

YARRAGON PRIMARY SCHOOL & EARLY LEARNING CENTRE NEWSLETTER

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THANK YOU – STUDENTS AND FAMILIES

Thank you to our school community for your resilience and flexibility shifting into remote and online learning for the seventh time. While we may feel we are simply know what to do, we do acknowledge it can still feel tiring, overwhelming and also disappointing.

What is certainly not disappointing is the way our students have engaged with online learning, their peers and teachers through Google Meet. We understand how important this space is and we will continue to listen to student, staff and family feedback to continually improve what we offer and do as a community in this space.

ONSITE LEARNING / SUPERVISION AND CARE

Families who fit either Category A or Category B for onsite learning, supervision and care, please ensure your **On-Site Supervision Form for Week 2 (for both school and ELC)** is completed by **4pm Thursday 26th August**.

We also require an updated Authorised Workers Permit if the one sent in this week only includes this weeks dates. Please check your permit that you provided to the school/ELC to ensure your child(ren) are permitted to come on site.

I am required to check and sight all Authorised Worker Permits, ensuring they are signed by Employer and Employee and your days of work are clear. Also ensure when emailing permits that both pages are emailed through to the school.

Families of students who fit Category B will have been either contacted by me or the school to determine eligibility.

It is very important our onsite student numbers for next week are confirmed this week. This then enables our onsite learning, supervision and care roster to be completed for our staff.

Please don't forget we can support school families with any IT requirements or questions about your current provider and Internet access. We also have a Wellbeing & Inclusion Team available to support with any health or wellbeing needs. Karen Sawyer and her team have a wealth of resources and knowledge ready to support our families and carers.

Regards,

Melissa Rock



VISIT OUR ONLINE LIBRARY SPACE:

<https://sites.google.com/education.vic.gov.au/yps-library-space/home>

Our Library News

It's Book Week! Time to celebrate what world's books can open to us - old worlds, new worlds, other worlds. I had added some links below to explore some of the fun worlds books can take us too. And please visit our Library Space through the link above throughout the remainder of the Term for some great "Book Week" fun. Have fun reading everyone! Crystal

Book Week Dress Up Day ~ Friday 27th August @ HOME

Yes! We will still be dressing up for Book Week this Friday 27th August to share with our class and teachers on Google Meet.

Dress Up could be a funny hat, makeup or face paint, a paper mask you could make yourself, or get creative and upcycle clothes/fabrics. Maybe you already have your full costume planned. Whatever you find to Dress Up in - remember this Dress Up Day @ HOME is all about having some fun.



**Want to
Share?**

Feel free to email photos through, we would LOVE to share them on our School Facebook Page for everyone to enjoy.

yarragon.ps@education.vic.gov.au

We will put our previous plans on hold and hopefully host this event at school at a later date.

Book Club Issue 6

Book Club Issue 6 is open for orders. Orders need to be made online via Parents LOOP

<https://mybookclubs.scholastic.com.au/Parent/About.aspx>

Orders can be delivered to your home address for a postage fee or you can continue to select school delivery for free. Orders delivered to the school will be made available by a Click and Collect arrangement. Details about this will be provided once orders have closed.

Orders close Wednesday 1st August.

Thank you for supporting our Book Club program.



BOOK WEEK LINKS

ABC Education has some great free resources for students to celebrate Book Week at home. Click on the link below to explore the ABC iView Book Week collection. There is no login or signup required. You can choose to not create an account, click on the main webpage and view all clips.

