

# Strathaird Primary School News

21/2/2024

Edition 2



## Strathaird



Primary School

### School Values

Respect

Honesty

Responsibility

Compassion

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# Principal Page

## STUDENT LEADERSHIP AT STRATHAIRD PRIMARY SCHOOL

Student leadership is a very important part of our school, particularly for all of our middle and senior students. There are many occasions where students can practice leadership in the classroom and out in the playground. There are many other opportunities for students to take on specific leadership roles including Junior School Council, Waste Warriors, Energy Warriors, Green Team, Marine Ambassadors, School Captains and House Captains. Students learn to develop many qualities including communication skills, taking on and demonstrating responsibility, making informed choices, contributing to decision making, taking action, developing knowledge and understandings in different areas, collaborating and working with students they don't normally work with. We are so grateful to have so many students who have excellent qualities and the desire to be effective leaders.

## GRIP Student Leadership Conference in Melbourne

So far this term some of our Student Leaders have been engaged in key development activities.

The School Captains and House Captains were recently participants at the GRIP Student Leadership Conference in Melbourne. This Conference focuses on training student for their leadership roles at school. Our Student Leaders left the conference with much to reflect on and try to implement at school.

### ***Our School Captains discussed some key points they took away from the Conference:***

**Travis** – *Don't be afraid of not doing something in order to do another thing more important. E.g. missing out on recess or lunch in order to do our job. Don't be afraid of what others might think of you. Always try your hardest even if you are not good at it. Put on a bright face to show you are enthusiastic.*

**Ali** – *Don't expect something back when you help people. Have the confidence to join in, this is something I want to get better at.*

**Yalda** – *Step forward and help your school because leaders can make a difference in your school.*

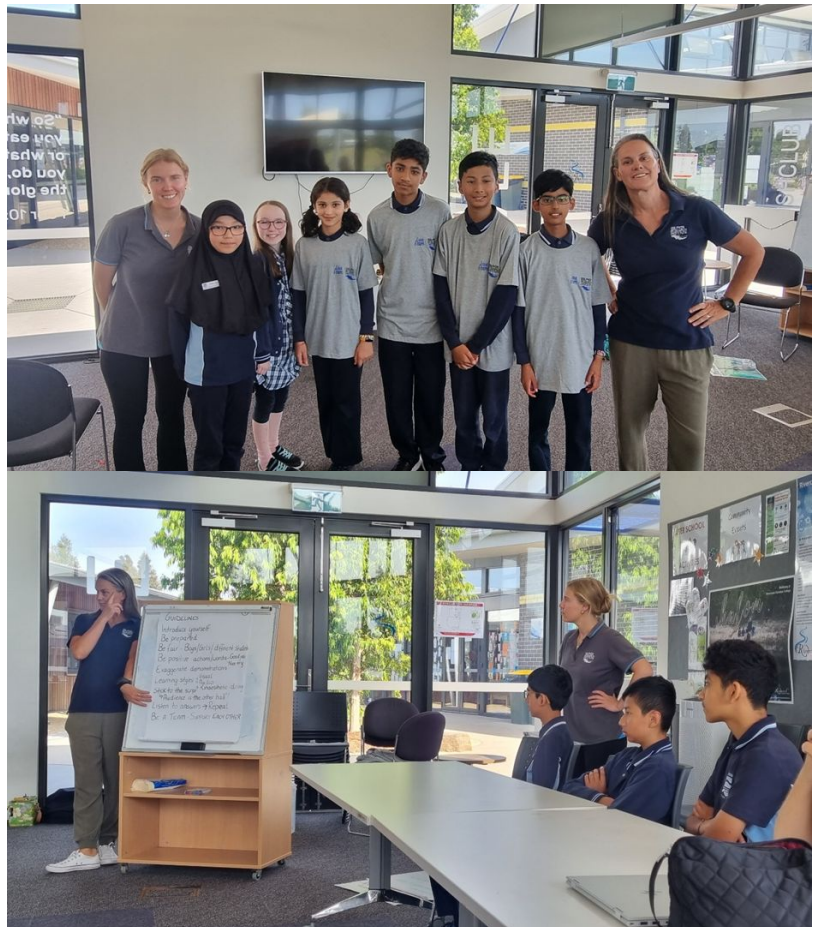
**Charlize** - *As a leader we have different responsibilities. Sometimes we have to sacrifice our time to do important tasks. It's important to demonstrate respect, honesty, compassion and responsibility but not only at school, we need to apply these wherever we go. Be confident and don't worry about what others think. It was really good to interact with other schools and meet other students.*

