



Success

Pride

Self-esteem

Newsletter Edition 11

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🌐 www.strathairdps.vic.edu.au

21st July 2021

FROM

THE PRINCIPAL

Julie Kennedy

Thank you

Many thanks for all that you are doing during lockdown this week. We know how challenging lock downs are and we know how challenging it is to have your children learning from home, with many parents also working from home. Classroom Teachers are calling families this week to check in with children from their class and their parents. At this stage, remote learning will continue until at least Tuesday next week. We will continue to update the school community through the Sentral app. If the school can help you in anyway, please let us know. Please keep following the Public Health orders, we will get through this together :)

SPS Musical Production CAUGHT BETWEEN THE PAGES—4 August 2021

For all those families who are wondering whether the SPS Musical Production will be cancelled, *the show will go on!* Planning, preparation and practice has been underway since Term 4 last year for many staff and students so we are determined the production will be held in some form. Given that the production is just two weeks away, being able to present the production in a venue with an audience of significant capacity is near impossible.

Consequently, we have made the following changes:

- * We have needed to cancel Bunjil Place.
- * Families who have already purchased tickets for Bunjil Place will be refunded.
- * A full dress rehearsal will take place on Tuesday 17th August, students will need to bring their costumes to school on that day.

Students will perform the production during school hours at the Performing Arts Centre of one of the local Secondary Schools** (location to be confirmed) on Tuesday 24th August with staff and students in the production and **no outside audience**. There will be no charge to parents for buses. A permission form will be sent home when students return to school for onsite learning. Please dispose of the pink production permission forms sent previously for the Bunjil Theatre Rehearsal.

- * We are paying a professional videographer to record the production and families will be able to purchase the DVD.

****If it eventuates that Public Health Orders don't allow us to go to another school, the only other option will be to run the Production in our gym on Tuesday 24th August during the school day.**

We apologise that parents will not be able to view the production live but we are trying to put in place the next best option. There has been an extraordinary amount of effort and practice put into the production by so many students and staff and Jerry from iRock, it is going to be an amazing show. If you have any questions, please phone the Office.



Friday 30th July

Curriculum Day - No Students to attend

Thursday 29th July

Grade 3 - Just like me Incursion

Wednesday 18th—20th

August
Grade 5 Camp



Year 5 Camp to Sovereign Hill

We are desperately trying to go ahead with the Year 5 Sovereign Hill Camp on August 18. We are currently planning for the camp to proceed and will not make a decision until as late as we possibly can.

Curriculum Day—30 July 2021

On Friday 30th July we will be having a Curriculum Day where staff will be undertaking a whole day workshop on Responsive Teaching. Staff will continue to build their deep understanding of how children learn based on the latest research and how to draw on a repertoire of techniques and strategies to adjust their teaching instruction for students during lessons. **This Curriculum Day will definitely go ahead, we can't change the date. There will be no school for students on Friday 30th July.**

CONGRATULATIONS to ELLA O'NEILL on her selection for the SCHOOL SPORT VICTORIA STATE TEAM

Congratulations to Ella O'Neill for being selected to represent Victoria in the School Sports Victoria (SSV) basketball squad.

Ella has been playing basketball since she was 5, starting at the domestic level. She has played representative level with Casey Cav's for 3 years and has also represented our school in the Hooptime Competition in Grade 3,4 and 6.

Ella has been to 3 sets of try outs and has been selected from hundreds of girls who have also gone through the selection process. Ella said tryouts focused on ball skills however it involved many games throughout the process focusing on offense/ defense play and well as overall game strategies. Ella feels her defence is her strength in the game and that she will be working towards her "attacking the ball" so she can also dominate in this area of game play. Ella enjoyed tryouts and meeting all girls from different schools, with many of them being her competitors in the VJBL representative level which she plays on Friday nights. She will now be competing in the School State Basketball competition for team Victoria- which will be held in Queensland in November and will play against girls who have also been selected to represent their State.

