



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

October 14th, 2020

Issue no: 30

Principal's Report

How fantastic is it that we are all back onsite, 5 days per week! I think we had some very tired students and teachers at the end of last week. This is such a huge change for many of our children, who have predominantly been home since the end of Term 1. We totally acknowledge that this has been a huge challenge for students, families and the school, and that we have all coped in different ways at different times.

If your child is struggling a little at the moment with the return to school, please also remember this is a very normal response to big changes in their worlds. You may find them not wanting to get up in the morning, belly aches, not feeling 100% comfortable at school or with their usual friendships or they could be totally the opposite. All of this is very normal. Remember though, if your child is experiencing any Covid symptoms please keep them at home.

Be supportive, and acknowledge their feelings, but help them get back into the school routines and trust that school is looking after their best interests. We are taking things slowly as we build their classroom routines and their learning stamina (the teachers included). Try and get your children to school between 8:40 and 8:50am each morning, as this supports them to set up their day with minimal stress. Just a reminder for our families who are waiting for students at the end of the day to physical distance from each other and not congregate at the exit gates. Please continue the great open communication that was developed during remote learning with the classroom teachers and keep them informed about how your children are travelling, so they can support them when at school.

The DET priorities for this final term of the year is to assist the students with socialising with their peers again, beginning the 'catch up' of learning and supporting the transition programs with a particular focus on Kinder to Prep and Years 6 to 7.

Continued Overleaf...

Dates to Remember

Term Dates 2020

Term 4 ~ October 5th – December 18th

Public Holidays

October 23rd – Grand Final Eve/Thank You Day

November 3rd – Melbourne Cup

School Dates to Remember

October 16th – Athletics Carnival

October 22nd – Footy Colours Day

October 30th – Book Week Parade

November 20th – School Photos

Assemblies

TBA

IT IS OUR
choices
THAT SHOW WHAT
WE TRULY ARE,
FAR MORE THAN OUR
abilities.
DUMBLEDORE



Water Bottle Reminder

Please remember that it is important to send a water bottle to school with your child **every day**.
We no longer have bubble taps for drinking from, they are for washing hands now.



Continued...

At Koondrook Primary, we care for our students and our focus is to support them as best we can, as we move to something like a COVID-19 normal.

Regional Victoria is doing a great job with the COVID numbers and hopefully we will see further easing of restrictions at the press conference on Sunday.

Walk to School

It is wonderful to see many students walking, riding and scooting to school. It is also encouraging to see those students who are unable to walk to school walking a couple of laps of the oval each morning. Keep up the good work. I wonder which class will win the Golden Shoe this year!

Athletic Sports

We are holding our Athletics Sports this Friday. Children can wear their House colour t-shirts to school. A reminder of House colours is in this newsletter. It is unfortunate that we are unable to have parents to help us run our program and cheer the children on. We will be sure to take lots of photos which we will share in our newsletter and on our Facebook page.

Please remember to wear sun cream!

Annual School Parent Opinion Survey

We want our parents to tell us what they think!

Our school is conducting a survey to find out what parents think of our school. The Parent Opinion Survey is an annual survey offered by the Department of Education and Training that is conducted amongst all parents. It is designed to assist schools in gaining an understanding of parents' perceptions of school climate, student behaviour, student engagement and experiences of remote and flexible learning. Our school will use the survey results to help inform and direct future school planning and improvement strategies.

All parents will be invited to participate in this year's survey. All responses to the survey are anonymous. This year, the Parent Opinion Survey will be conducted from **Monday 12th October to Friday 13th November**.

The survey will be conducted **online**, only takes **20 minutes** to complete, and can be accessed at any convenient time within the fieldwork period on desktop computers, laptops, tablets or smartphones. The online survey will be available in a range of languages other than English. These include: Arabic, Vietnamese, Mandarin, Chin (Hakka), Hindi, Japanese, Somali, Turkish, Punjabi and Greek.

Please speak to your child's teacher if you would like more information.

Footy Colours Day

Be sure to wear your favourite footy colours on Thursday 22nd October. We will be running some Footy activities during the day.