## Marine Ambassador Workshop at Rivercrest

Yesterday the Marine Ambassadors participated in a workshop at Rivercrest. The workshop was run by Jackie Younger from the Dolphin Research Institute. The students were taught how to deliver a presentation to young children about marine life and the marine environment.

The Ambassadors practised presenting to each other in preparation for their afternoon session with a Year 1 class. The Year 1s loved listening to and learning from the Ambassadors who worked so well together to deliver their first presentation.

Now that they have the knowledge and skills, our Marine Ambassadors will be able to teach young students at our school how to respect and care for marine environments.





# Principal Page

## NAPLAN 2024

NAPLAN is held in Term 1 to enable schools to receive and analyse results early so they can use the data to inform learning programs. NAPLAN will be held at Year 3 and Year 5 levels from 13th March to 22nd March. All NAPLAN tests are online computer-based assessments except for Year 3 writing which will continue to be paper based. Online NAPLAN tests provide more precise results and are more engaging for students than paper based tests.. One of the main benefits is tailored (or adaptive) testing, where the test presents questions which may be more or less difficult depending on a student's responses. Preparation has been underway at school to support students. Parents can support their children by being positive and encouraging, it is not a time to be stressed and anxious. Having a good night's sleep and good breakfast will help your child to concentrate and do the best they can. Parents will be forwarded a NAPLAN Report in Term 2 detailing their child's achievements with national comparisons.

## NO SCHOOL FOR CURRICULUM DAY & LABOUR DAY HOLIDAY

Our School will be holding a **Curriculum Day on Friday, 8th March**. This means it is a pupil free day and therefore there will be **NO SCHOOL** for students on that day. There will also be **NO SCHOOL on the following Monday, 11th March**, due to the Labour Day public holiday.

## PANCAKE DAY

The school will be holding a special Pancake Day on Monday 4th March. This is a free event. This special treat for our students has been organised by the School with the help of some parent volunteers. Students will have a choice of a plain pancake, or lemon and sugar, jam or maple syrup topping.

## SAFETY ON OUR ROADS

### **SCHOOL PICK UP AND DROP OFF ZONE—**

***Getting children to school safely is everyone's job. Think before you park, drive, drop off and pick up! All children deserve to get to school safely.***

On Community Parade there are *School Drop Off and Pick Up Zone* signs. This area is only for a quick drop off and pick up of children, you must not park there, the total length of time you can be there is 2 minutes. You must stay with your car. This zone is there to help keep our students safe when arriving and departing school. Please be aware, the City of Casey could inspect the traffic using this zone at any time and penalties can apply if you are not using the zone correctly.

**WE HAVE BEEN ASKED BY RESIDENTS TO REMIND THE SCHOOL COMMUNITY TO PLEASE NOT PARK ACROSS PRIVATE DRIVEWAYS.**

This creates obvious difficulties for residents who have the right to be able to use their driveway whenever they need to.