We wish Ella all the best in this competition and we look forward to celebrating her journey at SPS.



		<u>Wednesday 21st July</u>	<u>Thursday 22nd</u>	<u>Friday 23rd</u>	<u>Sat 24th & Sun 25th</u>
		Remote Learning			
Monday 26th	Tuesday 27th	Wednesday 28th	Thursday 29th Canteen Open Gr3 Incursion	Friday 30th Curriculum Day—No School	<u>Sat 31st & Sun 1st Aug</u>
Remote Learning					
Monday 2nd	Tuesday 3rd Canteen Open	Wednesday 4th	Thursday 5th Canteen Open	Friday 6th Canteen Open	<u>Sat 7th & Sun 8th</u>
Monday 9th	Tuesday 10th Canteen Open	Wednesday 11th	Thursday 12th Canteen Open	Friday 13th Canteen Open	<u>Sat 14th & Sun 15th</u>
Book Fair					



Student OF THE WEEK

CONGRATULATIONS TO THE FOLLOWING STUDENTS WHO HAVE BEEN AWARDED STUDENT OF THE WEEK
FOR WEEKS 9 AND WEEK 10 OF TERM 2.

Junior School

Prep A

Hosam

Prep B

Montel & Saba

Prep C

Iqra

Prep D

Elijah

Prep E

Seth

Prep F

Armin & Zackariya

Grade 1A

Anaya & Yahya

Grade 1B

Charlene & Izzy

Grade 1C

-

Grade 1D

Candice

Grade 1E

-

Grade 2A

-

Grade 2B

Yamah

Grade 2C

Haya

Grade 2D

saindhavi & Phenix

Senior School

Grade 3A

-

Grade 3B

-

Grade 3C

Grace

Grade 3D

-

Grade 3E

Grade 4A

-

Grade 4B

Tameeka & Kiara

Grade 4C

Breanna

Grade 4D

-

Grade 5A

Cruz

Grade 5B

-

Grade 5C

Imran & Lucan

Grade 5D

Georgia & Cooper

Grade 5/6E

Xavier & Brooke

Grade 6A

Saniya

Grade 6B

Jasmine

Grade 6C

-



Wisdom



Respect



Self Esteem



Happiness



Term 3 Activities 2021

Year Level	Activity	Date of Activity	Notes coming home	Due Date	Cost
Prep	Little Woodworkers Incursion	During class time in Term 3			\$24
Grade 3	Just Like Me Incursion	Thursday 29/7/2021	12/5/2021	3/5/2021	\$10
Grade 5	Sovereign Hill Camp – Payment plans	Wed 18 th – Fri 20 th August 2021		Wednesday 28th July, 2021	\$360 in total
Grade 4	Cranbourne Botanical Gardens Excursion	Wed 25/8/21 & Thur 26/8/21	5/8/2021	23/8/2021	TBA
Prep – Grade 2	Swimming Program	August-September 2021	March 2021	22/7/2021	\$110 in total

Curriculum Day

Friday 30th July

Swimming Program Prep-Grade 2

Swimming programs commence on 23rd August and final payments are due on Thursday 22nd July. Payments can be made via the QKR app and by eftpos at the office. If you require your child's CSEF to be used for this excursion, please tick the CSEF box and sign your child's swimming form and return to the school as soon as possible. If you have any further queries regarding this please contact the office on 9705 3800.

Prep Enrolments 2022

Prep Enrolment Packs for 2022 are available from the office. Please contact Alex on 9705 3800 if you have any queries regarding this. The office is open from 8.15am to 4pm. If you have already taken an enrolment pack please return the completed forms to the office, along with a copy of your child's birth certificate and immunisation form and any other necessary paperwork. We can make copies of original documents at the office if needed.

We're really looking forward to welcoming your preppies to Strathaird Primary School and including them in our Transition Days and the State Wide Orientation Day. We can only do this with fully enrolled students, so don't delay in returning your forms.

