



Oak Park Primary School will work collaboratively to provide a stimulating, safe and challenging learning environment that promotes resilient, innovative thinkers.

CALENDAR OF EVENTS

- Oct 29th – Nov 2nd** Grade 5/6 Camp to Phillip Island
- November 5th** Student Free Day
- November 6th** Melbourne Cup Day
- December 6th** Carols Night
- December 11th** Year 7 Transition Day
- December 12th** Grade 6 Big Day Out
- December 18th** Grade 6 Graduation
- December 21st** Last day term 2018

Principal’s Column

Not every act of meanness is bullying

By Michael Hawton, Child Psychologist (MAPS) and ParentsShop founder.

One of our jobs is to help children and young people to interpret events proportionally. However, in recent times, I have seen a shift involving the wrong application of words like *trauma*, *depression* and *bullying*. When these very meaningful words are misused, their misuse can result in unwanted consequences. What might be the ‘unkind’ behaviour of another may, in fact, not be ‘bullying’. In this article we discuss the differences between unkindness and bullying – and how defining the two correctly can teach kids resilience and how to cope with conflict.

Anyone who spends a great deal of time with children or simply remembers their own childhood, would know that children can be downright mean. An experiment by Debra Pepler at York University brought together children from years 1 to 6 who were identified by their teachers as particularly aggressive or particularly non-aggressive. What the study found was that, on average, mean behaviour from the aggressive children was displayed every two minutes and, most revealingly, from the non-aggressive children every three minutes.

Conflict is unfortunately a part of life that we all deal with, no matter what age.

Bullying is, however, way more than that and can have serious and sometimes tragic consequences.



Uniform Award

This week’s
Uniform Wearers of the Week Award
goes to

AVA KALIMERAS 2M

Congratulations Ava for setting such a terrific example to the rest of the school!



The Oak Leaf

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Yet the term 'bullying' seems to be readily bandied around these days for all forms of 'mean behaviour'.

According to 'Bullying No Way', the National Australian definition of bullying is:

"an ongoing misuse of power in relationships through repeated verbal, physical and/or social behaviour that causes physical and/or psychological harm. It can involve an individual or a group misusing their power over one or more persons. Bullying can happen in person or online, and it can be obvious (overt) or hidden (covert)... Single incidents and conflict or fights between equals, whether in person or online, are not defined as bullying".

The key terms in the definition of bullying is 'misuse of power' and 'repeated'. The key terms in the definition of what is not bullying is 'between equals' and while conflicts or mean and hurtful behaviour may upset a child tremendously, by labelling the mean behaviour 'bullying' we may be disempowering children.

It is important for children to understand the difference between someone being insensitive or mean and what constitutes bullying behaviour because being able to successfully resolve and navigate these situations is a huge step in their emotional growth and maturity. If the situation is deemed to be simply mean or hurtful behaviour it is important not to over-play this through misleading terminology (ie bullying) and offer ways for the child to address and resolve this themselves.

Teacher and writer Braden Bell spoke in his article for the Washington Post about his own personal

experience when hearing about one of his children experiencing negative and disparaging remarks from a co-worker. His initial fury led him to a biased judgement, defining the perpetrator as a bully but when he eventually calmed down, he realised it did not fit the definition (it was offensive behaviour but not bullying) and so he talked with his wife and then teenager to find a viable coping solution, which worked out in the end. A way parents can assist with this is by first acknowledging the mean behaviour, e.g., 'that was mean/rude/unkind of her/him' and then, as Bell suggests, prompting the child to seek some form of resolution or solution by asking "What are our choices?" And, as a follow-up, "What are the likely outcomes of those choices?". This may not be easy because of heightened emotions and the initial responses may not be great.

Parents who react too defensively for their child at every negative encounter with their child's peers may be doing more harm than good. In later years the child may not have the necessary tools to independently handle conflict and may feel 'victimised' in situations that don't go their way, potentially causing social engagement and relationship difficulties in later life.

