



NEWSLETTER No. 16

Monday, 11th October, 2021



DIARY DATES

TERM 4

OCTOBER

| | |
|----------------|-------------------------------|
| Tuesday 12th | Grade 4/5 onsite for two days |
| Wednesday 13th | School Advisory Committee |
| Thursday 14th | Grade 5/6 onsite for two days |
| Friday 15th | Library |

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

PRINCIPAL'S MESSAGE

Welcome to term 4 everyone. We are hopeful that it won't be too long before we can say 'welcome back to school' and greet all students and their families in person. I think everyone is feeling a bit fatigued at the moment and the strain of the last 18 months is taking its toll. However, all we can do is concentrate on doing the best we can to keep each other safe and healthy. I am always thankful that we are living in a country that does not have the added pressure of war and conflict or famine. In those circumstances, getting by each day would be the priority.

Our whole school focus for this term is 'resilience and happiness'. I am looking forward to celebrating many happy events this term, whether they are small wins or big things that we can share together. I couldn't have been happier than when a student shared with me his progress in maths today. He was able to show me how he was achieving his maths goals and the improvements he had made. He also knew where he was heading and what he wanted to achieve before the end of the year. This was a truly happy moment in the life of a teacher! As they say in Monty Python 'Always look on the bright side of life' and for anyone who knows the movie, I'm sure you are whistling as you picture this scene in your head.

TERM DATES 2021

TERM 4 - 4 October - 17 December

PUBLIC HOLIDAY:

Term 4 - Tuesday 5 November
(Melbourne Cup)

School Camp: 5/6 1-3 December



CAMPS—WILL THEY OR WON'T THEY?

We are still hopeful that we will be able to reschedule the Year 3/4 Camp so that our Year 4 students don't miss out again. I have been in touch with Coonawarra Camp and they will try to slot us in at a later date. The Year 5/6 students may be more fortunate in that their camp isn't until the end of the term. If the camps don't go ahead, then the money will be refunded to parents.

TWILIGHT SCHOOLS SOCCER

Unfortunately we were unable to go ahead with our school soccer team—not because of Covid this time, but because we just didn't have the numbers. We really needed to have more than the 7 players as it would have been too exhausting with no interchange. Thank you to those students who put their hand up for this event. It is a lot of fun and we are sorry you missed out this time. We certainly have a lot of talent which I have observed at recess and lunch times—maybe next year.



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.



UNDER PRESSURE

This is a very difficult time that we are living through at the moment. We would like our families to know that there is fee assistance available for families experiencing financial pressure as a result of the Covid 19 pandemic. Please contact Jenny Miller if this applies to you.

BACK ON SITE

We are looking forward to having our Year 4/5 students back at school tomorrow for a couple of days and our Year 5/6 students on Thursday and Friday.



Happy Birthday to the following people -

| | |
|-------------|----------------|
| Luther | 27th September |
| Archie | 29th September |
| Ben | 9th October |
| Mrs Herbert | 10th October |
| Chloe | 14th October |



8th October

Benji - For trying hard to improve the neatness of his handwriting.

Matilda - For showing great improvement in her independent writing!

Molly - For her wonderful 'can do' attitude in the classroom.

Cooper W - For working consistently in all areas. Good work!

Lahni - For a great piece of snap-shot writing 'The Prank'.

Mia - For extending herself as a learner. Keep striving to do and be your best!

YOUNG ARCHIE

If you haven't already been on the website to view our students' wonderful art work, please visit the Gippsland Art Gallery site on the following link
<https://www.archibaldprizegippsland.com.au/about/young-archie>

Make sure you vote for our wonderful students' work in the 'viewers' choice award'. We are very proud of their creative talent.



SCHOLASTIC Book Club LOOP for Parents

LOOP is the Scholastic Book Club
 Linked Online Ordering & Payment platform for parents.

To order and pay for Scholastic Book Club by credit card visit:

www.scholastic.com.au/LOOP



*Book Club Issue 7 catalogues have been sent home in the student packs or with students.
 Please place your order before 22nd October.*

CSEF 2021

(Camp, Sports, Excursion Fund)

Eligible concession cardholders.

If you are the holder of a current Health Care Card or Pensioner Concession Card (Card expiry on 01/01/2021 or later), you may be eligible to apply for CSEF in 2021.

Please contact the Office to obtain an application form as soon as possible on 5148 2514

SUMMER UNIFORM & SPORTS DAYS

As we are commencing term 4, students will be wearing **their summer uniform** and they will also be expected to be 'Sunsmart' and wear their **school hat**. **Sports days will be on Mondays and Wednesdays**, now that we are not doing gymnastics. These are the only days that students are to wear their sports uniform.

We ask that parents monitor this and support us in creating pride in our school through wearing the uniform. If at any time your child is unable to wear the correct uniform, please send your child's classroom teacher a message on Dojo or a handwritten note.

I will emphasise that all socks (sports or school) need to sit above the ankle, not on the shoe line.