***Marine Ambassadors Training Day  
at Rivercrest***



# TERM 1 2024 - DATES TO REMEMBER

|          | Monday                                       | Tuesday                                                                                                                 | Wednesday               | Thursday                                      | Friday                                                                                |
|----------|----------------------------------------------|-------------------------------------------------------------------------------------------------------------------------|-------------------------|-----------------------------------------------|---------------------------------------------------------------------------------------|
| FEBRUARY | 19th<br>School Council nominations close 4pm | 20th<br>2nd Hand Uniform Stall<br>Gr 6 Camp Info Night 5pm<br>Marine Ambassadors Excursion<br>Gr 6 Camp Info Night @5pm | 21st                    | 22nd                                          | 23rd<br>JNR Assembly                                                                  |
|          | 26th                                         | 27th<br>School Council Meeting 6.30pm<br>Whole School Welfare Incursion<br>\$ Due District Swimming                     | 28th                    | 29th                                          | 1st March<br>District Swimming<br>SNR Assembly                                        |
| MARCH    | 4th<br>Pancake Day                           | 5th<br>Grade 6 Camp                                                                                                     | 6th<br>Grade 6 Camp     | 7th<br>Grade 6 Camp                           | 8th<br>Curriculum Day - No students to attend School                                  |
|          | 11th<br>Labour Day Public Holiday            | 12th                                                                                                                    | 13th<br>Naplan Gr 3 & 5 | 14th<br>Naplan Gr 3 & 5                       | 15th<br>Naplan Gr 3 & 5<br>SNR Assembly                                               |
|          | 18th<br>Naplan Gr 3 & 5                      | 19th<br>School Council @ 6.30pm                                                                                         | 20th<br>Naplan Gr 3 & 5 | 21st<br>Naplan Gr 3 & 5                       | 22nd<br>Naplan Gr 3 & 5<br>JNR Assembly<br>Ride2SchoolDay<br>Strathaird Cross Country |
| APRIL    | 25th                                         | 26th                                                                                                                    | 27th                    | 28th<br>Last Day of Term 1 - 2.30pm Dismissal | 29th<br>Good Friday                                                                   |
|          | 1st April<br>Easter Monday                   | 2nd                                                                                                                     | 3rd                     | 4th                                           | 5th                                                                                   |
| Holidays |                                              |                                                                                                                         |                         |                                               |                                                                                       |





# School Values

## Awards



Congratulations to the following Students

### Week 2 - Respect

|        |          |
|--------|----------|
| Prep A | Mia      |
| Prep B | Flynn    |
| Prep C | Richie   |
| Prep D | Mahsa    |
| Prep E | Kora     |
| Prep F | Tariq    |
| 1A     | Daniel   |
| 1C     | Omar     |
| 1D     | Madison  |
| 2A     | Adeli    |
| 2B     | Mahli    |
| 2C     | Vihaan   |
| 2D     | Bille    |
| 2E     | Haidera  |
| 2F     | Zohra    |
| 3A     | Diva     |
| 3B     | Nataliah |
| 3C     | Sienna   |
| 3D     | Yevin    |
| 3E     | Mahi     |
| 4A     | Nevaehly |
| 4B     | Julie    |
| 4C     | Azariah  |
| 4D     | Timora   |
| 4E     | Moe      |
| 5A     | McKenzie |
| 5B     | Soane    |
| 5C     | Patrick  |
| 6A     | Ashvik   |
| 6B     | Sara     |
| 6C     | Taylah   |
| 6D     | Leon     |
| 6E     | Isabella |

### Week 3 - Respect

|        |          |
|--------|----------|
| Prep C | Jason    |
| Prep E | Shaveen  |
| 1C     | Ethan    |
| 2A     | Kalani   |
| 2B     | Saanvi   |
| 2F     | Natasha  |
| 3A     | Jaiwanth |
| 3B     | Faraz    |
| 3C     | Montel   |
| 3E     | Eden     |
| 4A     | Candice  |
| 4B     | Xiomara  |
| 4D     | Wasi     |
| 4E     | Tayeeba  |
| 5A     | Ellie    |
| 5B     | Zainab   |
| 5C     | Jethro   |
| 5D     | Sara     |
| 6A     | Grace    |
| 6B     | Kane     |
| 6C     | Kaleb    |
| 6D     | Travis   |
| 6E     | Olivia   |

