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

Womindjeka

Book Character Parades often bring a groan from parents and carers but it's another way to make school and childhood memorable and can provide a great family activity.

It never amazes me how creative parents and carers can be with dress up days and this year's Book Character Day was no exception. Using household items, toys, a touch of imagination and a sprinkling of creativity, students can be readily transformed into a new character. I used an old sheet, a Halloween spider, some soft toys from the library

and Mrs G's room and there we go Charlotte's Web. (thank you Google). I hope your children appreciated your efforts and you took some great photos to remember the day. (Shame about the weather)

At the Book Character assembly today, students were treated to a visit by renowned local author Alison Lester.

Zeke, Bianca and Bella conducted a Q&A with Alison and then she read a book she wrote with Preps in Far North Queensland. Thanks to Harriet, Frank and Eddy for sharing their grandma with us.





LEAVE

Next week I will be on leave starting a three week tour of Japan soaking up the culture and broadening my global perspectives. While I am away Mrs McRae will be the Acting Principal and Mr Rankin will be the Acting Assistant Principal.

PREP INFORMATION EVENING

Thanks to the staff who presented the Prep Information Evening-the parent / carers transition to Prep.





8th September 2023 Edition 28

DIARY DATES

<u>Sept</u>

14th Division Athletics15th Footy Sports Day Last Day Term 3

PRESCHOOL—PREP KEY DATES

Dates have been emailed to families who have applied to enrol at Inverloch and Kongwak Primary Schools.

HATS

FREE UNNAMED HATS
AVAILABLE IN THE FOYER LOST
PROPERTY TUB

NAMED HATS HAVE BEEN RETURNED TO STUDENTS



BEWARE



Swooping magpie on Bayview Ave.



CAMPS

Staff are working diligently to organise the Year 2 sleepover and Year 3 and 6 camps. Whilst they are great experiences, they require mammoth paperwork, organisation and approvals. A big thank you to Mr Rankin and his team for organising the Year 5 Ranch Camp.

Thanks to the staff who are toiling away to offer our students such experiences.

Brett Smith

ARRIVAL AND DEPARTURE ISSUES

- ✓ Don't use Murray St as a drop off and pick up point. The road is not designed to have large amounts of traffic and turning traffic. There are paths for pedestrians but the volume of traffic is putting our students at risk and not being respectful of the Murray St properties
- ✓ The staff car park is **NOT** for general use or dropping off students. The current construction work makes the area doubly dangerous
- ✓ Students should be disembarking cars on Bayview Ave on the nature strip side.
- ✓ Please take care and keep an eye on younger ones at the Recreation Reserve crossing gate. The preschool have planted out the mounds and the plants are getting trampled on.





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.

Year 6 Transition

This week Year 6 students began their transition to high school by engaging with Bass Coast College for an information session and a tour of the college. Students enjoyed hearing about what Year Seven holds and familiarising themselves with the Dudley campus. We now look forward to a full day experience in term four, where our students will participate in different lessons across the day.



Be Respectful, Be Safe, Be an Active Learner.

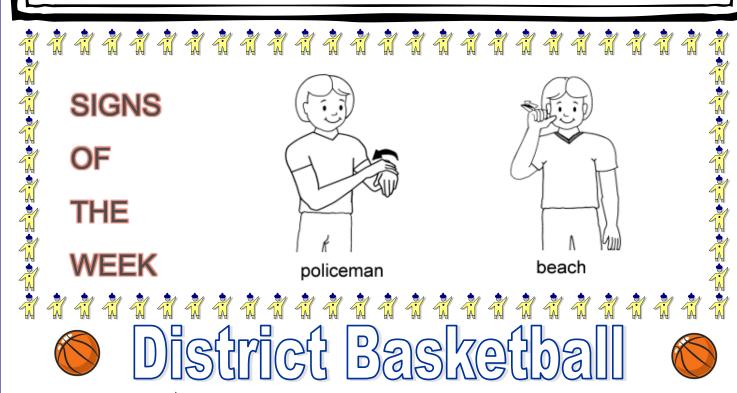
ARTIST OF THE WEEK



Our artist of the week is Olivia Minns in grade 6 with her figurative watercolour painting depicting dusk, dawn, Summer, Autumn.

