



Self-esteem

Pride

Success

Newsletter Edition 3

03 9705 3800

strathaird.ps@education.vic.gov.au

www.strathairdps.vic.edu.au

23rd February 2022

THE PRINCIPAL

Julie Kennedy

There is a **Curriculum Day this 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 also be no school on that day.

### Pancake Day

On Monday we were delighted to be able to proceed with Pancake Day. It was fantastic to have parents back helping at school, they spent many hours preparing, cooking and serving pancakes to students and staff. Well over 800 pancakes were served, what a mighty effort! A very big thank you to the parents involved, your efforts were very much appreciated.



**Don't forget...**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.

### Year 6 Camp

Next Wednesday our Year 6 students head off to camp at Wombat Corner in Emerald. After missing their Year 5 Camp to Sovereign Hill last year due to COVID restrictions, they will be super excited to get Wombat Corner to experience the wide range of fun camp activities. A BIG thank you to the staff who are going to camp next week.

### Mobile Phones and other personal mobile devices

Families are reminded that mobile phones and other mobile personal devices brought to school by students **MUST be signed in at the Office every morning** as soon as students come to school. This also applies to smartwatches or similar devices, with or without connectivity. The mobile phone ban in Victorian Schools has been in place for two years now and was introduced to stop student distraction and to disrupt cyberbullying, all students need to be compliant with the ban.

### Naplan 2022

Schools have been transitioning from paper-based to computer-based NAPLAN assessments. This year our Years 3 and 5 students will complete all NAPLAN tests online, except for Year 3 writing, which will continue as a paper-based assessment. Online assessments will provide more precise results because the test is adaptive, meaning it will tailor itself to more or less difficult questions, depending on a student's response. Online assessment is also expected to be more engaging for students.

Schools have a nine-day testing window from May 10 – May 20 to complete the assessments.



## **School Review 2022**

Every four years all DET schools must go through a very comprehensive School Review Process. The purpose of the School Review is to provide assurance of ongoing compliance with the minimum requirements for school registration and to inform the development of the school's next 4 year School Strategic Plan (SSP).

### **Our School Review will occur in Term 3 this year.**

Prior to the Review process, there is a lengthy Pre-Review Self Evaluation process undertaken by the school in Term 2, as well as an assessment of Minimum Standards across a range of areas, including the Child Safe Standards. Some of this work has already commenced.

### **Capital Works—Relocation of four portable classrooms**

The first stage of the Capital Works program involves relocation of four portable classrooms. This work will take place during the last week of Term 1, the school holidays and the first week of Term 2. Classes who are normally in these portable classrooms will move to temporary locations around the school. These classes are **3B/C/D and 4A/B/C/D/E**. Classroom learning programs will take place as normal during the relocation process.

### **COVID 19 Vaccination (Child and adult) pop up clinic**

Strathaird Primary School is hosting a pop-up Vaccination Clinic on Monday 4<sup>th</sup> April at 3.30 p.m.

## **LETTER FROM THE VICTORIAN DEPARTMENT OF HEALTH - COVID-19 VACCINATION FOR CHILDREN AGED 5-11—PARENT/CARER SURVEY**

The Victorian Department of Health is seeking parent and carer views in relation to COVID-19 vaccination for children aged 5 to 11. The Department of Health recognises that there are many reasons that influence parent or carer decisions regarding vaccinations for children aged 5 to 11. COVID-19 vaccination for children aged 5 to 11 is voluntary. By completing the survey, you will help the Department of Health to:

- \* understand the range of perspectives on vaccination
- \* design useful resources on COVID-19 vaccines and vaccination services for parents and carers.

### ***Who should complete the survey?***

The survey is designed for parents or carers of children aged 5 to 11 years old in Victoria. All people whose children aged 5 to 11 have and have not yet been vaccinated against COVID-19 are encouraged to complete the survey.