<https://iview.abc.net.au/collection/2547>

Foundation, Grade 1's and 2's

Story Tree <https://iview.abc.net.au/show/storytree>

Grandpa Honeyant Storytime <https://iview.abc.net.au/show/grandpa-honeyant-storytime>

Dog Loves Books <https://iview.abc.net.au/show/dog-loves-books>

Grade 3's, 4's, 5's, 6's

My Place <https://iview.abc.net.au/show/my-place>

Horrible Histories: Staggering Storytellers <https://iview.abc.net.au/show/horrible-histories-special-staggering-storytellers>

The Storybuilding Tool Kit <https://iview.abc.net.au/show/storybuilding-tool-kit>

Bringing Books to Life <https://iview.abc.net.au/show/bringing-books-to-life>

Horrible Histories: Sensational Shakespeare <https://iview.abc.net.au/show/horrible-histories-special-sensational-shakespeare-2016>

Book Week Movie Time

Watch the movie of the popular children's book "Gangsta Granny" by David Walliams (G)

<https://iview.abc.net.au/show/gangsta-granny>



Parents' Club News

Fathers' Day

Even though we are in lockdown, we will still be drawing our Fathers' Day Raffle on Friday 3rd September.

We are also still giving students the opportunity to order gifts for their Dad or special person.

So, when you're out and about doing your daily exercise as a family, please send the kiddies into the office to say hello and hand their tickets / order form in.

Please hand these in to the office as soon as possible.

Billy G's Cookie Dough

Thank you all of our families that supported our Cookie Dough fundraiser.

We raised \$2859.50.

We hope you have all enjoyed making cookies together as a family.



**SEEKING PLAYERS FOR
SUMMER SEASON 21/22**

Registrations close September 8
EARLY BIRD discount if registered by Sept 3rd

Age groups by year born:	Game nights:
10's - 2013/2014	19's - Mondays
12's - 2011/2012	14's/16's - Tuesdays
14's - 2009/2010	Girls - Thursdays
16's - 2007/2008	10's/12's - Fridays
19's - 2004/2006	

**Existing players check emails for
link. If you would like a link sent
please email address below.**

Contact: yarragonbasketball@gmail.com

YARRAGON TENNIS CLUB

WE ARE SEEKING JUNIOR PLAYERS
FOR THE UPCOMING TENNIS SEASON
STARTING
9th OCTOBER 2021

ARE YOU KEEN TO PLAY OR KNOW
ANYONE THAT IS?

WE CAN MAKE UP TEAMS TO SUIT ALL
ABILITIES & AGES... ALL WE NEED IS
NUMBERS!!

IF YOU ARE KEEN PLEASE CONTACT

ANGE: 0409 541 502





WISE WORDS FOR WELLBEING

I am here to support the emotional and physical wellbeing of our students in the classroom, outside in the yard and one on one. I am also available to meet with families if you have any questions or need support.

Please call the school office on 56342375 so we can arrange a time that suits.



Looking after your child/children's wellbeing

Wellbeing comes from physical, mental, and emotional health. For children and young people, there are many things that build positive wellbeing.

Wellbeing can come from:

- > *understanding and managing emotions*
- > *having good relationships*
- > *experiencing a sense of accomplishment*
- > *using their strengths*
- > *taking part in healthy activities, getting lots of sleep and eating well.*

Build your child/children's wellbeing

Praise, encouragement, and positive attention helps your child/children feel good about themselves, which boosts self-esteem and confidence. It can also encourage good behaviour.

- > give your child/children praise when they behave in ways that you want to encourage
- > give your child/children attention. For example, play a game with them, do an activity together, send them a friendly text message, ask about their interests
- > praise your child/children for their strengths
- > let your child/children know you are proud of them.

Wellbeing activities and conversation starters

There are things you can do with your child/children to build and maintain their wellbeing. Most of them are short, fun and require very few materials.





For students in Foundation level - Understanding Emotion

Goal: Understanding our emotions. Activity: With your child/children, name the different emotions that characters in your favourite TV show or story book are feeling. How many can you name?

Ask: How can we work out what emotions other people are feeling?

For students in Years 1 and 2 – Understanding Emotion.

Goal: Understanding our emotions.

Activity: Play emotional charades with members of your family. Each person acts out an emotion and family members guess the emotion/ feeling.