Congratulations !!!





Last Friday, September 1st, the school was represented at the district basketball tournament by a girls and boys team. Both teams played 5 matches for the day, with the top 2 teams playing off in a grand final. The girls played very well but a couple of very close losses cost them a spot in the final. The boys were a bit luckier, making it into the final on percentage, which they lost to Leongatha. The students represented our school with excellent behaviour, attitude and fair play during the entire day. Thank you very much to Jess Finlay and Adam Hill respectively for coaching the teams. A huge thank you to all the parents/carers/ loved ones who came and supported the students in their endeavours.





Chaplain News

Hi everyone

With only one week of school before we all have a break, I thought I might share with you some information about mental health as we approach RuOK day next week. We each need to take care of our own mental health and at times this means seeking help.

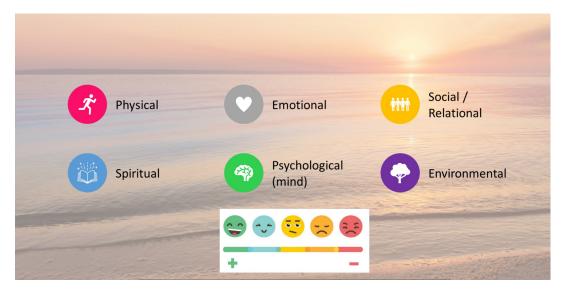
The World Health Organisation has defined mental health as:

"... a state of well-being in which the individual realizes his or her own abilities, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to his or her community." 1948

Healthy mental health and wellbeing assists people to

- live fulfilled lives
- maintain healthy relationships
- navigate our world and the various challenges we experience throughout life
- flourish and cope positively to challenges
- be supportive, inclusive and be able to empathise with others
- feel respected and valued
- feel in control of their emotions.

Perhaps reflecting on how you would rate yourself on each aspect of your own well-being will enable you to make a decisions to improve your mental health on RuOK day.



Kind Regards

Kerry Ware (Monday and Tuesday 8.00-3.30)



SCHOOL WIDE POSITIVE BEHAVIOUR SUPPORT

Congratulations to Sophie C, Aio N, Reef M, Grace W, and Thomas J who were our raffle winners for this week. Thank you for your positive behaviours.



Next week we will be running our Second Chance Prize Draw with some new prizes that have been requested by our students! I wonder how many prizes we'll be giving out and what people will be choosing! Stay tuned!

SEL - Respectful Relationships

Respectful Relationships education is a core component of the Victorian Curriculum from foundation to year 12. It is all about embedding a culture of respect and equality across the entire school community. Inverloch Primary School utilises the *Resilience, Rights and Respectful Relationships* learning materials as part of our Social and Emotional Learning Program. These materials have been designed for teachers in primary and secondary schools to develop students' social, emotional and positive relationship skills. Efforts to promote social and emotional skills and positive gender norms in children and young people has been shown to improve health related outcomes and subjective wellbeing. It also reduces antisocial behaviours including engagement in gender related violence.

In this newsletter you will find an overview of the 8 topics covered as a part of this program. Throughout the year, we have covered topics 1 to 6. In Term 4 we will be covering Topics 7 and 8. If you have any questions, please see your child's teacher, Tash Bird (Tier 2 Coordinator) or Mel McRae (Acting Assistant Principal).

Thanks,

Kate Eldred

Introducing the eight topics of RRRR

The Resilience, Rights and Respectful Relationships (RRRR) learning materials cover eight topics of Social and Emotional Learning across all levels of primary and secondary education. Years 11 and 12 include the relevant topics of goal setting, time management, and safer socialising in place of emotional literacy.

TOPIC 1: EMOTIONAL LITERACY

Emotional literacy can be defined as the ability to understand ourselves and other people. It includes the ability to understand, express and manage our own emotions, build empathy, and to respond appropriately to the emotions of others. Building a large vocabulary for emotions helps to increase emotional literacy and build self-awareness and empathy for others.

TOPIC 2: PERSONAL STRENGTHS

Children and young people need a vocabulary to help them recognise and understand strengths and positive qualities in themselves and others. This topic provides learning activities to build this vocabulary and to use it when discussing personal, social and ethical challenges.

