



*We learn. We show respect.  
We are safe.*

Thursday 30<sup>th</sup> July, 2020

*"Golden Past, Bright Futures"*

Canterbury Street, Vic. 3370

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## Clunes Primary School Newsletter

### UPCOMING EVENTS

2020

Term 3 Draft Calendar on the back page

Please continue to contact the school/ Sonia with any questions or concerns. Be safe!

Dear Parents and Carers,

### Education Support Staff Super Stars!

Every year at this time we enjoy taking the time to acknowledge the incredible skills and efforts of our Education Support Staff.

Liz, Val, Jan and Kristin all have multiple roles within our school and all are incredibly dedicated! This year our Prep B & Year 1 /2B students have shared their thoughts about the myriad of ways that our ES Super Stars help them! We have recorded their thoughts on a shining star.

Our School Captains have presented these stars to our ES staff over the past week.

Thank you sincerely ES team! You are the glue that holds us all together and we are sincerely appreciate you! Enjoy your week ahead!

(Stars inside) ☺



The refit of our External Toilets (thanks to parents' efforts and lots of fundraising) is fabulous and now looks and smells fresh and clean!

However, over the last couple of weeks, students have been reporting regularly to me and to the Office that the toilets have been unfortunately misused. Our disgruntled ... and some disgusted ... students have asked all families to speak to their children about the respectful use of all toilets. Thank you!



Wishing you all a safe and successful fortnight ahead.  
Kind regards, Sonia & the staff of CPS. ☺

## STUDENT OF THE WEEK AWARDS FOR TERM 3



Our current Term 3 You Can Do It focus is:  
**Resilience! Persistence!**

<b>Prep B – Georgia, Logan</b>	<b>1/2B – Matt, Jacus</b>
<b>2/3LM – Oscar, Cruz</b>	<b>3/4L – Griff</b>
<b>5/6AT – Ryan, Stella</b>	<b>5/6D – Grace,</b>
<b>PE- Declan K                      Japanese- Xaiden-Lee</b>	<b>Art- Mehar, Lacey</b>
<b>Soccer- Most Improved              John, Jesse R</b>	<b>Soccer- Best &amp; Fairest              Charlie D, Angus</b>

Hi everyone,

We all have our favourite season/s in which we feel the most alive and invigorated. Some of us enjoy the activities of being outdoors in Summer, while others like the comfort and warmth of a wood fire and a hot cuppa at home during Winter. Spring can be a favourite for the sounds and fragrance of new growth in our gardens, and some love the variety of beautifully coloured Autumn leaves.

While we can all picture our ideal weather, we also can imagine the drastic effects on our environment if but one season were not cycled through. All four have a vital part to play in sustaining life. In a similar way, each season our heart goes through presents opportunities to grow. As in the natural, any season cannot truly be itself, without our world having first gone through the preceding season. While I am sure none of us would actively seek an emotional Winter, there's something that happens in Winter that can prepare us for a wonderful Spring. Winter also provides more opportunities to look up at the stars at night. When our world seems dark, cold and without hope, it's then that the stars of our lives come into sharp focus. Winter can help us to appreciate those friendships and supports that guide our way through a dark season of life.

The entry of COVID19 into our world has in many ways also been a cold dark time. However, there are many people who are shining like stars, providing great support. We all at different stages can find ourselves in need of support and able to provide it for someone else. To love and be loved is the greatest joy. Let's treasure our friends in every season and even be prepared to be a new one to someone in need.



All the best  
Michael Lewis – Chaplain

# Swamp life

One foggy, rainy morning I was walking on the swamp walking trail in the rain forest. It was peaceful and quiet.

I was walking for about 1 hour until I heard a rattle in the bushes. I peered through like a tiger and it was a baby bear. I picked it up and it started to lick me, it was friendly.

I ran as fast as I could back to my swamp cabin. I finally made it back and we lived together happily. I walked him every day, it was nice living with a bear. By Charlie E

**Attention Senior Unit Families: We will be having a Big Write next week! Yay!**

Our text type is narrative and we have been focusing on figurative language, creating interesting characters and settings as well as plots that are logical and well-paced. We have also been investigating the parts of a narrative story as well as using different types of punctuation to make our stories accurate and easy to read. We would love it if you could discuss with your child/children what they have been learning and help them with ideas for a narrative. Even creating a list of possible characters, interesting and ambitious vocabulary or potential settings will help them with their learning. We have very creative and talented writers in our unit and we can't wait to see what they will write on the day. Thanks.

