

Care Achieve Respect Excel

FROM THE PRINCIPAL

It was with great excitement that we officially took over our new building on Friday. Mrs Young, Mrs Williams and Mrs Davis spent Monday transitioning their old classroom belongings into the new space. Mr Wells (Music/STEM) and Mrs Ferre (Art) also moved into their space. All students have had an opportunity to visit the building and new toilets.

We are most grateful to Mr Heng Meang Tak (State Member of Parliament for Clarinda) and DET for their support during the program.

We have been fortunate to have an amazing relationship with Sensum and Prebuilt during the design and construction phases.

Hopefully we can have you visit soon.



CONTACT US



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03 9544 3231



Compass



www.clarindaps.vic.edu.au

Emergency Management Practice Drill – Evacuation Drill

Earlier this year, staff and students participated in their first Evacuation Drill.

The school will conduct a second evacuation drill on Friday 20th November at 12:40pm.

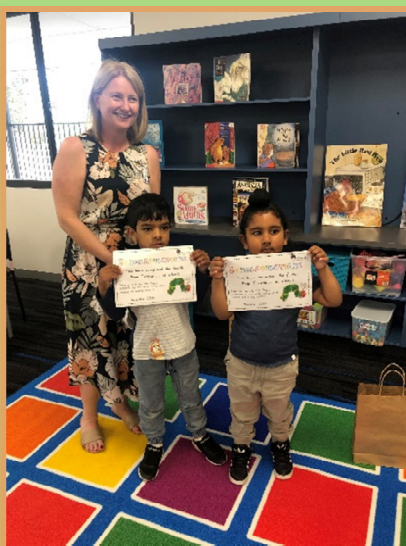
2021 Prep Transition

Last Wednesday we officially welcomed the first group of 2021 Prep students onto the school grounds. Due to COVID-19 restrictions, we had to split on-site attendance from 18 feeder Kinders over Wednesday, Thursday and Friday. Each group (max 5 students / 5 parents) attended for a 30 minute getting to know you session with one of our Prep teachers.

Mrs Young, Mrs Williams, Mrs Davis, Mr Mallett, Mrs Mackay and our office staff loved meeting our newest school family members

The 4th Transition day is scheduled for this Friday and will be completed via WebEx.

Welcome to the family.



Remembrance Day



On Wednesday 11th November we commemorated Remembrance Day at Clarinda PS. Two of our Grade 6 school leaders, Kaitlyn and Leon, led a whole school commemoration.

Remembrance Day is a memorial day observed in Commonwealth Nations since the end of the First World War to remember the members of their armed forces who died in the line of duty.

Following a tradition inaugurated by King George V in 1919, the day is also marked by war remembrances in many non-Commonwealth countries. Remembrance Day is observed on 11 November in Australia to recall the end of hostilities of World War I on that date in 1918.

Hostilities formally ended "at the 11th hour of the 11th day of the 11th month."

The First World War officially ended with the signing of the Treaty of Versailles on 28 June 1919.

We would like to express our gratitude to our brave service men and women who have served in wars and peace keeping missions over the years.

These amazing people fought for us to have the Country we have and the freedoms we enjoy.

Are you leaving CPS in 2021?

We ask that you let us know if you are moving or have enrolled to another school in 2021. We require this information as soon as possible in order to establish grade structures for the start of the new school year. If your child is currently in Grades Prep - 5 and will not be at Clarinda in 2021 please notify the school office in writing as soon as possible.

Dates for your Diary

- School Report** ~ Sent home Thursday 17th December via COMPASS
- Final Assembly** ~ Friday 18th December @ 12:40pm via WebEx
- School Dismissal** ~ Friday 18th December @ 1:30pm
- School Resumes** ~ Thursday 28th January 2021 (Years 1 to 6)
~ Monday 1st February (Prep)

See you around the school
Robbie Mallett
Principal

★ SCHOOL PHOTOGRAPH DAY ★
WEDNESDAY 25 NOVEMBER
COVID 19 safe processes
Orders can be placed on-line or pick up an order
form at the office.