Further in her article in Psychology Today, Eileen Kennedy-Moore, wrote:

... calling every act of meanness bullying sends an unhealthy message: It says to kids, 'You're fragile. You can't handle it if anyone is even slightly unkind to you.' As these children grow older, they demonstrate less resilience, sometimes publicly. The kids got more easily and deeply upset about perceived offenses, including situations that were unpleasant, but weren't really bullying. Beyond stunting their emotional maturity, their heightened reactions had negative



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social consequences, as peers responded by disengaging from them.

By defining the behaviour correctly, we are encouraging our kids to assess and respond in a way that with long term practice, creates resiliency and emotional maturity.

Michael Hawton is founder of Parentshop, providing education and resources for parents and industry professionals working with children. He has authored two books on child behaviour management: *Talk Less Listen More* and *Engaging Adolescents*. You can find more information, including his books and self-paced online parenting courses at

<https://www.parentshop.com.au/parent-courses/>

Kids Art Works

Visual Arts and PFA Kid's Artwork Fundraiser



The Visual Arts Program and the PFA are teaming up to do some fundraising, using student artworks created in art classes during the first few weeks of Term 4. The students are currently learning about some famous artists from around the globe, and these artists will provide the inspiration for the artworks created by the students from all year levels.

There will be some information and order forms sent home with the students shortly, explaining to how families can order their child's artwork that can be printed on items such as calendars, greeting cards and diaries.

Artworks being created by each year level:

Foundation – Student choice of a picture based on the works of George Seurat (Pointillism)

Grade 1/2 - Self Portrait based on the works of Pablo Picasso (Cubism).

Grade 3/4 – Modified version of "The Persistence of Memory" based on the works of Salvador Dali (Surrealism)

Grade 5/6 – Pencil and Pastel version of "Starry Night" based on the works of Vincent van Gogh (Impressionism).

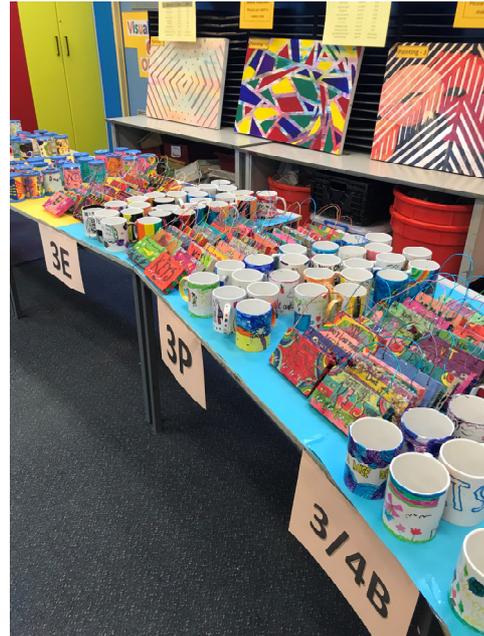
If you have any questions regarding this artwork fundraiser please feel free to see David Flint (Visual Arts Teacher) in the art room or email flint.david.p19@edumail.vic.gov.au Thank you for your continued support.

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Fete Art Sale

Student Art Sale @ 2018 School Fete

The Student Art Sale was a huge success at this year's school fete. Thanks to all of the families and friends of our wonderful community for purchasing some amazing artworks created by the students at OPPS. Money raised looks to be near double the amount raised at the 2016 school fete. A marvellous achievement! A special thank you to those students and parents that volunteered their time to assist with sales in the art room. Looking forward to the 2020 school fete and holding another student art sale bigger and better than ever!





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SAVE THE DATE:

Election Day BBQ 24th November

Fete Update

Thanks to everyone for making our Fete day so awesome. It was a pity the morning weather was not what we were hoping for, but the day certainly improved.

There will be a full report regarding the amount raised as soon as all financials are finalised.

Softball Finals

On Wednesday 24th October, the Girls Softball team attended the Division Finals in Ivanhoe East. The girls did an amazing job winning the first round against Richmond Primary School 21: 0 runs. However, the last round was extremely tight only getting beaten by Pascoe Vale North Primary School by 2 runs, with a final score of 4:6 runs. Massive congratulations to all the softballers who played this season and for making Oak Park proud by showing great sportsmanship and integrity.



