COASTHILL NEWS

the ikps newsletter

PRINCIPAL- BEN SOUMILAS
ASSISTANT PRINCIPAL - MEL MCRAE

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EVERYWHERE, ALL THE TIME

Active Learners, Safe and Respectful

PRINCIPAL'S MESSAGE

13th Sept 2024, Edition 25

WEEK 10, TERM 3

HAVE A GREAT BREAK

It's been a term full of fabulous learning, experiences, fun and challenges. It's time to have a break, rest and recharge and set ourselves up for a great term 4. I hope our school community can enjoy a break from the routine and predictability of school for two weeks and then I look forward to seeing everyone return safe and happy in two weeks..... craving the routine and predictability of school.

A SPECIAL WELCOME ONTO COUNTRY

I want to share a very special experience that I had recently alongside our Inclusion Leader Natasha Bird. A Welcome to Country delivered by Sonia Weston our local custodian. Some of you may be aware that Tash, Mel Mcrae and I have participated in a professional learning this year called SPPIKE (strengthening Principal's Practice in Koorie Education). We met and connected with two wonderful people, Mark and Toby, who facilitate the course across Victoria for hundreds of staff. They were booked to deliver their course in week 9 at the RACV resort so we invited them to come a day early and spend it with us so that Sonia could officially welcome them and they could learn more about the country they were visiting. With Sonia as our guide to tell us stories, share information and express her love for our local area, we visited Screw Creek, the Bluff, Shack Bay, Eagle's Nest and Cape Patterson. Toby and Mark were just thrilled to have Sonia to show them around. Toby also gifted Sonia a set of clapsticks that he had carved out of wood from his home country.

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DIARY DATES - SEPTEMBER

Friday 20th	Special Lunch Order Day - Paul the Pie Man
Friday 20th	Last Day Term 3 2.30pm Dismissal
Friday 20th	Footy Colours Day

DIARY DATES - OCTOBER

Monday 7th	First Day Term 4
Friday 11th	Division Summer Sports Basketball @ Wonthaggi

The ends of the sticks are flattened (like a spade) for women so they can also dig with them. Toby told us that the sticks already had Sonia's story in them because he had made them for her. The whole day was a fabulous experience that I feel so very privileged to have been a part of. I'm very lucky to have met people like Toby and Mark and have the opportunity to enjoy such a welcoming, inclusive and intimate experience with Sonia.

Left pic : Gene (Prin at Meeniyan, Toby, Sonia, Tash, Myself and Mark. Middle: Checking out everyone's favourite tree on the bluff. Right: Mark testing out some homemade 'Soumlami' I shared with him (not bragging, but it's good.... Ok I'm bragging

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WONDERFUL TO SEE

- State Netball team - Congratulations to our very own Liam Jones who was selected to represent Victoria at the recent State Netball carnival in Melbourne. What an amazing effort to not only have a go at, but to actually make it and perform so well in. For the cherry on top, the Vic team also won the national tournament.

- Book fair - A huge thank you Suzie Lawson and all the staff helpers who helped with the recent Book Fair. Also……wow! Thanks to everyone who bought books. I hope you're enjoying them and we'll certainly enjoy the books that we can purchase with the money raised from sales. Wonderful to see!
- Library reveal - Whilst on the Library, next term we'll be able to reveal the new improvements we've made to the Library with the fundraising from the Fete. I can't wait for our school community to come in and enjoy the additions.
- Amazon Shipwreck - How exciting has it been to see the Amazon shipwreck revealed on our surfbeach and what a treat it was for so many of our students to go and visit it during school hours. I loved that we were able to raise money for the Amazon 1863 Project Inc. Committee. I believe that genuine connections to the community are critical to enhancing the school experience for our students. We had Karyn Bugeja the Secretary come to receive our donation and she was very grateful and told us that the committee hopes to use our contribution to raise even more money to assist them to continue their good work.
- Staff ready for a break - Working in education is such a fabulous job. There are so many reasons that make it a rewarding and worthwhile. Of course, it comes with challenges and all the highs and lows you could possibly hope for in life and one great perk is the holiday breaks. It's wonderful to see staff looking forward to their break and a chance to recharge for the next term. Being ready for a break is a sign that our teachers and education support staff have worked incredibly hard everyday and support students and each other to make progress and achieve. Thank you for all that you do Teacher and ES.
- Finally, I want to say thank you to all the parents, carers and guardians in our school. I love that you connect and strengthen the relationship between home and school.
- Have a safe break from school and I look forward to seeing you all return in term 4.

