

Jumbunnna

LALOR EAST PRIMARY SCHOOL NEWSLETTER

Issue Number 04

25 February 2020

From the Principal

Building Update

I am sure many of you are wondering if our building project is ever going to begin. I know the feeling! The good news is a contractor has been appointed and I am due to have my first meeting with them on Friday this week. After that I should have more information to share about projected dates for when the demolition will start and when we can expect to move into the new buildings.

The project is running a little behind the original anticipated commencement date as DET wanted to ensure they were able to appoint the company who would give us the best value for money. As with any building project, sometimes our wishes cost more than the funds we have available so some adjustments to the plan have been necessary. Hopefully I will be able to share the final plans with you before the end of term.

I do know that the hard work, delays and modifications will still result in learning spaces far superior to the ones we currently use. We all just need to be patient, which I admit is not my best quality!

Boys' Toilets

I was disappointed to have to speak to our Grade 1-6 boys late last week about their behaviour in the toilets and the lack of respect shown for our shared facilities. Every time, someone causes damage to the toilets, that is less money we have to spend on the fun things because I have to use the money on repairs and getting the plumber to come in.

I am concerned that if the boys can't show respect for our current facilities by

using the toilet for its intended purposes and not damaging the toilets or shoving toilet rolls down the toilet bowl causing blockages and floods, it will be hard to trust they will use the new facilities appropriately.

I know it is only a small number of boys wrecking things for the group as a whole, but I am asking ALL parents to please discuss this matter with their boys and remind them that this behaviour would not be acceptable at home and it isn't acceptable anywhere else.

Anxiety at drop off time

The start of the year can be a time of anxiety for children and their parents. Suddenly your previously happy child is clingy, teary and doesn't want to let you go. When you do manage to leave, you usually feel upset and emotional yourself. Not a great way to start the day for anyone.

It is important to understand this behaviour is quite common at the start of a new year or after holidays. The reality is we all like to be at home doing whatever we like without the restriction of bells and teachers telling us what to do. The other reality is, usually once you leave, your child quickly settles and is soon working away happily in the classroom oblivious to the impact they have had on your emotions. The joys of parenthood!

I have included a terrific article from Michael Grose from the Parenting Ideas team this week with some simple strategies to help make drop off time a more pleasant experience for you and more importantly your child.

I have also included information for a FREE webinar parents can access with other handy advice about how to future proof your child.



LALOR EAST
PRIMARY SCHOOL



UPCOMING EVENTS

Monday 24 to 26 Feb
Portsea Camp

Tuesday 25 Feb
1/2A Quantum
Excursion Grp 1

5/6 Non Campers
Excursion to the
Botanical Gardens

Wednesday 26 Feb
1/2B&C Quantum
Excursion Grp 2

Prep entry assessments
NO SCHOOL FOR PREPS

Thursday 27 February
No interschool sport
training

Friday 28 Feb
BYE - 5/6 Interschool
Sport

2020 TERM DATES

Term 1

28 Jan - 27 March

Term 2

14 April - 26 June

Term 3

13 July - 18 Sep

Term 4

5 Oct - 18 Dec

Linda Richards

39 Cleveland Street, Thomastown 3074

Phone: 9465 4350

www.lalorestps.vic.edu.au

Managing separation anxiety at school drop-offs by Michael Grose



Going to school for most children is a positive experience, however, some children can struggle making the transition from their home environment to school. It's naturally distressing to see your child upset at school drop-off but there is a great deal you can do to make school drop-offs easier for you and your child.

Breaking the cycle of separation anxiety at school

A child's clinginess, crying or tantrums at school drop-off can be disturbing for you as a parent. Despite putting on a brave face, you can feel guilty that somehow you're the cause of this behaviour. Unless something traumatic has occurred then leaving your child at school is a normal part of life, something your child will get used to. The following strategies may help eradicate your child's tears and fears when you take them to school:

Tell the story

Prepare your child thoroughly each morning for what will happen when you leave your child at school. Repeat the story each morning before school so they can fully prepare for drop-off.

It takes two

Involve your child's teacher in the drop-off process as they will be the person who must deal with an upset child. In extreme examples, at the start of term or after a long absence, a later starting time may give your child a chance to say goodbye in more relaxed circumstances.