The new school jacket that is available from Beleza is a soft shell jacket and is more of a winter weight jacket that can be worn with both uniforms. The sports jacket will eventually be phased out - it is meant to be worn only with the sports uniform but we do have the polar fleece jumper that can be worn on sports days. If you have any questions about this please ask. We thought that having the soft shell jacket would be more versatile in the long run.

If you need help with uniform, please contact Jenny Miller

MASKS

From tomorrow, students in years 3-6 are required to wear a mask in the classroom unless they have an exemption. My grandson in year 2 was very excited to get his own mask and was showing this off to me. I'm sure the enthusiasm will wear off after awhile but it was great to listen to his positivity and not be daunted by the prospect. It's important that we keep the messaging as positive as we can. Obviously, there may be reasons that your child or children cannot wear a mask and we will be understanding of this. If that is the case, please make sure you communicate this to your child's classroom teacher.

THE NED SHOW

We all participated in the live streaming of NED'S MISSION and in the next newsletter I will be including an article from our reporter on the ground, Poppy, so I won't give too much away now!

ST MICHAEL'S SUMMER UNIFORM



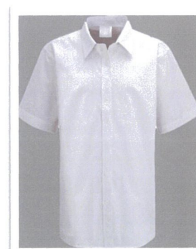
ALL STUDENTS
Woollen Jumper
Hat with logo



BOYS' UNIFORM
Short Sleeve blue shirt with logo
Grey Shorts
Grey socks with navy stripe
Black school shoes



GIRLS' UNIFORM
Option 1
Tartan dress
White socks
Black school shoes
Option 2
Short Sleeve white shirt
Navy culottes/skort
White socks
Black school shoes



THE SCHOOL THAT TRIED TO END RACISM

If you are wanting something uplifting to watch with your older students, then I would highly recommend the ABC 3 part series called 'The School That Tried to End Racism'. It was a fascinating insight into how deeply children can think about the big issues and the outcome gives me hope for the future.





Science-backed or old-school?

Wellbeing practices that work

by Michael Grose

Modern science now supports a range of wellbeing measures that our parents intuitively knew were good for kids.

It's good to know that many of the wellbeing strategies encouraged by parents and teachers of past generations have been shown through modern neuroscience research to be correct. Here are few well-known strategies that have been proven to be on the mark.

"Go outside and play"

This common parental phrase, at times, uttered from sheer frustration is the best wellbeing strategy of all. It's short for "go to the backyard, park or a natural environment and get some fresh air into your lungs by running around and playing. And make sure you have some fun, preferably with your brothers and sisters or some friends."

Science now supports the fact that spending time outside in natural environments relieves stress, promotes relaxation and reduces anxiety levels. The human brain was designed to cope with outdoor living, so it feels most comfortable in that environment.

The therapeutic qualities of play releases feel-good endorphins, rids the body of stress-producing cortisol and enhances mood and wellbeing. Our mothers didn't need the scientific evidence available today to tell them that playing outside was good for kids. It was even better if they played with others.

"Eat your greens"

Parents of past generations who nagged children to eat all their vegetables probably didn't realise that there's a strong connection between good gut health and mental health. They knew deep down that 'real' food such as fruit, vegetables and eggs rather than processed food, was good for kids. With 90% of the serotonin needed for optimum mental health being produced in the gut, a healthy diet is essential to reduce anxiety and boost wellbeing.

"Don't sleep all day"

The advances in sleep science in recent years have been astonishing, with accepted methods frequently being replaced by new evidence-based methods. It was once thought that the body's sleep clock had a continuous rhythm, adjusting itself gradually to the change of seasons. Recent evidence shows that the sleep clock resets itself every day when the body is exposed to sunlight. My mum knew what she was doing when she'd throw back the curtains to let the sunshine when I (as a teenager), wanted to laze the day away in bed. Regularity as well as routine are the new buzzwords in sleep hygiene, but my mother, like many women of her generation knew that sleeping the day away was no way to live a healthy life.

"Take a big breath when you're nervous"

Past generations knew what it's like to be nervous before giving a speech, meeting a loved one's parents for the first time or taking a driving test. 'Take a few big breaths and everything will be fine' was the type of advice dispensed in the past. Neuroscience findings inform us that belly breathing activates the para-sympathetic nervous system which instantly calms us down. Next time a child feels anxious invite them to take some big belly breaths to regain some calm and rid themselves of anxious feelings.

"Everything in moderation"

As parents and teachers grapple with the lure of new digital technologies on children and young people, it's smart to go with this old saying. Just as our parents knew that eating too many apples would cause a stomach-ache, too much time spent in front of a digital device has adverse effects as well. Apart from the opportunity cost of hours spent in front of a digital device that could have been used in other ways, too much of anything is never a smart idea whether it's food, work or time spent playing video games.

Modern neuroscience is an ever-changing field continuously updating information about the way our brains and bodies work together. It's good to know that many of the methods our parents and teachers used to make sure we stayed healthy and well stand the test of time and the rigours of science as well.