



27th October 2021

FROM

THE PRINCIPAL

Julie Kennedy

When the School needed to close last Friday due to a confirmed COVID case, we weren't alone. As there are many COVID cases in the South-East of Melbourne, many schools have had to close. Fortunately, we only needed to close for 24 hours. After identifying and contacting Primary Close Contacts (PCCs) and ensuring additional cleaning was completed, we were able to open up again. I know some parents would like more specific information from the school if there is a COVID case but please appreciate we are bound by very strict privacy rules, which are designed to protect all individuals and families.

If you don't have the CENTRAL for PARENTS app on your phone PLEASE put it on your phone. If you don't know how or which app to use, please ask at the Office, we will help you. If you know a parent who doesn't have the app can you please suggest that they get it. THIS IS THE KEY WAY WE COMMUNICATE WITH THE SCHOOL COMMUNITY. THIS IS HOW YOU GET IMPORTANT MESSAGES FROM SCHOOL.

A reminder—**All Years 3-6 students MUST have a mask from home every day.** The school does not have sufficient masks to be handing them out every day. I know many of you are anxious about sending your children to school with many COVID cases in the City of Casey. I do understand how you feel, I do understand your fears and anxiety. It is a very challenging time.

Please know that we are doing all that we can to protect our students and staff at school. At present there are a large range of COVID safe measures in place, many of which are listed in the checklist on this page.

WELCOME BACK TO OUR STUDENTS—FINALLY!!!

It has been so exciting to welcome back our Preps, Year 1s and 2s last week. Yesterday it was great to visit the Year 3s and 4s in their classrooms and see so many happy smiling children, looking delighted to be back.

We are looking forward to all of our students returning to school from next Monday 1st November. As the vaccination rates rise in Victoria, the restrictions are easing. We are really hoping many events can return including excursions, assemblies and a range of whole school events.

A BIG THANK YOU TO THE LUCEY FAMILY

I would like to thank Julia Lucey and her family for the significant donation of masks and sanitizer to the school. It was a very kind and generous gesture and we are most grateful.



MELBOURNE CUP DAY HOLIDAY BUT THERE IS SCHOOL ON MONDAY

This is a reminder that next Tuesday, November 2nd is Melbourne Cup holiday. Next Monday is not a holiday, all students P-6 will have school.



To our students, parents, carers, teachers and other staff, you have all done an amazing job during another 9 weeks of remote learning. What a fabulous team effort. Thanks so much.

To reduce the risk of staff and students catching and spreading COVID at school there are many measures in place, including:

- ✓ Good hygiene—hand sanitiser, soap.
- ✓ Natural ventilation to all classrooms, and other areas of the school, with doors open and some windows.
- ✓ Face masks indoors for Years 3-6 students.
- ✓ Physical distancing where appropriate.
- ✓ Density limits where they apply in schools.
- ✓ Vaccinated staff.
- ✓ Face masks indoors and outdoors for staff.
- ✓ Daily end of day cleaning, with a particular focus on cleaning and disinfecting high touch surfaces.
- ✓ Increased use of outdoor spaces.
- ✓ A focus on unwell staff and students remaining at home and getting tested even with the mildest of symptoms.



October/November

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 Dental Van Resumes	Thursday 28th Grade 1/2 Students onsite Learning Grade 5/6 Students Onsite Learning Grade 1 Moonlit virtual Incursion Canteen Open	Friday 29th Grade 1/2 Students onsite Learning Grade 5/6 Students Onsite Learning \$ due gr 6 Graduation Bears Canteen Open	Sat 30th & Sun 31st
Monday 1st Nov All year levels return to Onsite Learning Loaned Devices to be returned	Tuesday 2nd Melbourne Cup—public holiday—No School	Wednesday 3rd 2022 Prep Transition online session	Thursday 4th Canteen Open	Friday 5th Canteen Open	Sat 6th & Sun 7th
Monday 8th	Tuesday 9th School council Meeting 7pm Canteen Open	Wednesday 10th	Thursday 11th Canteen Open	Friday 12th Canteen Open	Sat 13th & Sun 14th
Monday 15th	Tuesday 16th Canteen Open	Wednesday 17th Last day to order 2022 Gr 6 Uniform	Thursday 18th Issue 7 Book club Due Canteen Open	Friday 19th Canteen Open	Sat 20th & Sun 21st



Hats Available



We have a supply of hats available for purchase from the office.

