

FROM THE PRINCIPAL'S DESK

There is already a positive buzz around school through student play and learning as can be seen by the happy smiles on our students faces. Some of the many things that sets CPS apart from other schools is our student wellbeing program, with key features of this being the Chaplaincy Program, Speech Pathologist and Play is the Way.

It has been wonderful visiting classrooms, having the opportunity to talk with our students about their learning and their interests. Across the school, the students have had input in setting up expectations and learning communities, focussing on the importance of our school values in and outside of the classroom. Our students are developing an excellent understanding of what these values 'look like, sound like and feel like' through role playing, explicit teaching and feedback.

Our school values embrace the pursuit of excellence by:

- ♦ Honouring our past
- ♦ Embracing our present
- ♦ Building our future

At Clarinda Primary School we:

- ♦ Care
- ♦ Achieve
- ♦ Respect
- ♦ Excel

Clarinda Primary School

2023 Prep Open Morning





- OPEN CLASSROOMS
- MEET THE PREP TEAM
- BBQ & COFFEE VAN
- KIDS RIDES
- BALLOONIST

register here



Saturday 5th March

10am - 12pm

#WELCOMETOTHEFAMILY



FROM THE PRINCIPAL'S DESK *continued from previous page*



The Big Show Colour Run

We will be holding the *School Fun Run* as a major fundraising event this year on **Thursday 10th March from 4:30pm-5:30pm**. We're doing it to raise much needed money to **Raise the Playground** (on the Elder Street Oval)

About the Day

The *School Fun-Run BIG SHOW* is all about Fun! There will be huge inflatables, and you will get to meet Chase the Cheetah! Think of it as a Fun Run carnival! This will be one of the most exciting days on our school's calendar, with everyone's participation the aim, so please make sure they attend on the day and cheer the other kids on!

How Does My Child Fundraise?

Firstly, go to schoolfunrun.com.au and create a student profile page. Everything to do with your fundraising revolves around this page.

Students who raise just \$10 will be able to choose a prize!

The more they raise, the better their reward - don't forget to check these out in the sponsorship form! We have educated students on the dangers of door knocking without supervision, and we encourage you to reiterate this at home.

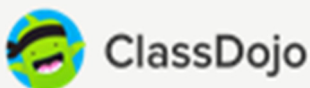
The great thing about online fundraising is that you can share the link to your child's profile with friends and family via email, SMS and Social Media.



Compass - Logon at the Very Least Once a Week!

All school information is forwarded to families via the Compass platform. Put simply, if you are not logging onto Compass at least once a week you will not know what is happening with your child's education and what is happening around the school.

If you are unable to access Compass please contact the school office for assistance.



Class Dojo

All classes at Clarinda PS use Class Dojo as regular form of informal communication between parents and classroom teachers.

Dojo provides direct communication between home and school, including opportunities to share photos, achievements, reminders and special events.

Please look out for your class invitation for 2022, to join Dojo with your child's teacher.

2023 Enrolments

We have welcomed many new students this term, and already have a growing number of Prep enrolments for 2023.

It would be extremely helpful if parents with siblings enrolling in 2023 could contact the office as soon as possible, to obtain an enrolment form (or download one from the school web site).

Families can either call, email or drop in to advise us of their intentions. Once you have done this, we can then look to provide clarity for those enrolling from outside of our area, as per the Department's new guidelines, and prior to the end of Term 2.

Tours can be arranged by contacting the office.

FROM THE PRINCIPAL'S DESK *continued from previous page*

Mrs Beissel - Family Leave

On behalf of the school community, I would like to wish Mrs Beissel and her husband Evan, all the best wishes with the pending birth of their first child. Mrs Beissel has officially started her Family Leave and we can't wait to welcome Baby B into our community.

Miss Mooney becomes Mrs McNamee

Dee and Stephen McNamee were recently married on the 28th December 2021.

They celebrated their special day at Peppers Mineral Springs Hotel in Hepburn Springs, on a beautiful sunny day with their son Paidi and friends.