Honesty

Respect  
Compassion  
Responsibility

# Student of the Week



## Week 2

|               |          |                                                                                                                            |
|---------------|----------|----------------------------------------------------------------------------------------------------------------------------|
| <b>Prep A</b> | Kevin    | For having a go at all of the activities this week!                                                                        |
| <b>Prep B</b> | Josie    | For an amazing first week of school and for working so hard on all of your activities!                                     |
| <b>Prep C</b> | Kirra    | For working hard to have a go at all tasks. Well done!                                                                     |
| <b>Prep D</b> | Zenith   | For having a growth mindset and trying his best. Amazing work!                                                             |
| <b>Prep E</b> | Ojas     | For having a positive attitude to all the activities this week.                                                            |
| <b>Prep F</b> | Sarena   | For trying hard in her first week of prep.                                                                                 |
| <b>1A</b>     | Packo    | For having a positive attitude to all the activities this week.                                                            |
| <b>1C</b>     | Lincoln  | For his neat and organised approach to all his tasks this week.                                                            |
| <b>1D</b>     | Amiel    | For his fantastic writing this week!                                                                                       |
| <b>2A</b>     | Finn     | For always working hard and listening to others                                                                            |
| <b>2B</b>     | Chace    | For a fabulous start to Grade 2.                                                                                           |
| <b>2C</b>     | Taaliah  | For being brave and giving every task her best effort!                                                                     |
| <b>2D</b>     | William  | for doing his best and starting the year so positively!                                                                    |
| <b>2E</b>     | Skye     | For displaying the values of Respect                                                                                       |
| <b>2F</b>     | Zoe      | for being especially helpful to her peers.                                                                                 |
| <b>3A</b>     | Diva     | For carefully following your reading comprehension.                                                                        |
| <b>3B</b>     | Afsah    | For always being polite and helpful in class.                                                                              |
| <b>3C</b>     | Ariyah   | For a productive start to Grade 3!                                                                                         |
| <b>3D</b>     | Mahbod   | For doing his best effort in every task.                                                                                   |
| <b>3E</b>     | Advith   | For an excellent and productive start to Grade 3.                                                                          |
| <b>4A</b>     | Ekamjot  | For her fantastic start at SPS!                                                                                            |
| <b>4B</b>     | Samira   | For consistently showcasing all of our school's values!                                                                    |
| <b>4C</b>     | Timothy  | For settling into Strathaird Primary School with ease.                                                                     |
| <b>4D</b>     | Armina   | For her excellent start at Strathaird Primary School!                                                                      |
| <b>4E</b>     | Mikayla  | Foy your terrific start to Grade 4! Keep up the dedication to completing your work to the best of your ability. Well done! |
| <b>5A</b>     | Mohammad |                                                                                                                            |
| <b>5B</b>     | Kayden   | For doing his best and making a great start to the year. Well done Kayden!                                                 |
| <b>5C</b>     | Rayhana  | For settling well into Grade 5 and being organised for her learning. Well done Rayhana!                                    |
| <b>6A</b>     | Payton   | For her insightful comments and contributions to our class discussions.                                                    |
| <b>6B</b>     | Wasee    | For a confident start to Strathaird Primary School                                                                         |
| <b>6C</b>     | Benji    | For being a wonderful friend & trying hard with all tasks.                                                                 |
| <b>6D</b>     | Jaimin   | For an amazing start to Grade 6!                                                                                           |
| <b>6E</b>     | Aksh     | For his excellent behaviour and attitude displayed in both the classroom and playground                                    |