Sustainability News



**ResourceSmart
Schools**



Core



Energy



Biodiversity



Water

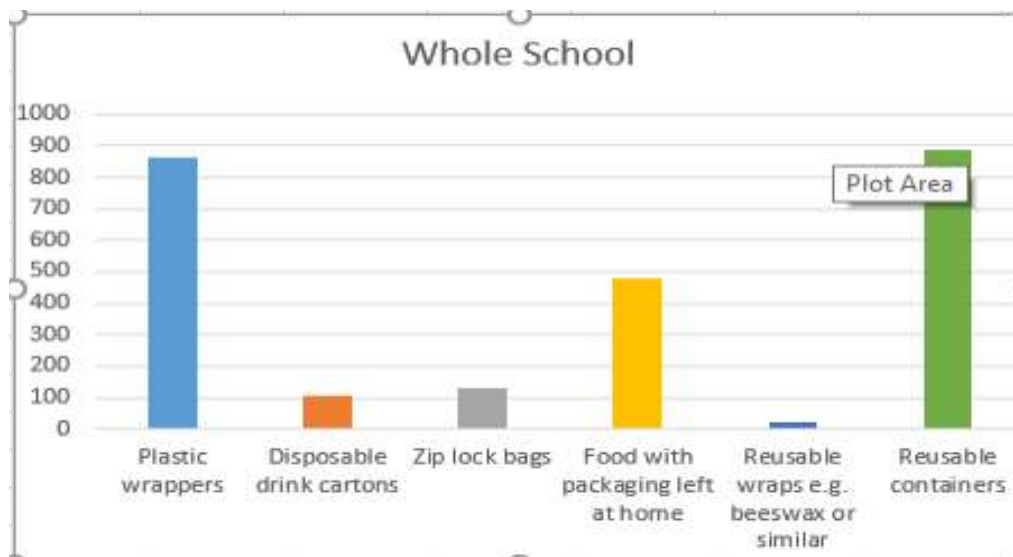


Waste

Resource Smart School Update—Lunchbox Audit

Last term we conducted a whole school audit of lunchbox rubbish to see what rubbish students are bringing to school and how much students are reusing.

Below are the results for one day:



There are some very positive results:

- most students are using reusable containers
- there has been a reduction in the amount of ziplock bags and plastic wrapping/ cling wrap on food.

Some things to work on:

- ⇒ Reducing the number of plastic free wrappers e.g. chip packets by replacing these with healthier options such as fruit, veggies or homemade treats
- ⇒ replacing ziplock bags with reusable packaging (we find a lot of ziplock bags on the ground)
- ⇒ sending children with a reusable water bottle rather than drink cartons with milk or juice that cannot be recycled.



We will repeat this audit at the end of Term 3 and see how we are going



Sustainability News



Plastic Free July

Plastic free July is a time when we stop and look at the single use plastic we are using in our lives as see what changes we can make. At school we are focusing on reducing plastic laminating (only laminating something that needs to last many years rather than just one). We are also encouraging students to have single use plastic free lunchboxes.

So what can you have instead of chips or packaged foods?



fruit including cucumber sticks, cherry tomatoes and berries

vegetables like carrot, peas, snow peas, celery, beans

crackers or vege chips —homemade with dip or from a large packet, put a few in every day.

home made protein balls, muffins, cakes, biscuits

sandwiches—no plastic, wraps with meat and salad, thermos with hot soup, rice, noodles, leftovers etc.



LEARNING EXTENSION ADVANCEMENT PROGRAM (LEAP)

Michelle Stott

High Abilities Practice
Leader



The Learning Extension Advancement Program (LEAP) has been held at Strathaird Primary School throughout Semester 1 this year. Students selected in Grade 3 and Grade 4 have had the opportunity to work alongside other high-abilities students from different classes in their year level at school. Weekly Maths and English groups have been conducted at each of these levels. This program recognizes students who are achieving at advanced levels and provides experiences aimed towards challenging and extending their thinking.

