



# Snippets

**BE SAFE**

**BE A LEARNER**

**BE RESPECTFUL**

**Diary Dates  
2021**



**Oct 25  
All Students  
Back to School**

**Nov 01  
School Closure**

**Nov 02  
Melbourne Cup  
day - Public  
Holiday**

## Moe South Street Primary School

Volume 21 Issue 31

14th October 2021

### Principal's News....

#### **WELCOME BACK GRADE 3-6!**

It was so nice this week to see many more of our students on-site engaging in their classroom and playing with their friends in the yard.

The Grade 3-6's enjoyed time with their class, classroom teacher, in Digitech, in PE, in Art and AUSLAN just like the F-2s have this week. We hope that all students enjoyed elements of normal schooling.

#### **RETURNING TO ONSITE LEARNING:**

##### **Week 3– Monday 18th -Friday 15th**

Foundation, Grade 1 & 2: At school every day

Grade 3 & 4: At school Tuesday and Wednesday. All other days Remote Learning.

Grade 5 & 6: Thursday and Friday onsite. All other days Remote Learning

##### **Week 4 –Monday 25th**

All Grades back full time!

We are all looking forward to having an absolutely fantastic term with the children face to face in our classrooms.

## BREAKFAST CLUB...

Due to Covid restrictions and density limits breakfast club will not be running until further notice. We do apologise for any inconvenience this may cause.



Please keep your eye out for further updates.

**This also applies to  
Canteen**

#### **NEW STAFF**

We would like to welcome Beck McArthur to our wellbeing team. Beck will be working closely with Brooke Chatterton in supporting students, parents and staff during this ever changing time.

Welcome



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.

# Important Updates..

## Mask Update:

The Chief Health Officer advised last week that students from grades 3 – 6 need to wear masks indoors at all times starting **Monday 18<sup>th</sup> October.**

We understand that there is still confusion around this announcement. We are waiting for the minister's approval for a final wording and for the details. As soon as we hear this we will communicate the details around this.

Once we are made aware of this directive, we will have masks available for students who haven't organised their own yet.

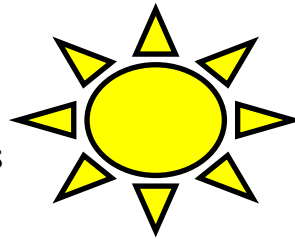
Please keep up to date with our Facebook posts and Sentral Messages for any new information arising.



## Hats for Term 4

A reminder that all students will need to wear their school hats when they are outside at recess and lunch during term 4.

If your child does not have a hat, they are available from the office for \$7.



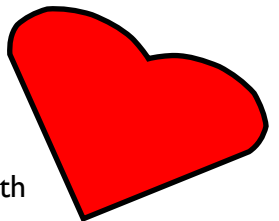
## Reassuring your child to return to school

To support your child in feeling safe about returning to school you can have conversations with them that explain:

- The decision to return has been based on medical advice
- Everyone at school is working hard to make sure that children are safe (part of this is hand washing, mask wearing and social distancing)
- Anyone who is unwell will stay home or be asked to be collected from school
- It is normal to have mixed emotions such as excitement, relief, worry and even anger
- Discussions around what they are looking forward to and what they are worried about
- That good hygiene practices are really important
- Everyone will feel more tired being at school and how to manage this.

It may be important to continue these conversations into week 4 when all students are back on-site full time.

If you are finding that your child continues to struggle with return to school process please contact their classroom teacher to seek support and guidance.



# COVID RESTRICTIONS

**We are working with the Department of Education and current advice from the Chief Health Officer to keep up to date with current COVID safe standards.**

## ***Parents On-Site***

Adults on-site need to be kept to essential workers only. For now this means that parents are asked to not be onsite unless previously organised with a staff member. If you feel you need to enter school grounds, please call the office to discuss your issue first.

Please remember that when picking up children early we ask you to call the office to arrange a handover.

## ***Quarantine***

If quarantine is necessary for your family we ask that you inform the school of the beginning and end dates of this and provide any appropriate documentation.

This will make it easier for children to be on-site as soon as possible after.

Unfortunately, during a quarantine period staff are unable to provide you with learning outside of the classroom.

Any current remote learning will be available to you as well as your log in for Wushka and Study Ladder.



## ***Tier 1 & 2 Sites***

As many of you are aware the community COVID cases are staying steady.

Please stay up to date with newly updated tier 1 & 2 sites and follow all directs given.

We are trusting that all families are testing and quarantine when required to in order support our school running all day every day.

