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Findon Primary School's Newsletter

Issue 1 · 10 May 2023

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Important Dates

| Date | Event |
|-----------------|---------------------------------------|
| May 10th | Mother's Day Stall |
| May 15th - 19th | Education Week |
| May 15th - 18th | Open Classrooms (9:00am - 10:30am) |
| May 18th | Sausage Sizzle |
| May 19th | Second Hand Uniform Sale (2:00pm) |
| May 24th | District Cross Country |
| May 24th - 26th | Book Fair (3:30pm - 4:00pm) |
| May 25th | Year 1/2 City of Whittlesea Bus Tour |
| May 29th - 31st | Year 3/4 Camp - The Summit |
| June 8th | Bubble-Athon |
| June 20th | Pyjama Day Fundraiser |
| June 21st | 3 Way Conferences |
| June 22nd | Athletics Carnival (Years 3-6) |
| June 23rd | Last Day of Term 2 (2:30pm Dismissal) |
| July 10th | First Day of Term 3 |

14-20 MAY
**EDUCATION
WEEK 2023**

**active
learners:**

**move
make
motivate**



**Findon Primary School
welcomes you to celebrate
Education Week with us.**

**Open Classrooms:
Monday 15th - Thursday 18th May
9:00am - 10:30am**

**2024 Foundation School Tour
Wednesday 17th May - 9:15am & 2:45pm**

With a
BUBBLE
DANCE
PARTY

LOOKING
FOR
POPPING
FUNDRAISERS!

FINDON'S
2023
Bubble
A-THON

STUDENTS
TO COME
DRESSED AS

POPSTARS
OR
BUBBLE
COSTUMES



THURSDAY
8th
JUNE



Principal's Message



Hello from Anita 😊

Welcome to a new week 😊

Our Findon school community has been very busy since the beginning of our new term. The weather is starting to look a lot like Winter, and we are dressing warmer with more layers. We are looking forward to many special activities happening over the coming weeks.... Mother's Day Stall, Sausage Sizzle, Book Fair, Bubble A thon, Open Mornings, Foundation Parent Information Night and so on. Thank you to our Findon students, staff, School Council support and community helpers who all help these events to occur.

Things to remember....

Uniform reminder

Please remember that when the students are attending school, they are expected to show the value of being Respectful through their commitment to our school uniform. This includes looking neat and tidy with shoes, socks and hair. Hair should be tied back to promote a sense of neatness as well as support good hygiene.

I do feel a sense of pride when our students come to school in full school uniform, and they show what our school stands for.

Please note I have sought clarification around students wearing t-shirts from previous Findon Productions and the information that has been relayed to me is that production

merchandise has been available to wear during a period of time during that production year.

As it has been a considerable time since the school has had a production and the t-shirts are not officially part of our overall school uniform, could I please ask that these past production t-shirts are worn at home and NOT to school.

This will support ALL students being in the agreed whole school uniform which has been formalised through the Uniform School Policy.

As this is a new performance year, we are looking into supporting our 2023 School Performance with appropriate merchandise for students with their families to purchase when ready.

Considerations and guidelines will be in place according to the timeline of the performance and to provide students with the opportunities for usage.

Tips to help improve your child's attendance at school

Positive attendance at school is important to ensure that students are able to maximise all opportunities for learning and developing their health and wellbeing:

Some tips/ideas to support this are:

- Talk to your child about school and how important it is. You can ask them how they feel about school, what they liked and if there are any problems.
- Reward good behaviour and not bad behaviour. For example, if your child refuses to go to school, do not let them have access to their phones or the internet.
- Set a good example. Show them how you keep to your own commitments.
- Encourage your child to take on hobbies that your child enjoys such as sports and clubs. This will help them develop positive relationships outside of the classroom.
- Have a set time to do homework and go to bed.
- Leave all technology out of their bedroom.
- Pack their school bag the night before with everything they need.
- Have a set time for breakfast.
- Plan to meet up with a friend so they can travel to school together.

Healthy meals for healthy learners

Parents and carers can help children thrive in their education by ensuring they eat nutritious and healthy food.

- **Start the day with a healthy breakfast**

Breakfast gives students the energy they need to play, learn, and concentrate throughout their busy day.

