



Success Pride Self-esteem

Newsletter Edition 15

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🌐 www.strathairdps.vic.edu.au

15th September 2021

FROM
THE PRINCIPAL

Julie Kennedy



Many thanks to our school community for battling through another period of remote learning. Once again it has been a wonderful effort by our students, parents and staff.

There appears to be some 'light at the end of the tunnel' and we look ahead to the remaining three months of 2021 with hope and optimism. We probably won't know until Sunday what school will look like from the start of Term 4 when the State Government delivers it's COVID 19 roadmap. Arrangements for next term will be communicated to the School community via the Sentral app during the holidays.

Please continue to follow the Public Health orders, it is vitally important that we all do our part to stop the spread of the virus. Widespread virus will put overwhelming pressure on our hospital system and our amazing health workers, some of whom are members of our school community. Please follow the rules.

Thanks for your support during the Term, I wish you all a restful, relaxing holiday. Take care and stay safe.

COVID-19 VACCINATION PROVIDERS IN THE LOCAL COMMUNITY

The State Government is setting up a pop-up vaccine clinic at Narre Warren South P-12 College to ensure people who live in the area can get vaccinated close to home. We understand the clinic will operate from Saturday. You can book a vaccine appointment at www.coronavirus.vic.gov.au/book-your-vaccine-appointment or by calling the Coronavirus Hotline or 1800 675 398.

One of our parents, Charlene Cerros, works at Blooms The Chemist at Casey Central which is an approved vaccination provider for COVID-19 vaccine for the local community. The Chemist offers Pharmacist administered vaccinations and will have a supply of Moderna in the coming days, for 12 years and older. They also have Astra Zeneca vaccine. The Chemist offers support and advice in different languages. Book online or phone 9704 8166.

WHAT IS GRATITUDE AND WHY IS IT IMPORTANT DURING COVID TIMES?

Some of our students have been busy thinking about gratitude, focussing on the good things they see in others and the good things in their lives more broadly. Practicing gratefulness at any time is important but particularly important during these challenging COVID times. How so, you might ask?

Giving thanks and expressing gratitude is one of the oldest concepts in society.

It reminds us of how special, beautiful, and blessed our lives are even when we are faced with challenging, stressful, and overwhelming situations.

The concept of gratitude is especially important in the midst of a pandemic like COVID-19 when the world around us is unpredictable and sometimes even dangerous.

Practicing gratitude on a regular basis is instrumental in helping you become more optimistic. It also can have a huge impact on your overall mood and perspective.

What's more, when expressed during challenging times, gratitude can help you recognize the goodness of life, which in turn helps you calm your fear and anxiety and maintain a positive outlook in an uncertain situation.

<https://www.verywellmind.com/why-gratitude-is-important-during-covid-19-5097076>

Please take the time to read some of our students thoughts.





What does Gratitude mean? Is it the same as thankful? Express your gratitude to all those people in your life who make a difference and explain why you are grateful to them.

**I'm grateful for my parents
because I couldn't survive
without them and they help me
with anything I need help with.**



**I'm grateful for my best friends Faran and
Hunter (it's not just Faran and Hunter) they are
always there for me and they're funny and
nice they help me cope at school**

I Have an Attitude of Gratitude!



I am grateful for:
my food I eat every
day
my caring and
loving family
my life I was
given
every thing I
own.



I am grateful for:

I am grateful for having family
and friends.
I am grateful for doing home
schooling with Aaliyah.
I am grateful for having
water and food.
I am grateful for having a
roof.
I am grateful for going
to school.

I Have an Attitude of Gratitude!



I am grateful for:

I am grateful that my country doesn't
have any natural disasters.
I am grateful that I have a
transportation.
I am grateful that I
have a home.
I am grateful that I
have friends.
I am grateful that I go to
school.
I am grateful that I have a life.

Positive Affirmations

you are smart 🧠
I am smart 🧠
you are kind 🤝
I am kind 🤝
you are unique 🌟
I am unique 🌟

YOU ARE GREAT! 🌟



THINGS THAT I CAN DO TO MAKE ME FEEL CALM AND PEACEFUL...

**sit outside
in the
sunshine**

**do some
yoga**

**take a break
from Tv and
ipad**

**do some
drawing
outside**

take a nap

WEEKLY REFLECTION

Three Things I Learnt:

- 1 'First fleet
- 2 Basketball in the olympics
- 3

Something I am proud of:

My work

Something I need to work on:

Volume and
capacity

The best part of the week was
Finishing all my work and seeing most of my
friends.

