

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

Tuesday 13th October 2020

PRINCIPAL'S MESSAGE

REMINDER: SCHOOL COUNCIL APPROVED CURRICULUM DAY TERM 4

Monday 2nd November 2020. Students are **NOT** required to attend school on this day. **MELBOURNE CUP DAY** is Tuesday 3rd November

WELCOME BACK EVERYONE

Welcome back to school and onsite learning for Term 4 and the remainder of the year. May I say it's so good to be back... schools just aren't the same without children in them! I do hope all our families had a fabulous break and spent some quality time together in the great outdoors, enjoying the beautiful sunshine? It's wonderful to see everyone looking healthy and well and eager to continue with their learning journey.

After visiting all the classrooms on Monday and welcoming everyone back, I am very pleased with our smooth start to Term 4, with routines, friendships and learning programs underway. Term 4, promises to be an exciting and action packed one!

SELF - REGULATION: Helping children and young people manage their emotions is important for fostering positive mental health and wellbeing.

What's self-regulation?

Self-regulation is learning about your own feelings and emotions, understanding how and why they happen, recognising them (and those of others), and developing effective ways of managing them. When children and young people learn to self-manage their emotions, they feel more confident, capable and in control. They have stronger relationships, are more able to pay attention, learn new things and can cope better with the normal stresses and disappointments of daily life. In their early years, children are just beginning to learn about emotions and feelings, and how to manage them. From time to time, most young children display behaviours such as aggression, emotional outbursts and inattention. Gradually, children learn which situations are likely to upset them and how they can handle their emotions better when these situations arise. This learning continues into adolescence. Individuals are unique. Children vary in the way they perceive, respond and interact with the world around them. They vary in how they switch between moods (with some taking longer and needing more help than others to recover from being upset), how they respond to new situations (some dive straight in while others tend to withdraw and observe from a distance), and how long they can concentrate for. Children's 'feel good' hormones (serotonin) are higher when they experience life in their own way and in their own time. Over-scheduled children can feel rushed from one thing to another, causing stress and tiredness. High levels of stress hormones (cortisol) lessen the child's ability to concentrate, manage conflict, problem-solve and try new things. Children who've experienced higher levels of stress in their preschool and primary years show more aggression and anxiety and aren't as socially competent as those who've experienced less stress. The good news is it's never too late for children to learn about developing their coping skills and building resilience.

How can you help?

Children and young people need repeated experiences of having their needs met by a caring adult. Warm, trusting and responsive care helps children to respond with appropriate emotions, internalise a positive view of themselves and others, and learn appropriate behaviour. Children and young people also develop self-management skills by watching and experiencing how other people manage their emotions. Some tips about how you can support the development of self-management in children and young people is to:

Explicitly teach skills

- Talk about ways of managing upsetting situations.
- Help them to develop strategies to use when they're feeling out of control.
- Help them express their emotions in productive ways (drawing/ acting out their feelings).
- Practise mindful breathing with older children and young people.
- Explore the immediate and long-term consequences of actions.