School Council

Thank you to our departing School Councillors

At this point, I wish to formally acknowledge and thank on behalf of the school community the work of the following School Councillors whose current term in office is expiring:

Parent members:

Christine Asmanis, Avinash Adhyapak, Valery Komarov

Community Members: NA

Department of Education & Training Members:

Katelyn Joyce, Jo Moriani and Effie Pilakis

The next School Council meeting is scheduled for Tuesday 1st March at 7pm at the school.

Camp Australia

Camp Australia will continue as our provider for 2022. We look forward to partnering with them as they deliver a program that supports our parent community.

Register and Book through the school page on the Camp Australia website or you can request an information pack, or register and book your children into the program.

If you have any further questions, you can call Customer Care on 1300 105 343.

The team are available 24 hours a day, 7 days a week (except National Public Holidays).

2022 Parent Payments Reminder

Parent payments are an essential source of funds for a school to operate effectively. Without student fees schools would not be able to provide the many programs and resources we provide for the

Working with Children Checks (WWC)

We encourage and value parental and community support at Clarinda Primary School. There are many ways that parents, grandparents and friends can assist at our school. We encourage all parents to obtain a Working with Children's Check that will allow you to be very involved in your child's education. These checks are free for volunteers.

Once you have your WWC please come to the office so we can photocopy this, and we will add your name to our list of parents who have a current WWC check.

FROM THE PRINCIPAL'S DESK *continued from previous page*

Every day counts!

Regular school attendance is vital and missing school days can have a big impact on your child's future – missing one day a fortnight will miss four full weeks by the end of the year. We understand that this year has been a particularly disjointed start to the school year for many families and students with our daily absence rate being much higher than normal due to the Coronavirus. This has been the same in many schools.

Going to school every day is the one of the most important parts of your child's education. Students learn new things every day and missing school on a regular basis puts them behind.

Why regular attendance is so important

Teachers often present new concepts in a sequential way, so missing out a day of school can mean missing out on the fundamentals. It's hard to make up this learning so keeping student absences to a minimum is essential. Friendships and socialising can also be interrupted when children are frequently absent, which can be distressing for children.

Every day that a student misses is associated with lower achievement in numeracy, writing and reading. What we do know is that attendance patterns are established early in life and will often continue unless non-attendance is addressed.

What you can do to support regular attendance.

First, there are always times when a student becomes ill, and in this instance, they should stay home to recover.

It's vital however that they are only away when genuinely sick.

To assist with good health and minimise illness children need to have a good sleeping pattern, eat well and exercise regularly.

Families are encouraged to think twice before giving children a 'day off' unless they are genuinely sick. If your child is experiencing any issues such as not wanting to come to school, then please alert your classroom teacher.

Working together on such matters is most helpful.

What to do if your child has been absent

Talk to your child's teacher and find out what work needs to be done to keep up with learning.

Remember, that every day counts. If your child must miss school, speak with your classroom teacher especially if the absence is longer than a couple of days.

5 days off per year is approximately a day off every 8 weeks Just 5 days off per year results in 7 weeks of missed schooling throughout your child's time at Primary School.
10 days off per year is approximately a day off every 4 weeks 10 days off per year results in 14 weeks of missed schooling throughout your child's time at Primary School which is about a term and a half of school.
15 days off per year is approximately a day off every 2 5weeks 15 days off per year results in 21 weeks of missed schooling throughout your child's time at Primary School which is about two terms of school.
20 days off per year is approximately a day off every 2 weeks 20 days off per year results in 28 weeks of missed schooling throughout your child's time at Primary School which is nearly $\frac{3}{4}$ of a year missed of school over the 7 Primary School years.

FROM THE PRINCIPAL'S DESK *continued from previous page*

Presentation of our 2022 School Leaders

School Captains



Owen Maisey



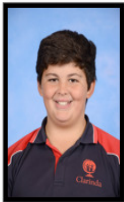
Konstance Tsekas

HOUSE CAPTAINS



Michaela Psomadeli

Kiki Todorova



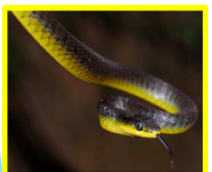
Theo Karaparidis

Chanel El-Ali



Asha Dusic

Kate Mwamba Carver



Christina Lee

Lily Vasilaras



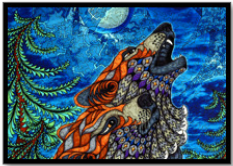
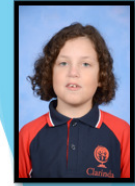
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CURRICULUM LEADERS



