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 7th, 2022 **Issue no: 14**

Principal's Report

End of Term

The term is quickly coming to a close and much has been achieved. Year 6 Transition, Lions Club Public Speaking Finals, Open Day, Athletics, Bush Day, Year Prep-3 Dinosaur Incursion, 15 Mile Creek Camp, Prep-2 excursion to Kyabram Fauna Park and Book Week celebrations have all been part of a very busy curriculum that has kept students engaged and moving forward with their learning. Well done to all our students for the progress they have made; we are proud of each and every one of you. Thank you to all our wonderful staff for the mammoth amount of work you have done. I hope everyone has a lovely holiday and a chance to recharge your batteries ready for a busy 4th Term which will start on Monday 3rd October. Friday 16th September is the last day of Term 3 and we will be finishing early at 1:35pm.

Illnesses

There seems to be a fair amount of illness around with lingering coughs as well as gastro. Please remember if your children are sick, they need to stay home. If the staff get sick it is really hard to replace them as relief teachers are in demand across the district and hard to get. Please also remember to use the RAT test if your children have Covid symptoms. If your children have gastro, please remember to keep them away from school for **48 hours after they have stopped vomiting**.

Spelling Bee

On Monday 12th September Arkie, Lucy, Charlie, Hunter and Frida will represent the school at the Rotary Spelling Bee Competition in Kerang. The Spelling Competition is open to students from Grades 4 - 6. It will be held at Thornley Hall, KTHS and starts at 7pm.

Dates to Remember

Term Dates 2022

Term 3 ~ July 11th – September 16th
Term 4 ~ October 3rd – December 20th

Public Holidays

November 1st – Melbourne Cup

School Dates to Remember

September 12th – Mallee Zone Athletics
September 16th – Footy Colours Day
September 16th – Last Day Term 3, Early Dismissal @ 1:35pm
October 3rd – First Day Term 4
October 20th – Yr.6 KTHS Transition
October 24th~26th – Yrs. 3/4 Cluster Camp @ Billabong Ranch
October 28th – T-20 Cricket @ Kerang
October 31st – Pupil Free Day (Report Writing)
November 22nd~23rd – Yr.6 BHS Transition
December 2nd – Curriculum Day
December 13th – Step-Up Day
December 14th – Yr.6 Graduation
December 15th – Picnic on the Green
December 19th – Pupil Free Day (Staff First Aid Training)
December 20th – Last Day for 2022

Assemblies

TBA

Zone Athletics

On Monday 12th September we have a number of students representing the school at the Zone Athletics in Swan Hill at Ken Harrison Reserve. Permission notes need to be signed and returned. We wish all the students well in their events. They are: Bella, Taj, Gus, Zavier, Adeline, Eve, Jakson, Lucy, Tommy B and Charlie T.

Timetable for Parent Information

Order of Events

9.15am	1500 metres time trials
9.45am	200 metres heats & finals 9/10yr shot put 11yr long jump 12/13yr discus
10.15am	12/13yr high jump 11yr shot put 10yr long jump
10.45am	9/10yr,11yr hurdles and finals 11yr high jump 10yr discus 12/13yr shot put
11.00am	100m heats and finals
11.15am	10yr high jump 11yr discus 12/13yr long jump
11.45am	10yr triple jump
12.15pm	**12/13yr Hurdles and finals** 11yr triple jump
12.45pm	12/13yr triple jump
1.00pm	Relay finals
1.45pm	800metres

*These are approximate times. Some events may start earlier than times shown.

*Track runners will be held after their heats until the finals, so schools and competitors must tell the organisers of the field events that they are at a track event.

Long Service Leave

Next week I will be on Long Service Leave from Wednesday - Friday. The first week of Term 4, Mrs Lake will be taking Long Service Leave.

Footy Colours Day

On Friday the 16th of September we are having a Footy Colours Day where the children can come to school dressed in the footy colours of their favourite footy team.

Student of the Term

At Monday morning assembly next week, we will be announcing the Students of the Term. Students of the Term get to have morning tea on Wednesday in the staffroom.

Reading Challenge

Once again, we are conducting the Holiday Reading Challenge over these school holidays. Children who read for 10 nights or more and have the sheet signed will go into a draw to win a book of their choice from the Book Club catalogue. Reading sheets will be given out next week.

Billabong Ranch

Thanks to everyone who has returned the permission/medical note and deposit for the Year 3/4 Cluster Camp to Billabong Ranch. The final payment of $250 is due by the 10th October.

Ask

R U OK?™

No qualifications needed

Have a conversation using these 4 steps

1. Ask R U OK?

How are you travelling?

You don't seem yourself lately – want to talk about it?