Activity: Your *child asks a family member how they would feel if: • They were starting a new school or job • Their friend had told everyone a secret they shared with them • They had won a prize.*

For students in Years 3 and 4 - Understanding Emotions.

Goal: Develop language to identify and describe emotions.

Activity: Name and describe the emotions of a character in your favourite TV show. Take turns in doing this with your child.

Goal: Name positive and negative emotions.

Activity: Name three positive and three negative emotions you experienced today. Ask your child to name three positive and three negative emotions they experienced. Ask: How did it look, sound, and feel?

For students in Years 5 and 6 - Understanding Emotions.

Goal: Understand our emotions.

Activity: Go around the dinner table and have each person share three emotions that they felt that day and why?

Goal: **Understand others' emotions.**

Activity: Encourage your child to tell a person in your family about their day. The listener tries to guess what emotions your child would have felt during their day.





Maintain good relationships

A positive relationship with your child/children is critical to supporting wellbeing.

- > Share family memories and stories together.
- > Try to eat a meal together each night.
- > Establish and maintain family rituals and routines.
- > **Social connections are vital for your child/children's wellbeing.** For example, helping your child/children stay connected to friends is important.

Set rules and boundaries

Clear rules and boundaries help children and young people feel safe. Involve your child in making the rules and they will be more likely to stick to them. Negotiating rules is a way of showing you respect their growing maturity.

Take notice or being mindful

- > Mindfulness is paying attention to how you feel and what you see, hear, taste and smell. It is the opposite of rushing and multitasking. Mindfulness is being in the present rather than thinking about the future or the past.
- > It can make us more aware of our thoughts and feelings and can help reduce stress and anxiety. Mindfulness can help us slow down and promotes rest and healing.

Practice kindness and gratitude

Gratitude is about taking some time to recognise and celebrate the people and things we love and are thankful for. Being grateful can have a big impact on wellbeing as it strengthens relationships and makes us more optimistic.

You can help your child/children practice gratitude by talking to them about:

- > things that make them happy
- > things that inspire them
- > people and things that nurture them
- > experiences and thoughts they would like more of
- > helping them notice small pleasures like a cool breeze or a warm smile.
- > Being kind to others also supports wellbeing. It promotes feelings of gratitude as well as compassion and empathy. Kindness helps to build a sense of community and reduces stress.
- > With your child/children make a list of all the ways they can be kind to family, friends, and your community. Together, choose a few things to practice being kind.





Promote help seeking

It can be hard to ask for help but it is important that your child/children know that it is okay. Encourage help seeking in your child/children by:

- > *asking how things are going*
- > ***letting them know it's okay if they are feeling sad or frustrated***
- > *listening without judgement when they seek out your support*
- > *providing your child/children with a range of information about where to get help if they need it.*

Kids Helpline - Call 1800 55 1800 or kidsline.com.au

Headspace - Call headspace on 1800 650 890 or online at www.headspace.org.au

Beyond Blue 1800 512 348

Coronavirus Mental Wellbeing Support Service. <https://coronavirus.beyondblue.org.au/>

Lifeline Australia - 13 11 14

A crisis support service offering short term support at any time for people who are having difficulty coping or staying safe.

www.lifeline.org.au





In Grade 5/6, we have been learning about angles!



August

Mon	Tue	Wed	Thu	Fri
2	3	4	5	6
9 P/T/S Conferences	10 P/T/S Conferences	11 Student Free Day	12	13
16 Mobile Library Science Week	17	18 Cookie Dough Collection Day	19	20
23 Book Week	24	25	26 Student Support Group Meetings	27
30	31			

September

Mon	Tue	Wed	Thu	Fri
		1	2	3 Parent Opinion Survey Due Fathers Day Raffle Drawn / Gifts Sent Home
6	7	8	9	10 Parent Club Meeting
13 Mobile Library	14	15	16	17 Last Day of Term 3 2.30pm dismissal