Hello and welcome to our fortnightly newsletter

Curriculum Day with Hayley Parfett – Pupil Free Day

On Friday, February 19th all staff will participate in a whole day Professional Development facilitated by Hayley Parfett, who is a Speech Pathologist. There will be no classes for students on this day.

Haylee has a strong passion for working with children who have complex communication needs associated with physical and developmental disabilities.

Haylee implements functional communication approaches within school environments, particularly in the use of PODD communication books to support the communication and learning needs of children with Autism.

Student accident insurance, ambulance cover arrangements and private property brought to schools
Parents are reminded that the Department does not provide personal accident insurance or ambulance cover for students.

Parents and guardians of students, who do not have student accident insurance/ambulance cover, are responsible for paying the cost of medical treatment for injured students, including the cost of ambulance attendance/transport and any other transport costs.

Private property brought to school by students, staff or visitors is not insured and the Department does not accept any responsibility for any loss or damage.

Wearing of School Uniform
Verney Road School has a school uniform which is comfortable and easy to maintain and is readily available to all families. Our school uniform provides a positive image for the child and the school.

Brimmed hats are to be worn in accordance with the school’s SUNSMART policy.

Summer Items:
Choice of either dark burgundy or white long sleeved polo top or skivvies with school logo. Senior Years student wear a navy polo Choice of navy blue or black plain shorts eg: cargo, stubbies, polycotton stretch knit or dress shorts.

Winter Items:
Choice of dark burgundy or white long sleeved polo top or skivvies with school logo.
Choice of navy blue or black track pants or cotton trousers eg: MaxDax, cargo or dress pants.
Choice of dark burgundy windcheater with school logo or hoodie without logo (hoodies ordered through school)

Students are expected to wear the correct school uniform when representing the school, leaving the school on excursions, participating in inter-school sports or other special activities.

Easter Raffle donations for the Easter raffle are required; please leave at the front office.

Prue Dobson
Acting Principal
### Date and cacao granola bars

Process 1/2 cup (70g) pitted dates in a food processor until smooth. Add 1 tablespoon cacao powder and 1 tablespoon melted coconut oil. Combine with 3 cups (270g) oats, 1/4 cup (45g) choc bits, 1 egg white and 2 tablespoons almond spread. Press into pan and bake at 180C for 30 mins or until golden. Cool. Cut into pieces.

### Chunky nut granola bars

Combine 2 cups (40g) puffed rice cereal with 1/2 cup (75g) cashews, 1/2 cup (80g) almond kernels, 1/4 cup (35g) dried cranberries and 1 tablespoon chia seeds. Stir in egg white, 2 tablespoons melted reduced-fat canola spread, 1/4 cup (60ml) maple syrup and 2 tbs almond spread. Press into pan and bake at 180C for 30 mins or until golden. Cool. Cut into pieces.

### Blueberry and yoghurt granola bars

Combine 2 cups (180g) rolled oats and 1/2 cup (40g) shredded coconut in a bowl. Stir in 1 egg white, 2 tbs melted coconut oil, 1/4 cup (60ml) honey, 150g blueberries and 200g Greek-style yoghurt. Press into pan bake at 180C for 30 mins or until golden. Cool. Cut into pieces.

### Traditional granola bars

Combine 2 cups (180g) rolled oats, 1/2 cup (35g) Kellogg's All-Bran Original, 1/2 cup (65g) reduced-sugar dried cranberries, 1/4 cup (50g) pepitas (pumpkin seeds), 1/4 cup (35g) slivered almonds, 1 tablespoon sesame seeds and 1 teaspoon ground cinnamon in a bowl. Stir in 1 egg white, 2 tablespoons melted reduced-fat canola spread, 1/4 cup (60ml) honey and 2 tbs almond spread. Press into a greased and lined 16 x 26cm slice pan. Bake at 180C for 30 mins or until golden. Cool. Cut into pieces.
Keep our hands in our laps.

Keep our legs crossed.

Listen with our ears.

Look with our eyes.

Lock our lips.

We have been learning to learn. We have practised the 5 Ls, and the school expectations. We have also practised some Key Word Signing.

Abbagail Beyatrice
Caleb
Callum
James
Joel
Lisa D
Lisa S
Sam
Discuss ‘dis with DJ Miles……..

Emotional Intelligence (EQ)
Key Skills for Raising Emotional Intelligence

When it comes to happiness and success in life, emotional intelligence (EQ) matters just as much as intellectual ability (IQ).

