

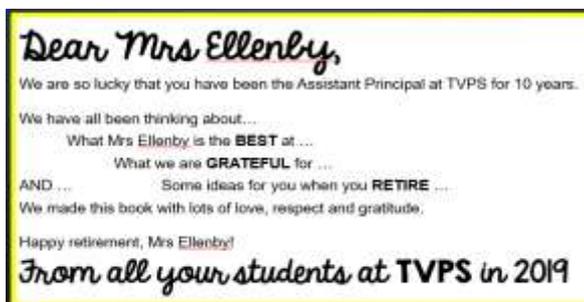
*From the Principal's Desk – Alison Rees*

**Farewell to Anne Ellenby**

*"The greatest sign of success for a teacher is to be able to say,  
"The children are now working as if I did not exist." - Maria Montessori*

For me, this quote is the epiphany of Anne. She is the quiet achiever who sits by your side, holds your hand and encourages you to be brave and try because she believes in you, and trusts in you, and knows that you can if you only take that first step.

The special assembly held on Wednesday to acknowledge Anne's career, and to thank and farewell her was a wonderful celebration. Members from all parts of our community – School Council, Parents' & Friends', and our students – spoke highly of Anne and her work at Templestowe Valley. The love, respect and high esteem in which Anne is held, clearly resonated through all the speeches. It was also very special for Anne to have her family with her to celebrate a career spanning thirty-eight years. Photos and parts of the students' presentations are below.



One final message to Anne –

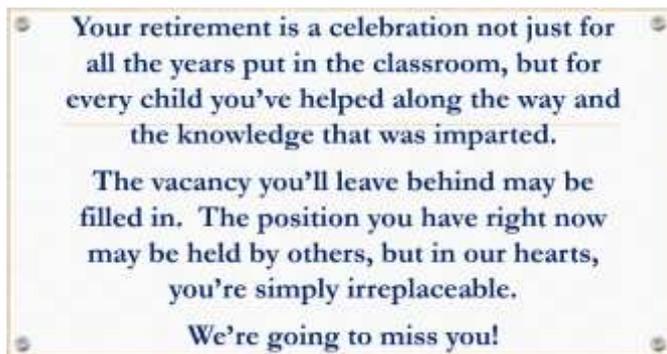
*I have known you just a short time, but your commitment to children and education is inspirational and shines through in everything that you do. You are a "high achiever". You're open-minded, generous, knowledgeable, modest,*

*courageous, responsible and highly respected teacher. You work tirelessly in your efforts to instil understanding, respect, tolerance, kindness, patience onto those who sit in front of you today - the future generations.*

*Your dedication to improving young lives has been inspiring. You will always be remembered as a caring, compassionate and inspirational teacher. For many years you have devoted yourself to educating children, now you can look back with pride at all you've accomplished.*

*On behalf of the school, I wish you good luck and all the best for the rest of your life as you bow out after spending meritorious 38 years of teaching service. There's no such thing as goodbyes and farewells when it comes to teachers... because their teachings forever stay in their student's minds and hearts.*

*Now, at last, you will have the chance to discover the beauty of the world, to do whatever you want and to be late whenever you want.*



Mrs. Ellenby, it is so sad to see you go,  
But before you leave, we want you to know,  
You are an inspiration,  
To our generation.

You are always at Lego Club,  
Even when you need a hug.  
You organise lots of games for us,  
Without any kind of fuss.

You taught us how to spell and read,  
You were always born to lead.  
'Thinking Hats' are your speciality,  
You always surprise us with your creativity.

You help people out,  
Like you are spreading confetti about.  
The garden is always a delight to see,  
Because you always working like a busy bee.

Yellow and black,  
The Tigers are back!  
It's your number one team,  
And you're living the dream!

You say 'You Can Do it!'  
Then you put your mind to it.  
If you have 'Keys to Success,'  
You will always progress.

Your precious family who want to see you  
more,  
Will be happy to spend time with you at the  
shore.  
You don't need any sugar, because you are so  
sweet,  
Now with all your hard work you deserve a  
really good treat.

SS will miss you so,  
It is so sad to see you go.  
We wish you farewell and all the best  
Enjoy your time and have a big rest!

Dear Templestowe Valley Community,

I am sitting in my office and making plans to head home. It hasn't even 'hit me' that it is the last day of term, yet alone the last day of my teaching at TVPS!

