



Issue No. 21 – 25 October 2022

Upcoming Events

Term 4

Friday 7 October - Friday 25 November

Prep - Grade 2 Swimming Program

Monday 24 October - 28 October

Double Points Week

Wednesday 26 October

Prep-2 Bundoora Farm excursion

Thursday 27 October

Halloween Dress Up Day - \$2

Friday 28 October

World Teachers' Day

5-6 Interschool Sport

Maths Learning Task live to parents on
Compass

Monday 31 October

Report Writing Day - no school for students

Tuesday 1 November

Cup Day Public Holiday - no school for students

Thursday 3 November

House Sports Carnival

Office Hours

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

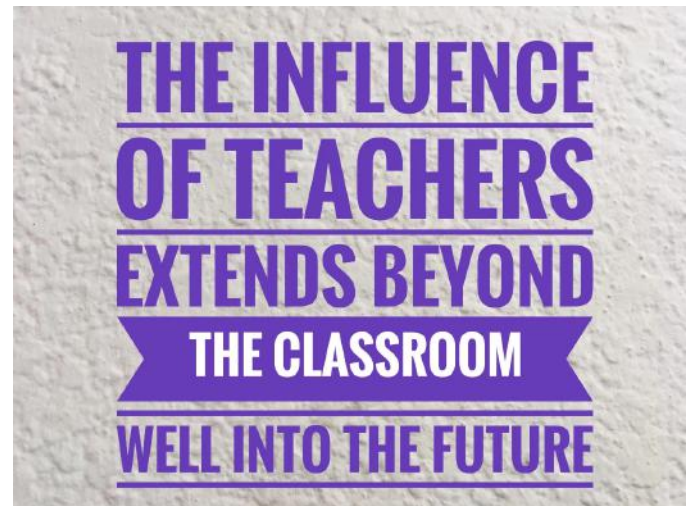
Early Pick up

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

2022 Term Dates

Term 4: 3 October - 20 December

World Teachers' Day - Friday 28 October



On Friday 28 October we get a chance to celebrate the phenomenal work that teachers do. Without teachers there would be no doctors, pilots, electricians, mechanics, chefs or future teachers!

These days a teacher's role extends beyond just teaching students to read, write and complete Mathematics problems. Teachers are responsible for challenging our thinking about different things and helping us to see different perspectives and how we can make a positive impact on society.

Friday is a chance to say thanks to your teacher for supporting you and challenging you to be the best version of yourself.

Big Week Ahead!

I feel like we say this every week, but this week is a busy one. The grade 6 students who are going to Lalor Secondary in 2023 will be attending the school on Tuesday as a pre orientation visit.

Our Prep-2s have an exciting day ahead of them on Wednesday as they head off to Bundoora Farm. Fingers crossed the rain stays away and they can enjoy the excursion they have been looking forward to for months.

We have our JSC Halloween dress up on Thursday. Please support the JSC fundraising endeavours by sending a \$2 coin with your child if they dress up on the day.

Finally, on Friday our P-2s have their swimming lessons and the grade 5-6s will hopefully get to compete in their second interschool sports match for the year. The summer interschool sports' competition has been severely impacted by COVID and rain.

A reminder to our families that Monday 31 October is a curriculum day and students do not attend on this day. Staff will be working offsite on this day and completing report writing tasks. Tuesday 1 November is Melbourne Cup Public holiday so students will return on Wednesday 2 November.

Our House Sports Carnival is set for Thursday 3 November and we invite families to come and cheer our competitors on as they compete in tabloid activities and running races. Please remember to sign in at the office before moving to the oval of the gym to watch the events.

Behaviour concerns

It has been disappointing the last three weeks to see a large number of our grade 6s show disregard for our school values. Of major concern is the lack of kindness, caring and respect the students are showing towards each other. In life, there will always be people we get along with better than others, but that does not mean it is okay to be mean and horrible to another person. Our words and actions have the ability to hurt another person and can have a severe and at times catastrophic impact on the mental health of another individual.

I have included an article from Rachel Tomlinson from the Parenting Ideas about the importance of showing kindness to everyone and what we

can do as parents to develop the emotional intelligence of our children.

