

DATES TO REMEMBER**Term 2 2021**

Monday 19 April to
Friday 25 June

June Friday 4	CURRICULUM DAY No students required at school
Monday 7 to Thursday 10 inclusive	Remote Learning at home
Tuesday 8	2.15 School Council finance meeting via WebEx
Friday 11	Gala Day Camp deposit due
Monday 14	Public Holiday
Tuesday 15	7.00 School council meeting
Thursday 17	Incursion Responsible Pets
Friday 18	Years 5 & 6 Inter school sport Gala Day Student Reports on Compass Last Day for Pizza orders
Monday 21	Parent/Teacher Interviews
Tuesday 22	Parent/Teacher Interviews
Wednesday 23	PACC Pizza Day
Thursday 24	Prep Incursion Taskworks
Friday 25	Last Day Term 2 Dismissal 2.30

FROM THE PRINCIPAL'S DESK

It is quite surreal that we are writing this newsletter in a lockdown and with our students once again undertaking remote learning.

The speed in which this breakout has occurred was quite shocking and shows the difficult predicament we are in at this stage of the pandemic. One of the most important things for each one of us at the present time is to ensure that our mental health and wellbeing remains a priority.

One of the greatest pieces of advice that we have received when working with our own mental health is the following:

'A problem shared is a problem halved.'

We encourage everyone in our community to reach out to someone and check on them. Just asking if someone is "okay", can lead to a conversation where someone opens up about how they are feeling and starts a helpful dialogue.

We also encourage all families to monitor their participation in the remote learning program and do what is achievable.

As a school, we will provide everything you need to participate in the learning experience.

It is each family's decision to do what works best in their homes.

If you do feel that you need further assistance or help, please do not hesitate to contact Katelyn or myself:

clarinda.ps@education.vic.gov.au

Furthermore, we do encourage any students, parents or families who require assistance during this lockdown period to contact the organisations listed below.

Please do not hesitate to contact one of us to see if we can assist you in finding an appropriate organisation or group.

R U OK? <https://www.ruok.org.au/>

Parentline: <https://www.education.vic.gov.au/parents/services-for-parents/Pages/parentline.aspx>

Kids Help Line <https://kidshelpline.com.au/>

Beyond Blue <https://www.beyondblue.org.au/>

Life Line <https://www.lifeline.org.au/>

Please take care and we hope to see you all back at School on Friday, 11th June.

See you around the school - Robbie Mallett, Principal



GYMNASTICS CHAMPION

Diana K. is the proud winner of the Aurora Cup.

The competition is held between Gymnastics Clubs (Level 3 girls).

"It's a great achievement for her and she is a very excited.

We are very proud of her and believe that this is a great result for our daughter and the students of Clarinda Primary School." Valery K.

Well done Diana and good luck for the future.



Family Wellbeing – Ali Hardaker – School Chaplain

5 Ways Anxiety Harms Learning and 8 Things Parents Can Do to Help

by Melbourne Child Psychology & School Psychology Services, Port Melbourne

There is an 'epidemic of anxiety' among Australian children. And many experts are attributing this to increasing pressure at school.

But when it comes to school and anxiety – it can be a case of:

What came first, the chicken or the egg?

How and why childhood anxiety develops is not the most important issue at hand, though.

What's important is that it's identified and addressed as soon as possible.

Because anxiety doesn't discriminate.

Anyone can experience anxiety, and any number of things — or combination of things — can cause or trigger it. And childhood anxiety can affect all areas of a child's life.

It can have negative effects on social, physical, emotional, AND learning performance.

In 2015, research showed that 6.8% of Australia children suffered from an anxiety disorder.

And all signs point to these numbers growing.

So how does anxiety affect learning?

1. Anxiety may make a child uncomfortable in the school environment.

This discomfort is distracting...

It gets in the way of their concentration, and their ability to learn.

2. Anxiety affects working memory — our ability to hold information in our minds for short periods, in order to do something with it.

Think about it: if we can't remember the passage we've just read, how can we respond to it?

3. Anxiety makes thought processing less efficient.

Again, it makes sense: if we're distracted by being anxious, how can we concentrate?

This can lead to a student falling behind in class...

And their anxiety often stops them from asking for the help they need to catch up.

4. Anxiety can be hard to detect.

Particularly in the early stages, a child may be very anxious one day and not at all the next.

Unlike other issues that affect learning, this inconsistency makes it hard for teachers and parents to figure out what's getting in the way of learning.

5. Anxiety can lead to avoidance — of school or homework.

This leads to falling behind in class, and makes the anxiety about school even worse.

So if school is making kids anxious, and their anxiety is making them perform worse at school...

How can parents help? Anxiety is not a life sentence. It can come and go, and it can be treated.

But [early intervention is vital to stopping anxiety from getting worse...](#)

And this means giving kids the tools and strategies they need to deal with anxiety and stress – now and in the future. So be on the lookout for the [warning signs of anxiety.](#)

Start at home:**1. Develop a solid, consistent and productive family routine.**

This offers familiarity and dependability, which makes kids feel safe and secure.

