



We learn. We show respect.
We are safe.

Thursday 20th February 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

Prep/ Foundation students have a Rest/Assessment Day each Wednesday for the first 6-7 Weeks of Term 1, 2020

* Please complete the School Performance Feedback Sheet on the back page and return to school by Monday morning Assembly for your chance to win 2 Gold Class Movie tickets. Thank you for supporting our School Review process.

Dear Parents/Caregivers,

PROTECT

Protecting children & young people
from abuse is our responsibility



Child Safe Standards document held at the School Office.

The Victorian Government is committed to the safety and wellbeing of all children and young people. As part of the Victorian Government's commitment to implementing the recommendations of the 2013 Betrayal of Trust report, which found that more must be done to prevent and respond to child abuse in our community, and the 2017 Royal Commission into Institutional Responses to Child Sexual Abuse, there is a regulatory landscape surrounding child safety, underpinned by the PROTECT Child Safe Standards. The Child Safe Standards are compulsory minimum standards for all Victorian early childhood services and schools, to ensure they are well prepared to protect children from abuse and neglect.

At Clunes Primary School we have policies and procedures that aim to keep children safe. We incorporate the Child Safe Standards to ensure that we provide a solid framework and focus to improve our policy and practices around child safety. Our Child Safe Standards support the school to embed a culture of no tolerance for child abuse but, where necessary, to respond appropriately. All staff and School Council members complete an induction at the beginning of each year.

Please take the time to read the seven Standards. A copy is available for you to peruse, or to keep, at the Office at school. They can also be found on our school's Website. Your feedback is always welcome.

***In 2020 we have a junior student with a medical need that requires us to know immediately when there is Chicken Pox or a similar illness about. Please contact the Office as soon as you are aware. Thank you sincerely!**

Best wishes to you all for a positive fortnight ahead! Kind regards, Sonia & the staff of CPS. ☺

STUDENT OF THE WEEK AWARDS FOR TERM 1



Our Term 1 You Can Do It focus is:
Getting Along

Prep B – Campbell,	1/2B – Feather,
2/3LM – Sam,	3/4L – Killian,
5/6AT – Elijah,	5/6D – Dylan F,

School Bus travel-

I thoroughly enjoyed my Term 1 afternoon school bus journey last week. Thank you students and Ron! This term we are sharing student leadership opportunities on the bus and everyone understands that our school bus journey is an extension of our school day. Thank you to all students for trying your best to follow our School Values. Our newest school members are beginning to use the school bus too! (with support) Welcome Prep B travellers!

Photo Right: Taya and Brax standing with Ron.



Chaplain's message...

Hi everyone,

I hope you're all settling nicely into Term 1 that already seems to be moving quickly! Keep your eyes and ears open for what's happening on **National Ride 2 School day, coming up soon on Friday 13th March**, Mr Burke and I have an interesting challenge for all students 😊 !

Next week I'm looking forward to three days of Facilitator Training in Melbourne in the Drumbeat Program. Our previous Chaplain Julie McDowell ran Drumbeat with great success, and I hope to build on the wonderful work she has already established.

Holyoake's DRUMBEAT is the world's first structured learning program using music, psychology and neurobiology to reconnect with ourselves and others. The name **DRUMBEAT** is an acronym for: **Discovering Relationships Using Music, Beliefs, Emotions, Attitudes, and Thoughts**. DRUMBEAT incorporates hand drumming, behavioural therapeutic principles and cognitive and dialectical elements to achieve positive outcomes. It is estimated that over 50,000 people around the world have participated in and experienced the benefits of the program so far. For more information go to: <https://holyoake.org.au/drumbeat/>.

All the best
Michael Lewis - Chaplain

Gratitude is the
best medicine.
It heals your mind,
your body
and your spirit.
And attracts
more things to be
grateful for.

