

FINDON

PRIMARY SCHOOL

Learning for life



Cuthbert Drive, MILL PARK 3082 Telephone: 9404 1362 Fax: 9436 8362
Email: findon.ps@edumail.vic.gov.au Website: www.findonps.vic.edu.au

Thursday 10th September 2020

Principal's Message

Hello Everyone,

Welcome to Planning Week here at Findon. This week, teachers are working collaboratively in their teams, developing their Teaching & Learning sequence in readiness for term 4.

Outlined below, is a Roadmap from our Deputy Secretary Dr David Howes regarding what a staged return to school may look like early in October.

Road map to easing coronavirus (COVID -19) restrictions in schools

The Victorian Government has released its plan for easing coronavirus (COVID-19) restrictions.

Schools will continue to provide remote and flexible learning for the remainder of Term 3, consistent with current settings. Changes remain subject to the advice of Victoria's Chief Health Officer:

5 – 9 October (first week of Term 4)

Remote and flexible learning will continue for all students, except in specialist schools in rural and regional Victoria. On-site supervision for children of **permitted workers and vulnerable students** will continue to be provided consistent with existing guidelines.

From 12 October

Schools in metropolitan Melbourne

Students in Prep to Year 2 return to full-time on-site schooling. The existing remote learning program **will not continue** for these year levels.

Remote and flexible learning will continue for all students in Year 3 to Year 10, other than for children of permitted workers and vulnerable students.

All students (from Prep to Yr 12) return to full-time on-site schooling by Friday 16 October. Schools can stagger the return of different year levels as appropriate during this week. This decision can be made by individual schools or networks/clusters of schools.

Date subject to health advice:

All students from Year 3 to Year 10 in metropolitan Melbourne will continue with remote and flexible learning. A date for the return of these year levels to face-to-face learning will be subject to further health advice. During the staged return, outside school hours care will be available to students attending for on-site supervision and progressively for the relevant year levels returning to on-site learning. An updated DET School Operations Guide for Term 4 will be released.

I look forward to providing you with more information and guidelines as it is made available.

How does exercise affect mental health and wellbeing?

Physical activity promotes many aspects of child and adolescent development, including social and emotional skills, as well as physical development of motor skills.

It also supports mental wellbeing. We know that high levels of inactivity can lead to a greater risk of both physical and mental health problems.

Physical activity:

- can increase levels of serotonin and endorphins; the neurotransmitters involved in regulating and improving mood
- promotes sleep – which also helps regulate moods, increase energy levels and improve memory and learning
- increases the connections between the brain neurons, which improves memory and learning capacity
- pumps blood to the brain to boost mood, concentration and alertness
- promotes relaxation by reducing skeletal muscle tension
- provides children and young people with an outlet for excess energy and frustration, which relieves tension
- provides an opportunity for children and young to socialise and meet new people, reducing loneliness and isolation
- improves motor and cognitive skills, which boosts self-esteem
- distracts children and young people from negative thoughts

These benefits also serve to improve classroom behaviour and promote a more positive learning environment.

How much exercise do children and young people need?

The [Australian 24-Hour Movement Guidelines](#) outline the following recommendations for children and young people:

- **Infants** (birth to one year): 30 minutes of supervised interactive floor-based play including tummy time, reaching and grasping, pushing and pulling and crawling.
- **Toddlers** (1-2 years): at least 180 minutes a day, including energetic play such as running and jumping.
- **Pre-schoolers** (3-5 years): at least 180 minutes a day of which 60 minutes is energetic play such as running, jumping and kicking and throwing.
- **Children** (5-12 years) and young people (13-17 years): at least 60 minutes of moderate to vigorous intensity physical activity every day.

The percentage of children meeting current guidelines is:

- 61% of two to five-year-olds
- 26% of five to 12-year-olds
- 7.9% of 13 to 17-year-olds.

