



Koondrook Primary School respectfully acknowledges the traditional custodians of the land. We pay respects to the Barapa Barapa Elders past, present and future.

Koondrook Primary School

KPS: Respect, Responsibility, Resilience

March 19th, 2019

Issue no: 8

Principal's Report

Ride2School Day

Next Friday (22nd March) is national Ride2School Day. Students are encouraged to ride, walk, skate or scoot to school (or part way if you live a little further away). Please remember to be safe and wear your helmet.

Regional Swimming

On Thursday 21st March, Maddie Walle will be representing the school when she swims at the Region Swimming Day in Swan Hill. Maddie will be swimming in the relay and we wish her all the best.

Winter Uniform Orders

Mrs. Ficken is putting in a winter uniform order before the end of Term 1 so it will be ready for Term 2. *If you need to make a purchase please return orders before Tuesday 26th March.*

Mates Royal Hotel Raffle

The school will be on duty to sell raffle tickets on Friday 22nd of March. The families who will be rostered on are: Brennan, T & K Wright, Woolhouse, Walle and Tucker. This is an ongoing fundraiser for the school and we thank the Royal Hotel for supporting us.

Book Club

Book Club orders are due back **before** Tuesday 21st March.

School Banking

Just a reminder that School Banking day is on Thursdays.

MATES ROYAL HOTEL RAFFLE

DATE:

FAMILIES:

March 22nd ---

Brennan/Wright(T)/
Woolhouse/Walle/Tucker

May 10th ---

Cain/Martin/Moseley/
Hall(B)/Murray

Dates to remember

Term Dates 2019

Term 1 ~ January 30th – April 5th

Term 2 ~ April 23rd – June 28th

Term 3 ~ July 15th – September 20th

Term 4 ~ October 7th – December 20th

Public Holidays

April 25th – ANZAC Day

June 10th – Queen's Birthday

November 5th – Melbourne Cup

School Dates to Remember

April 5th – Last Day Term 1

May 2nd – KTHS, Yr. 6

May 28th ~ 31st – Yr. 5/6 Cluster Camp

Assemblies

March 29th – Grade Prep/1 Hosting

At KPS we have developed a set of values that our school community believes reflect the way that we, as a community, work and interact with each other.

These values are:

Respect

Responsibility

Resilience.

The School Wide Positive Behaviours (SWPBS) is an initiative that the school has implemented. It is a whole-school framework which provides the school with an approach to promote improved behaviour at school.

SWPBS has been developed from evidence and data, demonstrating the most effective ways to prevent and respond to problem behaviour at school. Research has shown that SWPBS is successful in reducing problem behaviour, improving school culture, and increasing academic performance.

We also recognise that there are times where children need to have quiet time to be by themselves. To this end we have set up quiet zones under the BV and BBQ areas. Here they can sit in soft seats, play board games, complete colouring in sheets etc.

We have allocated two staff members on yard duty at both breaks. With two teachers on yard duty (recognised by their fluoro vests) students can rest assured that they are being supervised and have a focus point they can go to, to assist them in solving problems that they may encounter.

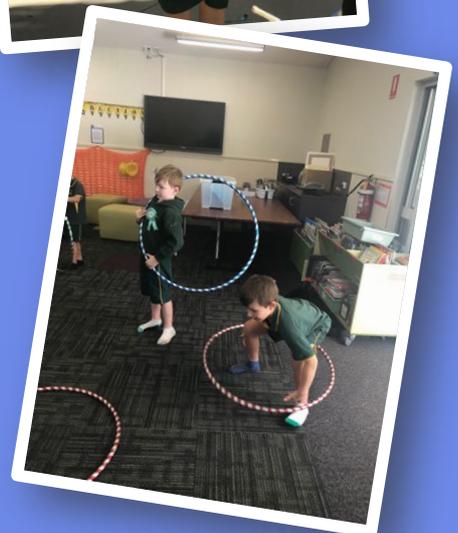
This week we are starting teacher buddy lunches on a weekly basis (instead of twice a term) to improve connectedness to each other as well as doing resilience activities that are aimed at strengthening students' abilities to cope with a variety of situations.