Live Purposefully Now

Our PlayScape Project continues... due to finish Mar 20 ☺



Dry creek bed, Emperor Chimes and 2 of our Cajun Drums are in place. Cubbies, new shed, footbridge, fencing, small hand water pump ... and more... to go!



Please ask for a tour

Our external Student Toilets upgrade; led by our School Council is nearing completion

11 February 2020

Reducing separation anxiety in young children

ANXIETY by Michael Grose

In the early years some clinginess, crying and tantrums are normal when a child is separating from parents. While a great deal of separation anxiety disappears with age, some young children will continue to experience anxiety when going to pre-school, child care or other care arrangements, including beginning school. This anxiety can be distressing for parents, and become an unnecessary source of guilt, further fuelling a child's anxiety. Many children who experience separation anxiety are biologically predisposed to anxiousness, shying away from new or novel situations. Here are some ways to support an anxious child at drop-off:

Become practised at separations

Help your child become used to separations by leaving them with caregivers for short periods at first and gradually increasing the length of separation.

Get your child separation-ready

Tired, hungry kids are generally clingy, cranky kids. Similarly, rushed kids are often stressed kids. If your child continues to cling to you when you leave them at pre-school/ school or with carers, check your home routines. Are they going to bed early enough to get sufficient sleep? Are they waking in time to complete their morning activities without being rushed? Are they getting an energy-boosting breakfast such as porridge or an egg to provide the fuel to put them in the right mood? Sometimes simple adjustments to home routines can make a big difference to how a child reacts when leaving their parents in the morning.

Develop a regular quick goodbye ritual

Rituals, like routines, are both reassuring and personal. Develop your own special good-bye ritual, which can be simple such as a special wave or kiss. Alternatively, a fun good bye ritual such as a high five, low five, fist pump bursting into a hand explosion can be something a child enjoys. Once you've said good-bye leave quickly without stalling or looking back. Avoid making leaving a bigger deal than it is what it is.

Take part of you with them

If the pre-school, school or child care centre allows it encourage your child to bring a comforter such as a favourite soft toy, part of a blanket or even something that you've

given them such as photo or toy. Taking a part of you with them can provide an added layer of security when you're not around.

Stay confident

Kids will often take their cues from their parents so a calm, reassuring approach can give your child the confidence they need that they will be okay.

Involve your child's teacher or carer in the drop-off

Discuss separation with the teacher or carer and involve them in the transition. Settle your young child with the other carer, preferably being involved in an activity before saying good bye and making a quick exit while your child is in the care of another adult.

When separation anxiety is not normal

Most separation anxiety is a normal part of your child's development. Some children will experience separation anxiety that is outside the normal range, which may require professional intervention. It can be difficult to determine whether a child's anxiety is normal or can be considered a disorder as many of the behaviours are the same. Consider seeking professional help if some or all of the following occurs:

- the intensity of the anxiety is outside the normal range for their age
- your child becomes agitated at the mention of being separated from you
- they withdraw from normal activities at home and at pre-school and school
- the separation anxiety continues regularly for four weeks or more

Your child's local pre-school, school or your general practitioner are good places to start when looking for professional assistance with separation anxiety.

For a full blueprint for managing and minimising children's anxiety check out *Anxious Kids* co authored with Dr. Jodi Richardson.

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.

These skill sets are part developmental and part environmental. That is, kids will naturally develop many skills as they mature. But also many of the skills need to be nurtured environmentally- that is, they need to be recognised, encouraged, taught and modelled by adults that children and teenagers respect and admire if children are to acquire them. That makes parents Very Important People in the acquisition process of these skill sets in children and young people.

TIME LINE FOR 2020 SCHOOL COUNCIL ELECTIONS

All government schools in Victoria have a School Council.
The new school year brings with it the school council election process.

Please find below the timeline for the Clunes School Council Elections 2020.

