



NEWSLETTER No. 10

Friday, 18th June, 2021



DIARY DATES

TERM 2

JUNE

Tuesday 22nd Farewell morning tea for Fr Siju
Wednesday 23rd Reports go home
Friday 25th ALPHA Reward
Friday 25th Last day of term - 2pm finish

TERM 3

JULY

Monday 12th Pupil Free Day - Staff PD
Tuesday 13th Students commence Term 3
Thursday 22nd Gymnastics (subject to Covid restrictions)

Please note: Dates with TBC may change due to COVID regulations. Updates will be placed on the school app.

PRINCIPAL'S MESSAGE

It was very warming to come back to school and see all the friendly faces and feel the care and concern from everyone. We have a wonderful school community—our students, parents/carers and staff—and this is not just me being biased. I often receive comments from visitors to our school and from relieving teachers; they tell me that as soon as you walk in you feel a positive vibe and are made to feel welcome. The children are often commended on how polite and engaging they are. Our families are also very generous as is evidenced by the huge support for the Winter Appeal.

We all must be doing something right to be producing such kind and caring individuals!



It Takes a Village

TERM DATES 2021



TERM 2 - 19 April - 25 June
TERM 3 - 12 July - 17 September
TERM 4 - 4 October - 17 December

PUBLIC HOLIDAYS

Term 2 - Monday 14 June (Queen's Birthday)

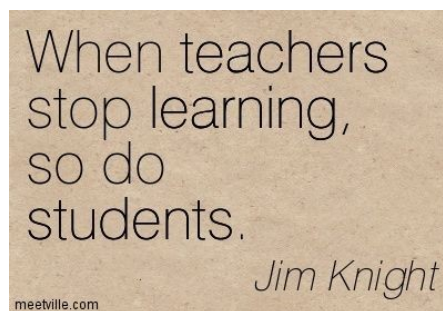
SCHOOL CAPTAINS' MESSAGE

As this is the last newsletter for term 2, we want to say we've had a good term with some unusual bumps along the way. We are excited to start a new term and we hope everyone has a safe and happy holidays.



SCHOOL CLOSURE DAY FIRST DAY OF TERM 3

On the first day of term 3, staff will be participating in professional learning from the Mathematics Association of Victoria. It is important that we have the opportunity to build our skills and knowledge so that we can best meet the needs of our students. As we say to the students, we are all lifelong learners!



St Michael's Primary School acknowledge and pay our respects to the Gunaikurnai people, traditional custodians of the land on which the school is built. As a school community, we commit to walk alongside our First Nations people for reconciliation, truth and justice.



WINTER APPEAL

Every year in June we collect items for the Winter Appeal. **We are once again collecting non-perishable food items until the end of term.** Each class has a basket for placing donations of food items (such as tinned soups, pasta etc.) We will have our donation drive until the end of term and ask that if you can, give generously so that we can support those in need this winter.



Already we have several classrooms needing more baskets/boxes because they have filled up the one already in their classroom.

CONFIRMATION

Unfortunately Confirmation has been put on hold due to the Covid restrictions and our candidates, Phoenix and Noah, have had to be flexible and patient as we wait for another date when the Bishop can come to confer this Sacrament.



SCHOOL BUS REVIEW

As mentioned in the email sent to all families, we are seeking feedback for the current government review into bus transport services in rural areas. If you would like to contribute to a response from the school, please email me your feedback by Thursday at the latest. Your child doesn't have to access the buses for you to share your thoughts

and opinions. Thank you to those parents who have done so already.



FAREWELL

It is with sadness that we farewell Father Siju—he is leaving us to undertake further study. We will share a cuppa with him and a special cake on Tuesday, straight after Mass, as he heads off to his new position in Leongatha over the school holidays. We wish him well in his new position.

REPORTS

Teachers have been busy working on school reports which will be sent home on Wednesday. Throughout the semester they are continually collecting evidence of students' progress and adjusting the learning program to meet the individual needs of each student. There shouldn't be any surprises in the reports as teachers will have already kept you updated about your child and their progress. However, if you would like to discuss the report further or have a concern, please contact your child's classroom teacher to arrange an appointment.

