

Jumbunna

LALOR EAST PRIMARY SCHOOL NEWSLETTER

Issue Number 06

03 March 2020

From the Principal

5/6 Portsea Camp

Our 50 campers and staff returned home on Wednesday afternoon, tired but happy after a big three days at camp. For some of the students, this was their first time away from home without a family member. From all accounts everyone had a wonderful time and enthusiastically participated in all the activities.

I was particularly pleased to hear about the exceptional behaviour of our students. Our students definitely demonstrated our school values by showing respect, cooperation and personal best even when faced with the challenging behaviour of students from other schools.

A huge thank you to the staff who willingly gave their time to attend the camp; Ruthi Aitken, Kristian Carrocci, Amanda Einsiedel, Brad Jones and Dean Sharples. Without your commitment, the camp would not be able to go ahead. Special thanks to Ruthi Aitken for coordinating the camp.

Our non-campers also had a fun-filled 3 days back at school with Dimitra Vassiliou and Mary Kassos and enjoyed their excursion to the Botanical Gardens.

Hopefully we will be able to enjoy some great recounts from the campers and non-campers detailing their experiences in the Jumbunna in the weeks to come.

1/2 Quantum Excursion

Our 1/2s were also out of the school this week visiting Quantum where they were able to participate in different technology activities including working with a rocket. They were all VERY excited

about their day out. They also need to be congratulated on their wonderful behaviour while out of the school.

Building Update!

Finally some good news about our building project! I met with the building company on Friday and they are due to start work in the school the week beginning 16 March. This work will relate to making sure our services (electrical, gas, water) will continue to operate during construction.

Asbestos removal and demolition of the buildings will occur during the term 1 holidays when we are not onsite. When we return to school after the holidays our school will look very different. I can't wait for it all to begin!

We are hoping to be able to move into the first two buildings, which will include the learning spaces for the Grades 3-6 and the Administration building, before the September holidays so demolition of the remaining South Building can take place in the September holidays.

Final adjustments are still being made to the building design and I can't wait to share the final designs with you once they are completed.

School Council Elections

School Council Elections closed on Friday 28 February at 4:00pm. Congratulations to: Liz Bergin (mother of Chevelle), Zara Al Hasany (mother of Noor) and Tess Saofai (mother of Teresa and Clement) for nominating for School Council this year. We will look forward to working with you over the next two years. We still have one parent vacancy to fill. Please speak to me if you are interested in supporting the school and joining School Council.

Linda Richards



LALOR EAST
PRIMARY SCHOOL



UPCOMING EVENTS

Monday 2- Friday 6 March

Preps attend school full time starting this week

Friday 6 March

5/6 Interschool Sport

Monday 9 March

Labour Day Holiday
No School

Wednesday 11 March

5-6 Excursion to CERES

Tuesday 17 March

School Council AGM

Monday 23 and Wednesday 25 March

Parent/Teacher/Student
Interviews
(Notes sent home this week)

Friday 27 March

End of Term 1
Students finish at
1:30pm

Office Hours

8:30am - 4:00pm

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

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.

Staying Safe Around the Roads

A reminder to ALL community members to please use the pedestrian crossings appropriately when crossing the roads.

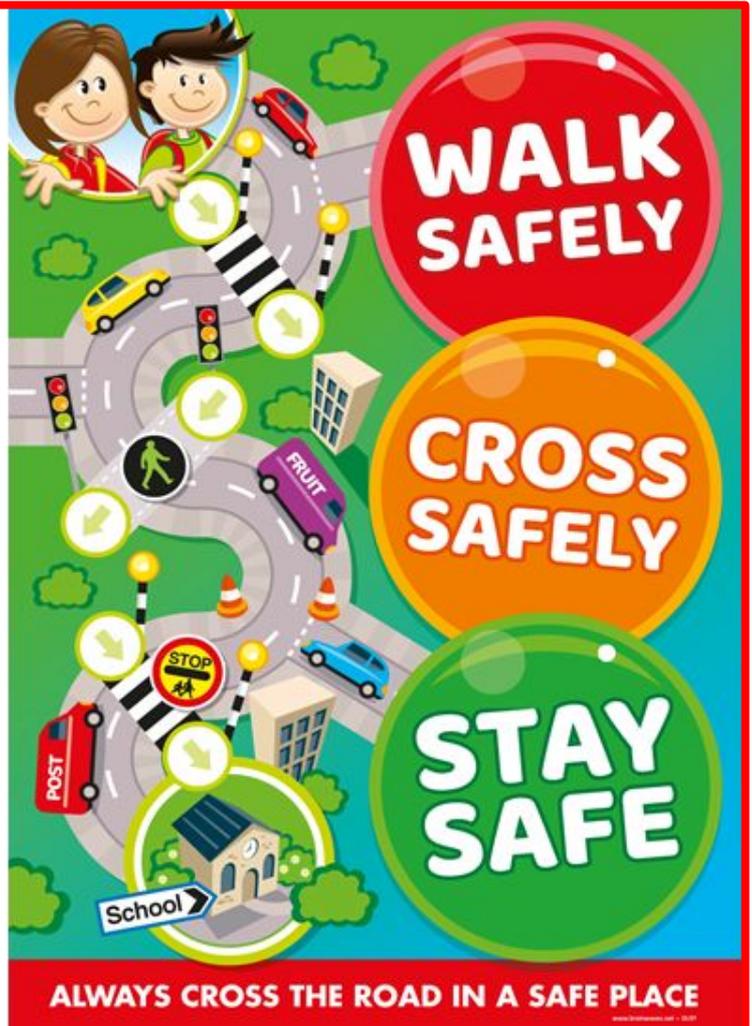
We have crossings on:

- Cleveland Street (no Lollipop person)
- Darebin Drive (Staffed by Tony)
- McKimmies Road (Staffed by Joyce).

