



COASTHILL NEWS



The Inverloch/Kongwak Primary School Newsletter

Principal :
Brett Smith

We Give Our Best To Be Our Best

Assistant Principal:
Mel McRae

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

Our Values : Be Respectful, Be Safe, Be an Active Learner.

Ph: 56 741 253

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

Ph: 56 574 224

PRINCIPAL'S MESSAGE

Wominjeka

31st March 2023 Edition 9

Congratulations to Mitchell Oliver and Harlow Reed for presenting the Acknowledgement of Country at yesterday's South Gippsland Principal Network meeting. They spoke with confidence and pride in front of a room full of Principals-what a feat!



DIARY DATES

April

3rd	Yrs 3-6 House Sports
4th	Superheroes Multiage day
6th	Special Lunch Order Day
6th	Last day Term 1 2.30pm finish

Change of Asthma Management

This term all our staff undertook asthma training updates with Asthma Australia. As a result of our training we will be adjusting our policy and practices in line with the contemporary advice. The changes will increase ready access to asthma medication for students, empower Years 3-6 students to manage their asthma and broaden our asthma support.



Changes includes:

- Setting up an Excursions and Camp Asthma Kit including medications and asthma plans to readily collect and use whilst away from school.
- Students in Years 3-6 storing their medication in their schoolbags to readily access at school, particular before sports and to take to PE and sport.
- Provision of an asthma kit in gym for PE lessons.
- Foster student responsibility to bring their medication to activities and develop good asthma management habits wherever they are.
- Alignment of practices across both schools.
- Compiling a central folder of asthma plans

Continue to

- provide an Asthma Kit in the sick bay for provision of asthma medication whenever needed.
- Review and update training , policies and practices.

The bottom line is support is **being increased** both in provision and empowerment.

The changes will start from Day 1 Term 2 2023. Asthma medication stored at school centrally will be returned on Thursday 6th April for students in Years 3-6 to manage in their schoolbags at school.

POSITIVE SCHOOL WIDE BEHAVIOUR SUPPORT

One of my daily highlights is reading the green positive Compass postings by staff. Often Mel and I are focussed on providing behaviour support to students and it's so affirming to read all the positive behaviours, actions and achievements that occur everyday in our classrooms. The Green Chronicles help us to readily flip our thinking and appreciate what great students we have at both Inverloch and Kongwak Primary Schools.

Brett Smith



SUPERHERO

MULTIAGE DAY

REMINDER

SEE PAGE 2 FOR DETAILS

"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 emerging."



UP, UP AND AWAY ... IT'S MULTIAGE DAY

On Tuesday 4th April, we will be having our Superheroes multiage day-our first for the year. This multiage day complements our current wellbeing curriculum focussing on personal strengths and wellbeing. Students are encouraged to be creative in developing their own character with its own super strength (e.g. hope, fairness, honesty, loyalty, resilience, generosity, persistence self control, humour, brave, courage, tolerance, compassion, creativity etc) or wellbeing strength(nutrition, sleep, active, resilience, fitness etc.) **No need** to buy anything-just use what you have at home (capes, masks, belts) or convert a superhero costume you already have.

For those new to our school community, Multiage days are when we celebrate an event or curriculum area by participating in a range of themed activities in mixed age groups.



Kongwak P.S
Easter Raffle
Tickets available for purchase until 4th APRIL 2023
TICKETS ONLY \$1 EACH
Fabulous Hampers of Donated Goodies to be Won.
Raffle will be drawn at the Kongwak P.S Easter Celebration on Wednesday, 5th April @3.10pm



There has been an increase in students bringing energy drinks to school. These drinks are high in caffeine and/or sugar.

Students are **not** to bring them to school.

Fresh clean water is the best way to hydrate. Children don't need caffeine to learn. They need a good night's sleep, less screen time and a good breakfast.


Tickets on sale from the Inverloch PS office.

ARTIST OF THE WEEK


Our Artist of the Week is Myla in Grade 2 with her observation drawing and painting showing an understanding of form with asymmetrical pattern making in colour.



