



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

21st July 2023 Edition 21

This week we received the exciting news of the Inverloch Primary School's outstanding NAPLAN results that validates all our efforts in teaching and learning. We achieved significantly **ABOVE** the Network and significantly **ABOVE** similar schools in **ALL** areas and in **BOTH** Year 3 and Year 5- we **blitzed** it. We were especially congratulated by Department of Education staff for the **OUTSTANDING** achievement of Year 5 Reading which had **93%** of students in the top bands of 'Strong' and 'Exceeding'. I have already had queries of how we achieve such an outstanding result for Year 5 when the growth tends to slow from Year 3 to 5. Our 'growth' agenda for everyone, great teachers and conscientious students contributed to our achievements.

The Kongwak Primary School results were also strong at student level. (The data pool is too small to make cohort level conclusions or patterns.) At student level we have TWO Inverloch Year 3 students who achieved 'EXCEEDING' across all assessment areas and several in Years 3 and 5 who achieved 'EXCEEDING' in four areas and 'Strong' in another. We received NAPLAN reports today and they will be distributed this afternoon.

Parent Student Teacher Interviews

We hope you found this opportunity useful in understanding your child's academic, wellbeing and learning achievements and future directions for 2023. Thanks to parents and carers who have made Peter Slidders and Ethan Wilson welcome and had a chance to meet them.

Year 3/4 Public Speaking

It was with great pleasure that Mrs Eldred, Mrs Lawson and myself were invited to judge the school level semi finals. The confidence and content of the finalists was most impressive. Congratulations to Leo D, Josie R, Marissa J and Niamh J who will progress through to the next level.

Brett Smith



DIARY DATES

July

24th KPS Parents and Friends
AGM (2:45)

Aug

4th Prep Excursion

* see page 2

PRESCHOOL—PREP KEY DATES

July

28-Enrolment applications due

Aug

11- School enrolment packs
available

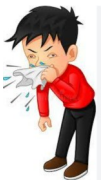
25-All school enrolment forms
due

Sept

5-Information Night for parents
of enrolled students

**MORE DETAILS LATER transition
dates, kinder visits**

ILLNESSES



We still have COVID and the flu going around.

Please refrain from sending students to school who have symptoms. While symptoms such as coughing and sneezing are not serious, they spread the illness to staff and students causing great inconvenience to other families.

Please monitor post flu symptoms as there is a secondary infection affecting some students.

UNIFORM SUPPLIER

The ordering of new uniforms has now gone live on the RHU website. The following links will take you to the RHU site. There is also a permanent link on the IKPS website under Parents' and Carers.

We have redirected the school rewards to reducing the price of the uniform items and there will probably be further price reductions when RHU source new suppliers.

The sports jacket has now been discontinued by the manufacturer so we have chosen a similar item with extra piping and panelling. The image has yet to be loaded to the website so here is the sample photograph.

The Kongwak items will be lodged to the same ordering page when the licensing agreement has been finalised.



[RHUniforms](#)



NAIDOC WEEK POP UP MUSEUM

This morning, Uncle Josh West performed a Welcome to Country to officially open our Pop Up Museum. Josh is a proud Bunurong Elder. His ancestors have been caring for our country for tens of thousands of years.

Josh welcomed us onto his land, explained why it's important for us to respect and care for Country and shared some personal stories. The children were captivated by Josh's welcome.

We thank Uncle Josh for coming all the way to Inverloch Primary School today. There could not have been a better way to kick off our celebrations!



COLOURING COMPETITION WINNERS

Thanks to everyone who entered our NAIDOC Week Colouring Competition. There were so many beautiful entries that it was almost impossible to choose a winner. Congratulations to the following students for winning in their year level. You can see their work on display in the library.

