

Year 5/6 Cluster Camp At 15 Mile Creek



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

June 4th, 2019

Issue no: 17

Principal's Report

Today Ethan represented the school at the Regional Cross-Country event in St Arnaud. We hope he had a great race and enjoyed the experience.

School Council Meeting

The next School Council Meeting will be on Monday 17th June at 7:30pm in the Staff Room.

Queen's Birthday

There will be no school on Monday 10th June as it is the Queen's Birthday Holiday.

MARC and MACC

Next week art and library lessons will be held on Friday.

School Nurse

On Friday 14th and Monday 17th June our school nurse, Kerrie McCosh, will be visiting Koondrook Primary to complete the Prep Health Assessments. Please make sure you have completed the pre-assessment health form and returned them to school.

Wood Raffle

The Wood Raffle will be drawn on Friday 14th June. Please make sure all tickets, sold or unsold, and money are returned to school before then.

Second-Hand Uniform Sale

A second-hand uniform sale will be held on Thursday of this week. You can purchase good uniforms for \$1.00 each.

Have you returned your
Fun Run/Cross Country
sponsorship money and
forms yet?
*They need to be back by
Thursday 6th June.*

Dates to remember

Term Dates 2019

Term 2 ~ April 23rd – June 28th

Term 3 ~ July 15th – September 20th

Term 4 ~ October 7th – December 20th

Public Holidays

June 10th – Queen's Birthday

November 5th – Melbourne Cup

School Dates to Remember

June 4th – Regional Cross Country

June 4th – Resource Smart Incursion

June 13th – Lightning Premiership

June 26th – Lions Club Speeches

June 27th – Year 3/4 ERP Expo

Assemblies

June 7th – Grade 5/6 Hosting

June 21st – Grade 3/4 Hosting

Assembly

Year 5/6 will be hosting the Assembly this Friday 7th June at 3:00pm.

Lightning Premiership (Netball/Football/T-Ball)

Grade 5/6 students will travel to Kerang to compete in the Interschool Lightning Premiership Football/Netball/T-ball competition being held on Thursday 13th June. The bus will be departing school at 9:00am. Students are required to bring lunch, snacks and water. The bus will arrive back at Koondrook at approximately 3:00pm. Mr Monaghan will be attending this event. The bus has limited seating so some students will be travelling with parents. More information will be sent home with students regarding this event. Please sign a green permission envelope and return it to school. We require a parent to help umpire some of the netball games on the day. Please contact the school if you are able to help. Thankyou.

Fun Run Sponsorship

It is now time to gather up your sponsorship money from the Cross Country/Fun Run and send it back to school. We would like ALL money and forms returned to school by Thursday 6th June so the prizes can be sent away for.

Cold and Flu Season

It's Flu and Cold Season and a lot of us forget to cover our nose and mouth when we cough or sneeze. When we do, we spray particles which can be inhaled by other people, and spread Colds and Flu and other infections.

Sneeze particles can travel many metres, and easily spread to other people.

So please cover your mouth when you sneeze or cough. If you haven't got a hanky, you can cough in your elbow to stop spreading particles.

Stop the spread of germs that make you and others sick

Cover your Cough



Cover your mouth and nose with a tissue when you cough or sneeze or



cough or sneeze into your upper sleeve, not your hands.

Put your used tissue in the waste basket.



Clean your Hands

after coughing or sneezing.



Wash hands with soap and warm water for 20 seconds

or clean with alcohol-based hand cleaner.



Amanda Bradford





NDCH

Northern District Community Health

NDCH-your first port of call in the pursuit of good health!

Is your child a worrier?

Part 3 of a 5 week series providing steps to help you manage your child's anxiety.



Respond with empathy

When your child feels worried/anxious, the part of the brain that controls rational thinking, decision-making and concentration basically stops working. This means that your child can feel easily overwhelmed by simple, everyday events and situations.

Instead of protecting your child by allowing them to avoid these challenges, or dismissing them as not important, validate what they feel by saying things such as:

- "I can see you're feeling worried about going to camp without your brother."
- "Thanks for telling me you feel nervous about the test. It's understandable."
- "I see you're really anxious about this right now. I know it's hard for you."

Don't give in to the temptation to rescue or fix a situation. Instead respond with empathy and understanding.

For more information check out the Parenting Ideas website [HERE](#)

www.ndch.org.au



Media Release:

27th May 2019

NDCH WINTER WOOLLIES 2019 *A Regional Thank You!*

NDCH's Winter Woollies campaign has been another success. Locals right across our region generously donated warm clothing and bedding. Donated blankets, when stacked one on top of the other, made a stack higher than last year! This just proves the generosity and care of people in our country communities. It also gives people a chance to clean out the wardrobe.

All donated goods are generously sorted by St Vincent de Paul. The donations are available to local communities, including Quambatook, Koondrook, Cohuna, Pyramid Hill, Boort and Kerang.

"When someone is vulnerable they need other people for support," NDCH CEO Mandy Hutchinson said. "The generosity shown during the Winter Woollies campaign again proves the kindness of country people." Ms Hutchinson went on to say that NDCH staff are available to talk if anyone needs someone to talk to. She said that people who are homeless or at risk of homelessness can be judged unfairly, as if somehow they have contributed to their situation. "There's no room for judgement," Ms Hutchinson said. "No matter how somebody becomes vulnerable, they are our community too."

"To everyone who donated, a massive thank you!" NDCH Community Support Team Leader, Anna said. "And thanks also to those who became collection points. Every school in our region volunteered to be collection points alongside all NDCH sites, as did The Coffee Bank in Pyramid Hill."

Anyone from across the region is welcome to contact the local St Vinnies Team if they or someone they know requires support over the winter months on 5452 2508.

NDCH Stats: NDCH support over 200 community members across our region who are at risk or are experiencing homelessness – for these 200 people there are over 500 dependent children.

Media Contact:

Anna Beamish
NDCH 5451 0200





5/6 Class News

15 Mile Creek Camp Report

The year 5/6's all went to 15 Mile Creek Camp. We did hikes to Powers Lookout and Paradise Falls, bike riding, rock climbing, zip lining, abseiling and the bus trip. The 15 Mile Creek Camp was really fun!

At night we did activities which included orienteering and making bullroarers and boomerangs. On the last night at camp we watched a slideshow with about 858 photos included on it.

There were 4 groups: green, yellow, red and blue. We also got to name our groups; Maddie was in yellow or 'The Laughing Kookaburras' and Sarah was in group four, which was blue (it had no name).

Each group did a breakfast or dinner duty. Some did two duties others did one. Dinner duty was really just setting the tables and waiting.

Harry Power's lookout was awesome but it was difficult finding his cave. It was very steep and hard to walk up the steep hill. When we climbed up to the cave we went through it.

Paradise Falls had beautiful scenery and is an amazing waterfall. This was a birth ground for aboriginal women, and has a spring to generate the water for the waterfall.

By Maddie W and Sarah



**3 x WORLD CHAMPION
COMMONWEALTH GAMES GOLD MEDALIST**

SCHOOL HOLIDAY NETBALL CLINIC

KERANG

WEDNESDAY 10th JULY 2019

Every participant
receives a
Clinic T-Shirt

- TIME:** 9am – 3pm
- AGES:** 7 – 15 year olds
- VENUE:** Kerang Stadium,
Maxwell Street, Kerang
- COST:** \$85 (per participant)

BOOK ONLINE:
www.juliecorletto.com

**BOOKINGS ESSENTIAL & CLOSE
48 hours prior to the clinic,
unless sold out**

*Only a limited number of places
available, book now to avoid missing out*



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