



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

Koondrook Primary School

KPS: Respect, Responsibility, Resilience

March 18th, 2020

Issue no: 8

Principal's Report

COVID-19

There is understandably a great deal of concern at the moment regarding COVID-19. Our priority is to ensure the health and safety of students, staff and the wider community. We will need to work as a community to minimise the risks presented by COVID-19 while trying to also minimise the impact on the educational outcomes of our students. The Department of Education issue regular updates and advice to all schools regarding the situation and we follow all advice given. The advice of the Chief Health Officer remains at present that our schools should stay open, except in the case of a confirmed case of coronavirus disease (COVID-19). The full advice can be found here on [the Department's Website Link](https://www.education.vic.gov.au/about/department/Pages/coronavirus.aspx).

<https://www.education.vic.gov.au/about/department/Pages/coronavirus.aspx>

In accordance with the Department of Health advice, we ask that any student or staff member who has visited or transited through a high-risk country, or who is in direct contact with someone who has returned from such a location, to administer a self-quarantine period from school of 14 days from the date of return or last contact and to be tested for COVID-19. Please also contact the school as soon as possible if this situation applies to your family.

Managing Illness

- Students should **not** come to school if they are unwell, especially if they have a temperature, or any symptoms of a respiratory tract infection (including a sore throat, cough, or shortness of breath).
- We have Gypsy at school who has Cystic Fibrosis so it is only fair to her that we try and avoid the spread of coughs and colds.
- If you are concerned about your family's health, please seek medical advice.

MATES ROYAL HOTEL RAFFLE

DATE:

FAMILIES:

May 1st ---

Cain/Martin/Hall/
Murray/Millard/Trewin/
Turvey/Dehne

June 12th ---

Whelan/Bettinelli/Ralston/
Wood-Porter/Bull-Forster/D'Silva

Dates to remember

Term Dates 2020

- Term 1 ~ January 29th – March 27th
- Term 2 ~ April 14th – June 26th
- Term 3 ~ July 13th – September 18th
- Term 4 ~ October 5th – December 18th

Public Holidays

- June 8th – Queen's Birthday
- November 3rd – Melbourne Cup

School Dates to Remember

- March 19th – Parent/Teacher Interviews
- March 27th – Easter Dress-Up Day
- March 27th – Last Day Term 1, Early Dismissal @ 1:35pm
- April 14th – Start Term 2
- April 21st – KTHS Visit to KPS

Assembly – Students/staff only

- March 20th – 1/2 R Hosting

Assembly

We are holding an Assembly this Friday with Grade 1/2 R hosting. As advised by the Department we have decided to have a closed Assembly with staff and students only. Thank you for your cooperation.

Good Hygiene

A second key strategy is ensuring good hygiene practices.

- Avoid shaking hands, hugging, etc. Think about ways to say hello to people without touching.
- Wash your hands with soap for at least 30 seconds. In addition, use hand sanitizer when available (this is available to students at school).
- Avoid touching your eyes, nose and mouth and cover your nose and mouth if you cough or sneeze.
- Dispose of all tissues immediately after use.
- Don't use the bubble taps, all students are to bring a bottle of water for drinking.

We are regularly reminding our students and staff of good hygiene practices and will continue to do so.

Parent Teacher Interviews

Parent Teacher Interviews will still take place on Thursday from 2:00pm. The students will be participating in Tabloid Sports.

Easter Parade and Raffle Draw

We will still hold our Easter Parade at 9:00am on Friday 27th March, just with students. During the parade we will draw our raffle so **all tickets need to be returned by Tuesday**. Thanks to everyone who has donated eggs and sold raffle tickets. We will put photos up on our Facebook page.

End of Term

Friday 27th March is the final day of Term 1. We will have an early dismissal at 1:35pm.

Urban Camp

Thank you to the students and parents for their understanding as we reached a decision about the Urban Camp. It was disappointing but obviously the correct decision. Work is now underway to get as much of the money refunded from the camp.



Notice from CommBank School Banking

The health, safety and wellbeing of our communities and our people is our first priority. Due to the rapidly developing situation with coronavirus, School Banking has been temporarily paused from **20th March 2020** until the start of **Term 2**. Please don't bring your deposit book with your weekly banking into school and we will notify you when banking will recommence.

Sandpit Upgrade

Over the last week Brian Powell has been building our new sandpit beside the portable, replacing the old one that has been in use for many years. It will soon be ready for the students to enjoy.

Cohuna Show Cancellation

Due to the current situation with the Coronavirus pandemic and following the Governments' announcement that non-essential events attracting over 500 people are to be cancelled from Monday, we have made the decision to cancel our Show.