Notice of election and call for nominations	Thursday 13 th February 2020
Closing date for nominations	Thursday 20 th February 2020
The date by which the list of candidates, nominator and seconder will be displayed	Tuesday 25 th February 2020
The date by which the ballot papers will be prepared and distributed	Wednesday 26 th February 2020
Close of ballot	Thursday 5 th March 2020
Vote count	Friday 6 th March 2020
Declaration of ballot	Tuesday 10 th March 2020
Tentative first School Council meeting	Wednesday 11 th March 2020
Tentative School Council meeting to elect office bearers	Wednesday 11 th March 2020

Notice of Election and Call for Nominations

An election is to be conducted for members of the School Council of Clunes Primary School.

Nomination forms may be obtained from the school **from Thursday 13th February and must be lodged by 4.00 pm on 20th February.**

The ballot will close at 4.00 pm on 5th March, 2020.

Following the closing of nominations a list of the nominations received will be posted at the school. The terms of office, membership categories and number of positions in each membership category open for election are as follows –

Membership category	Term of office	Number of positions
Parent member	From the day after the date of the declaration of the poll in 2020 to and inclusive of the date of the declaration of the poll in 2022	4
DET member	From the day after the date of the declaration of the poll in 2020 to and inclusive of the date of the declaration of the poll in 2022	1

OUR SINCERE THANKS.....

Our School Council directly influences the quality of education that our school provides our students.

We sincerely thank our existing School Council committee: President – Richard Howell, Secretary – Dianne Bongiorno, Treasurer - Steve Kinnersly, Andy Campbell, Chris Coon, Jo Henderson-Drife, Karl Schaefer, Ange Flowers, Vicki Anderson, Ross Adams, Ben Marsland and Malcolm Hull.

We also take this opportunity to thank our outgoing parent committee members Richard, Steve, Ange and Jo & our DET member Ross.

We also thank our co-opted community members Ben and Malcolm.

All have made a significant contribution to the success of the Council and the greater school community. Thank you sincerely for your time, interest and commitment to our wonderful school.

Kind regards, Sonia Jardine, Principal

Our Prep B class members are creating incredible pieces of Art within their weekly Tuesday Art Specialist session.



Art
Term
1



Now with a blue dye wash and on display in the Prep B classroom. 😊



2021 Information Evening



SECONDARY COLLEGE

Wednesday March 4th 2020

The Information Evening is for all students in
Grades 4, 5, 6 and their families



School tours will be conducted at 4.15pm and
5.15pm with an information session
at 6.15pm in the auditorium

Tours will depart from the auditorium

Please contact the school on 5336 7804 for further
information or join us on the night

Forest Street, Wendouree

PRIDE – RESPECT - EXCELLENCE

FINANCIAL ASSISTANCE INFORMATION FOR PARENTS

Every Victorian child should have access to the world of learning opportunities that exist beyond the classroom. The Camps, Sports and Excursions Fund helps ensure that no student will miss out on the opportunity to join their classmates for important, educational and fun activities. It is part of making Victoria the Education State and the Government's commitment to breaking the link between a student's background and their outcomes.

CAMPS, SPORTS & EXCURSIONS FUND (CSEF)

School camps provide children with inspiring experiences in the great outdoors, excursions encourage a deeper understanding of how the world works and sports teach teamwork, discipline and leadership. All are part of a healthy curriculum.

CSEF is provided by the Victorian Government to assist eligible families to cover the costs of school trips, camps and sporting activities.

If you hold a valid means-tested concession card or are a temporary foster parent, you may be eligible for CSEF. A special consideration category also exists for asylum seeker and refugee families. The allowance is paid to the school to use towards expenses relating to camps, excursions or sporting activities for the benefit of your child.

The annual CSEF amount per student is:

- \$125 for primary school students
- \$225 for secondary school students

MORE INFORMATION

For more information about the CSEF visit www.education.vic.gov.au/csef

Please note that if your family school account is in credit (including CSEF credit) and an excursion or camp form is submitted without payment the credit will be allocated to the outstanding charge.

Please contact the office to discuss this if you have any questions or concerns.