FOUNDATION ENROLMENTS FOR 2021

We continue to take enrolments for our 2021 Foundation students. Please inform family, friends and neighbours that if they have a child starting school next year and would like them to come to our school to enrol them soon. It is important that children are enrolled by the end of Term 3 so that they can participate in our excellent Beginning Schools Program commencing November 2020. Parents can make contact with us by sending their email address to paula.cosgrave@education.vic.gov.au to register their interest in a virtual tour and question and answer time with me. We are looking forward to opening up school tours onsite in October and look forward to meeting lots of new Foundation parents for 2021.

Transitioning to school in 2020/21

Physical attendance at kindergarten programs has been impacted as a result of coronavirus (COVID-19) during 2020 and many families will have had their children learning from home for periods this year. Fortunately, the majority of Victorian kindergartens have been able to offer a learning from home program for these children.

Despite the impacts on kindergarten programs in 2020, it is important to remember that all children are different, even those of similar ages, and no matter what experiences children have had in their kindergarten year, they will have developed a range of skills and abilities that form the basis for further learning.

Most children make a successful transition to school after their four-year-old kindergarten year. Schools provide environments that are flexible, adaptable and responsive to individual children, as well as access to additional support or specialist staff where needed.

Schools will be seeking information about children's learning experiences in 2020 and considering how they can meet children's needs in their Prep year in 2021.

Adapting Transition programs 2020/21

A successful transition to school has much to do with how children, families, services, schools, and communities work together to support each other. Term 3 is a time when schools typically plan for and often begin to host and/or participate in activities to support children and families' transition to school. In 2020, transition programs will need to be adapted to align with current health advice and the needs of the local community.

Common transition practices might include:

- participating in local transition networks via video-conferencing
- creating and sharing social stories across settings to support children's learning of routines and expectations
- preparing videos to share across settings in place of face-to-face reciprocal visits or buddy programs for children
- engaging families via websites, social media, newsletters, emails or information packs
- meeting remotely with teachers and families to discuss children's needs

END OF TERM 3

Friday 18th September is the final day of Term 3. School assembly will be at 12.30 and students will be dismissed at 1.00pm following assembly.

I leave you with the following words to ponder...

"Do not go where the path may lead; go instead where there is no path and leave a trail."

Ralph Waldo Emerson

Paula Cosgrave

Principal

Netbook Payment Schedule

	Payment Due Dates	Year 3 (2020)	Year 4 (2020)	Year 5	Year 6
Once off deposit	Monday 2 nd Dec 2019	\$30	\$30		
1st Payment	Friday 7 th Feb 2020	\$70	\$70	\$65	\$65
2nd Payment	Friday 24 th Apr 2020	\$70	\$70	\$65	\$65
3rd Payment	Friday 17 th Jul 2020	\$70	\$70	\$65	\$65
4th Payment	Friday 9 th Oct 2020	\$70	\$70	\$65	\$65

Term 3 Netbook payment is now overdue.

Please call the office on 9404 1362 to make a payment over the phone.

Payments can also be made using your family BPAY account.

Green Team's weekly message...

Hey Findon! Do you want to be involved in Backyard Bio-Blitz? Now that it's spring time, loads of animals are popping up out of their homes. Keep a record of these creatures and upload them to Seesaw! Stay safe and healthy.



