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WEDNESDAY 2ND SEPTEMBER 2020



PRINCIPAL TEAM NEWS

Respect, Resilience, Achievement & Community



Welcome

We welcome Mr Tom Williamson to our staff for the remainder of this term. Mr Williamson is teaching what was Mrs Hollingsworth's class on Monday through to Thursday. Mrs Waterworth is still teaching the children on the Friday. Mrs Hollingsworth is still at our school but has moved into the role of Mental Health Coordinator as part of our involvement in the Mental Health in Primary Schools pilot.

Student Attitudes towards School Survey

The annual Student Attitudes towards School survey is still going ahead this year albeit later than usual. Children in Grades 4, 5 and 6 participate in this survey. The Department has requested that a letter be sent to the families of those students involved and this will be sent via Compass. Please keep an eye out for this communication. The survey will be held between the dates of Monday 5th October and Friday 13th November.

Learning Focus

As was requested in the feedback from our previous round of remote and flexible learning, teachers are now providing explicit teaching sessions in Reading, Writing and Mathematics. In our Professional Learning session on Monday, teachers discussed the various ways that they are providing feedback to the children in order to progress their learning. The individual conferences that occur weekly are an important method of doing this and we thank you all for participating so readily in this session with your child.

Many of you came to the school last Friday to pick up your child's new learning pack and to drop in your child's completed work from the fortnight previous. Teachers are looking at this work and will use this also to help guide your child's learning.

Premiers Announcements on Sunday 6th September

As you are most likely aware, the Premier will be making some important announcements this coming Sunday. We are not informed of what these will be in advance but hope that there is some news about education and what Term 4 may look like for us.

We also hope that we are closer to being able to be with family members from outside our home. We have had to face many challenges and this is the one that has been the hardest for me. The positive has been very obvious with our school community working together for the benefit of the children.

Free Resources to Help Build Resilient Families

There are two helpful new resources to help you support your children during remote and flexible learning.

Raising Learners podcast

The Department of Education and Training has funded a 10-episode podcast series through the Raising Children Network called 'Raising Learners'. It features parenting experts from organisations including the Murdoch Children's Research Institute, Career Education Association Victoria, as well as the Australian eSafety Commissioner, Julie Inman-Grant.

Raising Learners provides parents with practical advice, tips and ideas for supporting children's health, wellbeing and engagement at school and at home. Topics include how to connect with your child's school and community, how to best support your child's learning, what to expect for VCE and VCAL students and how to keep your child safe online.

These topics were drawn from common questions that parents raised with the Department's coronavirus (COVID-19) hotline and Parentline.

The first three episodes will be available on 1 September, and the rest throughout terms 3 and 4. Raising Learners can be accessed via podcast apps and [Raising Children Network website](#).

Managing the Coronacoaster webinar

Renowned child psychologist Dr Michael Carr-Gregg is back by popular demand to repeat his Coronacoaster webinar.

On 15 September, Dr Michael Carr-Gregg will again present Managing the Coronacoaster – Tips for building resilient families in the coronavirus era. His first webinar in August booked out in three days, with more than 12,000 registrations.

In this webinar, Dr Carr-Gregg provides tools and strategies for parents and carers to help manage the lockdown period and remote learning. Topics include:

- your supportive role
- setting the emotional tone
- focusing on what you can control
- how to deal with disappointment
- More resources and where to get help.

Webinar details

When: 7.30pm, Tuesday 15 September

Duration: 45-minute presentation, followed by a 15-minute question-and-answer session

Format: online via live stream

Cost: free

[Register for the Managing the Coronacoaster webinar via Eventbrite](#)

On-Site Supervision for the week starting 31st August.

Messages have been sent via Compass that provides you with links to the on-site supervision booking form. The closing date and time is Thursday at 3:00 pm.

[Click here](#) to access the form for next week.



AMBULANCE COVER

Occasionally children have falls or accidents at school that require staff to ring for an ambulance. Without ambulance assistance it is very expensive and falls on the students parent/carer unless you hold ambulance membership.

Ambulance membership fees are currently:

- \$96.70/year for family cover, quarterly payments are available
- \$48.35/year for single
- Health Care Card holders are free

Kind

We encourage all families to check if they have ambulance cover. To find out more information please visit: <https://www.ambulance.vic.gov.au>.



SUPPORT FOR FAMILIES DURING REMOTE LEARNING WITH SOCIAL MEDIA

This week we will have a closer look at the information you can find on the eSafety website in terms of apps that our young people may or may not be accessing on their digital devices.

You can find all of these apps and many more at: <https://www.esafety.gov.au/parents>



TikTok (formerly Musical.ly)

13+ Minimum age according to TikTok

What is TikTok?

