

Book Competition Winners



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

November 11th, 2020

Issue no: 34

Principal's Report

Staffing

I would like to announce that Millie Dean is the successful applicant for our teaching position that we advertised recently. We welcome Millie to the teaching staff at Koondrook Primary School. Janine Fletcher successfully gained our wellbeing teacher position. Kate Bartels and Rebecca Meek will continue teaching with us for another 12 months as we have been able to roll over their teaching contracts. Cassie Altimari is taking 12 months off to return home to Torquay. We wish Cassie well in picking up a position closer to home and thank her for her wonderful contribution to Koondrook Primary School over the last four years. We are still working on our class arrangements and assigning teachers to classes. We will have more information over the coming weeks.

Prep 2021 Transition

On Wednesday 18th November we will be holding our second transition session for Group 1. The day will run from 9:00am until 2:00pm. The children will need to bring a fruit snack, morning tea and lunch. They will also need a water bottle and a hat. The teachers and Year 6 students will meet the children at the front gate.

Swimming

We are planning to run our swimming program over the last three weeks of term. Just a reminder that all children will need to wear a rashie while participating in the swimming program. This is in line with our Sun Smart Policy.

School Council

The next school council meeting is on Monday 16th at 7:30pm via WebEx.

Dates to Remember

Term Dates 2020

Term 4 ~ October 5th – December 18th

Public Holidays

School Dates to Remember

November 18th – Prep 2021 Transition -

Group 1 ~ 9am – 2pm

November 20th – School Photos

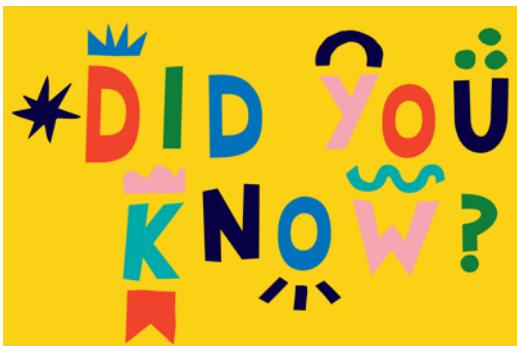
December 2nd – Prep 2021 Transition -

Group 2 ~ 9am – 2pm

December 4th – Curriculum Day

Assemblies

TBA



A bedtime story six days a week can put kids almost a year ahead when they start school.

Book Week Writing Award Winners

Some wonderful books were produced in our book competition by all students. The books were judged by all teachers/staff and the winners were:

- Prep – Tommy R ~ Garry's Adventure
- Prep – Brylee W ~ Snap Saves Spike
- 1 B – Tommie G ~ The Dragon
- 2 B – Frida M ~ The Haunted House
- 1 R – Charlie F ~ The Super Hero School: Book 2
- 2 R – Adeline M ~ Unicorn City: The Evil Sirens
- 3 – Noah M ~ Noah and Tommy's BIG Adventure!
- 4 – Emily P ~ The Crown
- 5 – Alethea D ~ Hawaii Sharks
- 6 – Ella W ~ The Lost Girl

Grant Success

We have been successful in obtaining a Sun Smart Grant of \$19,000 to build a shade structure over the sand pit at the front of the school, build a roof over the pergola and purchase some rashies for our swimming program. Thank you Chris D'Silva for putting this grant together.

Asthma

This time of year can present triggers that can cause asthma to flare up. It is important that we have an updated version of your child's Asthma Action Plan at school. Included in this newsletter is some advice from Asthma Australia.

Social Media

These days, there is a lot of peer pressure to be on social media. Unfortunately, this can cause problems when children don't realise the implications of what they post. Parents need to monitor what their children are doing on social media. Many apps like TikTok, Instagram and Facebook have an age limit of 13+. Primary children should not have their own accounts and parents need to be responsible for what children publish online. Children are not allowed to bring their own iPads and phones to school. If children need to bring a phone to school these must be handed into the office in the morning and collected at the end of the day, this is in line with Education Department policy.

Book Club

Book Club orders are due back before Monday 30th November. This will be the **last** order for the year. If parents would like to order gifts for Christmas, please let us know and when they arrive we will let them know so that they can be picked up.

Curriculum Day

December 4th is a curriculum day. Students are not required at school on this day.

School Photos

The forms to purchase school photos were sent home last week. You do not have to purchase photos if you don't wish to. If you are purchasing, all monies and forms need to be at school by the 20th November, the day of the photos. The school does not handle the money, it is all up to the company. There was also the option of ordering and paying online.





MACC Van - ART

As you may have heard, this term we have been exploring landscape painting. As a final work, students will be asked to demonstrate the skills and knowledge they have learnt this term on a canvas board. I'd like the Grades 3-6 students to bring in a copy of a photograph of a landscape that they would like to paint. It could be a picture from a magazine or a photo from around home or a memorable holiday. They may end up drawing on the image to help with their painting so please don't send a copy that you value! They will need to bring the image on the 23rd of November.