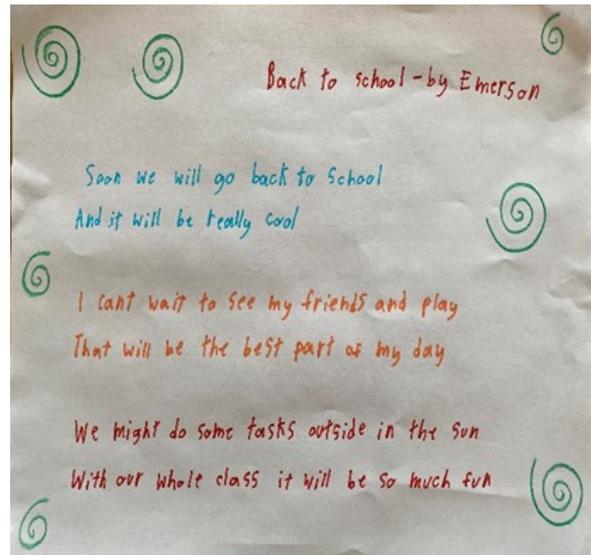
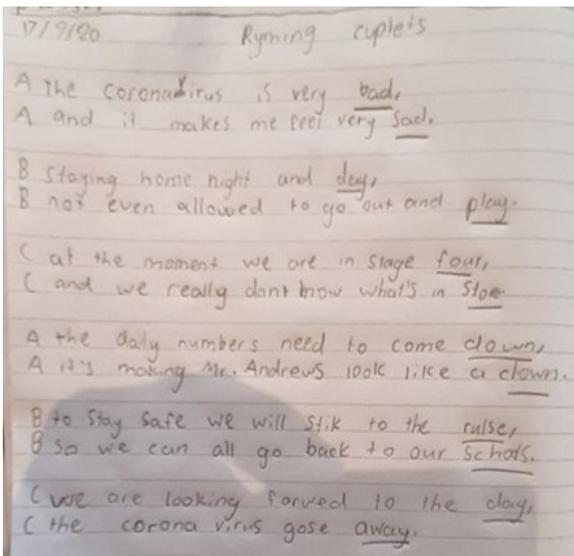
- Promote empathy by talking about emotions and understanding how people will have different reactions to events depending on their circumstances.
- Teach problem-solving and decision-making skills.
 - Talk about emotions
- Acknowledge and respond to emotional communication.
- Role-model how you manage your own feelings.
- Talk about strategies to manage strong or uncomfortable emotions.

Promote a calm environment

Environment contributes to children and young people's self-management. Promote a calm, welcoming and encouraging environment by:

- providing structure and predictability
- establishing age-appropriate routines and limits
- avoiding competitive experiences for young children
- including relaxation breaks in the day
- encouraging ways to release tension they might be holding in their body
- demonstrating calmness and staying in control of your own feelings and behaviours Self-awareness allows you to maximise your positive interactions with children and young people and better manage situations where they 'push your buttons'.

Year 1/ 2 Rhyming Couplets - At the end of term 3 students in year 1/2's were learning about Rhyming Couplets - making sure their poems had two lines, same number of syllables, staying on the same topic and making sure the ending words rhyme. Congratulations to Indy and Emerson who produced the writing below.



WHITTLESEA COUNCIL UPDATE

Council regularly reviews the crossing service and wishes to advise, as part of these reviews the crossing located at the following site:

Morang Drive, Mill Park (just north of the roundabout on Childs Road) has been identified as no longer meeting the VicRoads warrants to require the crossing to be covered with a school crossing supervisor. Closure of this crossing will take effect before school returns next Term (Monday 5th October, 2020).

As one of the schools possibly affected by this closure, parents are asked to ensure they can make other arrangements to use other crossings nearby. The crossing on Childs Road next to this crossing will continue to operate. The supervisor at this site has advised Whittlesea Council, that no students from Findon PS are currently using this crossing. The removal of the red/white posts and the line marking at this location will take place during the school holiday period.

SCHOOL HATS and SUNGLASSES

With the warmer weather upon us now, it is timely to remind everyone of our Sun Smart Policy and the importance of wearing our hats and sunglasses throughout term 4. If your child has misplaced or lost his/her hat or glasses, you are able to purchase new ones from the office for \$10 each. We are a Sun Smart school and our Uniform Policy states that hats and sunglasses must be worn from 1st September to 30th April. It would be appreciated if parents could remind and encourage their children to wear hats during lunchtimes, recesses and outdoor activities. Harmful UV rays can damage skin cells even on cloudy days.

SCHOOL UNIFORM

It is great that nearly all our students are able to wear their full uniform every day. There are enormous benefits for ensuring all students wear our full school uniform. These include:

- Defining our school identity.
- Developing within our students a sense of belonging to our school community.
- Provides an opportunity to build and enhance 'school spirit' and build a strong sense of pride.
- Promotes a sense of inclusiveness, non-discrimination and equal opportunity.
- Enhances the health and safety of students when involved in school activities and excursions.
- Complies with our obligations under Occupational Health and Safety Legislation eg. Sun Smart
- Promotes positive community perceptions of our school.
- Makes school clothing more affordable by eliminating the risk of peer pressure to wear current fashions and expensive clothes.