Find Wildlife



Take a Picture



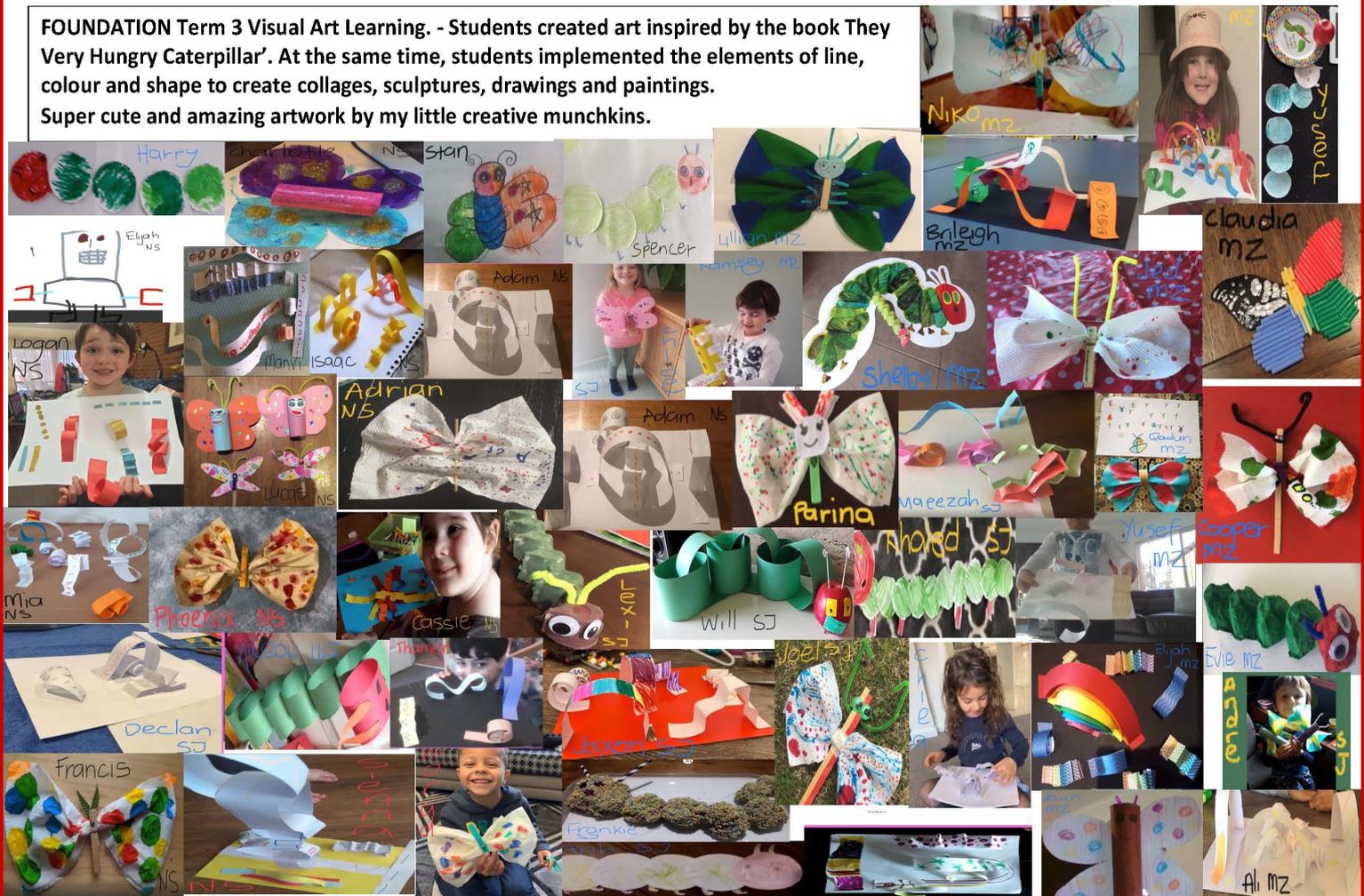
Share!



ART CORNER



FOUNDATION Term 3 Visual Art Learning. - Students created art inspired by the book 'They Very Hungry Caterpillar'. At the same time, students implemented the elements of line, colour and shape to create collages, sculptures, drawings and paintings. Super cute and amazing artwork by my little creative munchkins.



SCHOOL PHOTO DAY HAS BEEN POSTPONED



MSP Photography
North East Melbourne
P | 9466 7331
E | admin.nem@msp.com.au
www.msp.com.au

School photo day for Findon PS has been postponed and rescheduled for
Friday 30th October



WE'RE HERE TO HELP!



Bringing up Kids Expo ONLINE event

For parents/carers, children and grandparents

The Bringing up Kids Expo will bring together family support agencies to provide information on services, programs and events offered in the City of Whittlesea for your family and it's all ONLINE. Activities for children will be provided.

