



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

Last week's 'Pop Up Museum' was a great success on so many levels. Not only were the classroom inquiries and presentations most impressive, the sharing of the inquiries proved very popular with parents and carers. It was great seeing so many parents and carers in the school and proud students escorting their parents and carers around the classrooms using the map as a guide to find the famous indigenous leaders and elders.

Students at Kongwak PS opened their classrooms to parents and carers on Monday morning. Parents and carers were welcomed at their assembly by students, Samu and Mikayla, and joined the students in learning activities in their classrooms.

Thanks for the positive feedback and we look forward to providing further opportunities to participate in school activities. (IPS: Don't forget the 100 Days of Prep Dress Up Parade Wed 2nd August)

Kongwak PS PFA

Congratulations to the following officer bearers of the Kongwak PS PFA

- President: Virginia Hunt
- Vice President: Belinda Jeffries
- Treasurer: Terri-ann Mitchell
- Minute Secretary: Virginia Hunt

Womindjeka



Molly sharing her grade's inquiry with the Can-Do Clan multiage group.



Hudson and Oscar reading books written by P/1 N based on Auntie Fay's books.



Lewis sharing his noughts and crosses game made with gumnuts.



Parents being challenged by the students in times tables game.

28th July 2023 Edition 22

DIARY DATES

Aug

- 2nd IPS 100 Days of Prep
- 3rd IPS School Council
- 4th Prep Excursion
- 17th School Performance
- 18th School Performance

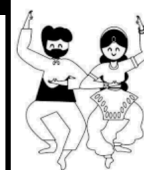
PRESCHOOL—PREP KEY DATES

Aug

- 11- School enrolment packs available
- 25-All school enrolment forms due

Sept

- 5-Information Night for parents of enrolled students



*Bollywood
Jai Ho!*

The countdown is now on to our school performance on Aug 17th and 18th. Flyer No.1 has been distributed with this week's newsletter.

"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."

UNIFORM SALES

Inverloch Primary School uniforms are available online and on demand through the year using the RHU online platform.



[RHUniforms](#)

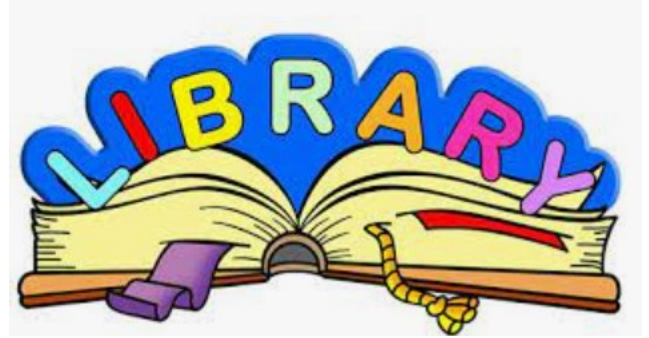


Due to the school size, Kongwak Primary School uniforms can be purchased during the four seasonal ordering periods. Families will be notified of these times and method of ordering.

Please refer to the separate attachment that has been sent out with this newsletter.

LIBRARY NEWS

As students are getting back into the swing of Term 3 and new routines are being set, particularly new library session days, we are reminding students to bring their library books back on time. All books can be borrowed for up to two weeks but can be returned each week at the class library session or at any time in the return box in the school foyer.



We do have some popular books that have a waiting list of students wishing to read that have a strict two-week limit but any others that you may still be reading can be re-borrowed.



Any queries please feel free to drop in and see me in the library,

Suzie Lawson

Library Overdue Procedure

We have been reviewing the library processes, especially in regards to communications around overdue library books.

Students with an overdue book are unable to borrow until the book is returned (or library staff are informed by the parent/carer that book is lost).

Over the term, students will receive verbal reminders and reminder notices with overdue letters distributed in Week 8.

We no longer fine for lost books. We welcome replacement contributions if a book is knowingly lost and can't be found to return. If you have looked for the book as much as possible, let Suzie know so she can clear the overdue alert on the library system.





To avoid lost books, books should be kept in students' library bags whilst at home.

Social Emotional Learning (SEL)

Whilst this week has been the last week of our focus on Positive Coping, students will continue to practise, and be encouraged to use, positive coping tools at school and in their lives.