A nutritious breakfast is low in sugar and contains healthy whole-grain foods like whole-grain cereal and toast and some protein and healthy fats such as eggs or cheese to keep little stomachs full all morning.

- **Pick and mix to make a healthy lunchbox**

Making lunch together is a great way for your child to learn healthy eating habits. Stick to fresh, unprocessed foods as much as possible and swap out the sweet treats for a piece of fruit or a tub of yogurt.

- **Drink plenty of water**

Children don't need fruit juices or other sweet drinks to get the energy they need for their day. Encourage healthy habits by packing water or unflavoured milk in your child's lunchbox instead.

Adding a splash of lemon or filling a colourful, reusable water bottle can help make drinking water a fun experience for your child. In summer, pack an ice block to keep food and drinks cold.

Remember to be a positive role model

- You are an important role model to your child. Show them that healthy eating is delicious and fun.

One strategy to support positive wellbeing

Mindfulness - Practising mindfulness can help to promote positive wellbeing for you.

How do you practise mindfulness?

There are two main ways of practising mindfulness

The first is 'formal' practice, otherwise known as mindfulness meditation. This means sitting in a chair doing nothing other than paying attention in a mindful way, whether that's for 40 minutes or doing a mini meditation for one minute. The second way to practise mindfulness is 'informal' practice. This means being mindful in our day-to-day life while we're doing things, for example, paying attention when in class, while driving or washing the dishes.

Meditation is a traditional pathway.

Mindful meditation can be practised in a variety of ways such as moving attention through various parts of the body (body scan) or concentrating on the breathing. In either case, you're using the sense of touch while observing (but not reacting to) any thoughts or feelings that come up. Simply practise noticing experiences, thoughts and emotions with a sense of curiosity rather than judgment and, if the attention wanders to the past or the future, keep gently bringing the attention back to the body or breathing.

Here's how to give breath meditation a try:

Let yourself be free of any expectations about how the meditation should go.

Adopt a relaxed but upright sitting posture with the eyes closed.

When settled, using the sense of touch, focus the awareness on the breath.

Observe and acknowledge what's being experienced in that moment, without trying to change thoughts or feelings or to solve any problems that arise.

Focus as you breathe at the point where the air enters and leaves the body.

If strong thoughts or feelings arise, practise making space for them without resisting or fighting them, all the while gently refocusing the attention back on the breath.

After the time you gave to practise, gently open your eyes, reconnect with the environment, and then gently move onto whatever needs your attention.

You may want to start with five or 10 minutes of meditation once or twice a day and then build it up as you become more comfortable with the practice.

It's not always easy but keep going.

You'll find your thoughts wandering and that's completely normal. There is no need to berate yourself when the mind wanders – just gently bring it back to the breathing each time. It is the very practice of repeatedly bringing your attention back to your breath, and learning to be accepting and self-compassionate, that creates a mindful state.

You can practise mindfulness in nearly everything you do.

You can take a mindful approach to everyday activities, no matter how mundane or simple they might be. The so-called informal practice of mindfulness is easy to build into your day. Next time you have a snack, take your time and focus on the feel, smell, taste and sensation of chewing. You can bring your full awareness to the task of brushing your teeth or washing the dishes.

The beauty of mindfulness is that you can do it anywhere, anytime, with no special equipment required. The flexibility of this, helps me to engage with it more easily.

Each newsletter I will try to add information that is helpful to our parent/caregiver community. If there are topics that you would like more information about, please email me on anita.osavkovska@education.vic.gov.au

Attitudes to School Survey – Years 4 to 6

About the survey

We value student voice as a means to improving student engagement, wellbeing and quality instruction and are conducting a survey to find out what your child thinks of their school.

The Attitudes to School Survey is an annual student survey offered by the Department of Education to assist schools to gain an understanding of students' perceptions and experience of school. Students will be asked about their thoughts and feelings in relation to their school, their learning, peer relationships, resilience, bullying, health and wellbeing, physical activity, and life in general.

This year, the Attitudes to School Survey will be conducted at our school from Week 4.



AtoSS 2023 Parent Information Letter.pdf

Keep warm everyone and remember to dress for the weather 😊

Thank you,

Anita Osavkovska

Principal





Harmony Day









Working Bee

Thank you to everyone that helped out with our Working Bee!





