



COASTHILL NEWS



The Inverloch/Kongwak Primary School Newsletter

Principal :
Ben Soumilas

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

THE GREAT FETE

Full disclosure to the community, I have been diagnosed with a severe case of **Wijigglement**. For those unfamiliar with Wijigglement, it is a condition that causes a person to wiggle and jiggle due to the high levels of excitement inside their body. Yes....I'm pretty certain it's contagious. You may notice other people experiencing mild or serious symptoms of Wijigglement over the coming weeks as THE GREAT FETE approaches (Yay! It's 22 days away).

Our Fete committee are working incredibly hard to a successful event and we are of course looking for volunteers. Please consider volunteering to support us in any way you can for the amount of time that suits your commitments.

The fete committee is requesting your help to make our fete great! For the next 3 Fridays, we invite all students to dress in casual clothes and bring along an item. Next Friday, 1st March, we are asking for an item to be used in our famous JUDY'S MYSTERY BAGS. Something small and fun for kids. For those who haven't seen the Mystery Bags, they are a bit like a party bag or a lucky dip. They are also a legacy for Judy, our crossing lady, who loved hosting the mystery bag stall at the fete each year.

- 1st of March - mystery bags
- 8th of March - gold coin donation
- 15th of March - second hand clothes

Thank you to our fabulous parents who did an amazing job to hand out popcorn to hundreds of children after school to build up excitement and execute our cunning plan to recruit some more volunteers and helpers.

SCHOOL COUNCIL

Our school council met this week and what a delightful group of passionate parents. I look forward to announcing the new members of the council and working to build a strong and dynamic team that can support improvement at our scholl

WONDERFUL TO SEE

Our elite swimmers representing themselves and our school with distinction at the District Swimming event. The way our Grade 5 students support their buddies at the assemblies, such fabulous role models.

Have a wonderful weekend everyone, lets hope there's not too many bad cases of *Wijigglement* spreading around.

Soum

Ben.soumilas@education.vic.gov.au

Mobile 0427 118 609

23rd February 2024 Edition 04

DIARY DATES

2024

February

21st

District Swimming

22nd

Parent Teacher Interviews

March

11th

Labour Day (**No School**)

16th

IKPS Great Fete

18th-25th

NAPLAN Testing Window (Yrs 3 & 5)
Last Day Term One Finish 2.30pm

28th

April

15th

First Day Term 2

Term 1 and Annual

Calanders coming soon

"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."

CONVEYANCE ALLOWANCE

Conveyance Allowance is available for children who are attending their nearest government school (or in some circumstances your next nearest government school) and live 4.8km or more from the school. If you think this applies to you please collect an application form from the office. **These forms must be returned to school by 8th March.** Parents who already receive this allowance do not need to reapply, but if your circumstances have changed you need to notify the office. If you have another child who has just started school, you will need to complete an application form for them.

Please note:

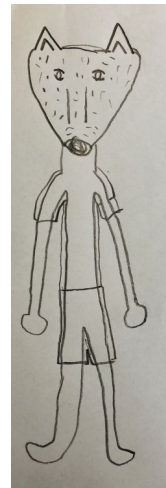
Lunch orders not available until March



ARTIST OF THE WEEK



Our artist of the week is Tully C in grade 5G with his design drawing of a morphed dog person. Tully's design shows a clear unity of shapes of which he will transform into sculptural form.



District Swimming

District Swimming was held on Wednesday at Korumburra.

An amazing effort by all students that competed.

Well done to Josie Richer and Emily Croatto who both won Age Champion Medals.



Wellbeing News

At IKPS, we are on Bunurong/ Boon Wurrung Country. For the last couple of weeks, each class has been exploring how we demonstrate respect for the traditional custodians of the land by developing our own acknowledgement of country.

Today at assembly, 6R shared their class acknowledgement. This is 6R's acknowledgement...

We pay our respect to the Bunurong/Boon Wurrung people, who have cared for this country and its animals, plants and waterways. We are grateful for this land that we live, learn and play on. Thank you to all First Nations people while share their dreams, knowledge and culture and for accepting us on this land where we gain new knowledge.

International Women's Day at IKPS

On Friday the 8th of March, we will have a **'Dress Up In Purple White and Green'** day to celebrate International Women's Day.