Indi J - 6T

Emily C- 5P

Genevieve T - 4T

Hannah G- 3J

Norah R - 2C

Hattie H - 1B

Liam M -PG



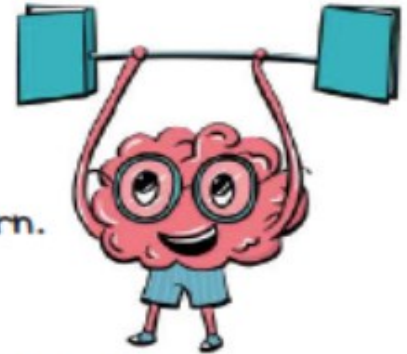
"We at Inverloch and Kongwak Primary Schools, acknowledge that we live and learn on the traditional lands of the Boonwurrung and Bunurong people. We pay respect to the Elders past and present, and emerging."

SWPBS

SCHOOL WIDE POSITIVE BEHAVIOUR SUPPORT

This week we have continued learning about being an **Active Learner**. Students reviewed their learning around having a GROWTH MINDSET and looked at the words that they can tell themselves when they are feeling challenged.

I CAN SAY:



- I am not good at this YET, but I can learn.
- I practiced and learned how to do this.
- This will require effort and finding the right strategy.
- How can I make this more challenging for me?
- When I make a mistake, I can learn from it and get better.
- I will succeed if I put forth more effort and find a better strategy.
- I need some feedback and help from others.
- Is it my best work? Can I improve it?
- If I fail I can try again until I succeed!
- I am in charge of how smart I am because I can grow my brain by learning hard things!

We also focused on learning about the behavioural expectation '**We Let Others Learn.**' Students were encouraged to think about behaviours that would interrupt others learning (and teaching) and plan for what they could do instead.

This coming week we are continuing our focus toward being an **Active Learner** and we will be unpacking the behavioural expectation, "**We Listen and We Think**".

Kate Eldred

Social Emotional Learning (SEL)

Wellbeing can be defined as the development of the capabilities necessary to thrive, contribute and respond positively to the challenges and opportunities of life.

This week, students have continued to focus on positive coping strategies. Here I share with you two more positive coping strategies that students have practised this week.

1. Progressive Muscle Relaxation

- *Muscle relaxation helps you feel calm and physically relaxed. It is good for stress management and overall wellbeing, and feeling calm can help you to use good judgment and make better decisions.*
- *Progressive Muscle Relaxation is a discreet tool that you can use when you feel like your body is tense or full of energy. To do muscle relaxation, tense and relax each part of your body in turn.*
- *Techniques like muscle relaxation work best if you practise them regularly, even when you're not feeling stressed. This means that feeling relaxed and calm will come more naturally, more often.*
- *Please see the next page for a Progressive Relaxation Muscle script.*