Matthew Sun

Daniel Smylianis



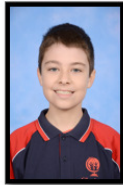
Issy Butcher

Giselle Al-Achkar



Kostantinos Baxevanos

Mihalis Armatas



Alexander Headley

Jamie Yin



Angelina Viengkhou

Ntina Eleftheriadou



Junior School Council



Vasiliki Kokkalis
1/2M



Nivedhita Ventkatachalam
1/2A



William Roumeliotis
1/2L



Shoib Shaik
1/2P



Annika Bhagat
3/4D



Harry Kallergis
3/4N



Rodoshi Raiyaa
3/4T



Cooper Watts
3/4A

SUNSMART POLICY



We are a NO HAT, NO PLAY school.

Rationale:

- Too much of the sun's UV can cause sunburn, skin and eye damage and skin cancer. UV damage accumulated during childhood and adolescence is strongly associated with an increased risk of skin cancer in later life. Australia has one of the highest rates of skin cancer in the world, with two in three Australians developing some form of skin cancer before age 70.

UV radiation:

- cannot be seen or felt
- can be reflected off surfaces such as buildings, asphalt, concrete, water, sand and snow
- can pass through light clouds
- varies in intensity across the year (highest in Victoria from September - April)
- peaks during school hours

Aims:

This SunSmart policy has been developed to;

- Ensure all students and staff are protected from over-exposure to UV radiation
- Encourage the entire school community to use a combination of sun protection measures from mid-August to the end of April
- Work towards a safe school environment that provides shade for students, staff and the school community at appropriate times
- Assist students to be responsible for their own sun protection
- Ensure that families and new staff are informed of the school's SunSmart Policy

Implementation:

To assist with the implementation of this policy, staff and students are encouraged to access the daily local sun protection times via the SunSmart widget on the school's website, the free SunSmart app, or at sunsmart.com.au

The sun protection times are a forecast from the Bureau of Meteorology for the time of day UV levels are forecast to reach 3 or higher. At these levels, sun protection is recommended for all skin types. In Victoria, UV levels regularly reach 3 or higher from mid-August to the end of April.

- This policy is part of our Uniform Policy
- Children are required to wear a Cancer Council approved hat (legionnaire, broad-brimmed or bucket hat that protects their face, neck and ears) from mid-August to the end of April whenever they are outside

- Staff will act as role models by also wearing an approved hat when outside from mid-August to the end of April also.
- Children without approved hats will be restricted to play the designated space during recess/lunchtime. Peak caps and visors are not considered a suitable alternative.
- Children will be actively encouraged to wear a SPF30 (or higher) broad-spectrum water resistant sunscreen. Sunscreen will be applied by students according to the manufacturer's directions, under the supervision of teachers. Sunscreen is applied at least 20 minutes before going outdoors and reapplied every two hours, or more frequently if sweating or swimming.
- Strategies are in place to remind students to apply sunscreen before going outdoors e.g. reminder notices, sunscreen monitors.
- Apply a generous amount of SPF30 or higher broad spectrum water resistant sunscreen before going outside and reapply throughout the day. Sunscreen is not as effective if not applied properly.
- The school council will provide adequate shade structures for students as practicable; particularly over high density play areas such as sand pits and play equipment
- The availability of shade is considered when planning all outdoor activities.
- Students are encouraged to use available areas of shade when outside.
- Students who do not have appropriate hats or outdoor clothing are asked to play in the shade or a suitable area protected from the sun.
- The School will ensure that school uniform broad brimmed hats are available for purchase from the office
- The school newsletter, alerts via COMPASS and school assemblies will be used to highlight and reinforce the SunSmart policy
- SunSmart activities and sun protection will form part of the Health and Physical Education curriculum at all year levels
 - Our school will develop and implement policy and procedures promoting sun-safe practices in consultation with students, staff and parents
- Our school will monitor and review the effectiveness of this SunSmart policy and revise the policy (at least once every three years) by completing a policy review and membership renewal with SunSmart at sunsmart.com.au
- This SunSmart policy is available to staff, students, families and visitors.
- On days of extreme weather, the students will remain in their classrooms until such time that they can play safely outside