Join us ONLINE for a fun week of activities and lots of information:

- **Hulaballoo** MUSIC FOR ALL
- Parent programs
- Games and activities
- Local parenting information

When: Wednesday 9 – 16 September
Where: ONLINE: Whittlesea Facebook Unites. An invite will be sent to all community members a week before the event. In the meantime, jump on and <https://www.facebook.com/WhittleseaUnites/>

Free telephone interpreter service
 131 450

A place for all

whittlesea.vic.gov.au



Facilitated in partnership with



PARENTZONE



For more information contact Family Services Education Officer on 9404 8865 or email family.training@whittlesea.vic.gov.au

FOR ENROLMENT ENQUIRIES PLEASE CONTACT THE COLLEGE RECEPTION ON 9401 3888.

Our school environment is a very natural one, we are very proud of it.



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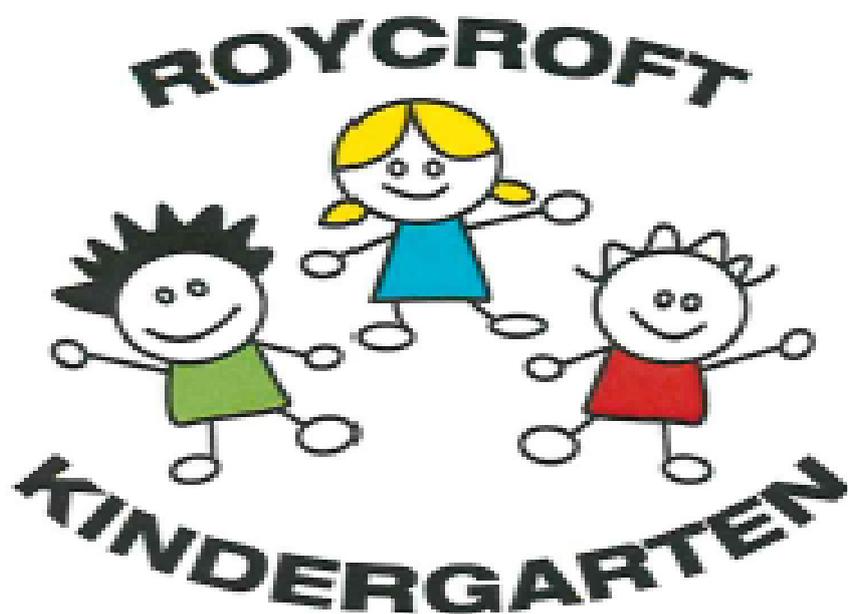
VICKI WATSON **PRINCIPAL**

SELEN ATILLA **ASSISTANT PRINCIPAL**

ALYCIA BENINCASA **YEAR 7 COORDINATOR**



114 Childs Road, Epping, Victoria 3076
T: 9401 3888 F: 9408 6983
E: lalor.north.sc@edumail.vic.gov.au
www.lalornthsc.vic.edu.au



Telephone – 9404 4369

Address – 114 Roycroft Ave Mill Park.

Email – roycroft@try.org.au

Now taking enrolments
for 2021

Please contact
Charmaine if you have
any queries.



15 Vasey Ave. Lalor, Vic. 3075

Ki**n**d**e**r**g**a**r**t**e**n

**Enrolments for
3 Yr Old & 4 Yr Old Programs
2021 are open**

Contact Our Friendly Staff

Phone: 9465 8835

Email:

vasey.park.admin.kin@kindergarten.vic.gov.au



What is OSHC?

OSHC stands for Outside School Hours Care. An OSHC service provides education and care for primary school-age children (generally aged 5 to 12 years) outside school hours and during school holidays. Depending on your school, it can cover Before School Care, After School Care and Vacation Care.

Why would OSHC suit your family?

At Camp Australia, our vision is 'To support families in achieving their dreams' and to do that we take a unique approach to OSHC based on over 30 years of experience.



Enriching experiences that children love

Our experienced educators involve your child in designing the experiences that make up our OSHC program. Our industry leading approach to program development ensures that your child is at the heart of what we do each day.



A place for friendships to form

As life moves faster and play dates are harder to arrange, our OSHC service is a great place for your child to meet new friends and bond over shared interests.