SIGNS
OF
THE
WEEK



game



food

MUSIC NEWS

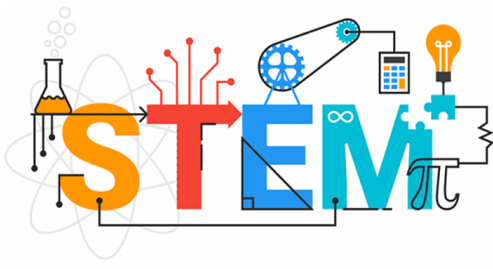
WANTED...

Drum sticks or chop sticks.

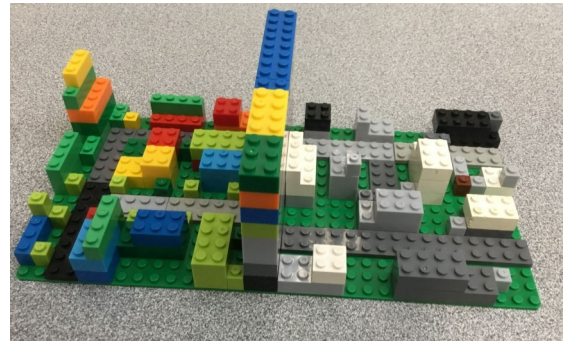
Soon we will be practicing our drumming skills and need drum sticks or chop sticks. If you have any of these that you are happy to donate please send them along with your child.

Thanks

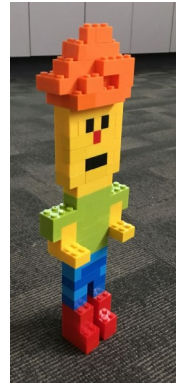
Music department



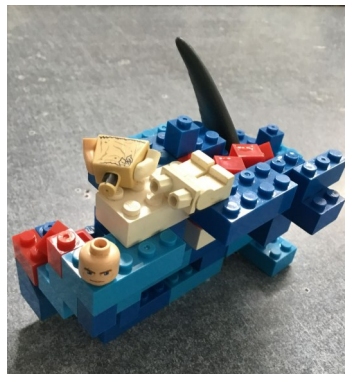
With the arrival of this term's planning week, and short STEM lessons, Lego Mania took over.



During these sessions students were encouraged to practise their creative design skills in order to build and then improve their pieces.



In approximately thirty minutes there were futuristic machines, animals, wild places and even models with hidden meanings, such as, how there can be a divide between different communities.



Zeke in 4R took inspiration from others' pieces and created a shark attack occurring in a wave.

The importance of shape but also colour were discussed. When trying to represent different things certain colours make sense, for example greys for a koala or black and yellow for a bee. But you can still have a green chook!

WANTED

2 litre soft drink bottles

If you could collect and bring them in, we will launch them later in the year. Thanks.

Artist of the Week



Our Artist of the Week is Poppy Richardson in Grade 5 at Kongwak with her surrealist transformation oil pastel drawing. Poppy enjoyed transforming a cake slicer and tongs into this expressive eye image.



Dear Parents/Guardians and Students,

The Dudley campus of Bass Coast College would like to invite you to attend an information evening for prospective 2024 year 7 students.

The evening will provide community members with an introduction to the Dudley campus. This time will also provide a space for potential students/parents/guardians to ask questions about Bass Coast College programs and meet the Dudley campus principal team members.

This information evening will take place on Tuesday the 4th of April at the Dudley campus commencing at 6.30pm and concluding at 7.30pm. Attending community members can park on the school grounds and be directed to our Flexible Learning Centre (FLC) via the Dudley campus front office upon arrival. Community members seeking more information are welcome to contact the Dudley office on (03) 5672 0900.

Kind regards,

Phillip De Salvo Acting Dudley Campus Principal

FOR SALE

We have some new custom made book stands available for sale.

They measure 945x300x600 and are \$75 each. Pickup at Kongwak Primary School.

Contact Kate Davis (tel 0432 521 945) for enquiries.



Hi everyone!

Wow what a busy and productive term 1 it has been. New beginnings like the start of a new school year, start of a school term or even the start of a school week can be exciting, challenging and sometimes emotionally difficult for children. For some children, feelings of anxiety can be overwhelming. Please let us know if your child is struggling so we can support your family.

