


**DATES TO REMEMBER**
**Term 1 2021**

 Thursday 28 January to  
Thursday 1 April

<b>February</b> Friday 19	STEP UP begins
	Dozen Days of Prep Celebration
	3.00 ~Open to learning
Tuesday 23	Prep Teddy Bear Picnic tbc
	7.00 School council meeting
Wednesday 24	Parent & Community Club meeting
<b>March</b> Wednesday 3	Year 5 & 6 Campers depart
Thursday 4	Years 1 & 2 Incursion—Mindful Monkey—Day 1
Friday 5	Year 5 & 6 Campers return
	Years 1 & 2 Incursion—Mindful Monkey—Day 2
Monday 8	Labour day Public Holiday
Tuesday 9	2.30 School council finance meeting
Tuesday 16	7.00 School council AGM
	7.30 School council meeting
<b>April</b> Thursday 1	Last Day Term 1 2.30 Dismissal

We were delighted to welcome back our students this morning after a State-wide 5 day lockdown.

We continue to be impressed by our school community's ability to be adaptable, resilient and positive during uncertain and challenging times.

Our students were superstars working independently on the tasks assigned and sharing their learning with their teachers.



## Well done CPS!

With a lot of communication coming out over the past week and for what we have planned moving forward, my newsletter is brief for this fortnight.

Over the past 4 weeks the teachers have been establishing expectations and routines within the classroom.

Establishing a steady routine, both at home and at school, is most important if your child is to make a good start to the new school year.

It will greatly benefit each child if clear guidelines can be established for recreation and work, exercise and rest, school needs (homework) and individual needs. I would implore parents to make sure their child/ren are at school before 9.00am ready to begin the day.

It is during this beginning session that teachers outline the day and prepare their students for a successful learning experience.

We continue to see children arriving late to school and we are always looking for solutions to address this issue as it raises a number of concerns for the learner.

See you around the school Robbie Mallett

### SCHOOL COUNCIL

We are seeking nominations from parents who would like to join our school council.

If you are thinking of taking a role within our school and using your expertise to ensure the continued development of our school and would like to know more don't hesitate to contact me 9544 3231.

The article by Vikki Little a stay at home mum draws attention to our concerns.

By *Vikki Little*

It is a familiar sight at schools everywhere. A car screeches into the parking lot just as the late bell rings. A parent and child jump out and run to the front door, frantically zipping up the child's backpack and giving a quick goodbye kiss. The child goes into school, and the parent heads back to the car, looking like they just finished working a 12-hour shift. Yep, they were late. As parents, we know how those simple five minutes can throw us off for the rest of our day, but what about the kids? How does being late to school really impact a child? Is everything OK once he or she gets settled in the classroom? Probably not.

If you have ever volunteered in a classroom and seen the late students come in, your heart can't help but break for them. Their faces are sweaty from rushing and red from the embarrassment of disrupting class. Those children might also be wondering how they are supposed to "hurry to class" while at the same time not run in the hallways. With morning messages blaring overhead, they shove their coats and backpacks into their lockers or cubbies. In their haste, they might drop their notebook on the floor. They quietly put homework where it belongs and their lunch into the bin. With all eyes on them, they finally settle at their desk, 20 minutes after the teacher started instructing. They have missed important announcements and discussions about last night's homework. The rest of the class will sit quietly while the teacher brings the late student up to date on what was missed. That child didn't mean to be late. Maybe they were just really tired. But Mom might be mad. And everyone is irritating them, and now they don't understand the assignment. They never quite catch up, and they are on edge. Who wouldn't be with that start to the day?

It may seem like 10 minutes isn't really that much, but for the typical school day of 6.5 hours, a student who is only 10 minutes late every day will miss **30 hours** of school time that year. If a child is 10 minutes late getting to school, it is more like 20 minutes until they are actually learning. The impact on the class as a whole is even larger. If two kids are late, one by 5 minutes and one by 10 minutes, then the class schedule might get pushed back. That means the teacher will need to alter something else during the day to account for time the class lost helping a late student catch up.