# Student of the Week



## Week 3

|        |          |                                                                                                     |
|--------|----------|-----------------------------------------------------------------------------------------------------|
| Prep C | Harlan   | For doing a wonderful job in writing. Well done!                                                    |
| Prep E | Shukria  | For being brave and giving every task her best effort!                                              |
| Prep F | Basid    | For consistently showing our school values.                                                         |
| 1C     | Liana    | For trying her best and having a go at every task.                                                  |
| 2A     | Samar    | For trying his best in every task!                                                                  |
| 2B     | Beta     | For her amazing descriptive writing!                                                                |
| 2F     | Raahim   | For being a friendly and helpful member of our class.                                               |
| 3A     | Fatima   | For your detailed vocabulary work.                                                                  |
| 3B     | Asiya    | For settling into our classroom well.                                                               |
| 3C     | Jordan   | For his participation in all classroom discussions!                                                 |
| 3E     | Riley    | For a wonderful start to Grade 3!                                                                   |
| 4A     | Jakob    | For trying his best with all tasks this week!                                                       |
| 4B     | Jay      | For having a positive mindset each day!                                                             |
| 4C     | Ruby     |                                                                                                     |
| 4D     | Irfan    | For an excellent start at Strathaird Primary!                                                       |
| 4E     | Athena   | For your positive start to Grade 4 and for doing an incredible job to challenge yourself. Well Done |
| 5A     | Ashlea   | For always trying to help out in the classroom and be such a good friend.                           |
| 5B     | Mia      | For making a great start to grade five. You always do your best Mia, well done!                     |
| 5C     | Lee      | For trying his best in all learning activities this week. Well done Le!                             |
| 5D     | Mohammad | For your valuable contributions during classroom discussions. Well done!                            |
| 6A     | Yasir    | For being actively involved in all of his learning activities.                                      |
| 6B     | Sanika   | For making a great start to her home reading.                                                       |
| 6C     | Yatra    | For always having a positive attitude & completing work to a high standard                          |
| 6D     | Madiha   | For some great work during our poetry unit.                                                         |
| 6E     | Morsal   | For applying herself to all areas of learning and completing her tasks to an excellent standard!    |

## Specialists

|        |    |                                                                                      |
|--------|----|--------------------------------------------------------------------------------------|
| Auslan | 6B | For creating a thoughtful splash page of ways to be inclusive to someone who is deaf |
|--------|----|--------------------------------------------------------------------------------------|







# Fabulous Fours



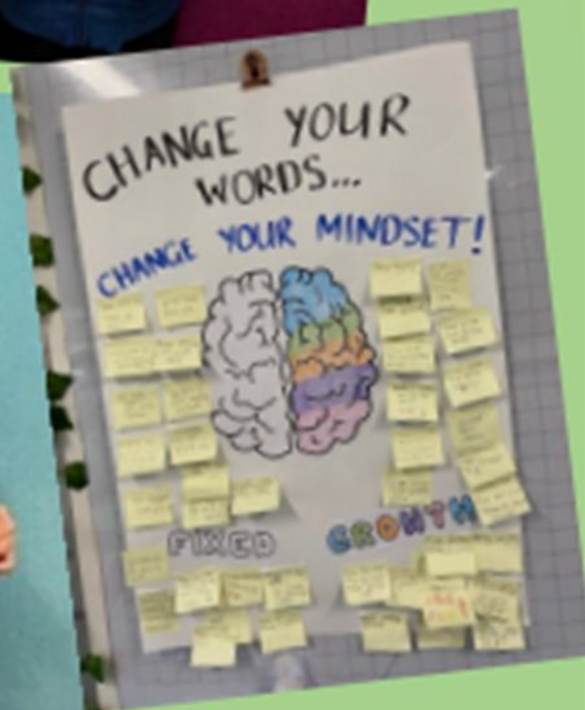
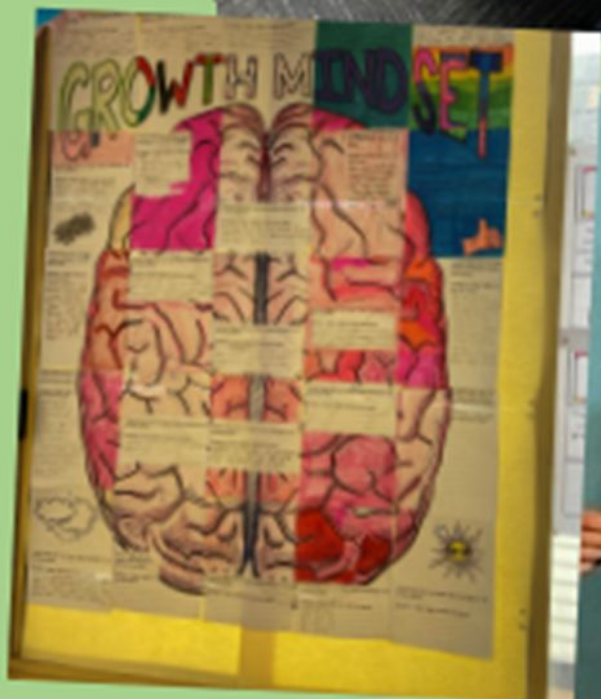
The Year 4 cohort have made an incredible start to the year! They have settled into their classrooms with ease and are developing new friendships with their peers. Students have participated in a range of social and emotional activities, as well as 'getting to know you' lessons.