Book Fair



When: Wednesday May 24th – Friday May 26th

AFTER school 3.30-4pm

Where: Findon Primary Library

What: New books from Scholastic, a variety of age appropriate fiction and nonfiction books, something for everyone! Funds raised go back into our library.

We encourage cashless payments, eftpos available

Colouring Competition

Open to all Findon students

PRIZE \$10 voucher to spend at the book fair.

One winner from each learning team

- Put your name, grade and classroom on the entry
- Drop your entry into the library by Thursday, no late entries will be accepted.
- Competition closes 4pm Thursday May 25th.

Note: Vouchers cannot be exchanged for cash and must be spent in full before the fair closes at 4pm Friday.

COVID SAFE Practices will be followed.



Winter Interschool Sports Fixture

TERM 2, 2023

Please note some games are played at different venues for both away and home games, they are as follows:

Findon – AFL & Soccer at Findon Reserve

Mill Park Heights – AFL & Soccer at Mill Park Leisure/Softball

St Francis – AFL at Redleap Reserve & Teeball at Mill Park Leisure/Softball

St Damians – AFL & Teeball at Yulong Reserve

DIVISION: GREEN AND GOLD

Round 1 – May 5th

Findon v PPPS
(home game)

Round 3 – May 26th

St Francis v Findon
(away game)

Round 2 – May 12th

St Damians v Findon
(away game)

Round 4 – June 2nd

Findon v St Lukes
(home game)

May 19th

NO GAME

Round 5 – June 9th

Mill Park Heights V Findon
(away game)

Round 6 – June 16th

TBA

Reserved just in case above games are a wash out.