I'm thankful for my family because
they spend a lot of time with me, and
care for each other.



I am thankful for having a
loving and caring family!



I'm thankful for my family and my
dog. They are always there when I'm
upset & they make me happy again.



My Father

I am thankful for my Father. He
encourages me to work hard and do
what I like doing. He's very kind and
takes care of me.



I am thankful for my friends because
without them I will be very lonely.



I am thankful for my family and
friends. I can play with my sister.
I can see my friends on zoom class
meeting.



I'm thankful for my family because
when I'm sad they always put a smile
on my face.



I am thankful for my family
and friends. I can play with
my sister.

I can see my friends on zoom class
meet.



I am thankful that it is
beautiful weather today! 🌞



I am thankful for my crazy family
they are really funny when I'm sad they
make me happy so I'm really thankful
for my crazy family!



Family.

What I'm thankful for is my family
because they are funny and
active. Family is the most important
people ever.



What am I thankful for?

I am most thankful for having the best
mom in the world that has been there
for me through thick and thin.



Friends

I'm thankful for my friends because
they bring joy and fun to me and it's
makes me happy.





Student OF THE WEEK

CONGRATULATIONS TO THE FOLLOWING STUDENTS WHO HAVE BEEN AWARDED STUDENT OF THE WEEK
FOR WEEKS 8, 9 & 10 OF TERM 3.

