



“Learning Together”



A community of active thinkers who can achieve their dreams.

Caring, Respectful, Learners

Issue No. 28

8th October 2021

RETURN TO SCHOOL PLAN COMMENCING MONDAY

Monday to Friday

All Prep, Grade 1 and Grade 2 Students

Tuesday and Wednesday

Grade 3/4 and 4/5 on– site

Grade 5/6—remote learning

Thursday and Friday

All Grade 5/6 students on-site

Grade 3/4 and 4/5 on– remote learning

(The above arrangements continue for next week and the following week.)

ALL STUDENTS TO RETURN ON-SITE on TUESDAY 26TH OCTOBER

**From 18th October
MASKS will be
mandatory for all
students in
Years 3 to 6**

IMPORTANT DATES

Tuesday 12th & Wednesday 13th October—Gr.3/4 & 4/5 onsite

Thursday 14th & Friday 15th October—Gr.5/6 onsite

Tuesday 19th & Wednesday 20th October—Gr.3/4 & 4/5 onsite

Wednesday 20th October—School Council meeting

Thursday 21st & Friday 22nd October—Gr.5/6 onsite



PRINCIPAL'S REPORT



Dear Parents and Carers

Return to School

It is great news that we now have some clear dates relating to the return to school plan for Regional Victoria.

Please note that we have requested permission for the Year 5 students in the Grade 4/5 class to return to school on Tuesdays and Wednesdays next week to ensure their learning can continue in their own classroom.

The timetable on the front page of this newsletter explains which days students will be returning to school next week and the following week.

It is expected that all students will return to school full-time on Tuesday 26th October.

Please note that **masks will be required to be worn by all students in Years 3-6** from Monday 18th October and masks are recommended for students in years P, 1 and 2.

Parents On Site

We encourage parents where possible to drop-off and collect students from outside the school gates. If parents do come on-site, masks must be worn at all time and social distancing rules must be observed.

There is no requirement for parents to use the QR code to sign in when picking up or dropping off students. Parents (and visitors) who need to enter a building must check in using the QR code. Parents are able to enter the school office (one person at a time) however, may only enter classrooms and learning spaces with permission of a staff member or prior arrangement and only for exceptional circumstances.

Vaccinations

All of our school staff are required to be vaccinated and our school will be complying with the Department of Education directions as per the set dates.

At this stage there has been no information provided to schools about vaccinations for primary school students. I wish to reassure parents that any information regarding vaccinations for students in primary schools will be provided as it comes to light and under no circumstances would vaccinations be carried out without parent permission and involvement. Any talk about "vaccination buses" or students being vaccinated at school is only rumour. I encourage parents to contact the school if you have any concerns and wish to seek the correct information.

Covid Safe Procedures

Our school will be adhering to Covid safe procedures as provided to us by the Department of Education on advice of the Department of Health. Some of the main things we can do as a community are:

- Get vaccinated
- Wear masks and social distance
- Stay home if unwell (ie. Children and parents) and get tested
- Practise good hygiene ie. Handwashing and sanitising
- Stick to the Victorian government directions relating to visitors and outings.

Michael Smith—Principal

Caring, Respectful, Learners

On-site Attendance Permission Forms

Dear Parents,

Thank you again for your patience and understanding as we comply with the Department of Education requirements and facilitate on-site learning supervision *for students who would otherwise be remote learning*.

We have been directed to check validity dates and that employee details are completed on Permitted Worker Permits.

The Department also require onsite booking forms, which have been included at the end of this newsletter for your convenience .

Kindly forward current Permitted Worker Permits and On-site booking forms to the school email address.

Drouin.south.ps@education.vic.gov.au

Much thanks

Louise Chamberlain
BUSINESS MANAGER



A Flair for Hair

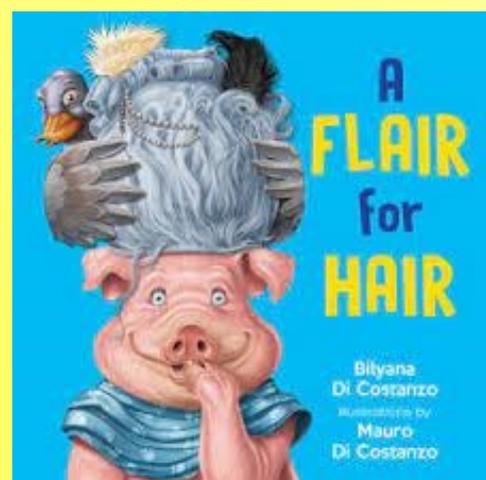
Ever had a bad hair day? Can't decide what to do with your hair? *A Flair for Hair* will make you feel better, if only by making you laugh.

