



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

Thursday 10th December, 2020

"Golden Past, Bright Futures"

Canterbury Street, Vic. 3370

Telephone (03) 5345 3182

Email: clunes.ps@edumail.vic.gov.au

Clunes Primary School Newsletter

UPCOMING EVENTS

2020

Term 4 Draft #7 Calendar on the back page We have a case of School Sores in the school.

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

Dear Parents and Carers,



**We will be a NUT FREE School in 2021!
We have two new enrollees with severe
(anaphylaxis) nut allergies. Please phase out
nut based snacks and lunches. Thank you!**

Photos of our School Captains 2021 voting process.

We were very impressed by the calibre of the speeches. Well done to all nominees!



SCHOOL CAPTAIN

**2021 School
Captains**

On Friday 4th December, nominees for the School Captain role for 2021 delivered their prepared speeches to their fellow Years 1-6 students, the senior staff and friends.

Students and staff voted following the speeches.

It gives me immense pleasure to be able to announce:

Our 2021 School Captains are:

Ryan Kinnersly and Lilly Walker

Our 2021 School Vice-Captains are:

Zeb Webb and Kodah Filmer

Congratulations to all of our nominees.

Best wishes to you all for a positive last week of Term 4!

Term 4 Summary of the Term Newsletter next week. 😊

Kind regards, Sonia & CPS staff.

Congratulations!

Sienna McLure with Cr. Tessa Halliday
receiving the

**2020 Hepburn Shire
Clunes PS Student Citizenship Award**



STUDENT OF THE WEEK AWARDS FOR TERM 4



Our You Can Do It focus for Term 4 is ...
Confidence!

Prep B – Max, Arnya	1/2B – Lacey, Whole class!
2/3LM – Julian, Brock	3/4L – Cameron, Alexander, Blake
5/6AT – John, Jesse, Trijntje	5/6D – Bethany, Jakeil
Principal's Award – Charlie E	

Victorian Chief Health Officer message to schools and their communities

Reaching over a month of no community transmission of coronavirus (COVID-19) in Victoria, and reaching the next phase of eased restrictions is a significant milestone for Victoria and school communities. It has followed an incredible effort by parents and carers, and by our teachers, staff and students.

Throughout the pandemic, Victorian schools have rapidly and successfully adapted to reduce the risk of coronavirus (COVID-19) transmission, embedding [COVIDSafe principles](#) by reinforcing good behaviours, creating safe spaces, adapting activities and responding quickly to coronavirus (COVID-19) risk.

School communities – students, parents and carers – have shown resilience and adapted to changes when asked. Well done and thank you.

Given the current very low risk of COVID transmission in the community, continued high rates of testing and wastewater monitoring, and continued observance of health and safety measures in schools; those with medical vulnerabilities or their carers can feel reassured that they can safely return to working and learning on school sites, to enjoy the benefits of doing so.

Should cases of coronavirus (COVID-19) increase again in the community, I am confident that with COVIDSafe plans in place, alongside our ability to quickly identify and respond to cases, schools remain safe places for all staff and students. I also continue to be reassured by evidence that children are less impacted by the virus and are less likely to develop severe illness.

With schools now able to largely resume normal activities and welcome parents and other vital members of the school community back onto their grounds, it is crucial everyone remains vigilant and stays home when unwell, performs regular hand hygiene and maintains physical distancing from others when practical. Schools should consider how they can continue to pursue strategies that contribute to reduced transmission of coronavirus (COVID-19), such as outdoor learning, into 2021.

Schools and parents continue to have an important role to promote and ensure testing when a child or staff member has any symptoms, no matter how mild, and then stay home.

Getting tested and staying home until results are known, remains critical to maintaining zero community transmission.