# MORE FROM THE 4S





# SCHOOL LEADERSHIP

On Monday the 12th February our School Captains/ School Vice Captains and House Captains attended a student leadership conference with Mr Fleming and Mrs Gilligan. The day started early with us meeting at 7.15am at Berwick station where we caught the train into Southern Cross Station. After a short walk to the convention centre we joined approx. 50 other schools, with about 2000 students in an informative, fun and practical day focussing on Student leadership.

The focus was on how our students can be great leaders by stepping in, using initiative, sacrificing own wants for the good of others, identifying personal talents and how to motivate others.

Overall it was a great day and we aim to share our learnings at assembly, in newsletters and with fellow students.





# Sport

Our 2024 Sports Captains are Taylah Coffey and Mehdi Alami. These students enjoy their sport and have shown great sportsmanship qualities in the past, during PE sessions and Interschool Sports events. Taylah and Mehdi will be assisting with PMP, equipment set up for level sport, presenting sports news at Assemblies and being our student reps at our sporting competitions. **CONGRATULATIONS Taylah and Mehdi.**



## **Important Sports Dates this Term**

- **March 1st** - District Swimming - Selected students only.
- **March 22nd** - Strathaird Cross Country- Grades 3,4,5 & 6  
*More information will be given to students involved closer to the competition date.*

**Please make sure children wear appropriate footwear on the days they have PE or Sport. We also encourage children to bring drink bottles to PE classes so they can keep hydrated throughout the lesson.**

# Wellbeing Page

## Apply before Scrolling

*The 3M's of Digital Nutrition By Jocelyn Brewer*

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 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 services, to influencers and personalities to follow on social media, its 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 well being 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?

# Wellbeing Page

## Apply before Scrolling

*The 3M's of Digital Nutrition By Jocelyn Brewer - Article continued...*

### 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.



# 2024 CSEF Applications

Do you have a healthcare card?

Have you applied for the 2024 instalment?



- Each eligible child will receive \$150 credit to be used towards Camps, Sports and Excursions.
- Any unused credit will roll over to the following year or follow the child to the next school/secondary school.
- The card holder needs to complete an application form at the office and a photocopy of the card will need to be taken or emailed to the school [strathaird.ps@education.vic.gov.au](mailto:strathaird.ps@education.vic.gov.au)
- Child only cards are not eligible for CSEF.
- To apply for Term 1 your card needs to be valid on 29/1/2024
- If you have a Prep child OR you are new to our school, you will need to complete a brand new application at our school listing all students in the family.
- Families who applied in 2023 and have no changes to their circumstances do not need to reapply

# Uniforms

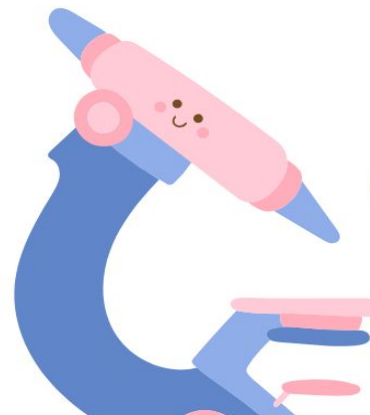
## A REMINDER TO:

Please make sure that ALL your children's belongings (clothes, lunch boxes, drink bottles, stationery, etc.) are CLEARLY LABELLED with your child's name.

