

Strathaird Primary School News

30/04/2025

Edition 6



Strathaird



Primary School

School Values

Respect

Honesty

Responsibility

Compassion

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Principal Page

Anzac Day

Last Thursday we held an Anzac Day Commemorative Service at school. I feel so very proud of our School Captains, Matilda, Sara, Declan and Samir, who once again showed excellent leadership. They spoke beautifully and gave the whole school a clear explanation of why we commemorate Anzac Day. Here is some of their speech to staff and students:

Today, we gather to remember those who have served to defend Australia. We do this because on the 25th April 1915 Australian and New Zealand soldiers landed on the beach of Gallipoli in Turkey. This was the first major military campaign for soldiers and nurses from Australia and New Zealand.

Since then, the 25th April has been known as Anzac Day. 'Anzac' comes from the name Australian and New Zealand Army Corps. Since then, when Australians and New Zealanders have served together, they have often been known as Anzacs.

At Gallipoli, Australians and New Zealanders served with soldiers from other nations, including England, France and India. The Australians at Gallipoli came from all sorts of backgrounds, but they shared the terrible experience of war. Ever since then, for more than 100 years, our navy, army and air force personnel have honoured the memory of our original Anzacs.

On Anzac Day, there are many ways to honour people who have served in Australia's armed forces and those who continue to serve. We can gather together like this, to attend a service or an Anzac Day march. We can also wear a sprig of rosemary as a symbol of remembrance.

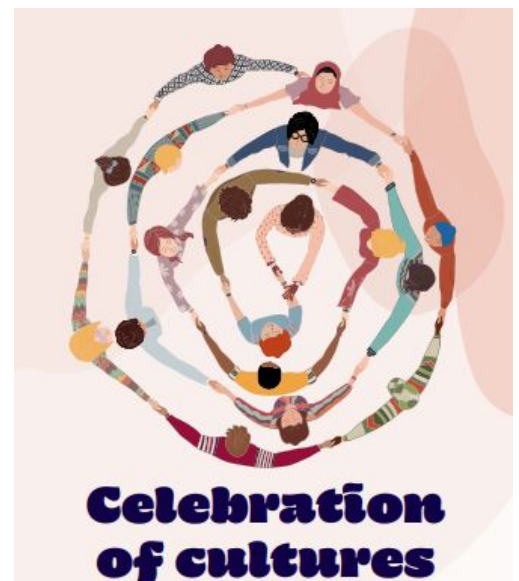


Very well done to Matilda, Sara, Declan and Samir. A big thank you to Ms Walker for her excellent organisation of this event and to Mr Ray Heathcote, our Guest Speaker, who is a retired Vietnam Veteran.

Education Week

Education Week is an annual celebration of public education in Victoria, usually held in May. This year our school will celebrate Education Week on Thursday 22nd May.

This year's theme, *Celebration of Cultures*, fits perfectly with our school as we have families from many countries and cultural backgrounds around the world, who all have many great things to value and share about their culture. We have a very respectful, harmonious multicultural school community and that is worth celebrating, especially in light of the hate, chaos and uncertainty in different parts of the world at present.



Education Week (continued)

On Thursday 22nd May, our students will be taking part in a variety of activities throughout the day which promote and celebrate our cultural diversity, as well as reinforcing a school environment of respect and appreciation where everyone works and learns together so all of our students can thrive and we can be the best school we possibly can.

There will be an open afternoon on Thursday 22nd May where parents/carers can come to their child's classrooms to celebrate Education Week. Open afternoon will be from 2.20 p.m. – 3.00 p.m.

Mother's Day Stall

The Mother's Day Stall will be held next Monday 5 May and Tuesday 6 May. A big thank you to Sharon McMahon and parents, Sarah McKenzie and Brooke Bontemps, who have done an amazing job preparing for the stall. A big thank you to the parents who have offered to help at the stalls next week. We really appreciate your efforts.

***WISHING ALL OF OUR LOVELY MOTHERS A VERY HAPPY,
SPECIAL MOTHER'S DAY ON SUNDAY 11 MAY. MANY
THANKS FOR ALL THAT YOU DO***



Mother's Day Stall

Strathaird Primary School will be holding our Mother's Day Stalls on

Monday 5th & Tuesday 6th May outside the office at school.

All Gifts will cost \$3 - Children can spend up to \$6.

Students will visit the stall with their teacher during class time. As we are an environmentally friendly school it would be greatly appreciated if students could bring a reusable bag for their gifts.

