



Issue No. 9 – 17 August 2021

### Upcoming Events

#### Friday 30 July - Friday 17 September

3 - 6 Swimming Program  
(Nominated Students only)

#### Portsea Camp 5/6 2022

**Only 6 places remain.**

Contact the office to avoid missing out

First payment due: 10 September

#### 20 August

Premiers' Reading Challenge ends

- P-2s read 30 books
- 3-6s read 15 books

Don't miss out on getting a certificate from the premier.

#### 23 August - 10 September

E-waste recycling skip at LEPS for community use

### Office Hours

Monday to Friday from 8:30am-4:00pm

### Early Pick up

Please call the office prior to arrival to assist with a quicker collection of your child/children.

### 2021 Term Dates

**Term 3:** 12 July - 17 September

**Term 4:** 4 October - 17 December

### From the Principal

#### Principal's Day Thank you

Thank you to all the incredible students, staff and community who made Principal's Day on Friday 6 August such a memorable one for Scott and I even though we were unable to be with everyone on the day. Scott and I feel incredibly lucky to be able to lead such an amazing school.



The students presented Scott and I with our beautiful book keepsake and a gorgeous succulent plant for our offices. The book will be

treasured forever! Hopefully we will both be successful in keeping our succulent alive.

### **Wellbeing Wednesdays**

There is no doubt the nature of our ongoing lockdowns is having an impact on us all. We have had a number of conversations with parents, students and staff and lots of people are struggling with trying to juggle work, school work and day to day living. We are noticing a decline in the quality of work being produced by the students and in their engagement. So, starting this week, we will be introducing Wellbeing Wednesdays. This will be a day for everyone to take a breath and enjoy some time away from devices.

On Wednesdays students will be able to select some activities from a grid that might take them outside on a scavenger hunt or encourage them to spend some time colouring, riding their bike or completing other physical activities. Children could read a book, cook, play a board game or anything else that results in them turning their device off once they have selected their activities for the day.

We hope this change will help everyone by giving everyone some breathing space.

### **But what about their learning I hear you ask??**

A legitimate question. The reality is we all learn better and work more productively when we take time to step back and take a break. Even on a normal school day, teachers arrange mental health breaks for students throughout the day and adjust their lessons when they notice spirits are lagging. The day away from devices will refresh everyone and hopefully improve the quality of the work produced later in the week.

I have also included a cool clip shared with me by Julie Hewison about all the other 'learning' children have been doing during remote learning. It is important to always try to find a

silver lining in any challenging situation and I hope this image helps you do just that.



**Congratulations to Lara and Adrian on the safe arrival of the newest member of the Parisi family, Noah James. Born 27 July. Baby brother for Zavier. All doing well.**

**2022 is going to be a big year. Guess who turns**



### **Lalor East Primary School!!!**

Lalor East first opened its doors in 1972 and has seen thousands of students start their education journey here. Some of our current staff were originally students at LEPS. Former students now send their children to our school. We are proud of the important role we have played in the community to help shape the lives of all those who joined the 'LEPS Family'

We are planning on holding a combined 50th birthday and official opening of our new facilities celebration in late term 1 2022 and we are looking for volunteers to help plan our special celebration.

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**Honesty**

**Cooperation**

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**Lalor East Primary School**  
[www.laloreastps.vic.edu.au](http://www.laloreastps.vic.edu.au)

39 Cleveland St,  
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If you are interested in joining our planning committee, please contact the office on 9465 4350 and register your interest in helping to plan a memorable event for us all to enjoy.

### 2022 Grade 5-6 Portsea Camp CONFIRMED!!

In other exciting news our Grade 5-6 Portsea Camp is confirmed! We already have enough students for the camp to go ahead. **Only 6 spaces remain** so get in quickly if you would like your child to be part of this memorable occasion. The camp costs \$360 and a \$60 deposit will be required to secure your booking.

Families who have already paid their deposit can now start making remaining payments as detailed below:

Remaining balance - 3 x \$100 payments

- Payment 1: \$100 due Friday 10 September
- Payment 2: \$100 due Friday 15 October
- Payment 3: \$100 due Friday 5 November

Or full payment by Friday 15 October.

