



Briar Hill Broadcast

Newsletter 18

Friday 22nd June 2018

Dates to Remember

June

22nd Chai Friday 1-2s
26th Parent Talk - 'Natures Play' movie
29th End of Term 2 - 2.30 Dismissal

July

16th Curriculum Day
17th First day of term 3

CSEF:

Applications for CSEF funding close Friday 29th June 2018. If you have a valid Health Care Card you are eligible.

FEE REMINDER:

A reminder that the final instalment for school fees is due TODAY

Principal Report

Winter Festival

What a fantastic evening we had at Edendale Farm on Tuesday. Whilst the evening was cold the feeling was one of warmth. It was great to see the whole school community coming together to celebrate and embrace the chill of the night.

Thank you to the Sally and Kellie for all of the work in organising the class 6 children. Thank you to Clare and her school council team for putting on the soup and baked goodies which added to the evening. Thank you to Kurt for all that he does to add to such a wonderful ceremony. Rituals and ceremonies can be an overlooked part of modern life. It makes our school a very special place because we honour the notion that they are important to groups of people.

Finally, huge thanks to the children of class 6. What a great group of children. They set a wonderful example to the rest of the school and it's amazing how this modelling of behaviour and also participation will rub off on all of the children at Briar Hill. I'm sure, as the rest of the children watched, they were all looking forward to the time they lead this event.



Parent Talk – Nature Play Movie

On the 26th of June there will be a Film Screening and Discussion on “Nature Play – Take Childhood Back”. Information on how to book using Try Bookings is included in the Newsletter. <https://www.natureplayfilm.com/>

Spring Fair - Coordinator Required....Please!

If you are able to help with Coordinating the Spring Fair please let me know!

Chinese Culture Program

There will be a 3 hour Cultural Activities session in the afternoon on 14th July 2018, include Chinese greeting, singing , jingle bells, small crafts, etc. How to register is in this newsletter. The details are as follows.

Date: *Saturday, 14th July, 2018*
Time: 1:30 pm – 4:30 pm
Location: *Briar Hill Primary School (25 Gladstone Road, Briar Hill)*
Target: 5 years old - 10 years old
Enrolment: \$20 (If you register for the Chinese course, you'll get \$20 credit.)
Enrol By: June 18, 2018

Have a great weekend!

Rowan Kayll
Principal

Our last week:

22nd Chai Friday 1-2s coordinating
26th Parent Talk - 'Natures Play' movie
29th Friday End of Term 2 - **2.30 Dismissal**

Curriculum Day now first day of Term 3!! Monday 16th of July..not last day of term 2 as previously advertised.

Farewell to our Cleaner Eric

Late last year the state government decided to centralise the operation of school cleaning and take the responsibility for managing cleaning contracts away from School Councils . As a result we have a new cleaning company appointed to clean our school from the start of term 3. Eric's contract finishes on the last day of this term.

The School Council would like to thank Eric for his time as cleaner at our school. Thirteen years is a long stint in any workplace and he is to be congratulated for his loyalty and extra special efforts to assist our school over that time. Eric has been offered work with another school and he will take up that appointment during the school holidays. We wish Eric all the best!!

UNDERSTANDING HAPPINESS

Social comparison and the perfect images created by the media make it is easy to have unrealistic expectations about happiness. This is true for adults and children alike. Thinking along the lines of “I can only be happy when ...” puts happiness forever in the future, making it something we never quite attain. Trying to reach some imagined, never-ending happiness state just creates insecurity and anxiety, a feeling that “perhaps I am not happy enough”. To escape these kinds of happiness traps we need a better understanding of happiness and we need to teach children about happiness from a younger age.

Children need to know that they are creating their own happiness stories daily, and that happiness consists of a series of small moments. What we focus on grows and we can choose to focus on happiness in an empowering and consistent way. All of us can strengthen our happiness focus by noticing when we are feeling happy.

One of the major theories of happiness in Positive Psychology is Martin Seligman’s PERMA model, which distinguishes 5 different pathways to happiness. The different kinds of happiness that we encounter in the world spell out PERMA. To make Seligman's PERMA model easier to understand and apply we have made it personally relevant and playful by turning these different kinds of happiness into colorful marbles that you can collect in The Happiness Jar free mobile app:

- P - the yellow marble stands for Positive emotion – joyful moments, things that make you smile
- E - the green marble stands for Enjoyable activities: walking, travelling, reading, playing, when it is the activity that makes you happy
- R - the red marble stands for Relationships; use it when the most important part of the happy memory is who you are sharing it with, be it friends or family
- M - the purple marble stands for Meaning, as when you have realized or understood something important and that makes you happy, or a moment makes you feel connected and aligned
- A - the blue marble is for when you are happy due to something you have Achieved – reaching a goal, a milestone, exceeding expectations, or just being your best self.

If we understand and notice different kinds of happiness, we can teach children that happiness is colourful, that it consists of small, important moments and memories, and that there are indeed different pathways to happiness.

Either using a physical happiness jar writing out happy memories on pieces of paper and putting them in that jar for later retrieval, or saving happy memories with the help of The Happiness Jar, children find it easy to classify and sort their happy memories.

The Happiness Jar app is safe to use. It is an offline App, so there is no sharing or social comparison of children’s happy memories. All the photos and moments stay private on the users’ personal devices; it is like a personal treasure chest. My hope is that reading about different kinds of happiness and the benefits that can be gained from simply noticing, sorting and storing happy moments would prompt you to create a family happiness or gratitude ritual. With or without a mobile App, it can be a valuable opportunity for strengthening happiness pathways in the brain.