At Inverloch and Kongwak Primary Schools we utilize the Zones of Regulation resources to talk about and support the development of our student's self-regulation and emotional control. At the beginning of the year, each classroom constructs their own 'Zones' display.

The **ZONES** of Regulation®

			
<p>BLUE ZONE</p> <p>Sad Sick Tired Bored Moving Slowly</p>	<p>GREEN ZONE</p> <p>Happy Calm Feeling Okay Focused Ready to Learn</p>	<p>YELLOW ZONE</p> <p>Frustrated Worried Silly/Wiggly Excited Loss of Some Control</p>	<p>RED ZONE</p> <p>Mad/Angry Mean Terrified Yelling/Hitting Out of Control</p>

In our assembly today, we talked about our 'Green Zone' and that this is where we feel calm, focused and ready to learn. We discussed that sometimes our Green Zone can be big, and that challenges or stressors don't seem to bump us out of our Green Zone. Alternatively, at other times, when we have experienced lots of stressors or challenges, our Green Zone can become narrow, meaning we easily move out of the Green Zone into the Blue, Yellow or Red Zones. This understanding aligns with the 'Window of Tolerance' that was first coined by Dr. Dan Siegel, an explanation of which I have included on the next page.

It's important for us to know that there are no 'bad' zones, however, the Blue, Yellow and Red Zones are not as comfortable as the Green Zone. When we notice that we are in the Blue or Yellow Zone, that is a signal to ourselves that we need to do something to manage our emotions (once we get to the Red Zone it can become more challenging to manage our emotions positively.) This is where our positive coping strategies come into play... these strategies are the tools that we can use to manage our zones/emotions. Additionally, practising positive coping tools regularly, and whilst we are in the Green Zone, can help widen our Green Zone, our 'Window of Tolerance.'

Please take some time to discuss yours and your children's preferred positive coping strategies; Perhaps you can make a list or poster and make a commitment to practise these on a regular basis. Three strategies the students were introduced to this week are included on the next page.

Kate Eldred



WINDOW OF TOLERANCE

The window of tolerance and different states that affect you



HYPERAROUSAL

- Abnormal state of increased responsiveness
- Feeling anxious, angry and out of control
- You may experience wanting to fight or run away

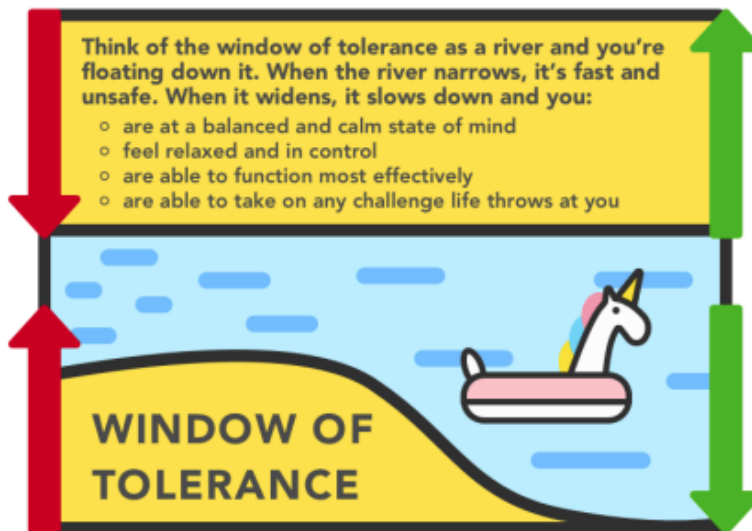


DYSREGULATION

- When you start to deviate outside your window of tolerance you start to feel agitated, anxious, or angry
- You do not feel comfortable but you are not out of control yet

SHRINK
 your Window of Tolerance

Stress and trauma can cause your window of tolerance to shrink



Meditation, listening to music, or engaging in hobbies can expand your window of tolerance

EXPAND
 your Window of Tolerance



DYSREGULATION

- You start to feel overwhelmed, your body might start shutting down and you could lose track of time
- You don't feel comfortable but you are not out of control yet



HYPOAROUSAL

- Abnormal state of decreased responsiveness
- Feeling emotional numbness, exhaustion, and depression
- You may experience your body shutting down or freeze

SWPBS

SCHOOL WIDE POSITIVE BEHAVIOUR SUPPORT

This week we have continued learning about being an **Active Learner**. Students learnt about the behavioural expectation '**We Listen AND We Think.**' Students were encouraged to explore the difference between hearing, listening and thinking. Students discussed that thinking about what you have listened to is a vital part of learning.