Several of our grade 6s seem to feel that the school's uniform policy does not apply to them. Can I remind all family members that ALL students are expected to wear the correct uniform at all times and not a modified version.

- Those with long hair need to tie this back to reduce the spread of head lice.
- Jewellery needs to be kept to studs or small hoops not large dangling earrings and a watch. Bracelets and necklaces should be kept for outside school.
- Make up needs to be kept for outside school hours.
- Chewing gum is not permitted at the school.

Consequences will be given to students not following our uniform policy. For our grade 5/6s this includes not being permitted to compete in interschool sports events, attend the Funfields excursion or in the worst case, being excluded from Graduation.

I ask parents to please speak to their children about these matters and strongly encourage them to adhere to our expectations. Some parents have commented that they find it difficult to get their child to follow simple rules such as these. Being a parent is very challenging at times. There will be times when our children do not like us very much because we impose restrictions or impose consequences for undesirable behaviours that children are not in agreement with. As challenging as this can be, it is our role as parents to have high expectations and set boundaries for our children. By doing this we can support them to become the best version of themselves and a person who can have a positive impact on society.

Big Night Out Triumph

Wednesday 12 October saw our Choir perform as part of Lalor North Secondary College's Annual Big Night Out. The Big Night Out has been running for twelve years and is a wonderful showcase of the incredible musical talent that exists in our network. The primary schools performed one song and Lalor North College

showcased their incredible music program, vocal and bands.

Our Choir performed 'Unstoppable' and I think they did an incredible job with their performance. I was also thrilled at their exemplary behaviour. It might seem biased but they were the stand out group regarding behaviour and showed respect for all the other performers. We felt a sense of pride in seeing five of our former students who are now in secondary school perform in either the bands, vocally or in the cultural dance groups.

Thank you to families and staff (Hannah, Luis, Steph and Natalie I) who supported the students on the night. It was lovely to see us get back to enjoying these special moments post COVID.



Child Safe Standards

New Ministerial Order No. 1359 sets out the specific actions that schools need to take to meet the child safe standards. The new Standards set out minimum requirements and outline the actions organisations must take to keep children and young people safe. They provide more clarity for organisations and are more consistent with Standards in the rest of Australia.

The standards will promote cultures where protecting children from abuse is part of everyday thinking and practice in organisations.

Keeping our children safe is everyone's responsibility and one we should all take seriously.

I have included further details regarding the updated Child Safe Standards in this week's Jumbunna. The updated standards will be added to our website as well for future reference.

Special Visitors

On Wednesday 19 October, I had the pleasure of welcoming former Principal Ray Wilton and his wife, Jeanette to the school so they could see our beautiful redevelopment.

Ray was the Principal of Lalor East over 28 years ago but still has very happy memories of the 6 years he spent as Principal. Ray used to attend

the 5-6 Camp for several years after he retired in the days when camp ran for a week.

When Ray was Principal, the school enrolment was over 1000 pupils and there were portables all over the oval to accommodate all the students. Students used to play in the SEC area under the power lines! Very different times!

One of the grade 3/4 students asked him what the students were like when he was the Principal and he replied 'They were the best of course, because they were LEPS students!' This brought a big cheer from the students! It was wonderful for our students to be able to meet someone who played an important part in the development of our school including the 'oval' which is named after Ray.



Linda Richards



NO SCHOOL ON:

MONDAY 31 OCTOBER &

TUESDAY 1 NOVEMBER

STUDENT OF THE WEEK

Congratulations to the following students and classes who were awarded certificates.

17 October

0/1 A - Winson, Anelia	3/4B - Ivy
1/2A - Mase	4/5A - George, Ahmed
2A - Laith	6A - Victor
3/4A - Maci	6B - Gurinder, Hassan



24 October

0/1 A - Adam, Allie	5A - Marcus, Xuanyi
0/1 B - Michael	6A - Chevelle
1/2A - Arjun, Elia	6B - Tushaar, Koray
2A - Madj, Hussain	OSHC - William
3/4B - Hakan	



Office News (Office hours 8:30am - 4:00pm)

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.

