

Respect.....Resilience.....Kindness.....Effort

Newsletter No: 21

22nd July, 2021

Life isn't about waiting for the storm to pass..... it's about learning to dance in the rain.

CALENDAR

JULY

Tue 27th Book Club orders and money due

AUGUST

Tue 3rd School Council Meeting 6pm (New date)

Thur 5th Curriculum Day (TBC)

9th – 11th School Camp (Grades 3-6) (TBC)

Tue 27th School Council Meeting – 6pm

FROM THE ACTING PRINCIPAL

REMINDERS/NOTICES:

A reminder that parents, carers, and visitors can enter school grounds, however they must check in using the QR codes and wear facemasks.

Hot Lunches will be available on Wednesdays & Fridays. Students can bring along food that can be heated in the pie warmer. All food must be wrapped in foil with your child's name on it.

Breakfast Club will be held every Monday and Friday morning from 8:25am. Students will need to bring their own bowl, plate, cup and cutlery.

Well, we find ourselves in this very familiar situation again of lockdown and remote learning. This wasn't the way I expected to end my holidays. But then again, our holiday wasn't what we had planned. My family and I managed to see some amazing country on our travels, and it made us appreciate what a wonderful country we live in. It is amazing what mother nature can do.

Thank you to Mrs. Lyons and the rest of the staff for the amazing job they did running the school last week whilst I was away. It was great to get glowing reports on how settled the students were coming back from the holidays.

Once again, I am proud of the manner in which the students and teachers have pivoted back to Remote Learning. I know that everyone would much prefer to be face to face teaching, but we are staying connected through WebEx and doing our best and being resilient. Through the Resilience Project the students have learnt that the more positive emotion you experience, the more resilient you will be. Encourage your child to practise the GEM philosophy of Gratitude, Empathy and Mindfulness during this difficult time. They could even teach you about these strategies.

I think everyone agrees that the oval looks amazing and is better than I ever imagined. I wasn't expecting to see the oval completed upon my return, so it was a big shock to see it. I had been sent photos, but they didn't do it justice. I know the students are very eager to get back onto the oval and test it out, hopefully this will not be too far away, then we can start planning a grand opening.

It is frustrating to be in a set of circumstances that require us to adapt and change our plans constantly. It is difficult to plan for next week and the following weeks. At this stage camp looks uncertain, but we will just hold onto the slim chance that we don't need to cancel it for the second year running. I appreciate your flexibility and support during this period.

Our school is conducting a survey to find out what parents/caregivers/guardians think of our school. The Parent/Caregiver/Guardian Opinion Survey is an annual survey offered by the Department of Education and Training that is conducted amongst a sample of randomly selected parents/caregivers/guardians (previously known as the Parent Opinion Survey). It is designed to assist schools in gaining an understanding of families' perceptions of school climate, student behaviour, student engagement and experiences of remote and flexible learning. Our school will use the survey results to help inform and direct future school planning and improvement strategies.

All responses to the survey are anonymous. This year, the Parent/Caregiver/Guardian Opinion Survey will be conducted from **Monday 19th July to Sunday 22nd August.**

The survey will be conducted **online**, only takes **20 minutes** to complete, and can be accessed at any convenient time within the fieldwork period on desktop computers, laptops, tablets, or smartphones. Keep an eye out on your emails for the link. The survey results will be communicated to parents through annual reporting and at school council meetings.

Please remember you are invited to contact us if we can support you in any way during this time, even if you just want to say hi. We will endeavour to support you as best as possible throughout this time.

I Look forward to seeing you all back on-site next Wednesday.

Yours In Education,
Mrs Siobhan Gosney, Principal

EUREKA CLASS – GRADES P – 3

I sit to write this week's newsletter and words don't come easily. Here we are again. Good on you parents for what you are doing at home. If you've managed to have a daily routine where your children have followed the learning plan, that's ideal - but we all know that for most of us there are so many things that impact on whether this will happen on a daily basis. Above all, the most important thing is that families are able to support each other to stay mentally OK. Just do whatever school work you can at home. It does help to have a daily routine and maybe your school routine is short if that works for you. Playing games together, having a walk outside or doing something creative are all ways to help distract and release energy.

Don't forget the morning check in at 9:00am each day and we will have the classroom open each day at 1:30pm for social time.

Hopefully your children are becoming more proficient at sharing equally between groups through activities at home. Next week we will focus on the number 100 (and place value for older children), in preparation for the party, as well as some measurement related to the Olympics. The Olympics are well timed for home learning. Hopefully your family has found at least one sport to follow. The opening ceremony usually has something for everyone. The Olympics are always a great opportunity to learn about so many topics such as -other countries and cultures, sports, values, and ceremonies. We will continue the Olympic theme into next week.

We are all looking forward to our first 100 days of school party on Tuesday August 3rd. Remote learning days are school days and today is day 92. The 100 days of school event celebrates the Prep's first 100 days of school and is a fun opportunity to do a lot of work around numbers to 100. Our theme this year is for children to come dressed as a 100-year-old! Walking sticks, hats and old clothing come to mind for dress-ups, and these can be improvised from home. Mrs Gosney tells me that there are props on this theme- wigs

Enjoy the weekend,

Mrs East

LALOR CLASS – GRADES 4 – 6

Congratulations to Billy Murley and Megan Pearce, my joint Stars of the Week. They have been very engaged with the remote learning program and have taken responsibility for their learning by seeking feedback on WebEx and on Google Classroom. They have also produced some great work this week. I am overall very happy with the class's efforts in Lockdown 5. There are always difficulties with online learning but there are also some great opportunities for learning. For example, the students learn to become more independent. Their ability to use online programs is increased. They receive more feedback on their work as I have more time to read what they have submitted.