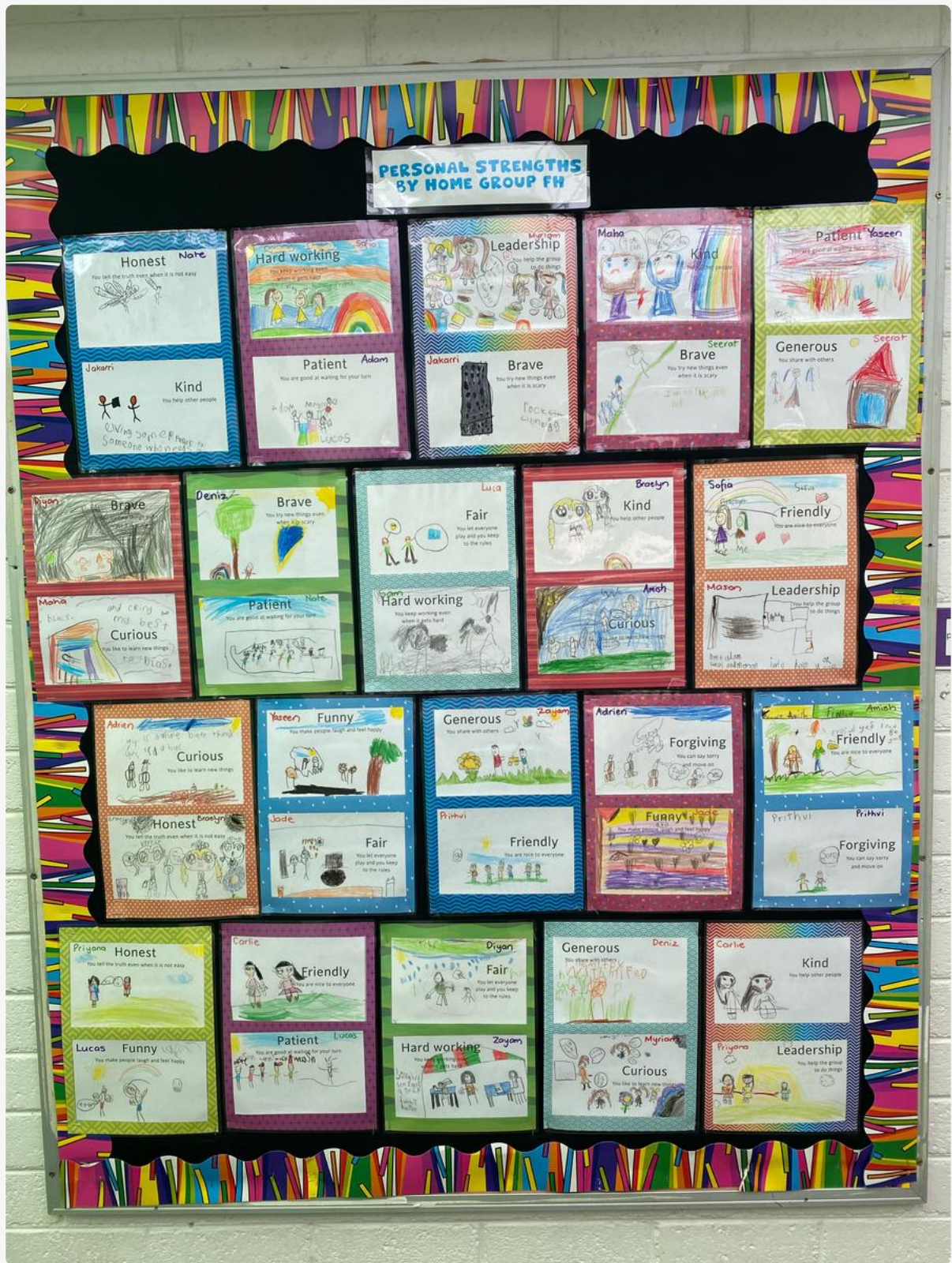
Grand Final – June 23rd

If involved in finals.



Student Work & Events

1/2FH Personal Strengths



5/6 Camp Photos

[Click here to view the 5/6 Camp Photos](#)



Student of the Week

Term 2 - Week 1

| Class | Name | Reason | Value |
|-------|----------|--|---------------|
| FCM | Ali | By trying really hard to keep your eyes and ears on the action. It's been wonderful to see you making attempts to join in, with the support of your teachers and peers. | Do your best |
| FTN | Keanu | By trying hard to come to school with a positive attitude and ready to learn. You should be proud of yourself! | Do your best |
| 12BK | Leonardo | By putting your hand up on the floor and sharing ideas with a big, loud voice. Great job Leo! | Do your best |
| 12FH | Amish | Amish demonstrated the Be Respectful value by following school and class behaviour expectations and showing a respectful attitude towards his teacher and classmates. | Be Respectful |
| 12BM | Emma | By always putting in your very best effort into all teaching tasks and applying feedback positively. | Do your best |
| 34ST | Niko | By putting in your best effort to make sure you are ready for learning, making good choices and focused during class. You continue to challenge yourself to grow even further with a wonderful attitude. Awesome job Niko! | Do your best |
| 34PT | Nini | Always striving to challenge yourself and extend your learning. | |

| | | | |
|--------------------|------------------|---|--------------------------|
| 34MZ | Nicolas | By showing care and concern towards his peers and providing support in challenging situations | Show Care and Compassion |
| 34DF | Lorelle | You are always striving hard to learn new skills and your imaginative writing this week has been very descriptive. You were also a big help in the kitchen. | Do your best |
| 56LM | Ali | By always trying your best and for trying hard to speak English. Well done on helping your brother when he was needed comforting. | Do your best |
| 56SJ | Lena | By always being responsible in all facets of school life and always being ready to learn and challenge yourself | Be Responsible |
| 56JH | Tanner | By always coming to school ready to learn and always trying your best in class and never giving up on your work. Well done Tanner. | Do your best |
| 56CM | Sirvan | By showing care and kindness towards other Findon students and lending a helping hand to teachers. Well done Sirvan! | Do your best |
| VA | Pagan (3/4MZ) | Well done Pagan for working extremely hard during Visual Arts and producing an AMAZING artwork | Do your best |
| PE | Suhey! | By showing inclusivity and kindness towards his peers in PE. Well done Suhey!! | Show Care and Compassion |
| ASP | Ebony | By participating in all activities and working super well. Keep it up Ebony, very proud of you! | Do your best |
| KGK | Lincoln | Showing honesty boldly, bravely and openly with both heart and humour. Thanks Lincoln | Be Honest |
| INTERSCHOOL SPORTS | Isla | Great effort today during soccer practise! You tried so hard and did your best. | Do your best |