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 will open at **8:30am** and student's will be able to enter the school grounds through the small gate next to OHSC but only if they are eating at Breakfast Club. If students are not visiting the Breakfast Club they are to enter the school grounds at 8:45am.

Students can receive a **free** breakfast of toast, cereal, milk and fruit before beginning their busy day of learning. Breakfast Club wishes to acknowledge the kind support from Bakers Delight-Mernda Village, Christina Bakery and Foodbank Victoria. **If any families are experiencing hardship, please contact Amanda or Robyn and a food package can be organise.**

2023 Grade 5/6 Camp to Lady Northcote

Our 2023 Grade 5-6 Camp is all booked and we now start the count down till we head off to Lady Northcote for some fun!

There are still limited spots available for next year's camp. Camp is a wonderful experience for students and provides them with opportunities to try different activities and learn resilience. If you would like your child to go to Camp, please send a \$50.00 deposit to secure a place.



Students who have already paid their deposit have been issued with their Medical forms. Can you please fill these out and return them to their classroom teacher as soon as possible. Final camp payments are due by the end of Term 4.

Pesio I'a - Camp Coordinator

Wellbeing Space!

Grade 5-6 Sexual Education unit

During term 4 students in grade 5-6 will be participating in a short Sexual Education unit. The resource we use as a school is aligned to the Victorian Curriculum, includes a set of evidence-based activities to **support** delivery of sexuality education for students in Years F-6. You can find the resource using the link below: <https://fuse.education.vic.gov.au/Resource/LandingPage?ObjectId=ee5cfd49-48e7-4698-a06d-37e2e21cbbd9&SearchScope=Teacher>

Focus on the good double points week

Our focus on the good double points weeks will be back in action this week. These points students earn don't carry over to next year so hopefully our students get spending soon!

Professional Learning - RRRR

On Thursday 20 October Linda and I attended the RRRR lead school professional learning day.

This was a wonderful opportunity for us to learn what other schools have been doing in the Resilience, Rights, Respectful Relationships space. You can find the resource that we use at LEPS using the link below:

<https://fuse.education.vic.gov.au/ResourcePackage/ByPin?pin=2JZX4R>

Student Leadership opportunities for 2023

On Tuesday 11 October, all of the grade 4, 5 and 6 students participated in a leadership briefing. This session focused on what leadership positions are available in 2023 and the process students need to follow if they wish to apply. Applications close on: **Tuesday 8 November**

Natalie Iverson - Wellbeing Learning Specialist



Interschool Sports Update

Finally interschool sports is back! On Friday 21 October we were all very excited to play our first game of summer sports. The weather was fantastic, seeing everyone's smiles when the game wasn't cancelled was a sight to behold! I'm really proud of all our teams for their efforts and appreciate your patience with our streak of bad luck with cancellations.

Scores:

SPORT	HOME TEAM	AWAY TEAM	RESULT
Cricket	64	44	Win
Rounders Boys	1	9	Loss
Rounders Girls	10	13	Loss
Bat tennis Boys	6	0	Win
Bat tennis Girls	3	2	Win

Dean Sharples - Physical Education Coordinator







Teaching kids to be kind by Rachel Tomlinson



Judgement and criticism are the stock in trade for many people in today's fast-paced world. In our playgrounds and parks, children often act cruelly – or are simply uninterested in how other people feel. Little kids, big kids, and even adults can respond reactively and unthinkingly, or sometimes intentionally, with unkindness.

Although being unkind is nothing new (it's happened from the beginning of humanity), technology is enabling cruelty in faster, easier, anonymous ways. Technology is also making it hard for our kids to develop skills to delay gratification. Exercising impulse control – self regulation – is trickier because waiting isn't needed. These things combine to make it increasingly hard to be a compassionate and kind person, someone who considers the needs of others rather than acting out of self-interest. It demands intention and commitment.

The helper's high

Our brains release "feelgood" chemicals (like oxytocin, serotonin, and endorphins) which fight stress and make us feel happy when we engage in, or even witness, acts of kindness. It's called the "helper's high" and it's our brains' way of rewarding us for doing good, making us want to repeat the behaviour to get the same good feeling again. Not only does being kind feel good, but it generally keeps us safe because it makes us more likely to be accepted by social groups. It builds social capital when we are considerate of the needs of others.