Give me five

Rituals are both personal and reassuring so develop a special goodbye ritual that you consistently use when you leave your child each morning. Your special ritual may be simple such as a special wave or kiss, or fun such as a high five, low five, fist pump bursting into a hand explosion. Then leave quickly without stalling or looking back. Avoid making leaving a bigger deal than it what it is.

Reduce the rush

Is your child a morning star or night owl? Many children are slow starters in the morning, which can mean that they're frequently rushed and arrive at school in highly anxious states. Do all you can to reduce morning stress, which may include earlier bed and waking times; laying out school clothes the previous evening and making minimal demands on their time.

Managing separation anxiety at school drop-offs continued . . .

This is the place

Location carries memory so choose carefully the place you say goodbye to your child. If a kiss or hug at the school-gate means a happy child, then you've probably found your goodbye place. Experiment with your goodbye location until you find one that works.

It's your job

If goodbyes continue to cause tears, tantrums or clinginess consider, if possible, saying goodbye to your child at home and allowing another adult – your partner or another parent – to take your child to school.

If separation anxiety continues

If your child's separation anxiety interferes with their concentration and learning, prevents them from making friends, is excessive and goes longer than a month, consider getting professional support. Separation anxiety left unchecked can lead to school refusal and other anxiety disorders later on.

For professional support consult with the welfare teacher at your child's school, your local general practitioner or local council for suitable health care professionals in the area.

5/6 Interschool Sport

Unfortunately all games were cancelled due to the rain.

We have our scheduled BYE this week, therefore there will be no games played. Sport training will be cancelled this week Thursday 27 February.

We will continue the season in round 4 against Epping PS on 6 March. All games will be played within their school grounds with the exception of cricket, they will be playing at Epping reserve.

We wish all of the teams a happy break!

Looking forward to seeing you again in round 4.

Dean Sharples
Phys. Ed Coordinator



Parenting Ideas offer Attend a webinar for parents at no charge

Our school has a membership with Parenting Ideas, one of Australia's most trusted sources of parenting education and support. As part of this membership, all the parents in this school community can attend some fantastic webinars in 2020 at no cost. We're pleased to let you know about an upcoming webinar.

Future-proofing your child

This century is characterised by disruptive change that is turning our world upside down. Jobs aren't just changing, whole industries are ceasing to exist. The scripts for success are being rewritten on a daily basis in our families, at work and in life. In this webinar Nikki Bush teaches parents what to expect and how to support their kids to thrive in a future world of work.

Key learning and discussion points include:

- Key trends that are changing the world
- Frameworks for future-proofing children
- Highlighting the X-factors for success
- Explaining the role of school in a changing world
- Helping parents to set realistic and relevant parenting goals

Presented by Nikki Bush, Award-winning speaker and bestselling author

Click this link to view the video overview: <https://vimeo.com/376706791>

When: **Wednesday 18 March 2020 at 8:00 PM AEDT**

Redeem your webinar now - it's easy

- Click this link:

www.parentingideas.com.au/parent-resources/parent-webinars/webinarfuture-proofing-your-child

- Click 'Add to cart'
- Click 'View cart'
- Enter the voucher code **FUTURE** and click 'Apply'
- Enter our **school's name** to verify your eligibility. The \$37 discount will then be applied.
- Click 'Proceed to checkout'
- Fill in your account details. These are the details you will use to login to your account and access your webinar and resources
- Click 'Place Order'

This offer is valid until **18 June 2020**. If you're unable to make the broadcast time, just register anyway and you will get access to the recording.

OFFICE NEWS

Office hours 8:30am - 4:00pm

Essentials Resources Book Packs

Thank you to the **many** families who have already paid for their child's *Essential Resource Book Packs*. These are crucial funds which enables our school to fully resource all of our wonderful programs. Please finalise payments promptly.

Payment/Permission notes

Parents are reminded that payment for school incursions and excursions need to be handed to the classroom teacher, also please add your child's full name/surname when filling out the permission notes, just to ensure correct allocation of payments. Also, you can place multiple payments in the one payment envelope.