Junior School

Prep A

Kawsar, Jasskirat & Yahya

Prep B

Eden, Taha

Prep C

Audrey, Shahzad & Olivia

Prep D

Terence, Yovaan

Prep E

Jaiwanth, Salwa

Prep F

Jack, Maivily & Taylah

Grade 1A

Cleo & Jonathan

Grade 1B

Zahra & Noreen

Grade 1C

Sajad & Alina

Grade 1D

Sammi & Subi

Grade 1E

Christopher, Sibtain & Isla

Grade 2A

Jasmine, Ashlea & Isabel

Grade 2B

Abbas & Cole

Grade 2C

Kenrick, Haya & Lee

Grade 2D

Sara & Phenix

Music

Grade 1D

Prep F

5A

5C

Senior School

Grade 3A

Yashika & Ava

Grade 3B

-

Grade 3C

Tyga-Li & Chase

Grade 3D

Ilaha & Isa

Grade 3E

Sadaf & Chase

Grade 4A

Tahlia, Elaha & Wyatt

Grade 4B

Ethan, Armaan & Zeki

Grade 4C

Shiloh & Cristian

Grade 4D

Saaim & Japjeet

Grade 5A

Elias & Alyaa

Grade 5B

Tasha, Bailey & Daniel

Grade 5C

Praganya, Yalda &
Farheen

Grade 5D

Millie & Shayan

Grade 5/6E

Ella, Illaha & Jack

Grade 6A

Farida, Sana & Suhail

Grade 6B

Jason Nehad

Grade 6C

Hannah, Sakhi & Milad



Wisdom



Respect



Self Esteem



Happiness



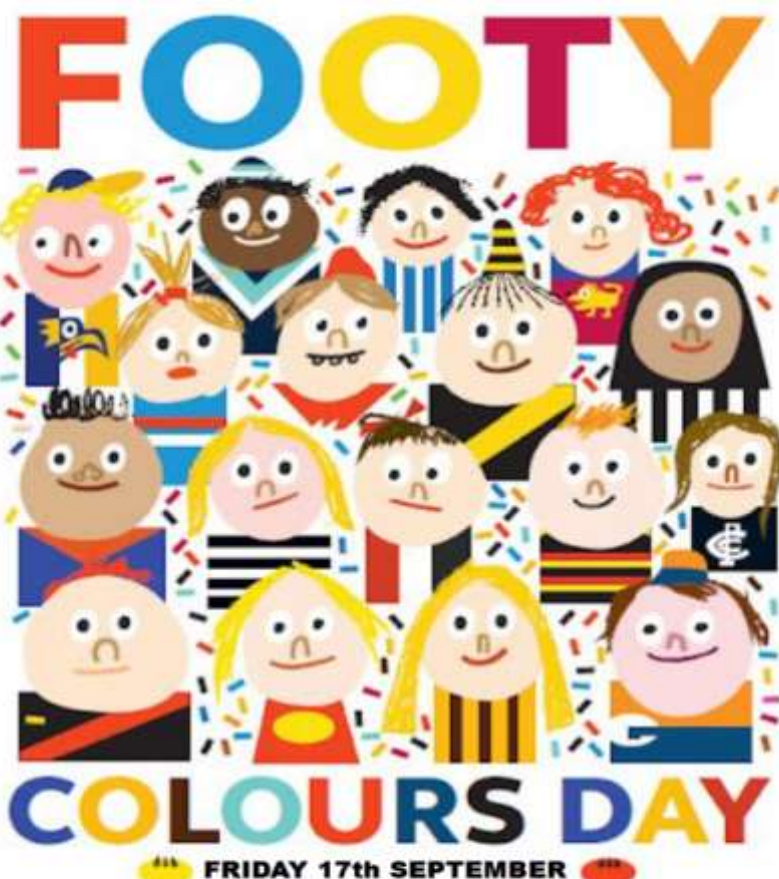
September/October

Monday 13th	Tuesday 14th	Wednesday 15th	Thursday 16th	Friday 17th Last day of Term 3 2.30pm dismissal Virtual Footy Day	Sat 18th & Sun 19th
Monday 20th	Tuesday 21st	Wednesday 22nd	Thursday 23rd	Friday 24th	Sat 25th & Sun 26th
Monday 27th	Tuesday 28th	Wednesday 29th	Thursday 30th	Friday 1st October	Sat 2nd & Sun 3rd Sunday 3rd Daylight Savings begins
Monday 4th First day of Term 4	Tuesday 5th	Wednesday 6th	Thursday 7th	Friday 8th	Sat 9th & Sun 10th

School Holidays

School Holidays

Watch Sentral for updates



All students are invited to wear their favourite footy team colours to a whole grade zoom meeting at 9:30 am on Friday the 17th of September.

When we say footy we mean all football codes.
Just get colourfull

SPRING FORWARD

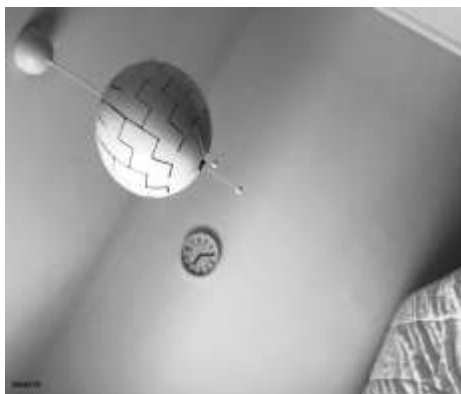
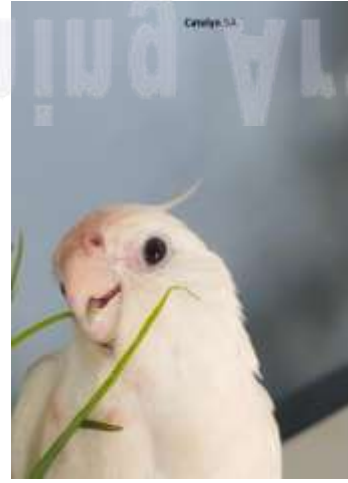
Don't forget.

Daylight saving time begins at 2 a.m. Sunday. **Set your clocks ahead one hour.**



Sunday 3rd October

Remote Learning Artworks





DISCOVER FREE SERVICES

In lockdown
our libraries may be
closed but **FREE Click
and Collect & Home
Delivery** is available.

Collect
holds

Click
& Collect
any
items

Click
& Collect
Librarians
Choice
Bags

Click
& Collect
Printing

Home
Delivery

All libraries (including the Cardinia Mobile Library)
are open weekdays and some
are open Saturdays.

ccl.vic.gov.au or call 1800 577 548



Casey
Cardinia
Libraries

|||||
Libraries
Change Lives

BE SUN SMART!



SEEK! out shade 🌳

SLIP! on a shirt 🧥

SLAP! on a hat 🧢
& sunglasses 🕶️

SLOP! on sunscreen 🧴

BC Cancer Agency
CARE & RESEARCH



BC Centre for Disease Control

Canadian
Dermatology
Association



DON'T FORGET YOUR



WIDE-BRIMMED

HAT



World Health
Organization

Helping children cope with stress during the 2019-nCoV outbreak



Children may respond to stress in different ways such as being more clingy, anxious, withdrawing, angry or agitated, bedwetting etc.

