Dear Parents & Friends,

Welcome back
It was great to see everyone return after the Easter break. From what I have heard, everyone had a terrific holiday. As you can see from the Coming Events, we have a busy term ahead of us.

Hats off Day
As a part of our SunSmart Policy, students are still required to wear hats at school. Hats Off Day is the 1st of May which is just around the corner. So remember to pack your hat until then.

Premier’s Active April
Active April is now in full swing and it’s not too late to join the fun! Register yourself or encourage family and friends to participate and you could win great prizes.

Just by registering, every Active April participant receives*:  
- 10 free passes to a participating YMCA or local government facility
- 15% off at Sportsmart in store and online
- one free hour tennis court hire at Melbourne Park or Albert Reserve
- a 2 for 1 ticket offer to SEA LIFE Melbourne Aquarium
- a chance to win some great prizes including four tickets to the 2015 Toyota AFL Grand Final (GFAFL15/12), a $1,500 bike voucher or a GoPro Camera

Visit the website at https://www.activeapril.vic.gov.au/

Annual Report to the School Community
School Council endorsed the 2014 Annual Report to the School Community at the March Meeting last term. This will be published on the Victorian Registrations and Qualifications Authority (VRQA) website in the near future. A copy of the Annual Report is now available on our school website at www.frankstoneastps.vic.edu.au for the school community to access.

ANZAC Day Ceremony
Please remember our ANZAC Day Ceremony will be held on Friday April 24th. More details in the newsletter next week.

Until next time,
Brian McFall
Principal
PARENT CORNER

Welcome back everyone for Term 2. This is a very busy time of the school year for parents, teachers and children alike and I know how frustrated parents can get when they are expected to do everything for everybody. Last year I included an article, in Parent Corner, on helping to make your child more independent. As this year progresses I believe that this is something that should always be at the back of every parent’s mind. Michael Grose has published an additional article to reinforce the necessity of ‘child independence’.

Do less not more for your kids by Michael Grose - Australia’s No 1 parenting educator

With school-aged children we can find ourselves making lunches, getting kids out of bed and cleaning out schoolbags rather than giving these basic tasks of living over to them.

The basic task of parenting, whether you have a two year old or a twenty-two year old, is to work yourself out of a job at the first possible chance. REDUNDANCY should be the aim of the game! We never become redundant in a relationship sense – the emotional connection between our children and us is never severed.

In a practical, physical way we need to make children less, rather than more, reliant on us. Developing independence is really about stepping back to allow children in. Doing less rather than

Student Attendance

last week

Percentage of students at school 91.9%
Percentage of students on time 92.2%
more!
We develop greater independence in our kids one job at a time.

**We easily take on children’s responsibilities.**
It is easy as parents to take on the jobs and responsibilities that really should belong to our children. With toddlers it is so easy to dress, feed and clean up after them rather than give these jobs over to them. With school-aged children we can find ourselves making lunches, getting kids out of bed and cleaning out schoolbags rather than giving these basic tasks of living over to them. It also becomes easy to still do the basics of life for adult-aged children.

**TIP NO. 1 for developing independence:**
Be clear about who owns jobs or tasks in your family and never take on a child’s job, or part of a task, unless there is an extenuating circumstance such as illness.

A mother I met recently is very clear on who does what in her home. It is her job to wash the clothes of her early teenage children but it is their job to place them in the washing basket. She doesn’t check bedrooms as it is not her job to place kids’ clothes in the washing basket.

Okay, I can hear your thought processes. Sounds good but what happens if kids don’t give a toss and they don’t mind being dirty.

Good point. In this case, this mum has a son who is, to say the least, fairly slack in the area of hygiene. But she didn’t become overly fussed about that. She certainly didn’t get fussled when he played a game of football in the wet, muddy jumper that lay in his sports bag for a week. And she happily showed him how to work the washing machine when he wanted his favourite shirt (that he forgot to put in the washing basket) to be washed for a special night out.