Research in the field of positive psychology emphasises the importance of identifying and using individual strengths. Social and emotional learning programs which use strength-based approaches promote student wellbeing, positive behaviour and academic achievement.

TOPIC 3: POSITIVE COPING

Learning activities in this topic provide opportunities for students to identify and discuss different types of coping strategies. When children and young people develop a language around coping, they are more likely to be able to understand and deliberately utilise a range of productive coping strategies and diminish their use of unproductive coping strategies. Students learn to extend their repertoire of coping strategies and benefit from critically reflecting on their own choices and being exposed to alternative options.

Activities introduce students to the concept of self-talk and practice using positive self-talk to approach and manage challenging situations. Positive self-talk is a key strategy for coping with negative thoughts, emotions and events. It is associated with greater persistence in the face of challenge, and can be learnt or strengthened through practice.

TOPIC 4: PROBLEM SOLVING

Problem-solving skills are an important part of the coping repertoire. The classroom program provides a number of learning activities to develop students' problem-solving skills. The activities in the program assist students to develop their critical and creative thinking skills, and to apply them to scenarios exploring personal, social and ethical dilemmas.

TOPIC 5: STRESS MANAGEMENT

Children and young people experience a range of personal, social and work-related stressors in their everyday lives. Activities within this topic have an explicit focus on teaching positive approaches to stress management. Assisting students to recognise their personal signs and symptoms of stress, and to develop strategies that will help them to deal with stress effectively, will help students cope with future challenges. The activities focus on the ways in which self-calming strategies can be used to manage stressful situations.

TOPIC 6: HELP-SEEKING

Learning activities in this topic area are designed to help students discuss the importance of seeking help and providing peer support when dealing with problems that are too big to solve alone. This helps to normalise and destigmatise help-seeking behaviour. Scenario-based activities help students identify situations in which help should be sought, identify trusted sources of help, and practice seeking help from peers and adults.

TOPIC 7: GENDER AND IDENTITY

Learning activities within this topic assist students to challenge stereotypes and critique the influence of gender norms on attitudes and behaviour. They learn about key issues relating to human rights and gender identity, and focus on the importance of respect within relationships. The activities promote respect for diversity and difference.

TOPIC 8: POSITIVE GENDER RELATIONS

Learning activities within this topic focus on building an understanding of the effects of gender-based violence and focus on the standards associated with respectful relationships. Students develop the skills needed to solve problems, set boundaries within relationships, and play an active role within the prevention of gender-based violence. They develop peer support and help-seeking skills that can be applied in response to situations involving gender-based violence in family, peer, community or on-line relationships.



Invertoch Primary School

Times 6:45 am - 6:00 pm



Call 0499 604 476



Challenge Royale

Are you up for the challenge? Test your science skills using magnets, ice, and balloons. Who will be victorious?



Defy Gravity with Magnets

Additional fun:

Space mural astronauts, your name in stars, astronaut costumes plus plenty of time to choose your own space adventure. MONDAY 18 EPTEMBER



From as low as \$7.12 with the maximum Child Care Subsidy. Full fee \$71.18 without the Child Care Subsidy.



Fizz-Tastic

Mini bosses get to do their own science experiments in teams today. Then it's bombs away as you enter the lab to create your own bath bomb.



Science Workshop

Additional fun:

Bee and butterfly tiggy, DIY robotic hand, frog and lillypad craft, plus plenty of time to choose your own adventure. TUESDAY 19 SEPTEMBER



From as low as \$8.54 with the maximum Child Care Subsidy. Full 6ee \$85.36 without the Child Care Subsidy.



High Altitude

Feel the pull of gravity as we scale the rock-climbing walls! Use the momentum and take on a challenge as we clip in and climb.

Please be at the service by 8:30 am. Pick up after 2:30 pm. Please wear runners and socks.



Rock Climbing Excursion

Additional fun:

Lego beyblade spin off, recharge group game, STEM catapults, plus plenty of time to choose your own adventure.

20 SEPTEMBER



From as low as \$10.76 with the maximum Child Care Subsidy. Full 6ee \$107.58 without the Child Care Subsidy.