Thunderstorm Asthma

Grass pollen season occurs between October and December. We are reminded of an increased risk of seasonal asthma, hay fever and epidemic thunderstorm asthma during this time. Epidemic thunderstorm asthma events are triggered by an uncommon combination of high grass pollen levels and a certain type of thunderstorm, resulting in large numbers of people developing asthma symptoms over a short period of time. People with a history of asthma, undiagnosed asthma or hay fever are at an increased risk of epidemic thunderstorm asthma during this time. Having both hay fever and asthma that are poorly managed increases the risk further. More than ever before, this year it's important for staff and students to manage any hay fever or asthma symptoms, as these conditions can produce symptoms that are similar to coronavirus (COVID-19) such as runny nose, cough or shortness of breath. The best way to reduce and prevent symptoms of asthma or hay fever and reduce unnecessary absences from school is to follow an up-to-date asthma action plan or hay fever treatment plan. Please make sure your child's asthma plan is up to date and the school has a copy.

MARC News

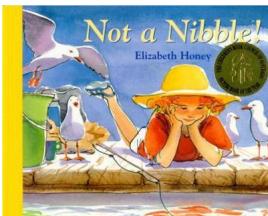
Below are some dress up ideas for Book Week from the Children's Book Council of Australia. There are some good easy ideas using things at home, without going to too much trouble (or costing too much money).

Helen McLaren
MARC Library Specialist



CBCA Book Week Costume Ideas from CBCA VIC Branch Committee members

If you have more ideas (**particularly from Australian books!**) please email the office (vic@cbc.org.au) or share them on social media and use #cbc2020 and #cbcobookweek



Not a Nibble by Elizabeth Honey - dress in beach clothes (t-shirts and shorts, sun hats, etc.) and make a homemade fish rod from whatever you can find at home.

Max by Bob Graham - tea towel for cape, gumboots, bathers or undies over leggings, track pants and simple homemade mask.

It's a Miracle by Christine Harris - short overalls and t-shirt, straw hat or hat with corks on threads.

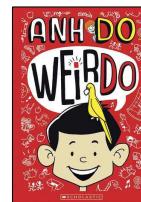
Curious Creatures:

- Face painting (animal faces)
- Crazy wig/big sunglasses
- Animal onesies
- Stripy tights/tutus
- Fairy/unicorn costumes
- Ears made from cardboard and glued to a headband, with painted whiskers
- Masks made at home from paper plates and paint (fox, bear, alien, etc.)

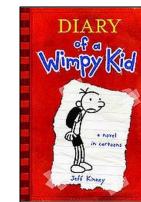


Wild Minds:

- Scientists
- Explorers – Indiana Jones, etc.
- Astronauts
- Artists- Frida Kahlo, Picasso, etc.
- Print out some random facts and pin all over clothing (a Walking Encyclopedia)
- Print out small images of book covers and attach all over clothing (a Walking Library)



WeirDo by Anh Do - print a face-sized picture of Weir from the internet. Paste onto thin cardboard from a cereal box or similar, cut out around the face, attach a stick to the bottom, or string around the back. Also works for Wimpy Kid, Timmy Failure, Andy and Terry, etc.



Princess in Black by Shannon and Dean Hale - black t-shirt, shorts/skirt, make a mask out of any spare black fabric by cutting two eye holes, make a black cape from a grownup shirt with the sleeves tucked in, draw a flower on paper, cut out and safety pin onto the t-shirt. Bonus points if you have a toy horse and tiara in the toybox.



Harry Potter - cut out glasses from cereal box cardboard and colour black, draw lightning on forehead, find a stick or chopstick for a wand, wear jeans and say he's on holidays!

Artemis Fowl - white shirt, black jacket, sunnies.

Diary of a Wombat



Wombat (i.e. Diary of...) - dress in brown. Draw some round brown ears with a fold at the base. Cut out and use bobby pins to attach base to head, or stick onto some string and tie round the head.

Use brown makeup to colour the nose and draw on some whiskers.

Also works for Oi Frog frogs (but green and no whiskers!). Can also do cats, dogs, horses etc. with the addition of a tail made from a stocking stuffed with scrunched up paper and safety pinned onto pants

Any cape-wearing adventure character - old skirts split down one side seam make great capes. Sticks wedged into a belt make good swords or daggers, longer sticks or broom handles make good staffs.