**TIP NO. 2 for developing independence:**
Never be more worried about a child’s job than they are, otherwise it becomes your job, not theirs.

This mum remained very clear that it was her job to wash the clothes but not to place them in the washing basket. She would remind kids about washing night, but never nag them to put clothes in the basket. She knows that as soon as she keeps reminding them, it becomes HER job rather than her children’s job to put the washing in the clothes basket.

**Here’s my challenge for you:** Think of a job that you regularly do for your child that he or she can do for him or herself. Then step back and enable your child to do that for themselves on a full-time basis. Do less not more for your kids.

If you do that, then you can congratulate yourself as you have moved one step more toward REDUNDANCY.

If you want to discuss any of this information or if you have any concerns please remember my door is always open.

Barb Heeney – Student Wellbeing Manager

---

**Happy Birthday**

- Apr. 17th: Tye S., P/1S
- Kayla T., 2/3H
- April 19th: Maylani V., P/1S
- Chris P., 1/2W
- Ruby G., 3/4S
- April 21st: Scarlett S., P/1M
ESTEE LAUDER & MYER FRANKSTON
VIP MOTHER’S DAY PREVIEW

Host—Dean Nixon
Invitation 2 People—
Finger Food—Champagne
Prize Basket Value $450 Entry on Night

Wednesday 22nd April 6pm—9pm
38 Beach Street Frankston Entrance
Must: RSVP 17th April 03 9781 6329

Learn to swim like a fish
Free introductory lesson
PHONE NOW 9775 7000
We’re located at 19-27 North Gateway, Langwarrin
www.kingswim.com.au

UNIFORM SHOP
Operating Hours

The operating hours are:

TUESDAY – 8:45 – 9:15am
FRIDAY - 8:45 – 9:15am and
3:15 – 3:45pm

ESTEE LAUDER & MYER FRANKSTON
VIP MOTHER’S DAY PREVIEW

Host—Dean Nixon
Invitation 2 People—
Finger Food—Champagne
Prize Basket Value $450 Entry on Night

Wednesday 22nd April 6pm—9pm
38 Beach Street Frankston Entrance
Must: RSVP 17th April 03 9781 6329

Learn to swim like a fish
Free introductory lesson
PHONE NOW 9775 7000
We’re located at 19-27 North Gateway, Langwarrin
www.kingswim.com.au

UNIFORM SHOP
Operating Hours

The operating hours are:

TUESDAY – 8:45 – 9:15am
FRIDAY - 8:45 – 9:15am and
3:15 – 3:45pm

ESTEE LAUDER & MYER FRANKSTON
VIP MOTHER’S DAY PREVIEW

Host—Dean Nixon
Invitation 2 People—
Finger Food—Champagne
Prize Basket Value $450 Entry on Night

Wednesday 22nd April 6pm—9pm
38 Beach Street Frankston Entrance
Must: RSVP 17th April 03 9781 6329

Learn to swim like a fish
Free introductory lesson
PHONE NOW 9775 7000
We’re located at 19-27 North Gateway, Langwarrin
www.kingswim.com.au

UNIFORM SHOP
Operating Hours

The operating hours are:

TUESDAY – 8:45 – 9:15am
FRIDAY - 8:45 – 9:15am and
3:15 – 3:45pm

ESTEE LAUDER & MYER FRANKSTON
VIP MOTHER’S DAY PREVIEW

Host—Dean Nixon
Invitation 2 People—
Finger Food—Champagne
Prize Basket Value $450 Entry on Night

Wednesday 22nd April 6pm—9pm
38 Beach Street Frankston Entrance
Must: RSVP 17th April 03 9781 6329

Learn to swim like a fish
Free introductory lesson
PHONE NOW 9775 7000
We’re located at 19-27 North Gateway, Langwarrin
www.kingswim.com.au

UNIFORM SHOP
Operating Hours

The operating hours are:

TUESDAY – 8:45 – 9:15am
FRIDAY - 8:45 – 9:15am and
3:15 – 3:45pm