We design programs that bring children together so they can connect and grow outside school hours.



Child Care Subsidy available

Eligible families can reduce the cost of care with a Government subsidy. This amount depends on your family circumstances. For more information simply log into my.gov.au and complete your Child Care Subsidy Assessment.



Easy, hassle-free care

Our service is available to all families, no matter the need. Our extended hours offer peace of mind so you can manage work, health, study and more stress-free. Plus, our industry leading Parent Portal gives you unrivalled access to make and manage your bookings.



Our industry leading approach: Your OSHC

Your OSHC service is also an integrated part of your school community. We tailor our program to your school's vision and values and also to your children's interests and needs. Our team of qualified educators works closely with you and your school's teachers to deliver a seamless transition to and from the classroom environment.

Whether your child has social, cultural, language-based, religious or individual needs, we work with the whole community to see how we can best support their unique needs.



Tailored programs for all: How we do it

As the most experienced OSHC provider, we have become experts in delivering extra-curricular learning outcomes for children. Enrichment, sport and activities are part of our unique programming approach which is customised for your children.

All experiences are carefully designed to deliver on specific learning outcomes, that align with the My Time, Our Place Framework for School Age Care in Australia. This approach means that programs are tailored to the individual needs and interests of each child who attend. No two days in OSHC are the same.

One day, the children could be creating their own magnifying glass and binoculars as part of a science enquiry, or aligned to National Recycling Week they could be making their own compost bins from recyclable materials, learning all about sustainability and how they can protect the planet.

The next day, children could be cooking dishes from around the world learning about nutrition and culture, or setting up a story group to share interesting things about themselves while gaining insights into their own identity.

To us, OSHC is a deliberate environment to help children grow.



Meals that nourish

We know good food is a necessity for growing minds and bodies, so our programs always include nourishment.

Our healthy eating philosophy operates at every service, every day. We focus on fresh produce and use at least 75% of the weekly food budget for seasonal fresh fruits and vegetables.

Outside of that your child's needs and interests determine our ingredients, whether they're dietary, cultural or religious needs. We just ask that you let us know when you register.

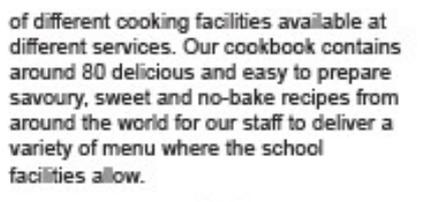
Our Before School Care programs offer a selection of:

- Porridge and muffins (Depending on service facilities)
- Healthy cereal, oats and milk
- Seasonal fresh fruits
- Wholemeal toast with a variety of toppings such as baked beans, spaghetti, honey or vegemite

At After School Care, our meal plans change all the time. But to give you a taste:

- Seasonal fruit and vegetable platters (75% of budget)
- Homemade hummus and rice crackers
- Salad sandwiches on wholemeal bread
- Popcorn
- Homemade banana bread

All weekly menus meet the Australian Dietary Guidelines. We've even developed our own cookbook so we can cater for the range



of different cooking facilities available at different services. Our cookbook contains around 80 delicious and easy to prepare savoury, sweet and no-bake recipes from around the world for our staff to deliver a variety of menu where the school facilities allow.



National Recycling Week Program

EXPERIENCES

	Monday	Tuesday	Wednesday	Thursday	Friday
Planned activity 1	Plan a lesson about the soil in our school garden.	The Earth Day project is complete! All activities will be ready to go.	Make the soil compost bins (from recycled materials) to take home.	Check the soil temperature and humidity and display around the school.	Make our own compost bags for our garden.
Planned activity 2	Write a letter to our Principal about the soil in our school garden.	Make our own compost bins (from recycled materials) to take home.	Write a letter to our Principal about the soil in our school garden.	Check the soil temperature and humidity and display around the school.	Make our own compost bags for our garden.
Planned activity 3	Full report on the soil in our school garden.	Full report on the soil in our school garden.	Full report on the soil in our school garden.	Full report on the soil in our school garden.	Full report on the soil in our school garden.
Turning Circle	Review, Reflect, Praise, Appreciate - Who's the Appreciatee?				
Weekly Goals	Each class to have a goal for the week.	Each class to have a goal for the week.	Each class to have a goal for the week.	Each class to have a goal for the week.	Each class to have a goal for the week.
Reflection	Let's City Challenge - Who's the Winner?				

