



Strathaird

Success

Pride

Self-esteem

Newsletter Edition 3

☎ 03 9705 3800

✉ strathaird.ps@education.vic.gov.au

🌐 www.strathairdps.vic.edu.au

23rd February 2022

THE PRINCIPAL

Julie Kennedy

Plans for 2022

Teaching and Learning:

Our big building project will definitely be a highlight for the year but there are many other things happening at our school. As always, we are committed to the improvement of Teaching and Learning. As part of our School Annual Improvement Plan this year, we are turning our focus to the teaching of Mathematics. Although our School does well in Mathematics, we want to ensure our programs are excellent and the best they can be so our students are able to maximize their learning outcomes. This year our staff will be working with very high profile Consultants to improve Mathematics teaching. Our Curriculum Day on Friday 11 March will be delivered by Mathematics expert, Professor Di Siemon. In Term 2, we continue working with Di, as well as another highly regarded Mathematics expert, Paul Swan. In addition, we have a team of our middle level leaders undertaking a course in leading Mathematics at the Victorian Institute of Teaching and Leadership. All of this work will help to ensure our mathematics programs are based on the best research and are engaging, focussed on students specific needs and build strong mathematical knowledge and skills.

The return of special events:

In addition to a rigorous academic learning program and high quality Specialist program, we also provide a program of special events. Sadly due to COVID lockdowns and remote learning, as well as restrictions placed on schools for most of the past two years, although we have tried, we have not been able to hold many special events. This year it is full steam ahead, hopefully with no COVID interruptions.

Mrs McKneill and Ms Walker have been very busy planning this program and some of the special events this year will include:

Keep checking the newsletter for information about these special events.

Ride/Walk to school day – Friday 25th March

Easter Bonnet Parade – Friday 8th April

Education Week - 23rd – 27th May

Book Week Parade – Wednesday 17th August

School Production—Wednesday 10th August at Bunjil Place

Football Parade – Friday 16th September (last day of Term 3)

Christmas Concert – Monday 12th December

Student Electives and Assembly:

This year from the commencement of Term 2, we will be restarting the Student Electives program from P-6. This program will operate on a Friday afternoon alongside assembly. One week there will be a P-2 assembly and Years 3-6 will be doing electives at the same time, the following they will swap over so that while Years 3-6 are at assembly, P-2 will be undertaking electives. This program will operate, providing there are no COVID restrictions in place preventing this from going ahead.

Lunchtime programs:

Our Specialist Teachers run a Recess and Lunchtime Activities Program. This term, over each week, students are able to go to programs applicable to their year level and programs include Gardening Club, Chess Club, Just Dance, Junior Sport Fun, Senior Sport Fun, Green Team and Marine Ambassadors.

There is a **Curriculum Day on Friday 11 March**, this is a pupil free day therefore there is no school for students. **Monday 14th March is public holiday for Labour Day** so there will be no school on that day.

Late Canteen Lunches

Bellbrook Catering would like to inform parents that any late lunch orders phoned through to the canteen or office after 10am will only have the option of a basic sandwich of Vegemite or Cheese or Hot Noodles. There will be no fancy wraps, sandwiches or hot food provided.

Thanks from the Canteen Staff



Hats Hats Hats Hats

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



February/March

Monday 21st	Tuesday 22nd Canteen Open	Wednesday 23rd	Thursday 24th Canteen Open	Friday 25th Canteen Open \$ Due District Swimming	Sat 26th & Sun 27th
Monday 28th	Tuesday 1st March Canteen Open Grade 6 Zoom Camp Information Night	Wednesday 2nd District Swimming	Thursday 3rd Canteen Open	Friday 4th Canteen Open Clean up Australia Day	Sat 5th & Sun 6th
Monday 7th Parent and Friends Pancake Day	Tuesday 8th Canteen Open School Council Meeting @ 7pm	Wednesday 9th	Thursday 10th Canteen Open	Friday 11th Canteen Open Curriculum Day— No Students at School	Sat 12th & Sun 13th
Monday 14th Labour Day— Public Holiday— No School	Tuesday 15th Canteen Open	Wednesday 16th	Thursday 17th Canteen Open	Friday 18th Canteen Open	Sat 19th & Sun 20th

Grade 6 Camp

Prep's First Week at School

The Preps have had a wonderful start to the year! Meeting their teachers, friends and learning their class routines. Have a look at what we have been up to!!



So much FUN!



So much FUN!

2022 HOUSE CAPTAINS/ HOUSE VICE CAPTAINS– Captains were elected from a speech they gave at a house election session in 2021 , where children from Grades 2,3,4 and 5 voted on a ballot paper.