P.s You can download The Happiness Jar for free on the Apple App Store. For now it only works for iPhones and iPads as we are still working on the Android version.

Aija Bruvere, Positive Psychology specialist, creator of The Happiness Jar app



Winter Solstice Festival 2018

tickets
[www.
winter
solstice
melbourne.
com.au](http://www.wintersolstice.com.au)

Sat 23rd June
3pm - 9pm. Edendale Farm

IS THEIR CHILDHOOD SLIPPING AWAY?



Film Screening & discussion

Tues 26th June

7pm-9pm

Bookings:

www.trybooking.com/VWAU

\$15

BRIAR HILL

PRIMARY SCHOOL

25 Gladston Rd, Briar Hill, 3088

NaturePlay

Take Childhood Back



www.natureplayfilm.com



CINEMORIC PRESENTS NATUREPLAY FEATURING MATT DAMON DIRECTOR DANIEL STILLING, DFE

PRODUCER AIMIE STILLING FILMED ON LOCATION IN DENMARK, NORWAY, SWEDEN AND THE U.S.A.



WONDER in ALICE LAND



Inspired by Lewis Carroll's *Alice in Wonderland*

Produced with the permission of Maverick Musicals and Plays



JULY 6TH through to
JULY 22ND

ADAPTED BY: Jo Denver

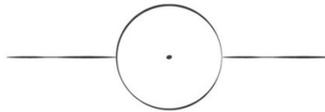
MUSIC BY: Don Woodward

DIRECTED BY: Rebecca Fleming



BOOKING AVAILABLE AT:

www.elthamlittletheatre.org.au



SOUL CIRCLES DRUMMING

www.soulcirclesdrumming.com



BRIAR HILL KIDS DRUM CIRCLE!

June 28th 3.45pm-4.45pm

Join us for a fun afternoon of rhythm games, chanting, storytelling and improvisation with your Briar Hill community! Mamas and Papas are welcome to join us on the drum too! Please make your booking through the link below.

www.trybooking.com/WIGQ



DIAMOND VALLEY COMMUNITY SUPPORT



**WE HAVE
HELPED 1494
PEOPLE IN
THE LAST 12
MONTHS**



WE HELP WITH

- **Provision of Emergency Aid**
- **Education Programs**
- **Financial and Personal Counselling**
- **Information & Referral**

YOU CAN HELP BY

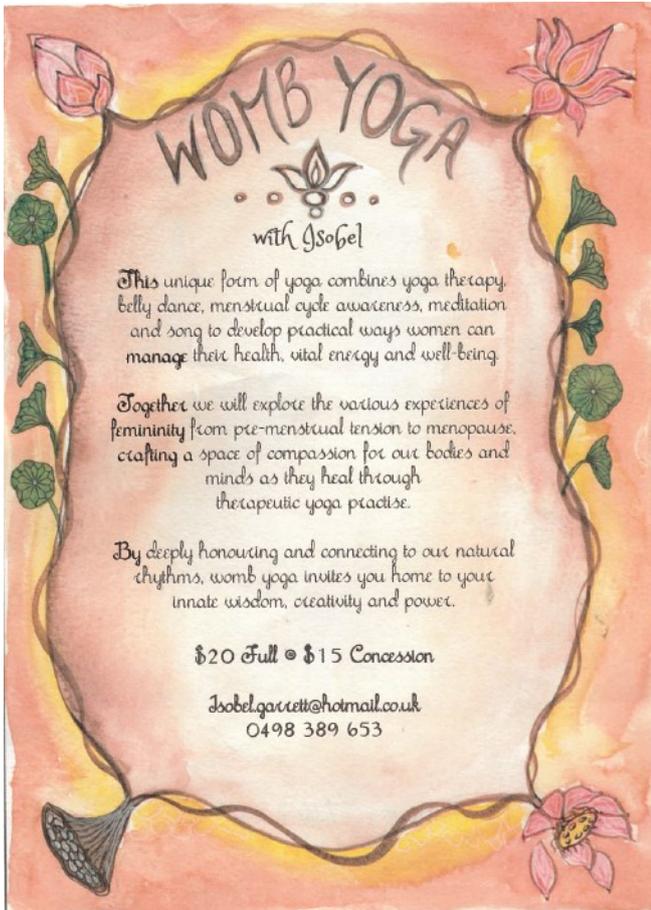
- **Volunteering at our OP Shops**
- **Make a donation on our Website**
<https://www.dvsupport.org.au/kids-assist-donation>
- **Shop at our DVCS OP Shops in
MACLEOD - 44 Aberdeen Road OR
DIAMOND CREEK - 37 Chute Street**
- **Visit the KINGSBURY DRIVE
COMMUNITY MARKET La Trobe
University Car Park 2**



SUPPORTING THE LOCAL COMMUNITY SINCE 1972

Contact us on 9435 8282 or www.dvsupport.org.au

ABN: 36 289 032 321



Tax Help

available at
Diamond Valley Community
Support @
Greensborough Plaza
from
24 July 2018 –
30 October 2018

If your tax affairs are simple you may be eligible for FREE help with your tax return

Phone: 9435 8282

DIAMOND VALLEY
community support

