



## News From Kananook: Term 1, Week 8

Subscribers Name

Our website has been loaded up with important dates and information. We have some great Recent News articles posted and some reminders about excursions and fundraising.



### PTF news

Easter Raffle Tickets, Special Lunch and Hot Cross Buns.

Please read further information for due dates and to ensure you don't miss out on these special offers and events.

### Hot Cross Buns

Thank you to everyone who ordered Hot Cross Buns from Bakers Delight, these will be sent home with your child Tuesday afternoon.

### Special Lunch

We have a hot dog and hot cross bun special lunch on Friday 31st March. Notices will be sent home this week. Please hand money and form in by Wednesday 29th March. Late orders will not be accepted. Parent helpers will be needed from 12pm on Friday 31st March to cook the hot dogs. Any help is greatly appreciated. Click on the link for the Hot Dog Notice.

[http://www.kps.vic.edu.au/uploaded\\_files/media/hot\\_dog\\_notice\\_1.pdf](http://www.kps.vic.edu.au/uploaded_files/media/hot_dog_notice_1.pdf)

### Easter Raffle

Please send your donations in early next week. Raffle tickets are due in by Thursday 30th March. Raffle will be drawn on Friday 31st March during the Easter Bonnet Parade.

[Visit our PTF tab to find out about our other Easter Fundraising Event.](#)



### Upcoming Excursions

Year 2/3/4 Children will be attending "Mr Stink" at the Melbourne Art Centre on Thursday 30th March

Year 5/6 children will be attending a Sport's Day along with other schools in our Network on Tuesday 28th March

[Notices can be found under the Parents Tab in our menu bar.](#)

**SAVE THE DATE:**

Friday 21st April For the District Field Events that will be held at Ballam Park. Trials were held last week and Mr Crouch is busy making selections for each of the age groups. Our Field Event team will be published shortly. Thankyou to all the teachers who helped run the trials.

[Please Click Here on the link for the Field Event Notice.](#)



**1FM Celebrated St Patrick's Day**

1Fm celebrated St Patrick's day last Friday, 17th March, as Mrs Fimister is Irish! They made party glasses, did Irish dancing and learnt an old Irish skipping song. Afterwards the students wrote a recount about their activities. They enjoyed the day immensely and Mrs Fimister made sure they all left school with a little Irish luck!



**School Banking day is Tuesday.**

Remember, Tuesday is School Banking day and students should bring in their weekly deposit.



[For advice on how to fill in the deposit slip, please follow this link.](#)

For every deposit made at school, students will receive a silver Dollarmites token. Once students have individually collected 10 tokens they can redeem them for an exclusive School Banking reward item in recognition of their regular savings habits.

School Banking is also a great fundraiser for our school, raising 5% on every deposit made through the school (to a maximum of \$10 per individual deposit).

If your child has lost their book, they can bring their money to school in a sealed envelope with a note on the next School Banking day. We will issue them with a replacement.

Thank you for supporting the School Banking program at Kananook Primary School. We would also like to thank the wonderful parents who volunteer as our School Banking Co-ordinators and process our banking every week.



### **Do you give your children 8 minutes of attention per day?**

Stop what you're doing and give 100% attention to each of your children for at least 8 minutes a day. Small emotional investments like one-on-one, quality time now will help ensure your kids grow up feeling safe, valued and listened to.

Time is precious...but not as precious as your children. That's why it's so important to set aside at least 8 minutes every day of distraction-free time to engage with each of your kids, one on one, without interruptions. Put down your phone, iPad or laptop and take the time to really BE with them - exchanging stories, asking and answering questions, sharing a laugh...whatever works best!

Your child will feel more listened to, valued, safer and happier. Studies show that kids who receive this kind of attention do better at school, with greater language skills and higher self-confidence. With benefits like these, there's no better way to spend 8 minutes a day.

### **ACTIONS**

- Sit down with your child for at least 1 meal every day.
- Read a book together before bed or tell a story of your own.
- Ask questions about your child's life that need more than a one-word answer.
- For older kids, discuss a news item they might be interested in.



### **Real School Curriculum Day**

As a school moving towards embedding a "Restorative Culture" we know the importance of teaching empathy in our students. Adam Voight highlighted this at our recent Curriculum Day. Take a moment to view this short clip as you listen to Adam give insight into the importance of empathy.

[A video explaining how important it is to teach empathy to our students.](#)

Archived Videos from the Real School Program building a Restorative Culture at Kananook.

[Video 1- Introduction for parents](#)