If for any reason a child is not able to wear a uniform, under our current Uniform Policy, parents must provide a written explanation.

LABELLING CLOTHES

We have an abundance of Lost Property... It is very difficult to return this property to its rightful owner, when the pieces of clothing do not have names on them? I ask you to strongly consider labelling your child's uniform with their name and class, to ensure that if lost, it will make its way back to the owner. Thankyou

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

'The real secret of success is enthusiasm' Walter Chrysler,

Have a great first week back everyone

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 4 Netbook payment is now due.

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

Payments can also be made using your family BPAY account.

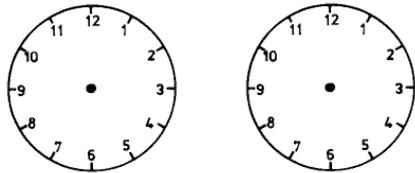
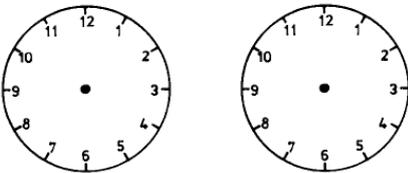


MATHS PROBLEM



Hi everyone, as we are back on site this week, the Maths Problem of the Week page is back.

Here is the first one for Term 4.

Upper (4 to 6)	Middle (2 to 4)	Junior (P to 2)
Name:	Name:	Name:
House:	House:	House:
Home Group:	Home Group:	Home Group:
<p>At the end of October, the sun will rise at 0614 and set at 1953.</p> <p>Draw these two times on the clocks</p>  <p>SUNRISE SUNSET</p> <p>How many minutes of sunlight will we receive on October 31st?</p> <p>Answer:</p>	<p>Next Sunday (October 18th), the sun rises at 6:30am and sets at 7:40pm.</p> <p>Draw these two times on the clocks</p>  <p>SUNRISE SUNSET</p> <p>How many hours of sunlight is this?</p> <p>Answer:</p>	<p>Circle the number in the pattern that is wrong</p> <p>2, 4, 6, 8, 11, 12, 14, 16, 18, 20</p> <p>5, 10, 15, 20, 25, 29, 35, 40, 45, 50</p> <p>3, 7, 11, 15, 19, 24, 27, 31, 35, 39</p> <p>10, 20, 30, 40, 50, 50, 60, 70, 80</p> <p>95, 85, 75, 65, 64, 55, 45, 35, 25</p>

Please submit your entries to the OFFICE by Thursday afternoon. Thank-you.

MATHLETICS

Since July 1st, 407 certificates have been earned on Mathletics. 8 Gold, 62 Silver and 337 Bronze.

Well done to all the students who have achieved their Gold Certificate during remote learning. These certificates will be printed off and handed out over the next week.

LOG ONTO MATHLETICS AT: www.mathletics.com.au



Lalor North Secondary College is still welcoming Year 7 2021 enrolments

Scholarships in the following areas are available: Academic, Citizenship and Music

Please contact our office on 9401 3888 or visit our website lalornthsc.vic.edu.au



Lowes Plenty Valley are now offering click and collect on all school uniforms.

Order online at www.lowes.com.au



Telephone – 9404 4369
Address – 114 Roycroft Ave Mill Park.
Email – roycroft@rv.org.au

Now taking enrolments
for 2021
Please contact
Charmaine if you have
any queries.



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



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:

- HULLABALOO (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



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



MERRIANG SPECIAL DEVELOPMENTAL SCHOOL

Be Safe

Be Respectful

Be a Learner

ENROL NOW FOR PREP 2021

Merriang Special Developmental School (SDS), is a dual campus inclusive setting, and caters for both primary and secondary aged students with diagnosed disabilities (specifically Intellectual Disability, in the moderate to profound range). A significant number of our students experience multiple disabilities, including Autism Spectrum Disorder.

At Merriang, we endeavour to provide students and families with a safe learning community where learning potential is realised and independence fostered. We achieve this by offering small group sizes, excellent staff to student ratios, modern facilities and innovative practice. In addition, our teachers work alongside families in tailoring individual education plans for each and every student.

