



# Snippets

**BE SAFE BE A LEARNER BE RESPECTFUL**

## Moe South Street Primary School

Volume 20 Issue 22

26th November 2020

### Principal's News....

### Dates for the Diary 2020



#### TERM 4

*Grade 1 Dinner & Year 2 Sleepover*

Fri 27th Nov

*Grade 6 Tech Excursion Morwell*

4th December

*State Wide Transition Day*

8th December

*Grade 5/6 Allambee Excursion*

Thur 10th Dec

*Year 6 Graduation*

Fri 11th December

*Term 4 Ends*

*Friday 18th Dec*

*1.15pm*



### GREAT NEWS – PARENTS BACK ON SITE

With the easing of restrictions, we are very excited to announce that we can welcome parents back on site, **this is for pick up and drop off only**. Parents do need to wait outside the school buildings. We ask that parents obey social distancing rules and not gather in large groups, if you are unable to social distance please continue to wear a mask (use of face masks remains mandatory if you are unable to stay further than 1.5 metres away from people not in your household, such as when waiting at public transport stations, outdoor markets, walkways and thoroughfares (information from DHHS as at 22/11). Unfortunately we cannot have students stay after school hours playing on the playground.

For the remainder of 2020 we will continue to use the drop off and pick up zone along Bealiba Rd.

If parents need to come into the office, please use the front door along South St or the Glass doors between the Library and staffroom.

We are also able to use the drinking taps again at school. We do encourage students to bring their own drink bottle to school as the weather continues to heat up.

### SCHOOL PHOTOS

School photos were sent home yesterday. The photos look great. If you would like to order any more photos the re-order form is due next Thursday 3<sup>rd</sup> December. Re order forms were sent home yesterday with school photos.

Some parents chose for photos to be held at the office, these are available for collection.

Please contact the office if you require any further information.



At South Street Primary School we grow people who:

Are creative, curious and independent learners. Are resilient and problem solve when faced with challenges. Respect and care about themselves, each other and the world in which we live.



We acknowledge the Gunai Kurnai people as traditional owners of this land and pay our respects to elders both past and present.

## 3/4 EXCURSION

Earlier this week our 3/4 children attended Allambee camp for a day trip to have an experience of camp activities. The children had an amazing day pushing themselves and showing great resilience to overcome some of their fears, especially when it came to heights on the Giant swing.

Well done to all the children for displaying outstanding behaviours.



## TRANSITION TO NEW GRADE LEVEL

This afternoon we had our first internal transition where the children had two 25 minute sessions with teachers that may be in that year level for next year. The teachers that the children will be transitioning with may not be their teachers for next year.

On Tuesday 8<sup>th</sup> December is state wide transition day. On this day the Grade 6's go to their Secondary school. Our students will be having the morning with their teacher for 2021.



## END OF YEAR REPORTS

End of year reports will be sent home on Tuesday 15<sup>th</sup> December



## YEAR 6 GRADUATION

This year our graduation is going to look a little different to previous years. This year the staff are going to be celebrating graduation with the Grade 6 children in the Gym on Friday 11<sup>th</sup> December 6pm – 9pm. With the easing of restrictions we are currently investigating how we can involve parents in the Graduation events. More information will be forwarded to the Parents of Year 6 students.



## MOE LITTLE ATHS

Moe Little Aths were very lucky to receive a very generous offer from a community member to sponsor 2 students to join the club. We were lucky to be approached by Moe Little Aths to nominate two children who show a commitment and ability in our sporting program. There was a great article in the Latrobe Valley Express (photo below) for Ray and Fred who received the sponsorship.



## CLASS STRUCTURES 2021

Below is a list of our class structures for 2021. At present we are still finalising a number of staffing positions so I am unable to detail which teachers are in what grade level.

Foundation / 1 – 2 classes

1/2 and 2 - 3 classes

3/4 and - 4 classes

5/6 - 5 classes

Our Specialist areas for 2020 are: Art, PE, Digi Tech and AUSLAN.



## Essential Education Items — Student Supplies 2021

The Essential Education Items payments for 2021 are **\$50** for families with a Health Care Card and **\$150** for families without a Health Care Card.

This is the same price as 2020.

These Essential Education Items are for supplies and other resources that are used in the classrooms.

We will again be selling the book bags with some of the children's essential items.



Parents will need to pick up book bags at the start of the year. Details for these dates will be sent home later this term.

It is hard to believe that we only have 3 weeks to go before the 2020 school year comes to an end. It has been a very different and challenging year for everyone. I would like to thank all parents for their continuing partnership and support of our great school. We have many activities in the final 3 weeks and are looking to make sure it is a great 3 week. We can't wait until we can have parents back onsite and into the classrooms to celebrate the **roarsome** learning displayed by our students.