Evaluation:

This policy will be reviewed as part of the school's three-year review cycle

See:

- [SunSmart - homepage](#)
- [SunSmart - SunSmart app](#)
- [SunSmart - Widget](#)
- [Bureau of Meteorology - UV Index Forecast](#)

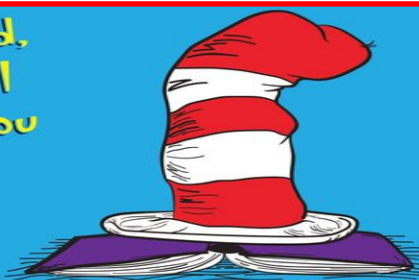
This policy was ratified on 1st February 2021

STUDENTS OF THE WEEK

Prep W	Reuben	For being a kind and caring friend
Prep Y	Veer	For being kind and helpful to others at packing up time
	Swara	For being kind and helpful to others in class
Prep M	Iylaa	For settling into Prep so well and completing her tasks independently
	Eli	For being kind, helpful and respectful to everyone in Prep M
1/2P	Ioanna	For pursuing her best in our Writing Workshop
	Aarik	For settling well into his new school
1/2L	Amelia	For being a great friend to new members of our Class and for having a go at things that look hard
	William	For working hard and actively participating in all our Class discussions. Well done!
1/2A	Ava	For her positive and responsible attitude towards all her work
1/2M	Sean	For following the golden rule and being kind to others
	Jordan	For pursuing his best in all areas of learning
3/4A	Bronson	For demonstrating the Golden Rule by treating others the way you want them to treat you and always being kind and helpful.
	Sienna	For showing courage and kindness by choosing to work with different people
	Elina	For always listening to the teacher and making strong choices in the Classroom
	Amy K	For striving to be your personal best by always working hard in our Reader's Workshops

The more that you read,
the more things you will
know. The more that you
learn, the more places
you'll go.

—Dr. Seuss



STUDENTS OF THE WEEK

3/4D	Alex	For participating during class discussions by sitting with his peers and sharing his work with his classmates
3/4N	Claire	for always being willing to share her thought during class discussions
	Charlie	For being a polite and thoughtful member of the class.
5/6K	Eva	For working hard in reading and making great Reader's Notebook entries
5/6S	Paulina	For working hard in Maths and improving in rounding large numbers and decimals.
	Emilia	For setting out your book neatly and working hard in Maths!
5/6J	Jainil	For pursuing his personal best by engaging actively in all tasks and discussions this week
5/6A	Daniel	For making strong decisions during independent work time and for being a helpful friend to new students

DATES TO REMEMBER

Term 1 2022 - Monday 31 January to Friday 8 April

March	
Tuesday 1	7.00pm ~ School Council meeting
Wednesday 2	Preps Teddy Bear Picnic
Saturday 5	Open Morning 10.00 ~ 12 noon
Thursday 10	Colour Run 4.30 to 5.30pm
Tuesday 29	2.30pm ~ School council finance meeting
April	
Tuesday 5	7.00pm ~ School Council meeting
Wednesday 6	Years 5 & 6 Campers leave
Friday 8	Years 5 & 6 Campers return
	Last day term 1 ~ Dismissal at 2.30pm
Monday 25	ANZAC Day
Tuesday 26	First Day Term 2 CURRICULUM DAY ~ No students required at school

Newsletter



Dear Parents and Families,

I take this opportunity to introduce myself, my name is Rupali bedi and I am excited to be the new Coordinator at Camp Australia OSHC here at Clarinda Primary School. I have been in the education industry for seven years, and I am serving with Camp Australia for over two years now.

My Goal is to provide a fun, safe and positive environment for the children while building on respectful relationships amongst all. I would love to become a big part of the school community and hope to engage in and be able to contribute my skills and knowledge to school events and assemblies.

I would be excited and looking forward to meeting you all.