***What is involved?*** The survey will take 5-10 minutes to complete. Please click on the link

[https://dhhschange.syd1.qualtrics.com/jfe/form/SV\\_d4ncDp5KSx8Gn1A](https://dhhschange.syd1.qualtrics.com/jfe/form/SV_d4ncDp5KSx8Gn1A) to complete the online survey. ***THIS LINK***

***WILL ALSO BE SENT OUT ON SENTRAL TODAY.*** Translated surveys are available. The survey closes at 5pm AEDST Thursday 17 March 2022.

### ***How will the information I provide be used?***

Your response to the survey is confidential and will remain anonymous. No identifiable responses will be shared with your child/ren's school or any other party.

We will summarise survey results. Victorian Government departments will use this summary to inform COVID-19 vaccination program planning and improvements. We may also use summary level data for presentations and reports / publications.

Further information about how the Department of Health handles your personal information is set out in Department of Health's Privacy Statement.

### ***What if I need help completing the survey?***

Please call 03 8850 7293 if you need help on completing the survey or technical support.

Thank you for your support.

Yours Sincerely

Department of Health

## Library News

The Library is open from 8.30am—8.45am and 3.15pm till 3.30pm every day for students to borrow and return books.

We have a lot of new books on our shelves. All students require a Library bag to be able to borrow books. These are available to purchase from the office for \$9.00 or you can bring one from home.

## 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

<b>Monday 7th</b> Parent and Friends Pancake Day	<b>Tuesday 8th</b> Canteen Open School Council Meeting @ 7pm	<b>Wednesday 9th</b>	<b>Thursday 10th</b> Canteen Open	<b>Friday 11th</b> Canteen Open Curriculum Day— No Students at School	<b>Sat 12th &amp; Sun 13th</b>
<b>Monday 14th</b> <b>Labour Day—</b> <b>Public Holiday—</b> <b>No School</b>	<b>Tuesday 15th</b> Canteen Open	<b>Wednesday 16th</b>	<b>Thursday 17th</b> Canteen Open	<b>Friday 18th</b> Canteen Open Bookclub Due	<b>Sat 19th &amp; Sun 20th</b>
<b>Monday 21st</b> 2nd Hand uniform Stall from 8.45 Production Auditions @ Lunchtime	<b>Tuesday 22nd</b> Canteen	<b>Wednesday 23rd</b>	<b>Thursday 24th</b> Naplan Practice Day Grade 3 & 5 \$ Due Prep Incursion Canteen	<b>Friday 25th</b> Cross Country for Gr 3-6 Ride 2 School day Canteen	<b>Sat 26th &amp; Sun 27th</b>
<b>Monday 28th</b> \$ Due House Aths Gr 4-6 Strathaird Parents and Friends Meeting @ 9am	<b>Tuesday 29th</b> Canteen	<b>Wednesday 30th</b> Prep Incursion	<b>Thursday 31st</b> Dream Job Day Canteen	<b>Friday 1st April</b> House Athletics for grade 4-6 Canteen	<b>Sat 2nd &amp; Sun 3rd</b>

**Grade 6 Camp**



# Student OF THE WEEK

Congratulations to the following students who have been awarded  
student of the week