STUDENTS OF THE WEEK

★	Prep W	Daniel	For trying hard to learn sight words to help improve his reading.
	Prep Y	Henry	For making significant progress in reading and decoding words with improved accuracy.
		Alex	For making a huge improvement with the presentation of his written work.
	Prep D	Dilan	For showing his understanding of sharing equally in Maths this week.
★		Quinten	For writing a persuasive letter that included 3 very convincing reasons.
★	1/2M	Emma	For doing her best to revise and edit her story.
		Adhrith	For doing his best to revise and edit his story.
		Ava	For publishing her story carefully and to the best of her ability.
		Reyansh	For publishing his story carefully and to the best of his ability.

STUDENTS OF THE WEEK



1/2L	Claire	For being curious and asking lots of questions in class!
1/2K	Amy	For an incredible improvement in writing stories!
1/2P	Seren	For being a kind and caring friend
	Vedanshi	For a well written narrative story.
3/4D	Semira	For continually trying her best at any task given to her and being a responsible and reliable member of our grade.
	Maxine	For being brave and standing in front of the class to read out her writing
	Micaela. K	For pursuing her personal best and never giving up on her timetables test. Well done.
3/4T	Sun	For his enthusiasm and persistence demonstrated during writing time.
3/4Z	Preston	For demonstrating resilience by having a go at things that look hard
	Mary	For pursuing your personal best by working with different people
3/4K	Jayden T	For doing his best and maintaining a positive attitude throughout the week
	Theo	For staying focussed and trying his best during reading and writing
3/4H	Saanvi	For always trying her personal best and displaying positive attitude to her school work.
5/6E	Dimitri	For demonstrating excellent effort in publishing his writing.
5/6S	Leo	For writing a narrative picture story book with strong word choice.
	Alicia	For always displaying a kind and friendly attitude when at school.
5/6J	Radha	for pursuing her personal best by choosing to answer challenging questions in maths.
	Jayden	for being an active participant in class discussions.

DATES TO REMEMBER

TERM 4 2020

Monday 5th October to Friday 18 December

November	Friday 20	Prep 2021 Transition Day 4
		12.40 ~ Evacuation Drill
	Wednesday 25	School Photograph Day
December		School Campers Leave
	Friday 27	School campers Return
	Tuesday 1	2.30 School Council finance meeting
	Monday 7	P- 5 Classroom Transition
	Tuesday 8	Year 7 transition day All year 6 students attend their secondary school for the day tbc
	School Council Meetings	6.00 Education
		6.30 Buildings & Grounds
		7.00 School Council
		Prep 2021 Transition Day 5
	Wednesday 9	Whole school sports day tbc
	Thursday 10	Christmas concert tbc
	Monday 14	P- 5 Classroom Transition
	Tuesday 15	Year 6 Graduation & Picnic
	Wednesday 16	Year 6 Graduation Excursion tbc
	Thursday 17	Reports home via Compass
	Friday 18	Last day term 4 12.40 ~ Assembly via Webex 1.30 ~ Students dismissed
January 2021	Thursday 28	School Resumes Years 1 to 6
February	Monday 1st	School Begins Prep

TERM DATES

TERM 4

Monday 5 October to Friday 18 December

TERM 1 2021

Thursday 28 January to Thursday 1st April



LUNCH ORDERS - SUBWAY

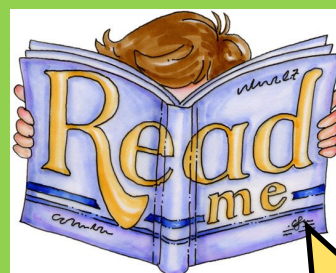
\$5.00

Every week

**Order Monday
Eat Tuesday**

**Order Thursday
Eat Friday**

Order forms at the school office



BOOK CLUB

**♦ DUE BACK
27 NOVEMBER**

♦ LAST ONE FOR 2020

CLASSROOM CORNER BY PREP Y, PREP W & PREP D



PREP Y

We had our first book week celebration on November 12th 2020.