Payments can be made by the following:

Cash - envelope at office and given to child's teacher
EFT/Credit Card - payable at the school office

Student Banking

Parents please ensure that the deposit slip is fully completed by you e.g. name, account number, student number and amount as we are unable to process payments with incomplete information.

Gates

Parents are reminded the school gates are **locked at 9:15am** and **unlocked at 3:20pm**. Our Year 6 students do their best to ensure these times are adhered to. We ask parents to please be patient if the monitors are a couple of minutes late in getting around to unlocking the gates in the afternoon.

Student drop off and early pick up

Please make sure your child gets to school on time by 8:50am. If students are late you **must** walk in with your child and sign in at the kiosk before taking them to their classroom. It is very disruptive for students and the classroom when children arrive late. Parents must also sign students out at the kiosk when leaving early.

Crossing safety

A reminder to all families to please use the crossing when crossing the road on Darebin Drive. The crossing supervisor, Tony, is very concerned that a number of our families are placing themselves and their children at risk by not using the crossing. Let's ALL follow the rules so we stay safe!

OFFICE NEWS

Change of Details

Please let the office know promptly if you have changed your address, phone numbers, work details or emergency contact numbers.

Spare Uniform

Please consider putting extra clothes in your child's bag in case of any accidents that might occur during the day as we do not supply change of clothes.

Hats & Bags

Hats and Sunsmart: as a 'SUNSMART SCHOOL' we need to ensure we wear hats from the 1st September to 30 April 2020. Hats are available for purchase at the office for \$16.00. LEPS school bags can also be purchased from the office for only \$20.00.

Student Asthma Medication

Students who require Asthma Medication during school hours need to supply their own individual Ventolin or Becotide puffers.

Individual Spacers must also be provided for administering the medication. The items **ALL** need to be named and will be stored in the sick bay.

It is a directive from the Department of School Education that students must supply their own medication and equipment.

If you require an asthma action plan please see the office staff.

BREAKFAST CLUB

Breakfast Club is open each morning from 8:30 to 9:00 am in the Multipurpose Centre (Hall) foyer. We provide a **FREE** breakfast of toast, cereal and fresh fruit for students and their family. So come along and enjoy a nourishing breakfast before school begins.

We thank and appreciate the ongoing support from Foodbank Victoria, Bakers Delight Mernda Village, Christina Bakery, Semper Dental and FareShare.



Amanda Einsiedel
Breakfast Club Coordinator

Student of the Week



*Congratulations to the following students for receiving a
Student of Week award yesterday at assembly ...*

Prep Daniela - Johnson & Kosta

Prep Natalie - Elizabeth

1/2 Stephanie/Hari - Hunter

3/4 Shona/Mrs Pobjoy - Ivy

5/6 Mrs Kassos/Ms Aitken - Ibrahim

5/6 Mrs Vassiliou - Nooralhuda



Lalor East Primary School 25 February 2020

Natalie 0477 177 646

The children and I have had a fabulous week at OSHC! We have built on our awesome flag wall with flags from Fiji, New Zealand, Malta and Italy, to represent our families' culture. The children did a spectacular job. We turned the OSHC room upside down, as the children at before school care created obstacle courses using all our furniture, pillows and other accessories. They even created a cool cubby house to relax in after all their activity. Slime! Who knew slime would be a hit? The children have had an absolute ball making glow in the dark and green slime. They have been patient and excellent team members.

As you might already know, the children and I love food! We have thoroughly enjoyed eating pasta, fried rice and a HUGE selection of fruits and vegetables. The children even made their own pizza!

If you are interested in booking your child/children into our fabulous service, please visit <https://theircare.com.au/> or better yet, come visit the service near the car park. You might be lucky to get a muffin or a slice of pizza.





About the program

TheirCare provides a stimulating and safe environment for all children and an environment where children come and enjoy their time in their program. During sessions children develop life skills, friendships, confidence and creativity through play.

Lalor East Primary School has partnered with **TheirCare** to provide quality care, flexibility and commitment to deliver on our promise to your school community.

