

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

Newsletter No: 27

2<sup>nd</sup> September, 2021

CALENDAR

SEPTEMBER

Sun 5 <sup>th</sup>	Father's Day
Mon 6 <sup>th</sup>	Review Panel on site 9am – <b>CANCELLED</b>
Tue 7 <sup>th</sup>	School Council Meeting <b>7PM via WebEx</b>
Fri 10 <sup>th</sup>	Special Event
Thur 16 <sup>th</sup>	Marc Van – Via WebEx
Fri 17 <sup>th</sup>	Footy Day
Fri 17 <sup>th</sup>	Last day of Term 3

OCTOBER

Mon 4<sup>th</sup> Term 4 begins



**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.**

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

FROM THE PRINCIPAL

Welcome to Spring everyone – it is nice to see the sun out yesterday and today!!

I hope everyone enjoyed Wellbeing Wednesday yesterday. I don't think we could have asked for a better day weather wise. It was a great day to be outside connecting with nature, completing the PE Bingo Challenge, and recharging our batteries.

I again thank and congratulate our school community for your efforts to stay connected and continue learning in this time of lockdown. For students, staff, and families, it is challenging and please remember to reach out if you need anything.

Yesterday's announcement wasn't what we were hoping for as it would be so good to have everyone back on-site. We love connecting with everyone on the screen but it's so much better in person. It is fantastic to see that everyone is engaging with the morning WebEx check ins and completing the work.

Remote and Flexible learning will continue in all Victorian schools until the end of Term 3. There are no changes to the current operational settings in schools or the categories of students who can attend on-site. Current arrangements will continue. Any update or change to this will be communicated through the return to onsite learning plan that will be released next week.

As authorised worker permits will be required for authorised workers to attend a workplace, parents and carers can only request on-site supervision at school for their child/children if both parents or carers are authorised workers or if the children are experiencing vulnerability.

Earlier this week the school received our NAPLAN results. We were super impressed with the way our students went considering the impact of Covid in the last two years. The incredible resilience and hard work of Victorian educators, students and families has been reflected in the remarkable results for this year's NAPLAN tests.

At the conclusion of this newsletter, you can check out the amazing results for yourselves. It has been a team effort between students, teachers and families to achieve these great results.

The September's School Council Meeting will still go ahead as planned next Tuesday night, but it will be held on WebEx with a later starting time of 7pm. Everyone is welcome to attend the meeting if you want. It will take place in my WebEx room.

Wishing our wonderful dads and other special blokes in our lives a very special Father's Day on Sunday. I hope the children will make you feel special, and you enjoy the little gift that they have made.

There are some exciting things planned for the last week of this term..... Stay Tuned.

Thank you to everyone for supporting your child's learning during this time.

Take care

Yours In Education,  
Mrs Siobhan Gosney, Principal.

### **EUREKA CLASS – GRADES P – 3**

Well done to each and every family for continuing to support your children's wellbeing and education in all the ways you are.

I hope you were able to engage in some wellbeing activities at home yesterday and take a break from formal learning.

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.

Returning the bags and folders helps us out in preparing the next week's pack. 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.

Remember that we are here to support you all so please stay connected and let us know if you could do with some extra support at any point

Take care,

Mrs East

### **LALOR CLASS – GRADES 4 – 6**

Congratulations to Becky, our Star of the Week, for her effort and achievement in Literacy. Congratulations to all of the students for being so engaged with our remote learning program.

Here we go again, on the remote learning merry-go-round. We know now that it is for the rest of term, and in one way, it is good to take away the uncertainty. I feel confident that we can all keep learning and improving the way we do things remotely and enjoy the challenge of this.

The class focus this week has been on developing mindfulness strategies. We have been reading a book called Check in: Be Present. The students are learning to check their minds to see if they are focused on the present, or focused on the future or past. The secret to mindfulness is to focus your mind on what you are currently doing, without distractions. So far, the strategies we have studied are:

- slow, deep breathing
- doing a body scan (focusing on each part of the body and relaxing it)
- savouring the moment

Once students learn to 'check in' with their thoughts, hopefully they can avoid spiralling into a negative state by overthinking about the past or future.

Other tricks to being mindful are:

- spending time in nature and really noticing the details of everything around you
- being grateful by appreciating the small stuff

Thanks so much parents for your support. I know these are not easy times. But the good news is that spring has sprung!

