

# Melton Primary School Newsletter

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Monday 14th September, 2020

## WE ARE MELTON PRIMARY SCHOOL

### WE ARE ACTIVE LEARNERS

- ✓ We will have a go and try our best.
- ✓ We reflect on our learning and seek to improve.
- ✓ We ask questions to clarify our understanding.
- ✓ We are persistent and determined to succeed.
- ✓ We are punctual and prepared.
- ✓ We take pride in our work.
- ✓ We listen attentively.
- ✓ We are resilient and use a range of strategies to solve problems.

### WE RESPECT OTHERS

- ✓ We are polite.
- ✓ We are friendly, honest and caring.
- ✓ We are accepting and inclusive.
- ✓ We have self-control.
- ✓ We listen to others and use words that show respect.
- ✓ We follow rules and accept outcomes for our behaviour.
- ✓ We are grateful.

### WE ARE SAFE

- ✓ We make safe choices.
- ✓ We listen and follow instructions.
- ✓ We are cyber safe.
- ✓ We walk within the classroom.
- ✓ We use equipment appropriately.
- ✓ We follow road safety rules.
- ✓ We are sun smart.

### WE ARE SUPPORTIVE

- ✓ We are understanding and encourage others to do their best.
- ✓ We give feedback and positive reinforcement.
- ✓ We listen, collaborate and work well in teams.
- ✓ We aim to build positive relationships.
- ✓ We are sympathetic to the needs of others.

# From the Principal's desk

Dear Parents/Guardians,

## Term 3

Congratulations, we have all made it through another challenging term!

This term has had its highs and its lows. Everyone needs to be exceptionally proud of the way you have persisted as pioneers of remote learning. Teaching is one of the only professions through this whole pandemic, that has had to completely transform and learn to deliver lessons to students using a completely different format to how students have always been traditionally taught. Our staff took on the challenge, seeing it as an opportunity for students to still learn. From the initial commencement of remote learning, we have tried to provide families with a format that is accessible throughout the entire day, regardless if children sleep in or if families are working part/full time. We have tried to provide students with live sessions where they can interact with their peers. Yes we have revised and taught new concepts during this time. It has been essential that we continue to forge forward to enhance student learning in particular in Literacy and Numeracy as well as Specialist areas. To all of our parents, THANK YOU! We know it hasn't been easy. For some families there have been good days and bad days. Days where it was hard to motivate your child and complete tasks. Other families have found that their children have excelled during this time. We thank you for your willingness to work with us. During this time, some of our students have struggled and some students have thrived. Our students deserve a round of applause for their willingness to have a go, their persistence and for being the generation who embarked on remote learning. We are exceptionally proud of all of our students.

## Term 4

**5th - 9th October** - ALL students will engage in remote learning using our current format. Only students of essential workers or students deemed vulnerable will be permitted on site during this week, as per the term 3 arrangements (required form to be received by 12 noon 30th September).

# From the Principal's desk

## Returning to Face to Face Learning

- **Monday 12th October, students in Foundation, Grade 1 and Grade 2** will return to face to face learning onsite. We are excited to welcome these students back and the teachers are busy planning for a wonderful day. **Grade 3-6 students** will continue with online learning at home. Only essential workers children in Grades 3-6 will be allowed onsite (required form to be received by 12 noon 7th October). **School will operate the normal hours 8:40am - 3pm.**
- **A date for the return for students in Grade 3-6** to on-site learning will be subject to further health advice.
- All students in the year levels returning to on-site schooling are expected to attend school. We will not provide remote learning where parents elect to keep these students at home. Children who have written advice from a doctor to stay home for their own health are advised to contact the school.

## Reducing the number of adults onsite and congregating at school entries

- Parents should avoid coming onto the school grounds unless absolutely essential.
- Our families will be able to access a supervised drive through drop off and pick up service for all of our students via our Raleighs Road entry.
- All students will be required to enter the school via their designated supervised House Colour gates. A map showing these is located further on in the newsletter. Exempt from this is the supervised drop off and pick up location.
- Families will need to plan for and adapt to alternative arrangements - families need to make and communicate with their child a pick up location. Have a single person come to pick up your child/ren, not multiple people.
- All adults will be required to wear a mask.
- Students are not to enter the school grounds until they have had their temperature checked by a member of staff.
- Adults waiting outside the gates are to leave 1.5m between themselves and others.
- No more than 2 adults in the front office foyer at anyone time.