Stay safe everyone. Hopefully, we will be back together soon as we miss you all LOTS!

**Linda Richards**



### Student of the Week Certificates

**Congratulations to the following students who were awarded certificates:**

#### 26 July

|                    |                             |
|--------------------|-----------------------------|
| 01A - Arlind       | 3/4B - Aymen                |
| 01B - Rachel & Roy | 5/6B - Jayden               |
| 1C - Lucas         | 5/6B - Nisha                |
| 1/2A - Ari         | 5/6C - Blake, Joued & Helen |
| 3/4A - Emily       |                             |

#### 2 August

|                         |                        |
|-------------------------|------------------------|
| 01A - Jordan & Blessing | 3/4B - Whole Class     |
| 01B - Fadhl             | 3/4B - Petar & Noor    |
| 01C - Alisha            | 3/4C - Whole Class X 2 |
|                         | 3/4C - Ivy & Zeinab    |
| 1/2A - Rusiru           | 5/6A - Olivia          |
| 3/4A - Whole Class      | 5/6B - Nisha           |
| 3/4A - Kurt             | 5/6C - Noor            |

#### 9 August

|                      |                          |
|----------------------|--------------------------|
| 01A - Hugo           | 3/4C - Avi               |
| 01B - Nawal & Zaynab | 5/6B - Jaafar & Sachneet |
| 3/4A - Ruqaya        |                          |

#### 16 August

|                        |                    |
|------------------------|--------------------|
| 12A - Nikolai & Jeylin | 3/4C - Linda       |
| 3/4A - Daniel          | 5/6B - Ali & Daman |



#### Parent Opinion Survey

Each year 80 families are randomly selected to complete the annual Parent Opinion Survey. If you were one of the lucky families to receive an email from us, we would love it if you could take the time to complete the survey. It should only take 10 minutes but will provide valuable information about the things we are doing well and where we can make improvements.

If you need help completing the survey, please contact the school.

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## What if instead of 'falling behind', this group of lockdown kids are actually ahead? Hear me out...

What if they have more empathy, enjoy family connection, can be more creative and entertain themselves, love to read, love to express themselves in writing?

What if they enjoy the simple things, like their own garden and sitting near a window in the quiet? What if they notice the birds and the dates the different flowers emerge, and the calming renewal of a gentle rain shower?

What if this generation are the ones to learn to cook, organise their space, do their laundry and keep a well-run home?

What if they learn to ride a bike, play a board game, do simple crafts, learn to bake, climb a tree, play without a screen?

What if they learn to understand the value of money, what's important and how to live with less? What if they learn to plan shopping trips and meals at home?

What if they learn the value of eating together as a family and finding the good to share in the small delights of the everyday?

What if they learn to just be: to be resilient, to be content?

What if they are the ones to place great value on our teachers and educational professionals, librarians, public servants and the previously invisible essential support workers?

What if, among these children, a great leader emerges who had the benefit of a slower pace and a simpler life to truly learn what really matters in this life?

**What if they are AHEAD?**

Via Buckden Primary

**teachwire**  
YOUR LINK TO THE BEST IN EDUCATION

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# The language of respectful relationships



“Sticks and stones may break my bones, but words will never hurt me.”

This reply to playground name-calling has been taught to children by generations of parents. While the sentiments are true, it demonstrates how destructive language can be when it’s used to hurt or humiliate.

Name-calling dehumanises the child or young person on the receiving end, making it easier for a perpetrator to bully, put down or abuse. The language of bullying and sexual abuse is deliberately vague and generalised making it easier to hurl insults about gender or ethnicity. It’s much harder to insult someone when real names are used as it becomes personal.

Bullying uses language that dehumanises. Respectful relationships have their own language, and it’s through this language that respect is shown, and personal safety and integrity are assured.

Parents can help children and young people to develop the language of respectful relationships in the following ways:

## Use first or preferred names

The sound of a person’s name respectfully spoken is music to the listener’s ears. Teach kids to refer to other people by their first or preferred name. If a relative prefers to be called aunt or uncle rather than by their first name, then out of respect, encourage children and young people to adjust their language accordingly, even though you may not subscribe to such formalities. Politeness is respect in action.