In the classroom we have assigned Educational Support Staff to support students' wellbeing as well as academic performance. Teachers have undergone "Trauma Training" that has provided strategies that teachers can put into place to support students who have experienced some form of trauma in their lives.

Janine Fletcher has been employed to support student learning and wellbeing. She works with small groups of students or individuals on a Wednesday and Thursday. These groups are needs based and will change over time.

These measures have not been put in place overnight and form part of the school's Student Engagement and Welfare Program.

The school community needs to work together to solve issues. They need to be discussed in a way that is in line with the values of the school. If students do inform parents of an issue could they please contact the school as soon as possible as the students don't always tell the teachers. Only as a partnership can we build our school into a place that truly reflects who we are.



Easter Raffle

We are holding an Easter Raffle again this year. Could all families please donate an Easter Egg or similar to school. Raffle tickets will be sent home soon.

Fun Run

We are running our Fun Run again this year too. The children will soon be training for the Fun Run during their morning run by increasing the length of the laps they run. The Fun Run will be held next term on May 10th.

Bullying - No Way!

The National Day of Action against Bullying and Violence was held last Friday.

The Office of eSafety are running free Virtual Classrooms designed to empower students to bounce back from negative online experiences which the Years 3-6 students will be participating in on Wednesday 20th March from 9:30am - 10:10am.

Bouncing back from online bullying

This presentation will explore digital resilience skills including building supportive peer relationships, ways to balance time online as well as identifying helpful resources. The presentation is designed to empower students to build personal skills to help them recover from negative online experiences. At the end of the session, students will pledge to use these digital resilience strategies to help themselves and others.

This presentation will address Australian Curriculum Health and Physical Education outcomes including:

- Practise skills to establish and manage relationships
- Investigate community resources and ways to seek help about health, safety and wellbeing

And address elements of the Personal and Social General Capability including:

- Become confident, resilient and adaptable
- Understanding relationships
- Expressing emotions appropriately

3/4/5/6 ERP EXPO

The first of the ERP Expo's for this year is being planned for Wednesday April 3rd from 3pm to 4pm. It will be held in the Project Space in the main building. This Term's focus has been Geography and the students have linked their interest to a learning intention involving geography.

Literacy Consultant

On Thursday we will be welcoming Janine Banes back to Koondrook. Janine is a Literacy Consultant who will be working in all the classrooms on Thursday, either demonstrating a lesson for teachers or observing part of a writing lesson and giving teachers feedback on how we can improve our instruction.

Amanda Bradford



P.E. News

Physical education is more than just going outside and playing games. It is the development of skills; the development of physical awareness; development in the understanding of the values working in a team.

Prep to Grade 2

The Perceptual Motor Program (PMP) operates in our Prep, one and two classes during Term 1 and 2, once a week, as a strategy to assist the development of children's gross motor skills and therefore assist with the development of fine motor skills, essential in the learning of reading and writing. This program assists the development of the child and their relationship with their peers and the surrounding environment. It aids concentration and reasoning and gives a sound basis for future formal learning. PMP enhances brain development by stimulating the five senses through movement.

The key areas of development through PMP are:

- Gross motor skills
- Fine motor skills
- Crossing the midline of the body (laterality)
- Balance Body and space awareness.
- Visual and spatial skills.
- Rhythm sequence, memory and listening.

Grade 3-4

The Physical Education Program for this level is based on the Fundamental Motor Skills Fundamental Movement Skills. Categories include: Balance skills - Movements where the body remains in place, but moves around its horizontal and vertical axes. Locomotor skills - such as running, jumping, hopping, and galloping. Ball skills - such as catching, throwing, kicking, underarm roll and striking. These skills are developed through skill-based activities and practiced through minor games.