Labelled property can be easily returned to its owner.

لطفاً مطمئن شوید که تمام وسایل فرزندان شما (لباس،  
جعبه ناهار، بطری  
نوشیدنی، لوازم التحریر و غیره) به وضوح با نام فرزند شما  
برچسب گذاری  
شده باشد.  
اموال دارای برچسب را می توان به راحتی به صاحب آن  
بازگرداند.

Thank You





**Cranbourne East Primary School**  
*is proud to present*  
**a FREE community event.**

## **Supporting Resilience in Children**

**A presentation from two of Australia's most highly regarded Children's Psychologists.**

**+ an opportunity for Q+A.**



**Dr Michael Carr-Gregg**

As seen on the top-rated Morning Show on 3AW with Neil Mitchell



**Dr Justin Coulson**

As seen on Channel Nine's Parental Guidance



Scan QR code or click the link [HERE](#) for tickets

**Thursday 7th March 2024**  
**6.00pm-8:30pm**

**Location: Cranbourne Community Theatre**  
**Brunt Street, Cranbourne 3977**

**Join us from 5pm for coffee and an opportunity to meet our local wellbeing supports.**

*Please note this is an **adult only** event.*

**For more information please contact:**  
**David Muzyk or Jenni Kelly**  
**PH: 5990 0400**

*This event cannot be live streamed*



*Communities for Children is an initiative supported by the Australian Government*



# Library / Child Safety

## Library News

The library will be open for children to borrow before school and after school.

Before school  
8:30am-8:50am  
After school  
3:15pm-3:30pm



### Child safety and wellbeing at Strathaird Primary School information for families and the school community

The Victorian Government has announced new Child Safe Standards to further strengthen child safety across organisations, including schools. The new standards recognise the critical importance of families and the broader school community in maintaining and promoting child safety and wellbeing.

Strathaird Primary school has reviewed and updated our child safety policies and procedures to ensure they meet the requirements of the new standards. These are available to view on the school website on: [www.strathairdps.vic.edu.au](http://www.strathairdps.vic.edu.au)

We are committed to continuous improvement in our approach to child safety and wellbeing and welcome feedback from families and members of our school community on ways we can further strengthen our child safety policies, procedures and practices.

If you have any suggestions, comments or questions, please contact

Julie Kennedy  
Strathaird Primary School Principal



# From the Admin

## **Are your details up to date?**

*Have you changed your home address, mobile numbers or work details?*

*Do you have a new parent email address?*

*Do you need to change your emergency contact details?*

If you answered yes to any of the above questions, please email the school office [strathaird.ps@education.vic.gov.au](mailto:strathaird.ps@education.vic.gov.au) and we will update the information on file.

## **School Bags and school hats for sale at the office**

We have a limited number of school bags available for sale at the office.

School bags are \$40 each and are navy blue with a 3 colour printed school logo on them.

We have two different sized navy slouch hats for sale at the office. Hats are \$9 and have an adjustable toggle at the back.

To purchase, please visit the office with cash or EFTPos OR on the QKR App. Order on the QKR App before 5pm for collection the next business day.

*\*Please note that any hats purchased after 5pm will take 2 business days to be ready for collection from the office.*



## **2024 Student Stationery**

Information about the 2024 Student Stationery was sent home with students last year. Copies of each year level's information can be found on our school website:

<https://www.strathairdps.vic.edu.au/parent-information/payment-notifications/>

Thank you to all of the families who have made contributions towards our 2024 Curriculum Consumables. Contributions can be made any time throughout the year and we appreciate your support with this.

# 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](http://www.education.vic.gov.au/protect)



## 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.



## 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

|            |                 |
|------------|-----------------|
| 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

## 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](http://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](http://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



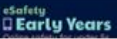
Say kind things



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



### 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 .