2. Talk to your kids about school (and everything), often.

This will help you to suss out when they may be struggling...

And it will make them feel comfortable to talk about it with you when they are.

3. Practice mindfulness.

Even for just a few moments a day.

Switching off from the world (and from screens, in particular), gives people of all ages some time to just 'be'.

And with a little practice, it becomes a life skill that can be used anywhere, anytime, particularly in panicked moments (like exams).

4. On that note, limit screen time.

Many researchers are finding links between social media use and childhood mental health issues.

You can't stop your kids from using social media, but you can encourage healthy habits.

Start with 'no screen zones', like during meals or in the car.

5. Make sure they are getting enough sleep.

A lack of sleep exacerbates anxiety...

And it inhibits kids' ability to concentrate the next day at school.

This is another good reason to introduce no screen zones — phones keep kids awake and alert for longer.

6. Be engaged with their schooling.

With so many kids in each class, it can be easy for problems to slip through the cracks.

Don't expect their teacher to be able to pick up everything, whether it's an anxiety issue or a learning difficulty.

Reading with your kids, watching them with their homework, asking about their day at school...

All these things will help you to know if there's a problem, or if they need some extra help.

7. Praise effort, not results.

Kids put enough pressure on themselves when it comes to grades.

Help to ease their anxiety about marks by taking the pressure of final results, and instead encourage and support the **process** that goes towards getting them.

This will ease their anxiety AND help them to become more resilient and motivated in the face of failure or setbacks.

8. Seek help if they — or you — need it.

Tackling these challenges alone can be hard, especially with multiple kids...

And the reality is you don't have to solve every problem by yourself.

Consider having a chat with an independent expert, such as a child psychologist with postgraduate training in Educational & Developmental Psychology.

The right psychologist can not only help a child through difficult times...

They will empower them with the tools and "life skills" they need to help themselves.

So if you think your child might benefit from some extra help outside of the school environment?

Please feel free to get in touch. Ali Hardaker—9544 3231 (Monday & Wednesday).

STARS OF THE WEEK

Prep Y	Niketh	For using sentence fluency in his writing by using a mix of both long and short sentences
1/2P	Nicholas	For pursuing his personal best with his writing
1/2M	Hailey	For her wonderful effort in publishing her writing this week
1/2L	Lasya	For asking questions when she is unsure and dealing with challenges in a positive way
1/2K	Sanath	For being a hard working student with great manners
3/4D	Niki	For pursuing her personal best with all maths tasks and giving her best effort
3/4Z	Sean	For being brave and participating in the Life Education program. Great effort!
3/4T	Harry	For striving to achieve his personal best and always challenging himself with work tasks
5/6E	Nikki	For pursuing her personal best when creating an engaging and informative Book Talk



TIME TO ENROL FOR 2022

It is now time to enrol your pre school child to start school in 2022 ~ your child must be 5 years old on or before 30 April 2017.

Call into school and pick up an enrolment form or download one from our website:
www.clarindaps.vic.edu.au.

PLEASE ENROL BEFORE 30 JUNE 2021



Guiding children's growth

Enriching Outside School Hours Experiences

At Camp Australia we guide children's growth before school, after school and on their holidays. Our engaged educators foster a safe, inclusive environment where the children can relax, have fun and grow.



What is OSHC?

OSHC stands for Outside School Hours Care. An OSHC service provides education and care for primary school-age children (generally aged 5 to 12 years) outside school hours and during school holidays. Depending on your school, it can cover Before School Care, After School Care and Vacation Care.

At Camp Australia, our vision is 'To support families in achieving their dreams' and to do that we take a unique approach to OSHC based on over 30 years of experience.



Tailored programs that children love

Our passionate educators observe and engage your child when designing the experiences they can expect in our service. Our tailored programs provide enrichment and enjoyment, and are centred around learning outcomes.

OSHC is a great place for your child to meet new friends and bond over shared interests. We design programs that bring children together so they can connect and grow outside school hours.

At Camp Australia, we understand that term time and holidays are two very different times in a child's year, so we have made a clear distinction in our service offerings.

Your OSHC by Camp Australia provides enriching experiences for children during term - before school, after school and on pupil free days.

At Your OSHC we give children a supportive space to continue their development, build confidence and socialise with their friends.

Rocketeers by Camp Australia takes children on extraordinary adventures during their school holidays. The holidays are a child's time, and our exciting and varied Rocketeer's programs ensure that your child has the best school holidays.

The most engaged Educators in OSHC

Our educators are passionate about inspiring children. Supported by a national team of specialists, they focus on providing a safe environment where children can learn, play and connect.

Encouraged to bring each of their own skillsets and passions into their services, they provide a stimulating and tailored experience.

Easy, hassle-free care

Camp Australia's flexibility provides families with care, how and when you need it. Your OSHC Before School Care starts early in the morning, and After School Care goes into the evening and our Rocketeers school holiday programs run all day - so you can work around your life schedule.



