



"Learning Together"



A community of active thinkers who can achieve their dreams.

Caring, Respectful, Learners

Issue No. 13

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Principal's Report

Dear Parents and Carers

FREE ON-LINE SEMINAR

On Tuesday 25 August, the Department of Education and Training is presenting a free webinar for parents and carers by renowned child psychologist Dr Michael Carr-Gregg, on building family resilience during coronavirus (COVID-19).



Parents and carers play a vital role in helping children feel safe through uncertain times.

Dr Carr-Gregg's webinar is aptly named Managing the Coronacoaster – Tips for building resilient families in the coronavirus era.

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

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

Dr Carr-Gregg's presentation will run for 45 minutes. This will be followed by a 15-minute question-and-answer session in which parents and carers can ask Dr Carr-Gregg questions.

Webinar details

- When: Tuesday 25 August
- Time: 7:30pm
- Duration: 45-minute presentation followed by 15-minute questions and answers session
- Format: online via Webex

Cost: free

How to register

To register and for more information visit the [Managing the Coronacoaster – Tips for building resilient families in the coronavirus era eventbrite page](#).

Find out more

For more information about the webinars, schools can contact Jeremy Cussen, via:

email: Jeremy.Cussen@education.vic.gov.au

phone: 03 7022 187

IMPORTANT DATES



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GETTING TO KNOW DSPS STAFF

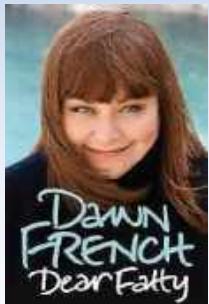
Name: Jenny Eacott – Educational Support

Eye colour: Hazel



Family / Pets: My husband Terry and I have three children and a Golden Retriever called Robert.

How long have you been at DSPS? 16 years!



What does a perfect weekend look like for you? Outside in the garden with grandchildren.

What's a great book you've read recently? 'Dear Fatty' by Dawn French



Do you have a favourite movie? 'Pretty Woman' and 'Pirates of the Caribbean'



If you could visit anywhere in the world you've never been, where would you go? England

What's your secret talent that no one knows about? Orchid Whisperer – I can bring them back to life!



What's your favourite season and why? Spring – it's when all the flowers come out and the garden looks its best.



What's your guilty pleasure? Spending money on things I don't really need but want!

What is the best piece of advice you've ever received? Don't hide your speeding fines – you always get found out!

HEALTH AND WELL-BEING

Self-Care To-Do List



Read your favorite book.



Connect with someone you adore.



Write in your journal.

Rest:

- Nap
- Sleep early
- Take a break



Get creative again!



Listen to your favorite guided meditation.



Cuddle a furry pet.



Make a cup of calming tea.

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Self-Care & Mental Health for Kids



Share your own feelings to encourage self-awareness.

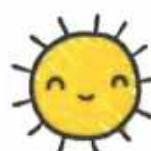


Find social groups that help them feel like they belong.



Focus on articulating feelings.

"I am angry."
"I am sad."



Set aside time for low-stress or solo activities.



Practice self-care for yourself to set the standard.

Recognize toxic stress events.

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Encourage journaling and diaries.

Encourage your child to focus on the moment.



Establish a self-care routine.



Cultivate interests and hobbies.

Remote Learning can be a lot of fun! Here are some samples of learning tasks submitted so far by the students in Grade 4/5!

ARRAYS AROUND THE HOME



Above: Lachie H has used snow peas to make this array



Above: Jaxon A has made a Lego array to demonstrate 4×5 and 5×4 .

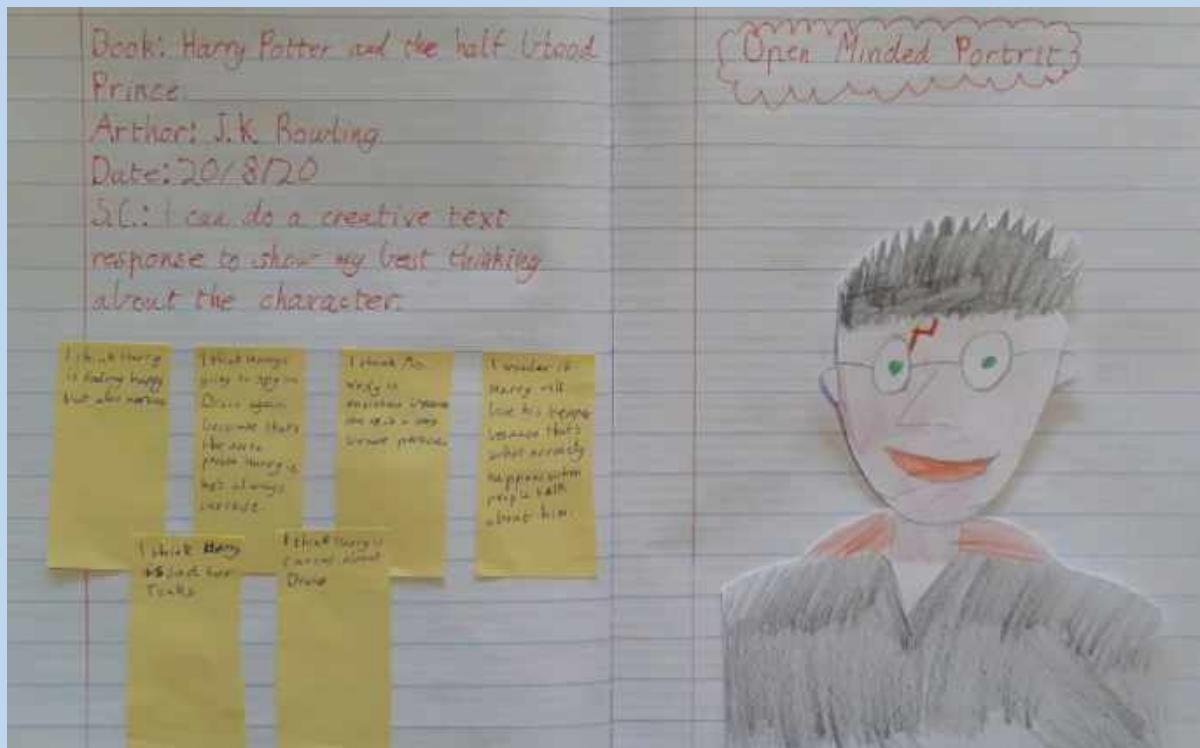


Left: Isla O used pet food and paper-clips to make 2 different arrays.

LEARNING NOTE

An arrangement of objects, pictures, or numbers in columns and rows is called an **array**. **Arrays** are useful representations of multiplication concepts. For example, Lachie's **array** has 5 rows and 3 columns. It can also be described as a 5×3 or 3×5 **array** to demonstrate multiples of 15.

OPEN-MINDED PORTRAITS—GRADE 4/5



Open-minded portraits are a way of thinking deeply about a character or person and can reflect on the events within a story. These open-minded portraits contain think-notes from the readers and information about the characters in their books. **Above:** Lincoln S. **Below:** Isla O.

