



DATES TO REMEMBER

Term 2 2021

Monday 19 April to
Friday 25 June

June Friday 18	Years 5 & 6 Inter school sport Gala Day
	Last Day for Pizza orders
Monday 21	Student Reports on Compass
Wednesday 23	PACC Pizza Day
	2.00 to 7.00pm Parent/Teacher Interviews Prep D only
Friday 25	Last Day Term 2 Dismissal 2.30
July Tuesday 13	3.45 to 7.00pm Parent/Teacher Interviews
Wednesday 14	3.45 to 7.00pm Parent/Teacher Interviews
	Divison Cross Country ~ selected students
Thursday 22	Regional Cross Country ~ selected students
August Wednesday 4	Secondary Placement confirmation to families
Tuesday 10	2.30 School council finance meeting

FROM THE PRINCIPAL'S DESK

It's Great to be Back!

It has been wonderful to welcome our students back to school this week and to see their happy and smiling faces.



The students I spoke to on Friday said they really missed their friends and teachers, and were so happy to be back at school.

There was a really buzz in the air on Friday, and I noticed that many parents had a relieved look on their faces as well.

Our teaching and support staff were very excited themselves, and pleased that we could get back to the familiar and safe routines of school life.

I want to say thank you to all staff, parents and carers for your ongoing support and cooperation during these challenging times. We all hope that we don't have to move back into the remote learning environment again, but we approach this with confidence knowing we can rely on the great partnerships between our teachers and parents. Two weeks of remote learning is a long time, and its tiring work for everyone involved, but together we continue to make it work as best we can.

Arrival Time at School



Just a reminder to everyone, that children should not be arriving at school before 8.45am. Before this time there is no yard duty supervision or supervision outside of the gates.

If the weather is wet it's not always possible to let children in until teaches are in their classrooms.

End of Term

The school term will conclude on Friday 25th June.

The end of term assembly (via WebEx) will begin at 1:45pm.

The school office will be closed from 3pm.

School will resume on Monday 12th July.

Mid-Year Reports – Information for Parents

Our teachers have been very busy in the past few weeks analysing mid-year assessments and writing student reports. Like most schools in Victoria, our reporting process includes two formal reports, one at mid-year and one in December.

It takes many hours to prepare these reports, and our aim is to make sure they are easy to understand and provide a clear indication of each child's progress when assessed against the Victorian Curriculum.

The report includes a table showing the current progress in a range of curriculum areas, a written comment related to personal qualities and two further more detailed tables for English and Mathematics to show children's progress in recent learning.

Reports are also included for each specialist program, with a description of the learning focus, and comments regarding children's progress.

A sample of the table showing progress against the Victorian Curriculum is included below.

Information about Parent Teacher Interviews was sent via Compass on Tuesday.

Learning Area		Level 3	Level 4	Level 5	Level 6	Level 7
English*	Reading and Viewing				●	
	Writing				●	
	Speaking and Listening				●	
Mathematics*	Number and Algebra				●	
	Measurement and Geometry				●	
	Statistics and Probability				●	

The blue dot indicates your child's progress at school. In this example, the child is achieving at the expected level. When the dot is on either side of the yellow band, the child is achieving at the expected level. A dot placed above the band shows when a child is above expected or below the band when achieving below expected.

STARS OF THE WEEK

1/2P	Sean	For being a kind and caring member of our grade.
	Donna	For contributing well in our Webex lessons.
5/6S	Eleen	For demonstrating the Golden Rule by treating others the way you want them to treat you.

