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LALOR EAST PRIMARY SCHOOL NEWSLETTER



LALOR EAST
PRIMARY SCHOOL

Issue Number 13

16 June 2020

From the Principal

And we're back . . .

Last week was an exciting one for us all as we welcomed back our Grade 3-6 students. Schools are pretty soulless places without the most important people, the Students, so it is fantastic to have everyone back at school.

I don't know whether it is because we haven't seen them for so long but some definitely seem to have grown a lot while they have been learning offsite, both physically and emotionally.

While the transition back has been fairly smooth, there are still adjustments to be made for many students. The remote learning has really suited some students and they now need to transition back to being back in a regular classroom and having more people around. Other students are thrilled to be back as they missed the daily interactions with a wide range of people and face to face contact with their teacher.

During the final two weeks of this term, staff will be focussing on the students mental health and wellbeing and reestablishing their relationships with their students and classroom routines.

Technology Tantrums

In the majority of cases, students have been using technology a lot more than they regularly would. For some it will be a big adjustment not to use technology as much now, we are back at school. I have included a great article from Michael Grose's team about how to manage your child's technology tantrums. The article also includes information about a free parent webinar. Definitely worth a look!

Car Concerns on Cleveland Street

I have been on duty at the front of the school the last three weeks and I must admit I have great concerns about the driving I have witnessed and the lack of road sense from adults and children. I have seen several near misses where children have narrowly missed being hit by cars.

Cleveland Street is very narrow, yet I have seen parents deciding to do a three point turn into oncoming cars, double parking and parking illegally to name a few infractions. This is to say nothing about the adults and children who just wander across the road without looking, often within 5 metres of the school crossing. The school crossing is the safest place for children to cross and adults should be modelling this behaviour.

I think I would have made a lot of extra money for the school if I had been in charge of handing out tickets for infringements over the last three weeks.

Please take more care in this space so we can keep everyone safe. Yes, it might cost you an extra five or ten minutes. That is a small price to pay for the lifetime of paying you would do if you injured or killed a child or adult because you were impatient and were doing the wrong thing.

Also you may have noticed that things are busier than usual on Cleveland Street due to the building works. These works will continue until the end of the year so you might like to consider leaving the car at home and walking or encouraging children to ride their scooter or bike.



UPCOMING EVENTS

Office Hours

8:30am - 4:00pm

Wednesday 24 June

FREE Dress Day
to celebrate the arrival
of our new building

Theme: Tradies and Construction Workers



Friday 26 June

CSEF Forms due back to
the office

End of Term 2 Early dismissal at 1:30pm

2020 TERM DATES

Term 2

14 April - 26 June

Term 3

13 July - 18 Sep

Term 4

5 Oct - 18 Dec

Take the Time to Cross Safely.



To help keep everyone safe please follow the following guidelines:

- 1) Only park in the designated spaces
- 2) Drive to the end of Cleveland Street and turn left and go around the block so you don't need to do a three point turn into oncoming traffic
- 3) Use the crossing
- 4) Children should only exit the car on the footpath side not the roadside
- 5) Park at Lalor Plaza.

Moving forward, there will be significant disruption to the traffic in Cleveland Street the week beginning 22 June as the first of our new buildings is due to arrive. I will provide more details later this week and provide a traffic management plan so you will be aware of all the changes during this time. At this stage, I believe the trucks will be entering at the east end of Cleveland Street (Darebin Drive end) so families may need to enter through the gate on McKimmies Road opposite the Plaza while this work occurs.

Please take time to check Compass regularly so you are aware of all changes.

Building Update

We are on the count down to the arrival of our first building which is scheduled to arrive in less than two weeks time! Scott and I will be going to Geelong this week to view the second building which is scheduled to arrive in the first week of term 3.

Scott and I have begun discussions with furniture supply companies. This will be challenging as furniture for schools costs lots of money but we will hopefully be able to get some lovely new furniture for our beautiful new learning spaces.

2021 Enrolments

We have started taking enrolments for the 2021 school year so if you have a child who will turn 5 by 30 April in 2021, they can be enrolled.

We are unable to conduct any tours at the moment but please contact the office and we will arrange to send an enrolment form home with your older child or bring one out to the gate for you. (Check out page 5 for a sneak peak at our new school logo)

Linda Richards

Students of the Week

Congratulations to the following students on receiving a Student of the Week award this week:

Prep D - Ian

Prep Mrs Natalie - Jeylin

1/2 Steph/Hari - Whole Class

1/2 Kelm - Evan

1/2 Hewison/Sharples - Jack & Whole Class

4 Mrs Lauren/Moncur - Whole Class

5/6 Kristian - Mia & Khang

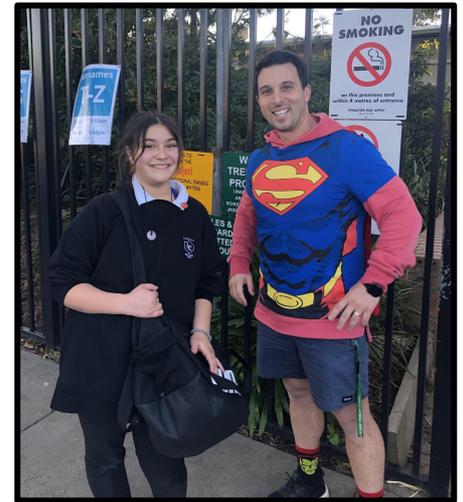
5/6 Kassos/Aitken - Jan & Zaf

5/6 Vassiliou - Whole Class

You are the superheroes this week!