Take care of yourselves and let me know if there are any problems. Feel free to share good news stories too!

Mrs Lyons



## ON SITE AND REMOTE LEARNING PICS



Mr Lewis's Wellbeing Workout Day.....  
Making and enjoying his own beach.



## 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.

## INTERESTING FACT

The 1st of September is Indigenous Literacy Day and is often considered the beginning of spring. But did you know that there are more seasons in Australia than just the four we are taught? All over Australia, Aboriginal cultures had their own local yearly calendars.

Just as the climate in Kakadu is very different from that of Melbourne, so the Wurundjeri had their own way of marking the changing seasons. The division of the year into four seasons comes from Northern Europe and does not fit Melbourne.

There is a suggestion that six seasons is better suited to Melbourne. You can find them listed here: <https://www.herringsland.org/seasons1.htm>

*Kari O'Gorman*

**MARC Teacher- Outer Western Region**

Base School: Balliang East Primary School, VIC



<b>Stars of the week</b>	
<b>Eureka Class</b>	<b>Lalor Class</b>
<b>Congratulations to:</b> The parents for their unwavering support.	<b>Congratulation to:</b> Becky Oliva for her effort and achievement in Literacy.

*To those who celebrate their Birthday this week.*



*There are no birthdays to celebrate this week.*

## CHAPLAIN CHATTER

Hi everyone,

Simple pleasures can be very effective in lifting the mood of a family. Around our dinner table at home we've recently been playing a 'One Word' game that has brought lots of fun and laughter. The game starts with one person saying one word eg: carrot. The next person then says the first word that comes to their mind in response to 'carrot', which might be 'rabbit', the third person may say 'fox', '4<sup>th</sup> -'sneaky', 5<sup>th</sup> 'Bob' (because Uncle Bob is sneaky!), and so on..... The game keeps going around the circle for as long or as short as you like. You may like to try this idea or one of your own to help put a smile on both the outside and inside. In the words of the great Mary Poppins: "A bit of stuff and nonsense can be fun!"



View all '10 Good Parenting Tips' at <https://www.parentingforbrain.com/how-to-be-a-good-parent-10-parenting-tips/>

### **#7: Pay Attention To Your Own Well-Being.**

*Often times, things such as your own health or the health of your marriage are kept on the back burner when a child is born. If you don't pay attention to them, they will become bigger problems down the road.*

*Take good care of yourself physically and mentally. Take time to strengthen the relationship with your spouse. If these two areas fails, your child will suffer, too.*

Two great words of parenting advice I've heard are: "The best gift you can give your kids is to love your wife/partner," and "Apples don't fall far from the tree." We all want the best for our kids, and our experience says the parenting journey involves plenty of self-sacrifice! However, taking care of our own well-being, and modelling genuine love for those around us, will go a long way toward our own children living fulfilled and successful lives.

All the best

Michael Lewis - Chaplain

## Highlights from Victorian Preliminary Results in NAPLAN 2021

The incredible resilience and hard work of Victorian educators, students and families has been reflected in the remarkable results for this year's NAPLAN tests.

### Leading the nation

Victoria has held top spot as the highest-performing jurisdiction on seven out of ten measures in the primary school years. Our Year 3 and Year 5 numeracy results were the highest in the country.

Year 7 students achieved the highest scores of any jurisdiction for the foundation skills of Reading and Numeracy, and our Year 9 students achieved the highest scores for Spelling.

### 2021 Victorian rankings relative to other jurisdictions – primary year levels and domains

Mean score	Reading	Numeracy	Writing	Spelling	Grammar and Punctuation
Year 3	1	1	2	2	1
Year 5	1	1	1	2	1

Image: photograph of young boy and young girl wearing school uniforms, sitting at desks next to each other, writing in books.

### More students achieving their best

Victoria also improved on our 2019 results. Reading was a particular highlight, with students in years 3, 5 and 7 demonstrating significant improvement.

More than 62 per cent of Year 3 students are now achieving in the top two bands for Reading, representing an increase of almost ten per cent from 2015.

Since 2015, the number of students in the bottom two bands for Reading has decreased by more than eight percentage points for Year 5 students and more than two percentage points for Year 3 students.

In years 3 and 5, over 13,000 more students are achieving at the highest reading levels compared to 2015.