Emotional intelligence helps you build stronger relationships, succeed at work and school, and achieve your career and personal goals.

What is emotional intelligence?

Emotional intelligence (EQ) is the ability to identify, use, understand, and manage emotions in positive ways to relieve stress, communicate effectively, empathize with others, overcome challenges, and resolve conflict. Emotional intelligence impacts many different aspects of your daily life, such as the way you behave and the way you interact with others.

If you have high emotional intelligence you are able to recognize your own emotional state and the emotional states of others. You can use this understanding of emotions to relate better to other people, form healthier relationships, achieve greater success and lead a more fulfilling life.

Emotional intelligence consists of four attributes:

• **Self-awareness** – You recognize your own emotions and how they affect your thoughts and behavior, know your strengths and weaknesses, and have self-confidence.

• **Self-management** – You’re able to control impulsive feelings and behaviors, manage your emotions in healthy ways, take initiative, follow through on commitments, and adapt to changing circumstances.

• **Social awareness** – You can understand the emotions, needs, and concerns of other people, pick up on emotional cues, feel comfortable socially, and recognize the power dynamics in a group or organization.

• **Relationship management** – You know how to develop and maintain good relationships, communicate clearly, inspire and influence others, work well in a team, and manage conflict.

How to learn the key skills that build emotional intelligence

The key skills of emotional intelligence can be learned by anyone, at any time. There is a difference, however, between learning about emotional intelligence and applying that knowledge to your life. Just because you know you should do something doesn’t mean you will—especially when you become overwhelmed by stress, which can hijack your best intentions.

In order to permanently change behavior in ways that stand up under pressure, you need to learn how to overcome stress in the moment, and in your relationships, by remaining emotionally aware. This means that you can’t simply read about emotional intelligence in order to master it. You have to experience and practice the skills in your everyday life.

Darren Miles- Social Worker
FAMILY INFORMATION
NIGHT & BBQ
An information pack with an enrolment form for the 2016 Parish Sacramental Program will be available from the Parish Office from Wednesday 17th February. Children must be in Year 3 or higher to enrol in the program. Parish Office Hours are Tuesday to Friday 9am to 4pm or alternatively you can contact me via email sacramental.coord@bigpond.com.au to receive the information electronically. **Enrolments close Wednesday 2nd March, details of lodgement are provided in the information pack.** For further information, I can be contacted at the Parish House on Wednesday mornings 5821 2633 or via the above email address. Laura O’Sullivan (Sacramental coordinator)
Our class has already made waves in getting to know one another. We have enjoyed several activities over the last few weeks, but on Wednesday we learnt much more about each other by joining in the fun at our annual Swimming Carnival in Stanhope.

Now that we are some of the oldest boys in Early Years we are going to try really hard to show the younger students how we follow our school’s expectations of Being Safe, Responsible, Respectful and a Learner.
Can Saver Plus assist you with school costs?

Join Saver Plus and match your savings, dollar for dollar, up to $500 for educational costs including:

- school uniforms and textbooks
- computers, laptops and tablets
- excursions and camps
- sports equipment, uniforms and lessons
- music tuition and instrument hire.

You may be eligible if you have a Health Care or Pensioner Concession Card, are at least 18 years old, have some regular income from work (you or your partner), such as full-time, part-time, casual or seasonal work, and have a child at school or study yourself.

Contact Sharon Wandin your local Saver Plus Worker:
(03) 5822 8100 / 0439 067 021
or swandin@saverstreet.org.au

BERRY STREET
Post Separation
Co-Operative Parenting Program
3 Hour Seminar to help separated parents have healthy and strong relationships with their children.

Seminar includes:
- Ways of communicating with the other parent
- Impact of separation and conflict on children
- Setting goals for future parenting

Upon Arrival at KidsTown enjoy the free activities on offer for the whole family with a return walk or shuttle bus available if the kids are too exhausted to walk.

To register or for more information please contact: Berry Street, Post Separation Services.
Phone 5822 8100
## Verney Road School

**EASTER RAFFLE**

50 CENTS

<table>
<thead>
<tr>
<th>Prize Level</th>
<th>Prize Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>1st</td>
<td>Huge Hamper of Easter Eggs</td>
</tr>
<tr>
<td>2nd</td>
<td>Basket of Easter Eggs</td>
</tr>
<tr>
<td>3rd</td>
<td>Children’s Hamper of Easter Eggs</td>
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Prizes drawn Wednesday, March 27th

Thank You