Next term we hope to have student led conferences so

that students can share their learning and their insights into themselves as learners. As is becoming common practice, it will be dependent on Covid restrictions at the time.



ALPHA REWARD

We will be having our ALPHA Reward next Friday. As most parents will be aware, this is based on how consistently students have fulfilled the ALPHA requirements of being responsible and independent learners as demonstrated by their actions and attitudes throughout the term.

ALPHA Points are awarded for:

Attention: Being a switched on and focused learner

Learning/reading log: Completing class requirements

Presentation: this includes wearing correct uniform & taking pride in bookwork

Homework: Doing homework regularly and getting it in on time.

Attitude: Having a 'can do' attitude and being respectful of everyone

Your child's classroom teacher has kept a record of points achieved and this tally indicates the level of reward that children have achieved.

This term our reward day theme is 'Snow Day'. Depending on the level of achievement, students will be able to wear casual clothes and their 'winter woollies', watch 'Ice Age' and have an icy treat and play in the fake snow from the snow machine.



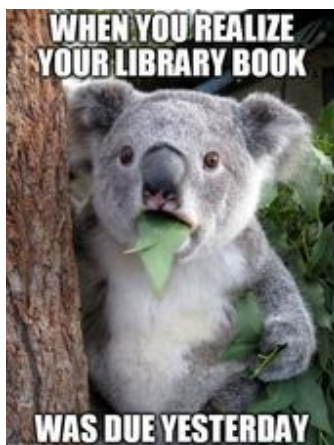
SCHOOL NURSE PROGRAM

Every year the Department of Education send out a school nurse to do assessments on the Foundation students. Questionnaire envelopes were sent home with our students a couple of weeks ago and were due back last Wednesday. Thank you to the parents that have returned their envelopes. **Please return the envelope even if you do not consent to the school nurse assessing your child.** The school nurse will visit the school later in the year.



LIBRARY BOOKS

This is a reminder that students need to return their library books or re-borrow by next Friday so that library records can be updated. Updated borrowing notes should have been sent home with your child today.



Our thoughts and prayers are with the Woolan family at the moment as they grieve the loss of their grandmother/great grandmother.

SCHOOL ENTRY—UPDATED REQUIREMENTS

We are advised to limit entry to the school for non-essential visitors and ask that parents/carers follow this where reasonable.

Covid health protocols must be observed:

- All visitors and parents/carers must check in using the QR code even if they are visiting for less than 15 minutes. This is not required for parents who do not enter the school building.
- Wear a face mask unless an exemption applies.
- Observe physical distancing
- Observe hand hygiene

The school must abide by the 4 square metre density quotient which means larger gatherings don't meet requirements unless they are held outside.

UNIFORM

Beleza is our new uniform supplier. JSM no longer have any of our uniform—this was purchased by the school and transferred to Beleza. They expect to process this quickly and have our school listed online within the next week or so.

Non branded items can be purchased online or through the Traralgon store—this includes winter skirts and pinafores and grey or navy pants and shorts. Striped grey socks are no longer required—plain grey socks will be uniform. If you are unsure what is currently available, please contact the store as they are only too willing to help. Alternatively, you may like to check our secondhand uniform.

Reminder: The only jewellery items allowed are stud or sleeper earrings and watches. This means no necklaces or bracelets. This is for safety reasons as we don't want anyone to hurt themselves from being caught up, particularly on the playground.

BELEZA TRARALGON STORE

16A Seymour Street
3844 TRARALGON, VIC
Phone: (03) 5176 5077

NB: The girl's winter tunic is the same as Somerville Rise PS if you are looking to purchase this prior to our school being listed.

2022 PREP ENROLMENTS

We are currently taking enrolments for next year. Enrolment packs are available at the office. Should you know of anyone who is still undecided as to where to send their child next year please ask them to call our office and book a school tour.



Happy Birthday to the following people who have celebrated their birthday over the past two weeks.