It's Men's Health Week

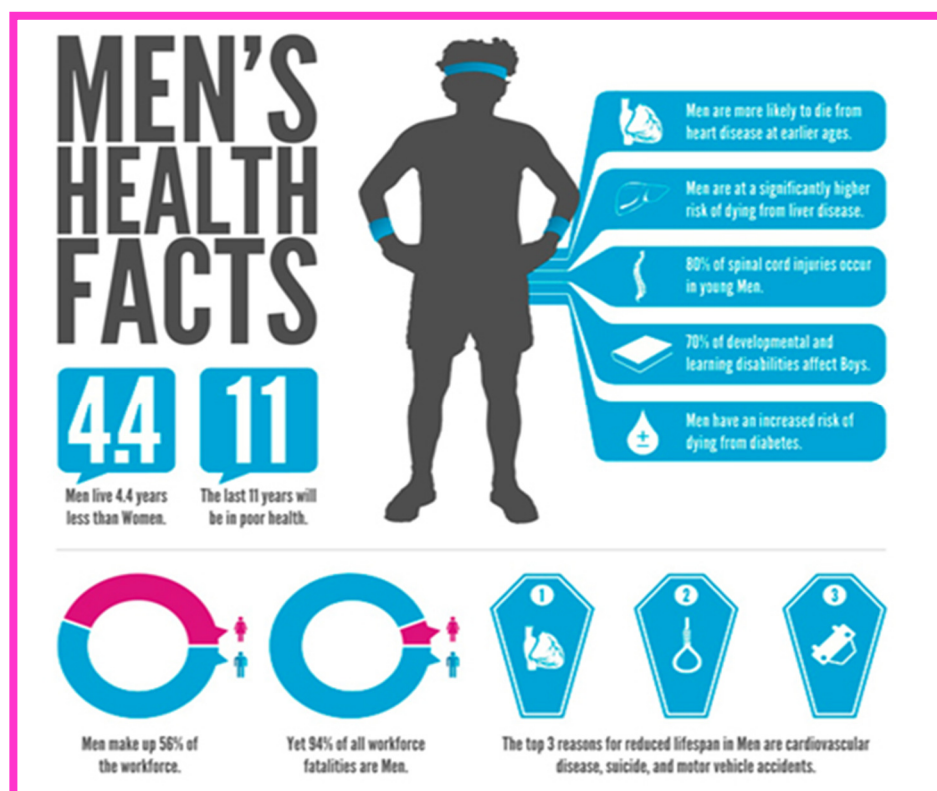
There's lots of special weeks these days, and in 2021 I wanted to share this one with all of the dads, granddads, step dads and uncles who might be connected to Clarinda PS.

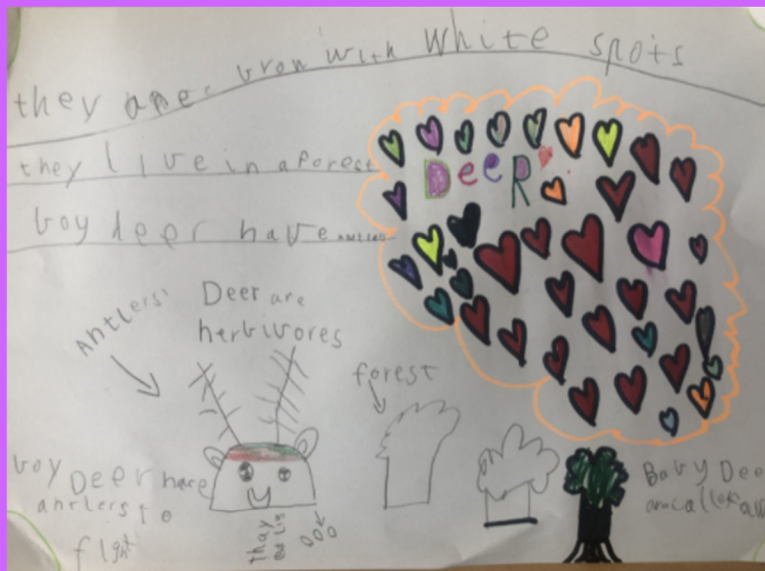
In the busy world we live in it can be really hard to find time to think about your own health, so here's a bit of a starting point. Held from Monday 14 June to Sunday 20 June, Men's Health Week provides the opportunity to learn about men's health issues and take action to help improve health outcomes for men.

Did you know that men are typically at higher risk of serious health outcomes, many of which are preventable with early intervention and diagnosis?

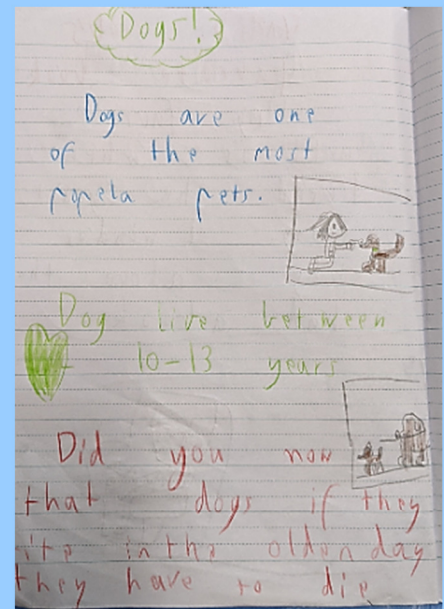
Below are links to a number of resources to promote men's health and wellbeing.