The occasional tardy is nearly inevitable. Things happen to all of us. Coffee spills and shoes get lost. Conversations need to happen. There are a million things that can cause people to run behind. Ideally our daily routines would include time to account for mishaps to minimize tardiness. If you are finding that your child is late one or more times per week, though, you may need to change your routine to ensure a successful start to your day. Here are a few suggestions that may help.

- 1) **Pack backpacks/lunchboxes the night before.** The last thing you want to be doing as you are rushing out the door is trying to find lost homework. Make sure everyone's backpacks are ready to go and prepare home lunches as much as you can. Also fill their water bottles ahead of time and store in the refrigerator.
- 2) **Lay clothes out.** Seems too simple to make a difference, but hunting down matching socks or pants without holes in the knees is quite the time consumer. Not only that, but you won't have to worry that you didn't notice your child was wearing shorts in negative degree weather until after you arrived at school.
- 3) **Set up a "last stop" area.** Pick any available area near the door you typically leave through and put everything there for the day: backpacks, phones, homework, and especially coats and shoes. There are no last-minute distractions this way.
- 4) **Play a family favorite music list.** Music can get people moving and can even turn a mood around. Pick upbeat songs that everyone enjoys. Play the same set each day so that everyone starts to recognize the cues and where they should be. For example, when the second song ends, breakfast is over. The third song ending means teeth should be brushed, and when the last song starts, they should be heading to get their coats and backpacks on.
- 5) **If all else fails, wake up earlier.** Not the most enjoyable solution, but sometimes drastic measures are needed.

*Vikki Little is a work-at-home mum with two young kids. A Colorado native, she is the Publisher and Editor of Macaroni Kid Aurora and Downtown Denver. In her free time, she enjoys volunteering, reading, camping, or enjoying a bottle of wine with friends.*

## Fitness Club

Fitness Club has resumed for 2021 and what a fantastic start we had last week with 72 students attending! Don't forget that once you've run/walked 50 laps, you will get a coloured bead for your shoelace!

Fitness Club is held every Tuesday morning 8:25 - 8:45am. We will ensure Gate 1 and Gate 4 are open so that all students who want to attend are able to enter the school grounds.

## District Swimming Carnival

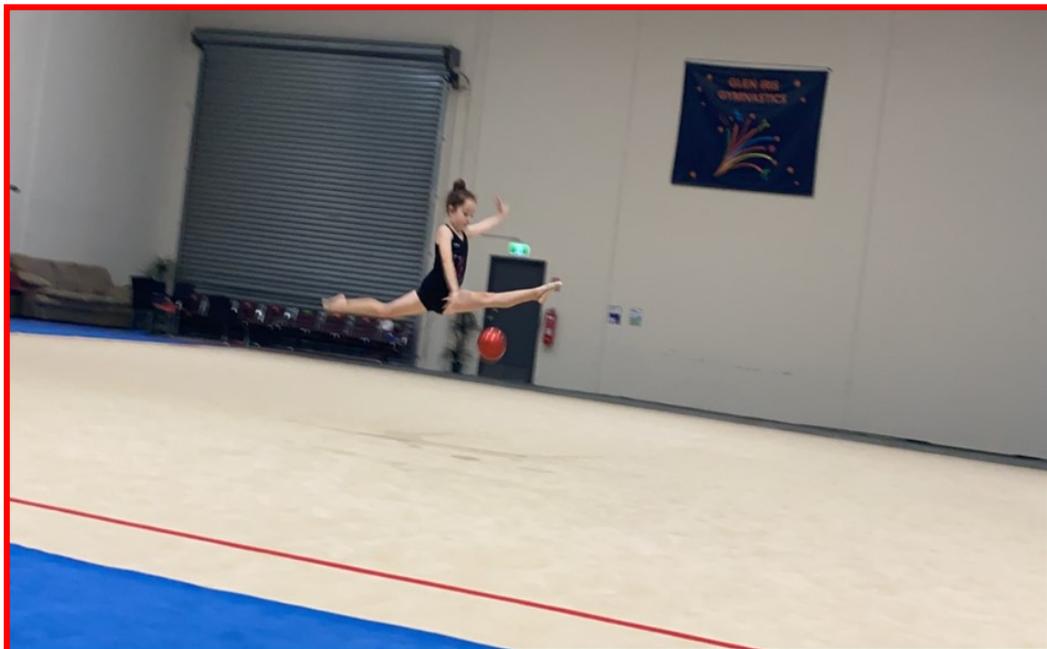
On Thursday 11<sup>th</sup> February, 10 of our students braved the early morning to compete in the Oakleigh District Swimming Carnival. They swam so well, and upheld the values of our school to do their best, and quite a few of them qualified to compete in the Monash Waverley Division Swimming Championships on Tuesday 2<sup>nd</sup> March. Good luck to those students!



