REMINDERS
Fathers Day BBQ Breakfast - Friday, September 4th
School Concert - Thursday, September 10th
Parents’ Club Meeting - Monday, September 14th - 9.30am
School Council Meeting - Tuesday, September 15th

Book Week
Book Week was celebrated at Nathalia Primary School with a variety of activities across the whole school and in the community. A group of St Mary’s students in fancy dress arrived at the school to the surprise of the children in the infant grades. The older children read their favourite stories to the little kids and the younger students were amazed to see the story book characters come to life in front of them.
A group of Nathalia Primary School children made a surprise visit to the Nathalia library where Donna showed them around and introduced them to all of the resources available in our community library. Donna read the children a story and then discussed the author’s message and the moral of the tale. The children loved the experience and these activities help to build their appreciation of literacy.

Last week’s Winners
F/1 W Lucy Daniel
1/2 B Amber Watson
3/4 J Natasha Morgan
4/5 I Allie McDonald
5/6 R Tristan Myers
Congratulations to our weekly winners.

This week’s theme is:
“Listening to the Opinions of Others”

Mathletics Champions!

Parent Helpers at School
It’s great to see so many parents around the school contributing to the education of the children. We have several parents listening to children read of a morning which is a great help. Also the kids love the Tucker Days which are run by the parents. Thank you to everyone who contributes towards making this a fantastic school.
Thanks, Chris McCallum—Principal
# SCHOOL CALENDAR

## SEPTEMBER
- **6th** - Fathers Day
- **14th** - Life Ed Visit
- **15th** - Life Ed Visit
- **10th** - School Concert
- **18th** - School Athletic Sports
  - Term Three concludes

## OCTOBER
- **5th** - Term Four commences
- **9th** - Inter-School Athletic Sports
- **12th** - Division Athletics Carnival
  - (Shepp)
- **16th** - Region Athletic Championship
  - (Shepp)
- **23rd** - State Athletics Championships
- **19th** - Parents’ Club Meeting
- **20th** - School Council Meeting

## NOVEMBER
- **2nd** - Pupil Free Day
- **3rd** - Melbourne Cup Day
- **6th** - Region Basketball & Softball (Shepp)
- **10th** - Prep Transition - 9.00am - 11.00am
- **11th** - Remembrance Day
- **16th** - Region Golf Championships
  - (Benalla)
- **16th** - Parents’ Club meeting
- **17th** - Prep Transition - 9.00am - 11.00am
- **17th** - School Council meeting
- **18th** - Division Hot Shots (Shepparton)
- **24th** - Prep Transition - 9.00am - 11.00am
- **26th** - Region Hot Shots (Wangaratta)

## DECEMBER
- **8th** - State wide Transition Day
  - 9.00am - 11.30am
  - School Council Meeting
  - Parents’ Club Meeting
- **18th** - Term Four concludes

- TBA - Grade Six Graduation
  - Pool Day
  - Infant Camp & Activity Day

## January 2016
- **January 26th** - Staff Resume
- **January 28th** - Term One commences for all students

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### Parents’ Club News

**Father’s Day Breakfast**
- **BBQ & Raffle**
- **Friday, September 4th**
  - **7.30am - 8.30am**

All fathers, grandfathers and special friends are invited to attend. Invitations have been sent home with students last week.

A raffle will also be run on this day. Tickets have been included with the invitation and may be purchased at $1.00 each.

*Some great prizes for dads to be won.*

### Father’s Day Stall

We will also be holding a Father’s Day stall, on this day, for students to purchase a small gift for dad. The gifts will range in price from $2 to $5.

### School Concert Raffle

Next month, Thursday, September 10th is the school concert.

We are requesting that families contribute 1 or 2 pantry/laundry items for the Hamper Raffle. Items may be dropped off at the school office prior to the concert.

### School Concert - 2015

Rehearsals are going well and the children are busy practising songs and dance routines.

All children will have received information about costume needs.

The concert will start at 7.30pm and we would like the children to be seated with their grade by 7.15pm.

Tickets are available from the school office and order forms are included on page 4.

Karen King-Jones
MANAGING YOUR EMOTIONAL REACTIONS

Managing emotional reactions is a learned behaviour. So often, until this skill is developed, adolescents have outbursts of anger. This article may assist you when helping your children to establish some good habits, when they are faced with a challenging situation.

It’s Friday afternoon. The weekend trip you planned with a friend starts in exactly 4 hours. You’ve been catching up on studying and chores all week so you can enjoy the time away. And now the teacher announces a test on Monday.

You probably feel annoyed – or maybe downright angry. You might feel disappointed. You might also feel pressured or stressed about all the studying you’ll have to do.

But how do you react? What do you do and say?
You may want to jump up and yell at the teacher, “That’s not fair! Some of us have weekend plans.” But you know you need to keep your cool until class is over – then share your feelings with your friend.

But what if you’re not the calm, collected types? Don’t worry. Everyone can develop the skill of responding well when emotions run high. It just takes a bit more practice for some people.

Learning to React Well
Managing emotional reactions means choosing how and when to express the emotions we feel. People who do a good job managing emotions know that it’s healthy to express their feelings – but that it matters how (and when) they express them. Because of this, they’re able to react to situations in productive ways:

- They know they can choose the way they react instead of letting emotions influence them to do or say things they later regret.
- They have a sense of when it’s best to speak out – and when it’s better to wait before acting on, or reacting to what they feel.
- They know that their reaction influences what happens next – including how other people respond to them and the way they feel about themselves.

You’ve probably been in a situation where someone reacted in a way that was too emotional, making you cringe or feel embarrassed for the person. You also might have been in a situation where your own emotions felt so strong that it took all your self-control not to go down that path yourself.

Maybe you can think of a time when you didn’t manage your reaction. Perhaps anxiety, anger, or frustration got the better of you. It happens. When it does, forgive yourself and focus on what you could have done better. Think about what you might do next time.

(www.kidshealth.org)
Nathalia Secondary College

Students who will be attending Nathalia Secondary College in 2016 are requested to return their enrolment forms to the school as soon as possible to allow for Transition planning.

Nathalia little Athletics

The season is about to start
Come and have some fun in our award winning club,
meet new friends and
be coached by our skilled coaches.

Registration and season opener

When - Wednesday 2nd September, 2015
Where - Nathalia Recreation Reserve
Time - 4.45 pm
For more information contact: nathalia@lavic.com.au or our website www.nathalialac.com.au

Nathalia Lawn Tennis Club

The tennis season is fast approaching and we are keen to hit the ground running when the season commences in October.
To assist us with our team planning, we would appreciate you taking the time to register your interest in either hotshots or Junior teams, on the form available at the school office. These forms can be returned (by 31st August) to the school office or mailed to: PO Box 84, Nathalia 3638. Alternatively you can email your responses to the club at: tennisnathalia@gmail.com
We are a social and inclusive club and welcome new members, so please spread the word if you know others who might like to play junior tennis. For further information please contact Rose Nihill (0438 662149).

We look forward to hearing from you,
Helen Ginnivan,
President

Nathalia Primary School Concert

Thursday, September 10th, 2015
7.30pm

Ticket Order form

Name: ________________________________

I wish to purchase the following tickets for the school concert.

I have enclosed $5.00 per adult and $5.00 Secondary Student. (Primary & Pre-school children Free)

[ ] Tickets @ $5.00 per ticket       Total enclosed $ __________________________

Ticket Collection details

[ ] Please send the tickets home with my child/children.