Just imagine your dog, or cat, or any number of other animals, with wild and wacky hairstyles. Human hair styles.

The illustrations really make this book. Each page features a distinctive creature with hair that's perfectly suited, outrageous, or hilarious. The pages are their Instagram, their opportunity to primp and preen and show themselves to best effect.

Each animal is accompanied by a short, simple rhyming sentence that describes its preference. There's a poodle with a bun, which is not so unexpected. A horse that feels incredibly hip with its hair pulled back in a clip. And a rabbit who likes to be trendy and tries out a spikey blue do. There are many others, too.

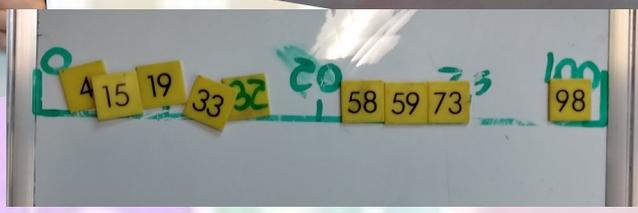
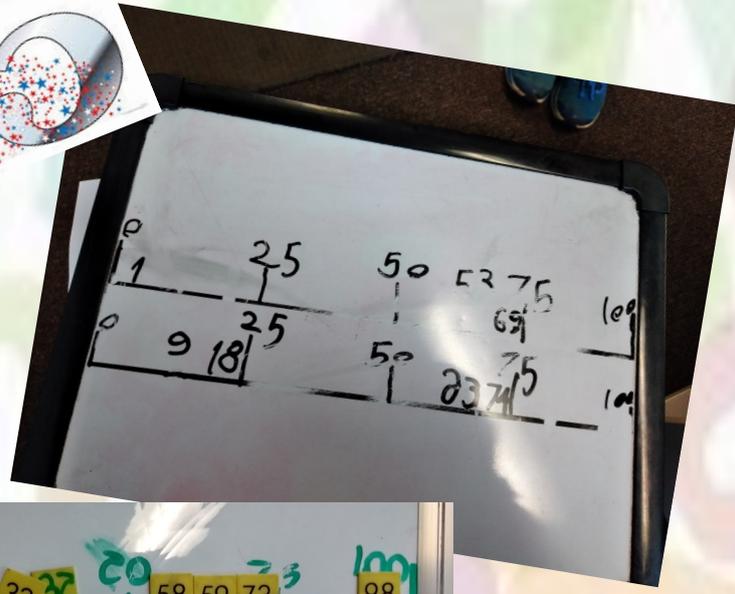
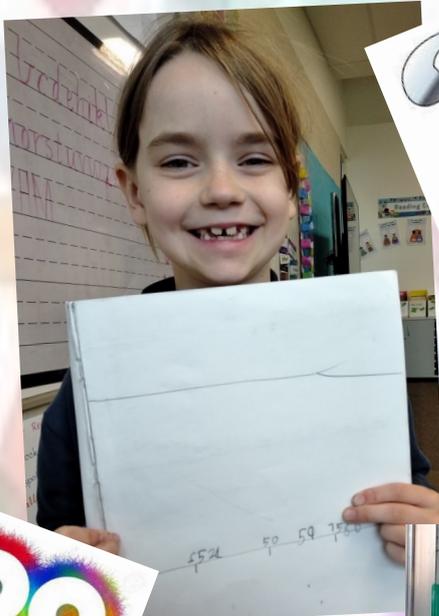
Not everyone is into hair, as demonstrated by the koala who is so uninspired he's just sleeping in his tree. But all the animals seem happy with their sense of individuality.