Samples are available if you need help selecting a size.

All hats are \$9 each and can be purchased over the counter or on the QKR App.

Preferred Payment is QKR

HATS ON EVERY DAY!!



CAUGHT *between* THE PAGES



MUSICAL UPDATE

To our school community,

It is with great sadness that we have had to cancel our 2021 performance of
Caught Between the Pages.

We had hoped that we might be able to perform the production this term in some capacity, but due to the continued lockdown and restrictions it is not possible.

We wish to thank all of the students, staff and volunteers who have spent hours rehearsing, planning, sewing and creating all elements of the production.

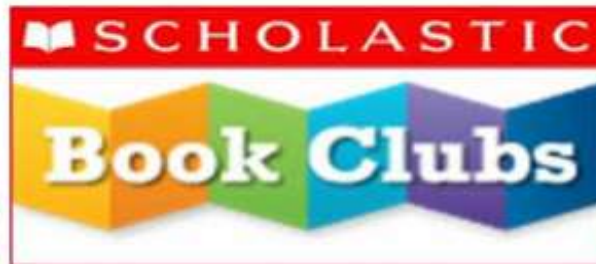
The grade 6 students will have the opportunity to perform their class songs in the school gym in late November. These performances will be recorded and will form part of the Grade 6 Graduation Ceremony. More information on this to come.

In good news we have been able to secure a date in 2022 to perform Caught
Between the Pages at Bunjil Place Theatre.

Auditions will be held in Term 1, 2022. for speaking roles and to be a member of
the band.

SAVE
THE
DATE
2022





Issue 7 Bookclub is due

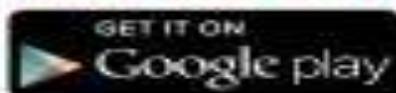
Thursday 18th
November

SCHOLASTIC
Book Club LOOP
for Parents

LOOP is the Scholastic Book Club
Linked Online Ordering & Payment platform for parents.

To order and pay for Scholastic Book Club by credit card visit:

www.scholastic.com.au/LOOP





Student OF THE WEEK

Congratulations to the following students who have been awarded student of the week for week 2 & 3 of term 4

Junior School

Prep A

Hammad & Ethan

Prep B

Aliza & Goher

Prep C

Keira

Prep D

Lucille

Prep E

Advith

Prep F

Armin & Aarohi

Grade 1A

Ali & Mikayla

Grade 1B

William & Elaina

Grade 1C

-

Grade 1D

Azariah & Zamira

Grade 1E

-

Grade 2A

-

Grade 2B

Ethmi & Siya

Grade 2C

Kannon

Grade 2D

Wyatt & Avah-Leigh

Senior School

Grade 3A

Kaidan & Christian

Grade 3B

-

Grade 3C

Karim & Zion

Grade 3D

-

Grade 3E

Isla & Sanuga

Grade 4A

Sammie & Tamana

Grade 4B

-

Grade 4C

Arash & Jazmyn

Grade 4D

Mojtaba, Ester & Xavier

Grade 5A

Ashley & Ehsan & Shubneet

Grade 5B

-

Grade 5C

Tousif & Chelsea

Grade 5D

Sarah & Raheel

Grade 5/6E

-

Grade 6A

Nia & Shanveer

Grade 6B

-

Grade 6C

-



Wisdom



Respect



Self Esteem



Happiness



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.

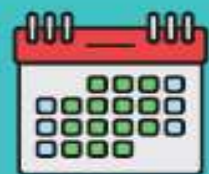
Remember to listen to your children, speak kindly and reassure them.

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).

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.

