



# "Learning Together"



*A community of active thinkers who can achieve their dreams.*

*Caring, Respectful, Learners*

Issue No. 30

22nd October 2021



**Welcome back to on-site learning for all of our students!!**



**REMEMBER TO WEAR YOUR HAT**

## PRINCIPAL'S REPORT

Dear Parents and Carers

### WELCOME BACK TO ONSITE LEARNING

I wish to welcome back all of our students today to on-site learning. This year has been a very disrupted year in schools so we hope that with our state vaccination numbers rising and the softening of restrictions that we see less disruptions between now and the end of the school year.



We understand that several other schools and early childhood centres in our area have been directly affected by covid cases and have been subject to closure. At this stage we are very lucky to have dodged this situation. We thank all of our school community for following the covid rules, getting vaccinated and getting tested.

### MASKS

The mandatory wearing of masks by students in Years 3-6 has been introduced into all

### IMPORTANT DATES

- Friday 22nd October—ALL STUDENTS onsite from today onwards
  - Book Club orders due back by 9am (no cash)
- Monday 25th October—Special breakfast— 8.30-9am (see p.3)
- Monday 1st November—Curriculum day—no students at school**
- Tuesday 2nd November—Melbourne Cup Day—Public holiday



Victorian schools this week. I wish to say well done and thank you to all of our students who have been following this mandate. I also wish to thank parents who have helped their children to understand the reasons why the masks have been introduced and have encouraged their children to wear masks.

The wearing of masks can be challenging for children (and adults) and teachers will be continue to support students by providing opportunities for some outdoor breaks and outdoors learning to make the mask wearing more bearable.

We are aware that a number of students can not wear masks due to disabilities or physical or mental health reasons. The school does not require a medical certificate, however, we do require a written approval from parents of these children to state that they are unable to wear a mask at school.

### **CURRICULUM DAY –1st NOVEMBER (School Closed)**

Curriculum days (pupil free days) are held throughout the school year to provide school staff with the time to complete tasks such as curriculum planning and to engage in professional learning. This term we have a curriculum day approved for **Monday 1st November**. This day has been selected as it will have the least disruption to learning programs. It is the day prior to Melbourne Cup Day and is a day where we generally have very low student attendance.

### **NAPLAN RESULTS**

Naplan reports have been sent home today with students. We ask that parents of Year 5 students keep these in a safe place for future reference. High schools will often ask for a copy of the Year 5 Naplan report on enrolment. Please celebrate your child's achievement with them when they arrive home with these reports.

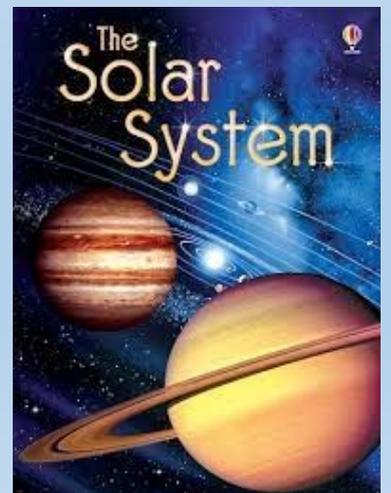
*Michael Smith—Principal*

*Caring, Respectful, Learners*

### *The Solar System* By Emily Bone

What is the surface of Mars like? Why does Venus glow in the dark? How do scientists explore faraway planets? In this book, you'll find out the answers and lots more fascinating facts about the Solar System.

The Solar System is part of an exciting series of Usbourne books with easy reading text.



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

# chaplaincy



Bec Para

## COVID RESTRICTION CHALLENGES

Covid has been a challenging time for chaplaincy as well as education.

As children have been learning off site it is hard to have those intentional and incidental conversations which often lead to unravelling what is going on in your child's mind. Sometimes all they need is some simple encouragement, and sometimes it's skills building in a certain area. I have been on campus as usual during covid doing what I can to support the children, families and teachers.

Sometimes due to restrictions I have not been able to run breakfast club or our lunchtime activity group, but I do my best to be out and about with the children at all break times to play, hangout or talk.

If I notice someone who looks like they need support I will approach them, or teachers also let me know. Children will also often approach me and request help. As a parent you can also contact me to discuss any issues you feel your child could use support with.

I am at school Mondays and Fridays but you can leave a message for me anytime.

## BREAKFAST CLUB

MONDAY MORNINGS 8.30am-9am

FOODS AVAILABALE

WEETBIX, FRUIT, CHEERIOS, TOAST, MILK, MILO, SPAGETTI AND BAKED BEANS.

Children also get the opportunity to be helpers and serve others.

## SPECIAL BREAKFAST



Monday 25th of OCTOBER

**SMOOTHIES**

**ALMOND MILK AVAILABLE**

**NON DAIRY OPTIONS AS WELL.**

## FOOD ASSISTANCE

If any of you are struggling with finances we have food parcels available. All you need to do is leave a request at the office or let me know directly and we can help.

“ The **BEST** INHERITANCE a PARENT can **GIVE** their CHILDREN is their **TIME** EACH DAY ”



## Anxiety management strategies

There are a range of strategies you can try to manage your **anxiety**. What works is different for everyone, and it can take time to find the strategies that work best for you. But remember, if your anxiety is proving difficult to manage **seek support from a professional**.