HOW TO APPLY

New applicants should contact the school office to obtain a CSEF application form or download from www.education.vic.gov.au/csef

If you applied for the CSEF at your child's school in 2019, you do not need to complete an application form in 2020 unless there has been a change in your family circumstances.

You only need to complete an application form if any of the following changes have occurred:

- **new student enrolments;** your child has started or changed schools in 2020 or you did not apply in 2019.
- **changed family circumstances;** such as a change of custody, change of name, concession card number, or new siblings commencing at the school in 2020.

Check with the school office if you are unsure.



Coronavirus disease 2019 (COVID-19)

Factsheet for school students and children

Last updated 13 February 2020

An outbreak of coronavirus disease (COVID-2019) was detected in Wuhan, China in late December 2019. Cases have been reported predominantly in mainland China, as well as other countries, including confirmed cases in Victoria, Australia.

What is this virus?

Coronaviruses can make humans and animals sick. Some coronaviruses can cause illness similar to the common cold and others can cause more serious diseases, including Severe Acute Respiratory Syndrome (SARS) and Middle East Respiratory Syndrome (MERS).

The virus seen in mainland China has not been detected before this outbreak. Most people infected live in, or travelled to, mainland China. There have been cases of (COVID-2019) reported in other countries. It is likely that the virus originally came from an animal, and there is now evidence that it can spread from person-to-person.

What are the symptoms?

Symptoms can include fever, cough, sore throat, or shortness of breath. Symptoms can take up to 14 days to develop.

What if my child is well, and is returning to school or early childhood education services after being in mainland China or other countries with cases in the past 14 days?

The following children and students should self-isolate and are advised to stay at home and avoid public settings including attendance at schools and early childhood education services:

- People who were in Hubei Province until 14 days after they were last in Hubei Province;
- People who were in mainland China on or after 1 February 2020 until 14 days after they were last in mainland China;
- Close contacts of confirmed cases until 14 days after last close contact with the confirmed case

Children and students who are well and have travelled to **any other areas where there have been reported cases, are NOT recommended to be excluded from schools and early childhood education services unless the following applies:**

- **The person is a confirmed case of coronavirus disease**
- **The person is a close contact with a confirmed case of coronavirus disease in the past 14 days.**

What if my child feels sick now or within 14 days of being in mainland China?

- Seek medical attention but first place a mask on your child if you have one and call the doctor or hospital before you attend. Tell them your child has been in mainland China.
- When you get to the hospital or doctor's clinic, tell them where your child has travelled in mainland China. Ensure a mask is placed on your child before or as soon as you arrive at the medical facility.

If your child has severe symptoms, such as shortness of breath:

- Call 000 and request an ambulance, and
- Inform the paramedics where your child has been in China.

How can I help prevent the spread of COVID-2019?

Practising good hand and sneeze/cough hygiene is the best defence. The most important actions are:

- Wash your hands often with soap and water
- Cough and sneeze into your elbow

Where can I get more information?

For Victorian updates to the current incident, go to: <https://www.dhhs.vic.gov.au/novelcoronavirus>

For Department of Education and Training updates:

<https://education.vic.gov.au/about/department/Pages/coronavirus.aspx>

For national updates: <https://www.health.gov.au/news/latest-information-about-novel-coronavirus>

For international updates: <https://www.who.int/westernpacific/emergencies/novel-coronavirus>

WHO resources <https://www.who.int/health-topics/coronavirus>

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SMART EATING WEEK

We know that the start of the year can be chaotic! It's hard getting everyone back into a routine and the last thing you want to do, is go to all the effort of packing a healthy lunch that your children won't even eat.

But you're not alone! That's why the Cancer Council has put together a list of all your children's favourite snacks and a healthy alternative to each one. Jump over to this website to check it out!

<https://healthylunchbox.com.au/healthy-swaps/>

Most of the snacks are super simple that you can even let your little ones help out with making them! It's a great opportunity to teach them about healthy foods and help them to develop habits for the future.