TikTok (formerly Musical.ly) is a social media app for creating and sharing short videos. You can create and share short lip-sync, comedy and talent videos of 3 to 15 seconds. You can also create short looping videos up to 60 seconds long.

Website: [tiktok.com](https://www.tiktok.com)



Snapchat

13+ Minimum age according to snapchat

What is Snapchat?

Snapchat is a messaging app that lets you send images, videos or instant text messages to friends. These images, videos and messages are only available for a short period of time once they are opened. You can also use filters on your images and upload photo and video stories that last for 24 hours before they disappear. Businesses and organisations can create their own channels. Content posted to Snapchat is not as temporary as it may appear, as users can save chats or screenshot them without the sender knowing. Adult content can also be accessed in the app.

Website: [snapchat.com](https://www.snapchat.com)



Instagram

13+ Minimum age according to Instagram

What is Instagram?

Instagram is a social media service designed for people to share photos and videos. You can upload and share photos, images or videos using a range of specialist filters, and receive likes and comments. You can follow other profiles so they appear in your feed and your profile can also be followed by others. Instagram Stories allows you to post photos and videos that vanish after 24 hours and do not appear in your profile grid or in the main Instagram feed. The app also features [direct messaging](#) and [video calling](#).

Website: www.instagram.com



Minecraft

10+ Minimum age according to Minecraft

What is Minecraft?

Minecraft is a virtual building game that allows players to build with a variety of blocks in a 3D environment to create their own world. It is an open world or sandbox game, meaning that players have the ability to create, modify or destroy their environments and they are free to choose how they play the game. Other activities include exploration, resource gathering, crafting objects or items and combat with other players. Players can interact with other players in the Minecraft world and use online chat. In-app purchasing is also available.

Website: [minecraft.net](https://www.minecraft.net)



Fortnite Battle Royale

13+ Minimum age according to Fortnite

What is Fortnite?

Fortnite is a third-person shooter game where up to 100 players compete to be the last person or team standing. You can compete alone or join a team of up to four. You progress through the game by exploring the island, collecting weapons, building fortifications and engaging in combat with other players. You can make purchases for access to the full game or for bonus weapons. Players communicate with other players through online messaging or voice chat. Fortnite Battle Royale is a free version of the Fortnite game.

Website: www.epicgames.com/fortnite



Facebook Messenger

13+ Minimum age according to Facebook Messenger

What is Facebook Messenger?

Facebook Messenger, commonly known as Messenger, is a messaging app that is accessible within Facebook. You can instant message, share photos, videos, audio recordings or create a group chat with your Facebook friends or phone contacts. You can also use Messenger to voice chat and video call your friends.

Website: messenger.com



Facebook

13+ Minimum age according to Facebook

What is Facebook?

Facebook is a social media service that lets you create a page about yourself, an organisation or group. You can add friends, write on people's pages, share photos and videos including live videos. You can also subscribe to the pages of other people or organisations, so that you receive updates about them. Facebook also has a private messaging service called [Facebook Messenger](#).

Website: facebook.com



Animal Jam

13+ Minimum age to register an account according to Animal Jam

If you are under 13 you need verifiable permission from a parent or guardian to register an account.

What is Animal Jam?

Animal Jam is an online game and associated app for kids where you can learn about the natural world while playing with other friends. You can choose to become your favourite animal and explore different lands and ecosystems, where you can play games, watch educational videos and meet other players from around the world. Animal Jam uses Adobe Flash which means it is best suited to computers and laptops. It has an associated app for mobile devices called Animal Jam Play Wild.

Website: animaljam.com

Also on the above website, there is a section for parents/carers that has lots of different information to support you in keeping your child/ren safe online. The parent section can be found at: <https://www.esafety.gov.au/parents/big-issues/cyberbullying>

Included here is helpful information about Cyberbullying. There is information under the following headings for families to access:

- A guide to online bullying for parents and carers.
- I am worried my child may be bullying others. It is best to deal with any bullying behaviour as soon as possible, before it gets too serious or becomes a regular pattern. Good habits start young has some useful advice.

I think my child is being bullied - Signs to watch for

- being upset after using the internet or their mobile phone
- changes in personality, such as becoming more withdrawn, anxious, sad or angry
- appearing lonelier or distressed
- unexpected changes in friendship groups
- a decline in their school work
- changes in their sleep patterns
- avoidance of school or clubs
- a decline in their physical health
- becoming secretive about their online activities and mobile phone use

What to do if your child is being cyberbullied:

- Try to resist immediately taking away their device
- Stay calm and open — don't panic
- Listen, think, pause
- Act to protect your child if necessary: If your child is being threatened, or if they indicate a wish to harm themselves, you should get professional help. Call Triple Zero (000) immediately, if their physical safety is at risk. Contact a counselling and support service like Kids Helpline.
- Empower your child
- Collect evidence
- Manage contact with others
- Report
- Consider seeking support from your child's school
- Encourage positive connections and coping strategies
- Stay aware

Remember the above are only headings on the website – there is much more detail included under each of these headings if you are looking for further information.