2. Playing

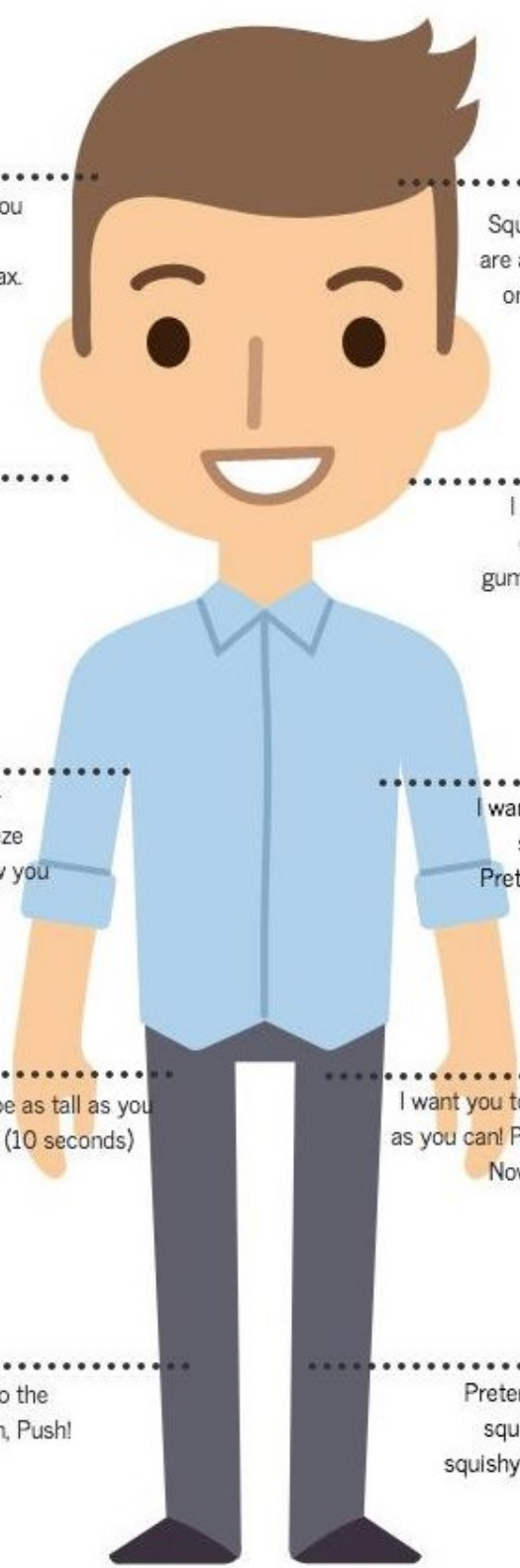
- *Playing is a coping tool that can help us shift our attention. Sometimes we have a lot of thoughts and feelings, and it can feel like too much, so we just need to take a break. Or sometimes, we can't stop thinking about something that's making us worry, and we may have a hard time focusing.*
- *These are good times for us to use a coping skill to distract ourselves. This break will help us feel calmer and ready to get back to a task or face the problem.*
- *Distraction is not meant to avoid, or suppress, or deny feelings. Instead this allows us to take a break until we are ready and able to process, or help relieve stress naturally.*
- *Playing board games or card games, or games on paper like sudoku, word searches, noughts and crosses, etc. can help shift our attention.*
- *As a family, can you think of ways to play independently, or find games that can be played together.*

We encourage you to regularly practise these strategies with your children at home.

Kate Eldred

Progressive Muscle Relaxation

Whole Body Script



1

Forehead

Scrunch up your forehead like you are thinking hard! Squeeze it tighter, tighter! Now you can relax. (hold for around 10 seconds)

Eyes

2

Squeeze your eyes tight like you are about to blow out the candles on your cake and make a wish! No peeking! (10 seconds)

3

Cheeks

Puff your cheeks out as far as you can! Make them bigger, like you have a mouth full of food! Now, relax (10 seconds)

Mouth

4

I want you to pretend you are chewing a really big piece of gum! It's really hard to chew, but keep chewing! (10 seconds)

5

Shoulders

I want you to try and touch your shoulder blades together! Squeeze tighter, you're almost there! Now you can relax (10 seconds)

Arms

6

I want you to make your arms as straight and stiff as possible! Pretend you are frozen! Now you can relax (10 seconds)

7

Lower Back

Sit up super straight and try to be as tall as you can! Taller! Taller! And now relax (10 seconds)

Legs

8

I want you to make your legs as straight as you can! Pretend you are frozen again! Now you can relax (10 seconds)

9

Feet

I want you to press your feet into the ground as hard as you can! Push, Push! And now relax (10 seconds)

Toes

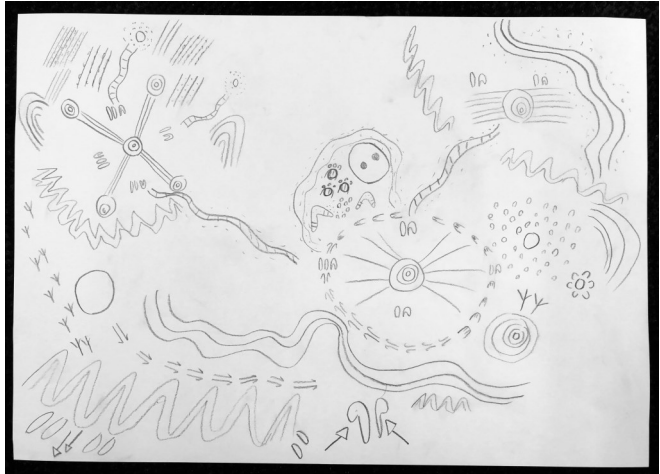
10

Pretend you are at the beach, and squish your toes in the sand! So squishy! And now relax (10 seconds)

ARTIST OF THE WEEK



To celebrate NAIDOC week, our artist of the week is Zoe F in grade 5 with her drawing of her personal family story using Aboriginal symbols. In Visual Art over the last couple of weeks, students have learnt about some Aboriginal art symbols, and they have used them to tell their own stories.