Unfortunately, we still have parents who encourage unsafe habits with their children by not crossing at these points.

Primary school children are not developmentally capable of knowing when it is or isn't safe to cross roads or where the best places to cross are. That is why it is important that we model good practices ourselves by using predetermined crossing points as these spots.

Please help to keep our children safe by doing the right thing around crossings.



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 - Ian Prep Natalie - Sasha

1/2 Stephanie/Hari - Zoe Florence & Selena

1/2 Hewison/Sharples - Ali

3/4 Hannah - Bella, Winston & Ryan 5/6 Kristian - Bradley

Principal - Jina, 1/2 Hewison/Sharples, 1/2 Stephanie/Hari & 1/2 Kelm

OSHC - Lucas

Commonwealth Bank Award



Congratulations to
Ivy
on receiving a
Commonwealth Bank prize
at yesterday's assembly

Parent/Teacher/Student Interviews

Monday 23 March 3:45 - 8:00 pm
Wednesday 25 March 3:45 - 6:00 pm

Notices were sent home with children on Monday 2 March.

Bookings can be made online through Compass or by returning the notice to your child's teacher.

We would like to see all parents at these interviews so teachers can share important information with you about your child's progress in Term 1.

Remember to check Compass on Friday 6 March after 4:00 pm to access the **Learning Task for Reading**.



Lalor East Primary School 3 March 2020

Natalie 0477 177 646

The children went berserk over kinetic sand last week. Together they made mountains, houses, roads and animals from the sand. They used their imagination in brilliant ways and played fabulously together. Our games were a hit too, the children have especially loved playing Connect 4, pick up sticks and Battleship.

We had our active shoes on. The weather was perfect and we practised our Frisbee and football skills. One child was very brave and climbed up the biggest spider web in the playground to my horror and amazement. Our chef hats were on as we attempted to make delicious banana and oat biscuits. Unfortunately, Natalie (me), overcooked them and they turned out more like rocks. Oops!

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 kinetic sand.





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

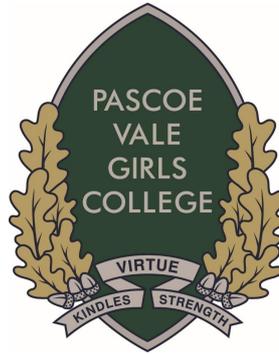
How to Enrol

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

Transition to Secondary School



Pascoe Vale Girls College invites prospective students and parents to attend our Open Day on Monday 20 April 2020

Information Sessions followed by tours of the College will be held at the following times:

Morning: 9.00am – 10.30am

Evening: 7.00pm – 8.00pm

Parents and children only need to attend one session. There is no need to register attendance.

APPLICATIONS NOW OPEN: YEAR 7 SEAL PROGRAM 2021

The SEAL Program provides differentiated teaching and learning that meets the needs of gifted and talented learners. The Program provides stimulating learning experiences that challenge, extend, and develop the gifts of students by offering acceleration and enrichment. SEAL students will study faster paced curriculum and have the opportunity to study concepts in greater depth. There is a greater emphasis on higher order thinking and learning skills and independent learning and research. The SEAL program is suited to students who are capable of studying curriculum at a faster pace, have a strong passion for learning, are capable of working independently, enjoy intellectual challenges and have superior problem solving abilities.

Visit the College website for further information and to apply for the SEAL program:

www.pvgc.vic.edu.au

If you are unable to attend our Open Day sessions, the College also conducts tours with the Principal or an Assistant Principal throughout the year. Bookings can be made by contacting the College on **9306 2544** or online through the College website at

www.pvgc.vic.edu.au

Parent/Guardian Guide to Accessing Learning Tasks

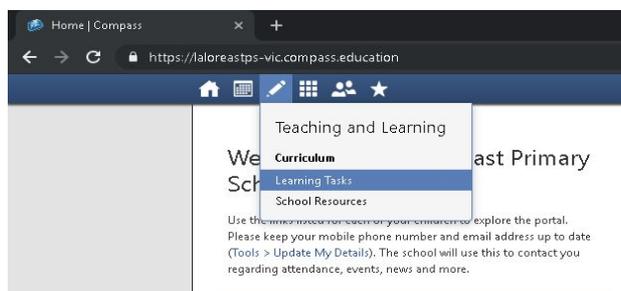
This year the whole school will be involved in a new reporting system and format which will involve Learning Tasks. Learning Tasks allow teachers to report on your child's performance progressively during the semester instead of at the end of each semester in a formal student report. Parents have access 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)



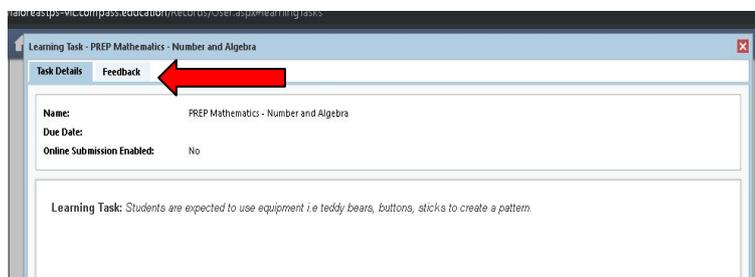
A list of Learning Tasks will be visible (similar to below). The number and type of Learning Tasks displayed will vary according to the curriculum areas taught in that semester. The curriculum areas taught in semester 1 are different to those in semester 2.

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

 A screenshot of the 'Learning Tasks' section in the Compass interface. A red arrow points to the first task title. The table below shows the details of the tasks.

Code/ Student Name	Learning Task	Status	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	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	-	

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