Thank you,
Ms Bentley

Bar-rook Swimming Club Incorporated

Swimming Training

Starts on the

24th & 25th of November

Koondrook Swimming Pool

Membership Fee \$80



Free Two Weeks Come & Try

All membership forms must be completed at the first session & all membership must be paid electronically by the 14 days of commencement.

Learn – to - Swim Groups (4 years plus)

Learn-to-swim group at 4:15 -4:45pm Tuesday or Wednesday weekly
(Must be confident in the water, time may change if demand for lessons is high)

Advanced Learn-to Swim Groups & Junior Groups

Junior Groups 5:00 – 5:55pm

(All swimmers must be confident in the water)

Intermediate, Advanced & Advanced Plus Groups

6:00 – 7:00pm on Tuesday & Wednesday weekly

Enquiries: Sharon McInnes, Treasurer: 0438531366



Dear parents, carers and guardians,

As students in both mainstream and specialist settings recommence on-site learning in Term 4, I want to thank you all for your efforts during this challenging time. I also want to reassure you that the health, wellbeing and safety of children, young people and those involved in their education continues to be of paramount importance.

Throughout the pandemic we have closely monitored the impact of coronavirus (COVID-19) on schools; the strategies that can be implemented in schools to reduce risk; and the health impacts of coronavirus (COVID-19) on children and young people, including those with a disability or complex medical condition.

Research by Murdoch Children's Research Institute found that coronavirus (COVID-19) transmission in schools is uncommon when community transmission is low. A [summary report](#) of these findings is available to read.

With declining case numbers in the community, I am confident that the risk of coronavirus (COVID-19) transmission in mainstream and specialist schools is very low, when we have in place a range of health and safety measures.

The health and safety measures recommended for schools focus on the strategies we know are most effective. These include ensuring unwell staff and students remain home, good hand hygiene, enhanced cleaning and wearing face masks (only mandatory for those 12 years and over attending high schools). Temperature screening is not currently recommended for schools, given low levels of community transmission. I encourage you to read the [health and safety advice for schools](#) for further information on what schools are doing to keep students and staff safe.

The most important thing I ask of every family this term is to keep your child home from school if they have even the mildest coronavirus (COVID-19) symptoms and to get tested as soon as possible. Staying home when unwell is one of our strongest measures to limit the spread of the virus. For more information on what to do if your child is unwell, see this [fact sheet](#).

The good news is that evidence continues to show that children are less impacted by the virus, and are less likely to develop severe illness. Additional [advice for families](#) has been developed for those with medical vulnerabilities to support decision making about on-site learning at this time.

Working together to implement COVIDSafe strategies, I am confident Victoria's students can continue to safely attend school throughout Term 4.

Adj Clin Prof Brett Sutton

Victorian Chief Health Officer



NDCH

Northern District Community Health

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



The Benefits of Being Active Outdoors



Many of us have discovered the joy of being active outdoors since COVID-19 restricted our daily movements. With the weather at its best right now there are many reasons to continue to enjoy being active outside.

Vitamin D

The best form of Vitamin D comes from direct sunlight. While we encourage you to practice sun smart behaviours, getting just 20 minutes of direct sun exposure on your skin a day is the most effective form of Vitamin D. Vitamin D is good for your bones, teeth and muscles.

More chance of incidental exercise

Incidental exercise—exercise which is not planned—was one of the things many of us were missing during the restriction periods. By actively choosing to exercise outdoors you are more likely to increase your incidental exercise—such as daily steps or movement—while going outside and as a result of being outside.

Improved Mental Health by Taking Notice

Being outside improves our mental health. The act of noticing our surroundings is a form of mindfulness and helps calm our anxiety by bringing us back to the present. Noticing changes in the weather, the flora and fauna or simply the beauty of nature helps us appreciate where we are and what we have in any given moment and stops our thoughts running forward or backwards.

www.ndch.org.au



BE ACTIVE *and* TAKE NOTICE

This November local Women are encouraged to enjoy our beautiful Gannawarra outdoors and join in our fitness classes. Sessions are FREE but are limited to 10 persons due to current restrictions.

Bookings via www.ndch.org.au/events

STAINLESS STEEL
DRINK BOTTLES TO
GIVEAWAY

Session Details

- 12/11/20 – 10.15am at Koondrook – Rach Robertson Fitness: 30 minute exercise session
- 18/11/20 – 10.00am at Cohuna – Love Your Lifestyle Yoga: 1 hr Yoga session
- 19/11/20 – 10.00am at Quambatook – Sara McNeil NDCH Exercise Physiologist: 45 minute exercise session
- 19/11/20 – 10.15am at Koondrook – Rach Robertson Fitness: 30 minute exercise session
- 23/11/20 – 6.45pm at Kerang – Belinda Batchelor of The FiitSpace Kerang: 45 minute exercise session
- 26/11/20 – 9.30am at Murrabit – Sara McNeil NDCH Exercise Physiologist: 30 minute exercise session
- 27/11/20 – 7.00am at Kerang – Belinda Batchelor of The FiitSpace Kerang: 45 minute exercise session



RACH ROBERTSON FITNESS

YOU CHOOSE YOUR HARD
- TFSK -
THE FIIT SPACE KERANG



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