Please also don't hesitate to contact our school's Wellbeing Team: Jo Reid, Kelli Bailey or myself if you feel a need to discuss such issues.

Have a great first week of Spring!

Mrs Hocking

Weekly Recipes

Healthy Coco Pop Bars

Ingredients

- 4 cups (120 g) rice bubbles or any puffed rice
- ¼ cup (40g) chia seeds
- 2 cups (200g) dessicated coconut
- ¼ cup (25g) raw cacao powder
- ¾ cup (255g) honey
- ½ cup (110g) melted coconut oil

Instructions

1. Place the rice bubbles, chia seeds, coconut and cacao powder into a large bowl.
2. Pour over the honey and melted coconut oil and mix together really well.
3. Place the mixture into a lined 20cm square cake tin and press down firmly.
4. Place the tin into the fridge and leave for 2-3 hours or overnight.
5. Take out of the fridge and cut into bars immediately.
6. Store the bars in an airtight container in the fridge.



Note : it is important to press the mixture down firmly (step 3) as this helps stop crumbling when sliced.

Bacon & Vegie Noodle Slice

Ingredients

- 2 teaspoons vegetable oil
- 2 middle bacon rashers, trimmed, chopped
- 1/2 x 440 g packet shelf-fresh thin hokkien noodles
- 2 medium zucchini, grated
- 2 medium carrots, peeled and grated
- 125g can corn kernels, drained
- 1/2 cup frozen peas
- 4 green onions, thinly sliced
- 1 cup self raising flour
- 1/2 cup grated tasty cheese
- 4 eggs
- 1/2 cup milk
- 1/4 cup vegetable oil, extra

Instructions

1. Preheat oven to 180/C.
2. Grease a 20cm x 30cm lamington pan. Line base and sides with baking paper.
3. Heat oil in a frying pan over medium-high heat. Add bacon. Cook, stirring occasionally, for 4 to 5 minutes or until just golden. Remove from heat.
4. Separate noodles with you hands. Using kitchen scissors, cut into 5cm lengths.
5. Squeeze excess liquid from zucchini and carrot.
6. Combine noodles, bacon, zucchini, carrot, corn, peas, onion, flour and cheese in a bowl.
7. Place eggs milk and extra oil in a jug. Whisk to combine.
8. Stir through noodle mixture and season with salt and pepper.
9. Spread into the prepared pan and bake for 30 to 35 minutes until golden.
10. Stand for 15 minutes to set.



Note: This is great served with a salad.

BEANIES

Beanies are now available
for purchase from
Lowes



PUBLIC NOTICES



Now ONLINE!!

PIANO | DRUMS
GUITAR | BASS | UKULELE
SINGING | WOODWIND | BRASS | STRINGS
BANJO | MANDOLIN | MARIMBA
HARMONICA | MUSIC THEORY

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SCHOOL STRATEGIC PLAN OVERVIEW

Goal 1

To improve the learning growth and achievement of all students with a rigorous focus on literacy.

Key Improvement Strategies

- 1.1 To develop, document and implement a guaranteed and viable curriculum.
- 1.2 To develop the pedagogical practices of staff and leaders using an embedded PLC approach.
- 1.3 To develop staff capabilities in understanding data and consistent collection, use and evaluation of data to inform student learning growth and achievement.

Goal 2

All students are engaged and connected to their learning.

Key Improvement Strategies

- 2.1 To develop and implement student agency in their learning.
- 2.2 To develop and implement a distributed leadership model in the school to ensure engagement, wellbeing and achievement goals are addressed and enacted.

Goal 3

To improve student health, wellbeing and inclusion.

Key Improvement Strategies

- 3.1 Establish and implement with fidelity the School Wide Positive Behaviour Support framework and Respectful Relationships throughout the school community.
- 3.2 Further develop and strengthen authentic, collaborative and inclusive partnerships between the school and its stakeholders.



Get your entries in for The Golden Gundrys 2020!

You have until the
end of Term 3 to
submit your Mr. Fry
inspired art work.

Cut out Mr. Fry and
draw him in a new
adventure!

Get creative and
have fun!!



If you would like to
enter, cut out the
entry form below
and send it with
your art work to
school to enter the
contest. You can
post it or email it
through your
teacher.

Mr. Fry will
announce the
winners in Term 4!

Golden Gundrys Entry Form

Name: _____

Grade: _____

What is Mr. Fry getting up to in your art work?