## Junior School

### Prep A

Raahim & Derwin

### Prep B

Spencer & Hadis

### Prep C

Adeli

### Prep D

Andrew

### Prep E

Lily & Jowakou

### Prep F

Vicky

### Prep G

Beta & Hunter

### Grade 1A

Samir Elijah

### Grade 1B

Hosam

### Grade 1C

Amin & Yahya

### Grade 1D

Mahi

### Grade 1E

Hamza & Chloe

### Grade 1F

Fatima & Sienna

### Grade 2A

Elena & Ali

### Grade 2B

Aliyah & Julie

### Grade 2C

Meena & Zecheriah

### Grade 2D

Dominic

### Grade 2E

Aiden



## Specialist

### Art

2E

### Sustainability

1D & 1F

### Auslan

3D & 4A

## Senior School

### Grade 3A

Rayhana & Lazarael

### Grade 3B

Abbas

### Grade 3C

Mariam

### Grade 3D

Zainab

### Grade 4A

Megan

### Grade 4B

Reza & Travis

### Grade 4C

Taliah

### Grade 4D

Hope & Mohseen

### Grade 4E

### Grade 5A

Ethan

### Grade 5B

Mojtaba

### Grade 5C

Xyza & Seth & Izabela  
& Bella

### Grade 5D

Arther & Ali Reza

### Grade 6A

Vishmin

### Grade 6B

Natalie

### Grade 6C

Sahrish

### Grade 6D

Chloe & Arman  
Parvanah & Luka

### Grade 6E

Seth



Wisdom



Respect



Self Esteem



Happiness



## Junior School Council 2022

Congratulations to all of the Junior School Council representatives for 2022. These students were elected by their peers and will help organise a range of fun and inspiring activities and events through out the year for our school community. Watch this space for upcoming events!



Grade	Representative 1	Representative 2
3A	Cole Cerros	Zayne Akbari
3B	Maria Suon	Mia Ispoglou
3C	Tahlea Murray	Kannon Corrigan
3D	Selini Kalpage	Rahmat Haqjoo
4A	Kane Fenton	Yatra Thaker
4B	Sienna Serong	Lachlan Hart
4C	Nima Haidary	Charlize Ung
4D	Taylah Coffey	Sanika Jafari
4E	Oman Totakhil	Isla Bosch
5A	Saaim Haideri	Melody Suon
5B	Jamie Grierson	Tiana Boi
5C	Riley Laier	Izabela Pera
5D	Wyatt Cerros	Advika Prasanna
6A	Erin Jeffery	Blake Poussard
6B	Phoenix Franks-Heffernan	Sahar Naseri
6C	Parth Nair	Ishmeen Nagra
6D	Sanowbaar Jafari	Lincoln Bosch
6E	Deacon West	Fatimah Odah

## 2022 STRATHAIRD PRIMARY SCHOOL CROSS COUNTRY

Our school cross country run has been organised for **Friday 25<sup>th</sup> March**. Students in grades 3, 4, 5 and 6 will be involved in this event. If the weather is unfavorable on the day, an alternative date will be scheduled.

This competition will take place at school during scheduled sport sessions. All children will be participating in the event as it is a requirement of the Physical Education curriculum and it is also the process for selecting our Interschool cross country team. If your child has medical reasons for not participating, please provide a note to their class teacher to notify them of this. Parents are unable to attend the cross country as it is run as part of our weekly sport session and is held at different times throughout the day.

Please ensure children wear appropriate footwear for running and it is also advisable that children bring along an extra drink for the day. Children are able to wear their **house colours** to school on this day; no singlet tops are permitted. Children are also required to bring their school sunsmart hat for school however they **WILL NOT** be competing in their hats. Class teachers will have sunscreen available for children to apply before their race if needed. If children are asthmatics they are required to bring their ventolin puffers or take any preventive medication as required. All children participating receive a ribbon and the top 8 students for each age group will be selected for the school Interschool Cross Country team.

Thank you for your support

## DISTRICT SWIMMING

On Wednesday 2nd March Strathaird PS had 8 students who competed at Koo Wee Rup Swimming Pool in the Narre Warren District Swimming Competition. Ehsan Ali, Ethan Van Den Akker, Dhulan Mallikarachchi, Ethmi Mallikarachchi, Ashlea Birchwood, Maddison Wood, Ella Thomas and Sienna Serong all tried their hardest and finished their races ranging from 1<sup>st</sup> to 4<sup>th</sup> place. Well done to Ehsan who won both of his races in freestyle and backstroke and will now compete at the Divisional Competition on Wednesday the 9<sup>th</sup> March at Noble Park Swimming Pool.



## 2022 SPORTS CAPTAINS

This year we have selected 4 Sports Captains. These children were selected from the house elections by Mr Wood and Mrs Gilligan. Students selected need to show great leadership, responsibility and initiative as well as displaying great sportsmanship in PE and Sport classes. The 4 students selected this year also show great skills across many sports we cover in the curriculum. Their responsibilities will include helping set up for year level sport, assisting in PMP, reporting sporting events over PA announcements, speaking at assemblies and sports equipment maintenance. They will also be our representatives at our Interschool competitions as well as supplying reports for the school newsletter.



