Success

Pride

Self-esteem

Newsletter Edition 7

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www.strathairdps.vic.edu.au

4 May 2022

THE PRINCIPAL

Let's get together and celebrate 150 years of public education in Victoria—EDUCATION WEEK

Education Week runs from 22–28 May. The theme, '150 Years of Public Education' commemorates the past, celebrates the present and imagines the future



of education in Victoria. On Wednesday 25th May our school will be proudly celebrating 150 years of education in our state. This year's Education Week poster (included in this newsletter) illustrates milestones along Victoria's government schools education journey over the last 150 years, since the Education Act 1872 was passed, making education in Victoria free, secular and compulsory. Characters on their way to school are depicted/represent significant milestones at particular times, along Victoria's public education journey.

On Wednesday 25th May our celebration activities will include:

Old school activities throughout the day.

Every student will get to illustrate a ceramic tile celebrating our school. All the tiles will be put together and displayed in our new facility once it is completed during 2023.

Dress up day—if they wish, students can come to school dressed in clothes from the late 1800s. This could include long skirts, aprons for girls; shorts, hats and ties for boys. Keep it simple! Students can come to school in normal school uniform if they wish.

An Open afternoon from 2.30—3.15 p.m. where parents and carers are invited to visit their children in their classrooms.

More information will be sent out next week as a flyer. We look forward to seeing you at the open afternoon.

School Review Process

In Terms 2 and 3 our school will be undergoing a School Review, a process that occurs every four years in Government Schools. In Term 2 we will complete a Pre-Review Self-Evaluation Report which will highlight the school's achievements and progress as well as identifying areas for improvement. As part of this process we will be gathering information from the school community in the form of a survey. This survey link will be sent out to parents **next week.** Your input and feedback is important to us so I really need as many families as possible to complete this

survey, it would be greatly appreciated. It should only take about

ten minutes.

Mother's Day

It has been such a delight for our students to visit the Mother's Day stall this week, they get so Нарру much joy out of being able to purchase gifts for their mums. This stall would not have been possible without the significant effort of our Parents and Friends group. A big thank you to these parents for all the effort they have put in. Wishing all of the lovely mums in our school community a Happy Mother's Day on Sunday and best wishes for every other day of the year.





Capital Works

Being at school for TheirCare Holiday Program during the school holidays meant students not only got to do a range of fantastic activities, they also got to witness our four portables being picked up, lifted into the air and moved onto the end of the oval by very large cranes.

Our teachers and students have happily moved back into their classrooms.

The temporary fencing that is still in place, will remain in place for the rest of the term. Building works are expected to commence towards the end of the term.



NAPLAN

NAPLAN will be conducted for Years 3 and 5 over the coming two weeks.

Students will complete online assessments in Reading, Writing, Spelling, Grammar and Punctuation and Numeracy. Year 3 students will complete the writing test in a booklet with a pencil rather than online.

We obviously want our students to do their best but we don't want them to be stressed and highly anxious about NAPLAN. Our teachers have prepared students well so that they know the format of NAPLAN tests and have practiced some questions. Positivity, encouragement, a good night's sleep, a healthy breakfast should also help.

STAFFING

Welcome to Jenny Ramsey who will be replacing Melissa Coverdale for the rest of the year. Melissa will be working in the area of Student Wellbeing.

Michelle Copeland has been appointed as an Integration Aide and will commence at Strathaird on 30th May.

YEAR 7 SECONDARY SCHOOL PLACEMENT FORMS

A reminder that all Grade 6 students must return a Year 7 Secondary School Placement form by Friday 13th of May. Don't forget to add a copy of custody documents and confirmation letters for non-government school placement if required.



