Otway Light

As I write we are busily planning for our Parents and Community afternoon tea. This is also an opportunity for parents and students to meet with teachers to review learning progress. If you were unable to come please do make a time to meet with myself or your child’s teachers. I am very much looking forward to meeting with the community over the coming weeks.

Kyle O’Shannassy competed in Shot Put and Discus on Friday May 2. He came first in both and broke the record in shot put with an 11 metre throw. His discuss throw was an impressive 37 meters. When asked how he developed this skill, Kyle said ‘he had always been throwing stuff since he was a kid’. He now progresses to the Regional competition and, if successful like last year, he will progress to the State Championships. See the attached report covering the wide range of successful performances by our students.

Lavers Hill K-12 College is offering Cert 3 in Fitness. This is a great program endorsed by the Australian College of Sports Development. The course covers all aspects of exercise science qualifying participants to work as a gym instructor on graduation. We are very lucky to have our PE and Health teacher Kath Speirs teaching the program. Kath has a great relationship with the students and we also have students coming from Apollo Bay and Turning Point students. The Certificate is taught on a Wednesday from 10-3.20. The program is open to the community so don’t hesitate to contact the school if you would like more information.

There is a Dental Screening Clinic available to us this Wednesday 7th May. Forms were sent out earlier, but parents who have not yet sent the forms back may still wish to take advantage by bringing the forms to school on the day. Phone the College office on 62373213 for details.

Andrew Kohane

Dates to Remember:

Wednesday 7th May – Dental screening clinic in the College
Thursday, 8th May - Canteen continues operation (See attached menu)
Friday 9th May - The Age VCE and Careers Expo
Monday 12th May – Year 7 & 8 excursion to Tower Hill
Tuesday 13th May – Thursday 15th May - NAPLAN testing
Last Wednesday the Year 3-6 class shared a lesson with Camperdown Year 4/5 via the video conferencing unit. The students had prepared well and ran 4 different activities with the other students. We are hoping to share more lessons with the Camperdown students over the year.

Here’s what some of them had to say about the experience:

“I had lots of fun playing and getting to really meet the people. It helped me learn four new games”
- Bryanna Bridgeman

“I enjoyed playing *Apa Hilang* and seeing the other class. It was useful for my learning and my speaking practise”
- Tom Gilbert

“I enjoyed listening to different people. It helped me say my foods in Indonesian”
- Matt Wyld

“I enjoyed doing activities with the other kids”
- Jaryd Ewert

“I enjoyed being able to communicate with kids from another school. It also gave me more confidence in talking in front of large groups.”
- Skye Martin

“I enjoyed talking to the other class. It helped me learn some new words.”
- Jacobi Guest-Johnston
Secondary Coastal Athletics Carnival in Colac
On Friday the 2nd of April five students – Dylan Clissold, Edward Langley, Kyle O'Shannassy, Zoe Brauer and I (Amy Brauer) - went off to compete in the Costal Athletics against the Colac Secondary schools, Apollo Bay and Lorne. It looked cold and like it was about to rain all down but that didn’t drag our hopes down or stop us from competing. We all did a fantastic job with the events we entered in and all of us ended up placing in our events.

Dylan competed in the Javelin and came first with an outstanding throw of 41.7 metres. Not only did he come first but he also broke the record for that age group.

Edward competed in the Triple Jump where he came second and in the 400 meter where he came fifth.

Kyle competed in the Shot Put where he came first and broke the old record with his put of 11 meters exactly. Kyle also competed in the Discuss where he came first but missed out on beating the record.

Zoe competed in the 200m coming in first and beating the record with her run of 29.52 seconds. She also broke the 100m record with a run of 13.98 seconds and the discuss record with a throw of 28.16, again coming in first for both of these. She also competed in the Javelin, Long Jump and Triple Jump where she came second. Zoe’s ability in the athletics field was proven when at the end of the day she was awarded with the Age Group Champion for Under 14 year old girls.

I competed in the Long Jump, Javelin, 200 meter, Discuss and Shot put. In all my throwing events I came first and broke the records; Discuss 22.75 meters, Shot Put 8.9 meters and Javelin 24.7 meters. I came second in both the 200 meter and Long Jump. However, with my sprint in the 200 meter I was still able to beat the previous record.

Kyle, Dylan, Zoe and I will be moving on to compete in the Regional Carnival in Ballarat where if we get first we are then given the opportunity to compete in ‘States’. It’s fair to say everyone who competed on Friday did an amazing job and should be proud of their efforts. Good luck to everyone moving on to Regionals and I hope we can all perform even better than we did Friday.

Amy Brauer
Friday 2nd May, Primary Cross Country at Colac Botanical Gardens

Last Friday Jacobi, Bryce, Willem and Mitch went to cross country in the Colac botanical gardens. There were other schools there too that were much larger. When we arrived we got ready to race. Mitch, Willem and Bryce raced in the twelves group and Jacobi raced in the elevens. He was up first and next was Bryce, Willem and Mitch. In the twelves Bryce was our best runner, he came 3rd and Willem came 22nd but Mitch didn’t race because he hurt himself on the playground. Bryce went really well but after the race everyone was exhausted so we finished and went home and relaxed.

Colac Little Athletics are starting there Cross Country season as of next Monday the 12th May. Contact Kim Tucker, Secretary [teshki76@hotmail.com].

Primary News

PREMIERS READING CHALLENGE

New lists for writing books on for the Premier’s Reading Challenge are located on the Primary Newsboard (near the Home Eco Room). Students can help themselves to more lists as they need. Could completed lists be given to Miss Ferrari to enter the data.