# From the Principal's desk

## COVID-19 Measures

- Students **MUST** bring their own drink bottle to drink from.
- Playground equipment can be utilised by enrolled students.
- Students will undertake regular hand hygiene throughout the day.
- If shared equipment is used, there will be strict hand hygiene before and after use
- Extended cleaning will occur throughout the day for high touch areas (light switches, door handles etc.)
- Soap and hand sanitizer available in every room
- No camps or excursions until further notice
- No interschool sport
- Parent helpers not to resume working in the school until further notice
- No large school gatherings - information nights, assemblies etc until further notice.
- Students with mobile phones are advised to clean them before handing them into the office each day.
- Parents are to make contact with the office and their child's teacher via phone or Compass rather than coming onsite.
- If a student, parent or staff member feels unwell they are to stay home rather than 'solidering on' and coming onsite.
- All students must have a hat as per our sun smart policy.

## Returning School iPads

Please be advised that if you loaned a school iPad, charger or headphones, as per the signed agreement, this is to be returned on the day that your child's year level returns to school.

## Returning School Books and Pencils

When students return for face to face learning onsite, they will need to return with them all of the books and stationery that they took home to use for remote learning.

# From the Principal's desk

## Returning Student Medications

If you collected your child's medication, this is to be returned on the day that your child's year level returns to school.

## Planning for 2021

Planning for 2021 has now commenced. Apart from students in Grade 6, if you know that your children are not likely to be at Melton Primary in 2021, can you please notify the office so that we do not count them in our enrolment numbers and classes. If you have a Foundation student for 2021, please ensure that you enrol them now so that we can guarantee a position for them.

## Victorian Premier's Reading Challenge - CLOSES Friday 18th September

The Premier's Reading Challenge closes Friday 18th September so please ensure that you log all of the books that your child has read. Students who complete the challenge will receive a signed certificate from the Premier. Congratulations to those students who have already completed the challenge.

## Last Day Term 3

We wish all of our families a wonderful holiday break. Enjoy time together as the sun begins to shine more often. Students onsite will finish the term **THIS Friday 18th September at 2:30pm.**

## Switching off

Please be advised that from close of business on Friday 18th September, our staff will be switching off and enjoying a well deserved break. I encourage staff, students and parents to switch off and not make contact with each other until the day before school resumes online, if it is necessary.

Vanessa Harrison  
Principal

# Key Dates for Term 3, 2020

## September

- 16th School Council Meeting 6:30pm
- 18th Footy Dress Up Day
- 18th Design your 'Family Camping Adventure'
- 18th Last Day of Term 3