Silly Science

Time to get silly in the name of science! Have a ball making silly string slime, rainbow tambourines and then play asteroid dodgeball!



String Slime

Additional fun:

Marbled planets, asteroid dodgeball, rainbow tambourines plus plenty of time to choose your own adventure. THURSDAY
21
SEPTEMBER



From as low as \$7.92 with the maximum Child Care Subsidy. Full fee \$79.11 without the Child Care Subsidy



Chain Reaction

Gee-Fizz! You'll mix ingredients to create chemical reactions to make your own homemade fizzy paints! Then explore the magic of electricity by sending your hover plate into orbit!



Fizzy Art

Additional fun:

Hover plates, lava lamps, chain tiggy plus plenty of time to choose your own adventure. FRIDAY
22
SEPTEMBER



From as low as \$7.12 with the maximum Child Care Subsidy. Full fee \$71.18 without the Child Care Subsidy.



What the Buzz?

Bee ready! Construct the ultimate bee mansion, make your own bee finger puppet, and join in a game of ultimate Fris-BEE!



Bee Hive





Additional fun:

Ultimate Fris-bee, Bees and Butterfly tag, kaleidoscope plus plenty of time to choose your own adventure.

From as low as \$7.92 with the maximum Child Care Subsidy. Pull fee \$79.11 without the Child Care Subsidy.



Ruby Gillman, Teenage Kraken

A shy adolescent learns that she comes from a fabled royal family of legendary sea krakens and that her destiny lies in the depths of the waters, which is bigger than she could have ever imagined.

Arrive at the service by 8:30 am. Pick Up After 2:30 pm. Wear runners & socks.



Movie Excursion

Additional fun:

LEGO ziplines, epic trivia tiggy, hoop gliders, plus plenty of time to choose your own adventure. 26 SEPTEMBER



From as low as \$10.76 with the maximum Child Care Subsidy. Full fee \$107.58 without the Child Care Subsidy.



Fantastic Forces

3,2,1 BLAST OFF! Join forces with your friends and get ready for an electric science experience. It's going to be intergalactic, interactive and interesting fun for mad scientists of all ages!



Science Workshop

Additional fun:

Bee and butterfly tiggy, DIY robotic hand, frog and filypad craft, plus plenty of time to choose your own adventure. 27
EPTEMBE





Mini Bots

Build, race and take home your very own Mini Bot! Go on a mission to steal Darth Vader's treasure and then the fun continues with marshmallows zodiacs.



STEM Robots

Additional fun:

Rocket pencil toppers, Newtons tower, Marshmallow zodiacs plus plenty of time to choose your own adventure. THURSDAY
28
SEPTEMBER



From as low as \$7.92 with the maximum Child Care Subsidy. Full fee \$79.11 without the Child Care Subsidy.

Public The Holiday!

FRIDAY 29 SEPTEMBER



Holiday Program Important Information!

What to bring A healthy morning tea and lunch A labelled drink bottle for water Suitable clothing for an active day - closed toe shoes and jacket if wet/cold SunSmart hat for Spring and Summer holidays Medical Management Plan & Medication if applicable - see below for details Don't forget!

	Keep your lunchbox nut-free to keep everyone safe
	Do not include food items that need to be reheated



Bus departure and arrival times are indicative only. For an accurate estimated time of arrival and departure please contact your service directly.



Personal belongings

Electronic devices, money and other valuables should be left at home.

If brought to the service, these items remain the responsibility of the family. Their Care does not accept responsibility for loss or damage.



Their Care provides

Breakfast and afternoon tea snack

✓ Sunscreen

✓ Water to refill bottles



Child Care Subsidy

Please note that subsidised hours are calculated and allocated by Centrelink on a fortnightly basis. Check Centrelink for eligibility.



Unexpected changes to activities

In the unlikely event that an activity is unable to run, an alternative activity will be provided.

Activities and times are subject to change due to unforeseen circumstances such as severe weather or provider availability. If an alternative cannot be sourced we will update your invoice to reflect this.