5/6 Happy Campers

All students are having an awesome time. They are safe and in great spirits despite the early drizzle to start our Wednesday. At the moment we are all losing our minds at 'Amaz n Things' whilst trying to negotiate the crazy maze and all the trickery that goes on here. The illusions are mind boggling and the anti-gravity slide is a gut wrencher! Even the mini-golf here is nuts. Everything here is designed to challenge you. We completed our first round of camp activities yesterday and gee-whizz it was fun. The kids were exhausted and didn't waste any time getting to sleep. A well earned rest. Still, on it goes as we start our next exciting round of activities including raft building, canoeing and the giant swing. Disco tonight is going to be a hoot. Some amazingly scary costumes to go with our Halloween theme tonight have already made brief appearances, all in good fun though!

To conclude, I just want to say a big thank you to all the parents out there. You have done an



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incredible job instilling the values we hold important to daily life and I just want to say that all of the Happy Campers are doing you proud. Every one of them different, but the same. Great friends.

Thanks again and onwards we go. Good news too! The sun is beginning to break through the grey clouds and as my thumb is getting a workout, I see sunshine once more! Woohoo!! See ya's in the soup!

Signed,
Happy Campers, Fabulous Parent Helpers and the incredible teachers of Oak Park PS.

Snack Art Incursion

This term, the Foundation students have been exploring the 'Big Idea' of Health as part of their Challenge Based Learning. They have been specifically investigating how to keep their individual bodies healthy with a focus on healthy eating, oral hygiene and exercise.

Last Wednesday, the Foundation students participated in a 'Healthy Eating: Snack Art Incursion' run by Daily Nutrition. The Snack Art School Incursion educated our students about healthy food choices and how good nutrition helps our muscles and bones. The session used a variety of fun activities and food tasting. The Foundation students loved creating their own 'snack art' pieces using a variety of vegetables, fruits and grains which they were also able to eat at the end of the session. It was wonderful to see

them apply their knowledge in such a fun and interesting way!





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Principal For a Day

A huge congratulations to Ethan Richardson in 3P for winning the Principal for a Day raffle at assembly last week! We can't wait to see all the fantastic things you get up to when you are our school Principal.

Here is a picture of Principal Ethan, make sure you say hello to him when you are in the playground.



Remembrance Day

Remembrance Day is Sunday 11th November. Students will be selling poppies before and after school next week. Prices and pictures are as follows:





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\$10



\$10



\$10

We would like to thank the following AMAZING sponsors who have made our fete possible:

Active Moreland	Francis Winifred Cafe	Polka Deli Glenroy
AFL	Glenroy RSL	Reece Maribyrnong
Akay Architects (Platinum Sponsor)	Global Footwear	Scholastic Australia
Australia Post Moonee Ponds	Go Climb Coburg	Sutton Tools
Barry Plant Glenroy (Platinum Sponsor)	Goodlife Gym Essendon	Sweet Nektar Cafe
Strathmore Community Bank (Platinum Sponsor)	Harvey Norman Coburg	Team Holiday
Bob Jane	IMAX	The Circus Spot
Bounce	Kapadia Pharmacy Glenroy	Tilnak (Platinum Sponsor)
Bunnings Coburg	Kelly Sports	Uniform Safety Signs
Cleanaway	Lamanna	Wax n Lash
Coles Coburg	Latitude Heidelberg	Oak Park Pool
Cross Keys Hotel	La Yoga	
Crown Security	Lizzie Blandthorn	



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Dairy Queen Glenroy	LTYB Strathmore	
Dan Murphy's	Luna Park	
David Herrod	McDonalds Oak Park (Platinum Sponsor)	
Don Smallgoods	Melbourne Guitar Academy	
EKC	Oak Park Family Chiropractic	
Elite Body Therapy	Officeworks Coburg	
Flexikitch	Pascoe Vale Hotel	
Flight Centre Melton	Peter Wallace Dance Industry	

Oak Park Pool Open

Oak Park Sports & Aquatic Centre were one of our Platinum Sponsors for our Fete. The 'new' Oak Park Sports & Aquatic Centre opened on **29th October!**

Come and take a look at the pools, slides, 24/7 gym & group fitness facilities.