I had a WONDERFUL day on Wednesday – the assembly was a true TVPS kind of celebration – child-centred and sincere. There was every element that I could wish for – my school community, my Family, a book from the students and a very special song ... and some added surprises too!

The students have been extra delightful this week. Running up to me with huge smiles, bursting to tell me about the 'Secret', and I have never had so many warm and meaningful hugs!

I too am 'bursting' - with joy and pride and appreciation.

'THANK YOU' only has eight letters – not enough to adequately express my appreciation for the generosity of the TVPS community. I am absolutely 'gob-smacked' and overwhelmed by the thoughtful and generous gifts and well wishes, from groups and individuals in our community.

Again, sincerely THANK YOU dear friends, families, students and colleagues. You have made me feel very special and loved.

#grateful.

Love from,

*Anne Ellenby*

Assistant Principal Templestowe Valley Primary School (for 14 more days)

# Thank You!

## ***Student Celebrations***

I've had the best week this week. I've been hearing from lots of parents and students sharing celebrations as well as commendations. Here are just a few.

### ***Valley Titans Basketball Success***

Last night the Grade 1/2 Girls C school basketball team won their Grand Final. A great achievement for a group of girls in their first season.

The girls were always keen at training, eager to learn new skills from Coach Brett. Each game they played, regardless of the score, they had fun and played with a smile on their face. Winning the Grand Final was a bonus.

#### ***Go Templestowe Valley Titans!!***



In order from left: ***Lia, Alexa, Isabella, Milla, Amelia & Abbie & Coach Brett (Abbie's dad)***

Absent: ***Maya and Jessica***

*Thanks to Lewis Tota for writing the article and sending through the photos.*

Our Girls 5/6 A Grade Team also had success in their Grand Final on the weekend. Congratulations to Francesca A, Lucy A, Leslie T, Hayley J, Katrina G and Giselle P. The girls very proudly presented their shield at our assembly and it is proudly displayed in the cabinet near the Office. Well done Girls. Great effort.

### ***Commendation for our Boys Soccer Team***

I just wanted to commend the team on the behaviour, their attitude and the team work displayed over the 2 days of play. It really was something the school should be very proud of. They were a pleasure to be around. A special note was from the friendly game they played against Doncaster, the boys took turns playing on the other team to even it out a little and both teams had a great time!

I would like to make special mention goes to Evan who I believe was the player of the tournament. It's not always about the goal scorers. Evan was calm under pressure and was definitely the most reliable and hardest working player on the pitch.



I look forward to seeing how far the boys can go.

Regards

Rachael Feilso

***Praise for Year 5 Students Initiative, Respect and Responsibility***

Hello Alison,

Lee and I wanted to thank you for allowing us to bring our kindergarten group through the school. We were lucky enough to have been met by Mason M and Dylan F, (later joined by Benjamin B) who offered to show us around while Anne's retirement celebrations were continuing.

The boys showed us through the Foundation rooms, the Library, the Yr 3 & 4 common area and the wonderful new Sustainability area. The boys were polite, informative and considerate of the Kinder children's curiosity. It was just such a pleasure to see how far they've come since they were with us as youngsters at preschool. Please pass on our appreciation to the boys and thank you for the continued support between the Kinder and school.

Regards

Pauline Higginson

Templestowe Valley Pre-School

### **Principal's Award**

Congratulations to Dylan F, Mason M and Ben B for showing respect, responsibility and using his initiative to support and help with the Kinder children's visit. They are the recipients of my Principal's Awards this week.

### **2020 Student Enrolment**

## **Have you enrolled your child for Foundation ~ Preps next year?**

If your answer is "No," to either of these questions, please contact the TVPS Office ASAP.

Orientation session dates are listed below.

**TEMPLESTOWE VALLEY  
PRIMARY SCHOOL**

**PREP ORIENTATION**

**TVPS 2020 Prep Students**  
Friday afternoons between 1:30 - 2:30pm  
November 8th, 15th and 22nd

**50** **ANNIVERSARY CARNIVAL**  
Saturday October 26th  
11am to 4pm

**NOW TAKING ENROLMENTS FOR 2020**  
For further information or to arrange a tour with the Principal  
please contact us on (03) 8850 5777

15 Birchwood Avenue, Lower Templestowe  
[www.tempvalprimary.vic.edu.au](http://www.tempvalprimary.vic.edu.au)

## **Mary Poppins Jr.**

I am so looking forward to being a part of our school's performance of Mary Poppins Jr next term. It was one of the first things that students excitedly told me about when I visited classes last year, and it's certainly a highlight of TVPS Performing Arts' program.