If you suspect you have COVID, have been to an exposure site, have come in contact with a potential case or unsure if you should isolate or not - please call the COVID Hotline or Public Health Unit to get up to date information about what to do next.

Victorian Coronavirus Hotline: 1800 675 398

Gippsland Region Public Health Unit: (LRH):  
03 5173 5451

**Concerned about COVID-19?  
Call the hotline 1800 675 398.**

Please keep triple zero (000)  
for emergencies only.



## ***Fresh Air***

With current advice to support students managing COVID safe practices we are likely to be having classrooms with more air flow than normal.

Please be aware that this is making classrooms colder than normal in the mornings. It is worth considering an extra layer of clothing, this way they can stay warm.

Please make sure you label all uniform clearly.





# What are the symptoms of coronavirus (COVID-19)?

Dial 000 if you are having trouble breathing or have chest pain.

If you have any of the symptoms listed below, however mild, you should seek advice and get tested immediately.

To get further advice, call the 24-hour coronavirus hotline 1800 675 398 or see your general practitioner.

The symptoms to watch out for are:

- loss or change in sense of smell or taste
- fever
- chills or sweats
- cough
- sore throat
- shortness of breath
- runny nose

Some people may also experience headache, muscle soreness, stuffy nose, nausea, vomiting and diarrhoea.



## Blue Timetables

We would like to take a moment to remind our community why 'Blue Timetables' happen from time to time at South Street. A Blue Timetable occurs when a student's behaviour is deemed a potential risk of harm to themselves or others.

Firstly, we want to assure you that we have measures to avoid this in the first place within all areas of our school.

We do this by providing support to all students with learning, safety and teaching respectful behaviours as per our values.

This involves staff using active listening to engage in effective conflict resolution and de-escalating practices when communicating with students.

When this isn't enough or doesn't work as quickly as we would like we need to, we engage in practices that take care of the safety and the wellbeing of students and staff (A Blue Timetable).

As part of a 'Blue timetable' staff ensure:

- All children are inside and supervised
- That all external doors to buildings are locked
- Children are in a secure location or moved to one (where appropriate)
- Students are provided with access to toilets and water for drinks

Afterwards, staff have a debriefing with leadership. Teaching staff then discuss the events with students, covering how they feel and what they might be worried about. A letter goes home to inform you of the event.

Following these events we are offered departmental support for staff and the student involved or witnessing the event.

If you feel this is something that would support your child/ren feel free to contact Allison Luxford or Sandi Kilpatrick to begin this process.





The grade 1/2 children as part of their Digitech work participated in an online presentation about being safe online with Ollie and Marty.

The themes covered were

- what exactly is the internet?
- balancing screen time and 'green time'
- speaking with trusted adults
- sharing information online

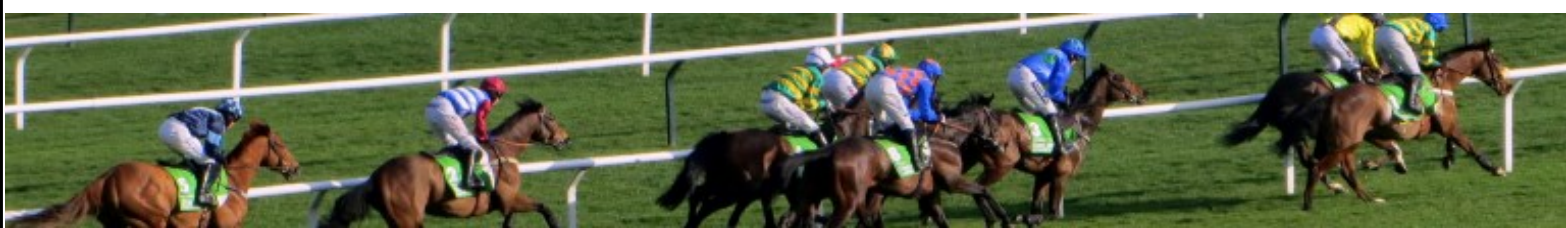
The rest of the term's work will focus on these themes.

Kathryn Murphy

Digitech|

## Melbourne Cup Day

Melbourne Cup public holiday is on Tuesday 2<sup>nd</sup> November. There will be no school on Monday 1<sup>st</sup> November and Tuesday 2<sup>nd</sup> November.



# MOE LIONS JUNIOR CRICKET CLUB!!



**JUNIOR TRAINING FOR  
THE 2021/22 SEASON  
HAS STARTED  
BACK! TUESDAYS  
AND THURSDAYS, 4:30PM  
AT THE BOTTOM NETS.  
TED SUMMERTON  
RESERVE, MOE**



JOIN US FOR A HIT  
AND MEET THE COACHES!!

