



Snippets

Volume 23 Issue 31

12th October 2023

MOE SOUTH STREET PRIMARY



News from our Principal

South Street Reduces its Carbon Footprint

Our school community is extremely fortunate to have access to incredible facilities and grounds that support students to achieve their best and we are continually looking to improve and build on our modern facilities.

Over the recent holiday period, we were pleased to action some capital improvement works, notably the installation of an 86kW solar system.

The installation was made possible through the Greener Government School Buildings program, and we now have significant capacity to reduce our reliance on electricity, providing substantial savings that can be contributed towards programs and events for your child, as well as the belief we are doing our small part to help support the climate.



School Council Public Reporting Meeting

Our School Council will meet this Tuesday at 6:00pm in the library to hold a public meeting where all families are invited, with the main item of business being the presentation of our 2022 Annual Report. This annual reporting meeting occurs once yearly, with the endorsed Annual Report presented to school council and other interested members. Please let us know by phoning the office if you plan to attend.



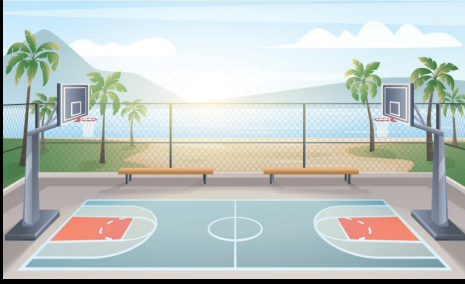
At South Street Primary School we grow people who:

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 Gunaikurnai people as traditional owners of this land and pay our respects to elders both past and present.

News from our Principal ... continued



I also wanted to provide a quick update on the removal of the playground. In consultation with our Physical Education teacher, we have decided to repurpose this space into additional basketball and netball courts.

This change will mean even more courts, rings and space for students to shoot hoops at recess and lunchtime.

We also anticipate that we will be able to have adjustable rings, suiting more of our younger students. We have submitted a grant which we hope will contribute to the cost of this project. We Have our fingers crossed and will keep you posted.

We also like to listen to our students and take on their suggestions for improvement, such as securing soccer nets and marking some lines. (These are coming)

It is great that students have a voice and are excited to help contribute positively to their school.



STUDENT SCHOLARSHIPS

The Department of Education administers a number of scholarships that are available to eligible students who are enrolled in Grade 4 to Year 12 in 2023.

Applicants for these scholarships will be evaluated on their:

- participation in school activities
- community involvement
- academic achievement.

Scholarships are either one-off payments or cover the duration of the student's course or annual study.

Many of these scholarships have specific eligibility criteria so please refer to individual applications for more information. Applications are open and close on Thursday 1 February 2024.

For more information and a list of available scholarships, refer to the 2024 Student scholarships page:

<https://www.vic.gov.au/student-scholarships>

Take Care
Brendan Dawson, Principal

Dates to Remember



Assembly every Friday 2.15pm
in the Gym. All welcome!

Fri
13th
Oct

Prep 2023 Get Set @
South Street Program begins

Fri
20th
October



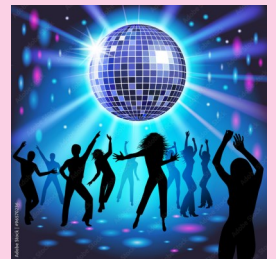
**Grade 2
Sleep-over**

Details on
COMPASS

Fri
17th
Nov

Blue Light Disco

@ a venue to be determined as there is
repairs being done to the gym floor surface.



Wed
22nd - 24th
NOV



**Grade 3/4
Camp**

Mon
4th - 7th
December



**Prep - Gr 2
Swimming**



Fri
15th
Dec



**Year 6
Graduation**



News from Mr Ireland



Morning Routine Values/Expectations & What Went Well

Part 6

Last week we went through the **Positive Primer** component of the Morning Routine. This involves a small movement, oral, thinking, or creative task designed to encourage the flow of positive emotions before learning commences. Positive primers scuff the surface of a student's brain so that learning sticks.

Once the **Positive Primer** component is complete, students and teachers then move into the **Values and Expectations**. This involves a revisit of classroom and school values and expectations and what this means for student learning. This can be done through explicit teaching or incidentally when interacting with students.

"I love the way you are showing respect by..."

The final section of the Morning Routine is **What Went Well**. This involves a selection of students reflecting on **What Went Well** during the **Morning Routine** half hour. It can also include students sharing **What Went Well** at home or at school throughout the morning.

Providing students and teachers with a consistent **Morning Routine** each day develops a sense of belonging and engagement, through the establishment of positive relationships. It also reduces anxiety and stress because students and teachers feel more organised and prepared for the day ahead. Students who follow a regular morning routine are also more likely to perform better academically because the Morning Routine encourages improved attendance, increased confidence, fewer disciplinary problems, and greater academic success.



EXPECTATIONS

School Activities



Sports Round Up

LAWN BOWLING



Ms V is looking to fill a team of grade 5's to play bowls. If you would like to play see Ms V.



