

Our

Photography



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

September 9th, 2020

Issue no: 27

Principal's Report

On Sunday the Government announced their staged plans for Victoria.

Under the plan regional schools may return to onsite learning from Monday 12th October. In the information I have received so far it suggested that schools can decide how this will take place. My preference is that **all** students will start on this date. I am expecting more information from the Department of Education later in the week. Although I was disappointed that rural schools are unable to return to onsite learning from the first day of Term 4 we have to follow their guidelines.

School Council

The next School Council meeting will be on Monday 14th September at 7:30pm.

This meeting will be on WebEx.

End of Term

Friday 18th September is the final day for the term. Onsite learning will only be available until 1:00pm. We hope that everyone is able to enjoy a little down time to rejuvenate after another very unusual term.

Online Safety

Just a reminder to parents and carers, that as your children are online more often at the moment it is a good time to remember to be vigilant and keep an eye on what they are watching and sites they are viewing. Talk to your kids about what they do online and how they can be safe. It is safer for children to be in a common area of the house while online and not alone in bedrooms. The internet is a great place, but it has some downfalls too.

Dates to Remember

Term Dates 2020

Term 3 ~ July 13th – September 18th

Term 4 ~ October 5th – December 18th

Public Holidays

November 5th – Melbourne Cup

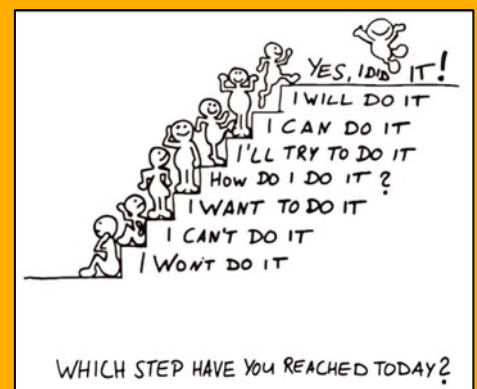
School Dates to Remember

September 18th – Last day Term 3

November 20th – School Photos

October 5th – Start Term 4, Remote and Flexible Learning

October 12th – All students return to school



WHICH STEP HAVE YOU REACHED TODAY?

New Family Additions

There have been some new additions to families over the last couple of weeks.

Congratulations to Brylee Webb and her little sister Jaida who now have a new baby brother called Zander to love.

Congratulations to Kai and Jayden Tuck who also have a new little baby brother called Wyatt to cherish.

Best wishes to both families.

Birthdays

Since we haven't been able to sing and wish everyone a Happy Birthday at Monday Assemblies, here is a shout out to all the children who have had or will have a birthday this term.



July - Charlie W 4th, Riley D 10th, Lacey 19th, Harry M 27th and Abigail 29th.

August – Archie 1st, Amber 4th, Jy 6th, Jayden 13th, Nate 20th, Indigo C 21st and Bella 31st.

September – Thomas B 5th, Shakira 9th, Thomas W and Cooper 10th, Adeline 13th, Hunter To 19th, Hazel and Skye 20th and Gypsy 28th.

Amanda Bradford

MACC Art

Once again, the photos in this newsletter are our students' photography artworks. Last week we did:

F - 2 Sequencing images in to make a story.

3 - 6 Photo Journalism using 3 separate photos to convey a story about something.

We used the Pic-Collage or Pixlr App to put our photos into a collage to tell our stories.

New Gannawarra Shire Webpage

Gannawarra Shire are pleased to announce the addition of a new webpage dedicated to Playgroups on the Council website.

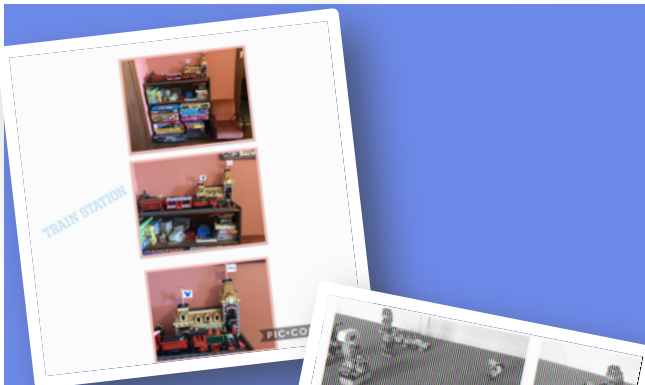
The site includes:

- Local playgroup contact details and locations.
- Information about the supported playgroup initiative 'smalltalk'.
- Online resources including professional development opportunities, activity ideas for the age group and parenting advice websites.