The Maths groups have focused on problem solving strategies and applying prior knowledge to new tasks. They have learned about magic squares, prime numbers, square & triangle numbers, divisibility tests and roman numerals. They have used strategies such as: guess & check, using a pattern or a rule and finding smaller parts of a larger problem in order to solve problems and stretch their thinking. The English groups have focused their learning on recognizing and using figurative language, such as alliteration, similes, metaphors, hyperboles and onomatopoeia. They created poems by applying their knowledge of a variety of different types of figurative language. They have begun wondering about the world and forming questions about a variety of topics. They selected a topic of interest and created questions, before researching about their chosen area. They created a passion project to share the information that they discovered with their peers.

Congratulations to the following students for participating in the LEAP sessions:

Grade 3 English: Harvey (3A), Lachlan (3C), Savanah (3C), Taylah (3D), Lena (3D), Iqra (3D), Sienna (3D), Liam (3D), Isla (3E) & Bella (3E).

Grade 4 English: Jamie (4A), Olivia (4A), Sammie (4A), Wyatt (4A), Jasmin (4C), Xyza (4C), Brandon (4D), Noah (4D), Madison (4D) & Xavier (4D).

Grade 3 Maths: Matilda (3A), Travis (3A), Ben (3A), Jaimin (3A), Yalda (3A), Cena (3A), Arham (3A), Harvey (3A), Ashvik (3B), Alex (3B) & Nima (3C)

Grade 4 Maths: Kallen (4A), Annalise (4B), Ashley (4C), Abdullah (4C), Saaim (4D), Lucy (4D), Advika (4D), Mohammad (4D), Aadish (4D) & Jennika (4D).



AN INVITATION TO OUR BOOK FAIR!

Where: Strathaird Primary School

School Library

Date: 9th August - 13th August

Time: 8am - 8.45am and 3.15pm-4pm

Don't miss out!

Every purchase
supports our school!



www.lamontbooks.com.au

parenting * ideas

INSIGHTS

Riding the COVID waves



The disruption caused by the coronavirus pandemic continues, with the scale of its impact dependent on geography. Families in the nation's two most populated states are no strangers to lockdowns and the disturbance they bring to normal life. Regardless of where you live, the sense of the pandemic is always present, ready to disrupt daily life at short notice.

We crave connect and certainty

Human beings crave certainty and human connection, both of which are severely impacted by the current pandemic. Just when life appears to return to normal, coronavirus case numbers can flare, sparking changes to our daily lives. As demonstrated by the massive increase in people seeking psychological support services over the last 18 months, these are difficult times for us all.

Every family has its own coronavirus story consisting of loss, disappointment, hardship, frustration or overwhelm of some kind. While there is no magic bullet that will make living through these uncertain times easy, here are some strategies to help you and your family stay upright while you ride the COVID waves of uncertainty and change.

Model a coping mindset

Let's start with a coping mindset, the hardest and most important strategy. The leader in any group is the person who remains calm in a crisis, so as parents we need to do all we can to keep our acts together, or at least look like we are in control. Kids of all ages, but especially primary-aged students, take their cues from parents, the most important people in their lives, about how to view events. If catastrophising, anxiety and anger are modelled, then inevitably younger family members will mimic these behaviours. More significantly, these behaviours contribute to their feelings of lack of control. Alternatively, when acceptance, perspective and optimism are on display, kids learn how they can cope with uncertainty and change. This is not to suggest that parents aren't struggling, and that we shouldn't show our vulnerability to children. However, children and young people feel safer and more secure when their parents radiate a sense of calm and composure in the face of difficulty. Challenging, but essential.