**Bodhi BOURKE**



**Gayathri ROHINI**



**Millie MARION**



**Praganya LOGACHANDRAN**



### **SPORTS SUPERSTAR**

Connor Macdonald is a past student of Strathaird Primary school from Prep to Grade 6. Now at 19 years of age, he has just been drafted to the AFL with the Hawthorn Football club. When he was at Strathaird, Connor represented our school in many sports making it to State level in both Cross Country and Athletics. He also was selected for the SSV ( School Sport Victoria) football team when he was in Grade 6. Connor was a House captain for Thorpe, our Blue house and was always a dedicated student in PE and Sport classes. Connor returned to Strathaird Primary school in 2019 to complete work experience with the PE Department and was a great role model to our students. Now along with his AFL football career he is studying at University completing a double degree in a Bachelor of Education and Exercise Science. We wish Connor all the best with his future achievements and are super proud to say he was a Strathaird Primary school student.



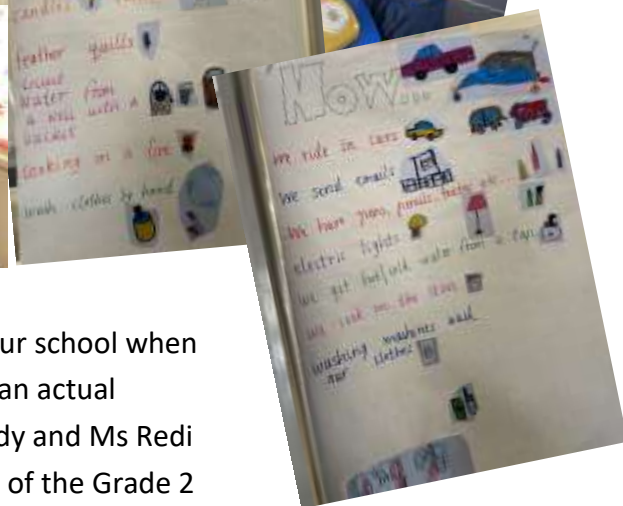
## GRADE TWO IS AWESOME AT SPS

The Grade Twos have been very busy this term. They have been learning about history in their Inquiry unit and looking at lots of different types of artefacts from the past. They are all curious about how people lived in the days before we had all of the technology and inventions that we have now.

We have looked at the history of Strathaird PS and we discovered that it opened in 2005. The school had 160 students and 8 classes. We grew to 10 grades by the middle of 2005 and there were 10 students who graduated grade 6 in 2005.

We learnt that technology and the invention of electricity has really impacted our daily lives. We know about the invention of the telephone and we got to play with one from the 1970's that Ms Smythe bought in to school.

We have looked at toys from the past and which ones have been the most popular. We enjoy gaining knowledge about long ago and now. We will be ready to start working on a project on an invention we are curious about soon. The teachers can't wait to see what we choose to do our projects on!



Last week a monster visited our school when we were writing A MONSTERRIFIC TALE. It was so exciting to see an actual monster in the school. Mrs Kennedy and Ms Redi brought the monster around to all of the Grade 2 classes.