PREP D

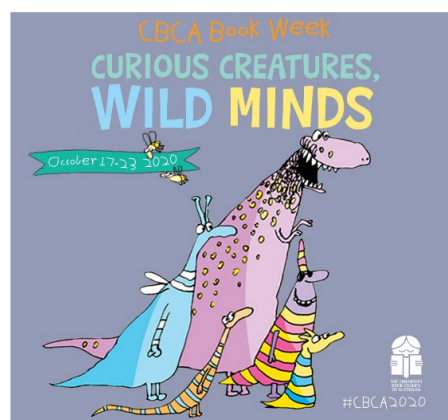


PREP W

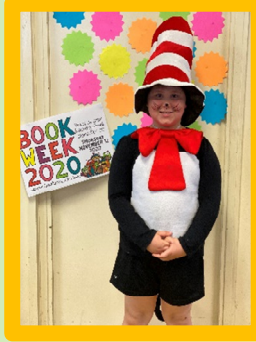
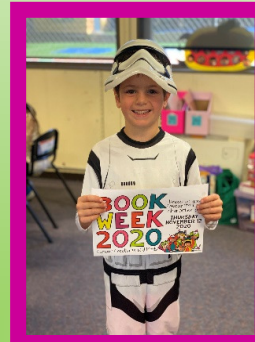
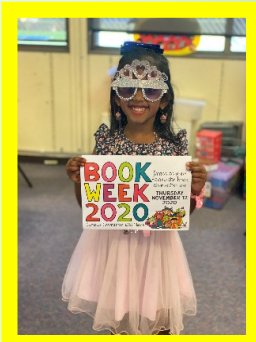
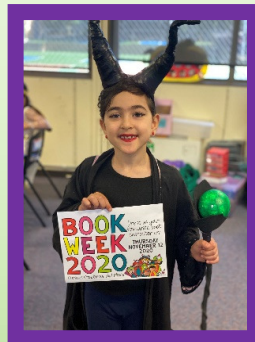
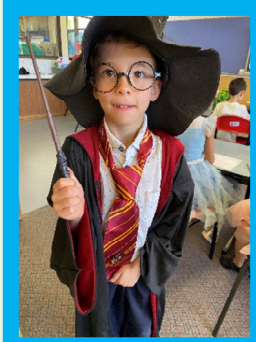
We had a parade



We Learnt About the CBCA Shortlisted Books!



We dressed up as a book character



WE WATCHED A VIRTUAL PERFORMANCE



WE MADE SOME CURIOUS CREATURES OF OUR OWN!



Child Safe Standards

To create and maintain a child safe organisation, Clarinda Primary School has:

strategies to embed an organisational culture of child safety, including through effective leadership arrangements

- ◆ *a child safe policy or statement of commitment to child safety*
- ◆ *a code of conduct that establishes clear expectations for appropriate behaviour with children*
- ◆ *screening, supervision, training and other human resources practices that reduce the risk of child abuse by new and existing personnel*
- ◆ *processes for responding to and reporting suspected child abuse*
- ◆ *strategies to identify and reduce or remove risks of child abuse*
- ◆ *strategies to promote the participation and empowerment of children*
- ◆ In complying with the child safe standards, Clarinda Primary School is mindful of the diversity of students and school communities and include the following inclusion principles as part of each standard:
 - ◆ *promoting the cultural safety of Aboriginal children*
 - ◆ *promoting the cultural safety of children from culturally and/or linguistically diverse backgrounds*
 - ◆ *promoting the safety of children with a disability.*

Why are the standards important?

Child abuse is unacceptable. Ensuring children's safety is a top priority for the Victorian Government.

Introducing minimum child safe standards is part of the Victorian Government's response to the report of the Parliamentary Inquiry into the Handling of Child Abuse by Religious and other Non-Government Organisations (Betrayal of Trust Report).

The standards aim to create a culture where protecting children from abuse is part of everyday thinking and practice. They will strengthen existing approaches to preventing and responding to child abuse and provide for consistency in how these issues are managed.

What is child abuse?

Child abuse includes any act committed against a child involving:

- ◆ a sexual offence
- ◆ a grooming offence; or
- ◆ the infliction on a child of physical violence, serious emotional or psychological harm or serious neglect.

Who is responsible for monitoring the child safe standards?

Compliance will be monitored through existing arrangements for government funded and regulated services, such as schools.

The Victorian Registration Qualifications Authority (VRQA) is responsible for monitoring these arrangements among its registered and approved education and training providers, including Clarinda Primary School.

It will provide information and guidance to assist us to implement these important changes.

The Department of Education and Training and the Department of Health and Human Services will also provide information and guidance for organisations around child safety.

To access our current Child Safe Standards, please refer to our school website.