We all struggle from time to time emotionally and that is normal and ok. There are times when we want to lie on our backs on the floor and stick our legs in the air. Do it! But the important thing is to get back into the program and move forward. If a child has missed a task, or even a whole day, that's what happened. It's in the past. Being resilient doesn't mean that you don't have moments when you aren't functioning, it's about starting afresh each time.

Suggested routine for the senior class:

1. **Students go onto Google Classroom by 8.45am.**
2. **Open the Lalor Learning Plan.** (Sometimes you might need to scroll down the stream to find it. OR, you can find it in Classwork – Lalor Learning Plans.)
3. **Read through the plan** to see what is required for the day.
4. **Read feedback** from the previous day's work if you haven't already. You can find this in your emails (open gmail) or by finding the work you have handed in and clicking on it. **THIS IS A VERY IMPORTANT PART OF THE LEARNING PROCESS.**
5. **Join WebEx** for an introductory meeting. It will usually be at 9 am and it will be in the plan or in the Google Docs stream. This is when the teacher will go over the plan and explain things clearly. You can ask questions. We might have a game, or I might put you in break-out groups for a chat.
6. **Start working through your tasks**, crossing them off as you go (if you have printed the plan). Make sure that you read the instructions for the task very carefully and always edit your work before submitting it.

Strategies for coping:

1. **Make sure you take breaks.** Try setting an alarm for when to get back onto tasks as it can be very easy to get distracted.
2. **Plan things to look forward to** when you have completed the tasks. There is usually a great sense of achievement by knowing you have completed the tasks, but you also need to have something different planned for afterwards. Suggestions:
 - An organised online catch-up with friends. You could play charades or have a music sharing session, disco, jokes sharing etc.
 - Bake something yummy for the family to share.
 - Make a cubby outside.
 - Make an obstacle course.
 - Make your own Kahoot on a topic of your choice.
 - Watch a movie.
 - Start your own podcast about your experience of remote learning.
3. **Reach out if you are not coping.** This could be with how to do the work, or just feeling down. Sometimes we can't just bounce back as described and we need help. There is always something someone can do to help you. We can chat privately. Mr Lewis can call you. Kids help line is another option. Kids Helpline | Phone Counselling Service | **1800 55 1800**
4. **Try to deal with what is happening now**, and with what you have control of. It's not helpful to wonder 'what if?' as it just adds to your stress and there is absolutely nothing you can do about it.

Good luck everyone. Remember to reach out to us if we can help in any way and keep communicating.

Mrs Lyons.

POETRY

Windy and cold days
In a frozen patch of grass
Not summer anymore
Timber frozen together
Energy building up
Right by the fire



By Megan

School is cool
Cool enough for me
Happiness for everyone
Octopus is a fun game
Our community is great
Live laugh and be happy



By Benji

*A move in the night
Parents and their children
Leaving their house
On a night walk
Suddenly they hear
A scary sound
Of rustling and
Crunching
They're really frightened
And go back inside
Off to bed*



By Billy

Hi everyone,

Time for something that will hopefully make you laugh, or at least put a smile on your face. Hold onto your hats, cheeks, and stomachs, here's a few videos from the Holderness Family – YouTube Channel J If Disney Songs Were About Quarantine - Part 2 Do yourself a favour and at least watch the start of this one. The Lion King take-off is, well, another classic J !!! End Of The Roll - Boyz II Men parody - some useless trivia – End Of The Road by Boyz II Men (early 90's) was the first cd I ever bought! What was yours? If 2020 was Auto-Tuned Quarantine (is Not Quite Over) - Billy Jean parody

Over the recent newsletters we've been working our way through a list of 10 great parenting tips taken from : <https://www.parentingforbrain.com/how-to-be-a-good-parent-10-parenting-tips/>

#4: Being A Safe Haven



Let your child know that you'll always be there for them by being responsive to the child's signals and sensitive to their needs. Support and accept your child as an individual. Be a warm, safe haven for your child to explore from.

Children raised by parents who are consistently responsive tend to have better emotional development, social development and mental health outcomes.

To add to this, I've found when working with children it can make a big difference to a child's sense of safety when we can enter their imaginative world and have fun! Demonstrating interest in what they think and feel communicates genuine care.

Stay warm and keep smiling !

Michael Lewis - Chaplain

Stars of the week

Eureka Class

Congratulations to:



Lalor Class

Congratulation to:

Billy Murley and Megan Pearce for being very engaged with the remote learning program and taking responsibility for their learning by seeking feedback on WebEx and on Google Classroom.



To those who celebrate their Birthday this week.



There are no birthdays to celebrate this week.

MARC VAN

A friendly reminder that all Marc Van library books should be brought to school each fortnight. Please have a hunt around for any Marc Van books and return to school as soon as possible.