



Ph 56 741 253

# COASTHILL NEWS

The Inverloch/Kongwak Primary School Newsletter

*We Give Our Best To Be Our Best*



Ph. 56 574 224

**Our Vision: All students to achieve their full potential and to develop into confident, well-rounded citizens.**

Supervision Times: Before 8:30-The Foyer 8:30 Morning Yard Duty 3:30-3:45pm Afternoon Yard Duty

3rd September, 2021 Edition 30

## THANK YOU - LEGENDS

For riding out another amazing week in lockdown.

To all of the students who are 'Riding the Waves' on a daily basis . Most are choosing the surfboards, Resilience, Persistence and Organisation. Some are finding a new Confidence as they share their work with their teachers and their peers via Zoom or Google Meets.

To all parents, guardians and family members who are checking in and helping with remote learning. Staff appreciate your efforts too . Thank you for your flexibility, patience and your care.

Thanks for a great week of learning and we look forward to seeing you all again on Monday. To all of the Dad's and special males in your lives, we hope you have an enjoyable Sunday.

Now it's time to turn off the computers , wait for the rain to ease and get outside for some well deserved fresh air and play time.

Enjoy your weekend and stay safe and well.

*You can't change the wind, but you can adjust the sail.*



**DIARY DATES**

**September**

10th-Trivia Night –Postponed 2022  
 15th-Multiage Day  
 15th-KPS School Council  
 16th– IPS School Council  
 17th-Curriculum Day

**October**

4th Start Term 4

**Father's Day Stall cancelled**

Refunds will be organised-sorry



**Yard supervision and arrival time**



**The Trivia night has been postponed to 2022**

**Pdf packs**

Pdf packs for the following week are available for collection after 3pm on Fridays

**School mobile**

We have a new school mobile to assist with sending messages to individual parents. This phone is not monitored for calls or return texts.

*"We at Inverloch and Kongwak Primary Schools, acknowledge that we live and learn on the traditional lands of the Boon wurrung and Bunurong people. We pay respect to the Elders past and present, and pay respect to the emerging leaders in our schools."*

# Wellbeing Bingo!

Choose one thing a day to complete for yourself or maybe with your family. You may choose more if you wish! Enjoy

<p>Listen to a song that makes you happy/ smile.</p> 	<p>Have a treat... you deserve it! Maybe a little bit of chocolate?</p> 	<p>Take 3 deep breaths.</p> 	<p>Eat a healthy meal. Keep that gut healthy.</p> 	<p>Have a movie night! Maybe even get the family involved?</p> 
<p>Complete 100 star jumps! Great way to keep our hearts healthy.</p> 	<p>Go for a walk. Fresh air does wonders.</p> 	<p>Play a game with someone. Maybe Go Fish or rock – paper – scissors?</p> 	<p>Watch an episode of Bluey. Odds are you'll have a little laugh along the way.</p> 	<p>Read a book. Maybe your favourite book if you have one?</p> 
<p>Cook something yummy! Maybe even muffins?</p> 	<p>Have a phone call with someone you care about.</p> 	<p>Tell someone you love them.</p> 	<p>Listen to a Smiling Minds guided meditation. Great way to be present and check in with yourself.</p> 	<p>Read 3 jokes to someone and share a laugh together.</p> 
<p>Time to get up and move your body... let's dance! Maybe even the Macarena or the Nut-bush?</p> 	<p>Have a big glass of water! It's important to look after our bodies and keep them hydrated.</p> 	<p>Complete a colouring in. Maybe even play some relaxing music while you do it!?</p> 	<p>Give someone a hug (a person, toy or animal).</p>  <p>Let's hug!</p>	<p>Complete a random act of kindness.</p>  <p>GROW KINDNESS</p>

## Home Learning tips-

With Remote and Flexible Learning becoming a “new normal” please continue to take time to follow advice from education professionals. These include:

“Children are not being home schooled,” points out Deakin University education senior lecturer Elizabeth Rouse, who has a special focus on partnerships between parents and teachers. “They’re actually being schooled by teachers who are working really hard to make the learning as enjoyable and engaging as they can and to support those kids at home to maintain their continuity with school. “They are the children’s teachers and parents need to take a bit of the pressure off themselves, thinking they need to take on yet another role of schooling children while also trying to be a parent and work from home.”

- ☺ Start each day with the same routine. Get dressed, eat breakfast, brush teeth, and collect school resources.
- ☺ Set up a study/learning area separate from play and activity.
- ☺ Engage in stealth learning particularly in the morning.
- ☺ Give children some control.
- ☺ Take time to have regular breaks.
- ☺ Enjoy some activities that encourage learning without a computer or laptop- Literacy=discuss the plot of a movie, Maths= cook something together.
- ☺ Lead with positivity. Parents and carers are role models.
- ☺ Set up an environment where children will thrive and focus.
- ☺ Do the best you can as a support person for your child.

There will be good and bad days for parents, kids and teachers, Elizabeth warns. “One day might go really well and the next will be a disaster, so patience is really important. Allow yourself permission to do what you can do and not what you can’t do – you can’t take on the world.

“When the kids do go back to school, if I was the classroom teacher, I’d just want the kids happy to be with me, happy to be with each other, confident that they’ve done their best and are ready to move on. What’s important is their wellbeing that they feel included, and they feel in control of themselves as a successful learner.”

At IKPS the staff are available to discuss the FRL plans and learning tasks. Please communicate questions or any need for support.

Take care.

Kathy and Staff.

## ART NEWS

This week in Visual Art FARL we are responding to the artist Maree Clarke and her possum skin cloak works. Polly in Grade 5 has created a unique bark painting depicting a blue ring octopus highlighting her understanding and use of symbolism.



# COMMUNITY NEWS

The following Community News articles promote community connections and communications. They are not considered school activities