Any olden-days girl character - dress in a long dress or matching coloured skirt and top. Rip arms and collar off an old adult shirt, preferably plain coloured. Put it on the child backwards to make a pinafore. Accessorise with baskets, head scarves, toy dogs or whatever suits.

Reminder

I would like to remind you of the upcoming WISA (Wellbeing In Schools Australia) events that are being provided FREE by School Focused Youth Service. ***Addressing anxieties in your children and within your family arising from COVID-19 parent webinar. Wednesday, October 14 (6:30 – 7:45)*** (This webinar will no longer be capped to the first **30 registrations. Hence, more spots will now be available.**)

Addressing anxieties in your children and within your family arising from COVID19.

Register Here

Secure your
place – limit of 30
participants for
each session

WEBINAR

⌚ 6.30pm – 7.45pm

📅 Wednesday 14 October 2020

Presenters: Dr Lyn O'Grady Community Psychologist
& Jac Van Velsen Mental Health and Wellbeing Educator.

This webinar will explore anxiety and how it might play a role in the lives of children, young people and families during times such as a pandemic. While some anxious feelings can be helpful and keep us safe, sometimes anxiety can become a concern. How to respond to anxiety to reduce its impact and help build resilience will be outlined.

Dr Lyn O'Grady is a Community Psychologist. She is currently working in private practice as well as training and supervising psychology interns. Her experience over the last three decades includes working with parents, as a school psychologist and as a national manager of the KidsMatter project, a mental health promotion, prevention and early intervention initiative. She has recently published her first book, Keeping our Kids Safe, Parenting Suicidal Teenagers

Jac Van Velsen works for WISA Wellbeing In Schools Australia and is a writer and presenter of health and wellbeing professional learning resources for school communities, including staff, students and families.

COST: Free thanks to the support of the School Focused Youth Service at Northern District Community Health.

TO ATTEND REGISTER [HERE](#)

ANY QUERIES contact Jim Hirst SFYS Coordinator Ph: 0438 522 860 Email: sfys@ndch.org.au

****Very positive feedback was received from the two booked out WISA webinars that were held in the last 2 weeks of Term 3.**



WISA Wellbeing In Schools Australia

Koondrook PS Houses		Transition
Campbell – Red	Murray – Green	Our focus this term is to support transition.
Captains – Emersyn den Houting, Isabella den Houting	Captains – Ella Whelan, Harri Parsons	
Amber Pringle	Hudson Taylor	
Lucy Mathers	Ella Bettinelli	
Dustin Bohn	Caleb Ralston	
Hunter Toohey	Hazel Lynch	
Ruby Pringle	Thomas Bell	
Arkie Azzopardi	Lincoln Taylor	
Charlie Toohey	Skye McNeil	
Frida Mathers	Juliet Ralston	
Gus Robertson	Taj Fulton	
Eddie Puddick	Ted Hobson	
Tilly Turner	Indigo Cain	
Cooper Bohn	Adeline Martin	
Elijah Russell	Lacey Brennan	
Jimmy Puddick	Zander Martin	
Sophie Coates	Tommie Gleeson	
Tommy Robertson	Maddi Chapman	
Bianca Dehne	Hunter Trewin	
Hector Baker	Thomas Brennan	
George Toohey	Henry Bell	
Amy Turvey	Flynn Fulton	
	Braxton McNeil	
Gannawarra – Yellow	Guttrum – Blue	
Captains – Thomas Pringle, Riley Davis, Ruby Torney	Captains – Charlie Wood, Max Snowdon	
Jy Tucker	Thomas Bull	
Emily Pringle	Shakira Marsh	
Thomas Walle	Ethan Woolhouse	
Riley D'Silva	Jakson Curry	
Alethea D'Silva	Eve Snowdon	
Islah Hall	Alice Marsh	
Kai Tuck	Gypsy Curry	
Mila Hall	Noah Millard	
Evie Murray	Indi Millard	
Jaxon Boucher	Zavier Dean	
Abigail Webb	Bella Laursen	
Harry McInerney	Malawi Marsh	
Max McInerney	Charlie Forster	
Jayden Tuck	Braxton Woolhouse	
Taylen Torney	Renee Cameron-Shepard	
Finn Murray	Stella Dean	
Nate Webb	Shanali Porter	
Brylee Webb	Archie Snowdon	
James Hill	Ana McFadzean	