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

May 2022

Monday 2nd	Tuesday 3rd	Wednesday 4th	Thursday 5th	Friday 6th	Sat 7th & Sun
Mothers Day Stalls	Canteen		Canteen	Canteen	<u>8th</u>
\$ due District Cross	Mothers Day Stall		District Cross Country	Parent and Friends	Mother`s Day
Country			Student Marine	Meeting @9am	
			Ambassadors Training	\$ due Gr 5 Camp Deposit	
Monday 9th	Tuesday 10th	Wednesday 11th`	Thursday 12th	Friday 13th	Sat 14th &
Zooper Dooper Day	Canteen	Book Club Due	Canteen	Canteen	Sunday 15th
	Naplan Gr 3 & 5	Naplan Gr 3 & 5	Naplan Gr 3 & 5	P-2 Assembly	
	School Council Meeting 7pm	Zooper Dooper Day		3-6 Elections	
	7,5111				
Monday 16th	Tuesday 17th	Wednesday 18th`	Thursday 19th	Friday 20th	Sat 21st &
Zooper Dooper Day	Canteen	Naplan Gr 3 & 5	Canteen	Canteen	Sunday 22nd
	Naplan Gr 3 & 5	Gr 1 Science Day		3-6 Assembly	
		Zooper Dooper Day		P-2 Elections	
Monday 23rd	Tuesday 24th	Wednesday 25th	Thursday 26th	Friday 27th	Sat 28th &
Zooper Dooper Day	Canteen	Zooper Dooper Day	Canteen	Canteen	Sunday 29th
		Education Week open		Gr 6 Lightning Prem	9
		afternoon 2.30pm —		P-2 Assembly	
		3.15pm		3-6 Elections	





Congratulations to the following students who have been awarded

student of the week

Junior School

Prep A

Dylan

Prep B

Sargun

Prep C

Emran

Prep D

Zoe

Prep E

Finn

Prep F

Pricilla

Prep GWilliam

7 - -

Kawsar

Grade 1A

Sharun

Grade 1B

Grade 1C

Mikayla

Grade 1D

Roya

Grade 1E

Mia

Grade 1F

Fatima

Grade 2A

Lincoln

Grade 2B

Alina

Grade 2C

Moeimalae

Grade 2D

Peyton

Grade 2E

Jay

Specialist

Auslan

2C

Grade 3A

-

Grade 3B

Imogen

Grade 3C

Violet

Grade 3D

Nancy

Grade 4A

_

Grade 4B

Jasmine

Grade 4C

Madiha

Grade 4D

Sajjad

Grade 4E

Jayden

Senior School

Grade 5A

Noah

Grade 5B

-

Grade 5C

Kallen

Grade 5D

Abigail

Grade 6A

Grade 6B

Farheen

Grade 6C

Ruby

Grade 6D

Jack

Grade 6E

Elias







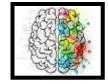


Wisdom Respect Self Esteem Happiness





What to Do (and Not Do) When Children Are Anxious.



How to respect feelings without empowering fears by Clark Goldstein PhD

When children are chronically anxious, even the most well-meaning parents, not wanting a child to suffer, can actually make the **youngster's anxiety** worse. It happens when parents try to protect kids from their fears. Here are pointers for helping children escape the cycle of anxiety.