The Early Years Campus is conveniently located in Gordons Rd, South Morang and is adjacent to The Lakes College.

For families residing in Merriang's Designated Transport Area, free travel via our school bus service is available. Areas include Thomastown, Mill Park, Epping, Bundoora, Lalor, South Morang, Mernda, Wollert and Eden Park. Families who reside outside these areas are welcome and can arrange alternative transport to and from Merriang.

FOR FURTHER ENQUIRIES, CONTACT MERRIANG TODAY!



Early Years Campus- 275 Gordons Road, South Morang 3752
PH: 9404 2839 Fax: 9404 3121

Email: merriang.sds.junior@education.vic.gov.au
Facebook: www.facebook.com/MerriangSDS

Canteen Menu

Findon Primary

Please make sure all Lunch Orders are clearly labelled with your
NAME and Room number
Paper Bag 10cents Tomato Sauce 30cents.



Freshly Made Sandwiches

Salad- Lettuce/Tomato/Carrot/ Cucumber/Beetroot	4.00
Salad with Ham/Tuna/Roast Chicken	5.00
Salad with Cheese	4.30
Ham/Tuna/Roast Chicken	3.50
Cheese & Tomato	2.80
Egg & Lettuce	4.00
Ham & Cheese	3.80
Ham, Cheese & Tomato	4.10
Vegetarian	2.00
Cheese	2.50
ADD- Beetroot, Carrot, Tomato, Mayo	.30
Cheese	.40
Avocado, Egg	1.00

Toasties

Cheese	2.70
Cheese & Tomato	3.00
Ham & Cheese	4.00
Ham, Cheese & Tomato	4.30
Spaghetti	3.00
Baked Beans	3.00

Focaccias

Roast Chicken, Cheese & Avocado (H)	6.50
Ham, Cheese & Tomato	6.50

Salad Tubs

Lettuce, Carrot, Cucumber, Tomato, Beetroot & Salad Dressing	5.00
Add - Roast Chicken, Ham or Tuna	1.50

Frozen Treats

Paddle Pop	2.00
Icy Twist	1.50
Frozen Jelly Fruit	.50
Zing Frozen Yoghurt	1.00
Twisted Frozen Yoghurt	2.00
Zopper Doppers	1.00

Warm foods

Pastizzi Cheese (H)	1.00
Chicken Parma (H)	3.50
Meatball & Cheese Sub	4.50
Hot Dog	3.50
Hot Dog (H)	3.50
Hot Dog with Cheese	3.90
Hot Chicken Roll with Gravy/Mayo (H)	4.50
Homemade Lasagne	4.50
Homemade Mac & Cheese (H)	4.50
Steamed Dim Sim	1.00
Corn on the Cob (H)	1.00
Chicken Burger - Lettuce/Mayo (H)	4.50
Beef Burger - Lettuce Sauce	4.50
Fish Burger- Lettuce/Mayo (H)	4.50
Sweet Chilli Chicken Wrap- Lettuce/Mayo (H)	4.50
Chicken Dino Snacks x 3 (H)	3.00
Chicken Dino Snacks x 6 (H)	5.00
Veggie Burger-Lettuce/Mayo (H)	5.00
Noodle Cup - Chicken (H)	3.00
Homemade Margarita Pizza (H)	3.00
Homemade Hawaiian Pizza	4.00
Homemade BBQ Chicken Pizza (H)	4.00

Drinks

Water	1.50
Big M- Chocolate/Strawberry	2.00
Plain Milk	1.50
Quench/Prima	2.00
Slush Puppie	2.00

Snacks

Boiled Egg	1.00
Cucumber & Carrot sticks	2.00
Jelly Cup (Lite)	1.00
JJ Snacks, Popcorn	1.50
Cornitos	1.00
Homemade Mini Muffin	.50
Homemade Yumball	1.00
Homemade Chocolate Cookie	1.00
Rice Cracker	.10