Your OSHC.

OSHC that inspires.

Every program is tailored to the likes and interests of each child in our service. Our educators design experiences that will inspire your child's confidence, independence and imagination.

At Your OSHC, we provide enriching experiences that bookend your child's school day.

In any one week, children could be participating in science experiments, active play, creative expression and more - we believe in learning through experience so that each child can grow into who they want to be.



Enriching and Tailored Programs

Every experience with Camp Australia is tailored to the unique children in our service. Underpinning these activities is Camp Australia's approach – the CA Way. Supported by frameworks such as My Time Our Place and The National Quality Standards, the CA Way is a structured approach to bringing programs to life – resulting in positive childhood experiences for children, and their subsequent learning outcomes.

To us, OSHC is a deliberate environment to guide children's growth. Every session offers children the choice between different experiences including Sports, Construction, Art and Craft, Homework, Mindfulness and Games.

To find out more, speak to the Coordinator at your service who will be happy to take you through the detailed program for the service and answer any questions you may have.

For more information about the fees and times at your service you can also visit campaustralia.com.au and search for your school's service page.

At Your OSHC, each term we also have at least one feature week like National Science Week, Your Creative Kids art week or National Recycling Week, and every holiday is a new mission at Rocketeers with showcase activities that will excite your child.

To find out more, speak to the Coordinator at your service who will be happy to take you through the detailed program for the service and answer any questions you may have.

For more information about the fees and times at your service you can also visit campaustralia.com.au and search for your school's service page.

Food at Your OSHC and Rocketeers

Camp Australia provides children with a yummy, nutritious breakfast to make sure they start their day the right way, and a healthy and tasty afternoon snack to fuel young minds. As we cater to the likes and needs (dietary, religious and other) of the children in our service, every menu is different.

We're also passionate about cooking ensuring that, where possible, we try to incorporate at least 2 cooking experiences into our programs every week.

ROCKETEERS Extraordinary Holiday Adventures

The holidays are a child's time and Rocketeers is a space for children to escape the ordinary and experience the extraordinary during their school holidays.

Every school holiday break is a new mission for children to embark upon. Directed by the children, informed by family feedback and designed by our dedicated holiday crew – no two days are the same with Rocketeers, with each day of the mission encountering new and exciting adventures that children love.

The Rocketeers experience is all about variety. Any given day could see your child competing in a sports carnival, cooking up a storm, experimenting with science and getting hands-on with construction.

To attend, your child doesn't need to be a student at the school where we operate. Visit www.campaustralia.com.au to find a Rocketeers location near you.



Registration is FREE!

To attend our care, families must register their child.

Why? Registering your child means we have all the information we need to safely care for them. So, we recommend all families to register an account with us. That way, if you ever need us, you just have to book a session, as we already have all the documentation we need from you.

To register, visit campaustralia.com.au. When starting your registration process, please consider:

- Do you have a Customer Reference Number (CRN) from the Department of Human Services?
- Does your child have any medical certificates/ documents?
- Medical information - do you have details of your family doctor?
- Do you have any Court Order documents?

Also ensure:

- You have your payment details at hand
- You have your Child Immunisation Certificates ready to upload

But don't worry, you can always resume your saved registration at a time that suits you.

We recommend to always book in advance.

To secure your children's spot, we encourage you to make your bookings in advance. As we operate a childcare service governed by the Education and Care National Law and Regulations, we can only operate our services within Educator to child ratios and licensed space. The more notice we have on bookings, the better able we are to staff the service to meet your needs.

It is easy to make and manage your bookings 24/7 through our Parent Portal or Parent Portal smartphone app. Simply log onto pp.campaustralia.com.au or head over to your native app store and search for Camp Australia.

Alternatively, you can call our friendly Customer Care team on 1300 105 343. The team are available from 9am - 9pm, 7 days a week - Except National Public Holidays.

Child Care Subsidy

Did you know you can reduce the cost of care with a Government subsidy?

We strongly recommend you apply for the Child Care Subsidy (CCS) to determine whether you're eligible. Your eligibility for the subsidy is determined by:

- Your family's annual adjusted taxable income
- An activity test
- The type of childcare service

To find out if you are eligible, simply log into MyGov and complete your Child Care Subsidy Assessment.

Fees and Times

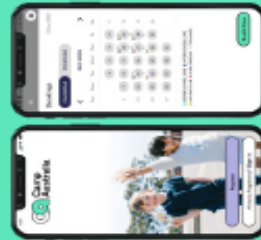
To find out about the fees and operating hours at your service, please visit our website at campaustralia.com.au and search for your school.



The Parent Portal app

Our industry leading Parent Portal app gives you complete access to your Camp Australia account.

Featuring a simplified booking process, easy-access billing and the ability to update your and your child's details - it's unparalleled access at your fingertips. Download the app now on the App Store or get it on Google Play.



- Simple booking calendar.
- Stress-free billing.
- Manage your account with ease.
- Contact your service with one touch.