FRASER CAPTAINS

Chelsea Ferguson



Oliver Jamieson



FRASER VICE CAPTAINS

Bella Hale



Tousif Ibrahemi



THORPE CAPTAINS

Natalie Chamberlain



Anandu Rajesh



THORPE VICE Captains

Charlee Dumbleton



Cooper Laier



FREEMAN CAPTAINS

Minal Kodigandla



Ayuen Achiek Riak



FREEMAN VICE CAPTAINS

Tasha Randell



Mohammad Haidari



BRADMAN CAPTAINS

Anisa Haidary



Declan Rundle



BRADMAN VICE CAPTAINS

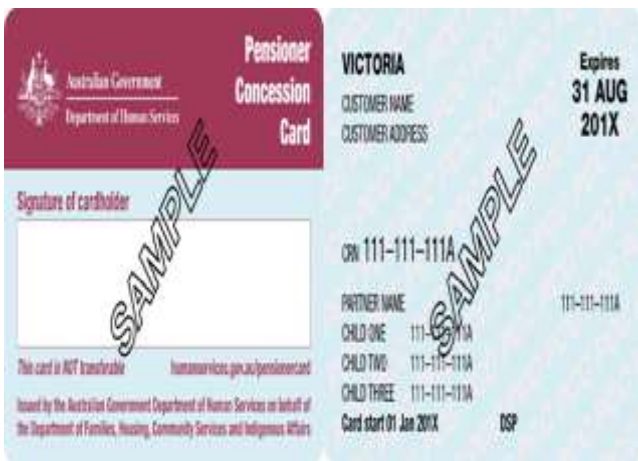
Ruby Horton



Tyler Ryan



Parents – Do you have one of the cards below



You may be eligible for the
Camps Sports & Excursions Fund (CSEF) of \$125 per child.
Fill in an application form at the office for 2022.

Applications close end of Term 1 2022.

- One application needs to be completed per family with all students listed including 2022 Preps.
- Student cards are not eligible to receive the CSEF.
- Please fill in a new application if you are adding a child to an old application OR if you have moved schools.



Strathaird Parents & Friends

Save the date -

7th March - Pancake Day

21st March - 2nd Hand Uniform Stall

28th March - SPS Meeting

Uniform Donations

Just a reminder, if you have any uniforms to donate for our second hand stall, please drop them to the office. We have blue donation bins for you to put them in.



2022 Committee

Thank you to the parents who have offered to be part of our Parents and Friends group.

Nikki Dumbleton - President

Secretary - Deb Hart/Jo Chamberlain

Treasurer - Sarah McKenzie

if you have any questions regarding our group, please let them know and they will be able to help. alternatively you can contact Sharon McMahon at the School Office on 9705 3800

Pancake Day

We will be holding a pancake day at school on the 7th March. Please keep an eye out for the notice to come home



2nd Hand Uniform Stall

the 2nd hand uniform stall will be held on the 21st March outside the Admin building.

This will be a no cash stall.

There will only be Eftpos available on the day from 8.45 - 9.30am



Next Meeting

Our next meeting will be held in the small Before & After School Care Room on Monday 28th March at 9am - Everyone Welcome

Strathaird Primary School is celebrating Ride 2 School Day on 25th March 2022. We are encouraging all students to Ride/Walk/Scoot to school on Friday the 25th March. If you are unable to walk/ride/scoot the whole way, a part way walk/scoot/ride is encouraged if possible.



**NATIONAL
RIDE2SCHOOL
DAY**

Friday 25 March 2022

Join in the celebration and
ride, walk, scoot or skate to school
on National Ride2School Day.

 **RIDE2
SCHOOL** 

ride2school.com.au 

The poster features a bright blue sky with a large sun in the top right corner and several fluffy white clouds. In the center, a girl is riding a scooter, a boy is riding a skateboard, and a man is riding a red bicycle. To the right, a boy is walking a brown dog. A red signpost with the word 'SCHOOL' is visible on a green grassy hill. The bottom of the poster is green and contains the event details, logos, and a QR code.

Meet the Team

Coordinator



Kate
Fun Fact: "I love building Lego"

Educators



Rachel
Fun Fact: "My favourite lolly is sour straps"



Chantell
Fun Fact: "I like going to the gym"

Area Manager



Katherine
Fun Fact: "I love doughnuts"



This Week at TheirCare

Theme: Internet Safety

Safer Internet Day is a global campaign dedicated to creating a safer online world for everyone. The 2022 campaign theme is #PlayItFairOnline.

The Australian Government safety commissioner has produced a wide range of resources to help Australians stay safe and have fun when they are online.

This week we will be utilising a campaign kit from the Australian Government Safety Commissioner to spread the word about Safer Internet Day 2022.

We will also be placing a large focus on online safety at home and at school as many of the children have expressed how ICT is their favourite subject at school and how much they love being on their technology devices at home.

Last Week at TheirCare

Theme: Dental Health Week

February is National Children's Dental Health Month. Dental Health is a topic we focus on many times each year. This week the children participated in many activities that emphasised the benefits and overall importance of dental hygiene. More specifically, this week we focussed on four key messages that are aimed to reinforce the importance of maintaining good oral health to keep your teeth for life: brush your teeth twice a day, clean between your teeth using floss, eat a healthy diet, visit the dentist regularly.