To help our students learn the expected positive behaviours, we reinforce positive behaviours through the provision of verbal positive attention. The goal is to reinforce the correct behaviour and increase the likelihood that the behaviour will be repeated. The verbal positive acknowledgment might sound something like:

"Well done for being respectful and waiting until I had finished speaking to ask your question."

"I noticed that you were really safe just then and waited your turn at the bag lockers to get your reader case"

"Wow, I noticed that you found that challenging and you used a growth mindset to keep being an active learner."

SWPBS Designs

A massive thank you to all of the students who submitted designs for our SWPBS logo and mascots. The Student Action Teams from Inverloch and Kongwak had a tricky time narrowing them down. But they did! And a lot of thought went into deciding what represented our schools, both Inverloch and Kongwak. This week I shared these with Mr Smith and Ms Bird, and together we have selected the following finalists. We will meet with these students and discuss how we will use the design ideas for our school. Congratulations to the students who submitted the designs on the following page.



Lachlan L 4T

Sophie C 4R
 Josie R 4R
 Evie F 4R

Alana E 3T

Be Respectful
 Be Safe
 Be an active learner



Georgia O 5P

flowers for S

Rainbow for W

house colours for P

Learning for B

School for S



Abigail T 5M

Griff = friend
 focused
 increased in learning
 respectfully
 gratefully
 grateful
 fun

NAIDOC WEEK POP UP MUSEUM

Last Friday, we had a celebration to officially open our NAIDOC Week Pop Up Museum. The grade 5 area decorated the gym with their posters analysing the NAIDOC themes from 1972 to 2023. The other grades researched a famous Aboriginal or Torres Strait Islander person and created an exhibition in their classroom.

Uncle Josh West (a Bunurong Elder) visited in the morning to perform a Welcome to Country at assembly and help us to open our Pop Up Museum. After assembly, the children explored the Pop Up Museum in their multi-age groupings. In the afternoon, we opened our museum to the public and were so excited by the number of people who attended. The school was buzzing!

The Pop Up Museum was a great success. Thank you to the teachers and students for the amazing effort you put into your learning and presentation. It was great to see the creative ways that each class engaged the audience. A special thank you to the families and other members of the community who came along on the day. The children were so proud of their work!



Henry G's Buddy Franklin sculpture.



Wesley's letter to Jimmy Little.



Members of the community learning about Patty Mills in 3B



1M Adam Goodes Patchwork



6T's immersive Gurrumul Exhibit



Prep J's Dan Sultan Exhibition

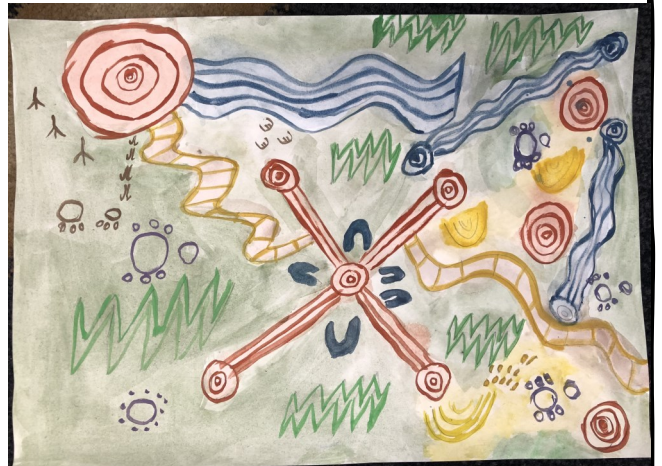


Prep G Cathy Freeman Portraits

ARTIST OF THE WEEK



Our artist of the week is Georgia K In grade 6 with her family story painting using Aboriginal Art symbols to convey meaning.



Congratulations Georgia!!!