Our favourites are:

- Apple and Date muffins
- Roasted chickpeas
- Homemade bliss balls

Blockheadz is back for 2020!
Every Thursday after school, starting February 6th.
This term we are building the ROLLERCOASTER!

BLOCKHEADZ BUILDING CLUB

All welcome, every Thursday during school term.
No charge.
Call 5345 3359 for more information



GROW YOUR OWN FRUIT AND SUMMER SHADE TREES



CLUNES PRIMARY SCHOOL TREE DRIVE 2020

It's that time of year to start thinking about what trees you want to plant this winter as the **Clunes Primary School Tree Drive** is happening again this April / May. As part of the school's fundraising program we are offering you the chance to purchase a variety of affordable fruiting and ornamental trees supplied by Valley Tree Nursery, Ardmona. All proceeds go to the school.

The Tree List and order forms will be available in **April** and located at the school office, Top Shop and the Post Office. Please place your order and payment with the School prior to **Friday 15 May**. Trees will be available for pick up from the school at the end of **July**. Please contact the Primary School (03) 5345 3182 if you have any queries.

Instrumental Music Lessons 2020



We are very pleased to have Antoinette Dillon continue taking private music lessons at Clunes Primary School in 2020. The music lessons will be held on Wednesdays this year.

For more information about what is offered, or to complete a registration form, please contact the school office.

Grampians Regional Continence Service



DOES YOUR CHILD

...Wet the bed?



OR

...Have wetting accidents during the day?



OR

...Have bowel problems?



Come and see a clinical
nurse specialist at the
Grampians Regional
Continence Service!

If help is needed
Phone 5320 6690

Grampians Regional Continence Service (GRCS) | Ballarat Health Services

102 Ascot Street South, Ballarat, Victoria 3350

To self-refer: 5320 6690 Enquiries: 5320 3795 Fax: 5320 3737 Email: GRCSadmin@bhs.org.au

School Fees – don't miss the deadline...



This is a reminder that 2020 school fees are due this week (by Friday 21 February). All parent payments and contributions can be made by EFTPOS, cash or cheque at the school's office or by Bpay. Please contact Ms Sonia Jardine (Principal) if you are unable to meet this date. Any record of payments or contributions is confidential.

The school appreciates that families may sometimes experience financial difficulties in meeting payment requests. A range of support options are available to parents who have difficulty making payments including the Camps, Sports and Excursions Fund.

Families who do not have an immediate capacity to pay are also able to enter into alternative and confidential payment arrangements with the school. Should you require information about financial assistance please contact the school's principal on 5345 3182.