CRICKET CLINIC



Last Friday it was the year 3 - 6's turn to be involved in a cricket clinic run by Cricket Victoria. The session involved games based around throwing and catching. All classes had a great time and we are very appreciative of Peter from Cricket Australia for running the session.

School News



Congratulations Lily, Abi &



Tamika who all won prizes for their amazing artwork at the opening of the Moe Spring Art Show 2023.



SNACK ATTACK IS BACK THIS WEEK

Snack Attack is back this Friday for lunch orders. We do still **need more volunteers** to help keep Snack Attack open and running. If you have spare time on a Friday we would love your help!!

Community News

Latrobe

Priority Primary Care Centre



Latrobe PPCC provides free care to people who need urgent care, but not an emergency response.

No appointment is needed, and treatment will typically be quicker than a hospital emergency department.

Opening hours:

7 days per week, from 7:30am to 11:30pm.

Address: 42-44 Fowler Street, Moe

Phone number: 5127 9111

Learn more: Google "Latrobe PPCC"

phn
GIPPSLAND
An Australian Government initiative

Latrobe Community Health
Service



JUNIOR BLASTERS

Ages 5-10. Have a 'blast' learning the fundamentals of cricket prior to competitive cricket

All experience levels welcome
Commencing mid-October

Register via playhq/moecricketclub, contact Evan Sheekey on 0439 499 123 or find us on Facebook

We also have U12/14 competition teams for those 10+ or with ability to play competitive cricket



Community News

VIC KIDS
EAT WELL

OVERVIEW OF SCHOOLS



The purpose of this resource is to provide health promoters with information about schools in Victoria. This overview will equip health promoters with greater knowledge and understanding of the setting, supporting them to work with schools more effectively. In addition, the information provided also includes tips on how best to engage and support schools participating in Vic Kids Eat Well. Vic Kids Eat Well is supported by the Victorian Government, and is delivered by Cancer Council Victoria, in partnership with Nutrition Australia.

WHY IS VIC KIDS EAT WELL A GREAT OPPORTUNITY FOR SCHOOLS?

A great education starts with kids having the energy and focus to learn at school

Students consume over one third of their daily energy intake during school hours.¹ Therefore food and drinks provided within the school environment have significant potential to impact students' nutrition and health. Providing healthy foods can have a positive impact on students' physical health, mood, mental health, learning and academic success.²

Through previous support programs and initiatives, we know that many schools have found it challenging to meet healthy eating best practices. Schools often have competing priorities and many find it overwhelming to make the changes needed to meet the [Canteens, Healthy Eating and Other Food Services Policy](#).³ Vic Kids Eat Well presents an opportunity to better support schools by breaking down this policy into small, simple and achievable bites, with the added support of local health promoters to guide and support schools every step of the way.

VICTORIAN SCHOOLS QUICK FACTS*

In July 2021, there were:

2,276 schools across Victoria

- 68% Government
- 10% Independent
- 22% Catholic
- 69% Primary
- 11% Primary-secondary
- 15% Secondary
- 5% Special schools

1,014,247 students enrolled in Victorian schools

- 65% in government schools
- 35% in non-government schools
- 55% primary school students
- 43% secondary school
- 2% in special schools

SCHOOL FOOD PROVISION

Food can be provided in schools through many ways including canteens, lunch orders, vending machines, special events such as morning teas or special lunches, fundraising activities and initiatives, school sport days or carnivals, curriculum activities and school breakfast clubs. Vic Kids Eat Well can assist with all aspects of the school food environment.

Canteens and lunch orders

Canteens can be run by the school with employed canteen staff or run by volunteers. Schools can also use an external or third-party provider such as commercial canteen companies, local bakeries or milk bars. Some schools may fully lease out their canteen to be managed and run by an external company, or they may order a subset of their canteen menu from an external provider. Some schools may not have a canteen but offer lunch orders on some days of the week. Usually, lunch orders are externally provided by local food businesses.

When working with schools on Vic Kids Eat Well, it is important to ask about and understand which types of food provision each school has.

EXTERNAL PROVIDERS

Many schools are transitioning away from the traditional school canteens to outsourcing lunches, menu items or canteen management from local food stores or larger commercial companies. For schools that are involved with an external provider, you may need to liaise with the school and the external provider to discuss how the external provider can make changes to meet the Vic Kids Eat Well actions. External providers are not eligible to participate directly in Vic Kids Eat Well. They can show support by aligning their menus and food and drink items with the actions. External providers can receive support through the [Healthy Eating Advisory Service](#). The main incentive for external providers is in being able to meet the school's needs and potentially gaining new customers through other schools participating in the movement that are seeking healthier suppliers.



School breakfast clubs

Many schools have a breakfast club program that may be run by the school or as a part of FoodBank Victoria's School Breakfast Clubs Program. FoodBank delivers healthy breakfasts to 1000 Victorian Government schools, targeted to students in need. The food provided by FoodBank complies with the Vic Kids Eat Well actions and the [Canteens, Healthy Eating and Other Food Services Policy](#), therefore FoodBank-run breakfast clubs should not be a focus of the school actions. However, schools that provide their own breakfast club may need support to ensure healthy options are offered that are in line with the school actions.