Act like a middle born

Despite the negative press that middle-borns receive including 'middle child syndrome' and 'middle-child complex', this cohort is generally very resilient. Their flexibility as a result of fitting into a life pattern set by an elder sibling enables them to more easily adapt to change. Often considered less ambitious and driven than first-borns, middle children generally expect less of themselves, and are more inclined to bide their time, letting the big waves pass before riding the more accessible, easier waves to achieve success. Birth order research reveals that middle children tend to have broader social circles than children born in other positions enabling them to form social connections in many different settings. Their adaptability, lowering of expectations and wonderful approachability are examples of how to survive challenging times.



parenting*ideas

Embed wellbeing strategies into family-life

If ever there was a time to make wellbeing come alive in a family, it's now. If you have previously believed kids' wellbeing is less important than homework, music or sports lessons and chores then it's time for a priority rethink. Mental health practices are most successful when they are embedded into family life, rather than being focused on when life gets hard. While no means limited to these, the most significant wellbeing practices include sticking to daily routines (to maintain feelings of control), taking regular exercise (to get rid of built-up stress and promote feel-good endorphins) and prioritising sleep (to maximise the brain's capacity to manage stress).

Only sweat the big stuff

If you find that you're arguing with your child over minor issues such as leaving clothes around the house, then it's time to let the small stuff go and focus on the bigger issues. You may need to set the parenting bar a little lower, focus less on academics, even relax screen time limits for a time if they are a source of conflict. Expect behaviour blow outs from children who have lost their own bearings – in some cases access to friends, school, and schedule. Give kids space if they regress, rather than reward tantrums with plenty of your attention, which will reward and keep the behaviour going.

Connect with your village

Are you an introvert or an extrovert? What about your kids? It matters because each group reacts differently during lockdowns. Those on the introvert end of the spectrum can feel a little too comfortable being home and away from work or school. Scheduling regular digital catch-ups with friends and family can overcome reluctance to connect. Extroverts, on the other hand, can really struggle being away from friends and need little encouragement to stay in touch, which is vital during times of uncertainty.

There are no hard and fast rules about living through this pandemic. COVID didn't come with a 'how to' manual, so most of us are writing our own rules as we go. Embrace any ideas that work for you and your family and let go of those that aren't right for you. Be mindful, that the tide will eventually turn, the waves more predictable and our capacity to deal with hardship will have been enhanced by this experience.



Michael Grose

Michael Grose, founder of Parenting Ideas, is one of Australia's leading parenting educators. He's an award-winning speaker and the author of 12 books for parents including *Spoonfed Generation*, and the bestselling *Why First Borns Rule the World and Last Borns Want to Change It*. Michael is a former teacher with 15 years experience, and has 30 years experience in parenting education. He also holds a Master of Educational Studies from Monash University specialising in parenting education.



Australian Government
Children's eSafety Commissioner

Cyberbullying: the new Children's eSafety Commissioner

The Office of the Children's eSafety Commissioner (the Office) was established on 1 July 2015 to handle complaints about cyberbullying material targeted at Australian children.

The Office can investigate complaints about material considered likely to have a seriously threatening, intimidating, harassing or humiliating effect on the child. Where possible, the material should be reported to the social media service first, before it is complained about to the Office. To consider a complaint the Office will need evidence of the cyberbullying material.

Parents, along with schools and the government have a role in ensuring children are protected online. The Office will work with social media services, parents and schools to ensure serious cyberbullying material is removed.

What to do if your child is being cyberbullied

If your child is being cyberbullied advise them to:

- avoid retaliating or responding
- collect the evidence—keep mobile phone messages and print emails or social networking conversations
- block the bully and change their privacy settings
- report the abuse to the social media service

If your child continues to be cyberbullied and you believe it is having a seriously threatening, intimidating, harassing or humiliating effect, we encourage you to assist your child in [making a complaint](#) on the Commissioner's website.

More information on the [role of the Office](#), how to [deal with cyberbullying](#) and how to [lodge a complaint](#) is available on the website.

The [Kids Helpline](#) provides a private and confidential, telephone and online counselling service for young people. Encourage your child to speak to them if they are in need of counselling support. The Kids Helpline also manages [Parentline](#), a confidential telephone counselling service providing counselling and support for parents and care-givers.

