

NUMBER 20 – 19 August 2021

DIARY DATES

In line with the latest Covid-19 restrictions, all excursions, incursions, camps and events will either be cancelled or postponed. We will update you as information comes to hand.



PRINCIPAL'S REPORT

LEARNING FROM HOME INFORMATION FOR PARENTS

I would like to once again thank our Parents and Carers for your continued support through these extended lockdowns. We are well aware that remote learning is certainly not what everyone would prefer, however, by working together, we will still manage to provide lots of interesting learning for our students.

Please see the links below for advice, tips and resources for parents and carers to support your child's continuity of learning from home.

<https://www.education.vic.gov.au/parents/learning/Pages/home-learning.aspx>

<https://www.coronavirus.vic.gov.au/support-your-childs-learning>

STEAM FAIR 2021 NOTICE

Unfortunately, we will need to cancel our STEAM Fair for 2021. Students will be able to share their work on the Padlets attached below.

When we return to school, students are also encouraged to bring their work in to show to their home class.

Students will still receive a certificate for their hard work, so please make sure they include their full name and class on their Padlet entry. Padlet has the capacity to include video and file links as well as photos, so feel free to upload what you need to show your work.

Chemical Chaos Padlet

<https://padlet.com/milgateluke/o111p11az1oue0af>

Chemical Chaos 2021!

Please bring your experiment to school to show your classmates when we return onsite. Padlet allows you to add videos as well as photos. I am keen to see your creations!

Lego Masters Padlet

<https://padlet.com/milgateluke/vdctmpi1rl9s3mqn>

Lego Masters 2021!

Bring your creation to school to show your classmates when we return onsite. I'm looking forward to seeing your work!

ASSISTANT PRINCIPAL'S REPORT

STUDENT OF THE WEEK AWARDS

Congratulations to the following students who won our 'Student of the Week' awards for Week 6 of this term. Students will receive their certificates when school returns.

Keep up the super work everyone!



Foundation A – Evie A for her wonderful effort in her learning.

Foundation B – Jobe H for continuing to work so hard during remote learning. Well done, Jobe.

Foundation C – Rory J for being a super Mathematician and completing all the set tasks on Mathletics. Sensational work, Rory!

Foundation D – Harrison M for working hard during Maths and sharing your enthusiasm with the class. You are doing a super job. Well done!

1A – Jaxon C for working super hard during remote learning. Well done, Jaxon!

1C – Chloe D for terrific writing of late. Keep up your wonderful effort at home, Chloe. I am super proud of you!

1D – Mitchell T for your enthusiasm during our Google meets. You always have a big smile on your face and are ready and willing to share. It is a pleasure to see you each day. We will all miss your infectious smile and your gymnastics prowess. Good luck at your new school Mitchy!

2A – Angelina B for working so well during remote learning. It's been lovely seeing you smiley face in all of our Meets.

2B – Piper L for fantastic work on her dragon writing.

2C – Hamarni J for her extremely interesting and descriptive writing about a dragon. Excellent work, Hamarni!

2D – Zac V for his great work in remote learning. Keep it up Zac!

3A – Ava J for demonstrating terrific listening skills during our Google Meets. Thank you for sharing your thoughts, Ava!

3B – Summer F for trying her best during Remote Learning. Well done, Summer!

3C – Lily L for being super organised and participating with an amazing effort in all her learning. You are a superstar Lily!

4A – Tatum A for being such an attentive and enthusiastic participant during remote and flexible learning. Thank you for also being so willing to help others.

ASSISTANT PRINCIPAL'S REPORT

STUDENT OF THE WEEK AWARDS cont.

4B – Zali B for always completing her weekly 1000 Mathletics points and always doing her best work in remote learning. Keep up the great work Zali.

4C – Jake K for his superstar effort during remote learning. Jake positively contributes during online meetings and has worked really hard to complete his remote learning work tasks. Well done, Jake. Keep up the amazing work!

5A – Sienna N for being an outstanding student who strives to achieve excellence, even in lockdown. You are a star Sienna.

6B – Cooper T for his interesting and thoughtful weave silk Art work.

6C – Rasleen G for being an outstanding student and role model who has demonstrated all of the school values during remote learning. Keep up the great work Rasleen!

MESSAGE FOR STUDENTS ATTENDING ON-SITE SUPERVISION

Dear Parents and Carers,

For parents of students attending On-Site Supervision, please take note of the following: -

- Students must arrive at school with a **fully** charged device, ready to commence class meets and classroom activities.
- Students must **bring headphones** to school to enable them to engage in online classes without disturbing other students.
- In line with our SunSmart policy, students must wear a school hat when engaging in outdoor activities.

We appreciate your support in ensuring your child(ren) adhere to the above.

HAPPY BIRTHDAY

Happy Birthday to the following students who are celebrating their birthday over the next week. We hope you have a lovely day.



NAME	BIRTHDAY
Harry H	19 August
Beau M	19 August
Danica C	20 August
Hayden T	20 August
Jayna A	22 August
Eli B	23 August
Harper C	23 August
Marcus V	24 August
Lucas O	25 August
Kobie J	25 August
Sienna S	25 August

FOUNDATION/PREP BAG

At the beginning of the school year, the Department of Education and Training provided every Foundation student attending a Victorian government school with a red Prep bag.