Operation Times		Fees*	Out of Pocket	Average [^]
Before School Care	7:00am – 8:45am	\$25.00	\$9.41 - \$25.00	\$9.41
After School Care	3:30pm - 6:00pm	\$29.00	\$6.73 - \$29.00	\$6.73
Pupil Free Day	7:00am – 6:00pm	\$60.00	\$9.00 - \$60.00	\$9.00
Late Booking Cancellation Fee	Within 48 hours	\$5.00	\$5.00	
Cancellation Fee	Same Day	Full Fee	See BSC/ASC	

Service Phone Number: 0477 177 646 Your service coordinator will be available during session times. TheirCare support is available during office hours if required on 1300 072 410

How to Enrol

Visit **TheirCare** website: www.theircare.com.au and click on 'Book Now' in the top right hand corner to register your child's details.

*Standard fees excluding incursion / excursion costs

[^]Based on ABS published average family income for the suburb the school is located

Parent/Guardian Guide to Accessing Learning Tasks

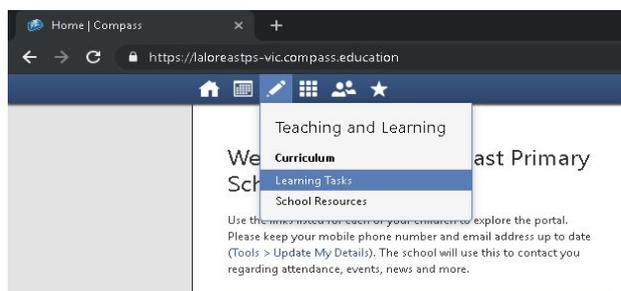
This year the whole school will be involved in a new reporting system and format which will involve Learning Tasks. Learning Tasks allow teachers to report on your child's performance progressively rather than waiting to provide information about your child's progress at the end of each semester in a formal student report. Parents have access to view completed learning tasks during terms 1, 2, 3 and 4 for all students.

To make this process easier we have created a Parent/Guardian guide to locating your child's Learning Tasks.

How to view your child's Learning Tasks:

To view your child's Learning Tasks log on to Compass. If you are unsure of your login details, please contact the school office during school hours on: 9465 4350

From the Compass 'Home' screen select the 'Pencil' menu option then select 'Learning Tasks' from the drop down menu. (See below)



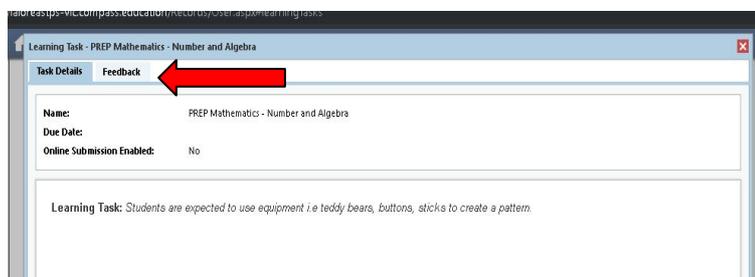
A list of Learning Tasks will be visible (similar to below). The number and type of Learning Tasks displayed will vary according to the curriculum areas taught in that semester. The curriculum areas taught are different in semester 1 to semester 2.

Code/ Student Name	Learning Task	Status	Academic Year	Result	Actions
99 Generalist Prep Finn COOPER	PREP Mathematics - Number and Algebra Subject-wide Task Report: Yes	Due date: No due date Submitted: On Time	[Currently Relevant]	Working At	
99 Generalist Prep Finn COOPER	PREP Mathematics - Measurement and Geometry Subject-wide Task Report: Yes	Due date: No due date Submitted: On Time		-	
99 Generalist Prep Finn COOPER	PREP Health - Being healthy, safe and active Subject-wide Task Report: Yes	Due date: No due date Submitted: On Time		-	

To view the details of a learning task click on its title. (See below)



The Feedback tab will allow you to see your child's progress in this area of learning. (See below)



If you have any questions, concerns or feedback about the Learning Tasks, please contact your child's classroom teacher, either via phone, email through Compass or make an appointment with the classroom teacher.



LALOR EAST PRIMARY SCHOOL
CAMPS, SPORTS & EXCURSIONS FUND

Dear Parents

Families holding a valid means-tested concession card or temporary foster parents are eligible to apply.