Adj Clin Prof Brett Sutton
Victorian Chief Health Officer



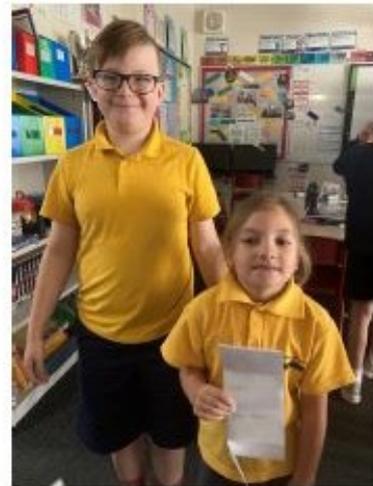
2021 Preps & Yr 6 'Buddies' Transition Day



Prep B spends a day with the Grade 5 students!

Students from the Prep B class spent a morning with the Grade 5 AT and D students. This year's Preps demonstrated their kindness and resilience by giving up their own classroom for a day so the new 2021 Prep class could come and have a practice as part of their transition to Clunes Primary School. The Grade 5's were very excited to host their special visitors and took great care to make them feel welcome and supported.

As part of the learning for the morning, the students practiced their skills in predicting events in a narrative, using clues from the story, prior knowledge and of course, ideas from their big helpers! The Preps then recorded their predictions in a special 'flip' book that their helpers had made for them. The senior students felt that our younger visitors were really knowledgeable and made excellent predictions about the story. We were all very proud of our visitors and our wonderful hosts.



Jessica Vagg has organised a GoFundMe fundraiser to support her brother James through his serious illness.

To support James please use this link:

<https://www.gofundme.com/f/support-james-through-his-battle>

Grade 1/2 and 2/3 Project Play 'Habitats'



This term in Project Play we have been learning about habitats.

To show some of what we had learnt, we made dioramas.

First we formed small groups and each group chose a habitat. We planned what we would put in our diorama.

Then we made the background using paper. We also made the foreground using paper. We added found things like sand and rocks too.

Finally we made the living things to put in our habitats. We used plasticine, paper and more found things like sticks and leaves.



Our amazing dioramas are now finished and on display in the gallery.



Each class is filling a box with goodies. Please send donations to school with your child.

26 NOVEMBER TO 16 DECEMBER 2020

REVERSE ADVENT CALENDAR

HEPBURN SHIRE

A Reverse Advent Calendar begins as an empty box. For 20 days in the lead up to Christmas you place one item into the box. After 20 days your filled Reverse Advent Calendar is distributed by the Good Grub Club to people in the Hepburn Shire community who are experiencing food insecurity.

A COVID safe activity to give back this festive season.



Class/classroom and teaching structure in 2021

2021 Teaching Staff and Teaching Staff Class/ Specialist Allocations

I am pleased to be able to announce to the school community that our 2021 Teaching Staff and Class/ Specialist allocations are:

Prep/1D- Miss Jordyn Dargaville

1/2H – Mr Shane Hoffmann, Mr Paul James & Mrs Cassie Mitchell

3/4L- Mrs Felicity Longmire & Mrs Sarah Tuddenham

4/5A- Mrs Vicki Anderson

5/6 B- Mr Ash Burke

Physical Education Teacher P- 6 & 1/2H Support Teacher & Extending Mathematical Understanding- EMU- Paul James

Visual Arts Specialist- Ross Adams

Environmental Education & Kitchen Garden Program Specialist - TBC

Japanese Specialist teacher- Mr Shane Hoffmann

Blu Earth, Respectful Relationships & Values Specialists – integrated into our regular learning programs

Library- all class teachers & Jan & Liz as Library support Technicians

2021 classrooms. Please see the map below.

Mrs Val McNeight, Mrs Liz Garth & Mrs Jan Miles will fulfil Education Support- Aide Positions for 1 day each in 2021.

Mrs Kristin O'Brien will be our Business Manager Monday- Thursday and Mrs Jan Miles will support the Office on Fridays.

Mr. Michael Lewis will return as our school Chaplain.

Mr Damian Meade will return as our IT Technician role.

