



Success Pride Self-esteem

Newsletter Edition 16

03 9705 3800

strathaird.ps@education.vic.gov.au

www.strathairdps.vic.edu.au

13th October 2021

FROM

THE PRINCIPAL

Julie Kennedy

Welcome to Term 4, I hope you all had a relaxing break over the holidays. We are approaching this term with a great deal of hope and optimism. Although we are in for some challenges as schools return to full time onsite learning and as metropolitan Melbourne emerges from lockdown in the coming weeks, we know we have a very positive, strong and resilient school community and we are up to the challenge. Due to an ever-increasing vaccination rate in Victoria, over the next couple of months we hope to get off this awful COVID roller coaster ride and see some normality return to our lives. We can hardly wait! .

RETURN TO ONSITE LEARNING FROM OCTOBER 18

As well as hope and optimism, there is a great deal of excitement as we prepare to welcome back students to onsite learning from next week. We can't begin to tell you how happy we are about that

WHEN DO STUDENTS RETURN?

Year levels	WEEK 1 Tuesday 5 October	WEEK 2 From Wednesday 6 October	WEEK 3 From Monday 18 October	WEEK 4 and WEEK 5 From Tuesday 26 October	From Friday 5 November
Prep			Monday – Wednesday	Monday – Wednesday	✓
Year 1-2			Thursday – Friday	Thursday – Friday	✓
Year 3-4				Tuesday – Wednesday	✓
Year 5-6				Thursday – Friday	✓

We understand there may be some frustration with different year levels attending on different days and with some siblings learning from home and others at school. This won't last long, the whole school will be back to full onsite learning on November 5.

WEEK 3	DROP OFF	PICK UP	REMEMBER TO BRING...
PREP/1/2 on specific days (see table above)	Students are to be dropped off at the Sherwood Rd gate, this is the only gate open. The gate will open at 8.30 a.m. Parents cannot come onto school grounds unless they need to go to the Office. If so, you must check in at the Office door.	Students will be dismissed at 3.15 p.m. Parents should enter from the Sherwood Rd gate. The gate will open at 3.10 p.m. Parents are able to come on site at 3.10 p.m. to quickly collect their child and leave the school grounds straight away. Teachers will bring their students to designated points outside. Preps will be outside the Prep rooms, Year 1s at the stage and Year 2s outside the Year 2 rooms next to the Discovery Garden. Students who normally walk home will be able to do so. Please do not congregate at the school gates or in the school yard. PARENTS WHO ARE NOT WEARING A MASK CANNOT ENTER THE SCHOOL GROUNDS (UNLESS THEY SHOW EVIDENCE OF AN EXEMPTION).	Sunhat and water bottle



WEEK 4 and 5	DROP OFF	PICK UP	REMEMBER TO BRING...
All levels attend on specific days (see table above)	Students should be dropped off at any of the three gates. The gates will be open at 8.30 a.m. Parents cannot come onto school grounds unless they need to go to the Office. If so, you must check in at the door.	P/1/2 Students will be dismissed at 3.10 p.m. Years 3-6 students will be dismissed at 3.15 p.m. Gates will open at 3.05 p.m. Parents are able to come on site at 3.05, to quickly collect their child and leave the school grounds straight away. Teachers will bring their students to designated points outside. Preps will be outside the Prep rooms, Year 1s at the stage and Year 2s outside the Year 2 rooms next to the Discovery Garden. Years 3-6 students can meet parents at the basketball courts. Students who normally walk home will be able to do so. Please do not congregate at the school gates or in the school yard. PARENTS WHO ARE NOT WEARING A MASK CANNOT ENTER THE SCHOOL GROUNDS (UNLESS THEY SHOW EVIDENCE OF AN EXEMPTION).	Sunhat and water bottle

COVID SAFETY AT SCHOOL

As well as the COVIDSafe measures which have been in place since early last year such as hand washing, sanitizing, mask wearing and physical distancing, schools have added measures to keep staff and students safe. We will be opening doors (and windows where possible) to allow fresh air to flow through indoor spaces. Air purifiers will be delivered to schools shortly for higher risk areas. Teachers will use outdoor learning spaces where appropriate.

MASKS FOR STUDENTS

Students in Years 3-6 must wear masks when they return to onsite learning. As your child will need a mask every day, washable cloth masks might be a good option for your family. Masks must be worn whilst students are indoors but can be removed for outdoor play. If your child is exempt from wearing a mask, you will need to provide a Doctor's letter to the Office. It may be a good idea for your child to start wearing a mask at home and gradually build up the length of time so that by the time they start school they are 'mask ready'. For students in P-2, masks are recommended but not mandated.

ATTENDANCE

All students are expected to attend onsite as their year levels return to onsite learning. Online remote learning will not be continued to be provided after the full return to school. For specified onsite days, remote learning will not be available to students who don't attend school on those days.