We hope to be able to include photos next time but COVID restrictions make this a little tricky at the moment.







Start each day in a happy way . .





Enrol now for 2021



New facilities opening 2020 & 2021

Call 9465 4350 or go to
www.laloreastps.vic.edu.au



Conquering Kid's Techno-Tantrums by Michael Grose

Many of us have witnessed our kids or teens emotionally combust when asked to switch off their gaming console or put their phone away. I colloquially call these 'techno-tantrums'. Many of us fret that this signals that they're 'addicted' to technology and find ourselves worrying about why they behave in such intense ways.

So, what makes technology so psychologically appealing for kids and how can we help them to unplug so that screen-time doesn't end in scream time?

Technology is so appealing

Technology has been intentionally designed to cater for our kids' most basic psychological drivers. As humans, our three most basic psychological needs are the need for connection, competence and control.

Technology caters for these needs in very clever ways. For example, our need for relational connection explains why many of our boys are obsessed with multiplayer video games and girls are infatuated with social media. These online tools have also been designed to help young people experience competency-gamers see tangible measures of their performance by their levels of attainment, or battles won. Scrolling through YouTube and 'selecting' which video they'll watch next also enables young people to experience a sense of control and agency over their lives – something they biologically crave.

Here's what technology does to their brains and bodies

Digital technology impacts on children and young people in the following ways:

'It feels good'

When our kids use a screen it's usually a pleasurable experience for them. Their brains secrete the neurotransmitter dopamine, which makes them feel good. This means, when you demand that they turn the device off, you're terminating their production of dopamine (pleasure response). It's better to provide a choice of more appealing transition activities when you want them to move away from a screen. For example, suggest that they ride their bike, or walk the dog after they've switched off the device.

'I want more'

The online world has no stopping cues, so our kids and teen never feel 'complete' or 'done'. They can always refresh social media; continue to play to attain another level in a game; or watch another YouTube clip. This is also referred to as the state of insufficiency.

One parenting tip that works is to give your children and teens hard endpoints. Rather than giving them a quantity of time (for example, you can watch an hour of TV today), give them the finish time (for example, I'd like you to switch off the TV at 4:30pm).

Conquering Kid's Techno Tantrums continued

'It's so novel'

Our brains are wired to seek out new and interesting stimulus. The online world is always instantly gratifying, fast-paced and requires minimal cognitive effort. In comparison the offline, real world doesn't always offer novelty. The real world is a lot slower-paced, and it's not always instantly rewarding and interesting like our kids' digital world.

Ensure your kids and teens have ample time to experience boredom. Our brains were never designed to be switched on and processing information as they are in the digital world. Opportunities for boredom allow the brain time to reset and help our kids become accustomed to not always being 'switched on'.

FREE Webinar - 17 June 2020 at 8:00pm

To help parents and carers understand why children and teens emotionally combust when they digitally-disconnect, and how to establish new, healthy technology habits.

1. Go to:

<https://www.parentingideas.com.au/parent-resources/parent-webinars/webinar-understanding-techno-tantrums>

2. Click 'Add to cart'

3. Click 'View cart'

4. Enter the voucher code **TECHNO** and click 'Apply Coupon' Your discount of \$37 will be applied.

5. Click 'Proceed to checkout'

6. Fill in your account details. These details are used to login to your account and access your parenting material

7. Click 'Place Order'

The voucher is valid until 17 September 2020

FREE DRESS DAY!

June 24

To celebrate the arrival of our new building dust off your high vis and tool belts and come dressed as construction workers or tradies.



Tuesday 9 June - ALL Students - ARRIVAL and DISMISSAL Times

Prep to 2 families please note the changes to the arrival and departure times

We are using staggered arrival and dismissal times to reduce the congregation of students at entrance gates and in the yard.

We ask ALL families to adhere to these arrangements for the safety of everyone.

Parents will **NOT** be permitted to accompany their child to class. Parents must wait outside the school gates and ensure they maintain appropriate social distancing of 1.5 metres. Please assist us by ensuring your arrive at school at the time indicated below.

Beginning of the day arrival times

- 8:45am - A surnames
- 8:50am - B to G surnames
- 8:55am - H to K surnames
- 9:00am - L to N surnames
- 9:05am - O to S surnames
- 9:10am - T to Z surnames



Please check your designated arrival time carefully

The gates at Cleveland Street and McKimmies Road will **NOT** be opened until **8:45am**.

Staff will be at each entrance and will provide hand sanitiser for each student.

Students must go directly into their classroom and **NOT** play in the yard.