## Term 3 Holidays

18th September - 4th October

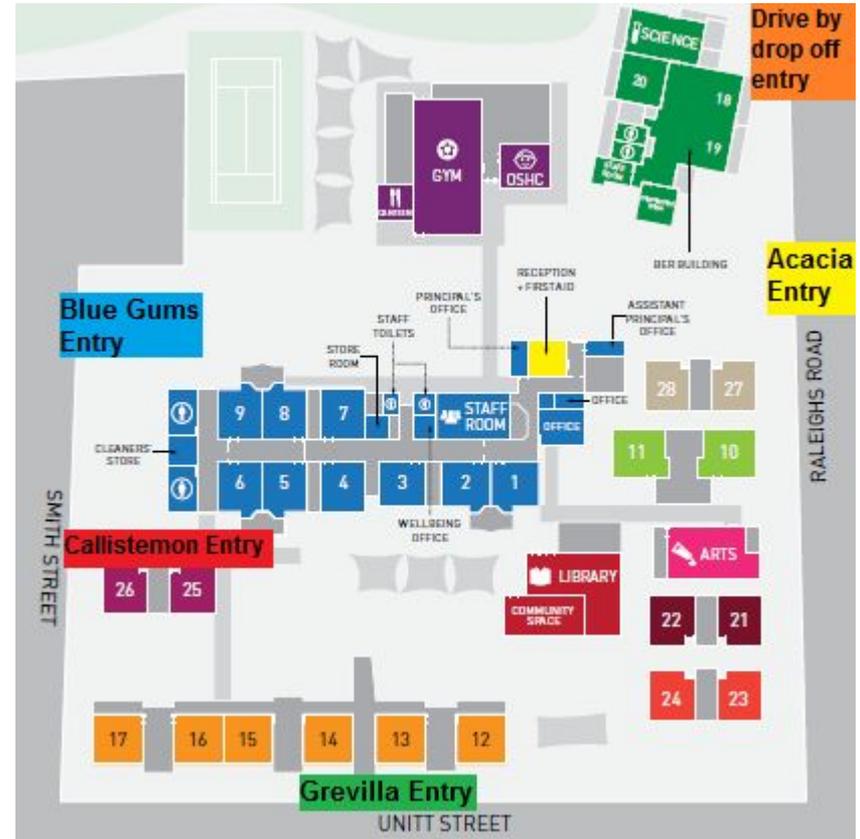
# Key Dates for Term 3, 2020

## October

5th - 9th Term 4 commences - remote learning for ALL students.

12th Foundation, Grade 1 and Grade 2 students resume to onsite learning. Grades 3-6 to continue remote learning.

# Entry to the school by House Colour Gates



# 2021 Sibling Enrolments

Do you have a child starting Foundation in 2021?

Please pop past the office and collect an enrolment form to secure your child's enrolment at Melton Primary for 2021.

Our Foundation classes fill fast, so please act now. Orientation sessions have begun.

We have another one set for the 14th of October.

**DON'T MISS OUT!**



# We are Sun-Smart



Surf Hat - \$8



Wide Brim Hat - \$6

Melton Primary School is a Sun-Smart school. From the 1st of September all students are required to wear a school hat when outside.

Hats can be purchased from the office.



Bucket Hat - \$5



Did you know?

Bet you  
didn't  
**KNOW!**

# 8 deep facts about caves

1 Certain  
ice caves  
in Iceland are  
filled with  
hot springs.

2 1,000-  
year-old popcorn  
was found in a  
cave in Utah, USA.

3 Cave bears  
and cave lions  
lived in Britain,  
during the  
Ice Age.

4 A cave in the USA's  
American Fork Canyon  
was used as a dancehall  
during World War II.

5 Caves  
can be formed by  
earthquakes.

6 Many cave-dwelling  
fish don't have  
eyes.

7 Ancient  
cave paintings  
in Australia  
show a bird that was  
three times the  
height of an emu.

8 Some doctors  
in the 1800s  
thought  
cave air  
could  
cure illness.

# Grade 1

This term we have been working hard, learning about how to write an information report. Here are some examples of the amazing work that has been done!

### Koalas

**Interesting facts**  
 Koalas are marsupial animals.  
 Koalas are called 'kai' for 'hollow' and 'loo' for 'tree'.

**Habitat**  
 Koalas live in the branches of eucalyptus trees. They like to sleep and eat eucalyptus leaves.

**Behaviour**  
 Koalas are very slow and they like to sleep for a long time. They can sleep for up to 25 hours a day.

**What Koalas look like**  
 Koalas are soft and grey. Their fur is water proof. They have thick fur around their neck.

### COCKATOOS

**Habitat**  
 Cockatoos live in the wild. They live in trees. Cockatoos build their nests in tree hollows.

**Diet**  
 Cockatoos eat wheat and drink from puddles. They also eat nuts and seeds.

**How they live**  
 Cockatoos can talk like people. They lay eggs and have chicks.

**What do they look like?**  
 Cockatoos are white and red. They have large heads and necks.

### ALL ABOUT TIGER

By Fateh tiwana

### Types of Sharks

### What do sharks look like?

Some sharks are big. Some are small. One is giant. Some sharks are flat. Sharks teeth always grow back. Most sharks have powerful tails, strong jaws, round eyes and gills. Some sharks are friendly and some sharks are deadly.