Grades attending Monday 5th May ~ Prep, Grade 2, Grade 5 and Grade 6

Grades attending Tuesday 6th May ~ Grade 1, Grade 3 and Grade 4

Preferred Payment Method



Term 2 2025

APR

MAY

JUNE

28th	29th	30th District Cross Country	1st May Last day to purchase for Mothers Day stall on QKR	2nd No Assembly
5th Mothers Day Stalls	6th Mothers Day Stalls Gr 5 Camp Final Payment Due	7th	8th Gr 5 Camp Forms Due	9th Junior Assembly Bookclub Due
12th	13th School Council Meeting 6.30pm	14th Gr 1 Sustainability Incursion	15th	16th Senior Assembly \$ due Gr 4 History Box Incursion
19th	20th	21st Gr 4 History Box Incursion	22nd \$ due Gr 3 Botanical Gardens Excursion Education Week Open Afternoon 2.20-3.00pm	23rd Junior Assembly
26th	27th	28th Gr 3 Botanical Gardens Excursion	29th	30th Senior Assembly Gr 2 Ricketts POint Excursion
2nd	3rd	4th	5th	6th Curriculum Day

Wellbeing Page



INSIGHTS

happy families **SCHOOLS**

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Apply before Scrolling

The 3M's of Digital Nutrition

We have a love/hate relationship with our devices and online activities which are complex and multifaceted. 'Screen time' isn't just one thing. It's a gazillion different things depending on the device you're using and the content you're consuming on various the platforms you log into (and freely hand out our data and feed our keystrokes to!).

While time spent online is an important measure - time is a non-renewable resource and you can only spend it once - there are other factors that you can consider. They will help shift your screen-based media use more into a positive and purposeful gear.

Here are my 3Ms of Digital Nutrition - apply them before you or your children choose to engage in online spaces.

Mindful

Being mindful in relation to your digital habits means directing your attention so that you are present to your actions, that you have moment-to-moment awareness of, and responsibility over your activities online.

Mindfulness keeps you away from time-wasting 'digital rabbit-holes'. It helps you to avoid going online to numb out or ignore your feelings, or to cope with the discomfort of some parts of everyday life. Developing healthier coping skills than scrolling and streaming is important for you and your child.

Being mindful means pausing, and thinking more broadly about how what you do, say, click on and scroll through impacts your overall health and wellbeing (one swipe at a time). When you zoom out and think about how your use (and your kids' use) of devices snowballs over weeks, months, and years, it can help you be more attentive and present.

Questions to ask yourself:

- ▶ How do I feel in my mind and body before I go online?
- ▶ What am I truly seeking when I go online and will I find it there?
- ▶ How does being online change my feelings or physical sensations?
- ▶ How can I get better at 'reading' and 'listening' to these cues?
- ▶ How can I remain focused and present while online?
- ▶ How can I notice when I am risk of overloading my senses and need to step back from the screen?+

Meaningful

As humans we often search for meaning and enjoy having things in our life of significance and interest to us. When there is so much content available online, from video games to conquer and TV series to stream across multiples

Wellbeing Page

services, to influencers and personalities to follow on social media, it's valuable to check in with how these activities align to the things you care about.

Algorithms are designed to work hard to capture your attention. It's easy (especially when you are not mindful) to slip into being distracted by digital fairy floss that doesn't help advance you towards what you value.

Recently I stepped back and re-evaluated who deserves my attention. This included removing two(!) accounts of guys mowing lawns that I had become fascinated by. Given I don't plan on a career in grass maintenance, it was time to unfollow them!

When you have clarity with your values (and live aligned to them) you have a greater sense of purpose. This contributes to you being the person you want to be (both online and IRL, in real life).

Questions to reflect on:

- ▶ How is what I am viewing/reading/playing relevant to or aligned to my goals?
- ▶ How does this action/activity contribute in a positive way to my life and overall sense of wellbeing and satisfaction?
- ▶ Have I made time to clarify my values and think about what I care about and what gives me purpose?
- ▶ Am I following people, celebrities and influencers that contribute meaningfully to my life?
- ▶ How might I curate the accounts I follow so they align more to the stuff I care about?
- ▶ What deserves my attention?

Moderate

We all only have 24 hours in a day, so how you choose to spend our time is something that you can control and develop discipline around (especially when you have switched on your mindful awareness and are clear on what is meaningful to you!).

Moderating yourself online doesn't just mean keeping an eye on the clock and being able to regulate your usage. It's your ability to show restraint when engaging with other people (often from behind a screen or keyboard) in digital spaces. Being able to moderate what you (or your children) say and how you react in situations matters.

Questions to reflect on:

- ▶ How can I tell if I am over-reacting to a situation online?
- ▶ What would happen if I did not respond to that tweet/comment/post/message or 'slept on it' before replying?
- ▶ What strategies or digital hacks can I use to moderate my time online and ensure I don't overdo it?
- ▶ How can I notice and listen to body and mind signals about when it's time to logoff/take a break?