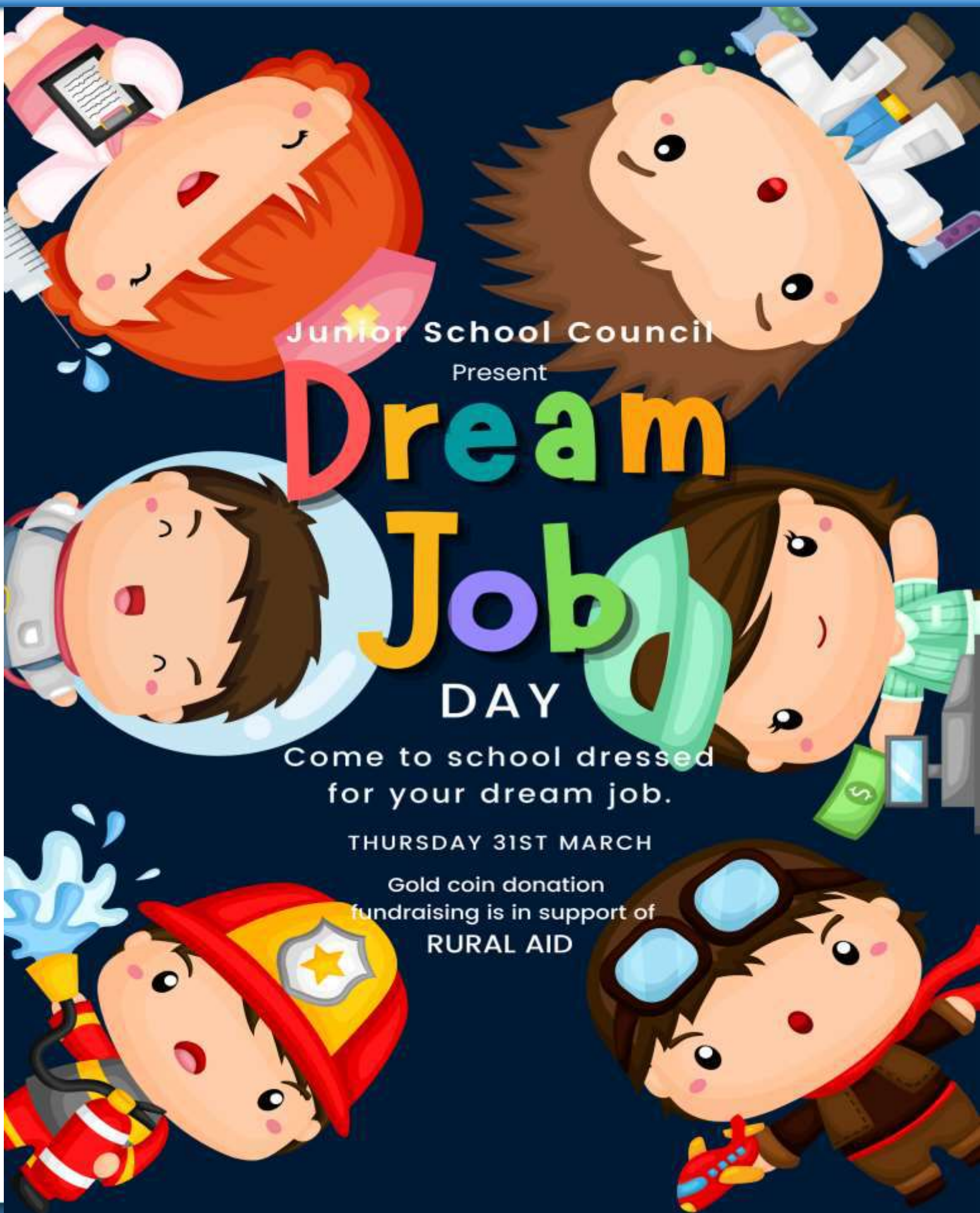
Junior School Council  
Present

# Dream Job DAY

Come to school dressed  
for your dream job.

THURSDAY 31ST MARCH

Gold coin donation  
fundraising is in support of  
**RURAL AID**



# ***Sustainability***

**ResourceSmart  
Schools**

## ***News***



### **WE LOVE NATURE : A love of nature helps us want to care for nature!**

In Sustainability The Preps are participating in a unit called 'We love nature!' Our focus is on exploring nature safely in the school in different ways to learn about living things, develop vocabulary and to develop a value and love for nature. We have explored the Endangered Ecosystem Garden at the front of the school and found lots of animals and explored the Discovery Garden using our senses to make a nature bracelet.





# ***Sustainability***

**ResourceSmart  
Schools**

## ***News***



### **Clean up Australia day**

On Friday our school participated in the annual Clean Up Australia Day. Due to our Covid safe guidelines only a few classes were able to participate as all children need to use tongs and buckets to collect rubbish. The Green team and Marine Ambassadors cleaned up the grass area that backs onto Strathaird area, we picked up 3 full rubbish bags from this area alone! We aim to continue cleaning around the fence lines when it isn't so hot! Each of the 8 Grades that helped picked up about 1/2 a rubbish bag in their given area. The most common rubbish item found this year was face masks and plastic food wrappers. We remind all families to make sure their disposable masks are placed in the rubbish bin! Great work to all who helped!