- 1. The goal isn't to eliminate anxiety, but to help a child manage it None of us wants to see a child unhappy, but the best way to help kids overcome anxiety isn't to try to remove stressors that trigger it. It's to help them learn to tolerate their anxiety and function as well as they can, even when they're anxious. And as a by-product of that, the anxiety will decrease over time.
- 2. **Don't avoid things just because they make a child anxious** Helping children avoid the things they are afraid of will make them feel better in the short term, but it reinforces the anxiety over the long run. Let's say a child in an uncomfortable situation gets upset and starts to cry not to be manipulative, but just because that's how they feel. If their parents whisk them out of there, or remove the thing they're afraid of, the child has learned that coping mechanism. And that cycle has the potential to repeat itself.
- 3. Express positive but realistic expectations You can't promise a child that their fears are unrealistic—that they won't fail a test, that they'll have fun ice skating, or that another child won't laugh at them during show & tell. But you can express confidence that they're going to be okay, that they will be able to manage it. And you can let them know that as they face those fears, the anxiety level will drop over time. This gives them confidence that your expectations are realistic, and that you're not going to ask them to do something they can't handle.
- 4. **Respect their feelings, but don't empower them** It's important to understand that validation doesn't always mean agreement. So if a child is terrified about going to the doctor because they're due for a shot, you don't want to belittle those fears, but you also don't want to amplify them. You want to listen and be empathetic, help them understand what they're anxious about, and encourage them to feel that they can face their fears. The message you want to send is, "I know you're scared, and that's okay, and I'm here, and I'm going to help you get through this.."
- 5. **Don't ask leading questions**—Encourage your child to talk about their feelings, but try not to ask leading questions— "Are you anxious about the big test? Are you worried about the science fair?" To avoid feeding the cycle of anxiety, just ask open-ended questions: "How are you feeling about the science fair?"
- 6. **Don't reinforce the child's fears** What you don't want to do is be saying, with your tone of voice or body language: "Maybe this is something that you should be afraid of." Let's say a child has had a negative experience with a dog. Next time they're around a dog, you might be anxious about how they will respond, and you might unintentionally send a message that they should, indeed, be worried.
- 7. Encourage the child to tolerate their anxiety Let your child know that you appreciate the work it takes to tolerate anxiety in order to do what they want or need to do. It's really encouraging them to engage in life and to let the anxiety take its natural curve. We call it the "habituation curve." That means that it will drop over time as he continues to have contact with the stressor. It might not drop to zero, it might not drop as quickly as you would like, but that's how we get over our fears.
- 10. Try to model healthy ways of handling anxiety There are multiple ways you can help kids handle anxiety by letting them see how you cope with anxiety yourself. Kids are perceptive, and they're going to take it in if you keep complaining on the phone to a friend that you can't handle the stress or the anxiety. I'm not saying to pretend that you don't have stress and anxiety, but let kids hear or see you managing it calmly, tolerating it, feeling good about getting through it.

David Inturrisi



Green Team



Roya - Grade 5D

I wanted to be in the green team because I love the green team and I thought it was going to be fun and I also love learning and helping.

My favourite things about nature is everything. It is beautiful and colourful and fresh air smells really good.

Fatima- Grade 5D

I wanted to be in the green team because I love saving the environment and I love saving plants

My favourite things about nature is plants. I love watering the plants and looking after our school.





Abigail- Grade 5D

I wanted to be in the green team because I want to make our school more sustainable.





SCHOOL HOUSE CROSS COUNTRY- results

Well done to all the children in Grades 3,4,5 and 6 for their fantastic effort in our Cross Country held last term. It was great to see children turn up in their house colours and set themselves the challenge of completing the cross country course. All children completed the course and were given a ribbon highlighting their achievement of finishing and also giving their place position in the race.

The cross country event is planned as part of the PE curriculum which gives children an understanding of long distance running as well as insight into the importance of physical fitness and leading an active lifestyle. It also gives our students the opportunity to run in a competitive event with the top 8 in each age group forming our Interschool Cross Country Team. Places 9 and 10 are our emergency runners.

The Interschool cross country team will compete tomorrow at the District Cross Country which is held at KM Reddy reserve Hampton Park. Schools competing tomorrow are Narre Warren P-12, Hillsmeade, Lyndhurst, Lynbrook, St Catherines, Courtney Gardens, Hillscrest and Tulliallen. Congratulations and good luck to the following students:

Under 10 boys

1st—Karim Shahi

2nd- Duot Achiek

3rd-Sajjad Nazari

4th Omid Haydari

5th Lincoln Franklin

6th- Alex Valavanis

7th-James Long

8th -Ray Asano

Emergency 9th—Travis Chim

Under 10 Girls

1st—Harper Neal– Wilson

2nd- Saima Hassani

3rd-Emily O'Brien

4th – Michelle Kodigandla

5th—Tahlea Murray

6th-Sadaf Qulandari

7th-Taylah Coffey

8th—Lena Ezeonyido

Emergency 9th—Mediha Alizadah Emergency 10th—Sienna Serong

Under 11boys

1st—Zach Goncalves

2nd- Cristian Ung

3rd- Saaim Haideri

4th— Hussain Ali Hussain

5th -Raheel Ashna

6th-Zameer Omarzai

7th-Campbell Piening

8th— Aadish Chalana

Emergency 9th– Zishan Akhlaqi

Emergency- 10th- Ali Reza Noori

Under 11 Girls

1st—Praganya Logachandran

2nd- Anahita Shekib

3rd- Madison Wood

4th—Breanna Tubb

5th - Jazymn Hodson

6th-Fatima Rahimi

7th-Lola Horne

8th—Esther Lesatele

Under 12 boys

1st-Jordan Brissonnette

2nd- Deacon West

3rd- Riza Aliyar

4th-Tyler Ryan

5th - Phoenix Franks - Heffernan

6th- Mahdi Odah

7th-Liam Turner

8th—Xavier Martinez

Emergency 9th- Ehsan Ali

Emergency 10th–Imran Tahsin

Under 12 Girls

1st—Anisa Haidary

2nd- Parvanah Hamidi

3rd-Ishmeen Nagra

4th –Alannah Triffett

5th—Bella Hale

6th—Minal Kodigandla

7th-Millie Marion

8th—Elizabeth Achiek

Emergency 9th—Chelsea Ferguson

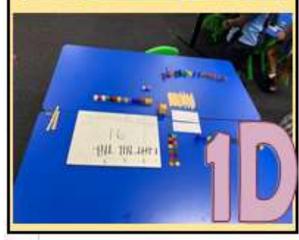


Year 1 Maths

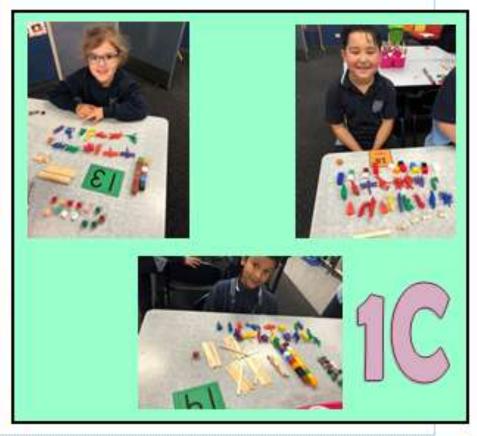
The Year 1's have been learning about different ways to make numbers and to see numbers quickly. The students worked on making numbers using different materials such as counters, MAB, dice, pom poms, bundle sticks and cards. They learnt how it was easier to read numbers by arranging them in arrays and could describe patterns they could see.





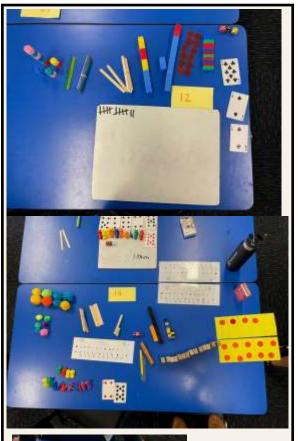








Year 1 Maths













Strathaird Parents & Friends



Save the date -

8th May - Mother's Day

25th May - Cadbury Chocolate Drive

30th May - 2nd Hand Uniform Stall

<u>Uniform</u> 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.



Happy-Mothers Day-

Mother's Day Stalls

The Strathaird Parents and Friends Group held our Mother's Day Stall on Monday and Tuesday

Students visited the stall with their teacher during class time. They were very excited to choose gifts for their loved ones. I would like to thank each one of our Parents and friends group for all your assistance with the organization of our stalls. We hope you all have a wonderful Mothers Day.



Next Meeting

Our next meeting will be held in the Before & After School Care Room on Friday 6th May at 9am - Everyone Welcome



Looper Joo Per Days Only \$1

STARTING FROM THE 9TH OF MAY.

AVAILABLE ON MONDAYS AND WEDNESDAYS

FROM OUTSIDE THE BER ROOM.

