or stuffed toy

Ask your child to introduce themselves to their selected 'listener' by telling them their name, their interests and why they like them. Your child then reads their text to the 'listener' using the voice of the figurine or stuffed toy. When your child has finished reading they can state three questions that the 'listener' would likely ask them about the text.

*Sarah Marshall- Leading Teacher Literacy*

# [VICTORIAN] MATHS CHALLENGE!

**A fun and engaging way for families to engage in real life mathematics and explore problems together.**

Family participation in learning is one of the most accurate predictors of a child's success in school and beyond.

The Victorian Maths Challenge recognises the important role families have in their childrens' learning and while you might feel that the maths your child is doing at school is different from how you were taught, you **can** make a difference by supporting what your child learns at school and helping them to learn at home.

To this end, The challenge provides families with opportunities to explore maths together. It encourages families to ask questions of one another, to collaborate and to have fun exploring different approaches to open-ended problems.

## **How to help during and beyond the challenge**

Your role is to simply get involved!

With your child, check out the challenges and choose one that suits your family. The challenges have been designed as open-ended maths tasks that require limited amounts of time and materials. Your family might choose to complete one challenge in a short space of time, dedicate 20 minutes each day to a challenge over the course of a week or complete multiple challenges over a weekend.

When working on a challenge talk positively about maths so your child also values it. If your experiences in maths at school were less than ideal, avoid saying comments like 'I was bad at maths at school' or 'I didn't like maths because it was too hard.' These sorts of comments can lower children's own expectations of themselves and perpetuate myths about people being born naturally bad or good at maths.

Conversely, if you did well at maths in school, avoid jumping in with answers/solutions and instead encourage your child to talk about how they might work out maths problems as this helps boost their confidence.

Regardless of your own school experiences in maths, be reassured that maths today is not about learning by rote, with the focus instead on recognising that there are multiple ways to get an answer. Encourage your child to talk about the different strategies they might apply to the challenge/s chosen by your family.

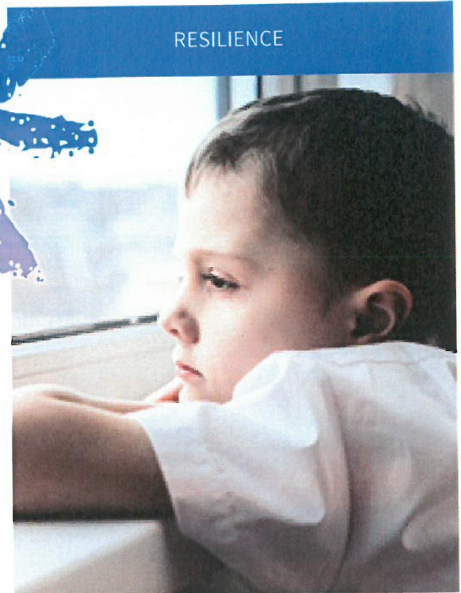
Decide as a family if you would like to submit a recording of your participation in a challenge. Your submission can take the form of a video or some digital photos.

Remember to maintain a supportive role in the learning process by helping your child to recognise that they already may know parts of the solution.

**To take the Victorian Maths Challenge go to:**

**<http://vmc.global2.vic.edu.au/>**





## Four reasons why your child or teen may be anxious

by Michael Grose

*Increasingly, Australian children and teenagers are experiencing anxiety at levels that are affecting their mental health, school achievement and happiness. As a loving parent you naturally want to prevent your child or young person from being overwhelmed by anxiety.*

There are four main reasons your child may be experiencing anxiety.

### 1. You are passing your anxiety and stress on to your child

Anxiety is a function of groups – it rarely happens in isolation. Many parents I meet in my work are stressed by their lives and fearful for their children. The contagious nature of anxiety means that parents often pass their stresses, worries and fears on to their children. Legendary psychologist Martin Seligman found through his research that children have a significant propensity to copy their primary parents' explanatory style by eight years of age. If parents see events through the frame of stress, anxiety and fear then they are passing this same frame on to their children.