Our PA teacher – Lauren McCormack – is doing an amazing job organising this spectacular. From choreographing, rehearsing, singing, set designing, ticketing, marketing, etc. nothing is overlooked; Lauren's attention to detail and capacity to enthuse, engage, coordinate and motivate is phenomenal, and we are very lucky to have her as our PA teacher. She even has her mum and dad working on our behalf!!!

There will be more "Thank You" along the way, but two special ones are needed at the moment. To:

- **Robyn McCormack** for her fabulous dressmaking skills. As you can see from the photos, the costumes look amazing and will really support our students to "step into character".
- **Eva Wong** for taking on the challenge of "site manager" for the construction of sets and props. We're still looking for volunteers to help build the sets. Please contact Eva if you can help. Her email is: [evakim@bigpond.com](mailto:evakim@bigpond.com).



Mary Poppins Jr involves every student at TVPS and will be presented at the Besen Centre in Burwood over two big nights – **Wednesday 4<sup>th</sup> & Thursday 5<sup>th</sup> of September!**

**Put the dates in your diary now.**

**Tickets will go on sale next term and you will not want to miss this show!**



From left: *Chloe M* plays Jane Banks, *Ruby T* has the lead role of Mary Poppins and *Campbell H* will be "stepping in time" as Bert.

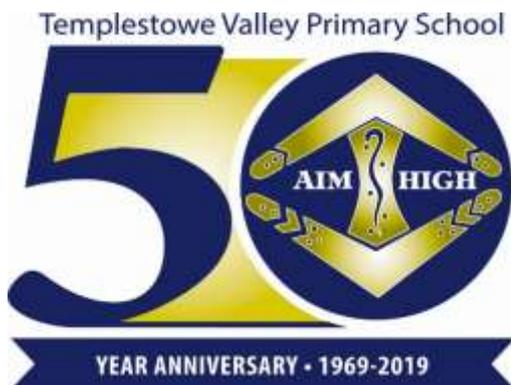
**WE NEED YOUR HELP.  
THE 50<sup>th</sup> ANNIVERSARY CARNIVAL IS NOT  
GOING TO HAPPEN WITHOUT THE  
COMMUNITY WORKING TOGETHER TO  
ORGANISE AND RUN IT.**



**The Carnival date is Saturday October 26<sup>th</sup>.**

**Can you help in some way on that day?  
An hour or two of your time is all we need.**

**PLEASE email [tvps.50years@gmail.com](mailto:tvps.50years@gmail.com) to commit to helping in some way on the day.**



Here's what you need to know:

**Dates for the calendar:**

- Thursday August 1<sup>st</sup> from 7:00pm  
Wine, Cheese & Trade Night – Adults Only – Parents, Students, Friends of TVPS
- Carnival – Saturday October 26 between 11:00am and 4:00pm
- Wednesday July 24 between 7:00 and 8:30pm  
50th Anniversary Committee Meeting

**Things for you to do:**



If you're a Facebook user, can you please **Like Us** and **Follow Us** on Facebook so we can get the word out to the wider community?

The web link is: <https://www.facebook.com/tvps50>

Big thanks to Kathryn Taylor – the creator and administrator of the page

- If you know of, or are a past TVPS student, then you might like to join the TVPS Alumni group. Their FB page is: <https://www.facebook.com/groups/TVPSAlumni/>

**TVPS COOK BOOK**

- Have you uploaded a recipe that is special and unique to your family to the TVPS Cookbook yet? If not, please do so before the end of the holidays. Information about this was sent out via Compass, and can also be found towards the end of this newsletter.

### **CALLING ALL TVPS BUSINESS OWNERS**

Would you like to market and advertise your business to all our TVPS community and beyond?