You might notice that these three principles all connect and inter-relate. Teach your kids to switch onto these ways of being online – and try it yourself. I predict the quality of your use of technology and online habits will improve!



AUTHOR

Jocelyn Brewer

Jocelyn Brewer is a Sydney-based registered psychologist who has been helping humans manage their relationship with technology for over a decade. She is the founder of Digital Nutrition – a positive, proactive technology-use philosophy that helps empower people to use the technology in their skulls to manage the devices in their homes and pockets! Instagram is the social media app she would take to a desert island if she could only have one.



Student Attendance

There is a clear link between attendance and punctuality and attainment. The more time a pupil spends in school the more likely they are to improve their opportunity to fulfil their full potential. This gives them the best opportunities to be ready to learn and achieve success.

Families and schools work together to encourage and support student attendance and build sustained learning opportunities.

Parents responsibility:

Students are required to attend school **on time everyday**. If a student is absent, parents and carers **must** inform the school that their child is absent on the day or before the day of absence. This is a legal requirement.

If a child is late, parents will need to provide an explanation for the lateness.

How to inform the school:

- 1) Log it on the Parent Portal.
- 2) Alternatively call the school (03) 9705 3800
- 3) Send an email strathaird.ps@education.vic.gov.au

School's Responsibility:

The school must notify you of an unexplained absence in relation to your child as soon as practicable on the same day. This will be sent via a text message.

Our classroom doors open at 8:50am. this provides time for students to enter the room, unpack their bags and begin their morning reading.

Late Process:

School starts at 9am in the classrooms. **If your child arrives after this time, they must go to the office and be signed in before going to class.**

Attendance Support:

If you require further support with your child's attendance, please contact our school and speak with our Assistant Principal.

Being On time to school really does matter

If your child is late everyday...	Learning time lost approximately...
5 Minutes	3 Days from school
10 minutes	5 Days from school
15 Minutes	8 Days from school

Grade 1

Human Body Incursion

Last term, our Year 1 students were lucky to take part in an engaging Drama Toolbox incursion, all about the human body! Through costumes, movement, and imaginative role play, students became different body parts- jiggling intestines, strong muscles, and even speedy blood cells!

The interactive session helped students bring their learning to life in a fun and memorable way. Not only did they explore how the human body works, but they also practised teamwork, communication, and confidence on stage.

It was a fantastic way to combine science and drama, and the students haven't stopped talking about it since!



Grade 6 Zooper Dooper Sales

MONDAY AND TUESDAY

\$1.00 Each

OUTSIDE ADMIN AT RECESS

Money raised goes
towards Graduation
2025



**ZOOPER
DOOPER**

STRATHAIRD P.S.

KITCHEN GARDEN PROGRAM



Term 2 Volunteers Grade 5

In Term 2 the Grade 5's will be taking part in the Kitchen Garden Program.

We are **seeking 3-4 volunteers per session** from parents, guardians and carers from within our school community to support the running of the Kitchen Garden Program

Requested Volunteer times

Monday

5B- 9:00am - 11:30am

5A- 11:15am-1:30pm

Thursday

5C - 9:00am - 11:30am

5D - 11:15am-1:30pm

Friday

2:30pm-3:15pm

Kitchen Reset and Garden Maintenance

We welcome volunteers with knowledge and experience in cooking or gardening as well as those wanting to have an active role within their child's school community.

Applicants must have a current **working with children check** or be happy to apply for one which the school office can guide you through. This process is free



to register your
interest please fill
out this form:





SUSTAINABILITY NEWS



Marine Ambassadors teach the Preps

In the last week of Term One, the Marine Ambassadors taught a lesson to the Preps about the ocean. The Preps learnt about different ocean animals, things we find on the beach and some ways to ensure that we don't hurt sea creatures by the things we do. There were three main messages:

**If we don't
put our
rubbish in
the bin it can
end up in the
ocean.**



**We can celebrate
WITHOUT Balloons!**

**We can use
alternatives to straws
or no straw at all!**



We thank the Marine Ambassadors for their amazing commitment, leadership and for educating and entertaining our Preps students.



**Don't forget
to recycle
that Easter
egg foil!**



Easter Bonnet Parade



Easter Bonnet Parade



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.



Important Parent Resources

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



Attendance

Please ensure your children are at school on time. Students should be at their class by 8.50am ready to begin class by 9am.

If your child is absent, please notify the school through the Parent Portal on Sentral or call the admin on 9705 3800.