Children are making new social connections in their class groups, getting to know all their teachers and focusing on what is expected with learning tasks and their behaviour. For some children they make these adjustments with ease however others may find this overwhelming. Children will have worked hard at adapting to changes and will enjoy a break from school life to rest and recharge. For the adults this is sometimes an opportunity to have a break from busy school routines. Whatever you do - stay safe and take care of each other!

Breakfast Club

We have been busy at breakfast club each Monday and Tuesday morning with more students coming along in the last couple of weeks. We are going through 85 cups of milo or juice and 6 loaves of bread on Mondays and again on Tuesdays. It continues to be a delight to see that students come along to have a chat with the volunteers from the Uniting church in Inverloch and mingle with friends as they enjoy something to eat and drink before they head to classrooms. The food is donated by a Slice of Paradise bakery and the Foodworks supermarket, in Inverloch. We appreciate this ongoing generosity and would encourage you to say thank you any time you pop into these businesses.

Having fun with Yarn!

The children continue to create some gorgeous adornments for hats, school bags and sometimes make bracelets and necklaces with coloured yarn at playtimes and lunchtimes. I make myself available to chat with students outside in the playground and have been continually amazed at the joy children have working with each other to make friendship bracelets or learn how to finger knit.

Seasons for Growth Adult Program

The families at Inverloch/Kongwak Primary School are invited to come along to the Seasons for Growth Adult program starting next term.

Please read the attached information and contact me, if you would like find out more about this opportunity.

I am generally available on Mondays and Tuesday from 8.30am-3.30pm.

Kind regards

Kerry Ware



“ Grief comes in many forms ... ”

Wanting to
be with others



Wanting to
be alone

Not knowing
what to do



Asking for
help.

Seasons
for Growth



We are offering Seasons for Growth Adult Seminar program to all parents at Inverloch Kongwak Primary School.

Date: Monday May 8

Time: 12.00-3.00

Place: The Hub meeting room

Cost: \$14 (to cover cost of your journal).

Understanding Change, Loss and Grief

This is a 3 hour Seminar is where groups and individuals are seeking to deepen their general understanding of change, loss and grief and learn about how different people respond and explore approaches to manage change, loss and grief.

If you are interested in coming along to this seminar, please complete the form attached and return to the school.

Kerry Ware

Chaplain

Inverloch Kongwak P.S.

Seasons for Growth Adult Seminar

I will be attending the Seasons for Growth Adult Seminar.

Name (Print): _____ Phone: _____



The application of the
four seasons
was extremely helpful ...



We are also providing an opportunity for a series of four follow up sessions for individuals who would like to reflect on their personal stories in a supportive group.

Dates: Monday May 15, 22, 29 & June 5

Time: 12.00-3.00

Place: The Hub meeting room

Cost: \$27 (to cover cost of your journal).

Exploring the Seasons of Grief

Seasons of Grief is a small group adult program which runs over 4 sessions, that combines psychology and education with peer support, within a person-centred learning approach. It uses the metaphor of the seasons to explore the cyclic nature of grief.

Seasons for Growth normalises participants' experiences, and can increase protective factors (including building personal resilience and social skills) while minimising some risk factors (including isolation) that influence mental health and wellbeing. The program also supports the development of communication, decision making and problem solving skills.

Participants will need to have attended the first seminar to participate in these sessions.

For any further information please pop into school for a chat or give me a call at the school on Mondays or Tuesdays.

Kerry Ware

Chaplain

Inverloch Kongwak P.S.



Thank You



Student Action Team
for packing Judy's
Mystery bags

All the donors of
marquees, haybales,
umbrellas etc for a
festival feel.



Volunteers at the
stalls

All the volunteers in
the shark tank
(dunking machine)



All the families of the
committee members
for being
understanding and
supportive.



The crafty parents
who made goods
and sold them at the
Craft Stall

Helpers who took
down the marquees.

All donors of books
and clothes



All the prize
donations



All the community
groups who ran stalls
or information booths

Helpers who returned
all the tables to
classrooms.



Anyone who joined
in the flash mob.



All the students who
performed "I am
Australian" on stage



All the bump in and
bump out helpers

All the helpers who
unpacked and
organised the clothes
and books for selling.