There will be a family day on **Sunday 18th November from 2pm-5:30pm.**

There will be a jumping castle, snow cones & even a surprise guest!

Please support these businesses who have so generously donated to our fete fundraiser.



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WOW AWARDS

Class	Name	Awarded for
FH	Eliza Ward	For always being so kind and caring to everyone in our class. Thank you for always setting such a wonderful example
FP	Yusra Mohamed Idris	For always using your manners and kind words when speaking to others. Well done Yusra!
FS		
1/2C	Hamish Ward	For showing resilience and continuing to improve your work. Well done Hamish
1M	Adem Hikmet	For fantastic listening on the carpet and always striving to improve your work. Well done!
1H	Helena Bendon	For your outstanding listening, and trying your absolute best this week!
2D	Ruolan Wang	For the outstanding effort
2M	Hossein Afrakhteh	For changing your mindset and having a positive attitude towards your work. It made such a big difference
3P	Emmanuel Chalhoub	For working hard to be more organised and productive in the classroom. Keep it up!
3E	Tabitha Pereira	For constantly striving to complete your classwork to an amazing standard, in regards to your work on character profiles
4A	Maya Ilievski	For demonstrating resilience
4JW	Andreas Oltoumis	
Japanese	Olivia Silverwood 2M	For always putting in her best effort in Japanese sessions, answering questions and helping others. Great work Olivia
Art	Audrey Stubbs 1H	



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FAWKNER FESTA

JOIN US AT THIS FREE COMMUNITY EVENT

SUNDAY 11 NOVEMBER 2018
11AM-3PM
CB SMITH RESERVE
79 JUKES ROAD, FAWKNER

Music, dance, art, workshops, sports, stalls, delicious food and much more!

For more information phone 9240 1111 or visit moreland.vic.gov.au/fawkner-festa

Join girl guides



Make Friends
Have Fun
Learn New Skills
Leadership
Community Work

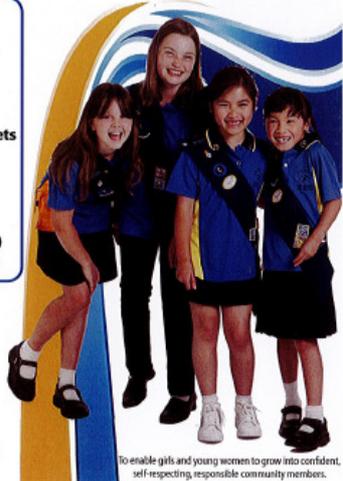
LOCAL CONTACT

Oak Park Girl Guides
Ages 7-14

We meet at our hall
Cnr Station & Strachan Streets
Oak Park

Mondays 6.30 - 8.00pm

Contact
Susan 0414 869 152 (SMS)
Carol 0407 313 051 (SMS)



Girl Guides Victoria
Head Office:
129 York Street
South Melbourne
VIC 3205
Ph: 8606 3500 or
1800 girl guides
E: guides@guidesvic.org.au
W: www.guidesvic.org.au

To enable girls and young women to grow into confident, self-respecting, responsible community members.

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Meincke School of Highland Dance



Meincke School of Highland Dance

Meincke School of Highland Dance - generations of Highland Dance Tradition.

Scottish Highland Dancing is a celebration of the Scottish spirit. From 3 years to adults it is a great way to develop good coordination, posture and overall muscle tone, not to mention having fun and meeting new friends.

For more information about lessons in your area Contact Jillian Meincke Like us on Facebook @MeinckeDanceSchool

JILLIAN MEINCKE
0457 250 157

Please join us at Coburg RSL Sub-Branch for our:

Lest we forget...

2018 REMEMBRANCE DAY SERVICE
SUNDAY 11 NOVEMBER @ 10.30AM

Marking 100 years since the end of World War 1
Guest Speaker: Dr Cheryl Griffin Author & Local Historian

~ EVERYONE IS WELCOME ~

The Service will be followed by a two-course lunch, plus music from "Simple Dreams" for just \$25.00.
For further details or to book for lunch, please phone us on 9386 2171.

COBURG RSL SUB-BRANCH
323 SYDNEY ROAD, COBURG
CELEBRATING 100 YEARS on 1 DEC 2018



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