### What do sharks look like?

Sharks are grey and they have white tummies. They have fins, sharp teeth and strong tails. They have lots of teeth.

### Habitat

Leopards live in jungles, mountains and deserts. They live by themselves except for when they have cubs. Leopards rest on warm rocks or high up in the trees during the day.

### Clown Fish

**Contents**

- What are clownfish?
- How do they live?
- What do they eat?
- How do they reproduce?
- How do they look like?

**APPEARING**

Clownfish live in the sea. They are very small. They have a white stripe on their side. They live in a hole in a rock. They have long tails.

### MONARCH BUTTERFLY

What does a monarch butterfly look like?

Monarch butterfly is a flying bug with big wings and pretty colors.

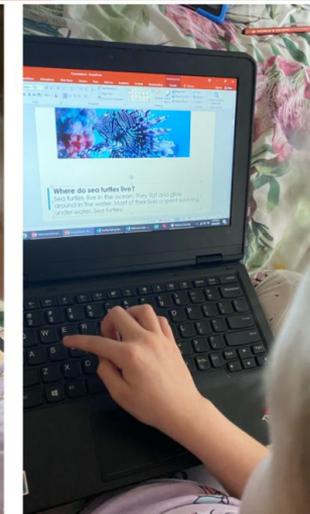
Where do monarch butterflies live? A life of a monarch butterfly.

North America, Australia, India.

The entire bug-to-butterfly process called metamorphosis takes about a month. Once out of the pupa, the monarch butterfly must wait for its wings to dry before it flies away. Adult butterflies don't grow their wings.

What do monarch butterflies eat?

monarch butterflies eat sweet food but not sweets.

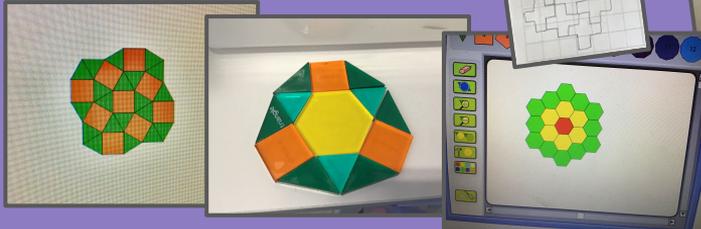
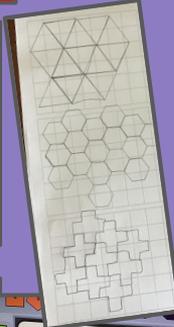
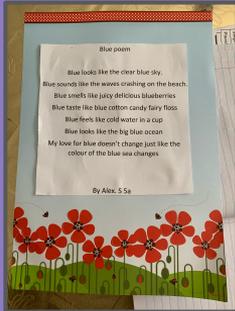




The grade 5 students have been very busy writing poetry and creating tessellating patterns in maths.

# Grade 5

## FAMILY FUN DAY



## Wellbeing Day



When students return to on-site learning in Term 4, majority of the Physical Education lessons will be conducted outdoors.

All students will be required to wear a hat in order to participate in these lessons.



# Physical Education



**Let's keep active these holidays!**

## PHYSICAL ACTIVITY

Children and young people should aim for at least 60 minutes of moderate to vigorous physical activity per day involving mainly aerobic activities that makes their heart beat faster—more is better. The 60 minutes can be made up of shorter bursts of activity throughout the day that add up to 60 minutes or longer.

Activities that are vigorous, as well as those that strengthen muscle and bone, should be incorporated (in the recommended 60 minutes of daily physical activity) at least three days per week. In addition, several hours of a variety of light physical activities should be undertaken each day.



## TIPS

- Basketball, soccer, netball, lap swimming, skipping or running are all great ways to add more **vigorous** activity to a day. They don't have to be organised, paid activities—they can be as simple as grabbing a ball or a friend and running around at the park. Anything that makes kids 'huff and puff' counts!
- Add to the daily total with **moderate-intensity** activities such as bike riding, scootering or skateboarding. Swap a drive to the local shops or library with a bike or scooter ride.
- Examples of **light activities** include leisurely walking or playing handball. Walking your dog or to school is a great way to increase light activity. Some activity is better than none.
- Great options to **strengthen muscles and bones** include skipping, running, yoga, jumping, push-ups, sit-ups, lifting weights, lunges, squats, climbing trees or swinging on monkey bars.