- ♦ the [Healthy Male](#) website, for resources, tools and information about men's health
- ♦ the [Men's Health Information and Resource Centre](#)
- ♦ the [Head to Health: Supporting yourself - men](#) website
- ♦ [Beyond Blue](#), for information on depression and anxiety, advice for new dads and taking action to make positive changes
- ♦ the [Better Health Channel](#) website
- ♦ [MensLine Australia](#), a free online counselling service and forum for men available by phone: 1300 78 99 78 or online chat. Available 24 hours a day, seven days a week
- ♦ [Dads in Distress](#), a peer support network for separated dads. Available Monday to Saturday, 8:30am to 5pm by phone: 1300 853 437
- ♦ [SANE Australia](#), providing support for people living with a mental illness. Available 10am to 10pm, Monday to Friday, by phone: 1800 187 263 or live chat

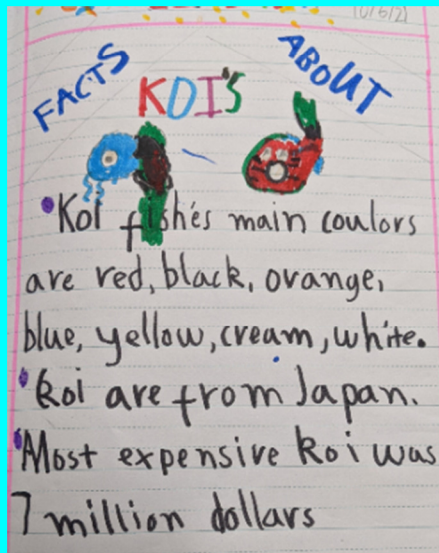




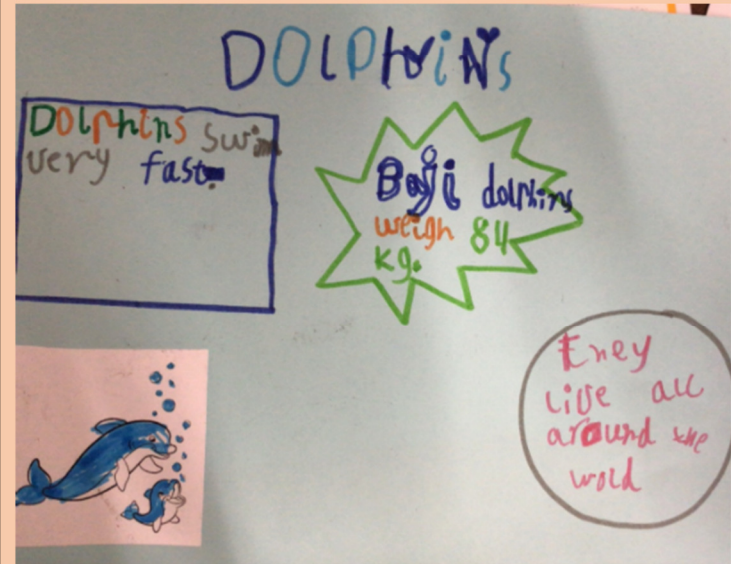
DEER by Georgia



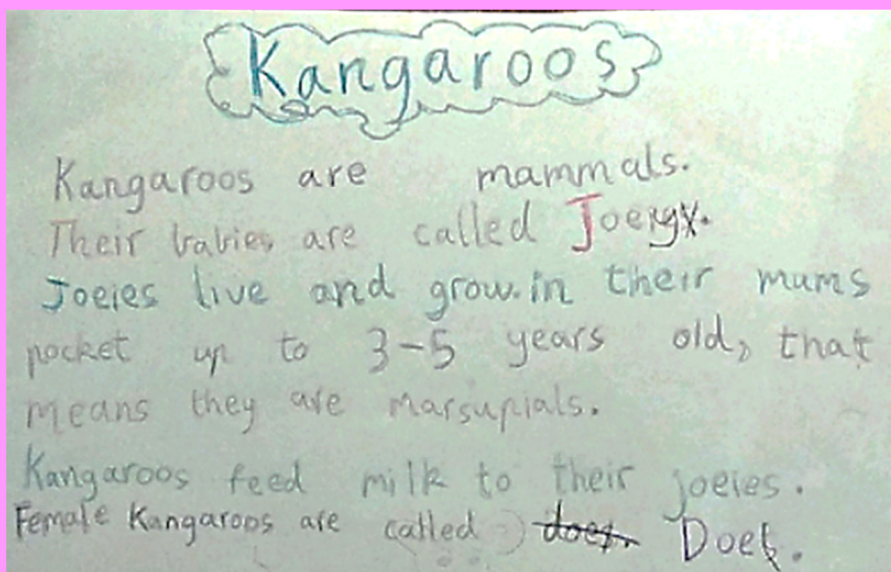
DOGS by Amy



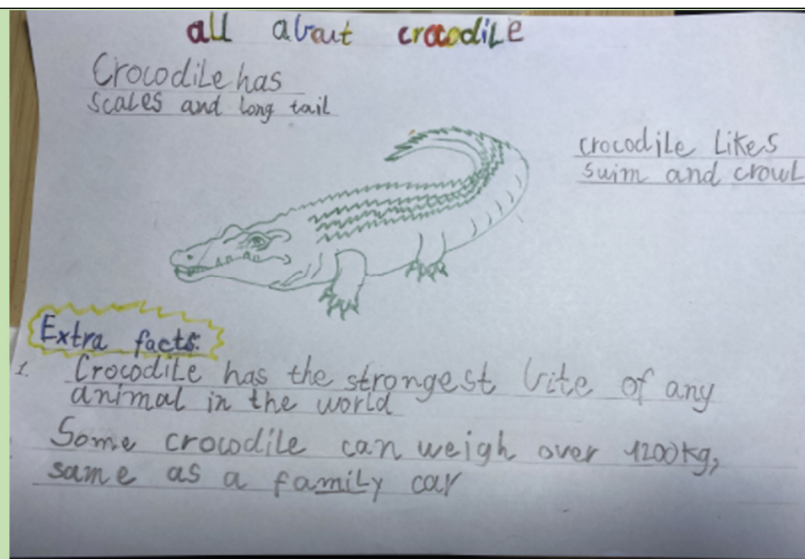
KOI FISH by William T