The Senior Unit Team.

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# *One With The Swamp*

*By Charlie S*

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Waking up, to another cold day in my sleeping rock, as cold as the sludgy water. The fog only lingering 10 foot high, rescue and spotter planes never in sight. Crocodiles and animals lurking ready to pounce. You have to be very careful here...

SNAP!! As my bear trap caught a lizard, running over to pick the creature up, I got caught. Begging for the vines to unravel me from their tight grasp I pulled my machete out from my pocket and sliced; finally free. I picked up the wounded lizard and headed back to my camp but... It wasn't there. The mist was starting to close in, I couldn't see a thing, my legs started to sink into the sludgy water. Desperately trying to grab on to anything I went under, holding my breath, losing air as I was trying to swim up but the only way was down into the dark sludgy mud. I had to take a breath of air! Suddenly I hit rock bottom...

It had been about 10 minutes that I had been underwater; it was like I had become one with the swamp. I could breathe fine, every breath was like a normal breath and a rescue helicopter had just landed. Paramedics were sprinting over screaming "ARE YOU OK?" "I'm fine," I said, "In fact, I'm better than I've ever been." "Ready to come home?" They said. I replied with "this is my home." I am in my natural habit now: I love it here!

**Register here**

Click here to register for the webinar.

## Addressing anxieties in your children and within your family arising from COVID19.

**WEBINAR**

**6.30pm – 7.45pm Wednesday 5 August 2020**

Dr Lyn O'Grady Community Psychologist &  
Jac Van Velsen Mental Health and Wellbeing Educator

This webinar will explore anxiety and how it might play a role in the lives of children, young people and families during times such as a pandemic. While some anxious feelings can be helpful and keep us safe, sometimes anxiety can become a concern. How to respond to anxiety to reduce its impact and help build resilience will be outlined.

Dr Lyn O'Grady is a Community Psychologist. She is currently working in private practice as well as training and supervising psychology interns. Her experience over the last three decades includes working with parents, as a school psychologist and as a national manager of the KidsMatter project, a mental health promotion, prevention and early intervention initiative. She has recently published her first book, *Keeping our Kids Safe, Parenting Suicidal Teenagers*

Jac Van Velsen works for WISA Wellbeing in Schools Australia and is a writer and presenter of health and wellbeing professional learning resources for school communities, including staff, students and families.

**COST:** Free thanks to the support of the School Focused Youth Service at Grampians Community Health.

**TO ATTEND REGISTER HERE** or send your name, school and email to Jac Van Velsen  
E. [Jac@wisawellbeing.com.au](mailto:Jac@wisawellbeing.com.au)  
T. 0423 823 145

**ANY QUERIES** contact Jac, as above or Maurice Billi, School Focused Youth Service  
E. [Maurice.b@gch.org.au](mailto:Maurice.b@gch.org.au)  
T. 0409 971 690



WISA Wellbeing in Schools Australia

28 July 2020

## Sleep tips for kids

### • WELLBEING

Regularity and routine are the agents of sleep. It takes discipline to adhere to and commitment to making sleep a high priority. Helping kids understand how their body clock works, assisting them to work out their optimal bedtime and putting lifestyle habits in place can help them get the sleep they need to maximise their learning, wellbeing, development and overall performance. Here are some tips to help:

### *Understand the body clock*

Sleep is regulated by a 24-hour body clock that manages the secretion of melatonin to send us to sleep and cortisol to wake us up. This amazing body clock is reset every day when light first hits our retinas. Sleep in late and the clock goes out of synch. When your child works with the rhythms of their body's 24-hour clock they will give themselves the optimal chance for sleep success.

The sleep-wake cycle for teenagers is delayed by up to two hours. That is, they are sleepy later and awake later than when they were children. Melatonin, which makes them sleepy, is secreted as late as 11.00pm for some young people, which makes the time before bed-time a sleepless zone. Cortisol, the chemical that wakes them up is released at close to 8.00am for many teens. If this is the case, your young person's brain wants to be asleep when they need to be awake for school.

### *Stick to sleep recommendations*

The Raising Children's Network recommends between 11-13 hours sleep per night for young children, 10-11 hours for primary school children and 8-10 hours for secondary school-aged kids. As every child is different, you may notice that your child needs more or less sleep than is recommended.