2. Listen with an open mind

I'm here to listen if you want to talk more.

Have you been feeling this way for a while?

3. Encourage action

Have you spoken to your doctor about this?

What do you think is a first step that would help you through this?

4. Check in

Just wanted to check in and see how you're doing?

Have things improved for you since we last spoke?

Learn more at **ruok.org.au**

KEEPING A HEALTHY HEADSPACE

Brought to you by NOCH

DID YOU KNOW?

Achieving small tasks and doing things you enjoy can boost your confidence and lift your mood – helping you keep a healthy headspace.

Here's how 'doing stuff' can help your headspace. It can:

- give you a sense of achievement and purpose
- build your confidence
- lift your energy
- improve your motivation to achieve your goals, ie., work, study, or staying active goals
- get you out of a rut - if you're feeling flat.

Start simple and small.

1. make a plan
2. choose an activity you like
3. set a time and date
4. do it with someone

Sourced from: headspace.org.au/young-people/get-in-to-life-to-keep-your-headspace-healthy/

Sometimes it can be hard to know where to start. Think about what you currently or used to find fun.

Would you like to try one of these?

- [ ] Getting outdoors
- [ ] Cooking/Baking
- [ ] Exercise/Yoga/ Run
- [ ] Playing with animals
- [ ] Reading or writing
- [ ] Socialising online/in person
- [ ] Volunteering
- [ ] Doing arts & crafts
- [ ] Playing board game

E-CIGARETTES/VAPING QUIZ

E-cigarettes/vaping pose a serious health risk!

Parents, teachers and students test your knowledge of e-cigarettes/vaping with our kahoot quiz.

For more information visit: quit.org.au/articles/teenvaping/

GET ACTIVE VICTORIA

GET ACTIVE WEEK

SEPTEMBER 5-11

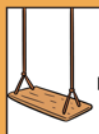
Brought to you by NOCH

CHILDREN & TEENS NEED 60 MINUTES OF MOVEMENT EVERYDAY.

GO NOODLE!
Get moving & practice Mindfulness with GoNoodle

BIKE RIDING!
Get moving by riding your bike to school or go for a ride after school.

SCAVENGER HUNT!
Google a scavenger hunt list or create your own.



PARK ADVENTURES!
Play at your local park.

COSMIC KIDS!
Get moving and practice yoga with Cosmic Kids.

OBSTACLE COURSE!
Have a go creating your own obstacle course.

BALL SKILLS
Practice throwing, catching, passing and dribbling.

START A HOME VEGGIE PATCH!
Digging, weeding, plating & watering.

Welcome Spring

Celebrate the new season with miniature gardens, diamond painting and a visit from Mr. Badger himself!

Miniature Gardens
Suitable for all ages
Kerang - 10.30am Tuesday, 20 September
Cohuna - 10.30am Thursday, 22 September

MR BADGER tells the story of *The Wind in the Willows*
Suitable for all ages
Cohuna - 3.00pm Monday, 26 September

Diamond Painting 5+
Kerang - 10.30am Wednesday, 28 September

Bookings
Phone 5452 1546 or 5456 2124
Children to be accompanied by an adult

Gannawarra Library Service Presents
MR BADGER tells the story of
The Wind in the Willows

Mr Badger tells this much loved story celebrating the joys of nature and friendship.
A delightful storytelling performance for the whole family.

Cohuna - 3.00pm
Monday, 26 September

To book your place at this free event, call 5452 1546 or 5456 4124

Crazy Hair Day

Next term, on October 14th we will be having our Crazy Hair Day for Cystic Fibrosis. Bring a gold coin donation for Cystic Fibrosis and go wild with your hair do!

Walk to School Month

October is traditionally Walk to School Month so, when we come back to school in October, make sure you are walking, riding or scooting to school.

NAPLAN

The school received individual NAPLAN results this week and are available for collection from the office.
NAPLAN provides parents and schools with an understanding of how individual students are performing at the time of the tests. It is important to remember that NAPLAN is just **one** aspect of a school's assessment and reporting process – it does not replace ongoing assessments made by teachers about student performance. Please contact your classroom teacher if you would like to discuss your child's results.
NAPLAN also provides schools, education authorities and governments with information about how education programs are working and whether young Australians are achieving important educational outcomes in literacy and numeracy. If you would like to discuss the results with your child's teacher, please make an appointment to do so.