Regards

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SWPBS

WEEKLY WINNERS WEEK 8

Congratulations to these students who had their SWBPS tickets drawn in todays raffle. It was wonderful to see the number of tickets and so many students being identified as Active Learners, Keeping Others Safe and Respectful.

Finn M 6R, Chase C 3/4M, Arlo C 3/4M, Amalia M 2T, Winnie H PR.

WEEKLY WINNERS WEEK 9 & TERM

Congratulations to these students who had their SWBPS tickets drawn in todays raffle. It was wonderful to see the number of tickets and so many students being identified as Active Learners, Keeping Others Safe and Respectful.

Weekly Winners: Lewie J PR, Soul V 6S, Maxi S PG, Wilco S 6R, Angus H 6R.

Term Winners: Mia C 6R, Kabya B 1M, Tyler M 3/4B, Nathan M 3/4T.

Wellbeing News

RUOK Day: Thursday 12th of September

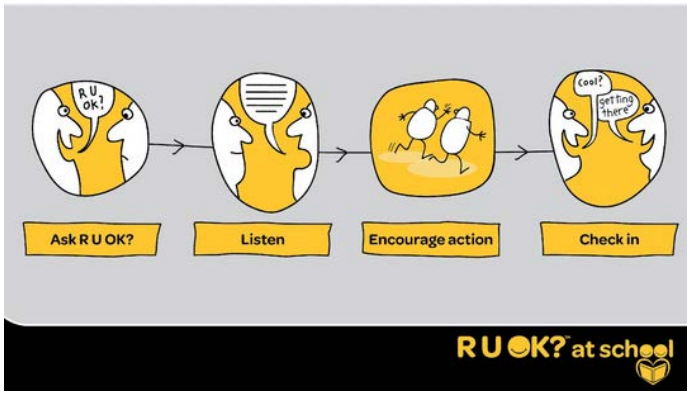
RUOK? Day is a special time to remember how important it is to look out for each other. This day is celebrated every year and it about checking in with out friends and making sure they are feeling OK.

RUOK Day teaches us that everyone can feel sad, worried or upset sometimes and that's OK- What matters is that we don't keep those feelings inside. When we talk to others, it helps us to feel better and we can help other people to feel better too. At school we spend a lot of time with our classmates and friends, so it's important to be kind and notice if someone seems a little different- maybe they are quieter than usual or seem a bit upset. By asking 'Are You OK?', we show them that they have someone to talk to.

Last week, the F-2 Area participated in a lesson about how to be a good friend. They learnt about how to use the ALEC acronym (below) to check if someone is OK. They then drew a comic strip to demonstrate good friendship behaviour.

The 3-6 Area learnt about the 4 steps of an RUOK? conversation, and the importance of active listening. They learnt how to show someone that you are listening, and have heard what they say.

This is an RUOK Conversation:



Step 1: Ask RUOK? Be gentle and kind when you ask. You could say "I've noticed that you seem a bit down. Are you OK?"
Step 2: Listen carefully. Let them tell you how they are feeling. Just listening and letting them know you care can make a big difference.
Step3: Encourage them to talk to someone. If they are feeling really upset, remind them that they can always talk to a teacher, parent or someone they trust.
Step4: Check in again. After a few days, ask them how they are feeling. It shows that you are still thinking about them and that you care.