ZONES

Outdoor Zone	Indoor Zone	Workshop Zone	Cooling Zone
Use the outdoor area for physical activity.	Use the indoor area for quiet reflection and learning.	Use the workshop area for hands-on learning.	Use the cooling area for relaxation and learning.
Quiet Zone	Active Zone	Learning Zone	Reflection Zone
Use the quiet area for reading and writing.	Use the active area for physical activity and games.	Use the learning area for group work and projects.	Use the reflection area for journaling and thinking.

Every OSHC session also offers children the choice between different zones should they not want to participate in the proposed planned experiences: Sports, Construction, Art and Craft, Homework, Mindfulness, Games are some of the options available.

Plus, each term we also have at least one themed and supported week like National Science Week, National Reconciliation Week or National Recycling Week.

And even though there is a theme for that week, our team of educators engage with each child during the planning stage to ensure the program still meets everyone's interests.

◀ Here is an example of what National Recycling Week in OSHC can look like.

While each day is different and offers a varied range of fun and engaging activities, we believe that there are three ingredients for a great program:

1. Creating a welcoming space for the children. We make sure that our OSHC rooms are tidy and organised with an atmosphere that encourages children to learn and have fun.
2. Conducting an engaging program where every child can learn new things and foster new friendships.
3. Having a great team of qualified educators who are part of the school community.

To find out more, speak to the Coordinator at your service who will be happy to take you through the detailed program for the service and answer any questions you may have. You can also visit www.campaustralia.com.au and search for your school's service page for more information about the fees and times at your service.

The fun of OSHC doesn't stop at the end of term – we have holiday programs across the country.

With carefully designed programs that cater for primary school children of all ages, your children will be asking to come back for more! Some of the activities we have planned include games, arts & crafts, sport, excursions, cooking, coding and more.

To attend any of our Holiday Clubs your child doesn't need to be a student at the school where we operate, just visit our website to find a program near you.



Registration is FREE!

To attend our care, families must register their child.

Why? Registering your child means we have all the information we need to safely care for them. So, we recommend all families to register an account with us. That way, if you ever need us, you just have to book a session, as we already have all the documentation we need from you.

To register, visit www.campaaustralia.com.au. When starting your registration process, please consider:

- Do you have a Customer Reference Number (CRN) from the Department of Human Services?
- Does your child have any medical certificates/documents?
- Medical information - do you have details of your family doctor?
- Do you have any Court Order Documents?
- Have your payment details at hand
- Have your Child Immunisation Certificates ready to upload

But don't worry, you can always resume your saved registration at a time that suits you.

Fees and Times

To find out about the fees and operating hours at your service, please visit our website at www.campaaustralia.com.au and search for your school.

We recommend to always book in advance.

To secure your children's spot, we encourage that you make your bookings in advance. As we operate a childcare service governed by the Education and Care National Law and Regulations, we can only operate our services within Educator to child ratios and licensed space. The more notice we have on bookings, the better able we are to staff the service to meet your needs.

It is easy to make and manage your bookings 24/7 through our parent portal. Simply log onto pp.campaaustralia.com.au.

Alternatively, you can call our friendly Customer Care Team on 1300 105 343. The team are available from 5am - 9pm, 7 days a week – except National Public Holidays.

Child Care Subsidy

Did you know you can reduce the cost of care with a Government subsidy?

We strongly recommend you apply for the Child Care Subsidy (CCS) to determine whether you're eligible. Your eligibility for the subsidy is determined by:

- Your family's annual adjusted taxable income
- An activity test
- The type of childcare service

To find out if you are eligible, simply log into MyGov and complete your Child Care Subsidy Assessment.

