



SUPPORT EACH OTHER



TRY YOUR BEST



ACT SAFELY



RESPECT

Newsletter No.27

September 9th, 2021

2021 Dates to Remember

- **Friday 17th September**
Final day of term 3 Finish 2.30pm
- **Monday 4th October**
First day of term 4

Tam's words of wisdom

We're living in stressful times, and your kids may not be their usual selves.

Here's some advice on how you can help them Try to maintain calm. Children and teenagers are reassured by parents who approach uncertainty with what appears to be a plan. Spend time with them. Be consistent and reliable in your availability.

Talk to your child. Listen to how they're feeling and try to understand what they think is going on. Let them know you are there and willing to listen.

Make sure they are getting enough sleep. Aim for at least 9 hours a night for children aged 5-12 and 8 hours for those aged 13-19. Make sure they are doing enough physical activity. Spend time walking, cycling, dancing together - whatever you like to do - to encourage activity. Aim for 30 mins moderate activity most days. Don't give up trying. If your child doesn't respond to attempts to help, get in touch with your GP.

More advice on how you can help them from Victoria's Chief Psychiatrist.

<https://aus01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww2.health.vic.gov.au%2F...%2Fadvice-parents-about&data=04%7C01%7CCleanne.bramich%40education.vic.gov.au%7Cac89c2fd2d864379813908d971911ab0%7Cd96cb3371a8744cfb69b3cec334a4c1f%7C0%7C0%7C637665690331205948%7CUnknown%7CTWFpbGZsb3d8eyJWljojoiMC4wLjAwMDAiLCJQIjoiV2luMzliLCJBTiI6I6k1haWwiLCJXVCi6Mn0%3D%7C1000&data=kemtBYsFyEVMu7Ff5NxUbVX1kNHUhtqTxXgy%2BAGHu8%3D&reserved=0...>

Victorian Department of Health

FUNKY FIVE



How can you make 5 twos (2, 2, 2, 2, 2) equal five?

Here's a solution that uses 5 twos plus mathematical symbols to make that equation true: $2 \times 2 \times 2 + 2 \div 2 = 5$

For the three rows below, see if you can insert mathematical symbols (+, -, x, ÷) that will make the equation correct for someone calculating from left to right.

(a) $3 \ 3 \ 3 \ 3 \ 3 = 5$

(b) $4 \ 4 \ 4 \ 4 \ 4 = 5$

(c) $5 \ 5 \ 5 \ 5 \ 5 = 5$

Good Luck!

HELPING KIDS DEAL WITH STRESS



Try to maintain calm and show them you have a plan.



Make time for a chat. Let them know you are there and willing to listen.



Make sure they are getting enough sleep and physical activity.



Spend time with them. Be consistent and reliable in your availability.



Don't be too hard on yourself - you are doing better than you think.

From the Principal's Desk

Hi Everyone,

The Premier announced today that all Prep to Year Two students are able to re-commence face-to-face learning at school from this Friday, 10th September. At this stage all Year 4-6 students are to continue remote/flexible learning at home until the end of term. A further decision about a full return to school for all students in Term Four will be made over coming weeks.

I have decided that our Year 3 students will also return to school this Friday, so that the Year 2/3 class isn't split. Workpacks and daily videos (on the remote learning site) will be available for all Year 4-6 students from Monday next week. Pick up and drop off for workpacks for these students will be as usual (Monday morning and Thursday afternoon).

Parents/carers of the Year 4-6 students that have an *Authorised Worker Permit* can continue to send their children to school for onsite supervision. The school bus run for our junior bus travellers will re-commence on Friday, 10th September.

All parents/carers - remember to wear a mask and to check-in using the QR codes at the entrance, We would also ask that all parents/carers check in at the office.

NAPLAN – INDIVIDUAL STUDENT REPORTS.

On Tuesday afternoon we received a package containing all of the **Individual Student NAPLAN** reports. For those parents/carers of our Year 3 and 5 students, these reports can be picked up from the front office during the day. If you are unable to pick up the report personally, we will post them out to you by Wednesday next week.

An electronic copy of the *Frequently asked questions-Individual student reports* pamphlet is available via the VCAA website <https://www.vcaa.vic.edu.au>. Should you have any queries about your child's performance on the NAPLAN tests, please don't hesitate to contact me at school for more information.

SCHOOL UNIFORM

The survey regarding a change of the Strathmerton Primary uniform to the Strathy colours of blue, white and red was overwhelmingly in favour of such a change. School Councillors, led by Lisa Bramich will investigate different colour combinations and designs, to show parents, before a final decision is made.

FATHERS' DAY

Congratulations to Tam, our School Chaplain, for putting together such a touching tribute to all our dads on Facebook, to celebrate Fathers' Day.

Geoff Weppner

Principal.

THIS IS HAPPENING TOMORROW

Mrs Sefton has decided that we will celebrate this tomorrow. The children missed out on the 23rd so lets do it now while we can!

100 Days of School

Dear Parents,

12/08/2021

On **Monday 23rd August** we will have been at school for 100 days!!!!!!!!!!(hopefully)

Children are encouraged to come to school on this day dressed as a **one hundred year old person!** (**think wrinkles, walking sticks, shawls, braces, glasses**)

We will be having fun activities at school to celebrate this great milestone.

Kind Regards,
Glenice

100 !

As part of our 100 days of school celebrations I am asking everyone to fill this zip lock bag with 100 things from home and bring to school to form a display in our classroom.

What 100 things might fit into this bag?