Serious stuffl

Medical Management Plan E Medication

All children who have been diagnosed with a medical condition including allergies, food/chemical intolerances, anaphylaxis, asthma, epilepsy will need to provide:

a completed Medical Management Plan with a colour photo

necessary medication

Please note it is a legal requirement under the Education & Care National Regulations and the Terms and Conditions for booking that these are provided.

In the interests of child safety, care may be refused on the day should the appropriate documentation or medication or medication not be supplied.

Changes to your booking

Simply log into your account anytime to make the relevant changes or call us between 6:30am - 9:00pm weekdays on 1300 072 410.



Fees for changes to your booking

More than 5 days	Less than 5 days *	On the day
No Charge	\$10.00	Full Fee

*Less than 5 days from the start of the booking (120 hours from the start of the session).

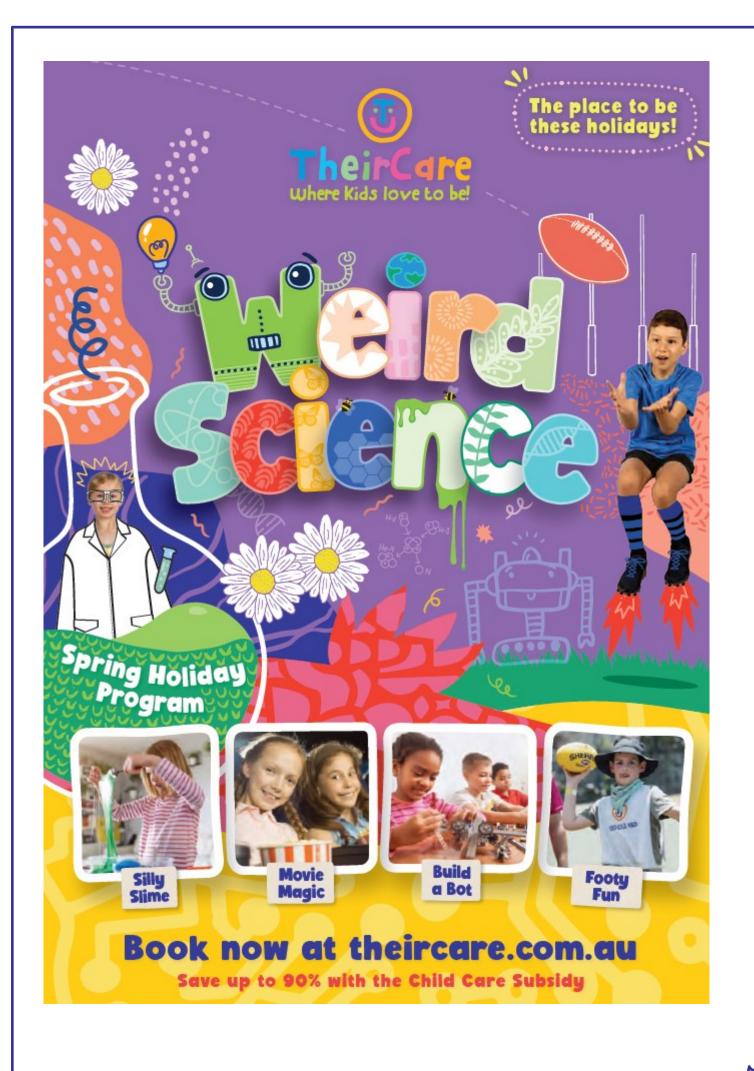
When making additional bookings, the \$10.00 fee is eligible for the Child Care Subsidy, which means you may only need to pay the gap, depending on your families' circumstances.







If you have any questions, please speak with one of our friendly Educators or call Customer Support on 1300 072 410.



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.



Eligibility Criteria

from work

· Be 18+ years old



Saver Plus

Program includes:

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



State Schools' Relief

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

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

health/concession card

protection/bridging visas, or seeking asylum;Or children in out of

Parent must be a

holder:

· Or families on

home care

SCAN ME



Eligibility Criteria

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

Computerbank

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





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







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

Parentshop

and choose correct strategies using "The 3 Choices Model".

We'll also work on strategies so

- 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?