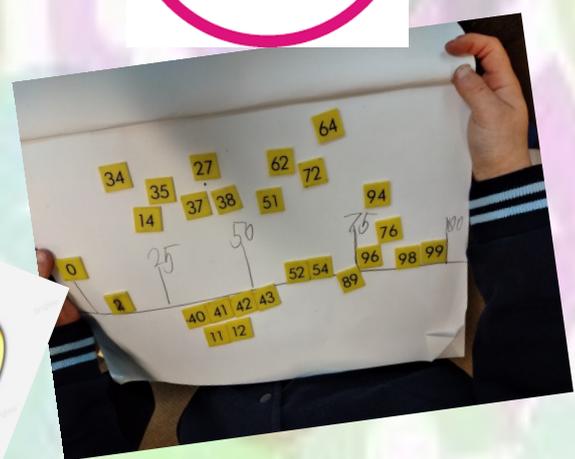
Whatever your own feelings about hair, *A Flair for Hair* will make you think about them, and animals, in a whole new way.

Review from *kids' book review*.

*Find this and other great books in
the DSPS library!*



Maths in Grade One





Grade One have been learning about how to use the magnitude of numbers to place two-numbers on blank number lines.

The students used blank number lines and placed landmark numbers on their number lines before choosing other numbers to add to their number line.

They estimated where they thought the numbers would go and then explained why they chose to put the number in that place.



How to recognise anxiety in your child

beyond blue.org.au



Feeling a certain amount of stress or worry about adapting to COVID-normal is to be expected, but for some children, it may trigger anxiety. As a parent, knowing what to look for and how you can support them will help.

As life returns to some semblance of normality and we adapt to the new way of things, the COVID-19 pandemic has been and continues to be a stressful time for many people, including children.

"Different age groups will have different levels of comprehension about what's going on, but children of all ages may feel stressed, unsafe and uncertain right now, particularly as the goalposts continue to change," says Dr Grant Blashki, a GP and Beyond Blue's lead Clinical Advisor.

"This can be particularly true if they see the adults around them looking worried or stressed." While a certain level of stress and worry is one thing – and may even be expected during this time – anxiety is something different.

"There's certainly a continuum between stress and anxiety," says Blashki, "and while there's not an absolutely clear line in the sand when one becomes the other, there are some warning signs to be aware of and act on."

Recognising signs of anxiety in your child

Signs to look out for include if your child frequently gets upset or angry more easily than usual, is often worried and/or fearful, and goes out of their way to avoid new situations or doing anything that makes them feel anxious. Blashki says there are also four questions you can ask which will help determine whether your child is experiencing anxiety – rather than a normal level of stress or worry – in response to the pandemic.

1. Is it impacting their daily life? "Anxiety often affects a child's ability to function normally day to day, meaning they can find it harder than usual to cope well with typical, every day stresses."

2. Is it all encompassing? This means considering whether what they're experiencing has started to affect every aspect of their life, in all settings, as opposed to just certain things or situations."

3. How long has it been going on? "As rules and restrictions change, allowing for some transition time is important," says Blashki. "For example, it may take a bit of time for some children to feel confidence about being back at school. If signs of anxiety persist for more than two weeks, that's a red flag."

4. How severe is it? "Compared to slight worry or stress, anxiety can result in physical symptoms like feeling sick, sleeplessness and stomach aches." Other common symptoms of anxiety in children include irritability, difficulty concentrating and sitting still, and fatigue.

What you can do

If you're concerned that your child is feeling anxious, the following strategies can help.

- **Support them.** "Using your common sense regarding your child's age and personality, there's a lot you can do as a parent to support them," says Blashki. Talking to them about coronavirus in an age-appropriate way is a good place to start. "Help them achieve and keep perspective and maintain a sense of hope. Remind them that physical distancing and hygiene 'rules' are all part of helping the community look after vulnerable people. Appealing to their sense of altruism can make the changes we're living with seem like a positive, productive thing rather than a reminder for children that there's something to worry about." Find strategies to support anxious children on the Healthy Families website.
- **Stay informed.** "Search for credible information about what anxiety is and how it affects children specifically, so that you understand more about it and what you can do to help." Find useful information about anxiety in children aged 6-12.
- **Seek help.** "If you're worried, contact your GP. As well as providing advice and support, they may – if appropriate – establish a mental-health-care plan for your child, which allows for up to 10 Medicare-rebated sessions with a psychologist." View support options for children.

This content is proudly funded by one of Beyond Blue's Major Partners, Future Generation Global Investment Company.