### Gymnastics Superstar!

Asha is an absolute superstar when it comes to her gymnastics! She has been training very hard for a number of years, and will compete against other amazing gymnasts on March 6<sup>th</sup>.

We wish Asha all the best. Check out her awesome technique





## Parent and Community Club (PACC)

Please come along to our first meeting of the year

**Wednesday 24<sup>th</sup> February @ 2:30pm in the staffroom**

The PACC extend a warm welcome to our new and existing families.  
Please join us to help set the calendar of events for 2021.

### DO YOU HOLD A HEALTH CARE CARD?

Have you applied for the Government allowance  
Camps Swimming Excursion Fund (CSEF)?  
\$125.00 per child.

If your health care card is valid on: 27th January 2021

OR

You receive a health care card that will be valid on: 19th  
April 2021

### **SUBWAY LUNCH ORDERS EVERY WEEK**

**ORDER ON MONDAY ~  
EAT ON TUESDAY**

**ORDER ON THURSDAY ~  
EAT ON FRIDAY**



## Outside School Hours Care

at Clarinda Primary School

**What happens in OSHC?**  
Every program includes elements from each of the following areas:

- Outdoor Play Time
- Construction and Manipulative Play
- Creative Time
- Life Skills
- Homework and Quiet Time
- New Experiences

Program	Times	Recurring (Full Fee)	Casual (Full Fee)
Before School Care	06:45 AM – 08:45 AM	\$20.00	\$22.50
After School Care	03:30 PM – 06:30 PM	\$24.00	\$26.50



**Book now: [www.campaustralia.com.au](http://www.campaustralia.com.au)**

**Are you eligible for the Child Care Subsidy?**  
The Child Care Subsidy can provide up to 85% off your fees.  
If you're unsure about your eligibility contact CareLink on 13 61 50.

**up to 85% off your fees with the Child Care Subsidy**

**Details of all fees, terms and conditions are available at [www.campaustralia.com.au](http://www.campaustralia.com.au)**  
**Need Help? Our Customer Care Team are available 5am-9pm AEST on 1300 105 343**

## STUDENTS OF THE WEEK

PREP W	Kai	For being a kind and caring member of our class
Prep W	Oliver	For being an exceptional role model to his peers
Prep Y	Leni	For being caring, kind and helpful towards others
Prep Y	Kosta	For being a reliable and responsible member of the class
Prep D	Ariana	For being a responsible and helpful member of our class
Prep D	Louis G	For being a kind and caring member of our class.
1/2L	Aadhya	For kind, helpful and always using her manners
1/2L	Vedanshi	For being a respectful classmate who is always ready to help others!
1/2K	Turky	For being incredibly brave after his accident
1/2K	Rodoshi	For writing amazing sentences and for always helping others.
1/2M	Nivedhita	For her excellent work habits and for making great choices
1/2M	Reyansh	For being respectful and for always doing your best!
1/2P	Miles	For being well organised
	Vasiliki	For always treating others with kindness
1/2A	Bella	For fabulous work habits to achieve her best work. Well done Bella!

