



STRATHMERTON PRIMARY SCHOOL

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**SUPPORT EACH
OTHER**



**TRY YOUR
BEST**



**ACT
SAFELY**



RESPECT

**Newsletter No.19
October 24th, 2024**

2024 Dates to Remember

- **Fri 25th Oct**
Senior Basketball Comp Shepparton
- **Mon 4th Nov**
Pupil Free Day
- **Tue 5th Nov**
Melbourne Cup Public Holiday
- **Fri 8th Nov**
Senior Cricket Comp Mooroopna
- **Mon 11th Nov**
Remembrance Day
- **Fri 15th Nov**
Colour Fun Run 2.30pm
- **Tue 10th Dec**
Statewide Orientation Day
- **Fri 20th Dec**
Last Day of School

HATS!

Reminder that hats need to be worn in Terms 1 and 4



School Bucket Hat
\$8

FUN²⁰²⁴ RUN

STRATHMERTON PRIMARY SCHOOL



Friday 15th November
Fun Run at 2:30 Pm

Mango Orders

DUE FRIDAY 25TH OCTOBER.
NO LATE ORDERS EXCEPTED!



LUNCH ORDERS

Lunch orders will be on Tuesday and Fridays..



Strathmerton Uniting After School Care

Call us
1800 183 103

Visit
unitingvictas.org.au

At Uniting we understand that families need extra support during the school year – and that's why we provide flexible, affordable childcare.

Our After School Care program offers supervised indoor and outdoor care with a mix of leisure and educational activities for primary school-aged children during school terms.

The team at Strathmerton Uniting Outside School Hours Care is excited to be offering a great range of fun, creative activities. From science experiments to cooking experiences, we've tailored a program that's sure to meet the individual interests of each child.

Uniting's Outside School Hours Care program will give you peace of mind throughout the school year, knowing that your child is cared for in a safe, stimulating environment.

Our service is approved for Childcare Subsidy (CCS). The CCS is financial assistance provided by the federal government to help cover the cost of childcare. CCS is paid directly to Uniting via our management system, Xap. How much you receive depends on a number of factors. You can find out more information here: <https://www.servicesaustralia.gov.au/child-care-subsidy>

When: Beginning Term Four, 2024
Where: Strathmerton Primary School, 43-51 Findlay Street, Strathmerton

Daily Fee:
\$35 per session – permanent enrolment
\$40 per session – casual enrolment

Learn more
unitingvictas.org.au/el

Uniting

FRIGHT FEST AT CACTUS COUNTRY

OCTOBER 26TH
5.30PM – 9.30PM



TICKETS AT
cactuscountry.com.au

CACTUS COUNTRY
LAWN NURSERY CARE

CACTUSCOUNTRY
#FrightFest2024

Pupil Free Day

Monday 4th Nov
Report Writing Day
No students at school.



From the Principal's Desk

I want to extend a warm invitation for you to come and discuss any concerns or questions you may have. My door is open every Wednesday from 9:00 to 10:00 AM and 3:00 to 4:30 PM. If these times don't work for you, I'm also available at other times by appointment. Please feel free to phone the office to schedule a visit, or simply knock on my door during the dedicated times. Your feedback and involvement are essential to our school community, and I look forward to connecting with you!

Port of Echuca Excursion

Yesterday, our students had an exciting excursion to the Port of Echuca, where they experienced a memorable ride on an iconic paddle steamer along the beautiful Murray River. The day included an engaging visit to Twisted Ed, where students enjoyed a hands-on lesson that sparked their science curiosity. They also had the opportunity to learn about the rich history of the port through a guided tour, gaining insights into its significance in Australia's past. A fascinating lesson about 19th-century schooling provided a unique perspective on education during that era. We are proud to say that our students exhibited exemplary behaviour throughout the trip, making it a truly enriching experience for everyone involved!

District and Regional Athletics

Last Monday we had 18 senior students represent Strathy at the District Athletics. They all did a wonderful job competing in their sports and representing our school. Two of our students, Jackson Cooper and Annalise Wood qualified to the next round to Regionals. This event was held last Friday at Albury. Even though they both tried their best they didn't qualify for the State event. We are extremely proud of all the students showing our Strathy STAR values, especially 'Try Your Best' against some very competitive athletes.

After School Care

Reminder that After School Care has officially started! The program will be running out of the Multi-Purpose Room. For more information, please refer to the flyer on the front page of the newsletter or visit the Uniting website for more information – unitingvictas.org.au/el

Senior Basketball Competition

This Friday we are taking 13 Year 4-6s to the Regional Basketball Championships held in Shepparton. The boys team will play at the Shepparton Stadium while the girls will play at the Visy Community Centre. Thank you to those parents that have volunteered to drive our students and to Simon Borg for coaching the students throughout this week and at the competition. Best of luck everyone playing!

Report Writing Day

Please be aware that we have a Pupil free Day on Monday 4th November. This day will be used for teachers to analyse student data and write their reports. No students to be at school on Monday.

Forward Planning

It is that time of year where our focus starts shifting to planning for the 2025 school year. If your child is leaving Strathmerton Primary School at the end of 2024 and commencing at a new school for 2025, please advise us by emailing the office on strathmerton.ps@education.vic.gov.au with the students full name and name of new school. I would really appreciate it if you could provide this information as soon as possible.

Jo Paton



In F/1 the students have been demonstrating our SWPBS Expectations by practising 'Try Your Best'. The students really enjoy rotation activities that promote teamwork while they learn.