Grade 5-6

The program for this level is based on the Fundamental Motor Skills as for the grade 3-4. However, the skills are focussed more through major games like hockey, bowls, tennis, athletics etc. rather than minor games. Students are taught basic skills for a variety of sports.

Underlying all Physical Education lessons is the development of basic values such as respect, resilience, and perseverance.

Leigh McLaren

Physical Education Teacher



Men's Yoga in Murrabit

with Neil Hopkins, accredited yoga instructor and meditation teacher.
Come along and try it. You'll like it! **First night – no cost.**



**Yoga relieves stress,
builds core strength,
prevents injuries,
increases flexibility,
calms the mind.....and the
list goes on...**

Starts **Wednesday March 20th at Murrabit Hall, 6:45pm**
(75 min class).

Bring blanket, cushion, water and yoga mat (borrow your wife's).

For more information or to book a place - Ph: 0490 830 641



5/6 CLASS NEWS

ENGLISH

- We are working hard on completing as many activities as we can on a Paul Jennings English contract.
- We are improving our writing and editing skills while writing narratives during silent writing time.
- We are striving to improve our spelling ability during First Steps spelling lessons.

MATHS

- We are still working hard learning our times tables.
- We are learning to use the four processes to solve problems. Especially long multiplication and division.
- We have worked on length by measuring our class heights.

HUMANITIES

- The children are busy researching information to complete their ERP. (Education Research Project)
- Expo is on April 3rd. 3.00 – 4.00pm

STUDENT COMMENTS ABOUT FIRST TERM

- I learnt that the first motocross race was in the United States of America on 1802.
- I enjoyed designing tattoos and a wanted poster. **Riley Davis**
- I have loved first term and ERP. For ERP, this term we are doing Geography. We have also done a Paul Jennings contract. So far, I have done a wanted poster and a cube. **Maddie Walle**
- The first term this year is nearly gone but in the 5/6 class it has been a great. Doing a Paul Jennings contract to maths with lots of surprises along the way. **Zara Verhey**

Bernie Monaghan

CONTACT:

Koondrook Primary School
Murray Parade Koondrook,
PO Box 8, Koondrook, 3580

Phone - 03 54532428
Fax - 03 54531147

Website: koondrookps.vic.edu.au
E-mail: koondrook.ps@edumail.vic.gov.au



Talking about bullying

We know one in four students report being bullied in person, and one in five online. Whether it happens in person or online, bullying can have a devastating and lifelong impact. Not only for those who are bullied, but for those who bully others and who witness bullying.

Knowing what to do if a child talks to you about bullying can be difficult. Find helpful tips, advice and strategies about preventing and responding to bullying at www.bullyingnoway.gov.au

Whether you're a teacher, parent or student, everyone has a role to play.

Tips for students

If it happens in person, try these:

- **Ignore them.** Try not to show any reaction.
- **Tell them to stop** and walk away.
- **Pretend you don't care.**
- **Go somewhere safe.**
- **Get support** from your friends.

If it happens online, try these:

- **Avoid responding** to the bullying.
- **Report and block** anyone who is bullying online.
- **Protect yourself online** using privacy settings and keep records.

If you see someone being bullied:

- **Leave negative conversations.** Don't join in.
- **Support others** being bullied.

If it doesn't stop:

- **Talk to an adult** (parent/carer/teacher) who can help stop the bullying.
- **Keep asking** for support until the bullying stops.

Tips for parents

If your child talks to you about bullying:

1. **Listen** calmly and get the whole story.
2. **Reassure** your child that they are not to blame.
3. **Ask** your child what they want you to do about it and how you can help.
4. **Visit** www.bullyingnoway.gov.au to find strategies.
5. **Check in** regularly with your child.

Remember:

1. Listen
2. Respect
3. Acknowledge

BULLYING. NO WAY!
www.bullyingnoway.gov.au