We have had another busy fortnight here at Sandy Creek. They have been working hard at editing their Gallipoli stories which will be published on the school’s Facebook page next week. They are really great stories and we have decided to enter them into a writing competition called Write4Fun. We are also travelling to the Hall tomorrow to have a look at the honour roll for WW1. The students will be selecting a name from the list of servicemen to research and find out about.

Jack, Warrick and I were very lucky to travel to Melbourne for the Young Leaders Day last Friday. The speakers were inspiring and we all had a great day. Sophie and Ben travelled to Tallangatta Valley primary for the day and enjoyed meeting up with some new friends and having some different activities to do.

Our kids also had entered some art work into the Tallangatta Show last weekend and did very well. We have included some pictures on our Facebook page of our winning entries. We had Jack and Warrick win first prize for their motorbike made from recycled materials, Ben won an encouragement award for his garden and Sophie won 2nd prize for her garden and for her bus made from recycled materials. Thanks to Deanne for helping the kids with the creations and also to Debbie for dropping off and collecting the works of Art.

**DATES TO REMEMBER**

**MARCH**

Tue 17th School Council 4.30pm

Thu 26th Mitta Primary School Visit

Fri 27th Last Day Term 1

**APRIL**

Mon 13th First Day Term 2

**USC part of the Valley’s Cluster - Living and Learning locally.**

**THOUGHT OF THE WEEK.**

I never make the same mistake twice. I make it five or six times just to make sure.

**YOUNG LEADERS DAY**

On Friday the 13th, Jack, Mr V and I went to the National Young Leaders Day in Melbourne. We really liked all the presenters who were Jess Gallagher a legally blind Paralympian, Andy Griffiths a famous children's author, Bindi Irwin who needs no introduction and Coen Ashton an 18 year old who has Cystic Fibrosis. It was a fun day. We lined up for ages for a signature from Andy Griffiths but just missed out. Instead we were lucky to get a picture with Jess Gallagher. We really enjoyed the day. Jack got some ideas from the day as well for fundraising.

By Jack and Warrick.

**TALLANGATTA VALLEY VISIT**

Last Friday Jack and Warrick were going to Melbourne so Sophie and I had to go to Tallangatta Valley Primary. We went to meet their bus and were soon on our way. It was a small school like ours and very clean. At the start we played a game where you had run from one side of the oval to the other without getting caught.

In our first sessions we also learnt a bit about the western front and what tools they had to use to survive. We also played another game at lunch which was fun, it was like the one we played earlier except it was all around the school. Mostly we had a good day there.

By Ben
Routines are important at school, just as they are at home. Please read this article by Dr Laura Markham about routines and the importance of establishing good routines with your kids.

**SEVEN BENEFITS OF USING ROUTINES WITH YOUR KIDS**

1. **Routines Eliminate Power Struggles**
   Routines eliminate power struggles because you aren't bossing them around. This activity (brushing teeth, turning off the T.V) is just what we do at that time of the day. The parent stops being the bad guy, and nagging is greatly reduced.

2. **Routines Help Kids Cooperate**
   Routines help kids cooperate by reducing stress and anxiety for everyone. We all know what comes next, we get fair warning for transitions, and no one feels pushed around, or like parents are being arbitrary.

3. **Routines Help Kids Take Charge of Their Own Activities.**
   Over time, kids learn to brush their teeth, pack their backpacks, etc., without constant reminders. Kids love being in charge of themselves. This feeling increases their sense of mastery and competence. Kids who feel more independent and in charge of themselves have less need to rebel and be oppositional.

4. **Kids Learn the Concept Of “Looking Forward”**
   Kids learn the concept of looking forward to things they enjoy, which is important part of making a happy accommodation with the demands of a schedule. They may want to go to the playground now, but they can learn that we always go to the playground in the afternoon, and can look forward to it then.

5. **Regular Routines Help Kids Get On Schedule**
   Regular routines help kids get on a schedule, so that they fall asleep more easily at night. You may want to sit down with the kids and negotiate a schedule, document it to get your routines up and running, remember it takes time for the ownership to develop.

6. **Routines Help Parents Build In Those Precious Connection Moments.**
   We all need to connect with our children every day, but when our focus is on moving kids through the schedule to get them to bed, we miss out on opportunities to connect. If we build little connections rituals into our routine, they become habit. Try a snuggle with each child when you first see them in the morning, or a "recognition" ritual when you’re first reunited. Rituals like these slow you down and connect you on a visceral level with your child, and if you do them as just “part of the routine” they build security as well as connection.

7. **Schedules Help Parents Maintain Consistency in Expectations.**
   If everything is a fight, parents end up settling: more TV, skip brushing teeth for tonight, etc. With a routine, parents are more likely to stick to healthy expectations for everyone in the family, because that's just the way we do things in our household. The result: a family with healthy habits, where everything runs more smoothly.