IF YOUR CHILD IS SICK

We wish to maintain a healthy, safe learning environment for staff and students. ***Unwell students should not be sent to school.*** If your child becomes unwell at school, he/she will need to go home. Students experiencing COVID-19 symptoms such as fever, cough, sore throat will need to be collected as soon as possible.

IF YOUR FAMILY TESTS POSITIVE TO COVID

There are currently many COVID cases within the City of Casey. If one or more of your family in your household tests positive to COVID, you must do as directed by the Department of Health, there is a lot of help and support available to you if you ask. Please don't be complacent, ashamed or embarrassed if your family contracts the virus. I have heard of a case this week in the area where a family have been extremely unwell. If you have COVID in your family and a family member becomes extremely unwell, you may need to get **urgent** medical attention as some people deteriorate very quickly with the virus. Please don't leave it too late to get medical help.

PREP ENROLMENTS 2022

If your child is starting Prep in 2022, **we need your enrolment forms returned as soon as possible**



October/November

Monday 11th	Tuesday 12th	Wednesday 13th	Thursday 14th	Friday 15th	Sat 16th & Sun 17th
Monday 18th Prep Students onsite learning	Tuesday 19th Prep Students onsite learning	Wednesday 20th Prep Students onsite learning 2022 Prep Transition online session	Thursday 21st Grade 1/2 Students onsite Learning	Friday 22nd Grade 1/2 Students onsite Learning	Sat 23rd & Sun 24th
Monday 25th Prep Students onsite learning	Tuesday 26th Prep Students onsite learning Grade 3/4 Students onsite Learning	Wednesday 27th Prep Students onsite learning Grade 3/4 Students onsite Learning 2022 Prep Transition online session	Thursday 28th Grade 1/2 Students onsite Learning Grade 5/6 Students Onsite Learning Grade 1 Moonlit virtual Incursion	Friday 29th Grade 1/2 Students onsite Learning Grade 5/6 Students Onsite Learning \$ due gr 6 Graduation Bears	Sat 30th & Sun 31st
Monday 1st Nov Prep Students onsite learning	Tuesday 2nd Melbourne Cup—public holiday—No School	Wednesday 3rd Prep Students onsite learning Grade 3/4 Students onsite Learning 2022 Prep Transition online session	Thursday 4th Grade 1/2 Students onsite Learning Grade 5/6 Students Onsite Learning	Friday 5th Tentative date for all students to return to school	Sat 6th & Sun 7th



Book Club

Edition 8 is now available online through loop

<https://mybookclubs.scholastic.com.auParent/Login.aspx>

Edition 8 does not close until the 3rd December, so you can start your Christmas shopping now. Below is a link to the catalogue for you to have a browse



Student OF THE WEEK

Congratulations to the following students who have been awarded
student of the week for week 1 of term 4

Junior School

Prep A

Zahra

Prep B

Nataliah

Prep C

Audai

Prep D

Farhan

Prep E

Liana

Prep F

Shikeb

Grade 1A

Cooper

Grade 1B

Tania

Grade 1C

-

Grade 1D

Yasin

Grade 1E

-

Grade 2A

-

Grade 2B

Selini

Grade 2C

Mujtaba

Grade 2D

Matthew

Senior School

Grade 3A

-

Grade 3B

-

Grade 3C

Riaan

Grade 3D

Isla

Grade 3E

Tajalla

Grade 4A

Tamana

Grade 4B

-

Grade 4C

Tyler

Grade 4D

Advika

Grade 5A

Mahdi

Grade 5B

Omar

Grade 5C

Oliver

Grade 5D

Kaden

Grade 5/6E

-

Grade 6A

Sherwin

Grade 6B

Jasmine

Grade 6C

Nawed



Wisdom



Respect



Self Esteem



Happiness

SUPPORTING YOUR CHILD TO START SCHOOL IN 2022



**FREE ONLINE INFORMATION SESSION FOR
PARENTS/CARERS IN SOUTHERN MELBOURNE
WITH CHILDREN STARTING SCHOOL IN 2022**

20 OCT
at 7.00PM
VIA WEBINAR

Presented by Debbie Cole and Louise Dorrat, who have extensive experience in early childhood education, including supporting parents and advising teachers about the transition to school.

Find out what is involved in a positive transition to school and how this can be supported at home. The session will also answer the following frequently asked questions -

- What does school readiness mean?
- What can I do to support my child prepare for school?
- What if my child has missed a lot of kindergarten?
- What if my child is feeling anxious about going to school?

[CLICK TO REGISTER](#)

For any questions or more information, please email earlychildhood.improvement.sm@education.vic.gov.au



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 \(kidshelpline.com.au\)](http://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](#)





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.