# BRINGING UP GREAT KIDS



Starts Wednesday Oct 7  
6:00PM to 8:00PM

For more information call Greg  
on 0409 608 551.

Or register online at  
[https://www.surveymonkey.com/r/CaPSS\\_BUGK](https://www.surveymonkey.com/r/CaPSS_BUGK)



A free online, 6 session program that  
assists parents to:

- Become more reflexive and mindful in their parenting
- Learn more about the origins of their own parenting
- Identify the important messages they want to convey to their children and how to achieve this
- Learn more about brain development in children and its influence on their thoughts, feelings and behaviour

LEARN HOW TO BECOME MORE  
AWARE OF AND REGULATE YOUR  
CHILD'S EMOTIONS WITH -

# EMOTION COACHING



THURSDAY OCTOBER 1, 6:30PM -  
7:30PM OR  
THURSDAY OCTOBER 7, 10:30AM -  
11:30AM

Free webinar. For more information call Sandra on 0429 984 478  
or register online @

[https://www.surveymonkey.com/r/CaPSS\\_EmotionCoaching](https://www.surveymonkey.com/r/CaPSS_EmotionCoaching)

Community Safety Month

# Kids Poster Competition



## October is Community Safety Month!

Get creative and design a poster that showcases one of the following:

- Activities I enjoy within my community
- Why friendships are important
- How I can safely make new friends
- Ways I can safely participate in my community

There are four Fitbit Kids Activity Trackers up for grabs!

Community Safety Month is held every October and reminds us that we all have a role in making our communities safer.

## DETAILS

This competition is open to all primary school aged children who live or attend school in the City of Melton.

### TO ENTER:

Scan your poster or take a picture and email it to us with the child's name, age and contact number  
e: [socialplanningprojects@melton.vic.gov.au](mailto:socialplanningprojects@melton.vic.gov.au)

### CLOSING DATE:

Friday 23 October 2020

### WINNERS:

Winners will be announced on the Healthy City of Melton Facebook Page during Children's Week, 24 Oct – 1 Nov.

### MORE INFORMATION:

Contact the Road and Community Safety Officer P: 9747 7200



## Cyber Safety for Parents Keeping Kids Safe – Gaming



Gaming today is social. It's where young people go to play, connect and communicate with their friends.

This FREE session will provide parents with important information on keeping kids safe when using popular online gaming platforms, including:

- Understanding gaming features that are potentially harmful
- Managing & monitoring gaming & promoting self-regulation
- Strategies that foster positive digital experiences for children
- Managing digital wellbeing for children at home
- Q&A time with the team from the Cyber Safety Project

## DETAILS:

WHEN:  
Monday 5 October 2020

TIME:  
7:30pm – 8:30pm

WHERE:  
Live via Zoom

COST:

Free

REGISTER ONLINE:  
<https://bit.ly/2EAWlas>

For more information contact Council's Road and Community Safety Officer on 9747 7200



# Supporting your children during remote and flexible learning.

There are two helpful new resources to help you support your children during remote and flexible learning.

## Raising Learners podcast

The Department of Education and Training has funded a 10-episode podcast series through the Raising Children Network called 'Raising Learners'. It features parenting experts from organisations including the Murdoch Children's Research Institute, Career Education Association Victoria, as well as the Australian eSafety Commissioner, Julie Inman-Grant.

Raising Learners provides parents with practical advice, tips and ideas for supporting children's health, wellbeing and engagement at school and at home. Topics include how to connect with your child's school and community, how to best support your child's learning, what to expect for VCE and VCAL students and how to keep your child safe online. These topics were drawn from common questions that parents raised with the Department's coronavirus (COVID-19) hotline and Parentline. The first three episodes will be available on 1 September, and the rest throughout terms 3 and 4. Raising Learners can be accessed via podcast apps and [Raising Children Network website](#).