Kaylee	2nd June
Mrs Bayliss	5th June
Eva	11th June
Henry	12th June

ROOM 2 LEARNING INVESTIGATIONS

The Prep/One Learning Investigations are proving to be very popular, especially the most recent one which is all about the farm.

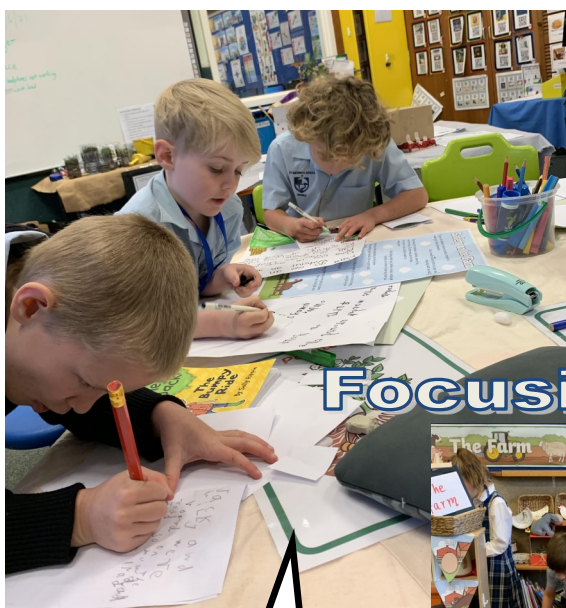
You can see by the concentration and the animated faces that the students are not only learning but having a great time as well!

Layla liked doing lots of different activities.



Milking the cow

We got squirted when we milked the cow!



Focusing on farm safety

Animal husbandry

Arthur made a book and a poster. Jayden made a poster too and he liked doing this a lot.



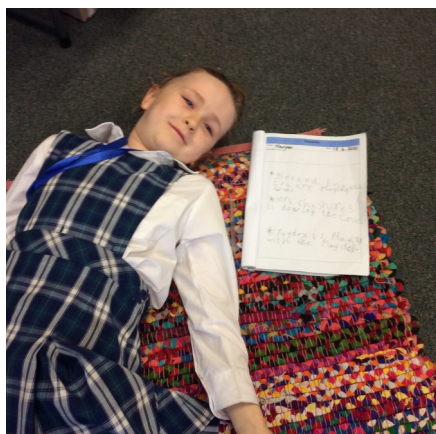
Solveig learnt a lot about being safe on the farm.

ROOM 2 LEARNING INVESTIGATIONS (CONT)



I was the focus child today, I milked a cow and cooked up the eggs that I gathered from the chickens - Matilda

I like milking the cows. Today I was the reporter - Harper



I like finding out about everything. Today I enjoyed rounding up the sheep. I usually like to write stories at the literacy station. -Kaylee



I like rounding up the sheep and milking the cows. - Alex

REGIONAL CROSS COUNTRY

Once again, this has been postponed until early in term 3. This will give Lottie, Max C and Archer more time to get 'match fit' so that they can give it their best shot!

JUNIOR BASKETBALL RING

Younger students have been asking for a lower basketball ring and backboard that they can use to practise their shooting skills. P & F have paid for this and it will be installed on the side of the blue court over the weekend. Thank you P & F!

FAMILY EVENING

We were very disappointed to have to cancel the planned Italian Family Night. All the details were worked out— lasagne and salad for tea, cupcakes made and decorated by the children and gelato for dessert. We also planned a fun family activity—gondola races in family groups. You'll just have to wait until we have it to find out how this will work! Hopefully this will be early in term 3.



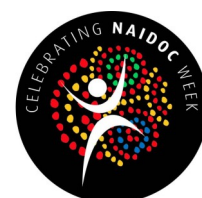
CHOIR WINNING PERFORMANCE

We will look at uploading the winning choir performance from the Sale Eisteddfod onto school website so keep checking! Choir have asked to sing at our final assembly next week so we are looking forward to their performance. It is a new song but they say they'll be ready!