All the stallholders



And everyone else or
helped in one way or
another



All the volunteers in
the shark tank
(dunking machine)





Thankyou

The Great Fete was a great success on Saturday. My favourite part was watching how happy everyone was, especially all the kids. The drive behind putting together this event was to create a fun day for the kids who have missed out on so much over the past few years. Highlights included the entertainment on the stage, Judy's mystery bags and the Dino Dig.

The committee putting together this amazing event was made up of less than 10 people - I am so proud of what we achieved!

We are meeting at 7pm on Monday 27th March in the staff room. We invite everybody to join us, to give any feedback or to join the team for next years fete. The more people who help, the easier it is and the better the fete will be! If you can't make the meeting but what to offer some feedback or be involved then please email ikpsfete@gmail.com

I would like say a big thank you to everyone on committee, everyone who helped in the lead up and on the day and all the community groups who came together to be a part of our fete.

Mel Carlisle - IKPS Fete Coordinator



Donors list	
Mitre 10 Inverloch	Wheelbarrow, various items
Greener Life	\$500 voucher
Fiona Kennedy	Fine Art print
Evans Petroleum	\$200 voucher
Bass Coast Shire Council	\$1000 grant
Leongatha Kitchens & Bathrooms	Signs
South Gippsland Shire	Chairs, umbrellas, marques
South Gippsland Water	Water Trailer
Wonthaggi Garden Supplies	Signs
Wonthaggi Removals	Signs
Bearded Baker	Takings for the day
TNT Explosive Prints	Signs
Aspire Flowers	flags/decorations
Sentinel Times	Advertising
Blue Salt	Pearl Necklace
Inverloch 3996	Signs
South Coast FM	Promotion/advertising
Invy Baker	Cinnamon buns (money from sales)
Gary Tayler	Supplying chairs
Care Live Dance	Performing
Scents by Sharon	Prize donations
H and F Joinery	Construction and supply of bookshelves
RACV	Loan of bean bags



COMMUNITY NEWS

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

SWAP YOUR BEST DRESS 	 Community BBQ 3:30 TO 5:30PM
3pm - 4pm clothing drop off & receive tokens 4:30 to 5:30pm shop	A pay as you feel BBQ
PUT A LID ON IT 	
BYO MISMATCHED plastic food storage items	KNOW YOUR WASTE
March 31ST Inverloch Hub Foreground www.inverlochcommunityhouse.org.au	



KIDS DAY OUT
FRIDAY 7 APRIL
10AM - 5PM
MELBOURNE CONVENTION AND EXHIBITION CENTRE
Melbourne's Favourite Family Fun Day is back!

MAJOR SUPPORTER: smoothfm, nova100, MELBOURNE COUNCIL OF THE CITY OF MELBOURNE
PRINCIPAL PARTNER: Herald Sun

good Friday appeal THE ROYAL CHILDREN'S HOSPITAL



2023 JUNIORS
COME 'N TRY DAYS U14s, U12s, U10s
U8s & U6s

2 SESSIONS:
> WEDS MARCH 29
> WEDS APRIL 5

5PM - 6PM

THOMPSON RESERVE

FREE BBQ! DRINKS AVAILABLE

Runners only - NO STUDS



COMMUNITY NEWS

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



ANZAC APPEAL items available next week in the foyer

Badges \$1 and \$2

Wrist bands \$3

Key rings \$4

Pens \$5

Please bring cash to buy these

COMMUNITY NEWS

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INVERLOCH HISTORICAL SOCIETY

World renown Palaeontologists (dinosaur experts) are speaking at the Hall at the Hub in Inverloch on Monday the 17th of April at 2.30 PM. Come and hear Professor Patricia Vickers-Rich AO and Dr. Tom Rich speak on their subject: "Palaeontology at Inverloch"

This is an amazing opportunity for to hear them talk about dinosaurs that have been found at Inverloch.



Everyone invited with a \$3.00 donation for adults and children free. A great school holiday event. RSVP to

secretary@inverlochhistory.com
Pres/Sec Lewis Stone 0407 505141

COME & TRY FOOTY 4 FUN





Experience Australia's most loved sport through AFL Victoria's FREE Footy 4 Fun events delivered across Victoria! A footy experience full of fun activities, modified games & memorable moments to take home with you!