Let's make EVERY DAY an RUOK? Day!
RUOK? Day isn't just about one day of asking questions- it's about always being a good friend. Whether it's on the playground, in the classroom or at home, we can all look out for each other by being kind and asking if someone needs help.

Remember, asking RUOK? could make someone's day a whole lot brighter. Let's make sure we're always there to listen and care for each other.

And DON'T FORGET: if you ever feel sad or worried, it's OK to talk to someone about it. You don't have to go through tough times alone. Together, we can make our school a safe and caring place for everyone!

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CAMPFIRE CONVERSATIONS

Last Thursday, we had our first Campfire Conversations session at the school. Campfire Conversations is an opportunity for students who identify as Aboriginal or Torres Strait Islander to connect with each other to share stories, have a yarn and make plans for the future.

In our first session, there were 10 students, and the session was run by Soum and Tash. It was also lovely for our Side By Side volunteer Peter to join us for this session. Once the fire was lit (and the black smoke cleared enough for us to see each other), we took some time to acknowledge Country. Cayden did a wonderful job of doing this on behalf of our group. We then took the time to introduce ourselves. We discussed what the campfire is all about and everyone had the chance to ask questions about the program. None of us could resist the urge to continue to add little sticks and grasses to keep the fire burning throughout the session. At the end of the session, we shared our feelings about the campfire, put the fire out, and cleaned up after ourselves. We will be running these sessions once a term, and plan to invite friends, family and special visitors to future sessions.

Tash Bird (Inclusion Leader)

Chaplain News

Hi Everyone

There are not too many days that go by without a challenge for us as parents or in my case being a grandparent. Sometimes we know the challenge is ahead and what to expect, and other times it comes completely out of the blue. Sometimes school holidays or coming back to school for a new term after holidays, can present us with the challenge of a changed routine for our children.

I have been reflecting on what helps me understand what I believe children might be feeling or thinking at these times and how as adults we can help.

Really listening to our children-sometimes children are trying to get our attention but we are so focussed on our world that we miss the little signs that our children are wanting us to know. If we do miss these signs, then our children have 2 options-either they give up telling us and try and manage the situation as best they can or they escalate their behaviour so that somebody notices their problem. We then tend to react to the problematic behaviour.

When we do listen and hear their story- take a moment to summarise what your child has said and check you have understood the problem. You can start off and say, "Thank-you for telling me, I am sorry this is happening for you. Let's work out how we could solve this problem together. For big issues particularly with older children talk it through with your partner, spouse, friend or someone you trust, before you respond rather than react. If we do need to respond and take it further to get sorted out, we need to be respectful and have the facts to get the best outcome for our children. A considered and respectful response generally works best for all involved.

These little strategies can be useful for problems at school or problems within families. In our fast pace world, it can be so easy to do a quick reply or a quick message without really thinking through what we are trying to ask or say.

It is like an iceberg. Did you know almost 91 percent of an iceberg is below the surface of the water? When we listen to our children or people we know who are needing support, we can think of that saying. "It's just the tip of the iceberg." Let's listen carefully to our children so we know what's going on under the surface. Let's tune in really well to our children and not miss those little signals they are giving us that everything may not be okay.

Take care and enjoy the time with your children these holidays!

Kerry Ware
School Chaplain

Artist of the Week

WEEK 8

Our artist of the week is Alistair H in grade 4 with his Paul Klee inspired design incorporating the aquatic, earthly and celestial realms. Alistair has used pencil to prepare his design work and a then created his own scratch back to realise the design in colour.

Artist of the Week

WEEK 9

Our artist of the week is Bianca D in grade 5 with her terracotta hand built pot with sgrafitto in decorative slip using her own symbol designs.

Pirate Dress up Day

Karyn From the shipwreck committee receiving the donation from dress like a Pirate day. The school raised $312.