Term 1 Calendar – Draft #3 February 20th 2020 new information highlighted ☺

WEEK 2	Mon	3-Feb	Assembly- School Captains Welcome- Induction of School Captains- presentation of Badges Inclusive Schools- PlayScape Project begins! (expected completion date Mar 20)
	Tue	4-Feb	Every Tuesday is Walk to school Tuesday. Meet Mrs. Laurie & Mr. James at the Queen's Park playground at 8.30am.
	Wed	5-Feb	Prep/ Foundation students Rest Day/ Assessment Day- each Wednesday for first 6-7 weeks of Term 1. Final Wednesday date TBC. Antoinette- Private Music Lessons resume. Every Wednesday. Limited places.
	Thu	6-Feb	First FULL Newsletter home. (Newsletters home each fortnight & placed on the school's website) Staff photo page SSG meeting 2pm
	Fri	7-Feb	Wesley student Community Service begins for 2020. School Accountability/ School Review professional learning- session 1 in preparation for our School Review (every 4 years) in Term 2. Breakfast Club BEGINS – please note now a FRIDAY! All students very welcome to attend! Multi-Purpose Hall
WEEK 3	Mon	10-Feb	Assembly- Induction of House Captains- presentation of Badges. Attendance Awards for 2019.
	Tue	11-Feb	Junior School Council Meeting 1.10pm. 7pm Mrs. B Parent Information session- supporting your children to learn to read.
	Wed	12-Feb	Prep/ Foundation students Rest Day/ Assessment Day School Council Meeting 7pm (School Finance Meeting 6.30pm)
	Thurs	13-Feb	School Council Elections 2020- Notice of election and call for nominations
	Fri	14-Feb	
WEEK 4	Mon	17-Feb	Assembly- Induction of JSC representatives- presentation of Badges
	Tue	18-Feb	The Courier- visiting to take Prep class photo- 9.30am ish. Welcome BBQ- All families welcome to share a free sausage followed by Numeracy Parent Information/ family activity evening. All welcome. Our students will be leading many activities!
	Wed	19-Feb	Prep/ Foundation students Rest Day/ Assessment Day. Fire Safety Lessons Years 1-4
	Thu	20-Feb	School Council Elections 2020- Closing date for nominations
	Fri	21-Feb	Fire Safety Lessons Prep and Years 5/6 2020 School fees due
WEEK 5	Mon	24-Feb	School Review- Feedback sheet draw at Assembly. Win 2 Movie tickets! Prep PSD applications due to DET
	Tues	25-Feb	CONFIRMED DATE Senior School Swimming Sports 12.30pm- 2.30pm Clunes Swimming pool. Years 3-6. School Council Elections 2020-List of candidates- nominator and seconder displayed
	Wed	26-Feb	Prep/ Foundation students Rest Day/ Assessment Day School Council Elections 2020-Ballot papers prepared and distributed
	Thu	27-Feb	
	Fri	28-Feb	
WEEK 6	Mon	2-Mar	
	Tue	3-Mar	
	Wed	4-Mar	Prep/ Foundation students Rest Day/ Assessment Day
	Thu	5-Mar	School Council Elections 2020-Close of Ballot
	Fri	6-Mar	After school preparation for the Vintage Truck Show SUNDAY 8 TH MAR- School Fundraising -catering at Clunes Community Vintage Truck Show- helpers required to make and deliver scones and/ or help at the Stall. Please see school Office staff School Council Elections 2020-Vote count
WEEK 7	Mon	9-Mar	Labour Day – Public Holiday
	Tue	10-Mar	Junior School Council Meeting 1.10pm. School Council Elections 2020-Declaration of Ballot
	Wed	11-Mar	Possible TBC final Prep/ Foundation students Rest Day/ Assessment Day
	Thu	12-Mar	School Council Elections 2020-Tentative first School Council meeting & elect office bearers
	Fri	13-Mar	
WEEK 8	Mon	16-Mar	
	Tue	17-Mar	
	Wed	18-Mar	
	Thu	19-Mar	School Disco Juniors- 6-7pm Seniors 7.15-8.30pm Multi-Purpose Hall Clunes PS
	Fri	20-Mar	
WEEK 9	Mon	23-Mar	
	Tue	24-Mar	
	Wed	25-Mar	
	Thu	26-Mar	
	Fri	27-Mar	Last day of Term 1 (casual dress day- no gold coin donation. Each last day of Term is casual dress)
			To be confirmed: Harmony Day/ Focus Day- mixed groupings & optional dress up theme day. Other Meetings

Please return your completed form to the school office before Monday morning assembly (24/02/20). If your anonymous form is returned to school with your child please make sure we know you have provided feedback so you go in the draw for a chance to win two Gold Class movie tickets. 😊



Clunes Primary School REVIEW 2020 Questions for Parent / School Community Feedback

1. What do you like about the school/ your child's education? What is working well?
2. What don't you like about the school? What is not working well?
3. What would make the school better? What are the things you think could be changed or added to make the school/ your child's education better?
4. How engaged is your child in learning at Clunes Primary School? Do they feel engaged at school?

Would you like to give any other feedback?

Thank you sincerely for assisting with our School Review process. Kind regards,
Sonia