

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

### Newsletter No: 26

26th August, 2021

### CALENDAR

#### SEPTEMBER

Wed 1 <sup>st</sup>	Well Being Wednesday
Fri 3 <sup>rd</sup>	Students return to onsite learning - TBC
Mon 6 <sup>th</sup>	Review Panel on site 9am – TBC
Tue 7 <sup>th</sup>	School Council Meeting 6pm
Thur 16 <sup>th</sup>	Marc Van
Fri 17 <sup>th</sup>	Last day of Term 3

#### OCTOBER

Mon 4 <sup>th</sup>	Term 4 begins
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### FROM THE PRINCIPAL

Last week we were fortunate enough to be able to complete a full week at school with lots of extra-Curricular activities. It was great that we decided to celebrate Book Week early and experience the joy of dressing up and having fun.

Thank you again to our school community for the support of transitioning to lockdown and remote learning. It has been lovely to receive messages and little gifts of gratitude from the parents. This is not why we do our job, but it does put smiles on our faces.

Thank you to the staff who have been so flexible and adaptable to ensure the learning plans were prepared and organised ready for pick up on Monday. During this whole period of uncertainty, the number one focus is student welfare and consistency.

It has been great to see all the senior students online every day during this week and engaging in all the tasks. Most of the time they have their cameras on as well, which is impressive. Having their cameras on assists with the student's connections with each other. The junior class haven't been as successful getting on, which we need to work at. It is important that the students see their peers daily to assist with their wellbeing. If your child isn't onscreen and we don't receive a message as to why they are missing they will be marked absent.

Next Wednesday, we will be having Wellbeing Wednesday. The students will only be required to hop on for their daily check in for the morning. In the pack there will be a range of activities that your child can work through independently at home. There is also the Mini Olympics which can be completed with the whole family.

Thank you to everyone for filling in the OSHC survey. From the results it appears that care would be a valuable asset to the school. Hopefully, we will be successful in the application and can have OSHC up and running at the beginning of 2022.

#### **REMINDERS/NOTICES:**

**Learning Packs - Learning packs can be picked up after 4pm on Friday and thru out the weekend. If possible, please pick up packs before 9am on Monday.**

**Father's Day Stall – Next week we will be holding a Father's Day stall. From Monday, students can come onsite in *after school* and buy a present for \$5.00**

**Parent Opinion Survey: Could all parents/carers please fill the Parent Opinion Survey as soon as possible.**

**Tissues - Could all families please send along a box of tissues for class use.**

**A reminder that parents, carers, and visitors can enter school grounds only if necessary. Everyone must check in using the QR codes and wear a facemask.**

I have spoken to Mrs Lyons, and she is at home recovering well and is expecting to be back on deck on Monday.

Next Sunday is Father's Day and we will be running a stall next week on-site. If your child would like to purchase a gift for \$5.00, they may pop down after school and buy a present. There will be some activities in the student's next learning pack focused on Father's Day.

Learning Packs for next week will be available from 4pm Friday. It would be great if all packs could be picked up by 9am Monday morning.

I am looking forward to having everyone back on-site next Friday.

Remember to reach out if you need anything. It is important that we stay connected.

Take care

Yours In Education,  
Mrs Siobhan Gosney, Principal.

### [EUREKA CLASS – GRADES P – 3](#)

Congratulations to those children who have recently earned certificates on Mathseeds: Harry, Lachlan and Logan. Also to Tex for achieving a new level on Reading Eggs. Well done to each and every family for continuing to support their children's wellbeing and education in all the ways you are.

As remote learners, you will be aware of the areas of learning your children are currently working on. I do try to plan to meet everyone's needs and there may be too much work each day there for you. Could you please tick off what you have done on the plan as you go and return it on Friday when you collect the next pack? This will give me some feedback on what is do-able for families. You might also like to write some short comments on the plan about what was engaging/effective for the children and what was not. Please keep any of the games at home for the duration of lockdown as re-visiting them helps embed these skills into longer term memory.

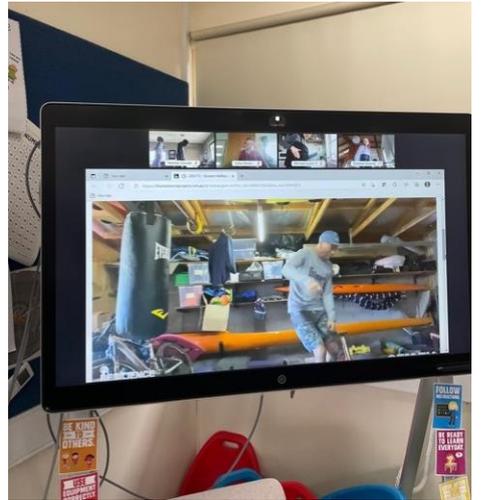
I have suggested to the children that they might like to choose a skill that they would like to improve on for daily focus. This might be as simple as reciting the months of the year, learning a poem or tongue twister, a yoyo trick or tying their shoelaces. I look forward to everyone sharing these special skills when we return to school.

Enjoy the (sunny) weekend,

Mrs East



REMOTE  
LEARNING  
PICS



Girls Soccer Team

## 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.

*Karí O'Gorman*

**MARC Teacher- Outer Western Region**

Base School: Balliang East Primary School, VIC



### Stars of the week

Eureka Class	Lalor Class
Congratulations to:	Congratulation to:
	

*To those who celebrate their Birthday this week.*



Charlie Lewis - 28/8  
Matilda Donald 30/8  
Ruby Klerks 2/9

## CHAPLAIN CHATTER

### TAKING CARE OF YOURSELF

Looking after your own wellbeing and mental and physical health is important. Sometimes it can be hard to do, but as much as possible try to:

- remind yourself that no one is perfect and that you are doing the best you can
- eat well and drink plenty of water
- get enough sleep
- make time every day to do something that you enjoy
- ask for help from family, friends, your GP or a counsellor.

If looking after yourself is challenging and you have concerns about how you are coping, support is available. Talk to someone you trust, contact your general practitioner (GP), a counsellor or psychologist or visit a hospital emergency department.

There are a range of services you can access for advice and support:

- [Parentline](#) - a phone service for parents and carers of children from birth to 18 years old. Offers confidential and anonymous counselling and support for parenting issues.
- [Raising Children's Network: parent mental health](#) – offers advice and support on looking after yourself, healthy relationships, conflict management, dealing with stress and anxiety, anger management and helping children adjust to family breakdown.
- [Better Health Channel's Self-Care](#) – provides self-care strategies, connecting with others, being kind to yourself, relationship support, seeking mental health support.
- [Lifeline](#) – a national organisation providing all Australian's experiencing a personal crisis with access to 24-hour crisis support and suicide prevention strategies.
- [Beyond Blue](#) – offers confidential one on one calls and chats with a trained mental health professional and tools and resources to look after your mental health.
- [Black Dog Institute](#) - provides self-tools and apps, advice on when and where to seek help, information on mental health conditions and support groups.

All the best,

Michael Lewis - Chaplain