Footy 4 Fun 'Come & Try' is an opportunity for kids aged 5-12 years to experience an introduction to the basics of football in through fun activities.

WHERE:

Leongatha Rec Reserve
(Velodrome)

WHEN:

Monday 10th April
12:45pm



REGISTER HERE!

GIPPSLAND FESTIVAL OF RUGBY

**SATURDAY 1 APRIL
11AM - 5PM**

GIPPSLAND REGIONAL INDOOR SPORTS STADIUM
CATTERICK CRES, TRARALGON

**WATCH ON
BIG SCREEN
SUPER RUGBY
PACIFIC**

FIJIAN DRUA VS. MELBOURNE REBELS
WOMEN @ 12.00PM | MEN @ 2.35PM

RUGBY COME AND TRY ACTIVITIES
LOTS OF FUN THINGS TO DO

**WEAR YOUR
RUGBY COLOURS
FLAGS
WELCOME**

FREE EVENT

SCAN TO
LEARN
MORE




COMMUNITY NEWS

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

INVERLOCH AUSKICK



Hi Families and Carers 😊

Our 10-week program kicks off on Friday 28 April at 5:30pm at the Inverloch Kongwak Football Netball Club (IKFNC). We encourage you to register your child asap to ensure they receive their awesome AFL packs. Auskick is for boys and girls turning 5 this year and up to 12 years of age. The groups start at kinder and go right through to grade 3 plus. There is an 'all girls' group as well or the girls can participate in any group they choose.

Each week a range of activities take place centred around AFL football to ensure maximal engagement and most of all have fun. Come and Try sessions are currently being negotiated with both primary schools in Inverloch and Kongwak late March.

For anyone who may find the registration payment ((\$91 for the 10 week program, plus a presentation celebration) and/or purchasing uniforms (footy boots etc) difficult please contact me for assistance. This will be kept confidential and is all about giving the kids the opportunity to be involved in local sport.

If there are any questions, please contact me on 0408 281953 and also 'check and like' our Inverloch Auskick Facebook Page as all of our communication is here.

Please register at www.playafl.com.au

Cheers Big K
Coordinator
Inverloch Auskick



Bass Coast Kinship Carer Support Group

Are you caring for a child or children because a family member or friend is unable to? Would you like to meet others who are in a similar situation and will understand what you are going through? Would you like to be with people who will listen to your stories without judgement? **All Kinship Carers are welcome and morning tea will be supplied**

WHEN:
The second Tuesday of each month
at 10am-12pm

WHERE:
Ventnor Recreation Reserve
96-114 Lyall Street
Ventnor

RSVP FOR CATERING:
Anita on 0475 740 927 or
kinshipcaregippsland@berrystreet.org.au
or use the following link to register
<https://forms.office.com/r/GxK2dgVsBu>

2023 MEETING DATES:
10th of January
14th of February
14th of March
11th of April
9th of May
13th of June
11th of July
8th of August
12th of September
10th of October
14th of November
12th of December



Back to School. But with less stress.

Saver Plus. Start saving now. Make next year easier.
A savings coach. Up to \$500 in matched savings.
It's free.

*Eligibility criteria apply

saverplus.org.au

Are you eligible to join Saver Plus & receive \$500 for your back to school costs?

Must meet all eligibility criteria:

- Have a current Health Care or Pensioner Concession Card **AND** an eligible Centrelink payment*
- Be studying yourself OR have a child in school (can be starting school next year)
- Have regular income from work (either yourself or your partner)*
- Be 18+ years old

*Many types of income and Centrelink payments are eligible

INVERLOCH KONGWAK NetSetGo 2023

IK

Ages: 5-10

Come and Try: Wed 4-5pm 15 March - 4 April

FREE AND NO NEED TO REGISTER

NetSetGo Season: Wed 4-5pm 26 April - 21 June - \$87

Register online <https://netballconnect.worldsportaction.com/login>

<https://www.facebook.com/IKFNC.NetSetGo>

iknetsetgo@gmail.com