STARS OF THE WEEK

Jack Fallon - Jack received the Star of the Week award for being a very caring, kind and thoughtful student when a class member was injured. Jack helped the student by getting them a chair to rest their sore leg on and he went and got the student’s books for him without even being asked. Well done Jack!

Jaryd Ewert - Jaryd received the Star of the Week award for his work ethic. Jaryd always puts in 100% in every subject. Well done Jaryd, keep up the fantastic effort!

SWIMMING

Our pool has finally been fixed so it is nice and warm so the swimming program for Pre-school and Primary School is back to normal!
Emotional Intelligence

The skills of communicating well and getting along with others are very important, and can be improved with practice.

What is ‘emotional intelligence’?

The set of skills involved in communication and relating to others can be called Emotional Intelligence (EQ). These skills include:

- Knowing your own emotions
- Recognising and being sensitive to other people’s emotions
- Knowing how to calm down when you are upset or angry
- Developing the skills of restraint—knowing when it is wise not to say or do something.

Developing emotional intelligence skills helps young people succeed. Study after study has found associations between high levels of EQ and success, for example:

- A major Asian bank found that EQ was a better predictor of workplace success of its employees than IQ.
- In a study of USA Air Force recruits, EQ was the best predictor of success.

- In a study of 286 organisations where job competencies of star performers at every level were analysed. The most powerful predictors were the EQ skills of awareness, self-regulation, self-motivation, empathy and social skills.
- Friendship skills also predict successful romantic relationships.

How schools can help children develop EQ

There are a number of programs that develop emotional intelligence in young people. These include Friends, The Heart Masters, You Can do It, Mind Matters, Kids Matter, and Bounce Back. Given the importance of these skills to long term success, it is important that schools make space in busy curriculums for these types of activities.
How parents can help children develop EQ

Identifying feelings
Parents are powerful teachers of EQ. You can help children to identify their own feelings by saying:

"You look a bit upset. Is that how you are feeling?" or "I wonder if you are feeling angry about that. What do you think?".

Young children can point to a series of faces drawn to show a continuum from happy to sad. Families sometimes use a variant of the 'fire danger' sign replacing the terms with feelings such as 'happy', 'irritated', 'annoyed', 'angry', 'ballistic'.

Calming down
Helping children to learn how to calm down when they are upset is also a critical EQ skill.
Parents can help children to do this by learning to rate their level of upset from 0 (nothing) to 10 (out of control) and to then start to talk (at a time when they are NOT angry) about ways to help them to calm down. This often differs for each child. Some need space and time alone whereas others if left alone become dangerous. Some need quiet time and others need to move and let off steam.

Reading other people's emotions
The third skill parents can help children to learn is to tune into and read other people's emotions.
This can involve playing guessing games with children such as:

"What do you think that person is feeling?", 'What sort of day do you think that person has had?", or 'What mood do you think that person is in?''

This can be good fun for children as it combines the ideas of guessing and spying with noticing the feelings of others. It is also helpful to have children learn how to read facial expressions so asking similar questions using photos of faces in magazines, newspapers and or television shows. As children become more skilled you can play the same sorts of games using only the eyes.
Being able to read the emotions conveyed by eyes gives young people a high level of skill in this area. The easiest way to do this is to take pictures of people's faces from magazines and use other pieces of paper to mask everything but the eyes (so it looks a bit like Ned Kelly's helmet) and ask children similar questions. Then show them a bit more of the face and ask again. It is amazing how quickly children get skilled at this.

Predicting other people's actions
Predicting the next actions of people is also useful. Parents can help children develop this by pausing or freeze framing DVDs and asking children to try to guess what the characters will do next.
**Canteen Menu (Held Every Second Thursday) Starting 1st of May.**

<table>
<thead>
<tr>
<th>Item</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Nuggets</td>
<td>$1.00 each</td>
</tr>
<tr>
<td>Corn on the Cob</td>
<td>$1.00 each</td>
</tr>
<tr>
<td>Steamed Dim Sims</td>
<td>$1.00 each</td>
</tr>
<tr>
<td>Spinach and Ricotta Pitzzi</td>
<td>$1.00 each</td>
</tr>
<tr>
<td>Party Pies</td>
<td>$1.00 each</td>
</tr>
<tr>
<td>Sausage Roll</td>
<td>$2.00 each</td>
</tr>
<tr>
<td>2 Minute Noodles Beef or Chicken</td>
<td>$2.00 each</td>
</tr>
<tr>
<td>Pies</td>
<td>$3.50 each</td>
</tr>
<tr>
<td>Pastie</td>
<td>$3.50 each</td>
</tr>
<tr>
<td>Salad Sandwich Multigrain</td>
<td>$3.50 each</td>
</tr>
<tr>
<td>3 Nuggets with salad</td>
<td>$3.50</td>
</tr>
<tr>
<td>Chicken Salad Wrap</td>
<td>$4.50 each</td>
</tr>
<tr>
<td>Tuna Salad Wrap</td>
<td>$4.50 each</td>
</tr>
<tr>
<td>Chocolate Milk</td>
<td>$1.50 each</td>
</tr>
<tr>
<td>Strawberry Milk</td>
<td>$1.50 each</td>
</tr>
<tr>
<td>Hot Milo</td>
<td>$2.00 each</td>
</tr>
<tr>
<td>Pumpkin Soup</td>
<td>$2.50 each</td>
</tr>
<tr>
<td>Juice</td>
<td>$1.00 per glass</td>
</tr>
<tr>
<td>Gingerbread Men</td>
<td>$1.00 each</td>
</tr>
<tr>
<td>Popcorn</td>
<td>$1.00 per bag</td>
</tr>
</tbody>
</table>

Lunch orders need to be placed in the basket in the office by start of Thursday morning.

First canteen day will be Thursday the first of May.