Healthy and Unhealthy Foods

Many of the children really enjoyed looking through supermarket catalogues and cutting out what is healthy for our teeth and our bodies and what is unhealthy. They then stuck their cut outs on to posters which will form a display in our room. This display will be a continual reminder for the children as to what is healthy and unhealthy for our bodies, encouraging them to eat more healthy foods.

Flossing Activity

The children participated in an activity where they learnt what flossing is and then practiced the techniques of brushing their teeth and flossing. At the conclusion of the activity the children were able to articulate what flossing is, why we need to floss and were able to show us how to floss their teeth.



Service Information

Phone: 0447 006 196
Email: strathaird@theircare.com.au

Head Office Information

Phone: 1300 072 410
Email: info@theircare.com.au

Service Operation Hours

Before School: 6:30am – 8:45am
After School: 3:15pm – 6:30pm
Holiday Program: 6:30am-6:30pm

Talking to Children about Covid

Covid-19 has certainly impacted our daily lives over the past 24 months. The effect that the uncertainty and disruption has had on children will vary from child to child, just like in adults. The way we as adults deal with the situation can make a big difference to how our children will cope.

Doctors and mental health professionals are telling us that talking about what is going on, may help alleviate children's fears, concerns and misconceptions. However, they also tell us to adapt the information we share to be age appropriate and to be guided by the child. This means, answer questions or initiate a conversation with your child but find a balance between alleviating their fears or concerns and 'over talking' it. Always remain positive and offer reassurance. Things are starting to change and come back to some normality, so help your child to find the positive in things around them.

Information that might be of assistance to you in talking to your child about COVID-19 is available at:

<https://www.coronavirus.vic.gov.au/talking-your-child-about-coronavirus-covid-19>

Other sources of support include: Parent Line 13 22 89 and Kids Helpline 1800 55 1800.

David Inturrisi

Acting Assistant Principal & Student Wellbeing Leader





All students are required to wear their sun smart hat at recess and lunch. Please ensure that your child has their hat.

5 things to remember

Victoria's UV levels are high during this of year., so *Slip, Slop, Slap, Seek, Slide* whenever you are outside. Check the SunSmart UV Alert for daily sun protection times – you can find it on the free SunSmart app, online (sunsmart.com.au), in the weather section of newspapers, or as a free website widget. If you can't check the UV Alert each day, make sure you use sun protection every day *during this time of the year* in Victoria. Don't just wait for hot, sunny days.

Remember these 5 SunSmart steps during the sun protection times, even if it's cool or cloudy

1. **Slip on covering clothing.** If you can see skin, UV can reach it. Is your child's skin covered with cool clothing today?
2. **Slop on SPF 30 or higher broad spectrum sunscreen.** Apply sunscreen before going outdoors and reapply every two hours. One application is not enough. Has your child had sunscreen applied and reapplied today?
3. **Slap on a sun protective hat.** The best hat shades the head, face, eyes, ears and neck. Does your child's hat protect all of these areas?
4. **Seek shade.** Shady spaces help block some of the sun's UV but not all so you still need to wear hats, clothing and sunscreen even in the shade. Does your child have shady places to play?
5. **Slide on sunglasses labelled AS 1067.** If practical, help protect your child's eyes with sunglasses. Are your child's eyes safe in the sun?

A note about vitamin D

The sun's UV is the best natural source of vitamin D.

From September to April in Victoria, most people need just a few minutes of sun exposure mid-morning or mid-afternoon on most days of the week to help with vitamin D. Even with sunscreen you can still get some vitamin D. Sun safe outdoor play throughout the day should not put your child at risk of low vitamin D.

For further information contact:
SunSmart: Ph: 9514 6415
Email: sunsmart@cancervic.org.au
Web: sunsmart.com.au



Thank you, Mr Inturrisi

Acting Assistant Principal and Welfare Coordinator



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.

Join the Cathy-Lea community in 2022



www.cathy-lea.com 9704-7324

Ballet - Jazz - Tap - Hip Hop - Contemporary -
Commercial - Acrobatics

Drama - Musical Theatre - Instrumental Music

Boys & Girls - All ages & abilities

Creating stars since 1991





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).

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](#)





Get in the know
– research the
'terms of use' and age
requirements on social
media services and
explain them to
your child.



Keep it private
– show your child how
to use privacy settings
to control what
others can see.



Play nice
– encourage your child
to respect others
online and to always
think before
posting.

Should my child be on social media?

Parents can sometimes feel the pressure of pester power to allow their children on social media, even if they don't feel comfortable doing so.

While these services are a fun way to stay connected with others, there can be downsides like cyberbullying, risks to privacy and contact from strangers.

If you allow your child to sign up to a social media service, consider these handy tips.



Report
– show your child
how to report
inappropriate content,
especially
cyberbullying.



Beware of bad eggs
– teach your child that
not everyone they meet
online can be trusted,
even if they seem
nice or friendly.



Join in
– create an account
yourself and find out
what your child is
likely to
encounter.



Talk
– maintain open
communication with
your child so
they feel safe talking
to you about any
concerns.



Learn more
– keep up to date with
popular social media
sites at
[esafety.gov.au/
quickguide](https://esafety.gov.au/quickguide)

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

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.