Strathmerton Primary School

FOUNDATION TRANSITION SESSIONS FOR ENROLLED 2025 STUDENTS

Bring your enrolled child in to experience school life so they are ready for 2025.

- Friday 18th October 2.30-3.15pm
- Friday 25th October 9.00-9.45am
- Friday 1st November 2.30-3.15pm
- Friday 8th November 9.00-9.45am
- Friday 15th November 2.30-3.15pm
- Friday 22nd November 9.00-9.45am
- Friday 29th November 2.30-3.30pm
- Friday 6th December 9.00-9.45am

State wide Transition Day - Tuesday 10th
December

 58745295

 www.strathmertonps.vic.edu.au/

 43-51 Findlay St, Strathmerton
VIC 3641



For parents and carers (primary)

Support to keep your children safe online

This guide provides tips and resources for parents, carers and families to support children to be safe when using social media.

Primary school aged children and social media

Parents and carers play a key role in guiding their children as they navigate the online world and begin to learn through exploration, play and social interaction.

Parents and carers can prepare their primary school aged child to be safe on social media even if they don't use it yet. You can do this by building good online habits and staying informed about online safety.

You can learn more how to help your child begin their online journey on the [eSafety Commissioner's website](#).

You can also learn about the range of social media, games, apps and sites in the [eSafety Guide](#), including what all the apps are, their minimum age requirements, how to protect personal information and how to report content within the apps themselves.

Supporting positive and safe online experiences for your child

There are a range of resources available to support you to support your child to have a safe experience online.

- The [eSafety Commissioner's website](#) provides:
 - [eSafety parents](#) page including: information [on how to have hard conversations about tricky topics](#) like cyberbullying or seeing pornography.
 - [webinars](#) to give parents/carers the knowledge, skills and tools to support safe online experiences including supporting primary schools children to understand consent and online boundaries and how to support your child with online gaming.
 - [family friendly videos and advice sheets in multiple languages](#) to support your family stay safe online, getting started with social media, safer online gaming and getting help when your child is bullied online.
 - [eSafetykids](#) page with child friendly information you can share with your child including what to do when someone is being mean online, being safe online, sharing photos and personal information online.
- [Bully Stoppers](#) provides dedicated resources on [cybersafety and cyberbullying](#) for primary aged students and a dedicated resource page for [parents](#). You can also access [cyberbullying advice sheets](#) for concerned adults through Bully Stoppers.
- [Alannah and Madeline Foundation](#) provides [DigiTalk](#), an online safety hub for parents. It includes resources on topics such as becoming a screen smart family, navigating online bullying, and choosing, protecting and engaging with games for children.
- [Raising Children Network](#) provides resources for parents of primary school children on topics like healthy screen time, digital family life, digital play and learning and online safety.

Signs a child or young person might need support

A child's online activity might have a negative impact on them if they don't also have a healthy balance of offline activities. Sometimes, your child might show signs that they are having negative online experiences or that they are being bullied.

Your child may not tell you if an online 'friendship' or situation has become compromising or difficult. They may feel embarrassed or ashamed, or afraid it might make things worse.

Be alert to changes in your child's behaviour or mood. Watch for signs of withdrawal, anxiety, sadness or changed interactions with family or friends.

Signs can include:

- less interest in social activities like meeting friends or playing sport
- not doing so well at school
- tiredness, sleep disturbance, headaches, eye strain
- changes in eating patterns
- reduced personal hygiene
- obsession with particular websites or games
- extreme anger when being asked to take a break from online activity
- appearing anxious or irritable when away from the computer
- becoming withdrawn from friends and family

You can learn more about warning signs of bullying on [Bully Stoppers](#) and [warning signs of grooming](#) on the eSafety Commissioner's website.

What to do if your child experiences something unsafe online

There are many ways that parents can raise a concern or get help if there is an incident.

- You can talk to your child's school about any concerns you might have or if something has happened. Schools have policies and processes that can help. They can also work with you to make sure that your child gets extra support if they need it. Contact your child's teacher or the school's wellbeing team to start. Read more about talking to your school on [Bully Stoppers](#).
- If your child has been involved in an online incident it is important that you work together with your school to provide your child with the support they need. Learn how to help your child after an online incident on the [eSafety Commissioner's website](#).
- You can contact the eSafety commissioner for advice and to [report abuse](#). The eSafety reporting system helps parents of children who experience serious cyberbullying and image-based abuse by working with platforms to have the content removed.
- If someone is contacting your child and this contact is unwanted or makes them feel uncomfortable, there are things you can do to help. Read more about child grooming and unwanted contact and what to do on [the eSafety Commissioner's website](#).
- The Alannah and Madeline Foundation provides advice on [what to do in instances of image-based abuse](#) online and through Artificial Intelligence (AI).

Where to reach out to for more support for your child

- Contact 000 for urgent assistance
- Talk to your child's school
- Contact [the eSafety Commissioner](#) for advice or to report online abuse
- Visit your local GP if you want to talk about mental health support
- Kids Helpline: 1800 551 800 www.kidshelpline.com.au
- [Parentline](#) provides a confidential telephone counselling for parents and those who care for children. This including advice on internet use, and online bullying and safety.
- Lifeline: 13 11 14 www.lifeline.org.au
- Beyond Blue: 1300 224 636 www.beyondblue.org.au