Every Minute Counts

Minutes late each school day	5 minutes	• 3 days lost
	10 minutes	• 6.5 days lost
	15 minutes	• 10 days lost
	20 minutes	• 13 days lost
	30 minutes	• 19 days lost

In a school Year



Top 5 online safety tips for kids

1

Set up your device to protect your information.

2

Explore safely & tell an adult if you see anything online that makes you feel yuck.

3

Limit who can contact you when you're playing games.

4

Stop all contact with anyone online who asks you to do anything you don't want to do. Report and block them.

5

Ask for help if anything online is bothering you.



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

Make good choices



Why do you like it?



Use devices near a grown-up



Time's up



Make good choices

Help children to think about the content they watch and how to manage their time on screens.

Message 1: Why do you like it?

Choosing to say kind things when connecting online is a life-long skill that can help prevent cyberbullying later on. The screen image can be a stimulus to discuss the types of things you should do when video calling, like saying hello with a smile.

Message 2: Use devices near a grown-up

Children need to be aware that digital technologies should be used with a grown-up nearby and in a shared space. Children should get used to the idea, from an early age, that devices should not be used in bedrooms.

Message 3: Time's up.

It is important to discuss with children how they will know when it's time to turn devices off and how they will transition to another activity.

Key questions when discussing this poster could include:

- What do you like to play on devices? What makes you like it?
- Where are these people using devices? Where are you allowed to use them?
- Have you ever been told you have been playing on a device for too long? How do you feel when that happens? What do you usually do?

Be safe



Play with the games and apps that are yours



Only talk with people you know



Some things should be kept private



Be safe

Help children understand personal information and how it can be protected.

Message 1: Play with the games and apps that are yours.

Devices should be set up so children know which content is for them and that other games, programs or apps may not be suitable for them. The screen image shows the folder where the little girl can find the games and apps just for her use.

Message 2: Only talk with people you know.

This picture reminds children that they should only video call when a grown-up is helping them, and only speak to people they know.

Message 3 - Some things should be kept private.

In this picture the boys are creating an avatar with their Grandad. Avatars can be a practical way of showing children how they can keep their real name and identity private by creating a character to represent themselves in games.

Key questions when discussing this poster could include:

- Do you play on your Mum or Dad's phone, tablet or computer? Do you have a special place for your games and apps? How do you know what is yours?
- Do you talk on the computer to your friends and family? Who helps you?
- Why do you think the boy in the last picture looks confused? If you were going to create an avatar for yourself what would it look like? Why?

Be kind



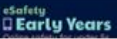
Say kind things



Take turns



Ask before you take a photo



Be kind

Teach children to be kind and respectful in digital contexts.

Message 1: Say kind things

Choosing to say kind things when connecting online is a life-long skill that can help prevent cyberbullying later on. The screen image can be a stimulus to discuss the types of things you should do when video calling, like saying hello with a smile.

Message 2: Take turns

Taking turns is a good way of managing time on screens and building self-regulation skills. The child in the background of this picture is sad because they have been left out of the game.

Message 3: Ask before you take a photo.

The little boy in is taking a photo of himself with his family. The screen image depicts another time when he is asking his family if they would like to be in the photo.

Key questions when discussing this poster could include:

- Have you ever called your family or friends on a computer or tablet like the people in the first photo? What do you think they are saying? How do you know?
- Why do you think the boy in the middle photo looks sad? What could they do to stop him feeling sad?
- Do you always ask someone if it is OK to take their photo before you take it? Why?

Ask for help



Tell a grown-up



Check before you tap



You won't get in trouble



Ask for help

Teach children to ask a trusted grown-up for help with any issue using digital technologies.

Message 1: Tell a grown-up.

It is really important for children to know that if something makes them feel worried, scared or sad when they are using a device they should tell a grown-up.

Message 2: Check before you tap.

Before children use a device, they should ask a grown-up. The picture shows the little boy asking if he can play a new video he has not seen before.

Message 3: You won't get in trouble.

When children are playing with digital technology often things happen that they didn't expect. It can be the same for grown-ups too! Children need to know that if something unexpected happens, they should tell a grown-up. They should be assured that the grown-up will know it was important for the child to share the problem even if it happened because they made a mistake.

Key questions when discussing this poster could include:

- Have you ever seen something that made you feel worried, scared or sad when you were playing on a tablet? Who would you tell? What do you think they would say?
- Who do you ask before you play, watch or tap on something new on a device?

Our Vision Statement and Mission

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.



Honesty

We are truthful in what we say and do, people can rely on us and trust us .



Strathaird



Primary School

Responsibility

We make good choices and are accountable for our actions .



**School
Values**
PROGRAM



Respect

We value people's worth and qualities and treat them in a polite and friendly manner.



Compassion

We care about others, we treat them with kindness and we help people when they are in need .