International Women's Day is a day to celebrate women's achievements and how far women have progressed in their fight for equality and fairness. It is also a day that calls for a change to gender inequality that still exists today. In week 6, we will be learning about the significance of this day across the school.



Be Respectful

SWPBS Weekly Winners

The following students won the SWPBS raffle at assembly today.

Well done to these students!

Abbigail T 6R, Zara-Shai S 1/2J, Walker F 6R, Isabelle H 5G.—Absent Will M 2R

Be an Active Learner.

Be Respectful, Be Safe, Be an Active Learner.

News from the Chaplain

Hi everyone!

Breakfast club 2024



We started this week with breakfast club. This is a lovely way for me to catch up with the children who come along. Our wonderful team of volunteers delight in chatting to the students and love to serve each with a smile.

We continue to be very fortunate to receive support through paradise bakery for the 12 loaves of bread each week as well as Foodworks in Inverloch who supply sandwich fillings, milo, milk, juice and a box of fruit each week. If you are a customer of these businesses, please let them know how much their donations are appreciated.

Anybody is most welcome to come along for an extra something to start their school day on Mondays and Tuesdays.

Coping with the Unexpected- Storms that come along.

Most families were impacted in some way by the storms last week. In some communities the events have had a big impact, and it will be some time before life is back to "normal". Please reach out if you need some support or practical help at these times.

I've included an article in this week's newsletter that has some information that helps to understand our reactions as well as the reactions we see in our children. Take care of yourselves during the recovery phase in the days and weeks ahead.

Please feel free to come and introduce yourself as you drop off your child/children in the morning and keep up the great work in getting your children to school on time.

Kind regards

Kerry Ware

Seasons for Growth

A guide to self-care and wellbeing during times of uncertainty.



In times of uncertainty, it is natural to feel overwhelmed by the changes to our daily lives. In times like these, we may focus on the aspects of our lives where we have little control and it can be helpful to instead focus on those things we 'can' control.

During this time, it is critical to prioritise physical health and safety, and to take steps to care for our own emotional wellbeing.

Steps for self-care

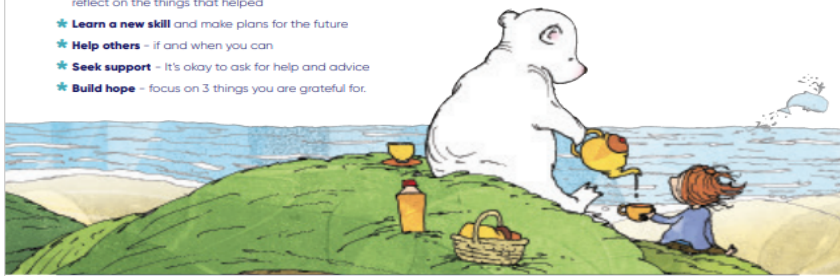
There are things you can do to support yourself, your friends and your family:

- * **Listen** - to your needs and your own advice
- * **Offer kindness** - for yourself and others
- * **Stay connected** - with others by phone and online
- * **Keep informed** - just enough information from reliable sources
- * **Maintain a healthy routine** - diet, activity and sleep
- * **Control what you can** - focus on the things that you can control versus the things you can't
- * **Reflect on past success** - recall a stressful time and reflect on the things that helped
- * **Learn a new skill** and make plans for the future
- * **Help others** - if and when you can
- * **Seek support** - It's okay to ask for help and advice
- * **Build hope** - focus on 3 things you are grateful for.

"The only thing in life that is permanent is change. Change is the one constant in life"
(Fallin, 2013)



You can't pour from an empty cup.
Look after yourself so you are better able to help the children and young people in your care.



Ideas to help the children and young people in times of uncertainty ...

In times of uncertainty and change, it is normal and natural for children and young people to respond in different ways. Adults can play a vital role in supporting children and young people through the experience.

How may children and young people respond?



- * Worried, clingy and uncooperative
- * Sad and angry one minute, okay the next
- * Frightening thoughts and nightmares
- * Regression to earlier behaviours
- * Stomach aches and headaches

Adolescents may react in similar, but different ways:

- * Mood changes
- * Tired and distracted
- * Retreating from social networks
- * Sleep problems and headaches

Helpful hint - children and young people respond in unique ways and it is helpful to recognise if your child or young person is behaving differently.