### *Develop good sleep hygiene habits*

- Start a regular bedtime routine at least 45 minutes out from bedtime to help kids get ready for sleep.
- Eat and exercise at the right time. Sleep likes a relaxed body and a calm nervous system, so schedule exercise and active movement before mealtimes.
- Create a sleep sanctuary. Restrict bedrooms to sleep and relaxation quarters and find other places in the house for time out and reflection, school work and active play.
- Keep bedrooms cave-like. A child's bedroom should be cave-like – that is, dark, cool and free from electronic devices. Darkness encourages melatonin, which regulates sleep-wake patterns.
- Get up at a regular time. For optimal sleep, bed and wake up times need to be as regular as possible.

## Lifestyle habits that promote sleep

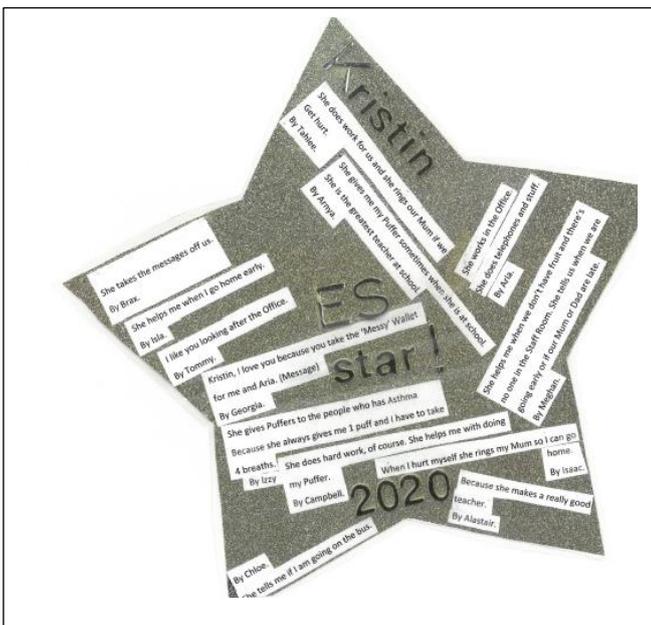
- Teach your child or young person to put away digital devices at least ninety minutes before bed-time
- Minimise weekend sleep-ins and limit them to an hour more than usual, to keep the sleep clock operating on a regular basis
- Encourage your child to go outside every day – take a walk, meet a mate (subject to COVID restrictions) or do an errand
- Keep homework out of bedrooms, or at least out of beds. The brain associates activity with location, so if kids work while on their beds, it will be hard for them to mentally switch off from their schoolwork when the light finally goes out.
- Confine caffeine to mornings. Consuming caffeine in any form close to bedtime is like throwing a wrecking ball through regular sleep patterns. The brain needs to calm down rather than be artificially stimulated if sleep is to occur.

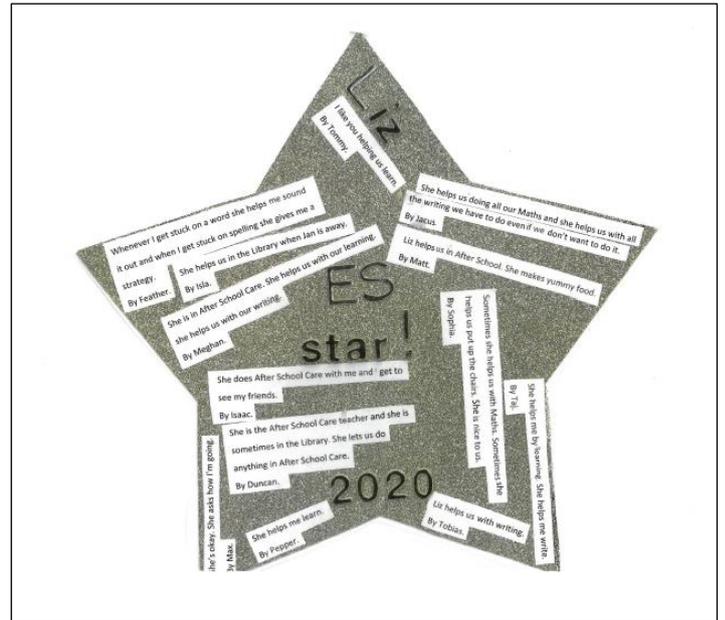
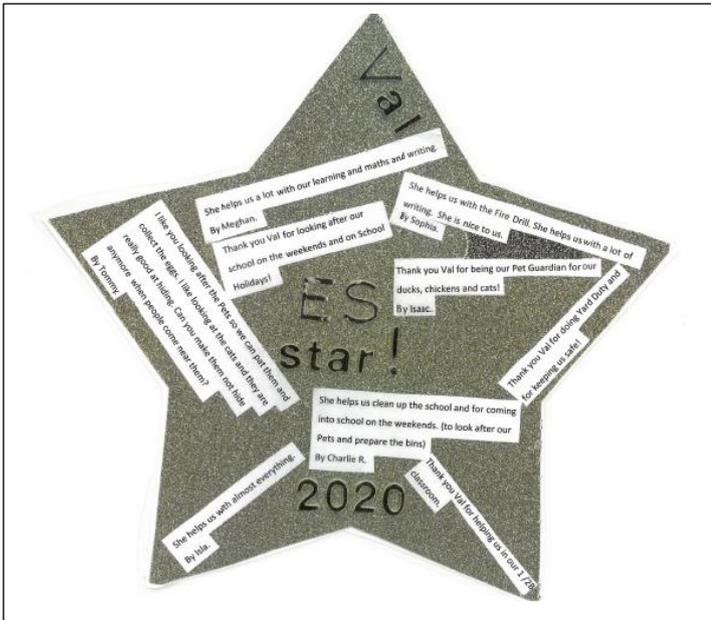
Sleep is a critical component of enhancing a child's wellbeing, learning, development and overall performance. Helping your child to get enough quality sleep will ensure that their brain and body are being used at full capacity.



