**EYE ON SEAFORED**

**From Reality We Gain Understanding**

### FROM THE PRINCIPAL’S DESK

I would like to take this opportunity to welcome you all back to the 2016 school year with the hope that you all had a relaxing and enjoyable break and were able to have some family time.

Last Wednesday and Thursday all of the school staff attended a two day conference on the 7 Habits of Highly Effective People. This was a valuable experience for all of us, on both the personal and professional level. This program will be followed up in April with the third day of the program which is entitled, “The Leader In Me”. This will give our staff the capacity to work with the children in developing in them the 7 Habits, to also increase their effectiveness in all that they do.

The 7 Habits was developed in the United States in the 1970’s and was first published as a book in 1989. It is a “business and self-help book written by Stephen R Covey. Covey presents an approach to being effective in attaining goals by aligning oneself to what he calls “true north” principles of a character ethic that he presents as universal and timeless.” (Wikipedia). The professional learning program that we all took part in is a program not specifically designed for educators. It is universally presented to a wide and diverse range of people the world over from all walks of life.

The 7 Habits is something that you will hear much about as we roll it out at Seafor Primary School over the coming months and years and it is something that we also want our parents to embrace. Further information will be provided to you through specific notices, in the newsletters, on our website and in planned forums during the latter part of this year and beyond. However, if you would like to find out more, then I would encourage you to google it. There is no shortage of information available.

On our first day of school for students last Friday, we assembled all of the children together and, among other things, outlined our expectations of them. The main areas we believe we need to focus on is, what is and isn’t acceptable language, the need to interact with everyone in a respectful and positive manner and the need to ensure at all times that we act in a way that provides a happy and safe environment for everyone. Please take the time to speak to your children about these three things, what that looks like in terms of their behaviour and attitude, and let them know that these are the things that you also expect from them.

At our first full assembly tomorrow, we will welcome an important guest, Ms Sonya Kilkenny, the local member for Carrum in the Victorian Parliament. Ms Kilkenny will be presenting the leadership badges to our school captains, house captains and year 6 leaders. The assembly will commence at about 2.50 and all parents are encouraged to attend. Our Grade of the Week program will recommence at next week’s assembly.

You may be aware through the media that some schools have received threatening phone calls. Whilst it is fortunate that these threats have been hoaxes, in the event that our school receives similar threats then we will take them seriously and enact our Emergency Management Plan. As always, the safety of our students and staff is our number one priority. To assist with this we plan to have an advertised evacuation drill tomorrow morning to practice with the children what they need to do in the event of an actual event.

I would like to take the opportunity to remind you that my door is always open, so that at any time during the course of the year, if you have a concern or issue you would like to discuss, please just come to see me. I am looking forward to working with you all in making 2016 a great year for everyone.

Regards

Michael
COMMUNITY NEWS

Displayed on the Noticeboard in the front foyer of the Office.

- Living with Autism Workshops—Ballam Park P.S. and Woodlands P.S. February and March dates.
- Skye United FC Team registration
- Girls Guides—Seaford
- Chelsea Junior football Club registration day
- Build your life skills through performance—Stage School Australia

FREE TO A GOOD HOME

2 Semi Long haired Tabby kittens
16 weeks old
Would be nice if they could go together
Please contact
Julie: 0422 747 206

CANTEEN

The canteen operates Fridays during the term beginning this Friday 5th February.
This is a great way for the new Prep parents and other new families to be involved in the school and make their child’s day when they show mum or dad off to their friends. Please do not hesitate to let Erica or myself know if you would like to assist in the canteen at some point- whether weekly, fortnightly or monthly as we sometimes struggle for volunteers and the more helpers there are, the more fun it is for everyone.