The Prep bags contained 14 items, including children's storybooks, flyers, stickers, and stationery items, all designed to help Prep students and their parents and carers thrive from the start of Term 1.

The Department is now inviting families of current Foundation students to participate in a short survey, closing Sunday 29 August.

Feedback will help inform what Foundation students and their parents and carers like about the Prep bags and what can be improved in 2022. To have your say, complete the survey through SurveyMonkey <https://www.surveymonkey.com/r/2021prepbags>.

The survey takes about five to ten minutes to complete. For more information on this year's Prep bags, refer to the Prep Bags 2021 web page on the Department's website [Prep Bags 2021: Free books delivered to thousands of students \(education.vic.gov.au\)](https://www.education.vic.gov.au/prepbags).





Looking After Your Child's Wellbeing

Wellbeing comes from physical, mental and emotional health. For children and young people, there are many things that build positive wellbeing.

Wellbeing can come from:

- understanding and managing emotions
- having good relationships
- experiencing a sense of accomplishment
- using their strengths
- taking part in healthy activities, getting lots of sleep and eating well.

Build your child's wellbeing

There's many things you can do at home to help build and sustain your child's wellbeing.

Praise, encouragement and positive attention

Praise helps your child feel good about themselves, which boosts self-esteem and confidence. It can also encourage good behavior.

You can:

- give your child praise when they behave in ways that you want to encourage
- give your child attention. For example, play a game with them, do an activity together, send them a friendly text message, ask about their interests
- praise your teenager for their strengths
- let your child know you are proud of them.

Positive self-talk

Self-talk is the way we talk to ourselves with our inner voice. Positive self-talk is when we say positive things to ourselves. Self-talk has big impact on how we feel and what we do.

Encouraging your child to talk to themselves in a kind and positive way can help improve their wellbeing and help them manage stress.

When you hear them speaking about themselves that is not kind, you can:

- bring it to their attention
- ask them if what they are saying is true
- get them to think of a more helpful thought
- encourage your child to 'speak' to themselves the way they would speak to a best friend
- regularly remind your child of their strengths and accomplishments.

Maintain good relationships

A positive relationship with your child is critical to supporting wellbeing.

- Share family memories and stories together.
- Try to eat a meal together each night.
- Establish and maintain family rituals and routines.
- Social connections are vital for your child's wellbeing. For example, helping your child stay connected to friends is important.



Take notice or being mindful

Mindfulness is paying attention to how you feel and what you see, hear, taste and smell. It is the opposite of rushing and multitasking. Mindfulness is being in the present rather than thinking about the future or the past.

It can make us more aware of our thoughts and feelings and can help reduce stress and anxiety. Mindfulness can help us slow down and promotes rest and healing.

Smiling Mind has created digital Care Packs to support the mental health of kids aged five to 12. The resources can be downloaded from the Smiling Mind website and provide parents and carers with practical support to help manage anxiety and promote positive mental health. Each pack includes brief learning tools as well as activities for children to use within the home or school environment. To download the pack, see: [Smiling Mind Digital Care Packs](#)
For more information about mindfulness with children and young people, visit: [Smiling Mind](#).

Practice kindness and gratitude

Gratitude is about taking some time to recognise and celebrate the people and things we love and are thankful for. Being grateful can have a big impact on wellbeing as it strengthens relationships and makes us more optimistic.

You can help your child practice gratitude by talking to them about:

- things that make them happy
- things that inspire them
- people and things that nurture them
- experiences and thoughts they would like more of
- helping them notice small pleasures like a cool breeze or a warm smile.

Being kind to others also supports wellbeing. It promotes feelings of gratitude as well as compassion and empathy. Kindness helps to build a sense of community and reduces stress. With your child, make a list of all the ways they can be kind to family, friends and your community. Together, chose a few things to practice being kind.

Promote help seeking

It can be hard to ask for help but it is important that your child knows that it is okay. Encourage help seeking in your child by:

- asking how things are going
- letting them know it's okay if they are feeling sad or frustrated
- listening without judgement when they seek out your support
- providing teenagers with a range of information about where to get help if they need it.

Set rules and boundaries

Clear rules and boundaries help children and young people feel safe.

Involve your child in making the rules and they will be more likely to stick to them. Negotiating rules is a way of showing you respect their growing maturity.

Wellbeing activities and conversation starters

There are things you can do with your child to build and maintain their wellbeing. Most of them are short, fun and require very few materials.

These activities and conversation starters cover six key elements that are important to wellbeing. There are also activities that focus on positive thinking and gratitude as well as breathing exercises that promote calm.

Victorian Premiers' Reading Challenge

Patterson Lakes Primary School participates in the annual Victorian Premiers' Reading Challenge (PRC) to promote the importance of reading among students in Victorian schools and to encourage families and parents to be more involved with supporting children's reading, in and beyond school.

It's a fun way to challenge students to read more, discover and share new authors and promote a love of books. Children from Foundation to Year 2 are encouraged to read or 'experience' 30 books and children from Years 3 to Year 10 are challenged to read 15 books.

The Challenge finishes at the end of this Term (17th September 2021). Students use their EduPass details to log in.

If you would like your child to participate in the P.R.C please email Deb Kerr at debra.kerr@education.vic.gov.au with your child's details (Name & Class). Please be aware that the P.R.C. closes on 17th of September.

More information and resources can be found here: <https://www.education.vic.gov.au/about/events/prc/Pages/default.aspx>