RUOK Day

Thursday 8th September is R U OK? Day. It's our national day of action when we remind Australians that every day is the day to ask, 'are you OK?' and start a meaningful conversation whenever they spot the signs that someone they care about might be struggling with life. See the attached flyer for details on how kids can ask the question – "R U OK?" 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. Here is a link to a video for kids to watch: https://vimeo.com/734592390

Unpaid School Contributions

Just a reminder to everyone who as yet have not paid their school fees. These fees cover ALL student consumables (pens, pencils, books etc) – other schools send home a booklist that must be purchased prior to school starting and any other requirements must be purchased throughout the year – Koondrook Primary provide everything at a VERY low cost including access to iPads and MacBook Computers. MARC/MACC fees are charged to cover the cost of all the craft supplies that go into the art projects that children bring home – Koondrook Primary School have to pay this amount to the Cluster to cover this.
Please help our school by paying your fees, so that we can continue to provide the great resources that we do.
******If you would like to arrange a payment plan or a copy of the amount owing, please see Judi in the office on a Tuesday or Thursday.***

Positive Start

As part of the State Government Positive Start program, we have been successful in obtaining a Beach Camp for the Year 5/6 students from Wednesday 7th December until Friday 9th December. The government is covering the full cost of the camp and the transport to camp. More information will be sent out next term.

Bendigo Art Gallery Excursion

During Term 4 Grades 5 and 6 from the 5 schools in the Murray Plains MACC program group will attend a day excursion to the Bendigo Art Gallery. This opportunity will enable students to experience an art museum and participate in workshops as part of the gallery's education program. Whilst at the gallery students will be participating in a 35-minute tour and a 35-minute workshop in the gallery.

Date: Monday 17th October 2022.

Location: Bendigo Art Gallery, 42 View St, Bendigo VIC 3550

Cost: $0. This activity is free. Transport is funded by a Foundation for Rural Regional Renewal (FRRR) grant and gallery entry is free.

Transport: Students from **Murrabit** and **Koondrook** will be travelling by Swan Hill Bus Lines departing from Murrabit Group School at 8:45am, travelling to Koondrook to depart from Koondrook at 9:10am and on to Bendigo to arrive for an 11am session at the art gallery. The bus will depart from Bendigo after a lunch break at 1pm arriving at Koondrook at 2:45pm and Murrabit at 3:10pm.

Amanda Bradford

Kyabram Fauna Park Excursion

Here are some reports on the Kyabram Fauna Park excursion last week. The Prep/1 classroom wrote about the day and drew some fantastic illustrations to go with it. The photos in today's newsletter are from the excursion.

Yesterday we went to Kyabram on the bus. Only the Preps, ones and twos went there. We went there to see the animals. I was in Mrs Lake's group with Lilah, Toby, Kai, Lucas and Charli. It was the best day ever! My favourite animals were the snakes and the lizards. Before the end we played in the playground. We went back to school and we all got picked up to go home. ***By Oliver, Yr. 1***

On Thursday we went to Kyabram Fauna Park. We saw lots of animals and stayed all day. Mrs Bartels was my leader. We were called the Bartels Brothers. I was with Jaxon, Cedar, Lukas, Preston and Thomas.
First, we went to the tent, and we saw lots of animals and we touched a lizard called Lizzy. We then saw a fascinating creature in the water, and it was a frog. After we saw the frog, we went outside to look at the other animals.
The best thing was seeing every animal. I was very happy about that! ***By Adrian, Yr.1***

On Thursday morning I woke up and put on my school uniform and packed my bag. When we were almost at school, we heard that the Kyabram bus had left. So, we went back home and told Mum. Then Dad took me to Kyabram.
We arrived the same time as the bus. Then we had something to eat. After that we got into groups. George, Freddie, Jordan, Connor and Charlie were in my group. Then we went to the tent and someone told us about animals. Then we looked at the animals. We got to feed the kangaroo. My favourites were koalas and kangaroos. We saw cassowaries and emus and flying foxes and even more. I loved looking at the animals. After we looked at the animals we had a play in the playground. After that we went back to school. I sat next to George. When we got back to school, we went home. ***By Jaymes, Yr. 1***

We went to the Kyabram Zoo and it was fun. I saw snakes and I saw frogs and I saw bats and I saw koalas and we went on the bus and I was with me and Jaida. I liked the koalas. I had fun. ***By Hazel, Prep***

I went to the school for the Kyabram Zoo trip. I patted the kangaroos and I was wondering what everyone was doing at school. I got to feed the kangaroos and I was in Shane's group. ***By George, Prep***

On Thursday we went to the Kyabram Fauna Park. We went on a bus.
We saw an emu. One escaped and it followed us. We saw a kookaburra and we saw a peacock. We saw a kangaroo. We went in the tent and we saw the life cycle about frogs. How it goes is, there is an adult and it has baby tadpoles and they are a little frog. They still have tails and then they have little tails. Then they are an adult and it starts all over again.
I had a sleep on the way back. I was excited and I had fun. ***By Charli, Yr. 1***