Amanda Bradford



Show Me the Bunny Cancellation

The Gannawarra Shire Library School Holiday Program 'Show Me the Bunny' has been cancelled due to the COVID-19 virus and related safety measures that need to be undertaken. Sorry for any inconvenience.



Prep Class News

We have been very busy in the Prep class for the 28 days that we have been at school.

Every day we are counting and marking off how many days we have been at school until we reach 100 days. This is helping us learn how to count.

For Maths we have been learning positional language like 'above, on, under and between'. We made a little book and had to paste the teddy in the right position.

We have been lucky to have Miss Abby Jennings helping us on Mondays and Tuesdays as she is studying to be a teacher.

Our new spelling program is helping us to learn the sounds that letters make. Last week's word of the week was 'ant', this week's is 'tin'.

Karen comes in to help out on Fridays and we get to do our Magic Words with her.

Sometimes we get to catch up with our big buddies and do activities with them.

By Cassie Altimari



National Day of Action against Bullying and Violence



NATIONAL DAY OF ACTION AGAINST BULLYING AND VIOLENCE

March 20, 2020

The National Day of Action against Bullying and Violence (NDA) is an important day to mark Australian school communities standing together against bullying and violence.

The day brings together more than 60% of schools nationwide, involving more than two million students in finding workable solutions to address bullying and violence.

Koordrook Primary School has registered as an official NDA member school. Students will be involved in doing lots of different activities to gain a better understanding of what bullying is, and an awareness that everyone has a role to play in saying Bullying - No Way!

As a family you could discuss the definitions of what is and is not bullying and what to do if you are being bullied (see attachments).

Parents and carers are encouraged to visit the Bullying - No Way! website www.bullyingnoway.gov.au for advice and useful information

BULLYING. NO WAY!

TAKE A STAND TOGETHER

www.bullyingnoway.gov.au

What is bullying?

Years 5–6, 7–9

Bullying is when one person (or a group of people) with more power than someone else tries to upset or hurt them. This power can come from being more popular, stronger or part of the group. They might repeatedly try to hurt the person physically, socially isolate them, or say and do mean or humiliating things to them.

Bullying can happen in person or online, and it can be obvious or hidden.

If someone behaves in a mean or aggressive way on one occasion it isn't bullying, even though it is not respectful or acceptable. A fight or disagreement between two people of equal power or status isn't bullying.

Bullying is not OK. It feels awful. You feel like you can't stop it. You have the right to feel safe.

TAKE A STAND TOGETHER

BULLYING. NO WAY!

www.bullyingnoway.gov.au

BULLYING. NO WAY!

TAKE A STAND TOGETHER

www.bullyingnoway.gov.au

What to do if you are being bullied

You have a right to feel safe and be safe. If you are being bullied here are some ideas about what you can do.

Talk to someone about it. Find a trusted friend, teacher or carer who will listen to how you feel, be supportive, and perhaps even help you work out what to do.

- Talk to your friends - they can help you tell a teacher or your parents or just to feel better.
- Talk to your parents - tell them all about what's been happening.
- Talk to your teacher or another staff member - tell them all about what's been happening. If you don't want to do this in public, make an excuse to see the teacher about something else, for example your homework.
- If you can't talk to someone face-to-face go online at Kids Helpline <http://www.kidshelp.com.au> or call a Kids Helpline counsellor on 1800 55 1800.

Try a few of the strategies that have worked for others. Only try these strategies if you are not in any immediate danger of being physically hurt and you feel confident you can do them

- Ignore the bullying - turn your back and walk away.
- Act unimpressed or pretend you don't care what they say or do to you. You could say 'okay, whatever' and walk away.
- Use strong, assertive statements, starting with the word 'I'; tell the other person 'I want you to stop that' in a strong confident voice. Practice this with your friends.
- Use 'fogging' which means making a joking or funny comment that makes the other person think you don't care about what they say.
- Ask your friends to speak up for you. And remember to do the same for them!

Try to stay positive. Focus on all the things that you do well, the people who like you and care about you. Write down your thoughts and feelings about the bullying to help you think clearly about what you can do.

Hang around with your friends and be with people who help you feel good about yourself. Good friends respect, encourage and support you. They care for your wellbeing and are fun to be around. You'll make new friends by respecting, encouraging and supporting others.

Try to sort out the problem behind the bullying. If you feel safe to do so, talk with the other people involved and ask them how you might be able to sort out the problem together.