End of the day dismissal times

- 3:15pm - A surnames
- 3:20pm - B to G surnames
- 3:25pm - H to K surnames
- 3:30pm - L to N surnames
- 3:35pm - O to S surnames
- 3:40pm - T to Z surnames



Please collect your child at the designated time

Students will be dismissed at the indicated times and must leave the school grounds straight away.

Students are not permitted to play on the equipment at this time.

Please assist us by arriving at school at the correct time to collect your child/ren.

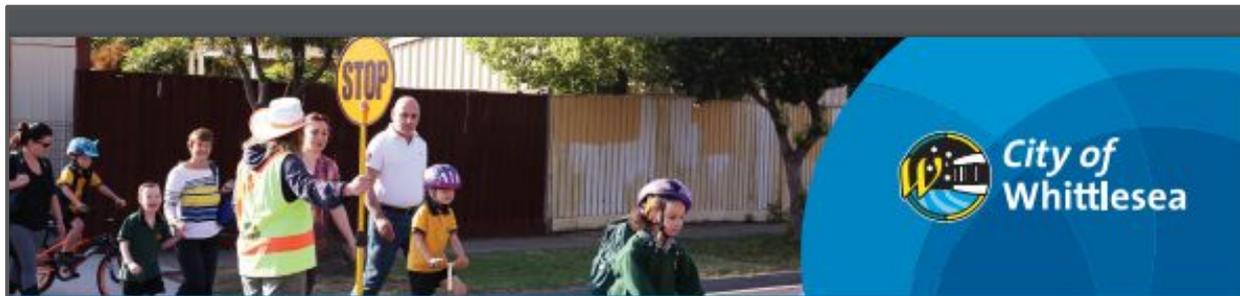
Staff members will be at each exit point to direct children out of the school.

If your child comes in the front gate you should meet them at the front gate.

If your child comes in the plaza gate you should meet them at the Lalor Plaza gate.

All children will require a labelled drink bottle as we are **NOT** permitted to use the drink taps for drinking, only for filling water bottles.

Please take the time to read this important information from Whittlesea City Council. We have noticed some of these things happening when parents are dropping their children off. Remember, following these rules keeps everyone safe and alive!



PARKING AND SAFETY AROUND SCHOOLS

Speed

Look out for the reduced speed limit around schools and slow down to improve safety.

Yellow edge line

A driver must not stop on the side of a road marked with a yellow edge line.

Parking/Stopping signage

No stopping areas must be kept clear. If times/days are specified, restrictions are only applicable to the specified times/days. You cannot park in a P3 minute area for longer than three minutes.

School crossings

- Look out for flags and Crossing Supervisors
- You must stop for anyone waiting to cross, or who has started crossing
- Please remain stopped until the crossing is clear.

No parking on nature strips/footpaths

Parking is illegal on nature strips and footpaths.

Double parking

It is illegal to double park at any time. This affects the flow of traffic.

Within 10 metres of an intersection

A driver must not stop with any part of their vehicle within 10 metres of an intersection unless signed otherwise.

Stopping across driveways

It is illegal to stop/park across a driveway unless you stay in the car are there for no more than two minutes and move immediately if required to do so to allow entry or exit by the owner/occupier.

3 metre gap for signage

At least 3 metres must be left between your vehicle and the centre dividing line to allow other vehicles to pass safely and not obstruct traffic.

☎ Free Telephone Interpreter Service					
العربية	9679 9871	Italiano	9679 9874	ਪੰਜਾਬੀ	9679 9879
Ελληνικά	9679 9873	Македонски	9679 9875	Tiếng Việt	9679 9878
हिन्दी	9679 9879	普通话	9679 9857	தமிழ்	9679 9879
				Türkçe	9679 9877

- What can you do to stay safe**
- Supervise your children in or near traffic
 - Walk or cycle to school with your child
 - Respect all road rules, parking signs and instructions from authorities
 - Wait on the same side of the street as your child
 - Always let your child out of the kerb side of the car.



Lalor East Primary School

16 June 2020

Natalie 0477 177 646

The children at OSHC have written their favourite things at OSHC in the last two weeks. Clearly food was winner!

In the OSHC room, I really like to make food because it is a tradition for kids in Iran to know how to cook food properly. But my favourite food that we've made here, has got to be pizza! It is the most spectacular food ever- **Abulfazi**

OSHC is the best play to stay. I loved making the ANZAC cookies, they were so tasty! Making Mickey Mouse was a really fun thing to do and turned out to be really cute. The new cooking toys look really cool and fun- **Angel**

At BSC, I was making cubby house with Ryan, Charlotte and Jett. We used couches, chairs, blankets and pillows. It was fun and we laughed a lot. We showed teamwork!- **Amelie**

I was playing with my friends outside on the playground- **Charlotte**

I love the food this week at OSHC. It is so delicious you could be full just thinking about it- **Jack M**

At BSC, I love making pancakes and taste testing to make sure we don't need more ingredients. They always taste delicious- **Ryan**

I liked when we baked pizza at SOHC. I worked with Zoe and then Charlotte. It was a very yummy pizza, yum! I love OSHC!- **Sasha P**

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 quesadilla.



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

THE
EDUCATION
STATELALOR 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 SCHOOL