**Michael Grose**

Michael Grose, founder of Parenting Ideas, is one of Australia's leading parenting educators. He's an award-winning speaker and the author of 12 books for parents including *Spoonfed Generation*, and the bestselling *Why First Borns Rule the World and Last Borns Want to Change It*. Michael is a former teacher with 15 years experience, and has 30 years experience in parenting education. He also holds a Master of Educational Studies from Monash University specialising in parenting education.





## Our health and sense of wellbeing is strongly connected to where and how we live.

The current COVID-19 pandemic has impacted us all in many ways. As a result Central Highlands Rural Health is conducting a survey to learn more about how the impacts of COVID-19 are affecting the wellbeing of people across our community. Knowing more about this will help as we seek to find positive ways to continue to support people now and into the future.

If you are aged 18 years and over we would really appreciate you taking the time to complete the following survey <https://www.surveymonkey.com/r/HealthduringCOVID19> Alternatively hover your mobile phone camera over the following QR code:

**\*\*Please note: Survey will take approx. 10 minutes to complete and closes on the 15th August.** Survey respondents will not be asked to disclose their personal identity and all data collected will be used in line with CHRH Privacy Policy.

We encourage you to share this survey with any other community members/groups that you think would like to contribute to helping us to identify our current community needs.

Hard copies of the survey are available at and can be returned to the following local collection points:



- Daylesford Community Health Centre -13 Hospital Street Daylesford 3461
- Creswick Community Health Centre- 1 Hill Street Creswick 3363
- Clunes Community Health Centre - 69 Service St Clunes 3370
- Kyneton Health - 7 – 25 Caroline Chisholm Drive Kyneton 3444
- Trentham Community Health Centre - 22-24 Victoria St Trentham 3458

If you have any questions about the survey, how the information will be used or would like to be kept informed about results, please contact: Belinda Buck, Population Health Coordinator, Central Highlands Rural Health

Email [belindab@hhs.vic.gov.au](mailto:belindab@hhs.vic.gov.au) Phone 53459162



# Dental Health Week

Dental Health Week (DHW) is a yearly campaign and this year it will be run from August 3-9. It aims to educate Australians about the importance of maintaining good oral health and the theme for this year is **“How much sugar is hiding in your trolley?”**

“Research shows that 48.7% of Australian adults consume too much added sugar” and so this year the campaign is focusing on helping Australian’s to ‘get sugar savvy’. This is being done by providing information about the recommended daily sugar consumption levels, advice on reading food labels and the harm sugar does to our teeth.

When buying foods for your children we know that it can be sometimes difficult to figure out which products are actually healthy and which ones are just advertised as healthy. When buying some breakfast cereals, fruit snack bars, muesli bars and fruit yoghurts be careful to read the label as they may be high in sugar.

The recommended daily sugar intake = 6 teaspoons or 24 grams.

When reading a product’s nutrition label look at the value of sugar per 100 grams. Ideally look for foods and drinks with less than 5 grams of sugar per 100 grams, but less than 10 grams is acceptable.