Michael Woolsey – Student Wellbeing

STUDENT SUPPORT FUND (SSF) AND CAMPS, SPORTS AND EXCURSION FUND (CSEF)


PLEASE PROVIDE A COPY OF THE CONCESSION CARD WITH THE APPLICATION.
Expression of Interest Form

Kids’ “Relaxation Therapy” Sessions

I am passionate about working with children to help them learn how to self-regulate their own anxiety, i.e. how to recognise and take control of their own stress and anxiety in all areas of their life and in all settings.

I have worked in the school system as an Aide in both the mainstream and special school settings and I have been running Kids and Teens Managing Anxiety Sessions for the last 18 months with great success. I have been working with kids with Autism for over 5 years now having a son with Autism and working in various roles in the Autism community.

High anxiety is a growing concern and affects all of our kids at some stage. Arming our children with the tools and strategies to handle this when it arises is of the utmost importance to their general wellbeing. Seaford Primary School and myself acknowledge this and would like to provide your child with the opportunity to attend these sessions.

Each session will be 30mins in duration and will involve a general discussion, a meditation and at least one more of the following anxiety management techniques: Tai Chi, Yoga, Breathing Exercises, Brain Gym, Hand Mudras and/or Acupressure points.

The successful use of these techniques WILL improve your child's:

<table>
<thead>
<tr>
<th>Self-Esteem</th>
<th>Self-Confidence</th>
<th>Sleeping Patterns</th>
<th>Social Skills</th>
<th>“Tantrums”</th>
</tr>
</thead>
<tbody>
<tr>
<td>Focus</td>
<td>Concentration</td>
<td>Panic Attacks</td>
<td>School refusal</td>
<td>Head Aches</td>
</tr>
</tbody>
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Weekly sessions will commence Thursday 18th Feb (during lunchtime) and will run for 6 weeks. Students will be divided into the following groups, grades P-3 and then 4-6. (5-8 kids per group)

Fees are payable (via bank transfer or paypal) directly to Rainbow Light Therapies as follows:

$20.00 deposit by Wednesday 10th February

$45.00 balance payable by Wednesday 17th February.


Paypal: knorto@optusnet.com.au

Please complete the lower part of this form and return to the office by Wednesday 10th February. A Consent will then be emailed to you. I can be contacted at any time on 0401 561923 with any queries.

Kim Norton

Full accreditation, Insurance, Working with Children Check and First Aid Qualifications are assured.

Kids’ “Relaxation Therapy” Sessions

Childs Name: ____________________________ Grade: ____________________________

Parent / Carer Name: ____________________________ Phone: ____________________________

Email:------------------------

Amount Paid: ____________________________ Paypal / Bank Deposit (Please circle)
# Seaford Café Lunchtime Menu

(Open Friday only)

## HOT FOOD
- Plain chicken burger: $2.30  
  (Mayo optional +free)
- Tomato, cheese, lettuce: ea $0.10
- Hot Dogs (plain): $2.00
- With cheese/mustard: $2.20
- 1/2 Hot Dog: $1.00
- Party pies/ sausage rolls: $0.80
- Chicken Nuggets: $0.60 ea

## SANDWICH BAR
- Vegemite or cheese: $0.80
- Ham or chicken: $1.30  
  (lettuce, tomato or cheese): $0.10 ea
- Lettuce, tomato and cheese sandwich: $1.20
- Salad tub (lett., tom., cheese): $1.00

## DRINKS
- Hot chocolate (cup): $0.70
- Flavoured milk: $1.50  
  choc, strawb, h/comb $0.60
- Hot Chicken Soup: $1.00
- Prima 100% (orange, app, trop, app/ blk): $1.20

## SNACKS
- Frozen yoghurt: $1.40
- Fruit and jelly cup: $1.20
  - Salt + vin or BBQ vege chips or Arnotts shapes $0.80
- Frozen fruit Tubes: $1.00
- Dairy (moosies) tubes: $0.70
- Seasonal fruit: $0.20
- Licorice: $0.20

**Snacks are only available at luncheon. Paper bag: $0.10**