### 2. Your child is overloaded

Few would argue that an active child is a healthy child. However it seems that we now have too much of a good thing as Australian kids have a smorgasbord of organised pre-school and after-school activities to keep their minds and bodies active. Many of these activities have a high performance element attached (get that badge, win that game, attain that level) so that kids are always striving or attaining. The pressure to perform is always there. Activity overload is a particular problem for achievement-driven, anxious types of kids – classic first-born child characteristics.



### 3. Your child doesn't play enough

Play is the release valve for the pressures of a high performance, serious life. It's the way kids have always relaxed and let off steam. The best type of play for relaxing and letting off steam is generally physical play that takes place outside. Your child may play a great deal on a digital device, but this activity stimulates the brain rather than rejuvenates it.

Organised sport doesn't fit the play category if it adds to their anxiety rather than releases it. Kids need to be involved in play that's fun, rejuvenating and enjoyable. They need to look forward to it rather than fear it.

## 4. Your child focuses too much on the future

Some children are born to worry. They fret about seemingly simple activities such as starting a new school term, going to a birthday party or who's picking them up from school at the end of the day. Worriers are future oriented, anxious about things that haven't happened yet. These type-A anxious types don't know how to stay in the present. Their minds constantly wander ahead to what may happen. They benefit from learning relaxation techniques such as mindfulness and deep breathing that anchor them to the present, temporarily releasing them from their worries and anxieties. When kids learn these techniques from a young age or even during adolescence they are likely to become hard-wired for life.



There is so much we can do to equip children with the tools they need to manage their anxiousness and worries, and to prevent these from accelerating into full blown, debilitating anxiety. We can start by looking at our own lifestyles and make changes that may alleviate the stresses that inevitably trickle down to our kids. We can also take a look at our kid's lifestyles and activities and make sure they contain a healthy balance between high performance and fun. Most importantly, we can provide kids with the tools and skills to recognise, manage and cope with anxiousness so that they have autonomy over their own mental health and wellbeing, both now and into the future.

You can attend our upcoming webinar, *Understanding Anxiety*, at no cost!

As your school is a Parenting Ideas Schools member, you can attend our upcoming webinar *Understanding Anxiety: How it impacts kids and the important role of parents* at no cost! Use the voucher code below to register for the webinar valued at \$37 per person.

### About the webinar

When a child experiences anxiety it can be really hard for parents to understand what's happening and how best to respond. In this webinar, Dr Jodi Richardson helps parents to recognise and understand anxiety, how it affects learning and happiness, and the practical steps to lessen its impact on your child and your family's quality of life. Listeners will also learn:

- the origins of anxiety
- signs and symptoms of anxiety
- practical strategies to help anxious kids
- the importance of validation
- when and where to seek help

### When

Tuesday 5 June 2018 7:30pm – 8:30pm AEST.

Catch up available: If you can't make the scheduled webinar time, you don't have to miss out — simply register for it and a recording will be made available for you to catch up anytime. This recording will be available to everyone who registers, which also means those who attend can listen to it more than once.

### Price

This webinar is \$37 per person to attend, and is free of charge to families at schools that have a Parenting Ideas membership.



## How to use the voucher

1. Go to [www.parentingideas.com.au/product/understanding-anxiety-webinar](http://www.parentingideas.com.au/product/understanding-anxiety-webinar)
2. Click 'Add to cart' and proceed to the cart when you are ready.
3. Enter the coupon code and click 'Apply'. Your discount of \$37 will be applied to the order.

## Your Parenting Ideas Webinar Voucher

### Webinar: Understanding Anxiety

Guest Speaker: Dr Jodi Richardson

05 June 2018 - 07:30pm



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schools



### Michael Grose

Michael Grose, founder of Parenting Ideas, is one of Australia's leading parenting educators. He's the author of 10 books for parents including *Thriving!* and the best-selling *Why First Borns Rule the World* and *Last Borns Want to Change It*, and his latest release *Spoonfed Generation: How to raise independent children*.