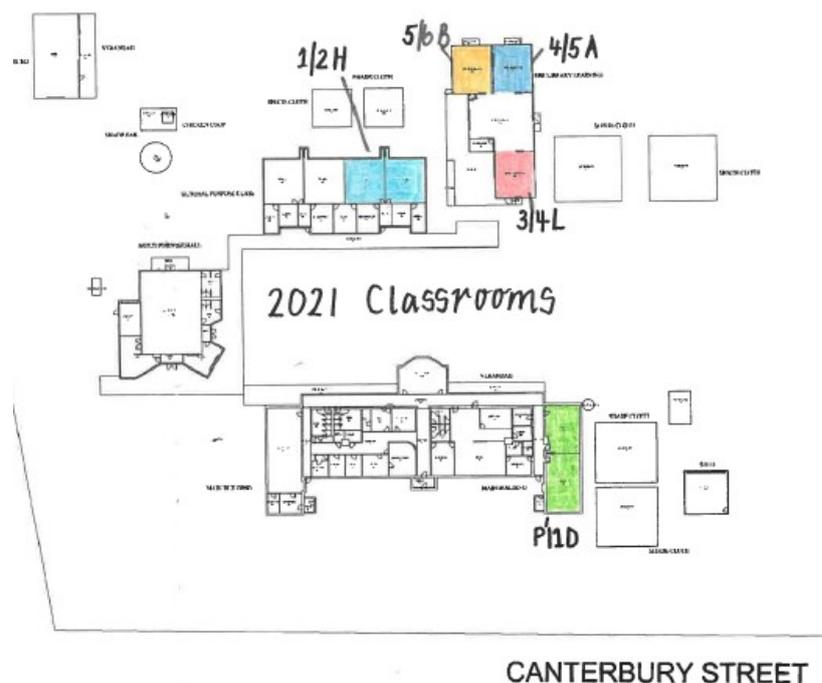
Ms Antoinette Dillon will hopefully once again be allowed to conduct private Instrumental Music lessons at our school in 2021.

Since the beginning of 2013 our enrolment number has fluctuated by up to 30 students. In an action to continue to retain smaller class sizes across the school but to ensure equity (as much as possible) across the school, we have decided to create 5 classes only in 2021.

You can be assured that teacher knowledge, planning, teacher curriculum delivery and assessment and reporting will remain of a very high quality.

Please make an appointment to meet with me, with your concern, in writing, should you have any issue about the structure.

Kind regards, Sonia



CANTERBURY STREET



FOR PARENTS AND CARERS

Wellbeing support for students over school holidays

It's been a big year and this guide provides tips and resources for parents, carers and families to support the mental health and wellbeing of children and young people in their care over the school holidays. This includes services to reach out to if more support is needed.

Actions that support positive mental health

Encourage your young person to:

- Exercise and eat healthily to boost their mood
- Prioritise sleep to support mental and emotional wellbeing
- Explore relaxation techniques and coping strategies
- Stay in touch and catch up with friends and loved ones
- Make time to do things they enjoy
- Practice positive self-talk, and remind them they are not alone
- Seek professional help if needed.¹

The Department have developed wellbeing activities and conversation starters for parents and carers of [primary school-aged children](#) and [secondary school-aged children](#).

Feeling it: [mindfulness resources and activities for senior secondary students](#). Smiling Mind gives tips on self-care, understanding and managing emotions, being mindful, being kind to yourself, navigating uncertainty and preparing for change.



Signs a child or young person may need mental health support

In some cases, these actions will not be enough to support positive mental health.

Keep an eye out and seek professional help for changes that last two or more weeks such as:

- Loss of interest or involvement in activities normally enjoyed
- Feeling 'low', unusually stressed or worried
- Ordinary things get harder
- Being easily irritated or angry
- Taking more dangerous risks, like using alcohol or drugs
- Withdrawal or feeling overwhelmed
- Difficulties with concentration and motivation
- Having a lot of negative thoughts
- Changing in sleeping and eating.^{2, 3}

Young people supporting each other

Young people are **most likely to turn to each other for support** before seeking out an adult or service provider.

Young people can support each other by:

- contacting 000 if a friend needs urgent assistance or is at risk of harming themselves or others
- reaching out to a friend, offering support and letting them know you care
- letting their friend know they may need to tell a trusted adult about their concerns.