Congratulations Zoe!!!

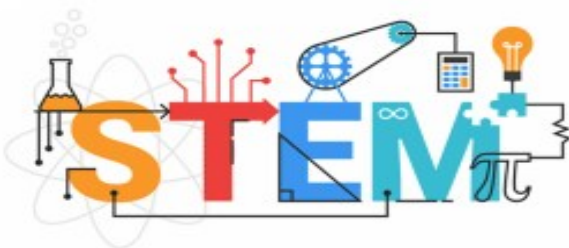
SIGNS OF THE WEEK



daughter



son



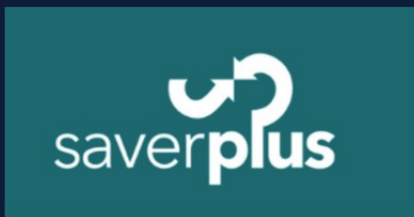
WE NEED 2 LITRE SOFT DRINK BOTTLES

Grades five and six will be designing and building bottle rockets in term 3. All bottles will be useful but each team must have a two litre plastic bottle. Please bring clean bottles with the lids to the STEM room. Thank you.

COMMUNITY NEWS

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

The Brotherhood of St Laurence has put together this list of financial resources for families.



Saver Plus

Program includes:

- Matched dollar for dollar savings up to \$500
- Money Minded workshops - Financial Education
- Coaching on budgeting and savings



SCAN ME

Eligibility Criteria

- Must be a health/concession card holder;
- Be in receipt of a Centrelink Payment
- Be studying or have a child in school
- Have some regular income from work
- Be 18+ years old



State Schools' Relief

Provides school uniforms and shoes to those that are unable to afford them.



SCAN ME

Eligibility Criteria

Situations include but not limited to:

- Unemployment
- Health issues/illness
- Financial difficulties
- Independent living and/or homelessness
- Natural disasters
- Bereavement
- Domestic and family violence



Camps, Sports and Education Fund

Funding to attend activities like:

- school camps or trips
- swimming and school-organised sports programs
- outdoor education programs
- excursions and incursions

\$125 per year for eligible primary school students

\$225 per year for eligible secondary school students.



SCAN ME

Eligibility Criteria

- Parent must be a health/concession card holder;
- Or families on protection/bridging visas, or seeking asylum;
- Or children in out of home care



Computerbank

Low cost refurbished computers that include various programs including word processing, Google Chrome and PDF Maker



SCAN ME

Eligibility Criteria

- Concession/Health Care Card holders
- Students
- Asylum seekers

Early Childhood Teachers & Educators

Make a difference every day



Join a team where every day what you do, makes a real difference to someone else's tomorrow. At Y Kinders, we value the essential role that our Educators play in the lives of the next generation.

We're seeking Early Childhood Teachers, Diploma and Cert III Educators to join our motivated and enthusiastic teaching teams in the Bass Coast and South Gippsland areas.

At Y Kinders, you'll get strong leadership, support and professional development opportunities. We're looking for like-minded people who are focused and flexible, with a passion for creating high quality early learning experiences for children.

Find out more about the casual and permanent roles at our community centred kindergartens: ykinders.org.au/careers/

Apply today!

The Y is an equal opportunity employer and is committed to the safeguarding of children and young people.

Y KINDERS

p: Michelle 03 4311 1511

w: yballarat.org.au

e: recruitment@yballarat.org.au



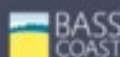
WEDNESDAY
26TH JULY
1-3PM & 7-9PM

INTERNAL STREET
INVERLOCH
COMMUNITY HUB

www.inverlochcommunityhouse.org.au

Winter Clothes
Swap

PROUDLY BROUGHT TO
YOU BY



JOIN US!