<https://www.clarindaps.vic.edu.au/>

Further information:-

Enquiries about the child safe standards may be directed to vrqa.schools@edumail.vic.gov.au

[PROTECT](#) (DET)

[Child Safe Standards \(DHHS\)](#)

[Betrayal of Trust Implementation \(DJR\)](#)

The [Department of Health and Human Services website](#) provides information about reporting concerns about a child's safety to the Victoria Police and other agencies.

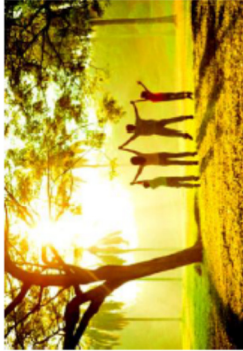
Supporting Childhood Mental Wellness

This year, why not resolve to put practical, productive and *achievable* plans into action...

To promote mental wellbeing for your children (and yourself).

The combination of each of these small acts will help *you* to help your children have a prosperous year.

And happy and healthy children make for happy and healthy parents!



1. Make a routine.

The easiest way to stick to your resolutions is to make them part of a routine. A solid routine doesn't need to be rigid...

But it does need to be consistent.

This consistency helps to enforce good habits.

And the predictability and familiarity that comes with it helps kids to feel secure and safe.

So whatever unexpected challenges are thrown at them at school or with friends...

They'll always know exactly what they're coming home to.

Think of the things you'd like to add to you or your child's routine (perhaps some of the things we'll list below)...

And frame them around daily events that already occur.

Meal times, bath times, or travel times to and from school are a good place to start.

Mental Health Benefits: Stability; security; comfort; trust; familiarity.

2. Limit screen time.

It's not just kids' eyesight or concentration that makes excessive screen time problematic...

Research shows that youth mental health is suffering as a result of social media and smart phones.

Increased anxiety, poorer sleeping habits and feelings of loneliness and isolation are just some of the alleged symptoms.

Enforcing 'no screen zones' gives your children a break from this constant 'digital noise'.

Make it easy, productive and not-so-obvious by replacing screen time with family talking time!

Start with car trips and meal times, and then work on stretching out no-screen zones throughout the day.

Mental Health Benefits: Sense of mental 'quiet'; improved focus; distraction from online comparisons; perspective; improved sleep.

And on that note...

3. Support good sleeping habits.

Children and teenagers especially — physically and mentally — suffer from lack of sleep.

It makes us more emotional, less resilient, and makes it difficult to concentrate.

Research shows that lack of sleep affects self-regulation; that is, our ability to control our cognitive functions, our emotions, and our behaviour.

Furthermore, when a child can't concentrate in class because of fatigue, it can lead to poor performance, anxiety around school and low self-esteem.

To help your child develop healthy sleeping habits:

Encourage them to stay away from screens, TV or otherwise, for at least an hour before bed...

Make sure they avoid sugar or caffeine in the evenings...

Support consistent (and age-appropriate) sleeping and waking times...

And make sure their bedroom provides a good environment for sleep: that is, not too much light, noise, or distractions.

If sleep problems seem to persist, consider other causes, such as anxiety or a sleep disorder.

Mental Health Benefits: Self-regulation; focus; self-esteem; resilience.

4. Assign chores.

Getting your kids to contribute to household duties has a number of benefits: it helps to get things done, of course, but it also helps them to feel competent, and that they're contributing to the family and the home.

It teaches them responsibility, and encourages appreciation for all the things that you do for them. **And it develops important, practical skills they will need to be self-sufficient adults.**

It also has the added bonus of implicit screen-free time — it's pretty hard to play on your phone while doing the dishes!

Mental Health Benefits: Gratitude; competence; contribution; accomplishment.

5. Encourage physical activity and healthy eating.

Aside from the obvious physiological benefits of a healthy lifestyle...

A nutritious diet and physical activity have a profound impact on our mental health.

Exercise helps to fight depression by releasing endorphins — those chemicals in our brain that make us feel good.

It also helps reduce inflammation which has been linked with depression and anxiety...

And it encourages brain activity that supports feelings of calm and wellbeing.

A diet rich in fruits and vegetables can also do the same thing.

A recent study of 12,000 participants found that those who increased their daily fruit and veg intake experienced a dramatic increase in life satisfaction...

'Equivalent to moving from unemployment to employment'

Exercise and healthy eating also improve sleeping habits, which aids good mental health.