TAKE A STAND TOGETHER

BULLYING. NO WAY!

www.bullyingnoway.gov.au



NDCH

Northern District Community Health

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

World Oral Health Day March 20th



Tips for looking after your families teeth:

- 1. Brush every morning and night:** Use fluoride toothpaste. Brush every tooth gently in circles for two minutes. Spit and do not rinse with water at the end.
- 2. Drink well:** Drink mainly tap water. Soft drink and juice have added sugar that are not good for your teeth.
- 3. Eat well:** Enjoy a wide variety of nutritious foods from all five food groups. Limit foods with added sugar. Healthy meals and snacks are important for healthy teeth.
- 4. Visit the dentist every year:** Visit the dentist at least once every year. They will check to make sure your teeth are growing properly and are clean.
- 5. Change your toothbrush often:** Get a new toothbrush every three months.

For more information visit: https://www.worldoralhealthday.org/sites/default/files/assets/WOHD20-factsheet_children-EN.pdf OR <https://www.dhsv.org.au/dental-advice/general-dental-advice>

www.ndch.org.au

Dental health facts

Oral health issues are one of Australia's most common health problems yet it's preventable



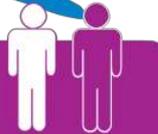
The number one cause of tooth decay is consumption of sugary foods and drinks on a regular basis



Australia spent \$9.34 billion on Dental Care in 2011-12



1 in 2 twelve year olds experience tooth decay in their permanent teeth



4 in 10 young children (42%) experience tooth decay

2 in 3 older children (64%) experience tooth decay



Your local Dental Clinic

Public

Some public clinics offer private services

Bendigo Health
100-104 Barnard Street, Bendigo
Phone: 03 5454 7994

Boort District Health Dental Health Services
2 Couatts Street, Boort
Phone: 03 5451 5230

Echuca Regional Health Dental Clinic
Hopwood Centre
Leichardt Street, Echuca
Phone: 03 5485 5820

Swan Hill District Health Dental Clinic
30 High Street, Swan Hill
Phone: 03 5033 9336

Private

Cohuna Dental Clinic
23 King Edward Street, Cohuna
Phone: 03 5456 4554

Kerang Dental Surgery
42 Wellington Street, Kerang
Phone: 03 5452 1867

Swan Hill Dental Group
75A Mc Callum St, Swan Hill
Phone: 03 5032 1408

Swan Hill District Health Dental Clinic
30 High Street, Swan Hill
Phone: 03 5033 9336

Find out more about dental health
www.dhsv.org.au
www.dentalhealthweek.com.au

August 2015



Dental Services

Gannawarra & Swan Hill

The health of your mouth and teeth is linked to your general health and wellbeing. Children should have their teeth checked by a Dentist, Oral Therapist or Hygienist by the age of 2.

Tips for healthy teeth

- Drink tap water (containing fluoride where possible)
- Choose plain water and milk and avoid drinks with lots of sugar like soft drink, flavoured milk, juice, cordial and energy drinks
- Choose fruit and vegetables and avoid snacks like bars and biscuits
- If you smoke, get help to quit. Quitline 13 78 48.
- Brush your teeth two times a day
- Have a check-up regularly
- Wear a mouth guard when playing contact sports

After hours emergency care

Contact your local hospital emergency department or call the Royal Dental Hospital of Melbourne, 720 Swanston Street, Carlton on 03 9341 1000.

Costs of care

Public dental services

Care is free for children aged 0-17 years, if you have a Health Care Card or Pension Card.

If you do not have a Health Care or Pension card, a small co-payment may be required for children under the age of 13.

Anyone over 18 is required to pay a co-payment unless ATSI or Refugee/Asylum Seeker.

Ask your local clinic to check eligibility.

Private dental services

Prices vary so ask how much the service will cost you before treatment.

Child Dental Benefits Schedule (CDBS)

The Australian Government introduced the Child Dental Benefits Schedule which allows children aged 2-17 years who receive Family Tax Benefit Part A to access up to \$1000 of free dental care.

Ask the clinic to check your eligibility for Child Dental Benefit Schedule when you ring to book a time, have your Medicare card handy. Or you can check your own eligibility by calling Medicare on 132 011 or check via your online Medicare account www.humanservices.gov.au

How to brush your teeth



Squeeze a pea sized amount of toothpaste onto a soft toothbrush



Brush all surfaces of your teeth gently, including where the tooth meets the gum



Brush behind your teeth



Spit out the toothpaste, but don't rinse out your mouth



Take care of your teeth

- Brush your teeth twice a day
- For over 6's squeeze a pea sized amount of fluoride toothpaste onto a soft toothbrush
- Visit your dental professional regularly to have your amouth check and immediately if you notice any problems.



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