Create opportunities for kindness

Even though they are hardwired for kindness we still need to create opportunities for our kids to engage in acts of kindness. We also need them to know what it feels like to have someone treat them kindly (so they know what behaviours to copy, and why kindness is important). So how can you help them?

Model kindness

Show your children how you treat others kindly. Hold open doors for people, put trolleys back that are in the middle of the car park, drop a meal to a sick family member, donate old towels to an animal shelter, let someone in when traffic is heavy.

They don't have to be grand gestures, just small and gentle ways of considering the needs of others.

Use kind language

Consider how you speak to your child and what you say when you speak. Ask how you speak about others (and yourself). Our kids use our behaviour as templates for how they should act. So let them see your compassion shine through for those around you. Be kind as you listen. Be kind as you talk. Say kind things.

Encourage helping

Is one child great at maths and their younger sibling isn't? Invite them to teach them or guide them through their homework. Ask them to show you how to play their favourite video game. If they are great at cooking, ask them to help you prepare dinner. Having them involved in prosocial ways gives them a helper's high.

Build their emotional intelligence

Kids who struggle to regulate and manage their emotions will find it harder to treat others with compassion. An essential part of teaching kids to be kind centres on teaching them to manage challenging emotions, and giving them coping strategies to navigate their way through.

Teach them the words for feelings. Without the right words to share how they feel it can leave kids confused, fearful and frustrated...which only serves to make their big feelings more intense. When you see them experiencing a feeling, name it for them: "I can see that made you so mad", "I wonder if you felt sad when your friend left you out".

Help them identify when they are escalating, but don't try and reason with them when they are in the "red zone" - we cannot reason with them at this stage as they are in the emotional part of the brain (mid brain) not the part that lets them be logical (pre-frontal cortex). Discuss strategies and practice when they feel calm. Get them doing things like squeezing play dough, talking about how they feel, going for a run, switching on music that makes them feel good, drawing or writing stuff down.

When you do this, you're being kind, teaching kindness, and helping them be kind to themselves.

In closing

Encouraging kids to be kind is essential in helping them avoid seeking instant gratification, ego-centric solutions, or being cruel. When people are empathic and kind they are more likely to experience better overall wellbeing, this is in part due to the helper's high, but also because they feel fulfilled and tend to have better quality relationships. Kindness is cool!



The New Child Safe Standards

New Ministerial Order No. 1359 sets out the specific actions that schools need to take to meet the child safe standards. The new Standards set out minimum requirements and outline the actions organisations must take to keep children and young people safe. They provide more clarity for organisations and are more consistent with Standards in the rest of Australia.

The standards will promote cultures where protecting children from abuse is part of everyday thinking and practice in organisations.

The Child Safe Standards set out to create safe places for children to fully and actively participate in the life of the community benefiting everyone. Lalor East Primary School will ensure that the children in its care are protected to the best of its ability and in line with their duty of care and the compulsory child safe standards.

The school will continually review child safety policies, procedures and practices to comply with the new Standard and ensure that families, carers and the community are informed about the school's operations and governance.

Lalor East Primary School is committed to Child Safety – this a reminder to our existing community members and for the benefit of our new families to our school this year.

As a community we want children to be safe, happy and empowered. We support and respect all children, as well as our staff and volunteers. We are committed to the safety, participation and empowerment of all children. There is zero tolerance of child abuse, and all allegations and safety concerns will be treated very seriously and consistently with our robust policies and procedures. We meet our legal and moral obligations to contact authorities when we are worried about a child's safety, which we follow rigorously.

Lalor East Primary School is committed to preventing child abuse and identifying risks early, and removing and reducing these risks. We have robust human resources and recruitment practices for all staff and volunteers. Our school is committed to regularly training and educating our staff and volunteers on child abuse risks. As a community we support and respect all children, as well as our staff and volunteers. We are committed to the cultural safety of Aboriginal and Torres Strait Islander children, the safety of children from culturally and/or linguistically diverse backgrounds, and to providing a safe environment for vulnerable children and children with a disability. Lalor East Primary School has specific policies, procedures and training in places that support our leadership team, staff and volunteers to achieve these commitments.