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

WONTHAGGI & DISTRICT NETBALL ASSOCIATION





ENTRIES

CLOSE 13TH of

September

SPRING COMPETITION

Boys and Girls

11 and under

STARTING

Wednesday 4th

of October at 5PM

13 and under 15 and under

Team fee \$320

Teams to provide own umpire and scorer

8 week session plus finals



GRAB YOUR FRIENDS AND MAKE A TEAM OR OFF SEASON TRAINING FOR YOUR ALREADY **FORMED TEAM**

Contact Angela for more information 0488186066

Pick up an enrolment form from Cargills sports store and email wdnawonthaggi@outlook.com

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





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

ndis

Help for your child younger than 9

If you have concerns about your child's development, we can connect you to the right supports

Our early childhood approach helps children younger than 6 with developmental delay or children younger than 9 with disability, and their families, to access the right support when they need it.

It's about giving children and their families, supports so children can have the best possible start in life.

Your child doesn't need a diagnosis to get help

Children younger than 6 do not need a diagnosis to get support through our early childhood approach.

If you have concerns about your child's development, talking to a professional who knows your child best is a good place to start. This could be your child's doctor, early childhood educator or child health nurse.

Concerns about your child's development might include how they:

- play and move around
- do things to take care of themselves
- socialise with other children
- communicate what they want.

Compared with other children their own age.

After talking with your child's health or education professional our early childhood partners can help connect you and your child to the right supports.

Our early childhood partners deliver our approach

Early childhood partners are local organisations we fund to deliver the early childhood approach. Our early childhood partners have professional teams with experience and clinical expertise to work with young children with developmental delay or disability and their families.

Your local early childhood partner will:

- work with you to understand your child's needs
- recommend what early connections are best for your child.

Early connections support your child regardless of NDIS eligibility

Early connections will make sure you get the right supports and services for your child's individual needs.

They could be things like valuable information, connecting you to community and other government services, early supports or help to apply to the NDIS.

Learn more about how early childhood partners support child development in <u>Our guideline: Early childhood approach</u> and <u>Our guideline: Early </u> connections.

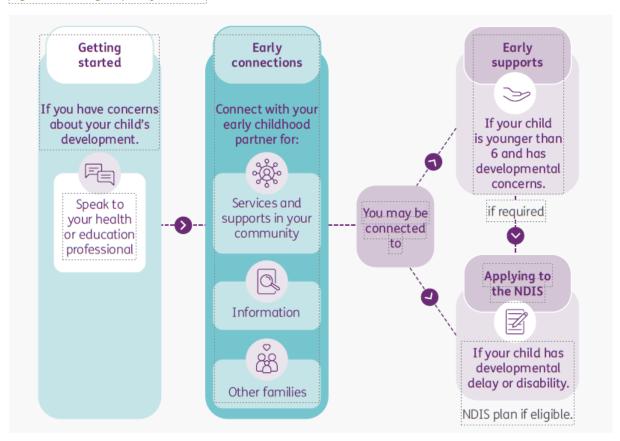
Early supports build you and your child's capacity

Early supports work to build you and your child's capacity to promote everyday learning in your home and other community environments.

An early childhood partner may recommend early supports if your child is younger than 6 and has developmental concerns.

Learn more about early supports in Our Guideline: Early connections. The following Community News articles promote community connections and communications. They are not considered school activities

Figure 1: Getting help for your child



Apply to the NDIS

If your child has a <u>developmental delay</u> or a disability your early childhood partner can support you to put together information and evidence to help work out if your child is eligible to apply for the NDIS. If your child transitions from early connections to become an NDIS participant, then your early childhood partner will work with you to develop your child's NDIS plan.

To learn more about being eligible for the NDIS go to our <u>Our Guideline: Applying to the NDIS</u>.

For more information

If you have any concerns about your child's development, talking to a professional who knows your child best is a good place to start.

If you live in an area with no early childhood partner, you can contact the NDIS online at Contact Us or call 1800 800 110.

National Disability Insurance Agency



Telephone 1800 800 110



| Webchat ndis.gov.au

Follow us on our social channels











For people who need help with English



🙉 TIS: 131 450

For people who are deaf or hard of hearing



TTY: 1800 555 677



Voice relay: 1800 555 727



National Relay Service: relayservice.gov.au

DA0585 HELP FOR YOUR CHILD YOUNGER THAN 9 - JULY 2023