## Introducing our 2022 Marine Ambassadors!

**NAME:** Theodore Wai

**GRADE:** 6D



**Why I wanted to be a Marine Ambassador:**

I just like marine life and this is my first role so I could grow in my confidence.

**What I'd like to achieve:**

*I'd like to learn more about marine life and how to protect them and teach kids.*

My favorite marine animal is a dolphin

**NAME:** Sarah Qurbani

**GRADE:** 6A



**Why I wanted to be a Marine Ambassador:**

Because I care about our ocean and environment and I want to learn more about it.

**What I'd like to achieve:**

To know much more about our sea animals.

My favorite marine animal a dolphin because they are very interesting.

# CAUGHT *between* THE PAGES



**10**  
**AUGUST**  
**22**

**STRATHAIRD PRIMARY  
SCHOOL AND IROCK MUSIC  
SCHOOL PRESENT  
A MUSICAL PERFORMED BY  
GRADE 3-6 STUDENTS**

**@ Bunjil Place Theatre**

Speaking role auditions

Monday 21st March for grade 5 & 6 students

More info to come soon

# Brainstorm Productions



## Saving Lil & Archie

On March 22nd Brainstorm Productions will be presenting their student wellbeing performance 'Saving Lil & Archie' for all year levels.

'Saving Lil & Archie' is a live educational theatre performance that promotes balance, positive connections and responsible use of technology. Pandemonium ensues on Planet Arkon when two robots, Lil and Zig, are zapped to earth and into the lives of two siblings, Bella and Archie. Bella is being bullied by the girls in her friendship group. With no sleep and too much screen time, Archie finds it hard to connect with other children. He is lonely and confused. Bella learns to be assertive and to 'report', 'log off' and seek help when her online interactions become negative and nasty. To restore the balance, Archie must learn how to control his impulses, listen and use empathy so that Lil and Zig can return to Arkon.

'Saving Lil & Archie' is part of our student wellbeing curriculum and has been developed by teachers and psychologists. This exciting live theatre experience provides students with practical social and emotional skills, and encourages students to build safe and healthy relationships, at school and online.

Brainstorm Productions is one of Australia's largest and most respected theatre in education companies, performing to over 300,000 students every year. They offer a range of programs to help schools nurture healthy and harmonious environments, addressing issues such as cyber safety, bullying and resilience. They are also endorsed by the eSafety Commissioner as a Trusted eSafety Provider.

Learn more about Brainstorm Productions by visiting their website ([brainstormproductions.edu.au](http://brainstormproductions.edu.au)) or following them on Instagram ([@brainstormproductions](https://www.instagram.com/brainstormproductions)), or Facebook ([@Brainstorm.Productions](https://www.facebook.com/Brainstorm.Productions)).

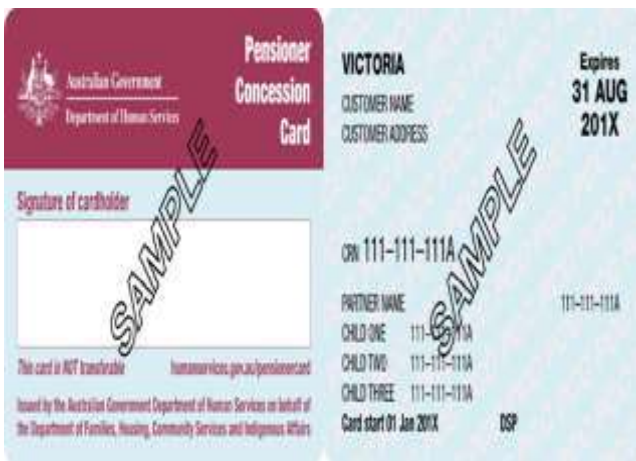
I hope all levels enjoy this production and can learn some interesting things from it.