ALL FUNDS GO TO GRADE

6 GRADUATION







Recycling update

One item our office recycles in toner cartridges from photocopiers and printers.

You can recycle your used or empty laser and inkjet cartridges at <u>all Officeworks</u> stores and participating Australia Post, Cartridge World, Harvey Norman, The Good Guys, JB Hi-Fi, Office National and Office Products Depot outlets.

Inkjet cartridges, toner cartridges and toner bottles are accepted. This includes cartridges used in printers, photocopiers and fax machines.



(Please note, some boxes may not be visible or on display due to limited store floor space, in these cases please ask the staff at the counter and hand cartridge directly to them.)

If your workplace or business has large quantities of printer cartridges to recycle, visit <u>BusinessRecycling.com.au</u> to find suitable collection or pick up service options or register for a <u>Cartridges 4 Planet Ark</u> workplace collection box.





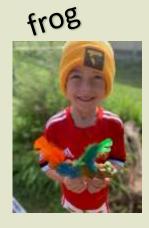
Grade 1 Sustainability:

What lives in our school?

During Term 1 the Grade 1s explored the natural environment of the school looking at what lives in the school including insects, birds and reptiles. We have explored the ways animals are classified and what they need to survive. We have observed a huge range of birds that live in our school and what they need to survive. In the last week of school we made models of animals that we have seen at school or might live here.



en





mudlark

magpie



rosella



duck wood

Grass parrot







SAVE THE DATE: Thursday 16th of June

Strathaird PS School Photo Day

*Sibling photos taken from 8.00-8.45am

*Class photos and groups will be taken during the school day.

Leading Image prefer all payments to be completed online prior to the school photo day.

If you wish to pay cash, please collect an order envelope at the office and bring exact money on the day of the photos. NO CHANGE is available at the office.

FAMILY ORDERS: need to be placed online prior to 4.30pm on Wednesday 15th of June.

ONLINE BOOKING



Your school has decided school photos will only be available to order online this year.

Choose your own FREE background



The benefits of being online...

- · No need for envelopes to be returned to the school office
- · No cash on school grounds or children's bags
- · Easy order tracking and record keeping
- 18 different backgrounds to choose from no additional cost

Strathaird Primary School - 2022

www.leadingimage.com.au

Access Key

GFGL4MUJ



INDIVIDUAL & FAMILY PHOTOS CAN BE ORDERED WITH THE SAME ACCESS KEY

To order your school photos:

- Go to www.leadingimage.com.au
- Click on Order Your School Photos
- Select your State
- Enter your special unique Access Key

Family photographs must be ordered before 4.30 pm the night before photo day. Please ensure your orders are placed before this time.

Strathaird



Primary School





LYNDHURST SECONDARY COLLEGE



OPEN NIGHT WEDNESDAY 4TH MAY

Welcome BBQ & Information Stalls from 6:00pm to 6:45pm formal school tours starting 6:45pm to 8:00pm Pre register:- www.lyndhurst.vic.edu.au/contact-us/

Prospective students in Grades 4-6 attending with their families will have the opportunity to win a laptop!

950 South Gippsland Highway, Cranbourne VIC 3977 Ph. 5996 0144 www.lyndhurst.vic.edu.au



Make good choices



We are Swoosh and Gilde. Here are some tips to keep you safe online.







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.

- 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?

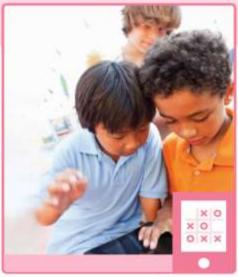


Be kind

We are Swoosh and Glide. Here are some tips to keep you safe online.









Say kind things

Take turns

Ask before you take a photo





Early Years



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.

- 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?



Be safe





We are Swoosh and Glide. Here are some tips to keep you safe online.







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.

- 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?



Ask for help



We are Swaash and Glide. Here are some tips to keep you safe online.







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.

- 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?



How to report cyberbullying material





Collect evidence copy URLs or take screenshots of the material

If the content is not removed within 48 hours apply steps 3 and 4





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.