Table Tennis Finals

Magpies Swooping

Please be advised the Magpies are Swooping around town so take care when walking or riding to school

Annabelle & Maddy W are Chopping Their HAIR!!!!!

Two of our students are chopping off their hair to be made into wigs and to raise money for the cancer council!
The big chop will happen at assembly next week, please use the QR code below to sponsor the girls in this wonderful thing they are doing. If the code is not working you can use this link: https://fundraising.cancervic.org.au/fundraisers/annabellemaddy/annabelles-chop-for-cancer

Well done Annabelle & Maddy!

Community News

BASS COAST
MOUNTAIN BIKE ASSOCIATION

FIND OUT ALL THE LATEST NEWS BY SIGNING UP TO THE BASS COAST MTB ASSOC. MAILING LIST

Community News

Community News

Parentzone delivers parent and carer education sessions to further enhance your skills and support your needs as a caregiver. All programs are completely free, ranging from 6 weekly sessions to 1 off sessions. Programs are delivered either online or in person and support all ages and stages of parenting.
Please see a list of the programs we will deliver in term 4.

PROGRAM NAME

- Dads Matter
- Parenting After Separation
- Working Towards Reconnection
- Tuning into Teens
- Raising Resilient Kids and Tweens
- Tuning into Kids
- Bringing up Great Kids
- Dealing with feelings
- Emotion Focused Parenting
- Calm Parents, Happy Kids
- Managing Challenging Behaviour
- Setting Boundaries
- Communication
- Sibling Rivarly
- Dealing with Transitions

To See full details of the programs please click the following link
https://www.anglicarevic.org.au/about-us/newsletters/gippsland-parentzone-term-4-2024/

For more information or to discuss our programs please contact us on: (03) 5135 9555 or email parentzone.gippsland@anglicarevic.org.au

PARENTZONE

Community News

Join the School Holiday Fun this September!
With Footy Finals in full swing, come and join in the fun at Wonthaggi School Holiday Program! 9am -3pm, for ages 4-12. Join in games, game play and skill based activities + giveaways for all participants.
Register now: https://www.playhq.com/afl/org/wonthaggi-holiday-program/9e901eb5/register
Please contact Caitlin Weston caitlin.weston@afl.com.au for any questions.

Community News

JOIN OUR

FUTSAL COMPETITION

We are excited to announce a new futsal competition in partnership with Football Victoria, commencing October and running until April next year.

We are currently seeking expressions of interest from enthusiastic players for both Junior and Senior divisions.

Competition Details

- Venue: South Gippsland SPLASH, Leongatha
- Schedule: Sundays, (Term 4, 2024 through to Term 1, 2025)
- Divisions: Juniors and Seniors
  (all ages and abilities welcome)

We need sufficient numbers to run the competition.
Register your interest here:

Enroll in WDNA's Junior Twilight Netball 2024 Compition NOW!

- Fun, friendly matches
-Ages Under 11 and Under 13 mixed gender

WHERE??

- Wonthaggi Recreation Reserve, Korumburra Road
-Outdoor Netball Courts

WHEN??

- Every Wednesday @ 4.30pm *excluding school & public holidays
-Comp runs for 8 weeks!
-Wednesday 9/10 to Wednesday 27/11
- Finals will be held on Wednesday 4th & 11th of December!

FEE'S?

- A total team fee of $400
-Players must have a current VNA and register through the Netball Connect App!
- Umpires are provided by the association

HOW TO REGESTER?

Fill out the entry form and email it to wdnawonthaggi@outlook.com or text to 0419 399 415 or drop off at Cargills Sports Store.

FREE Kids HOliday Event

10am - 11:30am Thu 26th Sept

@ Inverloch Community Hub, 16 A'Beckett St

Primary & pre-school age children's games, craft, activities

Bookings not required, parents to stay with children

Pastor Jeff Robertson 0418 125 832
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Connections Church Inverloch
Connecting with God, People + Purpose