NAIDOC WEEK 4TH—11TH JULY

The theme for this year's NAIDOC Week is 'Heal Country'. It is all about seeking greater protections for the land, the waters, the sacred sites and First Nation people's cultural heritage. This is very topical given the recent mining controversy and the negative effect of climate change. It sits very comfortably with our principles of Catholic social teaching where we are asked to show stewardship for God's creation.



HEAL COUNTRY!
4-11 JULY 2021

Establishing digital boundaries for a good night's sleep

Article from 'Parenting Ideas'

It's well established that sleep is vital for children and adolescents' learning, physical health, mental wellbeing and emotional regulation. Yet, a concerning number of Australian children and adolescents aren't meeting the national sleep guidelines according to a recent study*.

There are many reasons for young people's poor sleep habits including school demands, co-curricular and/or work commitments, perceived pressure from parents and educators and consumption of energy drinks. Young people's digital device habits can have a significant, negative impact on their sleep.

Handheld devices emit blue light which hampers melatonin production. This can result in the delayed onset of sleep and potentially shorten critical phases of the sleep cycle. Research confirms that children who have not yet gone through puberty are particularly vulnerable to blue light exposure in the evening as they have larger pupils, compared to post-puberty adolescents.

Strategies to stop screens from sabotaging your child's sleep

Parents can have a positive influence on their child and teens' digital habits and doing so will yield positive results for their child's sleep and subsequent learning and wellbeing.

Establish a digital bedtime

Kids should switch off digital devices 60 minutes prior to falling asleep. Reinforce this habit by establishing a 'landing zone' such as a kitchen bench, or desk in a study or sideboard where digital devices go for charging and storage. Many students report that they 'need' to complete homework or submit assignments late at night. Verify the validity of such statements and work in partnership with your child's school to limit this type of required screen activity at night. Parents need to also be good role models by switching off before bed too.

Tech-free zones

Bedrooms should be tech-free zones so consider buying an alarm clock if your child uses a mobile phone to wake themselves up. Keeping devices out of bedrooms removes the tech-temptation to use them throughout the night,

reduces the likelihood that they'll reach for them upon waking and lessens the chance of cyberbullying incidents. Ensure any devices left in bedrooms are on airplane mode and that the device is away from their line of sight.

Ensure a daily dose of 'greentime'

Exposure to natural blue light from sources such as the sun is critical for regulating circadian rhythms and promoting sleepiness at night. Ensure your child/teen is exposed to bright, natural, daytime light preferably before midday each day.

Use blue light filters

Most devices include options for 'night mode' or 'dark mode' that reduce blue light exposure. Dimming the brightness of the screen in the settings or applying a filter on a desktop or laptop also assists.

Do a screen swap before bed

Encourage passive tech activities before bed such as watching TV, listening to an audiobook, music or podcast, or reading on an e-reader.

It can be a challenge navigating digital boundaries with your child or teen particularly when it involves sleep, which is vital for health, wellbeing and learning. Talk to them regularly about the importance of sleep using science and facts to substantiate your claims.

*The Australian Department of Health recommends between 9-11 hours of sleep for children (aged 5-13 years) and between 8-10 hours of sleep for adolescents (aged 14-17 years). A 2019 study published by the Australian Institute of Family Studies found that a quarter of 12-15 year olds were experiencing a concerning lack of sleep and more than half of the 16-17 year olds in the study were not getting the recommended 8-10 hours/night ([Source: https://aifs.gov.au/sites/default/files/publication-documents/lsc-asr-2018-chap4-sleep.pdf](https://aifs.gov.au/sites/default/files/publication-documents/lsc-asr-2018-chap4-sleep.pdf))

Dr Kristy Goodwin

Dr Kristy Goodwin is a digital wellbeing and performance speaker, author and researcher (and mum who also deals with her kids' techno-tantrums!). She's the author of *Raising Your Child in a Digital World*, and a media commentator who doesn't suggest that we ban the iPhone, or unplug the gaming console (digital abstinence isn't the solution). Kristy translates research into essential information and realistic strategies for parents to ensure kids and teens thrive in the digital world. For further details visit www.drkristygoodwin.com.