Thank you, Mr Inturrisi

Acting Assistant Principal and Wellbeing Coordinator



# 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 -

**21st March** - 2nd Hand Uniform Stall

**28th March** - SPS Meeting

## 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



# Pancake Day

On Monday we had our Pancake day. This was a free event for the students. Our Strathaird Parents and Friends came and spent the whole day cooking pancakes for all of our students. The students had a variety of toppings they could choose from including lemon and sugar, jam or maple syrup. Our students were so happy to have a pancake. This was a free event for our families and it was nice to see so many people offering to help including Rachel and Kate from TheirCare. Thankyou to our committee who came and spent the day cooking, it was very much appreciated as you can see from the smiles on the kids faces.



## 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 25<sup>th</sup> 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](http://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 skateboard, a boy is riding a red bicycle, and another boy is walking a dog. To the left, a girl is riding a scooter. A red signpost with the word 'SCHOOL' is visible. The bottom of the poster has a green background with the event details and logos.



WELCOME TO TERM 1

# SAFE AROUND SCHOOLS

## Reintroducing Active Travel to School



February, 2022



### Walk or Ride:

This is a great way to educate children on safe practices when walking and riding as well as getting to spend time together.



### Walking Map:

If your school has a walking map, grab a copy from the office and use it. Walking maps show the safest routes to school from various directions, with a mixture of supervised and unsupervised crossings. There are also other parking options available that allow you to park and walk.



### Park and Walk:

This means that instead of driving directly outside the school, you park a little further away from the school to enjoy a short walk, avoiding congestion and parking pressure.

### Benefits of Active Travel

Walking to and from school is a great way to fit physical activity in your kids' everyday lives. But it does more than just benefit their health – it also helps kids spend time with other kids, have fun, and become connected with the community around them.

Be sure to click on this link to learn more about walking to school.

<http://www.vichealth.vic.gov.au/be-healthy/when-is-the-right-time-for-kids-to-walk-to-school>

*Please share these messages with your school community*  
*The Safe Around Schools team wish you a wonderful Term 1.*

**Web:** casey.vic.gov.au  
**Email:** caseyco@casey.vic.gov.au  
**Phone:** 03 9705 5200  
**Post:** PO Box 1000, Narre Warren VIC 3805

**TIS:** 131 450  
(Translating and Interpreting Service)  
**NRS:** 133 677  
(for the deaf, hearing or speech impaired)

**Customer Service Centres:**  
**Narre Warren:** Bunjil Place, Patrick Northeast Drive  
**Cranbourne:** Cranbourne Park Shopping Centre  
**ABN:** 43 320 295 742

## Recess and Lunch Activities

	Monday	Tuesday	Wednesday	Thursday	Friday
Recess	<b>Green Team</b> Mrs Nut Bean BER	<b>Gardening Club</b> Mrs Nutbean Miss Hearnden BER		<b>Chess Club</b> Miss Waters Art room Grade 3-6  <b>Marine Ambassadors</b> Mrs Van Styn BER	
Jnr Lunch			<b>Just Dance</b> Miss Weiss BER Grade 1-2		<b>Junior Sport Fun</b> Mrs Gilligan Gym  <b>Gardening Club</b> Mrs Van Styn BER
Sen Lunch		<b>Coding Club</b> Mrs Biram I.C.T Lab Grade 5-6		<b>Lip Sync Battle</b> Miss Bird Music Room Senior Grades	<b>Senior Sport Fun</b> Mr Wood Gym



## RITCHIES CARD WELCOME OFFER!

**\$10**  
off your  
first shop

- 1 Join and activate your Ritchies Card or App.  
Visit a store within 14 days, spend \$100 or more in a single transaction and scan your Ritchies card or app.
- 2
- 3 Get \$10 off instantly.  
Valid for one transaction.



Download the Ritchies Card App and select the club, school or charity that you wish to support.

RITCHIES CARD

Download on the App Store

GET IT ON Google Play

## Join the Cathy-Lea community in 2022



[www.cathy-lea.com](http://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*





## 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](http://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](mailto:sunsmart@cancervic.org.au)  
Web: [sunsmart.com.au](http://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.



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

Source: Kidshelpline; [kidshelpline.com.au](https://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](mailto: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](https://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](https://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](https://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](https://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](http://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.