At Lalor East Primary School:

- Everyone connected to our school can help children be safe.
- We have zero tolerance for any abuse of children.
- We already have policies and processes in place to protect the care, safety and welfare of children. These are being strengthened to ensure a zero-tolerance approach to child abuse. As policies are ratified at School Council, they will be made available to you through the newsletter and on our web page.
- Our Child Safe Policy is on our website with a suite of information for families, carers and the community
- There will be clear boundaries about how adults in our school community may interact with the children here set out in our school's Child Safe Code of Conduct. This too is on the website.

Keeping children safe is everyone's responsibility. Different people at our school have different roles and responsibilities for ensuring children's safety. **As the principal, I am the school's Child Safety Champion.** However, all staff are responsible for the safety of all children but there needs to be one key person who will undertake the roles listed below.

Key activities of the school's Child Safety Champion

Provide authoritative advice

- Act as a source of support, advice and expertise to staff on matters of child safety.
- Liaise with the principal and school leaders to maintain the visibility of child safety.
- Lead the development of the school's child safety culture, including being a child safety champion and providing coordination in communicating, implementing, monitoring, enhancing and reporting on strategies to embed a culture of child safety.

Raise awareness

- Ensure the school's policies are known and used appropriately.
- Ensure the school's child safety policy is reviewed in the context of school self-evaluation undertaken as part of the school accountability framework.
- Ensure the child protection policy is available publicly and parents are aware of the fact that referrals about suspected abuse or neglect may be made and the role of the school in this.
- Be alert to the specific needs of children in need, those with special educational needs and young carers.
- Encourage among all staff a culture of listening to children and taking account of their wishes and feelings in any measures to protect them.

Train

- Being authoritative in providing advice by:
- keeping their skills up to date with appropriate training carried out every two years
- having a working knowledge of how the Department of Families, Fairness and Housing (DFFH) and Community Service Organisations conduct a child protection case conference to be able to attend and contribute to these effectively when required to do so
- Be able to keep detailed, accurate, secure written records of concerns and referrals.
- Ensure each member of staff has access to and understands the school's child safety policy and procedures, especially new and part time staff.
- Make sure staff are aware of training opportunities and the latest DFFH and DET policies and guidance.

If you require any information or would like to know more, please contact the school.

Linda Richards

Principal

FREAKY THURSDAY

THURSDAY 27 OCTOBER

COME DRESSED IN
SOME SPOOKY
OUTFITS ON
THURSDAY 27 OF
OCTOBER
OR COME IN
CASUAL CLOTHES
AS WE CELEBRATE
HALLOWEEN WITH
A SPOOKY DRESS
UP DAY!

DONT FORGET
YOUR \$2.00
DONATION

PLEASE DON,T
COME DRESSED
WITH OR IN

Open toe/high
heel shoes

Singlet tops

Shortie shorts



Double Points week at LEPS

All Week Long

24 - 28 October

1 card = 10 points



Lalor East
Primary School



Lalor East Primary School 2022

Natalie 0477 177 646

Halloween

They're creepy and they're kooky

Mysterious and spooky

They're all together ooky

The TheirCare family...

If you haven't guessed it already, we are celebrating all things spooky at TheirCare this week. It's Halloween. Everyday we are making creepy and mysterious things and dressing up in cool kooky costumes. We will be turning wooden spoons/forks into vampires, balloons into funny looking pumpkins, designing our own trick and treat buckets, monster mayhem paper plate masks, pumpkin sun catchers and so much more.

We will also be enjoying the playground and having picnics (wearing hats and sunscreen of course), playing Chess and our other favourite board games, looking after and planting more in our herb garden, enjoying each other's company and having a good chuckle.

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 carpark. You can also email us at lalorest@theircare.com.au. We won't bite, bwahahaha!





TheirCare
where kids love to be!