<https://coronavirus.beyondblue.org.au/covid-normal/family-life/how-to-recognise-anxiety-in-your-child.html>

What does ParentZone offer?



Parenting challenges everyone.

At ParentZone we offer all parents and carers a chance to develop and strengthen their parenting skills. We provide free parenting groups, workshops, and resources for parents, carers, and the professionals who work with them.

The programs cater to all ages and stages, from newborns to teenagers. Program content responds to the needs of our communities. Our skilled and experienced facilitators will tailor the sessions to meet the interests of each group. Meet other parents in person or online.

ParentZone can help you to:

- Improve communication and understanding between parents/carers and children.
- Feel more prepared for the different ages and stages of childhood.
- Learn new ideas and strategies to shape children's behaviour positively and develop their potential.
- Strengthen relationships within the whole family.
- Foster stronger relationships while dealing with loss, disability, trauma, separation or divorce.
- Empower children to deal with their emotions.
- Build a more resilient family that can grow together.

ParentZone Gippsland is the Regional Parenting Service for Gippsland and supports families within the local government areas of Bass Coast, Baw Baw, East Gippsland, Latrobe, South Gippsland, and Wellington.

PARENTZONE

What's on in Term 3 & 4

Learning Through Play - Supported Playgroup

Connect with your child through fun activities, songs and stories. Walking groups and Indoors.

When: During school terms on Mondays, Tuesdays, Wednesday and Fridays

Where: Morwell and Churchill

Time: 10.00am - 12.00pm

Let's Talk About Parenting

Come along to five sessions to learn strategies, understand what is normal children's behaviour, communicate better with your child and stay connected to your child.

When: Wednesdays 17th November - 15th December

Where: Online

Time: 5.30pm - 7.30pm

Dad's Matter

Join other Dads where you will increase your confidence as a Dad, improve communication and closeness with your kids and create a healthy environment.

When: Wednesdays 13th October - 10th November

Where: Online via Zoom

Time: 10.30am - 12.30pm

Breaking the Cycle

For parents and carers whose adolescent is abusive or violent at home. You have an opportunity to discuss all issues and learn new skills to better manage challenging situations.

When: Tuesdays 12th October - 7th December

Where: Online via Zoom

Time: 10.30am - 12.30pm

Tuning Into Kids

Tuning into Kids teaches parents skills to help their young children to begin to understand and regulate their emotions.

When: Thursdays 4th November - 9th December

Where: Online via Zoom

Time: 10.30am - 12.30pm

Kinship Support Group

For Grandparents and carers raising their grandchildren or family members or grandparents separated from grandchildren through divorce, family conflict or loss.

When: 1st September, 6th October, 3rd November, 1st December

Where: Anglicare Morwell

Time: 10.00am - 12.00pm

Connecting Through Play

Join us to talk with other parents, learn the importance of play and gain tips for connecting with your child.

When: Thursday 9th September

Where: Online via Zoom

Time: 10.30am - 12.30pm

Dealing with your Child's Anger

A program for parents of children and preteens with challenging behaviour. Learn how to help your child with their big feelings, build a positive relationship with your child, talk so they will listen, create rules and consequences that your children will respect.

When: Mondays 1st November - 29th November

Where: Online via Zoom **Time:** 10.30am - 12.30pm

Parenting Anxious Kids

Come along to this session to learn how to respond when your child gets overwhelmed, help your child to regulate their emotions and support your children with their challenges.

When: Monday 19th October

Where: Online via Zoom **Time:** 10.30am - 12.30pm

Bullying: Building a Toolkit to help your Child

Do you want to understand what bullying is? Recognise the signs your child is being bullied, know how to support your child, help your child build resilience and learn protective behaviours.

When: Thursday 9th December **Where:** Online via Zoom

Time: 1.00pm - 3.00pm

Raising Resilient Kids

Help your child cope in a chaotic world, improve your child's confidence and self esteem and help your child cope with change.

When: Thursday 14th October

Where: Online via Zoom **Time:** 10.30am - 12.30pm

Raising Resilient Teens

Help build resilience in your teen, support your teen to problem solve and resolve conflict, learn how to talk so teens will listen and understand your teens development.