To find out more, you can view the site [here](#).

See the advertisement in this newsletter for more details.





Thursday 10th September is R U OK? Day. See the attached flyer for details on how kids can ask the question – “R U OK?” Staying connected is more important than ever at the moment. COVID-19 restrictions of varying levels remain in place across Australia and that will likely be the case for the foreseeable future. **R U OK?** is calling on Australians to check in on their friends, family, colleagues and neighbours because it's important that we stay connected especially in challenging times.





NDCH

Northern District Community Health

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This year for Women's Health Week, NDCH are launching their "Women in the Warra" campaign. Women are encouraged to take care of themselves and check in on their health and wellbeing and to participate in some of the great events and giveaways right through until the end of 2020

CONNECT & LAUGH

The first month we want you to connect and have fun. After weeks of restrictions, taking the time to safely connect with your friends and to laugh is important. That's why we are giving you the chance to win tickets to the [Jean Hailes Online Comedy Gala](#) on September 26th.

BAKING & CRAFT

As we can no longer have the local agriculture shows, October is about showcasing our local show champions and volunteers. We will have local show judges giving you tips for prize winning baking and crafts as well as a range of giveaways.

GET ACTIVE

It is time to get active! In September we want you all to get walking and support the '[Take Steps for Women's Health](#)' initiative. In November, we will be hosting a range of workout sessions with local fitness providers for you to join. The sessions will vary in intensity to suit different levels of fitness.

There will be a range of competitions throughout the event so be sure to follow us on Facebook for more information. www.facebook.com/ndchvic or www.ndch.org.au

www.ndch.org.au



Discover our local Playgroups and uncover great ideas for online and hands-on activities that you can do at home with your family!

For more information visit:
www.gsc.vic.gov.au/playgroups



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Learn the 4 Steps

R U OK? has developed our four conversation steps to give you, no matter how young you are, the skills and confidence to navigate a conversation with someone you're worried about:



Signs that a friend may not be OK

R U OK? seeks to create a world where we're all connected. We're never too young to look out for one another and meaningfully connect.

Many factors can contribute to someone feeling low. It isn't always easy to know whether someone is OK, particularly if they haven't talked about it or children have yet to recognise the importance of changes in behaviour. However, there are signs children can become familiar with which could indicate that a friend may not be OK.

What causes struggles?

A range of circumstances can lead to a child feeling low, including:

- Big life changes like moving house or school
- Experiencing grief or loss
- Being around people going through tough times
- Arguing with someone
- Problems with school work
- Being bored
- Having a medical condition or chronic illness
- Not sleeping well
- Not exercising enough
- Hormonal changes
- Special needs

When to bring it up

It's a good idea to check in with a friend and ask, 'Are you OK?' if:

- They've been showing signs of being upset or angry for some time
- Their mood is having an impact on others
- They're not enjoying school or life in general
- You're worried about their safety
- They start to miss school, or don't want to play with others or take part in their favourite activities



By recognising and celebrating positive peer behaviour, we can encourage children to learn from an early age that being supportive, asking, 'Are you OK?' and being comfortable with the answer, "No, I'm not OK" can help that person feel supported and more connected.

What signs can children look out for?

Going through difficult times can have a big impact on a child's life, including their:

- Relationships with other people
- Physical health
- Emotional health

So, it's a great idea to be aware of certain behaviours and signs that can indicate a friend might be struggling. The first thing to look out for is changes in behaviour. When people feel low, they often:

- Withdraw from their friends or their family
- Lash out at people and get angry or upset easily, including towards the people they care about
- Cry or become emotional
- Lose interest in activities and things they usually love
- Have changed sleeping patterns. They might be sleeping all the time, not sleeping much at all, or sleeping at strange hours (such as in the middle of the day)
- Have a changed appetite. They could be eating more than usual, or less.

How can children help?

Children cannot be expected to fix someone's problems, nor know the best way to help and support. However, they can be encouraged to listen to what their friend is saying, let them know they care and tell a teacher, school counsellor or trusted adult if they are worried about their friend.

By promoting an environment of positive peer support and accessing support channels via an adult, children can learn that asking, 'Are you OK?', is a key life skill.