If you believe your child is in **immediate danger**, call 000.

<https://esafety.gov.au>

How to report cyberbullying material

| 1

Report
the cyberbullying
material to the
social media service



| 2

Collect evidence
copy URLs or take
screenshots of the material



If the content is not removed within 48 hours apply steps 3 and 4

| 3

Report it
esafety.gov.au/report



| 4

Block
the person and
talk to someone
you trust



If you are in immediate danger, call **000** (triple zero)
If you need to talk to someone, visit kidshelpline.com.au or call them on
1800 55 1800, 24 hours a day 7 days a week



Sentral for Parents App

The **Sentral for Parents** app allows families to:

- ✦ view academic reports
- ✦ explain past and upcoming student absences
- ✦ view calendar events
- ✦ book parent/teacher interviews
- ✦ receive sick bay notifications
- ✦ view school newsletters

as well as receive real-time notifications and messages from the school.

Instructions for accessing the Sentral for Parent App

1. **Download** the 'Sentral for Parents' app. Depending on your device, visit either the Apple App Store, or the Google Play Store.
2. **Search** for Strathaird Primary School. Tap Next.
3. **Sign in** using your Sentral username (your registered email address) and password (that you created when Registering). Tap Log In.
4. You are now ready to start using the app.



If you have never registered on Sentral:

1. Click register here to register a new account. It will ask you to create a user name and password. Enter your email address as your username and create your own password. You will receive a verification email which **MUST** be verified in order to continue.
2. Once verified, log back into the app and use the access key provided by the school to link to your child's details. *The access key will be created for you once your child is attending.*

For a quick overview on how to access the Parent Portal, please watch this short video.

<https://vimeo.com/sentraleducation/review/431752138/968dcb15a8>

If you have questions about using the app, or need some extra help then please browse the list of FAQs at

<https://info.sentral.com.au/new-app-getting-started> or contact us for assistance.

PROTECT

Everyone has the right to be safe and be protected from abuse.

No one should behave in a way that makes you feel unsafe or afraid, including anyone in your family, anyone at school or anywhere else in the community.

Tell a teacher or any adult at your school if you feel unsafe.



It's everyone's responsibility.

Adults at school must listen and respond to concerns about child abuse.

If you suspect abuse of any child or young person, you have a responsibility to report it, even if you are not sure.

Further information & resources
www.education.vic.gov.au/protect



VISION STATEMENT AND MISSION

To empower students to strive for personal achievement, embrace challenges and develop the skills and values that enable them to become lifelong learners and engaged responsible citizens in an ever changing global society.

OUR VALUES

We value Wisdom, Respect, Self Esteem and Happiness.

Wisdom – Growth through the acquisition of knowledge skills and experiences. It encompasses the qualities of independence, responsibility and goal setting.

Respect – The valuing of people's worth and qualities and treating everyone in the school community in a polite and friendly manner. It encompasses the qualities of friendship, cooperation, courtesy, honesty, trustworthiness, compassion and consideration.

Self Esteem – A feeling of self worth and confidence. It encompasses the qualities of confidence, achievement, enthusiasm, patience, and positive attitude.

Happiness – Appreciation of life and ability to see the positives in most situations. It encompasses the qualities of fairness, forgiveness, safety, and kindness.

Our school motto is: Success, Pride, Self Esteem, chosen by school council as fitting attributes that reflect our underlying values.

HOW WE ENACT OUR VISION STATEMENT AND MISSION

School Council provide Governance and direction through School Policies, the school's Strategic Plan and the implementation of that plan through the Annual Implementation Plans.

The philosophy of our curriculum delivery is based on our vision statement and mission. We promote our values across the school and include specific presentations on values through whole school assemblies.

Extra curricula activities during lunch times include: library time, gardening, music/choir, Years 2 sports fun, chess for grades 3, 4 and grade 5 and 6 camps, are all aimed at developing this philosophy.