Kind regards,

Rupali bedi

Coordinator – Our OSHC Camp Australia

Newsletter



Hi parents and families,

Hope you are all well and getting used to of the school's busy routine. Our children have been engaged in celebrating Chinese New Year week and decorating our lovely OSHC room with their creative art pieces. We are thrilled to show some of their artwork below!



This week's highlights include knowing about the children and their families, where they will express their creativity by making their own family frames, doing family puppets, and learning origami house crafts along with fun outdoor team games.

I am also extremely excited to share upcoming Camp Australia's Big Art Week (14th – 18th March). Please feel free to get more information about this massive art competition along with some amazing prizes to win online at www.campaustalia.com.au or visit our OSHC space for more details.

Enter now at campaustalia.com.au/bigartcomp

1. Download the competition template
2. It's creativity time! Let your child's inner Picasso run free.
3. Upload your child's entry!

Download conditions apply. Visit campaustalia.com subpage for entry competition and conditions. For more details, entries close Friday, March 20, 2020.





Plus, join us in Your OSHC between March 14-18
for a week filled with creative experiences!

Book in now at www.campaustalia.com.au

To register and book, visit www.campaustalia.com.au

**Your
OSHC.**

COME AND JOIN THE RAPTORS
AND MAKE NEW FRIENDS!



OAKLEIGH
RAPTORS
BASKETBALL CLUB



LOTS OF INDOOR
BASKETBALL FUN AT
A FAMILY ORIENTED
INCLUSIVE CLUB FOR
AGES 7 AND UP!



ENQUIRE TODAY



For more information please visit
f RAPTORS.ORG.AU
 or contact us on ☎ 0431 029 671
 ✉ registrations@raptors.org.au



DID YOU KNOW ?

State Schools' Relief provides support to any Victorian student attending a government school, on the advice of the school.

If you are a parent or carer and you require assistance with your child's government education, please make an appointment with the school principal, assistant principal or welfare/wellbeing coordinator to discuss your situation.

Should you have a question regarding an application for SSR assistance, please contact your child's school directly.

How to sleep better: 10 tips for children and teenagers

About good sleep for children

A good night's sleep is about getting to sleep and staying asleep. Most children wake up by themselves in the morning if they're getting enough good-quality sleep.

Getting to sleep

Most children fall asleep within 20 minutes of going to bed. How long it takes children to get to sleep can depend on how sleepy their bodies are, and also on their daytime and bedtime routines. Bedtime routines help children wind down before bedtime, so they can fall asleep more easily.

Staying asleep

Children wake briefly during the night, but they might not be aware of being awake. To stay asleep, children need to be able to fall back to sleep by themselves after these brief waking episodes.

Read more about how much sleep children of different ages need: [newborn sleep](#), [baby sleep](#), [toddler sleep](#), [preschooler sleep](#), [school-age sleep](#) and [teenage sleep](#).

How to sleep better for children: tips

1. Set up a bedtime routine

A regular bedtime routine starting around the same time each night encourages good sleep patterns. A [bedtime routine](#) of bath, story and bed can help younger children feel ready for sleep. For older children, the routine might include a quiet chat with you about the day then some time alone relaxing before lights out.

2. Relax before bedtime

Encourage your child to [relax before bedtime](#). Older children might like to wind down by reading a book, listening to gentle music or [practising breathing for relaxation](#). If your child takes longer than 30 minutes to fall asleep, your child might need a longer wind-down time before turning the lights out to go to sleep.

3. Keep regular sleep and wake times

Keep your child's bedtimes and wake-up times within 1-2 hours of each other each day. This helps to keep your child's body clock in a regular pattern. It's a good idea for weekends and holidays, as well as school days.

4. Keep older children's naps early and short

Most children stop napping at 3-5 years of age. If your child over five years is still napping during the day, try to keep the nap to no longer than 20 minutes and no later than early afternoon. Longer and later naps can make it harder for children to get to sleep at night.

5. Make sure your child feels safe at night

If your child feels scared about going to bed or being in the dark, you can praise and reward your child whenever they're brave. Avoiding scary TV shows, movies and computer games can help too. Some children with bedtime fears feel better when they have a night light.