## Managing the Coronacoaster webinar

Renowned child psychologist Dr Michael Carr-Gregg is back by popular demand to repeat his Coronacoaster webinar.

On 15 September, Dr Michael Carr-Gregg will again present Managing the Coronacoaster – Tips for building resilient families in the coronavirus era. His first webinar in August booked out in three days, with more than 12,000 registrations. In this webinar, Dr Carr-Gregg provides tools and strategies for parents and carers to help manage the lockdown period and remote learning. Topics include:

- your supportive role      \*setting the emotional tone      \*focusing on what you can control
- how to deal with disappointment      \*more resources and where to get help.

## Webinar details

**When:** 7.30pm, Tuesday 15 September **Duration:** 45-minute presentation, followed by a 15-minute question-and-answer session

**Format:** online via live stream

**Cost:** free

[Register for the Managing the Coronacoaster webinar via Eventbrite](#)



# ACTION CALENDAR: SELF-CARE SEPTEMBER 2020



MONDAY



7 Remember it's ok not to be ok. We all have difficult days

14 Talk kindly to yourself like you would to someone you love

21 Remind yourself that you are loved and worthy of love

28 Accept your mistakes as a way of helping you make progress

TUESDAY

1 Remember that self-care is not selfish. It's essential

8 Notice the things you do well today, however small

15 Find a caring, calming phrase to say to yourself when feeling low

22 Look at photos from a time with happy memories

29 Write down three things you appreciate about yourself today

WEDNESDAY

2 Be willing to share how you feel and ask for help when needed

9 Avoid saying 'I ought to' or 'I should' to yourself

16 Notice what you are feeling today, without any judgment

23 Let go of other people's expectations of you today

30 You matter. Remember that you are enough, just as you are

THURSDAY

3 Free up time in your diary by cancelling any unnecessary plans

10 Give yourself permission to say No to requests from others

17 Leave positive messages for yourself to see regularly

24 Ask a trusted friend to tell you what they like about you



FRIDAY

4 Forgive yourself when things go wrong. We all make mistakes

11 Aim to be good enough, rather than perfect

18 Don't compare how you feel inside to how others appear outside

25 Release yourself from inner demands and self-criticism

SATURDAY

5 Plan a fun or relaxing activity this weekend and make time for it

12 Let go of being busy. Allow yourself to take some breaks today

19 Get active outside and give your mind & body a natural boost

26 Find a new way to use one of your strengths or talents today

SUNDAY

6 Focus on the basics: eat well, exercise and go to bed on time

13 Make time today to do something you really enjoy

20 No plans day - make time to slow down and be kind to yourself

27 Take your time. Make space to just breathe and be still

Self-care is not selfish. You can't pour from an empty cup



Why not take the challenge and see how many you can cross off this month!

We have circled our favourites!

# Do you need support from Melton City Council? Here's how we may be able to help!

The COVID-19 crisis has hit many people in our community hard, and figuring out what kind of support is out there, and how to access it, can be pretty daunting.

That's why Council has established three Connector Hubs across our City—in Kurunjang, Aintree and Caroline Springs—to help residents understand the types of support available to them, offer guidance on how to access services, and help everyone stay connected, healthy and informed.

If families are looking for assistance with accessing food relief and care packages, financial or mental health counselling, job readiness programs, or social connection and online learning activities, our Connector Hubs are a great place to start.

Residents can access Connector Hubs support by appointment only, so be sure to call or email your local hub to set up a time to talk to someone.

Kurunjang Community Hub

P: 9747 7339

E: [kurunjang@melton.vic.gov.au](mailto:kurunjang@melton.vic.gov.au)

Timbertop Children's and Community Centre, Aintree

P: 9747 5761

E: [timbertopcc@melton.vic.gov.au](mailto:timbertopcc@melton.vic.gov.au)

Stevenson House, Caroline Springs

P: 9747 7272

E: [stevensonhouse@melton.vic.gov.au](mailto:stevensonhouse@melton.vic.gov.au)

Calling the Coronavirus Hotline on 1800 675 398 is another way to access support and referral information.