Help your child or young person

- * **Offer** your attention, patience and love
- * **Calmly listen** to your child's story and encourage your child to ask questions
- * **Acknowledge and affirm** your child's feelings and help your child to identify helpful ways to manage the feelings
- * **Encourage** your child to ask for help from trusted adults
- * **Involve** your child in decisions that affect them
- * **Respond** to your child's questions with clear and factual age appropriate information
- * **Model positive ways** to cope and prioritise quality time together

Other ways to help

- * **Maintain daily routines** as much as possible
- * **Stay social** - create ways to connect with special people and loved ones
- * **Get active** - go for a walk, listen to music, sing, play with a pet
- * **Be curious** - learn a new skill or research an interesting topic together
- * **Help others** - encourages social connections and an "I Can" attitude
- * **Plan** fun activities to look forward to.

Get in touch

Seasons for Growth
1300 379 569
seasons@mackillop.org.au



COMMUNITY NEWS

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

CONNECTING CARERS IN COMMUNITY

PLAY & CONNECT



? Do you care for a child with a disability?

? Do you find it hard to make the time to move your body or be active?

We are thrilled to announce that Gippsport have been awarded a grant from Carers Victoria funded by the Victorian Government for the Connecting Carers in their Community Grant Program.

Program Details

- **About:** An active recreation program (think Yoga, Walking Groups or a Stretch Class) for carers of children with disabilities alongside a physical education program for children.
- **Where:** Inverloch Community House
- **When:** Coming in March

To keep up to date with programs Scan the code



Contact Us

0456 303 885

gippsport.com.au/carers

GippSport
Gippsland Regional Sports Assembly

CarersVIC
Australia

PRE SEASON NBL1 TRIPLE HEADER

RINGWOOD

v

FRANKSTON

Saturday 2nd March 2024

Noon -1:00pm Girls Clinic (7-16 Years)

1:00pm-2:00pm Boys Clinic (7-16 Years)

(tickets via trybooking)

Womens NBL1 @ 3pm

Mens Youth Big V @ 5pm

Mens NBL1 @ 7pm

(tickets via trybooking)

Bass Coast Community Stadium
McKenzie Street, Wonthaggi



BLUES

EASTLAND

physica

Noel Jones

Catch NBL1 star
Jonathan Lawton

2024 JUNIORS SOCCER

COME 'N TRY DAYS

U12s Mixed, U13 Girls
U14 Mixed, U17 Mixed

MON FEB 26

MON MAR 4

5PM - 6PM

THOMPSON RESERVE, INVERLOCH

FREE BBQ! DRINKS AVAILABLE

Runners only - NO STUDS



Free, all-ages event

Movie Night

When

4:30pm
Doors Open

First Showing
5pm to 5:30pm

Second Showing
6:30pm to 7pm

Wednesday 28
February 2024

Where

Wonthaggi
Union
Community
Arts Centre

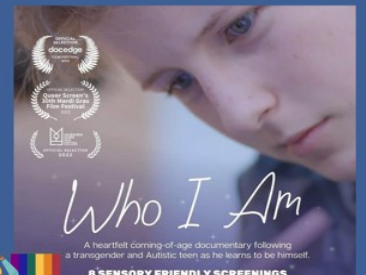
If you would like to come along,
you can get your FREE ticket via
the QR code below:



What

AMPLIFY is a small LGBTIQ+ group, for young people aged 12 to 25, from Bass Coast and South Gippsland. We encourage everyone to come and join us during this movie night. There will be a double screening of this short film.

Showcasing
'Who I Am'



AMPLIFY
community, education, inclusivity

headspace
Wonthaggi

AMPLIFY is funded by the Victorian Government through the Healthy Equal Youth program.

headspace Wonthaggi is operated by Relationships Australia Victoria. All headspace services are funded by the Australian Government Department of Health and Aged Care. Administration of funding is carried out by the headspace centre's local Primary Health Network (PHN), in this case, Gippsland PHN.

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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 Tuesdays:

Mar 12th

Mar 19th

Mar 26th, 2024

Cost?

FREE

Get in touch

Bookings are essential!

*****Applications close Wed 6th March*****

Please contact:

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

gippsland.leongatha.reception@vt.uniting.org

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