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	\$27.30	\$10.71 - \$27.30	\$10.71
After School Care	3:30pm - 6:00pm	\$31.67	\$7.98 - \$31.167	\$7.98
Pupil Free Day	7:00am – 6:00pm	\$65.46	\$9.82 - \$65.46	\$9.82
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



City of
Whittlesea



Apply
now!

Make a difference in your community.

**School Crossing Supervisor positions now available.
Enjoy the benefits of permanent part-time work!**

There are so many great reasons to join the City of Whittlesea team as a Crossing Supervisor:

- Starting hourly rate of \$31.96 (work 40 weeks but be paid for 52 weeks a year)
- Work 15 hours per fortnight during school terms (Annualised salary paid 12.6hrs per fortnight)
- Paid public holidays that fall during school terms
- 10.5% superannuation (updated from 1/7/2022)
- Pro-rata sick leave
- Receive on-the-job training and uniform is provided
- Reduced price memberships available at Mill Park Leisure and Thomastown Recreation & Aquatic Centre
- Join the City of Whittlesea's active social club and attend organised events
- Health & Wellbeing Programs available



TO APPLY visit the City of Whittlesea website at www.whittlesea.vic.gov.au/schoolcrossings

For further information please contact the School Crossing Team on 9217 2508 or email school.crossing@whittlesea.vic.gov.au

Lalor Creative and Consultation Workshop

6 Week Consultation

12-18
year
olds

Baseline For Young People and Yarra Plenty Regional Library are joining forces for a 6 week creative consultation aimed to get feedback on the future of youth spaces at Lalor Library.

We are seeking young people aged between 12–18 years who are interested in library services, arts and creativity.

If you live or spend time around Lalor we'd especially love to hear from you!

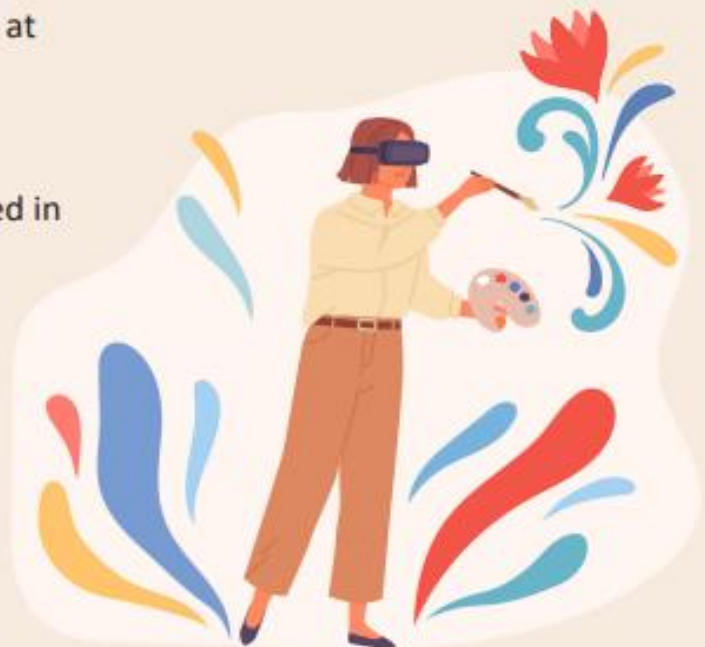
When: Starting Thursday 27 October
Ends Thursday 1 December

Time: 4pm – 5.30pm

Where: Yarra Plenty Regional Library
Lalor, 2A May Rd. Lalor

To register: www.trybooking.com/CCYUP

For more information contact Baseline for Young People at 94048800 or email baseline@whittlesea.vic.gov.au



YARRA PLENTY
REGIONAL LIBRARY



CREATIVE WORKSHOP

FOR YOUNG PEOPLE 12-18

A six week fun and creative workshop for young people 12 - 18 years, who live in or around Lalor

When: Every Thursday from 27 October - 1 December

Time: 4pm - 5:30pm

Where: Lalor Library, May Road, Lalor

To register: www.trybooking.com/CCYUP

What to Expect: Art, drawing, anime, snacks, fun and the opportunity to give feed back & ideas for a new youth space at Lalor Library

For more information, contact Baseline for Young People
94048800 or email baseline@whittlesea.vic.gov.au