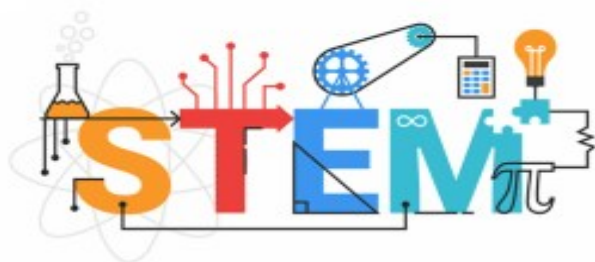
SIGNS OF THE WEEK



teacher



student



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.

A Message from our Chaplain

Hi everyone,

I do hope you are embracing the cold days by wearing warm clothes and keeping active despite the grey skies and drizzle.



In coming weeks children will be focusing at school on understanding how to make friends and develop friendship skills. Some people find it easy and others more challenging to make new friends. Some people can keep long term friendships while others move freely between different groups as their circumstances change. It is very special for us all to have friends with whom we can share life and thoughts.

As a parent and grandparent, I have found it heartbreaking to listen to someone I care about, coming home from school upset with a falling out between "friends". Listening to and

guiding a child through the process of resolving friendship problems can be tricky when we are emotionally involved. Best friends can upset each other when their needs and expectations of the friendship are not understood. While it's hard to recognize that we might be part of the problem, I think sometimes we can be part of the solution.

If your child needs help to resolve friendship challenges, there is support at school. Encourage your child to talk to a teacher and let the wellbeing team know so we can all help build a school community that supports, values and respects each other.

Kind Regards,

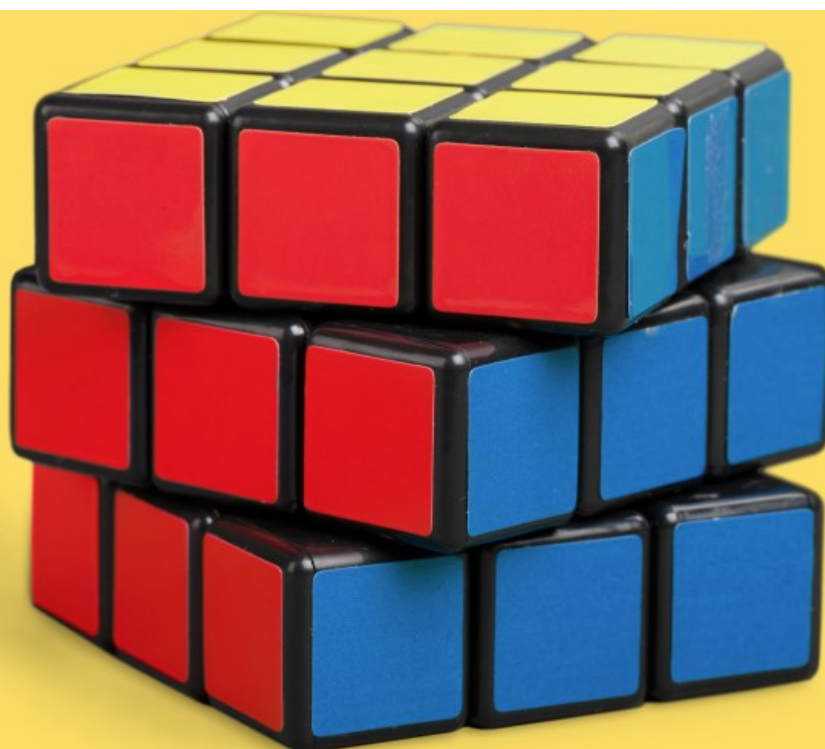
Kerry Ware

Mondays 8.00-3.30

Tuesdays 8.00-3.30

COMMUNITY NEWS

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



Rubik's Cube Event

**Thursday Sep 6 @ 4pm
After-School Event**

**Everyone welcome! Free event !
Rubik's cubes and material provided or BYO cube**

Come along and learn all about cubing

Free Pizza and Drinks provided

Youth Fest funded by
Victorian Government



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

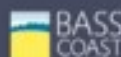
w: yballarat.org.au

e: recruitment@yballarat.org.au



Winter Clothes Swap

PROUDLY BROUGHT TO YOU BY



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

INTERNAL STREET
INVERLOCH
COMMUNITY HUB

www.inverlochcommunityhouse.org.au



JOIN US!



Kongwak Hills
Landcare
Group

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

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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.

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