- As part of our Wine and Cheese Night to be held on Thursday August 1<sup>st</sup> from 7:00pm, we will be running a “Trade Fair” in which small businesses can had a stand and the opportunity to advertise and market their business to local people. You would also have the opportunity to place an advertisement in the TVPS Cook Book that is to be published later in the year.
- To register for the Trade Night and for more information about sponsorship, please ring Melinda Minuzzo on 0438 437 004, or email directly at [tvps.50years@gmail.com](mailto:tvps.50years@gmail.com).

### **WALKING THROUGH TVPS HISTORY – WEDNESDAY JULY 3<sup>RD</sup> FROM 9:00AM**

- For those who are interested in helping with the historical side of things – Anita Allen and I are going to be meeting at school on **Wednesday July 3<sup>rd</sup> from 9:00am at TVPS** to sort through our archived documents. We would LOVE some help with this. If you would be able to help us – that would be wonderful.
- PLEASE help us to connect with past students, teachers and parents – PLEASE pass on this registration link  
<https://docs.google.com/forms/d/1SAhDrywPEwz-rjHBHT67dRm5j1w1MjkyboXd4TVCl30/edit>

**If you would like to join in the fun of planning and organising our Anniversary events, our next 50th Birthday Committee meeting will be Wednesday July 24<sup>th</sup> at 7:00pm in the TVPS Staffroom. Please come along – all welcome.**

## **SPONSORSHIP & DONATIONS NEEDED**

Your support and sponsorship investment will help us deliver an event for the history books and generate the following benefits for your organisation:-

### **1. EVENT EXPOSURE**

Your organisation’s generosity will be promoted to **over 500 residents of the Manningham community**. Currently TVPS has 432 students however this event will reach beyond this number with the invitation to party already being picked up by Alumni members - past students, teachers and staff whose connection with TVPS stretches over the last 50 years.

### **2. BRAND EXPOSURE**

Acknowledgement and prize description in the **program** on each table **and** opportunity to **display photos, logo and marketing material** on the *Silent Auction* display table

### **3. SOCIAL MEDIA**

TVPS will “like” your organisation’s **Facebook** page and “follow” you on social media channels. TVPS will thank your organisation in a post on our **Facebook event** page.

We hope that you will be able to support us with sponsorship of this commemorative event. For more information please ring Melinda Minuzzo on 0438 437 004, or email directly at [tvps.50years@gmail.com](mailto:tvps.50years@gmail.com).

### ***My child is anxious, what do I do?***

#### ***Anxiety***

by Michael Grose

If you're the parent of an anxious child, you're most certainly not alone. Millions of families all over the world are right there with you. Though it's helpful to know, we understand that it doesn't make the challenging role of parenting an anxious child any easier. What will be developing and deepening your understanding of childhood anxiety and the important role you play in helping them manage it.

While at first parenting an anxious child can feel overwhelming and difficult, I want you to think about it differently. Take a moment to recognise that you, your anxious child and your family have been presented with an opportunity. You can't change what is happening right in front of you. You can't undo it. What will help your anxious child to flourish, despite their anxiety, is first and foremost someone recognising they need assistance.

"Noticing if your child is moving away from a more calm and relaxed persona to feeling more stressed, along with any accompanying behavioural change, is your cue to 'watch and wait' over time to see if these changes in fact point to anxiety."

#### ***What is anxiety?***

Anxiety triggers part of the brain to fire up the fight-or-flight response or, as some aptly call it, the fight, flight, freeze or freak out response, to protect us from danger. It's an emotion, and like other emotions it has a start, a middle and an end. Except when it doesn't. That's the experience for an estimated half a million plus Australian kids and 117 million worldwide experiencing an anxiety disorder. That's how far reaching and common anxiety has become.

For these kids, their experience of anxiety doesn't pass when the threat, danger or stressful situation has passed. The anxiety they experience can disrupt their day to day life and family life in both predictable and unexpected ways. Anxiety has the potential to stand in the way of kids being kids and their ability to enjoy the quintessential elements of a happy, relaxed, carefree, playful childhood; but it doesn't have to.

Anxious kids have a brain that works really hard to protect them from danger. A part of their brain is similar to the sentinel among meerkats who is always on their tippy-toes watchfully assessing the environment for threats. This means that anxious kids spend an inordinate amount of time with their fight or flight response in full swing.