Amanda Bradford

5



NDCH

Northern District Community Health

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

It's National Nutrition Week and to celebrate we are encouraging everyone to Try for 5! - that's 5 serves of vegetables daily! The latest research shows that only 4% of Aussies eat the recommended 5 serves or more of vegetables a day. To help you increase your family's vegetable intake why not try this vegetable fritter recipe.

Vegetable Fritters

Ingredients

- 1 carrot (grated)
- 1 potato (grated)
- 1 zucchini (grated)
- 2 eggs (beaten)
- 1 tablespoon (metric) self-raising flour
- 1 tablespoon (metric) parsley (finely chopped)
- 1 tablespoon (metric) chives (finely chopped)
- 1/2 teaspoon (metric) nutmeg (ground)
- Pepper (to taste)
- 2 teaspoons (metric) olive oil



Instructions

1. Mix carrot, potato, zucchini, eggs, flour, parsley, chives, nutmeg and pepper in a bowl.
2. Heat one teaspoon of oil in a non stick frypan and add 2 spoonfuls of mixture to the pan.
3. Flatten mixture slightly and cook for 4-5 minutes on each side or until golden brown.
4. Drain on absorbent paper, set aside and keep warm.
5. Heat remaining oil and repeat with remaining mixture.

For more information see: www.nutritionaustralia.org/recipes/vegetable-fritters/



Nutritional Information (per serve)

Each serve of this recipe provides 1 serve of vegetables.

Energy: 560kJ	Total sugars: 4g
Protein: 5g	Fibre: 4g
Total fat: 3g	Sodium: 54mg
Saturated fat: 1g	Calcium: 36mg
Carbohydrate: 24g	Iron: 1mg

www.ndch.org.au

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

GANNAWARRA SHIRE

smalltalk
**SUPPORTED
PLAYGROUP**

WHERE?

Playgroups are held at various locations within the Gannawarra Shire.

For some playgroup families additional support is available through in home support. What you learn at playgroup can be done at home with help from the facilitator.

WHEN?

Playgroups run for 2 hours, on a weekly basis, for 10 weeks over the school terms.

COST:

Free!

Morning tea will be provided.

Supported Playgroup is funded by the Victorian Government.

JOINING:

Families can join via another service, by contacting Ros at the Gannawarra Children's Centre on 03 5452 1357 or directly on 0428 352 902.



GANNAWARRA SHIRE COUNCIL

Gannawarra Shire Council believes in the inherent strength of a vibrant, diverse and inclusive community where the backgrounds, perspectives and life experiences of our people help us to forge strong, respectful connections.

Brochure Produced 2020

www.gsc.vic.gov.au



smalltalk SUPPORTED PLAYGROUP

WHAT IS IT?

Gannawarra Shire now offers a supported playgroup program, with a facilitator qualified in *smalltalk*.

ABOUT *smalltalk*

The aim is to help children to positively take part in their family and community, increase families' confidence and offer a chance to meet others, and learn about community resources.

We hold playgroup sessions with parents and children based on *smalltalk*. *smalltalk* is about strengthening what families are already doing, engaging in everyday activities to enhance their child's development, focussing on:

- Warm and Gentle
- Tuning in
- Following the child's lead
- Listening and talking
- Teachable moments
- Routines
- Reading
- Play
- Self care

WHO IS IT FOR?

Supported Playgroup is for parents and guardians, and their children aged from birth to school age. Families are eligible if a family member in the household holds one of:

- Health Care Card or equivalent
- Identified as Aboriginal and or Torres Strait Islander
- Looking after children in out of home care
- Referred from Child FIRST or Child Protection
- Referred from or participating in Enhanced Maternal and Child Health Services.



smalltalk 
Giving your kids a great start