## STUDENTS OF THE WEEK

3/4D	Alex .K	For listening and being respectful to all his peers and teachers and for putting his best effort into his work.
3/4D	Gauranga	For returning to school with a great work ethic and settling into the school routine with ease!
3/4T	William	For his positive attitude to all his work tasks and his kindness to his fellow classmates
3/4T	Anusha	For her excellent work habits and fantastic start to the year
3/4Z	Josh H	For showing courage by never giving up trying, even when work is hard.
3/4Z	Bronson	For demonstrating the Golden Rule by treating others the way you want them to treat you and always using such lovely manners.
3/4Z	Cooper	For dealing with challenges in a positive way and completing all of your remote learning work. Well done!
3/4K	Chase	For being a kind and caring member of our class.
3/4K	Jainil	For being a productive member of our class and contributing nicely to class discussions
5/6E	Alec	For having a positive attitude to his learning and pursuing his personal best in Maths
5/6E	Aiden	For pursuing his personal best by challenging himself in Maths
5/6S	Avantika	For always being polite and well mannered.
5/6S	Matilda	For helping her peers pick a Just Right Book in reading.
5/6F	Shaun	For being a kind and supportive member of our school

## Family Wellbeing – Ali Hardaker - School Chaplain

### Kids Need Smart Parents, Not Smart Phones

Our daughter had agreed to a 'phone contract' with us, much like the one [made famous by a mum-blogger](#) earlier in the year. She was pretty good with it, but blurred the boundaries from time to time – as evidenced by the fact that she was in the bathroom with her phone. I mean, seriously... do you really need your phone in the bathroom? After considering her need for a phone, we decided against it.

### Needs vs wants

I'll be the first to admit that there are times when it's a little inconvenient that our daughter can't be contacted. Instead of texting her we have to ring the school and ask that a message be sent to her classroom. Sometimes we wonder where she is, and we can't call to find out. But since this is a rare occurrence we decided that this was no justification for a phone. What it really comes down to, though, is that we actually think our kids are better off without phones, i-pads (or tablets), or any other devices. Part of this comes down to our parenting philosophy. The thing is, it's not a need. It's a want. And it's quite amazing... our kids really can survive just fine without the phone and computer. It makes sense though – I mean most of us probably survived until at least our twenties before we felt we needed a phone.

### What does research say?

It's not just a philosophical preference that keeps us from giving our daughter another phone with its attendant increase of screen time. It's also based on research. There are some advantages to our kids having computer and smart phone access. Some data tells us that [computer games can help kids with ADHD](#), [hand-eye coordination](#), and there are also [some associations between computer use and literacy and numeracy skills in young children](#). There's some reason to think that these advantages are applicable to smart phone and tablet use as well. So it's not accurate to say 'computers, smart phones, and tablets are bad for kids and we shouldn't have them.' There are clearly some positive outcomes linked to their use. Besides, most parents recognise that their child's familiarity with technology makes a difference for them at school. But research also tells us that too much screen time, or the wrong kinds of screen time, can have a strong negative impact.

First, there's the debate (still ongoing) about whether phones [are responsible](#) for cancer, [or not](#).

There's also the question of how we are to deal with the addictive nature of the phone or tablet as 'an appendage' – [the phone becomes the child!](#)

Phones and tablets give our kids access to lots of games, including violent ones. [Violent screen time is shown to cause violent behaviour](#)

There are some who argue that links also exist between children's mobile phone use and behavioural problems (withdrawal when phone off, anger), cognitive problems (always needing stimulation), and social problems (trouble connecting with people in the real world).

Excessive phone and tablet use is also related to [lack of sleep](#), and high levels of fatigue.

Excessive phone use (and screen time) rewires our children's brains. They become addicted to stimulation.

### It boils down to this:

I just don't think our kids need the phone... and I think the data points in that same direction.