Respond to your child's reactions in a supportive way, listen to their concerns and give them extra love and attention.

Children need adults' love and attention during difficult times. Give them extra time and attention.

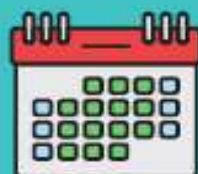
Remember to listen to your children, speak kindly and reassure them.

If possible, make opportunities for the child to play and relax.



Try and keep children close to their parents and family and avoid separating children and their caregivers to the extent possible. If separation occurs (e.g. hospitalization) ensure regular contact (e.g. via phone) and re-assurance.

Keep to regular routines and schedules as much as possible, or help create new ones in a new environment, including school/learning as well as time for safely playing and relaxing.



Provide facts about what has happened, explain what is going on now and give them clear information about how to reduce their risk of being infected by the disease in words that they can understand depending on their age.

This also includes providing information about what could happen in a re-assuring way (e.g. a family member and/or the child may start not feeling well and may have to go to the hospital for some time so doctors can help them feel better).



connecting & communicating with your young person: parent / carer webinar

headspace National **in conjunction** with headspace Dandenong, are presenting a webinar for parents and carers of young people.

Information presented will cover:

- Understanding your young person, and recognising mental health difficulties.
- Managing the challenges of parenting young people today.
- Having better conversations with your young person.
- Connecting your young person with the right help and support.

The webinar will consist of a presentation on mental health, with a focus on noticing mental health difficulties in young people and supporting them to open up and communicate with you about their challenges, in order to seek help if needed.

When: Monday 20th September at 7:00pm
Where: online via zoom

How do I register?

Click here to register via Eventbrite, or copy the following URL into your web browser:
<https://www.eventbrite.com.au/e/connecting-g-communicating-with-your-young-person-parent-webinar-dandenong-registration-168372949023>

After you have registered, you will receive an email confirmation from Eventbrite which will include the Zoom meeting link to access the webinar. Please note this webinar will not be recorded.

All those who register will receive a digital information pack, after the webinar, that includes key messages as well as links to resources & support services.

Contact

For more information email:
programsupport@headspace.org.au

Mental Health Support during COVID-19 - for Children, Teens, Parents, and caregivers.

Source: Kidshelpline; kidshelpline.com.au

Out of the COVID-19 pandemic several services have developed online and phone support, including counselling, webinars and resources. These online resources are available and plentiful. However, it can be challenging and overwhelming to access helpful information.



As a starting point the three organisations below provide resources that offer support to children, teens, caregivers, and parents. These include, the Kid's helpline website, Headspace webinars and the World Health Organisation Fact sheets.

Kids Helpline – report the following warning signs that your child might be struggling

“The COVID-19 pandemic can affect the mental health of kids in different ways. You know your child best, so any behaviours that are out of character for them might be a warning sign they need support. Here are some things to look out for:

- *Withdrawal from family and friends*
- *Loss of interest in things they usually enjoy*
- *Changes in eating or sleep patterns*
- *Being irritable, moody, or becoming upset easily*
- *Self-harm or suicidal thoughts*
- *Feelings of hopelessness, especially about the future “*

The Kids help line- online support offers support to children 5-12 years, teens 13-17 years, young adults 18-25, parents and caregivers.

[Helping kids through COVID-19 \(kidshelpline.com.au\)](https://kidshelpline.com.au)

Kids help line offer a phone line- 1800 55 1800

Email – counsellor@kidshelpline.com.au

Webchat- [About WebChat Counselling | Kids Helpline](#)

There may be waiting periods on all services given the current demand.

Source: World Health Organisation; www.who.int



The World Health Organisation has published simple fact sheets- attached for “coping with stress during COVID” and “helping children cope with stress”.

[Coping with stress during the 2019-nCoV outbreak](#)

[Helping children cope with stress during the 2019 nCoV outbreak](#)

Source: Headspace; headspace.org.au

Headspace are running parent/carer webinars. They have online resources, phone, and online counselling.

Attached to the newsletter is information for an upcoming webinar.

[headspace National Youth Mental Health Foundation](#)



Strathaird



CK TENNIS

-COACHING-

Available lessons:

Group
Private
Cardio Class
Semi-Private
Advanced Programs

Free Trial Lesson Available



ck_tennis_coaching



170 Cranbourne Rd
Narre Warren South VIC 3805

Mobile: 0412050145

Email: Privatecoaching.ck@gmail.com



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.