When: Wednesday 20th October

Where: Mirboo North Secondary College

Time: 5.30pm - 7.30pm

Raising Teens

Do you want to learn how to talk so teens will listen? Help your teen problem solve and resolve conflict? Communicate better with your teen and stay connected?

When: 1st September

Where: Online via Zoom **Time:** 10.30am - 12.30pm

Making time for self-care

Do you want to feel less overwhelmed and deal with anxious feelings? Want to improve your confidence and self esteem? Build resilience for yourself and your family? Talk time out for yourself?

When: Friday 10th December

Where: Online via Zoom **Time:** 10.30am - 12.30pm

Bookings are essential. Programs are FREE

To make a booking OR for more information please contact ParentZone Gippsland on (03) 5135 9555 or email parentzone.gippsland@anglicarevic.org.au

PARENTZONE



Support for Fathers

HEALTHY RELATIONSHIPS FOR DADS

supportforfathers.com.au

Relationships Australia Victoria is funded by the Department of Social Services, as part of the *National Plan to Reduce Violence against Women and their Children 2010-2022*, to provide Support for Fathers.

Relationships Australia.
VICTORIA

Support for Fathers is a national project providing dads and father-figures with options and information about fatherhood, the relationship with their partner and connecting with their kids.

We enable workplaces and organisations to engage and work with dads and families more effectively and support them through fatherhood.

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- **Fatherhood resources**
 - **The DadStuff social media wall**
 - **Workshops for dads and father-figures**
 - **Professionals' Toolkit**
 - **Training for professionals and service providers**

We acknowledge the Aboriginal and Torres Strait Islander peoples as the Traditional Owners of the lands and waterways of Australia.

We support Aboriginal people's right to self-determination and culturally safe services.





Support for Fathers

HEALTHY RELATIONSHIPS FOR DADS

supportforfathers.com.au

The Support for Fathers project is providing dads and father-figures around Australia with information about fatherhood, their relationship with their partner and connecting with their kids.

Relationships Australia Victoria is funded by the Australian Government Department of Social Services to provide the Support for Fathers project.

Relationships Australia.
VICTORIA

DadStuff

Workshops for dads and father-figures

Online and in person
(where COVIDSafe)

We talk about:

- 7 types of dads
- Healthy family relationships
- Bonding with your kids
- Connecting with other dads
- Dads at work
- What's happening for dads around Australia

Book online

Visit supportforfathers.com.au/dadstuff

To contact us directly, email supportforfathers@rav.org.au

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DROUIN SOUTH PRIMARY SCHOOL

ON-SITE ATTENDANCE FORM

TERM 3

Student/s name/s:

Student/s date of birth:

Student/s year level/s
(P-12 or ungraded):

I request that my child/ren attend on-site as:

My child/ren is/are not able to be supervised at home and no other arrangements can be made as I am an [authorised worker](#).

(Note: A copy of the authorised worker [permit/s](#) must be provided to the school as soon as practicable after issuance)*

My child/ren is/are experiencing vulnerability**

By submitting this form, I declare that my child/ren is/are well and I will collect my child/ren as soon as is practicable upon the request of the school if my child becomes unwell.

Dates required:

Please note you need to complete this process weekly to ensure adequate staffing on-site.

Day	Date	AM, PM or ALL DAY
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		

Parent/Guardian name: _____

Signature: _____ Date: _____

Received and processed by: _____ Date: _____

* In rare circumstances an employee does not need a worker permit. This includes law enforcement, emergency services workers or healthcare workers who carry employer-issued photographic identification, which clearly identifies the employer.

**Children experiencing 'vulnerability' include:

- in out-of-home care
- deemed vulnerable by a government agency, funded family or family violence service, and assessed as requiring education and care outside the family home
- identified by a school or early childhood service as vulnerable, (including via referral from a government agency, or funded family or family violence service, homeless or youth justice service or mental health or other health service)
- Where a parent/carer indicates that a student with a disability is vulnerable because they cannot learn from home, and/or informs the school the student is vulnerable due to family stress, the school must provide on-site supervision for that student. This may apply to students enrolled in specialist schools and students with a disability enrolled in mainstream schools. In rare circumstances an employee does not need a worker permit. This includes law enforcement, emergency services workers or healthcare workers who carry employer-issued photographic identification, which clearly identifies the employer.