PRINCIPAL’S REPORT

- **Congratulations** to our Debutantes on a very successful Deb Ball held last week. This great event was carefully planned and supported by TSPA and the parents of the students involved.

- **Congratulations** and well done to our Year 3-6 Swimmers who were outstanding at the Western Region finals held in Warrnambool last week. The following results were achieved:
  1st Place, 11 y/o Boys Freestyle relay: Eben White, Zach Lenehan, Taj Quarrell and Zach Ellemor; qualified for the State Finals.
  2nd place, Girls Medley relay: Susanna Ryan, Sophie Gleeson, Abby Trotter, Johanna McKenzie
  3rd place, 11y/o girls back stroke : Olive Andrew
  2nd place, 11y/o boys butterfly: Zach Lenehan
  2nd place, 11y/o boys breaststroke: Eben White

- **Congratulations** to our Year 7-12 Athletic Age Champions pictured top right: Willem McKenzie, Ben Matthews, Aimee Hose, Sean Lenehan, Liana Delaney & Ahliya Harris (absent from photo)

  We have had a big term of sport with our 3-6 District Athletic Sports Carnival and the 7-12 Western Region Swimming Finals held yesterday. Results from these events will be published in next term’s newsletter.

- The Country Education Project (CEP) has been working in the area of rural and remote education for over three decades. Many of our students have the opportunity to contribute to this organisation annually. Each year 2 students from our school are selected as CEP Rural Youth Ambassadors. The aim of the ambassadors is to improve educational outcomes. Recently Year 12 student Ahliya Harris (pictured above with the Victorian Minister for Education Hon Mr James Merlino) met with other rural students, Minister Merlino and other key personnel from the Department of Education to discuss important challenges facing rural students including:
  - Compulsory positions for student teachers in rural schools.
  - Promotion to encourage teacher into rural schools
  - Developing of greater collaboration of sharing teachers between schools.

SCHOOL CAFETERIA AND A AND B BUILDING ARE PEANUT AND TREE NUT FREE ZONES
• **Get Warm for Winter!!!** Warm practical school uniform items now available at Lowes including winter jacket, school beanie and scarf (available through the canteen)

Confidence improves through building on small successes, so make sure you celebrate your child’s improvements and successes.

When a child says he or she can’t do something that you know he or she can do, try not to get caught up in the attempts to avoid doing the task.

Instead, try and motivate the child by making the task fun and interesting. You might set a challenge to help make learning fun, for example: “I wonder how many spelling words you can get through in one minute?”

Reminding children of positive goals can also help them to keep trying, for instance: “Keep practising a few more times. Just think how proud you will feel when you are ready to perform in a couple of weeks.”

3. **Dealing positively with disappointment**

Children need to learn ways to deal with disappointment positively, and to feel good about their efforts - win or lose.

When children are disappointed, it’s easy for them to get into an “I can’t” or “I’m no good” mindset, which can chip away at confidence.

Parents and carers can help children focus on their own efforts and on achieving personal goals as the best way to measure success.

Here’s some good tips for helping children deal positively with disappointment:

- Responding sympathetically and with encouragement (eg. “that was disappointing, but at least you had a go.”).
- Helping children focus on what they can change to make things better, rather than thinking that the situation is unchangeable or that there is something wrong with them (eg. “What can you try that might make that work better next time?”)
- Challenging “I can’t” thinking by showing and saying you believe in them and reminding them of what they have achieved.

Have an enjoyable Easter break!

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**Kids Matter**

**Three ways to help children become more confident**

Feeling confident helps children do well in all aspects of their life, both now and into the future.

Confidence is important for developing and maintaining good mental health as confident children are more able to build positive relationships, do better at school and become happier, successful adults.

**Confident children are motivated learners**

Children who are confident are motivated to engage in more experiences; they expect to have successful and positive experiences because they have done so in the past.

Children who lack confidence in their abilities can sometimes try to avoid having a go at some things and this can stop them from developing the skills they need to tackle tasks confidently.

**Three ways to help children build their confidence**

Kids develop confidence and a sense of independence when they see how others react to their abilities.

Here are some ways parents and carers can help build children’s confidence:

1. **Encouraging them to participate and have a go**

Encouraging children to have a go and valuing individual improvement is one good way to support children’s confidence.

Participation is less about winning and losing, and more about valuing individual effort, persistence and improvement.

It’s important to celebrate with children the experience of participating in something for the enjoyment it creates, rather than for a reward.

2. **Supporting their self-esteem**

Confidence and self-esteem go hand in hand. It’s important to help children feel positive and accept themselves the way they are, and see that they don’t have to be as good as everyone else.