## Differentiate between behaviour and the person

It’s incorrect to define a child’s character through their poor behaviour. A child who tells lies is frequently called a liar, someone who steals is often labelled a thief, or someone who inadvertently shares secrets is deemed untrustworthy. In sporting parlance, focusing on the behaviour rather than on the person teaches kids about how to play the ball, not the person. It may sound like splitting hairs but the focus on

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character traits rather than on a person's behaviour is hurtful, often degrading, and leads to resentment rather than change.

### Call out disrespectful behaviour

The standard of behaviour you ignore is the standard of behaviour you accept. Disrespectful behaviour needs to be called out by adults so kids learn that bullying, racism and other forms of disrespectful language are not acceptable. When discussing the behaviour and character of friends, fictional characters in books and personalities on film differentiate between the behaviour and the person, calling out the use of negative labels when you hear them. It's easy to ignore disrespectful language when you hear it, but this one area where a consistent approach by adults is critical.

### Frame behaviour as a choice

Framing behaviour as a choice is an essential respectful relationships strategy that needs to be reinforced for children and young people. "That's a smart/good/helpful choice!" is the type of response kids should repeatedly hear, reinforcing that their behaviour is a result of choice rather than driven by others, circumstances, or emotion. Personal choice negates the idea that somehow other people or circumstances determine behaviour, or become convenient scapegoats for all types of abuse and disrespectful behaviour. "She/he made me do it" just doesn't wash in a civilised society.

### Develop a wide vocabulary

Build a wide vocabulary of terms essential to respectful relationships. Terms such as safety, choice, respect, acceptance, tolerance, love, likeable and host of others should be familiar to kids as well as phrases that emphasise fair and respectful treatment of others in all types of environments.

### In closing

Respect is shown not only through the treatment of others but through the language kids use every day. By focusing on the language of respect you are laying the basis for kids to enjoy respectful relationships both now and in the future.



Written by Michael Grose

*Michael Grose, founder of Parenting Ideas, is one of Australia's leading parenting educators. He's an award-winning speaker and the author of 12 books for parents including Spoonfed Generation, and the bestselling Why First Borns Rule the World and Last Borns Want to Change It. Michael is a former teacher with 15 years experience and has 30 years experience in parenting education. He also holds a Master of Educational Studies from Monash University specialising in parenting education.*

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# SWPBS Gold Star Badge



## Presentations



**Congratulations to the following students who have already achieved 100 points or more so far this year through our School Wide Positive Behaviour Support Program.**

**Each of them received a Gold Star Badge to celebrate their success. Look at all those dazzling stars. Wear them with pride, people!**

- ★Ersie ★Linda ★Noor 34A ★Ali 56A ★Mia 56C ★Batul 56B
- ★Yuvraj ★Kassem ★Amelie ★Hussian 34A ★Xzavier
- ★Kathy ★Nesreen 34B ★Rukaya 34B ★Blessing ★Hugo
- ★Susana ★Laith ★Malek ★Junior 01B ★Asal
- ★Chevelle ★Caeden ★Safa ★Luise 34B ★Zeineb 34C
- ★Xuanyi ★Edward ★Esme ★Hunter ★Winston



- ★Jennifer ★Naeema ★Alisha ★Hasan 34B ★Kurtis ★Cybelle
- ★Blake ★Melissa ★Kerim ★Victor ★Kitty ★Kheder
- ★Hussian 34A ★Rhea ★Mohamad ★Annabelle ★Long 34C
- ★Riley ★Nikolai ★Isabelle ★Devin ★Iyad
- ★Khang ★Mohammad ★Noor 56C

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## Office News

Office hours 8:30am - 4:00pm

### 2021 Parent Payments are overdue

Please contact the office to arrange payment  
Statements will be sent home next week to  
families with outstanding balances

### 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 a change of clothes.

### Hats & Bags

As a 'SUNSMART  
SCHOOL' we need to  
ensure we wear hats  
from the middle of  
August until 30 April.  
Hats are available for  
purchase at the office for  
\$16.00.