# School Uniform

At South Street we encourage students to take pride in themselves and in the school without discrimination. Part of this is through wearing the school uniform. The uniform not only represents being part of our school, it is also designed to sustain daily activities that require plenty of physical movement.

We have noticed recently that some of the student's shorts and dresses are extremely short. In some cases they are shorter than the school polo and not visible. We asked that students shorts and dresses are an appropriate length so that they are able to comfortably sit on the floor in the classroom and undertake physical activity throughout the day.

If you are finding this a financial concern please contact the office on 5127 1512 to discuss this with Brooke and she can arrange a uniform through State Schools Relief.

If your child is out of uniform for any reason please provide a letter to the classroom teacher.

Thank you for your co-operation.



## *Wedding Bells for Miss Brown*



*On behalf of the South St School community I would like to wish Miss Brown all the best for her wedding day tomorrow!!*

*We all hope this is a special day for Miss Brown and her partner Chris.*

*Miss Brown will be away until Tuesday 1<sup>st</sup> Dec.*

*Mr Mallon will be in the classroom full time during this period.*

# News & Community

## 5 CALMING TOOLS For Kids with ANXIETY

### 1. BELLY BREATHING

Place hand on belly. Breathing in through nose, slowly fill up belly like a balloon. Then, slowly let air out through mouth. Repeat.

### 2. CALMING KIT

It's grounding to engage the senses, so fill a small box with things like: essential oils, mints, silk, small bell and comforting pictures.

### 3. ILLUSTRATE YOUR WORRY

"We are not our feelings." A child can feel empowered by drawing the worry as if it were a creature.

### 4. THOUGHT CLOUDS

Close eyes and imagine each thought is a cloud. Watch each one float away.

### 5. TEN "WORRY MINUTES"

Allow 10 minutes of safe worry time. Write or draw worries. Put them in a box and walk away.

BLUE RIDGE ART THERAPY & COUNSELING

## HOW TO PRAISE YOUR KIDS

printable

### PARENT'S CHEAT SHEET TO PRAISING KIDS

by Big Life Journal

#### Positive words to use

creative	open-minded	reliable
thoughtful	independent	determined
kind	cooperative	enthusiastic
confident	hardworking	optimistic
adventurous	trusting	positive
generous	grateful	skilled
organized	resilient	patient
curious	brave	focused
tolerant	helpful	insightful
grateful	polite	innovative
friendly		inventive

#### Praise beyond achievements

- Their appreciation of art.
- Their excitement about simple things.
- Their willingness to ask for help when they need it.
- Their care for grandparents.
- Their ideas on how to improve things.
- Their curiosity about the world and people.
- Their endless imagination.
- Their care for plants and animals.
- Their positive outlook on things.
- Their patience.
- Their focused attention.

biglifejournal.com

## 10 SUPER-FUN WAYS TO MAKE YOUR SUMMER LAST A LITTLE LONGER

- Room revamp**  
Offer to wash someone's car for a smile. Or do it for free, giving to be surprised at the reward you receive.
- It's A Wash!**  
Feelings, your anger, sadness, or redneckness your rears. Make it into a space that makes you happy. A little change goes a long way.
- Chill Out and Read**  
Read a good book. Or a bad one. Or a book that you've always wanted to read. It's not a race. Take your time and enjoy the journey. The best is taking you on.
- Camp Out!**  
Whether outside or in the living room, with a tent or a blanket, find a space, set up camp, and make some friends (animal or otherwise) and have fun!
- The Rural Mural**  
Find some butcher paper or an old sheet. Grab a few markers (or whatever you like) and draw a mural of your city or town. Ask friends to help, or draw them into your artwork, then proudly display the masterpiece in your room.
- Water+Dirt+Art**  
There's nothing better than mud for all kinds of art projects. Find a good spot, mix up the soil with a garden spade (or large bowl), add water, and let your imagination do the rest. Add clay grass or straw as a texture, and let your messy-fingered clay in the sun for a couple of days. Oh, you'll get dirty!
- Be Knotty!**  
There are hundreds of kinds of knots. Spend some time this summer learning a few. They can come in very handy. Search Wikipedia for "list of knots."
- Be Big About It!**  
Find a bright flashlight, jump it up with a stick (or have a friend help), and step between it and a large building or house. Watch yourself grow many feet in a few seconds.
- It Fingers**  
Learn ASL sign language (at least the 26 characters of the alphabet) and have a conversation with a friend. The more you practice, the faster you will get!
- Solar System from the Store**  
Pick up a solar system at the store:  
•Moon (green peas)  
•Mars (orange sherbet)  
•Earth (blue and white)  
•Jupiter (1/2 inch bowl of orange)  
•Saturn (8 inch cabbage)  
•Mars (green grapes)  
•Mars (large orange)  
What kind of dinner can you make from your solar system? (If you want to include Pluto, pick up a pepperoni.)