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**SEAN FITZPATRICK**

**ACTING PRINCIPAL**

A big thank you to all the families who have paid their ‘Essential Education Item Levy’ to date. We appreciate your prompt support.

A reminder to families: if you would like to organise a payment plan you can do so by contacting the general office.
ASSISTANT PRINCIPAL’S REPORT

Student interim reports will be collated and distributed at the end of week two in term 2. Students should ensure that all work is up to date and can use the holidays to recharge the batteries. Year 9 students have successfully completed the BRICKS (Building Resilience in Corangamite Kids) program. It is an early intervention program to recognise and strengthen the personal assets of young people in the Corangamite Shire. BRICKs is a program to improve the emotional resilience of adolescents. It is a collaborative approach that integrates a number of sectors such as local government, health services, youth services and local secondary schools.

Congratulations to our 2016 Debutantes for a great evening of fine formal attire and awesome dancing. Zoe Greenslade-Brown and Andrew Bell provided a Rock and Roll Dance display to get the crowd ready to hit the dance floor. Well done to TSPA for your support and organisation of the students. Have a safe and happy Easter holidays.

GABBY THEOLOGOUS
ACTING ASSISTANT PRINCIPAL

Tertiary Information Service: 21st April
On Thursday 21st April, our year 12 VCE students will be attending the TIS session. Representatives from Victoria’s universities, TAFEs and independent colleges will be in Camperdown to provide information about the application process for tertiary courses and the range of study options available, to help them make informed choices about their future. Parents and students from Years 10 and 11 also have the opportunity to attend a session on Wednesday 20th April in Warrnambool.

Vietnam Study Tour 2016
Our Tour – leaving on the 20th June is well underway in terms of planning, passports and packing!
We have a travelling party of 32 people, including 3 parents. We will be holding an information session first week back in term 2 on Tuesday the 12th April at 4 pm in the school library for families involved. We have lots to discuss. Hope to see you there.
Kayleen Deppeler, Nigel Mottram, Marc Graesser and Amanda Nash.

Taste of Secondary
On the 17th of March the Year 6 students from Timboon and Simpson went off to the high school for a Taste of Secondary Education day. Everyone enjoyed traveling around the high school doing different classes. I really loved going to art with Mrs Hegarty, because we got to use some oil pastels to create amazing works of art. Everyone really enjoyed science, cooking, history, art, home group and sport! On behalf of the Year 6 students I would like to thank all the teachers for organising this special day.
Willow Smith

CANTEEN NEWS

CANTEEN ROSTER

TERM 2
WEEK 1 (11th – 15th April)
Mon 11th Peta Williams
Tues 12th Emily McKenzie Angelique Cangelis
Wed 13th Katie Millard
Thurs 14th Lisa Savage
Fri 15th Melinda Drysdale Sheryn Vogels
12:00 – 2:00 pm Monique Fitzpatrick

WEEK 2 (18th – 22nd April)
Mon 18th Sarah Cumming Terri-Anne Stansfield
Tues 19th Tanya Delaney Cherie Mungean
Wed 20th Megan Ellis Susan Van Rijthoven
Thurs 21st Charlene Payne
Fri 22nd Brett Hough Bronwyn Lenehan
12:00 – 2:00 pm If anyone can volunteer in the blank time slots above it would be appreciated.

No Timboon Demons under 12 Football Training next Thursday, 31st March
Timboon Mixed Squash Pennant
Tuesday and Wednesday Nights
Pennant starting 12th April
Ladies Squash Pennant
Thursday Mornings
Pennant Starting 14th April
Junior Squash Pennant
Thursday after school
Seedings 14th April
Pennant Starting 21st April
New Players Welcome
Contact: Katrina Currell 55983443

Timboon Demons Netball Development Squad.
Timboon Demons will be running a netball training development squad over the football / netball season in 2016 (Minimum age: player must be turning 10 this year).
Training will be on Thursday nights 4 - 5.30pm and will focus on developing many valuable netball skills including: Defence, Attack, Catching, Passing, Court positions, Footwork, Interception, 3 Feet, Rebounding, Shooting Technique and most importantly Team Work.
Training will start on Thursday 14th April at 4pm at Netball Courts - Timboon Recreation Reserve.
Please contact Christie Berry on 0400610122 or Brooke Barnewall on 0438580419 with any questions.

CORANGAMITE LIONS FOOTBALL CLUB
Training is on Tuesdays, from 5.30pm – 7.00pm at Scotts Creek Recreation Reserve on the Cobden-Port Campbell Road

Training for UNDER 16s commences next Tuesday, 29th March
Under 13s – from approximately Grade 3 onwards
Under 16s – from approximately Year 8 to Year 10
Contact Jacqui on 0427 351 443 if you have questions