Mental Health Benefits: Release of endorphins; increased energy, reduced fatigue; improved concentration and memory.

6. Practice gratitude.

Studies show that a sense of gratitude has a huge impact on our sense of life satisfaction.

And by encouraging your children to feel grateful for the small things, you'll help them to appreciate the bigger picture.

Start small:

Simple questions like *'what was the best thing that happened at school today?'* get kids to look on the bright side more often — and be thankful for it.

Being appreciative for the big and small things in our lives helps us to develop empathy, compassion and resilience.

And it also helps to quiet our negative thoughts.

Mental Health Benefits: Resilience; empathy; positivity; confidence.

7. Practice Mindfulness.

As little as thirty seconds a day of mindfulness can have a huge impact on our mental health.

And educators around the world are adopting meditation in their classrooms!

It's a practical and effective antidote to the pressures in the classroom...

And it's a skill that becomes easier the more you do it.

Meditation and mindfulness help to quiet and soften our internal dialogue...

When we're overwhelmed with challenges in our social life, school or home, these quiet moments help to remind us that our anxious and negative thoughts are just that: thoughts.

There are many meditation apps designed specifically for kids...

But you can also practice mindfulness together as a family.

Mental Health Benefits: Reduced anxiety; positivity; resilience; calm; improved sleep.

8. Make time for family time, and talk openly and often

As parents, you are the most influential people in your children's lives.

They rely on you for support, emotionally and practically...

So taking the time from your schedule to connect and bond with them is incredibly important and beneficial.

For a start, making family time a priority shows kids that they are valued, respected and important.

It helps them to voice their thoughts, feelings and concerns.

It develops trust between parent and child, so that they are comfortable coming to you when they are in need.

And it makes parents more aware of their child's strengths, weaknesses and challenges, so that they can be addressed as they occur, and before they worsen.

Specifically designated family time, like weekend activities, is important, but you can also make time for bonding in your every day routine:

Over dinner, during car trips, while cooking together, or on a walk around the block..

However you fit it in, make sure to converse with your child often, show them that they can trust you and you won't be judgmental, and prove to them that your time together is valuable and important.

Mental Health Benefits: Comfort; trust; security; emotional intelligence; empathy; understanding.

Incorporate all these New Year's Resolutions into your daily life to support mental wellness and prosperity for your whole family this year.

It's not as hard as it may seem...

Try this mental-health makeover to your day:

Make no screen zones for car rides and meal times, and talk about the best things that happened in your days — this immediately incorporates 2, 6 and 8.

Get your kids to help with preparing healthy dinner and clean up afterwards, and do it together — that's 4, 5 and 8.

Put the phones away an hour before bed time, and read for five minutes or more, together or independently — that can satisfy 2, 3, 7 and 8.

And by incorporating at least a few of these actions into your everyday life, you're already mastering number 1!

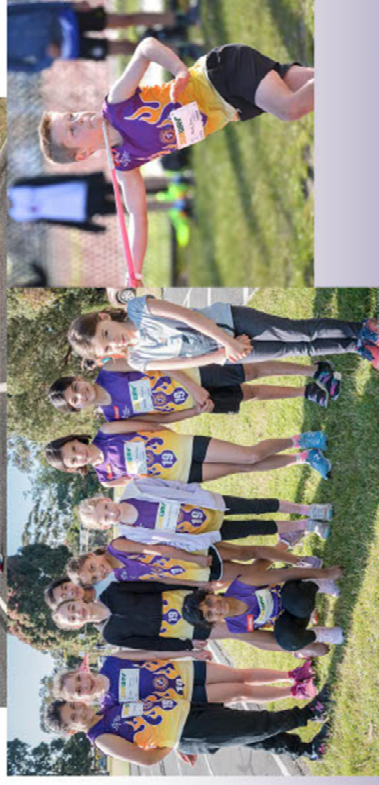


Article taken from Melbourne Child Psychology & school psychology service

Page 13

Oakleigh Little Athletics invite all girls and boys aged between 5-15 years to join us!!

Our Location:
Davies Reserve
Talbot Ave, Oakleigh South



Need more Information:

Head to our website www.oakleighlac.com.au

Email

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Facebook

<https://www.facebook.com/OakleighLAC>



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