LOVE YOUR RESERVE



PLANTING DAY!

HAVE YOU GOT LOVE TO GIVE?

Kongwak Hills Landcare Group is coordinating a community tree planting event in the Kongwak Pioneer Reserve to celebrate "National Tree Day".



And, the Reserve is in need of some love from its community! **We'd love for you to join us to get plants in the ground.**

Dry years have diminished the north/west section such that a critical mass of understory and trees have died back.

Replacing the understory, midstory and trees will restore our beautiful reserve, protect it from dryness and weeds and support animals and birds.

We want you, our community, to learn about landcare, loving your forest and giving it the care it needs.

Project supported by 2022/2023 South Gippsland Shire Community Grants Program and Planet Ark Seeding Bank.

DATE & TIME

Saturday, 29 July 2023
10:00am to 4:00pm

DETAILS

Location: Kongwak Pioneer Reserve
Williams Street Kongwak VIC 3951.

Parking: R.N. Scott Memorial Park, 1455
Korumburra Wonthaggi Road.

Planting area: immediately beyond the entrance.

BYO: gloves, sturdy footwear, suitable outdoor clothing, drink bottle, snacks, planters (if you have).

Lunch: gourmet "bush foods" feast provided.

RSVP: confirm your attendance at >
(scan QR code)
or email:
kongwakhillslandcare@gmail.com



MORE INFORMATION

Site Organiser: Grace Couchman 0419 591165
or kongwakhillslandcare@gmail.com

COMMUNITY NEWS

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



1-2-3 Magic & Emotion Coaching Program

Free live ONLINE program for parents of children aged 2 to 12

Tired of yelling and nagging?

Resolve difficult behaviour in children aged 2 to 12.

In 3 sessions parents will learn:

- How to discipline without arguing, yelling or smacking;
- How to handle challenging behaviours;
- How to use emotion coaching to encourage good behaviour;
- Strategies for encouraging good behaviour;
- How to sort behaviours and choose correct strategies using "The 3 Choices Model".

We'll also work on strategies so you can:

- Strengthen your relationship with your child;
- Strengthen your child's emotional resilience.

Parents will receive:

- **A FREE workbook (valued at \$12) to apply the concepts learnt**
- **A Certificate of Completion**

Do this highly sought after program live online from the comfort of your own home - Or come in and do it in person!

When?

11:30am – 2:30pm

Over 3 Thursdays:

Aug 31st

Sep 7th

Sep 14th, 2023

Cost?

FREE

Get in touch

Bookings are essential!

*****Applications close MONDAY 28TH Aug*****

Please contact:

**Uniting Gippsland
3 Church St. Leongatha
5662 5150**

gippsland.leongatha.reception@vt.uniting.org



Kinder registrations now open

Central registrations are now open for all children starting kindergarten next year

Kindergarten improves your child's health and wellbeing, helps them to develop strong social skills, encourages a love of learning and a smooth transition into primary school.

How to register

- Fill out the registration form at basscoast.vic.gov.au/kinder or scan the QR code
- Hard copy forms are available at Council offices, participating kindergartens, and Maternal and Child Health services
- First round registrations close 30 June



For more information visit basscoast.vic.gov.au/kinder or contact the Kindergarten Registration Team, email: kinder@basscoast.vic.gov.au phone: (03) 5671 2211 or 1300 BCOAST (226 278).

Not all kindergartens in Bass Coast participate in central registration.



Volunteer with Red Cross - Inverloch



Scan to apply!

Alternatively contact
Volunteer Hub on 0467 778 125

Perks of being a Red Cross retail volunteer!

- 20% discount in our shops
- Learning skills in retail
- Add new experience to your resume
- Connect with the community
- Make new friends
- Improve your English



IKFNC PRESENTS
THE INVERLOCH COMMUNITY BALL

DANCE THE NIGHT AWAY TO
INVERLOCH'S OWN

HOT TUB

Book online: www.trybooking.com/CHYIG



29 July - 7pm
Inverloch
Community Hub

Dress code
ALL THINGS
RAINBOW

\$50 PER PERSON