### 10 strategies to try

- 1. Slow breathing.** When you're anxious, your breathing becomes faster and shallower. Try deliberately slowing down your breathing. Count to three as you breathe in slowly – then count to three as you breathe out slowly.
- 2. Progressive muscle relaxation.** Find a quiet location. Close your eyes and slowly tense and then relax each of your muscle groups from your toes to your head. Hold the tension for three seconds and then release quickly. This can help reduce the feelings of muscle tension that often comes with anxiety.
- 3. Stay in the present moment.** Anxiety can make your thoughts live in a terrible future that hasn't happened yet. Try to bring yourself back to where you are. Practising meditation can help.
- 4. Healthy lifestyle.** Keeping active, eating well, going out into nature, spending time with family and friends, reducing stress and doing the activities you enjoy are all effective in reducing anxiety and improving your wellbeing.



- 5. Take small acts of bravery.** Avoiding what makes you anxious provides some relief in the short term, but can make you more anxious in the long term. Try approaching something that makes you anxious – even in a small way. The way through anxiety is by learning that what you fear isn't likely to happen – and if it does, you'll be able to cope with it.
- 6. Challenge your self-talk.** How you think affects how you feel. Anxiety can make you overestimate the danger in a situation and underestimate your ability to handle it. Try to think of different interpretations to a situation that's making you anxious, rather than jumping to the worst-case scenario. Look at the facts for and against your thought being true.
- 7. Plan worry time.** It's hard to stop worrying entirely so set aside some time to indulge your worries. Even 10 minutes each evening to write them down or go over them in your head can help stop your worries from taking over at other times.
- 8. Get to know your anxiety.** Keep a diary of when it's at it's best – and worst. Find the patterns and plan your week – or day – to proactively manage your anxiety.
- 9. Learn from others.** Talking with others who also experience anxiety – or are going through something similar – can help you feel less alone. Visit our **Online Forums** to connect with others.
- 10. Be kind to yourself.** Remember that you are not your anxiety. You are not weak. You are not inferior. You have a mental health condition. It's called anxiety.



# Has your primary aged child had any difficulties with making, keeping or resolving difficulties with friends? **You are not alone!**

Learn more about how to support your child with friendships and peer issues  
at a FREE ONLINE SEMINAR

**When:** Wednesday October 27<sup>th</sup> 2021

**Time:** 7pm till 8pm (AEST)

## **Learn about:**

Why friendships matter for children

What friendship challenges are “normal” for boys/girls of different ages

How to help children increase their confidence in making friends

How to help children develop kind “being a good friend” skills

How to help children kindly and assertively resolve conflict

When and how to step in when difficulties with friendships occur.

How to work together with other adults/organisations (including schools) to support children to manage peer difficulties.



Presented by clinical child psychologist Kirrilie Smout. Kirrilie has had 25 years experience working with children and families, is the author of two books about children’s mental health and regularly consults with national bodies about child mental health. She is the director of Calm Kid Central, an online program to help children manage emotional health challenges.

[www.calmkidcentral.com](http://www.calmkidcentral.com)

(Free for Gippsland families and professionals using FIRSTYEAR coupon code).

## **How to Join the Meeting:**

Option 1: Open zoom ([www.zoom.us](http://www.zoom.us)) and click JOIN meeting.

Use Meeting ID: 850 6461 1927 and Passcode: 495500

Option 2: Click on this link: <https://us02web.zoom.us/j/85064611927?pwd=OXd0NUY0Q1FqbmxlemRTakNEaWtRQT09>

## **Are you a PROFESSIONAL WORKING WITH CHILDREN?**

You are warmly invited to attend the 7-8pm parent session and then to stay online for a specific “professionals only” one hour Q and A with Kirrilie. Bring your questions about mental health and friendship challenges in primary aged children and how we can support them in a professional setting.

Presented by Calm Kid Central.

Supported by Gippsland Primary Health Network (GPHN)

Any questions please contact Sandra on: [sandra@developingminds.net.au](mailto:sandra@developingminds.net.au)



# Easy Gingerbread Men

Gingerbread men are straight out of fairytales - and now you can make your own with this simple recipe you can bake with your kids. Using currants as decoration, these are a healthier alternative to gingerbread men covered in sweets.

## Ingredients

- 75 g soft brown sugar, sieved
- 2 tablespoons golden syrup
- 1 tablespoon black treacle
- 1 level teaspoon cinnamon
- 1 level teaspoon ginger
- 1 pinch ground cloves
- 1/2 orange, finely grated rind
- 95 g butter
- 1/2 level teaspoon bicarbonate of soda
- 225 g plain flour
- 50 g currants (optional)



## Method

- 1. Pre-heat the oven to 180°C.
- 2. Put the sugar, syrup, treacle, 1 tablespoon of water, spices and rind together in a large saucepan. Then bring them to boiling point, stirring all the time.
- 3. Remove the pan from the heat and stir in the butter, cut into lumps, and the bicarbonate of soda.
- 4. Stir in the flour gradually until you have a smooth manageable dough - add a little more flour, if you think it needs it.
- 5. Leave the dough covered in a cool place to become firm, approximately 30 minutes.
- 6. Roll the dough out on a lightly floured surface to 3 mm thick and cut out the gingerbread men. Currants can be pressed into the dough for eyes, noses, mouths and buttons down their fronts.
- 7. Arrange them on the lightly greased baking sheets and bake for 10-15 minutes or until the biscuits feel firm when lightly pressed with a fingertip.
- 8. Leave the biscuits to cool on the baking sheets for a few minutes before transferring them to a wire rack.