**ALL AGE GROUPS WELCOME!!**  
under 12, under 14 & under 16

Any enquiries, please call

BELINDA- 0438 548 751







# 2022 Laptop Program

## Year 7-9 Learning Device



### Package Includes:

Lenovo Yoga 11e Laptop/Tablet

11.6" Touch Screen

Intel processor with 4GB Ram

Active Pen for Writing

ID Skin and Hard Carry Case

*3 Year Extended Warranty*

*3 Year Accidental Damage Cover*

*(\$100 Excess per break - 3 only)*

*Retail value \$1099*

### With added software:

Windows 10 Enterprise

Microsoft Office 365

Adobe Creative Design Suite

100s of Educational Programs

*Valued \$1970+ over three years*

### Early Bird (Pre-Xmas) Offer

# \$839

**Outright Purchase Price  
Order before 1st Nov 2021**

BPAY and Centrepay Payment Plan options available

Please contact the Office on 51 279 200

Financial Hardship Support Available. T&C Apply.

# PRIMARY SCHOOL NURSING NEWSLETTER

A Newsletter for Foundation Students

## SCHOOL HEALTH PLANS :

**Do you have your child's health plans ready for school?**

Allergies & eczema plans available at:

[www.allergy.org.au](http://www.allergy.org.au)

Asthma plans available at: [www.asthma.org.au](http://www.asthma.org.au)

Please discuss your plans with your Family Doctor and once completed give a copy to your school.

**School Nurse:**

**Sally Sander**

**Ph: 56 124384**



## VISION



### SEE THE SYMPTOMS, FIND THE PROBLEM

An eye examination with an Optometrist is recommended for all school age children. It takes approximately 25 minutes and attracts a Medicare rebate- no referral is required.

Children who are struggling with undetected vision problems often fail to progress well in school. You can use the following checklist to look for the common symptoms that children with vision problems exhibit.

- One eye turns in or out while the other points straight ahead.
- Frequent blinking & red or watery eyes.
- Difficulty concentrating or Covering or closing one eye.
- Holding a book very close to read & squinting or sitting very close when watching TV.
- Complaints of headaches, blurred or double vision.

If your child displays any of these symptoms, we suggest that you visit or contact your local Optometrist as soon as you can.

### Latrobe Community Health Dental Service

Ph 1800 242 696

Provides dental services for all children ages 0-17 years.

LCHS Dental Clinics are located in Morwell, Moe, Churchill & Warragul.

There is no cost involved for dental services at LCHS if your child is aged between 0-12 years.

## INFORMATION FOR PARENTS

**The Primary School Nursing Program is a free service offered by the Department of Education and Training.**

Your child will receive the School Entrant Health Questionnaire in their first year at school-please complete this form and return it to school as soon as possible. If you do not wish for your child to be seen please tick the 'no' box, & sign on page 5 of the questionnaire. The information in the questionnaire is confidential & helps the Primary School Nurse understand any concerns you may have about your child's health & development & the impact this may have on their learning. This information is important in providing support for you & your child. If your child needs a brief further assessment such as a vision or hearing test the nurse will see them at school.

You can contact the nurse directly if you wish to discuss the screening which may include checking your child's distance vision, hearing, speech and oral health. The nurse is also available to parents to discuss on any concerns with parenting and child health & wellbeing issues.

## ORAL HEALTH

**If you have a dental emergency please contact 1800 833 039 or use the online community dental clinics search for a list of dental clinics in your area. You may also visit [www.dhsv.org.au](http://www.dhsv.org.au) if you require any further information.**

Regular dental check-ups (6-12monthly) are recommended as part of your child's dental health routine. Healthy teeth and gums are vital to your school-age child's general health. Dental care for children's teeth starts with cleaning your child's teeth twice a day.

Your child may be eligible for the Commonwealth Child Dental Benefits Schedule, which provides \$1000 worth of basic dental care over a 2 year period for eligible children. Contact LCHS Dental Services on 1800 242 696 to make an appointment.

### Flu immunisation and coronavirus (COVID-19)

It's recommended that all children over the age of six months be immunised against influenza .Flu immunisation can help health professionals rule out the flu when assessing your child's symptoms. This is because coronavirus (COVID-19) and the flu have similar symptoms.

Also, if fewer people get the flu, it can help reduce the demand on the health care system.