6. Check noise and light in your child's bedroom

Check whether your child's bedroom is too light or noisy for sleep. [Blue light](#) from televisions, computer screens, phones and tablets suppresses [melatonin](#) levels and delays sleepiness. Bright light in the hour before bedtime can have the same effect on young children.

It helps to:

- turn off devices at least one hour before bedtime
- keep screens out of your child's room at night
- dim the lights an hour before bed for children of preschool age and younger.
If your child uses a night-light, choose a dim, warm-coloured globe, rather than a bright, white, cool-coloured globe.

7. Avoid the clock

If your child is checking the time often, encourage your child to move the clock or watch to a spot where they can't see it from bed.

8. Eat the right amount at the right time

Make sure your child has a satisfying evening meal at a reasonable time. Feeling hungry or too full before bed can make your child more alert or uncomfortable. This can make it harder for your child to get to sleep. In the morning, a [healthy breakfast](#) helps to kick-start your child's body clock at the right time.

9. Get plenty of natural light in the day

Encourage your child to get as much natural light as possible during the day, especially in the morning. Bright light suppresses melatonin. This helps your child feel awake and alert during the day and sleepy towards bedtime.

10. Avoid caffeine

Caffeine is in energy drinks, coffee, tea, chocolate and cola. Encourage your child to avoid these things in the late afternoon and evening, and don't offer them at these times.

It's always a good idea to [praise](#) your child when you notice your child is trying to make changes to sleep patterns or is trying out a new routine.

When worries affect your child's sleep

If there are [worries and anxieties](#) that are stopping your child from relaxing at bedtime, there are a couple of things you can do.

If there's a quick and easy answer to your child's problem, you can deal with it straight away. For example, 'Yes, you can have Emma over to play on the weekend even though Grandma is staying with us'.

But if the problem needs more time, it's probably best to acknowledge your child's feelings and gently plan to sort things out in the morning. For example, 'I understand that you're worried about whether you can swim 50 metres at the swimming carnival next week. Let's talk about it in the morning and work out what to do'.

Ali Hardaker—School Chaplain

WESTALL SECONDARY COLLEGE PRESENTS



OPEN EVENING

TUESDAY 5TH APRIL 2022 : 4.30-7.00PM

DISCOVER YOUR WESTALL!

FEATURING

LIVE MUSIC - VOLLEYBALL - FLIGHT SIMULATORS
BARISTA COFFEE - ROBOTICS DISPLAY - MEET OUR TEACHERS
FREE ICE CREAM VAN - FREE BBQ - LEARN ABOUT OUR PROGRAMS
ST KILDA FOOTBALL CLUB INFLATABLES - STEM DEMONSTRATIONS
AND MORE

PRINCIPAL ADDRESS AND FORMAL
PRESENTATION AT 6PM

SCAN HERE
TO REGISTER



Welcome to the family



1166 Centre Road Clarinda 3169 T: 9544 3231 F: 9543 8839

E: clarinda.ps@edumail.vic.gov.au

clarindaps.vic.edu.au



Bentleigh
Secondary College

**BENTLEIGH
SECONDARY COLLEGE**
warmly invites you to attend our

OPEN TWILIGHT 2022

Wednesday 6 April
5:00pm – 7:00pm

BOOK A TOUR

www.bentleighsc.vic.edu.au

Vivien Street, East Bentleigh VIC 3165 **P** +61 3 9579 1044

Welcome to the family



1166 Centre Road Clarinda 3169 **T:** 9544 3231 **F:** 9543 8839

E: clarinda.ps@edumail.vic.gov.au **clarindaps.vic.edu.au**



Murray Street Early Learning Centre

Open Monday
to Friday,
6.30am-6.30pm

What do parents say about us?

- "Could not fault this centre in any way."
- "The facility has a beautiful, clean, and homely vibe."
- "The staff are so lovely I feel confident dropping my child off."

Why us?

- Small class sizes
- Personalised care
- Nurturing educators
- Funded kindergarten program
- Bright, open, and modern space
- Home away from home

Enrolments are
now open for
2022

Children aged 6
weeks to 6 years

Call: 9562 6748

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www.murraystreetelc.com.au

office@murraystreetelc.com.au

Welcome to the family



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