It's not by choice. It's exhausting, and not just for the kids. Whether the threat is real or imagined, the brain and body react in the same way. An oversensitive brain will protect, protect, protect, even if the 'threat' seems innocuous to everybody else, or possibly isn't even noticeable. Once the senses signal to the brain that danger is apparent, it's comparable to opening the floodgates. The anxiety cascade begins as does the fallout, making a hard job more challenging for parents of an anxious child.

#### ***How to know if your child is anxious***

Anxiety exists on a continuum ranging from high calmness through to low calmness, mild anxiety through to high anxiety. This is different to the traditional view where anxiety is 'present' or 'absent'. Noticing if your child is moving away from a more calm and relaxed persona to feeling more stressed, along with any accompanying behavioural change, is your cue to 'watch and wait' over time to see if these changes in fact point to anxiety. Similarly, helping your child move in the direction of calmness helps buffer against stress.

Signs and symptoms of anxiety are grouped according to their impact on children's emotions and physiology, behaviour and thinking.

#### ***Emotionally and physically***

It's common for anxiety symptoms to be physical given the changes that happen in the body when the fight or flight response is triggered. These include chest pain or discomfort, nausea, sleeplessness, tiredness, regularly crying over small problems, rapid heart rate and often appearing nervous.

### ***Behaviour***

It's hard for anxious kids to concentrate when they're feeling worried. It's equally challenging to concentrate when their body feels revved up like a race car that is stuck in the pits. It's no wonder anxiety shows in behaviours such as excessive fear of making mistakes, perfectionism, and avoidance of activities that they feel worried or scared about, refusing to attend sleepovers and many other behaviours.

### ***Thinking***

As the minds of anxious children are often on the lookout for threats and danger, they're thinking all the time: reflecting on events of the past, analysing situations and reactions from every angle, wondering what's going to happen next and worrying. If there was a 'Worrying Olympics', anxious kids would be gold medallists. Worrying and overthinking is a sign of anxiety.

### ***How to help***

There is so much you can do as a parent or teacher to assist your child to better manage their anxiousness. Start with the following three approaches:

#### ***1. Learn how anxiety works***

A thorough understanding of the physiology and psychology of anxiety, the events that trigger anxiety in your child and how your child typically responds is the most important step you can take. This knowledge will increase your confidence which, in itself, will be a considerable source of calm for your child.

#### ***2. Give your child the tools to self-regulate***

Anxiety won't disappear on its own. Children and young people need tools to recognise and regulate their emotions so they are able to function when anxious moments appear. Self-management tools such as exercise, deep breathing and mindfulness will reduce their dependence on you, allowing them to manage their anxious states. These lifelong skills are invaluable for anyone who worries or who has a tendency towards anxiety.

#### ***3. Develop a lifestyle that minimises anxiety***

A child's lifestyle also impacts massively on their anxiety. Anxiety management tools will never be totally effective until it's supported by a lifestyle that promotes a healthy mind and body. These seven lifestyle factors in their own way decrease the likelihood of a child experiencing anxiety: sleep, nutrition and gut health, play and movement, green time, knowing their values, volunteering and fostering healthy relationships.

While parenting an anxious child is an emotional rollercoaster, try to see each day as an opportunity to build greater awareness and resilience in your child.

Each day is peppered with pockets of time in which you can extend your child's understanding of anxiety, where it comes from and why, as well as guiding them to practise the skills that show their amygdala they're safe, calm their nervous system and restore their thinking brain back into action.

***Source: Parenting Ideas - 3 June 2019 Blog***

<https://www.parentingideas.com.au/>

***Direct Web link:***

[https://www.parentingideas.com.au/blog/my-child-is-anxious-what-do-i-do/?utm\\_source=Blog+Subscribers&utm\\_campaign=d90f665f3e-Parenting+Blog+04+06+2019&utm\\_medium=email&utm\\_term=0\\_f488c60967-d90f665f3e-180201917&mc\\_cid=d90f665f3e&mc\\_eid=637c9edf15](https://www.parentingideas.com.au/blog/my-child-is-anxious-what-do-i-do/?utm_source=Blog+Subscribers&utm_campaign=d90f665f3e-Parenting+Blog+04+06+2019&utm_medium=email&utm_term=0_f488c60967-d90f665f3e-180201917&mc_cid=d90f665f3e&mc_eid=637c9edf15)

# Anxious Kids

## Seminar Tour

### Anxious Kids Seminar Tour

Michael Grose and Dr. Jodi Richardson are co-authors of the highly-acclaimed new book *Anxious Kids: How children can turn their anxiety into resilience*. Their refreshing, down-to-earth approach to helping kids manage anxiety has led to a wave of positive feedback from parents. It's clear they want to work through the things that are impacting kids' learning, wellbeing and happiness.