# HAND WASHING

## Handy Tips for hand Hygiene!

1. Teach children to wash hands after sneezing, coughing, blowing noses, before touching food, after going to the toilet, after being out in public places and after being around sick people
2. Create a regular hand washing routine. Singing a song can help children wash for 20 seconds. It also makes handwashing fun!
3. Be a good hand-washing and hygiene role model

## How to wash your hands:.

1. Wet hands with running water & put soap on your hands
2. Rub soap on palms, back of hands, rubbing down to your wrist
3. Make sure to rub soap around fingernails, maybe sing a song. But remember you must do this for 20 SECONDS!
4. Rinse hand with running water
5. Dry hands with a paper towel or let hands air dry
6. If there is no soap & water use hand sanitiser instead & rub all over hands for 20 seconds.



# SCREEN TIME

There is a lot of conflicting advice and emerging research around screen time. But, the right amount of screen time can depend on a range of factors like your child's age and maturity, the kind of content they are consuming, their learning needs and your family routine. It can be easy to focus only on the clock and how long your child is spending in front of the screen, but the quality and nature of what they are doing online, and your involvement are just as important.

## 1. Be involved

Share screen time & online activities with your child! It's a great way to gauge

the appropriateness of content and a great conversation starter!

## 2. Work with your child to set boundaries

Discuss these new rules with your child. Colourful pictures or charts of daily limits and other important activities is a fun way to get younger children on board.

## 3. Be clear about consequences if not switching off

Part of our role as parents is to set clear limitations and boundaries. The same applies to technology limitations so, being clear and consistent about the consequences for your child if they do not stick to these rules is paramount.

## 4. Set device-free zones and times at home

Here are some ideas for setting digital boundaries within your home:

- no devices in the bedroom for younger children
- all screens off at least one hour before planned bedtime
- all family members switch off at dinner time
- charge devices overnight in a place your child cannot access

## 5. Ask your child to explain their screen use

Get your child in the habit of explaining why they want to be in front of a screen. It's a great way to get them thinking about their own digital habits and balancing screen time with other activities.

# SLEEP

*When your child sleeps well, they'll be more settled, happy and ready for school the next day. Good-quality sleep helps your child concentrate, remember things and behave well. This helps to be a successful learner.*

## 1. Bedtime Routine

A bedroom routine is very important at this age. It helps your child wind down for the day

Example:

6:45pm: PJ's, brush teeth, go to toilet

7:15pm: quiet time in the bedroom with book, bedtime story or quiet chat

7:30pm: Goodnight & lights out.

## 2. Relaxing Before Bed

After a big day at school, your child might still be thinking about many of the day's events & worries. If your child is worried before bed, it may cause a restless night or bad dreams. You can help your child relax by playing gentle music or reading a story.

## 3. Good Sleep Habits:

- keep regular sleep and wake times, even on weekends
- turn off computer, tablets & TV off an hour before bedtime
- have a quiet and dimly lit place to sleep
- get plenty of natural light during the day
- avoid caffeine & chocolate especially in the late afternoon

## Information and Support for Parents:

Anglicare/Parentzone parenting courses-  
(03) 51 359 555 or

[Parentzone.Gippsland@anglicarevic.org.au](mailto:Parentzone.Gippsland@anglicarevic.org.au)

Poisons information- 13 11 26

Parentline- 1300 30 1300

Homelessness assistance: 1800 825 955

<http://services.dhhs.vic.gov.au/getting-help>

SafeSteps Family Violence support:

1800 015 188 or [www.safesteps.org.au](http://www.safesteps.org.au)

Food Security: [www.askkizzy.org.au/food](http://www.askkizzy.org.au/food)

Royal Children's Hospital- 9345 5522

The Orange Door: 1800 319 354

[www.rch.org.au](http://www.rch.org.au)

[www.raisingchildren.net.au](http://www.raisingchildren.net.au)

[www.kidsmatter.edu.au](http://www.kidsmatter.edu.au)

[www.betterhealth.vic.gov.au](http://www.betterhealth.vic.gov.au)

[www.beyondblue.org.au](http://www.beyondblue.org.au)

[www.continence.org.au](http://www.continence.org.au)

Covid Information Hotline: 1800 020 080

Health Direct: 1800 022 222

## 6. Use tech tools to help manage access

There are robust products and device functions which allow you to see which apps are being used in your home and for how long

## 7. Lead by example

Your behaviour is one of the most effective ways to help your child develop a positive digital mindset. Show your child you can put down your device too.

checkout your free online parenting  
resource at [www.raisingchildren.net.au](http://www.raisingchildren.net.au)