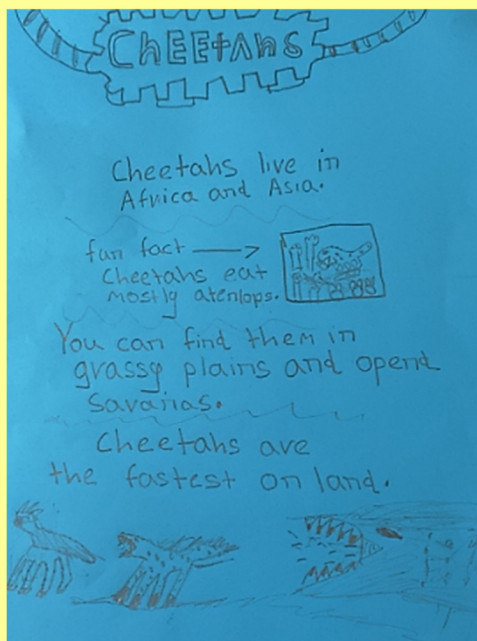
DOLPHINS by William R



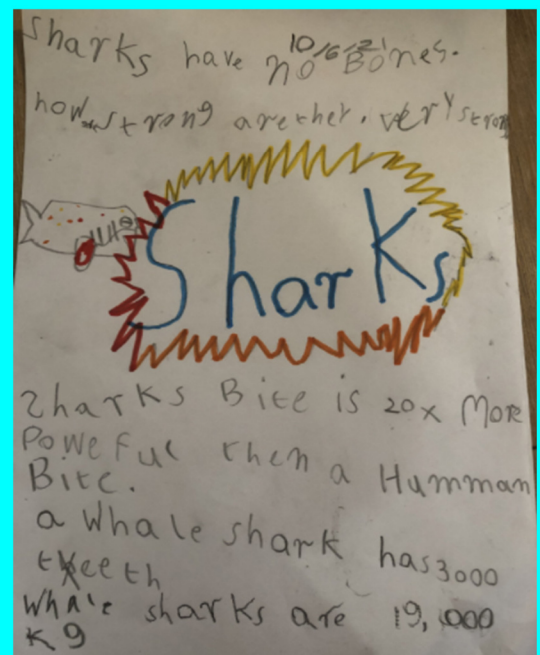
KANGAROOS by Nivy



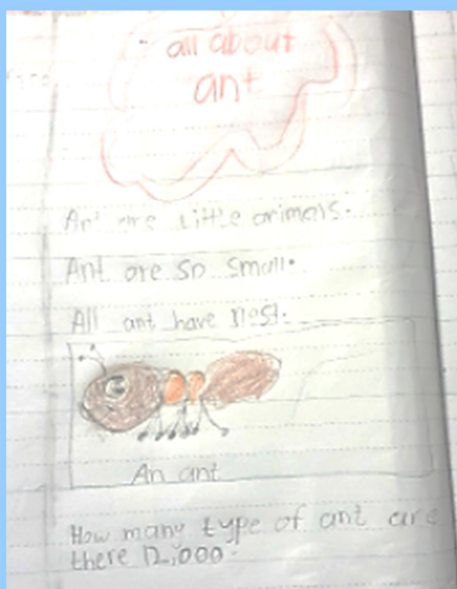
CROCODILES by Max



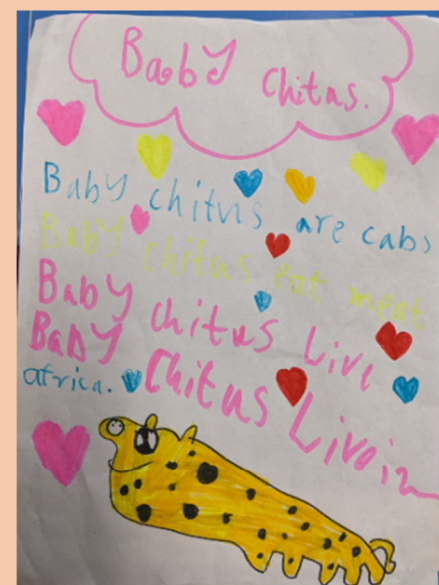
CHEETAHS by Reyansh



SHARKS by Quinten



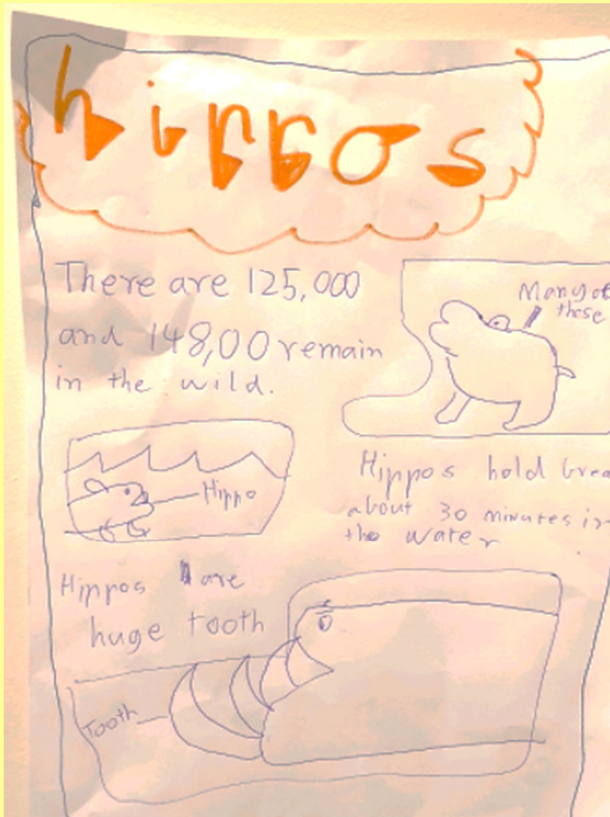
ANTS by Imani



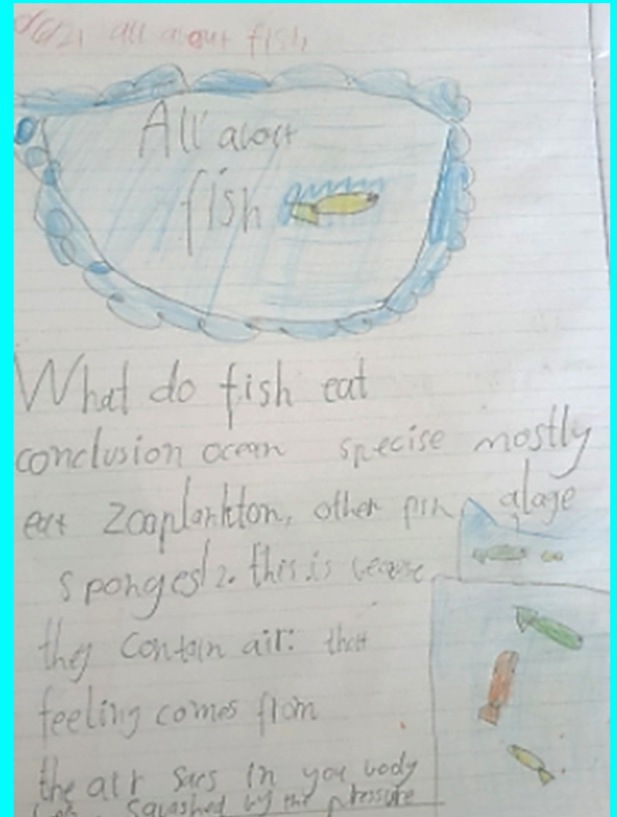
CHEETAHS by Solenn

Grade 1/2M

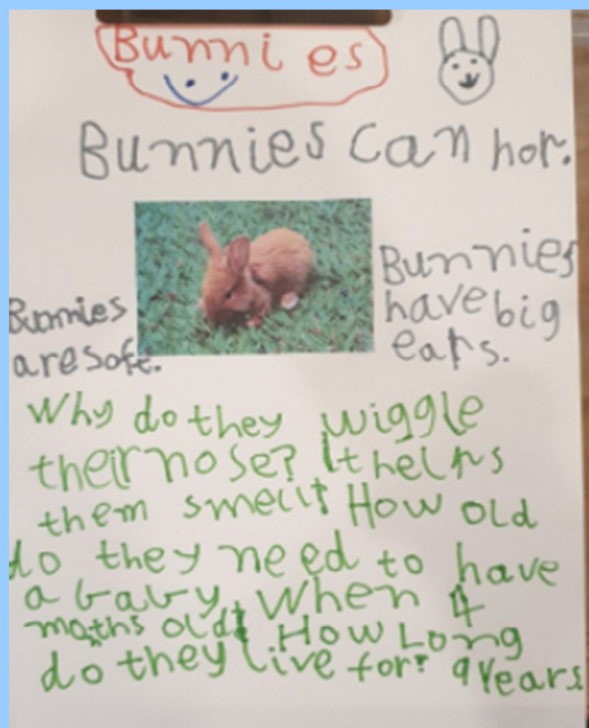
As a part of our nonfiction literacy unit, we made posters during remote learning.



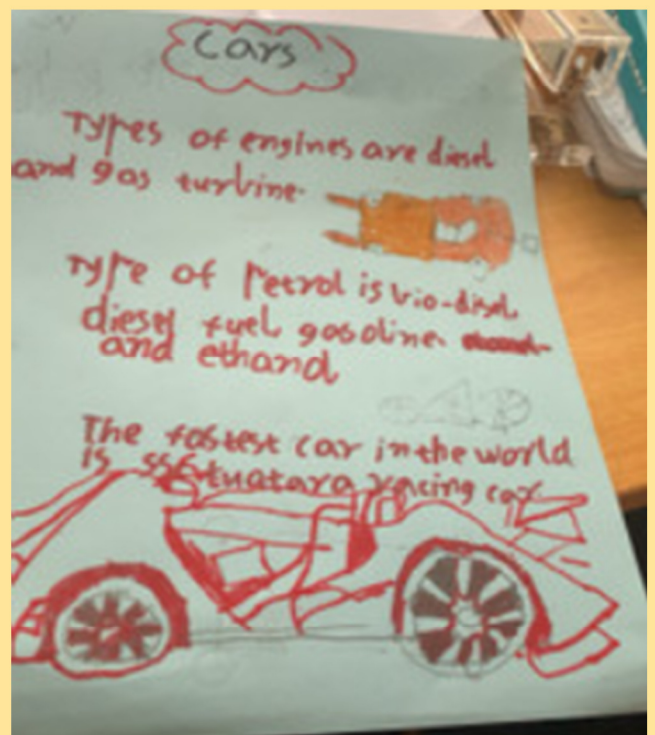
HIPPOS by Sunjae



FISH by Dylan



BUNNIES by Oscar



CARS by Dean

Family Wellbeing – Ali Hardaker – School Chaplain

Feel, rest and play

Building character

Not long ago, I heard parenting expert Adrienne Wood talk on raising resilient kids. It got me thinking – and I realised that nearly every family that comes along to family coaching wants resilient children. It's a real buzzword in the parenting space these days. We parents talk about resilience a lot (I definitely do, I've used it in three out of the last four sentences).