As a result, Michael Grose and Dr Jodi will be touring across Australia and New Zealand to present their evidence-based approach to managing kids' anxiety. This special seminar is ideal for parents, carers, teachers and other professionals who work with children and their parents.

All seminars take place from 7pm – 9pm. For all the tour dates, information and answers to common questions, visit the tabs below.

#### TOUR DATES

#### ABOUT THE SEMINAR

#### ABOUT THE BOOK

#### ABOUT THE AUTHORS

Society is in the grip of an anxiety epidemic. One in fourteen kids are diagnosed with an anxiety disorder, and many more go unnoticed. Parents and teachers play a critical role in helping kids to recognise and manage their anxious feelings.

Parenting expert, award-winning speaker and author of 11 books Michael Grose, together with wellbeing expert and researcher Dr. Jodi Richardson will be touring across Australia and New Zealand to present their evidence-based approach to managing kids' anxiety. Here they will speak about the tools and strategies for helping children outlined in their recently released and highly acclaimed book *Anxious Kids*.

#### Attendees will learn:

- How to know if a child or teenager is experiencing anxiety
- The origins of anxiety and how it impacts on children and teens
- How to respond constructively when a child or teen is anxious
- Tools to teach kids to help regulate their anxiety
- The lifestyle factors you can enhance to minimise anxiety
- Why avoidance of anxiety-inducing events is not the answer and what to do instead
- How to create a wellbeing plan for your child or young person

[Hear from the speakers](#) or view our [seminar FAQs](#) for answers to commonly asked questions.

This is a must-attend event for anyone who raises, teaches or works with kids in any capacity. Secure your ticket today.

[https://www.parentingideas.com.au/parent-resources/seminars/anxious-kids-seminar-tour?utm\\_source=Blog+Subscribers&utm\\_campaign=4f28ffa678-Parenting+Blog+16+06+2019&utm\\_medium=email&utm\\_term=0\\_f488c60967-4f28ffa678-180201917&mc\\_cid=4f28ffa678&mc\\_eid=637c9edf15](https://www.parentingideas.com.au/parent-resources/seminars/anxious-kids-seminar-tour?utm_source=Blog+Subscribers&utm_campaign=4f28ffa678-Parenting+Blog+16+06+2019&utm_medium=email&utm_term=0_f488c60967-4f28ffa678-180201917&mc_cid=4f28ffa678&mc_eid=637c9edf15)

### **Canteen News**

Thank you to all my helpers this term! You are amazing and very much appreciated. Anyone wanting to put their names down for next term, please click on the link below. There will be a new menu for term 3 which will be a bit more streamlined. Daily specials will be advertised in the newsletter and on line. They will be available only for one month instead of all term, to allow me to try more specials. Some items will be 'rested' for term 3, but will return in term 4. These include, fruit salad, yogurt, dim sims and wedges. Remember, on line will always be the most up-to-date menu and pricing. Enjoy your break!

Volunteer link [Signup Zone](https://signup.zone/Sde25J7PCrn7ptrj9)<https://signup.zone/Sde25J7PCrn7ptrj9>

**Adele Gribben**

### **Beanies for Brain Cancer**

A few weeks ago, Ben T (5V) came up with a proposal to the JSC. He wanted to know if he could sell 'Beanies for Brain Cancer' - to fight for MND (Motor Neurone Disease).

Ben organised posters and order forms and before too long, the Beanies he could supply to the TVPS community, sold out. Ben's wonderful proposal made a total of \$660. Wow. A huge thank you to Ben and his family for support this great cause. A very big thank you to the TVPS families for supporting this worthwhile cause.

**Mrs Bertelli and the JSC**



happy  
holidays!

Wishing everyone a safe and happy holiday with lots of fun, family time and maybe a few pyjama days.

Safe travels – looking forward to everyone being back Monday July 15<sup>th</sup> for an exciting Term 3.