Canteen Menu

Combo Packs

All Packs come with a FREE Mini Muffin

Please choose a drink-

Water, Quench, Big M, or Slush Puppie

Orders are to be clearly labelled with

Pack number/Food item & Drink

Pack 1 - Lasagne/Mac & Cheese (H)	6.50
Pack 2 - Chicken Burger (H)	6.50
- Beef Burger	6.50
- Fish Burger (H)	6.50
Pack 3 - Sweet Chilli Chicken Wrap (H)	6.50
Pack 4 - 3 x Steamed Dim Sims	5.00
Pack 5 - Chicken Parma (H)	5.50
Pack 6 - Meatball & Cheese Sub	6.50
Pack 7 - 3 X Pastizzi (H)	5.00
Pack 8 - Hot Dog/Halal Hot Dog	5.50
With Cheese	5.90
Pack 9 - 6 x Chicken Dino Snacks	7.00
Pack 10 - Butter Chicken on Rice	7.00
Pack 11 - Veggie Burger (H)	7.00
Pack 12 - Noodle Cup Chicken (H)	5.00
Pack 13 - Meat Pie (Lite)/Halal Meat Pie	6.50
- Pastie	6.50
Pack 14 - Homemade Sausage Roll	5.50
Pack 15 - Spinach & Ricotta Roll (H)	5.50

Fruity Findon

Frozen Orange Quarter .40

Slinky Apple 1.00

Halal- H

Tomato Sauce .30

\$1.00 Hot food Specials Can be
Purchased over the counter

At recess and Lunchtime only -
NOT Available in Lunch Orders

Term 4 Program



EXPERIENCES

Service Name	Date	Theme
Findon Primary School	12 th October- 16 th October	OSHC Activities

	Monday	Tuesday	Wednesday	Thursday	Friday
Planned activity 1	Beading Hama Beads	Painting Bubble painting using bubble wrap	Making a Collage Coloured paper, glue, stickers, scissors	Fun with spring flowers Coloured paper, straws scissors ,glue	Indoor moving and grooving to the beat (shake, dance, wiggle it out) CD player, Music
Planned activity 2	Pipe Cleaner Craft Beaded Snakes	Balloon Tennis Balloons Paper plate Sticky tape	Paint and decorate Pebbles Paint Brush	Lego Challenge	Singing and Acting Competition
Planned activity 3	Indoor Obstacle Course	Freeze Dance	Loose parts art table	Treasure Hunt clues to find the hidden objects	Have a Quiz with age appropriate questions
Yarning Circle	Games and activities at OSHC – What’s your favourite?				
Weekly Specials	Cooking Corn Fritters CA cookbook recipe	Cooking Banana Bread CA cookbook recipe	Making rice Paper rolls Rice paper, rice noodles, lettuce, cucumber, corn kernels	Beading Making a necklace or bracelet	Making frozen milk icy poles Milk, Sugar icy pole sticks
Extension					
Child initiate					

Term 4 Program

ZONES

Chillout Zone Cushions Rugs books	Mindfulness Breathing Activity Breath deeply in and out while paying attention to any noise or sounds	Home work Club Homework Corner Pencils, textas, rulers, paper and calculators	Crafty Collection Loom Bands Hama Beads
Games Central Uno Monopoly Guess Who	Nature's Way Sticks and Twig Leaves	Sports Box Basketball Tennis	Construction City Connector straws Zoobs Blocks

Menu

Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast: Weetbix Cornflakes Rice bubbles Oats Toast Spreads: Jam, Honey, Vegemite Drink: Water, Milk				
Afternoon Tea: Apples, Pears, Oranges, Watermelon, Carrots, Cucumber Sandwiches Drink: Water	Afternoon Tea: Apples, Pears, Bananas, Watermelon, Carrots, Lettuce Banana Bread Drink: Water	Afternoon Tea: Apples, Pears, Oranges, Pineapple, Carrots, Cucumber Rice paper Rolls Drink: Water	Afternoon Tea: Apples, Pears, Oranges, Watermelon, Carrots, Capsicum Toasted Sandwiches Drink: Water	Afternoon Tea: Apples, Pears, Grapes, Pineapple, Carrots, Lettuce Popcorn and crackers Drink: Water