Nutrition Information		
Serves per packing: 30		
Serve size: 20ml		
	Quantity per serving	Quantity per 100ml
Energy	180kJ	900kJ
Protein	0.4g	2g
Fat, total	0.01g	0.06g
- Saturated	0.004g	0.2g
Carbohydrates	12g	60g
- Sugars	10g	55g
Sodium	200mg	1000mg
Ingredients	Sugar, Tomato Puree, Water, Thickener, Salt, Food Acids, Maltodextrin, Molasses, Natural Flavours, Spices, Vegetable Gum	
All quantities above are average		

Aim for 10 grams or less here

Be careful of hidden sugars

Some great substitutes to food and drinks that are full of sugar include:

- Swap fruit juices for a piece of fruit
- Swap flavoured milk for plain milk
- Swap flavoured yoghurt for natural Greek yoghurt
- Swap chips for a small handful of unsalted nuts

It’s important to remember how much sugar can also be hidden within popular drinks. A 600ml bottle of Coke contains 16 teaspoons and a 600ml sports drink contains 9 teaspoons of sugar. One bottle contains more than the recommended daily amount.

That’s why **we always recommend water as the preferred drink** for not only your children, but you as well.

To find out more about Dental Health Week check out the Australian Dental Association’s [videos](#) about looking after you and your child’s oral health.

Term 3 Calendar – Draft #2 30 <sup>th</sup> July 2020 <b>new information highlighted ☺</b>			
WEEK 1	Mon	13-Jul	First day of Term 3!
	Tue	14-Jul	
	Wed	15-Jul	Antoinette- Private Music Lessons remain POSTPONED at school UNTIL FURTHER NOTICE. School Council Meeting –No July Meeting Buildings & Grounds Committee Meeting 6pm.
	Thu	16-Apr	
	Fri	17-Apr	NO Breakfast Club or LUNCH ORDERS until further Notice
WEEK 2	Mon	20-Jul	
	Tue	21-Jul	
	Wed	22-Jul	
	Thurs	23-Jul	
	Fri	24-Jul	
WEEK 3	Mon	27-Jul	
	Tue	28-Jul	SOG Meetings
	Wed	29-Jul	
	Thu	30-Jul	
	Fri	31-Jul	
WEEK 4	Mon	3-Aug	School Review- Validation Day
	Tues	4-Aug	
	Wed	5-Aug	
	Thurs	6-Aug	
	Fri	7-Aug	
WEEK 5	Mon	10-Aug	
	Tues	11-Aug	
	Wed	12-Aug	School Council Meeting – method TBC
	Thurs	13-Aug	
	Fri	14-Aug	
WEEK 6	Mon	17-Aug	
	Tue	18-Aug	
	Wed	19-Aug	School Review- Fieldwork Day
	Thurs	20-Aug	
	Fri	21-Aug	
WEEK 7	Mon	24-Aug	
	Tue	25-Aug	
	Wed	26-Aug	
	Thurs	27-Aug	
	Fri	28-Aug	
WEEK 8	Mon	31-Aug	
	Tue	1-Sept	
	Wed	2-Sept	School Review- Panel Day
	Thu	3-Sept	
	Fri	4-Sept	
WEEK 9	Mon	7-Sept	
	Tue	8-Sept	
	Wed	9-Sept	School Council Meeting- method TBC
	Thu	10-Sept	
	Fri	11-Sept	
WEEK 10	Mon	14-Sept	
	Tue	15-Sept	
	Wed	16-Sept	
	Thu	17-Sept	
	Fri	18-Sept	Last day of Term 3 Casual Dress Day- no coin donation required <b>End of School Time TBC</b>

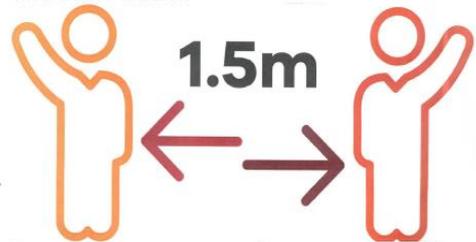
**CORONAVIRUS (COVID-19)  
RESTRICTIONS REMAIN IN PLACE**

The greatest risk of transmission of coronavirus (COVID-19) is between adults.

Please prepare your children to be collected from an external meeting point.



During drop-off and pick-up of your child remember to keep 1.5m between yourself and other adults.



Please move promptly away from the school grounds.

Please avoid the Office if at all possible!