Having these types of conversations can be difficult for young people. Information for young people on how to support a friend is available on the headspace website: [How to help a friend going through a tough time](#)

¹ headspace – a parents guide to school issues and stress <https://headspace.org.au/friends-and-family/careers-guide-tips-for-managing-stress-and-problems-at-school/>
² headspace mental health and you? poster <https://headspace.org.au/assets/Uploads/Mental-Health-Poster-a-man-of.pdf>
³ headspace – how to talk to your children about mental health <https://headspace.org.au/friends/>



Mental health support

- **Your local GP**
- **headspace Counselling:** Victorian Government secondary school students, including those who have just finished schooling, can access counselling services from headspace. During the holidays, students can self-refer by calling their [local headspace centre](#).
- **eheadspace:** 1800 650 890
www.headspace.org.au/eheadspace
- **Kids Helpline:** 1800 551 800
www.kidshelpline.com.au
- **Lifeline:** 13 11 14
www.lifeline.org.au
- **Beyond Blue:** 1300 224 636
www.beyondblue.org.au
- **Head to Help:** 1800 595 212
www.headtohelp.org.au
- **Suicide Call Back Service:** 1300 659 467
www.suicidecallbackservice.org.au
- [Family violence information and support services](#)
- **Contacting 000** for urgent assistance

Family violence support and resources

- **Safe Steps:** 1800 015 188
www.safesteps.org.au
- **1800RESPECT:** 1800 737 732
www.1800respect.org.au
- **What's okay at home:**
www.woah.org.au
- [Family violence support](#)

Eastern Victoria bushfires: first anniversary

We are also approaching the first anniversary for some communities who experienced last Summer's Eastern Victoria bushfires. The anniversary may trigger worry or anxiety levels in children and young people that are similar to what they experienced during the event.

For more information on supporting children and young people during this time:

- **Emerging Minds:** [Traumatic events: anniversaries and other triggers](#)
- **Trauma and Grief Network:** [Understanding and managing anniversary reactions](#)

Self-harm and suicide prevention resources

- [Getting a mental health care plan](#) (ReachOut)
- [What you need to know about self-harm](#) (headspace)
- [How to help when someone is suicidal](#) (SANE Australia)

headspace parent seminars on understanding mental health

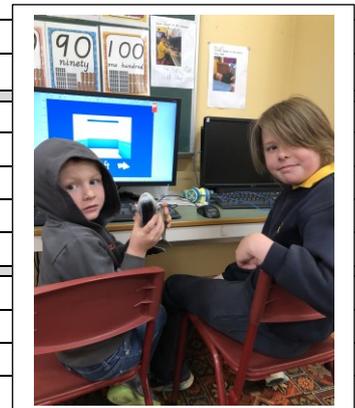
- Local headspace centres are running seminars over the school holidays to strengthen parents understanding of mental health and build skills and strategies to support mental health. For further information about dates contact: headspaceschools@headspace.org.au
- headspace National has partnered with the Department of Education and Training to deliver two parent and carer twilight webinars to discuss:
 - supporting young people – Notice, Ask, Connect (Thursday 10 December 2020. [Information and registration here](#))
 - supporting young people transitioning from primary to secondary school (Tuesday 15 December 2020. [Information and registration here](#)).

Mental health resources

- **Mental Health Toolkit:** contains resources for students, parents and carers to support the mental health and wellbeing of children and young people in their care including:
 - [Raising Learners Podcast Series:](#) providing expert advice/information to parents/carers on topics including how to keep your child safe online
 - [Understanding mental health – fact sheet](#) (Orygen)
 - [Learn how to handle tough times](#) (headspace)
 - [Get into life \(to keep your headspace healthy\)](#) (headspace)
- [Supporting your young person during the holidays](#) (headspace)