### Student Asthma Medication

It is a directive from the Department of Education that  
students must supply their own medication and  
equipment if they suffer from Asthma. 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.

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



### Breakfast Club

Breakfast Club is open every morning to students  
from 8.30 am in the Multi Purpose Centre.

Students are able to receive a FREE breakfast of  
toast, cereal and fruit before they begin their busy  
day of learning.

Students can enter the school grounds to visit  
Breakfast Club through the gate beside OHSC.

Breakfast Club would like to acknowledge the  
continuing support from Foodbank Victoria, Bakers  
Delight Mernda Village, Christina Bakery and Semper  
Dental.

We still need volunteers to assist each morning  
so our children can start the day with good  
energy. Let us know if you have an hour to spare.  
Contact [Amanda Einsiedel](#) if you can help us.



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**TheirCare**  
Where Kids love to be!



Lalor East Primary School 17 August 2021

Natalie 0477 177 646

## Science Week

Bwahahaha! The children and I have turned into crazy scientists (only kidding). To celebrate Science Week, we will be having fun this week diving into the wonderful world of science, by exploring or exploding a few science experiments. We will make a volcano using lemons, turn things into slime, create terrifying twisters, supersonic race cars, and so much more.

Clement, our wonderful OSHC member, has made this incredible poster for us to celebrate and showcase how amazing Lalor East OSHC is. It outlines what our cool children think of our service. Thank you Clement!

If you are interested in booking your child/children into our fabulous service, please visit <https://theircare.com.au/>, or feel free to call us on our service number.

Copyright Clement, 2021  
All rights reserved ;)

"TRULY THE BEST HIGHLIGHT OF MY CHILDHOOD." - CLEMENT, WHO IS STILL IN CHILDHOOD. MADE BY CLEMENT

"OSHC is a Place for creativity." - Angel

"I like the kinetic sand!" - Abhaya

**OSHC!**

THE BEST SCHOOL PROGRAM IN LALOR!!

"I LIKE NATALIE, AND THE FOOD!" - ZOE

 **TheirCare**  
for your Kids, for you

"It's fun and you can make NEW friends!" - Cerise

"OSHC is a place you can eat." - Mia

**The children of OSHC makes aftercare fun.**  
- Natalie, Coordinator of OSHC

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Amazing Before + After School Care Programs

## Lalor East Primary School



### 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       | Within 48 hours | \$5.00   | \$5.00           |          |
| Cancellation Fee   |                 |          |                  |          |
| 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](http://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

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## 2021 Victorian Premiers' Reading Challenge

The Victorian Premiers' Reading Challenge is now open and Lalor East Primary School is excited to be participating. The PRC application offers a range of exciting features including:

- access to a library catalogue (including book images and blurbs)
- a modern user-friendly interface
- the option for students to mark books as a favourite, give them a star rating or complete a book review

The Challenge is open to all Victorian children from birth to Year 10 in recognition of the importance of reading for literacy development. It is not a competition; but a personal challenge for children to read a set number of books by 20 August 2021.

Children from Prep to Year 2 are encouraged to read or 'experience' 30 books with their parents and teachers. Children from Year 3 to Year 10 are challenged to read 15 books.

All children who meet the Challenge will receive a certificate of achievement signed by the Victorian Premier and former Premiers.

To read the Premier's letter to parents, view the booklist and for more information about the Victorian Premiers' Reading Challenge, visit: [www.education.vic.gov.au/prc](http://www.education.vic.gov.au/prc)



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If you have children born between 1 May 2017 and 30 April 2019 you can now apply for:

3 and 4 year old kindergarten for 2022

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Applications are also open for 4 year old kindergarten for 2023

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4 year old applications for 2021 are still open

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**Apply online**

[www.whittlesea.vic.gov.au/kinder](http://www.whittlesea.vic.gov.au/kinder)

**Application forms available at**

Kindergartens/Preschools  
Council Offices and  
Maternal & Child Health Centres.



**City of  
Whittlesea**

For more information contact the Kindergarten Team on 9217 2170 or email [keo@whittlesea.vic.gov.au](mailto:keo@whittlesea.vic.gov.au)

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