A parent or legal guardian of a student must be an eligible beneficiary of one of these cards:

- Veterans Affairs Gold Card
- Centrelink Health Care Card
- Pensioner Concession Card

OR they must be a temporary foster parent

You only need to complete an application form if any of the following changes have occurred:

- new student enrolments; your child has started or changed schools in 2020 or you did not apply in 2019
- changed family circumstances; such as a change of custody, change of name, concession card number, or new siblings commencing at the school in 2020
- or if there has been a change in your family circumstances

Payments are made directly to the school and are tied to the student. Most payments start from March onwards. Applications can be received over **term one** and **two**. Payments are for the application year and cannot be claimed for previous years. The CSEF payment **cannot** be used towards voluntary school charges, books, stationery, school uniforms, before/after school care, music lessons, or formals/graduations.

CSEF payments are made to schools from March onwards each year and must be submitted before the last day of term two. CSEF payments are \$125 per year for eligible primary school students.

How to Apply: Contact the school office to obtain a CSEF application form or download from the CSEF website www.education.vic.gov.au/csef. Application forms are available at the office.

CLOSING DATE: FRIDAY 26 JUNE 2020

Kind regards,
LALOR EAST PRIMARY

BERRY STREET

Tuning in to Kids

Emotionally Intelligent Parenting

A six-session parenting program for parents of children aged 3 to 9 years

Would you like to learn how to:

- be better at talking with your child?
- be better at understanding your child?
- help your child learn to manage their emotions?
- help to prevent behaviour problems in your child?
- teach your child to deal with conflict?

Feedback from previous participants:

- “Really useful for parenting”
- “This program was complete and helpful”
- “Helped me to learn to be positive, calm” and “helped me and my kids to be more settled and emotionally happy”
- “My children are positively responding to changes”

Tuning in to Kids shows you how to help your child develop *emotional intelligence*. Children with higher emotional intelligence:

- are more resilient - this means change and stress are easier to deal with
- are more aware, assertive and strong in situations of peer pressure
- have greater success with making friends and are more able to manage conflict with peers
- are more able to cope when upset or angry
- have greater career success - Emotional intelligence may be a better predictor of academic and career success than IQ!

Evidence shows that the earlier the intervention the greater the impact - it's never too early to learn how to better connect with your child and teach them important life skills!

Where: Berry Street Northern Office, 677 The Boulevard, Eaglemont

When: Wednesdays 10.30am - 12.30pm, 19 February to 25 March

*** Please note we are unable to offer childcare**

Contact: Camilla Evans (9487 7770) or Candice Hona (9450 4783) from Family Services

Parking:

- Unlimited parking on The Boulevard (sealed road becomes gravel)
- Unlimited parking in Yarra Flats Park (entry opposite Berry Street driveway)
- 2-hour parking on Glenard Drive West (behind Berry Street)



PARENTING AFTER VIOLENCE

Information sessions for women dealing with the effects of family violence

Struggling to pick up the pieces after experiencing family violence?

Coping with your children's trauma and often challenging behaviours, while dealing with your own stresses as a parents?

Not sure how to talk with your children about what's happening?

Then you may be interested in the following information sessions:

- Family violence and its effects on women
- Effects of family violence on children & talking to your children
- Surviving as a parent

DATES: Thursdays, 5th March- 26th March
(4 sessions over 4 weeks)

TIME: 10am – 1pm

VENUE: Lalor area

COST: FREE

BOOKINGS ESSENTIAL:

For further information please contact Genine or Tess on 8641 8900

CHILDCARE:

Provided free - limited places, booking essential



03 8641 8900 | anglicarevic.org.au

BETTER
TOMORROWS

Protect yourself and your family

Wash your hands regularly

**1**

Wet your hands.

Put soap on
your hands.

2**3**

Rub the soap over all
parts of your hands for
at least 20 seconds.

Rinse your
hands under
running water.

4**5**

Dry your hands thoroughly
with disposable paper towel
or hand dryer.

Stay germ free and healthy

Protect yourself and your family

Cover your cough and sneeze



1

COVER your mouth and nose with a tissue when you cough or sneeze.

Put your used tissue in the rubbish **BIN**.

2



3

If you don't have a tissue, cough or sneeze into your upper sleeve or elbow, **NOT YOUR HANDS**.

WASH your hands with soap and running water. Dry your hands thoroughly with a disposable paper towel or hand dryer.

4



Stay germ free and healthy