Term 4 Calendar – Draft #7 10th December, 2020 new information highlighted ☺

WEEK 1	Mon	5-Oct	
	Wed	7-Oct	Clunes PS students return to school! (not Mon 12/10) School Bus ✓ from now on for the term. HATS! ☺
	Fri	9-Oct	NO Breakfast Club or LUNCH ORDERS until further Notice
WEEK 2	Mon	13-Oct	Walk to School begins again! 8.30am at Queen's Park playground JSC Meeting (1)
	Tue	14-Oct	School Council Meeting –online method
	Wed	15-Oct	Newsletter- then back to fortnightly from now on
	Fri	16-Oct	Parent Opinion Survey may be completed
WEEK 3	Mon	19-Oct	Book Week! Theme - Curious Creatures/ Wild Minds
	Tue	20-Oct	Years 3-6 Day Camp- Log Cabin Camp- Creswick
	Wed	21-Oct	School Review- Panel Day
	Thu	22-Oct	Book Week- Favourite character dress up, Parade & Focus Day!
	Fri	23-Oct	PUBLIC HOLIDAY- State-wide pre AFL Grand Final (Sat 24 th Oct)
WEEK 4	Tues	27-Oct	SSG Meetings - new date due to Day Camp
	Thurs	29-Oct	
	Fri	30-Oct	World Teacher's Day
WEEK 5	Mon	2-Nov	
	Tues	3-Nov	PUBLIC HOLIDAY – State-wide Melbourne Cup
	Wed	4-Nov	School Photo Day-regular photo day process may be followed. School Captains & Ms. Jardine visit to the Clunes Pre-School 1pm to meet and greet and present a virtual Clunes PS School Tour.
	Thurs	5-Nov	Kinder Transition session (1) 9am Clunes PS staff visit TO the Kinder
	Fri	6-Nov	Annual Snail Races- lunchtime (12.30pm- Prep B)
WEEK 6	Mon	9-Nov	Year 6 – Resilience & Transition sessions this week
	Tue	10-Nov	JSC Meeting (2)
	Wed	11-Nov	School Council Meeting –online
WEEK 7	Mon	16-Nov	Swimming Program- P-6 begins. Details have been forwarded to all Families. If NOT Swimming please collect your child 15 mins before scheduled bus departing school time.
	Wed	18-Nov	
	Thurs	19-Nov	Kinder Transition session (2) 9-11am
	Fri	20-Nov	
WEEK 8	Mon	23-Nov	Swimming Session 2
	Tue	24-Nov	
	Wed	25-Nov	Life Education –PB, 5 /6D, 2 /3LM
	Thu	26-Nov	Life Education – 3 /4L, 5 /6AT, 1 /2B
	Fri	27-Nov	Mt. Rowan SC – Yr 6 Transition session- 10 students
WEEK 9	Mon	30-Nov	Swimming session 3
	Tue	1-Dec	JSC Meeting (3)
	Wed	2-Dec	School Captains 2020- EOI to Ms Jardine or Mrs. Anderson Kinder Transition session (3) 11- 1pm - small group on-site session (if possible) TBC
	Thu	3-Dec	
	Fri	4-Dec	School Captains 2021- Speeches 9am. Voting for selection Yrs 3-5 after the speeches. Calls to families. Parent Helper End of Year thank you cards forwarded home
WEEK 10	Mon	7-Dec	Formal School Captains 2021 announcement & welcome at Assembly. On-site SSG Meetings this wk Hepburn Shire – Student Citizenship Award 2020 On-site Swimming session 4
	Tue	8-Dec	State-wide Transition Day – 2021 P/ K & Yr 7
	Wed	9-Dec	School Council -4 .50pm Finance meeting 5pm School Council Meeting 6.30pm School Council dinner
	Thu	10-Dec	No Community Carols Concert (COVID-19 restrictions) Please give to the Reverse
	Fri	11-Dec	Focus Day- Xmas theme Christmas Free Dress Advent Calendar
WEEK 11	Mon	14-Dec	Swimming last session Catherine King Community Award. Farewell to Mrs. B ONSITE
	Tues	15-Dec	Semester 2 Reports & 2021 Class Lists home today
	Wed	16-Dec	NO Instrumental Music Concert this year
	Thu	17-Dec	2.30-3pm 2021 Years 1-6 School Transition experience Year 6 Graduation- students and staff dinner. Parents viewing Awards via MS Teams
	Fri	18-Dec	Last day of 2020 – Class Parties - 1pm finish Free Dress



2021- Staff begin: Wednesday 27th January, 2021. Students begin: Friday 29th January, 2021.