Read more

Resilience and how to help children grow it ~ The importance of giving things a go ~

What children need to feel secure ~ Most parents want their kids to be successful.

Adrienne draws on principles from Canadian Psychologist Gordon Neufeld. His thoughts around resilience are challenging and game-changing for parents. There are different ways of talking about resilience. If we're not careful, resilience can be a code word to describe how we really just want our kids to tough it out after a setback. Most parents want their kids to be successful. We want them to be able to handle a setback and still fire without fuss. But that's not what real resilience is.

Real resilience

Real resilience is something quite different to 'toughing it out' – in fact it's a lot noisier and messier than that. Adrienne shared that, "Real resilience is about returning to optimal functioning after a setback." Another way to describe optimal functioning, is the ability to remain soft-hearted.

Resilience looks like us making it back to a good place after hard things happen.

Let's take the parenting lens off for a second – and think about what resilience looks like for us too, as adults. Resilience looks like us making it back to a good place after hard things happen. But you can't return to a place you've never been before. So, how do we help our kids to have a foundation of emotional health?

The triangle

We can't have a resilient response without having known resilience to start with. Adrienne encourages us to think about resilience as looking like a triangle. I'm a visual learner, so this helps me a lot.

In simple terms, resilience is about three key elements (just like the three sides of a triangle) – feelings, rest, and play. When a person (of any age) is full feelings, full of rest and full of play, they're thriving.

Feelings

True resilience starts with feeling your feelings.

True resilience starts with feeling your feelings. Emotional health is noisy. It often involves lots of squawking, complaining, frustration, opinions, being upset and annoyed. A child who is emotionally healthy is making noise about what's going on in their world. Having the freedom to express their feelings and have them heard and responded to, goes a long way in growing resilience.

The opposite of a noisy child, is a quiet, unresponsive or withdrawn child who is internalising their frustration. Although the quiet is rather pleasant for us as parents most of the time, it can also be a troubling indication that there's a whole lot of shut down going on. Silence can be playing quietly and confidently, or it could be building a wall to hide behind or as Adrienne puts it 'having a defended heart'. To be emotionally healthy, we need to feel deeply. As parents we need to help our kids unlock their difficult feelings in a really healthy way.

Rest

We need to give ourselves the same permission to stuff up occasionally too.

On the right side of the triangle, we've got rest. My colleague Jenny Hale writes, "A child who always strives to do right in every single area, is almost always an exhausted child." We need to create spaces for our children to make mistakes and relieve them of the pressure of getting it right one hundred per cent of the time. Note to self – we need to give ourselves the same permission to stuff up occasionally too.

When a child isn't resting in our love, they have to be constantly working hard to get our attention and affection. This creates a restlessness and anxiety in them. When everyone in the family is busy with this, that and the other thing – a child can sometimes need to over-work to get their parent's attention. Sometimes what parents deem to be bad behaviour is just a child saying "Look at me, here I am. Meet me." Allowing a child to rest in your time, love and attention has everything to do with developing resilience.

Play

The other side of the triangle is play. Play only emerges when we've had our feelings heard and we've had enough rest. So we start with the feeling, we find the rest, and then this amazing thing called play emerges. Play is what we were born to do, a spark of curiosity and creativity brings us to life. Play is where we lose track of time, it's not outcome based and it's energising.

Our attention and our affection are like fuel for our kids. Like a good solid meal, when our kids are full up of being seen, heard and understood by us, they have the capacity to venture out to explore and engage fully with their world. The opposite of play is emotional hunger, where our kids are so busy craving to have their needs met that they can't access their imagination or creativity. Our kids need to play deeply for true resilience to emerge.