## TIPS TO BUILD EMOTIONAL RESILIENCE IN KIDS

- Spend quality time with kids. When they feel loved and supported, children develop emotional strength.
- Instead of rushing to solve problems, give kids time to work things out themselves.
- Acknowledge your own mistakes to teach kids that mistakes are essential for learning and growth.
- Ensure kids are getting well and eating enough sleep and exercise.
- Talk about feelings so your child learns to share their worries and fears with people they trust.
- When children experience failure or disappointment, it's important to praise their effort and encourage them to try again.
- If your child can't find a solution to a problem, use gentle questioning to guide them towards it.

### Self-Care Bear

This is your reminder to take a sip of water right now, fill up your water bottle, or go get something to drink!

BlessingManifesting

## SUPER FUN EXERCISES FOR KIDS

730 SAGE STREET

### what's your name!

SPILL OUT YOUR FULL NAME AND COMPLETE THE ACTIVITY LISTED FOR EACH LETTER. FOR A GREATER CHALLENGE, INCLUDE YOUR MIDDLE NAME & DO EACH ONE TWICE! FOR YOUNGER CHILDREN, YOU CAN USE A FAVORITE CHARACTER'S NAME OR A FAMILY MEMBER'S NAME.

<b>A</b> Jump up & down 10 times	<b>N</b> pick up a ball without using your hands
<b>B</b> spin around in a circle 5 times	<b>O</b> walk backwards 50 steps and step back
<b>C</b> hop on one foot 5 times	<b>P</b> walk sideways 20 steps and hop back
<b>D</b> run to the nearest door and run back	<b>Q</b> crawl like a crab for a count of 10
<b>E</b> walk like a bear for a count of 5	<b>R</b> walk like a bear for a count of 5
<b>F</b> do 3 cartwheels	<b>S</b> bend down and touch your toes 20 times
<b>G</b> do 10 jumping jacks	<b>T</b> pretend to pedal a bike with your hands for a count of 17
<b>H</b> hop like a frog 5 times	<b>U</b> roll a ball using only your head
<b>I</b> balance on your left foot for a count of 10	<b>V</b> flap your arms like a bird 25 times
<b>J</b> balance on your right foot for a count of 10	<b>W</b> pretend to ride a horse for a count of 15
<b>K</b> march like a toy soldier for a count of 12	<b>X</b> try and touch the clouds for a count of 15
<b>L</b> pretend to jump rope for a count of 20	<b>Y</b> walk on your knees for a count of 10
<b>M</b> do 3 somersaults	<b>Z</b> do 10 push-ups

CONSULT A DOCTOR BEFORE STARTING AN EXERCISE PROGRAM - WWW.THEYSKILL.COM

## Caring Dads

Helping fathers value their children



Caring Dads is a family violence group work intervention program for fathers who have neglected, physically or emotionally abused, or exposed their children to family violence. The program recognises the harm that children can experience through exposure to family violence. It aims to increase the safety and wellbeing of children and mothers by helping fathers recognise the impact of their abusive behaviour, stop that behaviour and improve their parenting.

### Why Caring Dads?

Our Focus is on countering the attitudes and behaviours linked to abusive and neglectful behaviour, developing fathers' accountability for abuse and promoting healthy relationship between fathers, their children and children's mothers. Men's motivation is specifically addressed through group work and homework. We collaborate with and refer to support services.

### Group

Our next 17 week group program will commence in January 2021.

Early referrals are encouraged to determine eligibility during a required assessment.

If you wish to discuss a referral please contact the Caring Dads Team at Anglicare Victoria on 5135 9555 or [Caringdads.gippsland@anglicarevic.org.au](mailto:Caringdads.gippsland@anglicarevic.org.au)

Limited Places available — priority given to Dads residing in the Inner Gippsland region  
Late referrals only accepted until week two of the program



# SOUTH STREET PRIMARY SCHOOL

## 2021

## ENROLMENTS

## NOW OPEN



For more information on enrolling please  
call 5127 1512

OR

email [moe.ps.south@education.vic.gov.au](mailto:moe.ps.south@education.vic.gov.au)

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