I do think they need opportunities to be kids, to be curious about the world they live in, they need to learn how to have a few rich relationships, and to learn to talk with a person face to face.

They need to get at least an hour of vigorous activity each day.

They need to be bored, to read real books, and to climb trees, ride bikes, or swim or run.

And they don't need helicopter parents ringing them several times a day 'just to check that you're alright'.

If you can't bear to leave your children without a phone, get a cheap phone that does talk and text only.

Have it as a 'loan' phone for those times where you think it's absolutely necessary. It's cheaper, safer, and doesn't come with all of those other side effects.

Ultimately, our kids need smart parents, not smart phones.

*What do you think? Are kids today in need of a phone? Or should they be able to survive without one.*



# ACCELERATED PROGRAM

At South Oakleigh College we are committed to providing a learning environment where every student can excel. We support individual student needs to achieve both academic and social success. The Accelerated Program is designed to challenge and extend high-achieving students. The aim of the program is to develop higher-order thinking skills so our students gain a deeper understanding of topics studies in Mathematics, English and Science. We cater for students who have displayed particular strengths in lateral thinking and problem-solving, while providing them with the opportunity to work with like-minded peers.

### Selection Process for Year 6 Students

Entry into the Accelerated Program is through a selection process which assesses student aptitude in Maths, English & Science.

### Important Dates for Year 6 Students

Open Night:  
Thursday 29 April 2021  
Doors Open at 6.00pm  
Information Session: 6.30pm  
Venue: South Oakleigh College

Accelerated Program Applications Due:  
Friday 28 May 2021

Test Date & Cost:  
Saturday 5 June 2021  
Venue: South Oakleigh College Cost: \$40

Scholarship Program Closing Date:  
Friday 28 May 2021

### Application Process

Applications for the accelerated program are to be submitted Online through the EdUtest registration link found on the South Oakleigh College website.

### Accelerated Class Structure

Students are grouped in separate Classes for Mathematics, English and Science. This allows students to interact with their peers without compromising their social development and friendships.

The Accelerated Mathematics, English and Science classes are blocked at the same time as mainstream classes. This provides an opportunity for high-achieving students performing exceptionally well to move across to the accelerated classes, based on the recommendation of their teacher and the results achieved in their assessments.

### Opportunities in Senior School

- Access to a diverse range of VCE subjects
- Access to University Extension programs
- Extensive support to ensure health and wellbeing



www.sosc.vic.edu.au  
Telephone: 03 9579 2322  
Bakers Road Oakleigh South VIC 3167  
Email: south.oakleigh.sc@edumail.vic.gov.au



# SOUTH OAKLEIGH COLLEGE OPEN NIGHT THURSDAY 29TH APRIL 2021

Doors Open at 6:00pm  
Information Session begins at 6:30pm

Applications for Year 7 Accelerated Program close on Friday 28 May 2021



www.sosc.vic.edu.au  
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Themes  
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Secondary  
education



Hailbury  
- refer pages 28, 29  
& back cover  
John Monash Science School  
- refer pages 32 & 33

Photo provided with the compliments  
of Scoreaby Secondary College  
For further information refer to pages 2, 3, 68 & 69

**Important information for parents**

In 2021 many parents will still need to make decisions regarding their child's education for 2022 and beyond.

To assist your decision making in relation to your child's education for 2022 and beyond, please find below a link to the 84 page February 2021 edition of the **Secondary Education Guide**.

**CLICK HERE:**  
<https://victoriасchoolguides.starcommunity.com.au/secondary-education-east/>

# DRAGONS ARE ALL FIRED UP FOR 2021

## PLAYERS WANTED

**BOYS' & GIRLS' TEAMS FROM U8-U18  
PLAYERS OF ALL ABILITIES WELCOME  
GREAT FAMILY FRIENDLY CLUB**



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**GENERAL ENQUIRIES**

President - Pat Heverlin 0402 905 198

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