It's not about lack of adversity

Maybe the most important thing you'll read today is that being resilient is not dependent on a lack of adversity. I think that's one thing that as parents we get really caught up with. We try and smooth the way for our kids to have a resilient kind of life experience. Resilience has nothing to do with a sweet life. Kids that experience enormous adversity can show some of the most phenomenal resilience. Why is that?

There's a lot of research about resilience. What most of it points to, is that the ability to return to a healthy place ultimately depends on just one thing – the presence of a safe, trusted and responsive adult.

Resilience equals relationship, it's actually that simple.

I love that idea. It's unhooked from a perfect white picket fence life. A child just needs one safe and healthy attachment for this resilience to emerge. Resilience equals relationship, it's actually that simple.

I'm hosting an event on August 1 on raising resilient kids, and I'd love to see you there.

Adrienne is a presenter, writer and parent consultant who draws on the theory of Canadian Psychologist, Gordon Neufeld. You can find out more about her work at heartsync.co.nz.



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clarindaps.vic.edu.au



Who can attend:

Primary School Children

General Information:

We believe in giving children opportunities to do the things they love and enjoy in a supportive and encouraging environment. Our friendly staff are passionate about working with children. They are provided with training on behaviour management techniques, first aid and activity planning/delivery.

What do you need to bring: Appropriate clothing, jacket or sweatshirt, hat, drink bottle and food for morning tea, lunch and afternoon tea.

Food:

Please bring plenty of packed food and drink for morning tea/lunch/afternoon tea. Lunch will be from approximately 12.30pm to 1.30pm each day.

Programme activities:

Programme activities are adapted to suit children of all ages and children may be grouped by age depending on numbers.

Programme activities may vary without notice dependent on weather conditions and programme numbers.

Payment details:

Payment is required upfront within 2 hours of your booking. A receipt will be issued when a completed booking is received. All details will be included on the receipt.

Please note:

Every care will be taken to ensure the safety of your child/ren and their property. However, organisers of Kelly Sports accept no liability for any injury sustained to your child/ren or any loss or damage to his/her property whilst on the programme.



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WINTER SCHOOL HOLIDAY PROGRAMME

HOLY FAMILY PARISH MOUNT WAVERLEY

WEEK 1

Mon 28th June



BASKETBALL MANIA

Do you love basketball? Dribble, zig zag, shoot and slam dunk your way into our Basketball themed day. We will also include Netball, and plenty of games the kids will love!

Tues 29th June



AMAZING RACE

Work together to complete challenges, find clues and score goals during our Amazing Race. Teamwork is key. Today will also include Soccer and AFL.

Wed 30th June



DODGEBALL DAY

Dodge, duck, dip, dive and...DODGE! Our Dodgeball Tournament is back. Our friendly competition will help improve your throwing and catching skills!

Thurs 1st July



FOOTY COLOURS DAY

Show off your AFL/NRL or A-league team colours with confidence and pride at our Football codes day. You will be sure to get a kick out of our activities!

Fri 2nd July



BIG BASH SMASH

Four! Six! OUT! What a catch! Join us at Kelly Sports for our Big Bash Tournament. Stretch out your batting arm and show us how far you can hit the ball!

WEEK 2

Mon 5th July



SUPER SPORTS STARS

Come to Kelly Sports in your favourite sports uniform! Wear your favourite teams colours with pride as we participate in a range of sports and activities.

Tues 6th July



KIDS OLYMPICS

While we have the olympics coming up at Tokyo, we have decided to do our own. Get ready for some running, jumping, throwing and all the other Kelly Sports events we have in store!

Wed 7th July



COMPETITION DAY

Try your luck with many of our fun challenges and earn prizes! Paper aeroplane, colouring, quiz and sport challenges await!

Thurs 8th July



DISCO PARTY

Do you love to dance? Do you love to sing? Our Disco Party is back with all of our favourite songs and dancing challenges. Bring your dancing shoes!

Fri 9th July



KIDS CHOICE

Today we are handing things over to the kids! They get to choose what sports we will be playing! Get your thinking caps on!

FIVE DAY DISCOUNT: \$220
Mon - Fri 8:00am - 5:00pm

FULL DAY: \$50
8:00am - 5:00pm

HALF DAY: \$30
Morning 8:00am - 12:30pm
Afternoon 12:30pm - 5:00pm

*Please note, sports listed on the schedule are the main activities, however, other sports and activities will be played each day as well.

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