Term 2 - Week 2

| Class | Name | Reason | Value |
|-------|------|--------|-------|
| | | | |

| | | | |
|------|----------|--|--------------------------|
| FCM | Manoah | In your attempts to share toys and include others in play. It has been wonderful seeing you beginning to navigate friendships and making positive steps to connect with your peers. | Show Care and Compassion |
| FTN | Thomas | By working hard in your learning, especially reading where you were brave in a new environment, working with different people. Keep up the positive attitude! | Do your best |
| 12BK | Emily | By stepping up and telling the truth even though it was hard. | Do your best |
| 12FH | Jade | Jade demonstrated the Do Your Best value by trying her best to meet her writing goal by writing a readable story using a picture seed. Well done Jade! | Do your best |
| 12BM | Emiliano | For working hard to practise your reading and writing strategies, and getting into the learning PIT to have a go at the 'tricky' things. | Do your best |
| 34ST | Joey | For putting in 5 star effort and completing a great narrative. You have been super brave by asking for help to support your learning and maintaining high expectations for the quality of your work. Awesome job Joey! | Do your best |
| 34PT | Adyha | For working hard to further extend her problem solving thinking with more challenging tasks | Do your best |
| 34MZ | Jayden | By trying your best in maths by working hard to show how you solved the problem with MAB | Do your best |
| 34DF | Mohammad | For having a positive attitude to learning and being responsible in the classroom and in the kitchen | Be Responsible |
| 56LM | Jacob | For your outstanding attitude towards learning and for the caring way you help your peers. We are really proud of the | Do your best |

| | | | |
|--------------------|------------------|--|--------------------------|
| | | responsible way you own your choices and repair relationships. Keep it up! | |
| 56SJ | Noah | For always being respectful towards your teachers and pees and for being a great support with the soccer team | Be Respectful |
| 56JH | Lincoln | For always trying his hardest with his work and making sure he finishes his set task to a high level. Well done buddy! | Doing Your Best |
| 56CM | Zak | For giving his peers a helping hand during maths, showing fantastic leadership and kindness. Well done Zak! | Show Care and Compassion |
| VA | Theo (3/4ST) | Always showing the values during Visual Arts and working extremely hard on every task. I'm excited to see your Alien Clay Critter come to life Theo! Well Done | Do your best |
| PE | Oromiyaa (FTN) | For showing inclusivity and kindness by including her peers in Physical Education | Show Care and Compassion |
| ASP | Savannah (3/4PT) | Doing her best and trying to support her peers and always being fair | Do your best |
| KGK | Nicolas | For always being focused, organised and just a star in the kitchen, wonderful work Nicolas! | Do your best |
| WELLBEING | Chloe | For continuing to develop independence during the morning school routine | Do your best |
| INTERSCHOOL SPORTS | Nathan | For showing fantastic sportsmanship and making new friends from other schools. Keep it up Nathan! | Be Respectful |



Kitchen Garden

Hello Findon,

I thought I would share a recipe that is perfect for this time of year. We are still picking our summer tomatoes and silver beet and kales are championing at the moment, you could use tin tomatoes or fresh. There is something for even the smallest cooks in the house to do and can be enjoyed as a cosy breakfast or brunch, lunch or even dinner. Make sure to serve it with your favourite bread for dipping into the oozy eggs and vibrant sauce, I like crusty ciabatta or even Zartar.

Kath, from Kitchen Garden

Baked Eggs With Tomato

Ingredients:

- 1 tablespoon oil
- 1 onion chopped
- 4 garlic cloves, finely chopped
- 1 teaspoon cumin
- 1 teaspoon smoked paprika
- ½ teaspoon ground coriander
- ¼ teaspoon ground cinnamon
- ¼ teaspoon chilli flakes
- 600g diced tomatoes
- 125 ml vegetable stock
- ½ bunch silverbeet, stems removed and leaves torn
- 9 eggs

What to do:

1. Preheat oven to 200c.
2. Heat oil in deep fry pan and sweat onion for a few mins.
3. Stir in garlic and spices and cook for 30 seconds until fragrant.
4. Add tomatoes and stock to pan and bring to the boil.
5. Reduce heat to low and simmer stirring occasionally for 10mins until sauce thickens.
6. Season with salt and pepper and stir in silverbeet.
7. Spoon tomato mixture into 3 baking dishes.
8. Using a spoon, create 3 wells in the sauce and crack an egg into each well.
9. Cover baking dishes and bake in the oven for about 15mins until egg whites are set.
10. Garnish and serve.