STUDENTS' EATING HABITS

In 2018, the Victorian Student Health and Wellbeing Survey⁴ found that 67% of students met the Australian Dietary Guidelines for fruit intake. However, this percentage declined according to year level from 76% of year 5 students to 56% of year 11 students eating two serves of fruit per day.⁵

Only 13% of students met the guidelines for vegetable intake. This percentage also declined according to year level with only 9% of year 11 students eating five serves of vegetables per day.⁵

Discretionary foods are typically high in added sugars, salt and saturated fat and are low in nutritional value.⁵⁽⁶⁾ Discretionary foods accounted for over 40% of adolescents daily energy intake.⁶

Australian school canteen research^{7,8,9,10,11,12} has found the top discretionary food sellers in schools include:

- Soft drinks and other sugar-sweetened beverages
- Unhealthy baked goods such as muffins and cakes
- Ice creams and icy poles
- Packaged potato chips
- Hot chips
- Crumbed fish or chicken products
- Savoury pies and pastries



FOOD POLICY CONTEXT

The Victorian Government Department of Education and Training have set out the [Canteens, Healthy Eating and Other Food Services Policy](#)³ which applies to food and drinks provided in the school environment through canteens, external companies supplying food to schools, vending machines, breakfast programs, school curriculum activities, rewards and incentives, sporting days and other school-based special events. All Victorian Government schools are expected to follow policy guidance from the Department of Education and Training. The [Canteens, Healthy Eating and Other Food Services Policy](#)³ uses the traffic light system to classify foods and drinks according to their nutritional quality. The categories are:

GREEN, 'everyday'



AMBER, 'select carefully'



RED, 'occasionally'



The Vic Kids Eat Well actions and bites for schools are in line with this policy, but take a stepped out approach to make it simple and more achievable for schools to make healthy changes.

FRAMEWORK FOR IMPROVING STUDENT OUTCOMES (FISO) 2.0¹³

The FISO was introduced as a key education state reform initiative, enabling all Victorian government schools to focus improvement efforts on priorities shown to have the greatest impact on students. The FISO 2.0 has been redesigned to place learning and wellbeing at the centre of school improvement. The FISO 2.0 has been simplified and streamlined to enable schools to focus on what matters most to improve every student's learning and wellbeing outcomes. Vic Kids Eat Well is a tool schools can use to address student health and wellbeing and may support them to meet the goals in their Annual Implementation Plans.

HOW SCHOOLS CAN BE INVOLVED

There are various ways schools can participate in Vic Kids Eat Well, depending on the type of food provision available and how well the school is already meeting the actions. For many schools, participation in the movement will involve working through and completing all of the actions and bites.

For schools with limited food provision, they can work on the actions that are relevant. For example, if a school has no canteen or lunch order system, the menu-based bites may not be applicable. Instead, the school could focus on 'refresh the fridge' and work on improving the foods and drinks in vending machines, or 'putting the fun into fundraising and marketing' by adopting some healthy fundraising activities.

If a school has no food service, they can register to be a supporter of Vic Kids Eat Well and receive a supporter pack to help promote the movement. Some schools may already be achieving all of the bites and actions, in this case, schools can receive an advanced standing toolkit to celebrate and promote their commitment to healthy eating.

BARRIERS*

- Getting support from school or canteen management
- Pressure on profit
- Resistance to change from canteen, school management and/or community
- Staff or volunteer capacity to make changes
- Lack of 'whole of school' approach and support for the canteen
- Canteens closing, outsourcing of food to third-party providers
- Health literacy and nutrition knowledge of staff

*Based on previous Health Promoter and HEAS experience

ENABLERS

- Getting leadership and management support
- 'Whole of school' awareness, engagement and support
- Using values-based messaging in communications
- Taking things slow with a strengths-based approach
- Having regular meetings with stakeholders
- Taking a stepped-out approach to simplify healthy changes
- Involving students, families and school community in decision making
- Ability to change third-party food providers

ENGAGEMENT TIPS

When approaching schools to engage in Vic Kids Eat Well, our tips are:

- Find out the school's values and priorities and tailor your communication to suit your audience.
- Look at the school's annual implementation plan, policies and reports and showcase how Vic Kids Eat Well aligns with these.
- Aim to promote the 'whole of school' approach; engage with management, canteen staff, teaching staff, students and the school community.
- Amplify others' progress and successes and showcase to your schools to generate buzz and momentum.
- Use positive language, marketing and social media to promote their participation and healthy changes made.
- Emphasise the stepped-out approach, on the ground support, incentives and rewards that Vic Kids Eat Well offers.



VIC KIDS
EAT WELL



VIC KIDS
EAT WELL





Join Us!

Get Set @ South Street 2024 Transition Program

Fri, 13th Oct

Fri, 27th Oct

Fri, 10th Nov

Fri, 24th Nov

Fri, 8th Dec

9:00am - 11:30am

Our transition sessions will allow your child to experience the routines and daily activities of a Prep student.

They will need their play lunch, drink, hat and a bag. They will need this for all sessions.

STATEWIDE TRANSITION DAY

Tuesday, 12th Dec

9:00am - 2:00pm

Your child will spend the day with their 2024 classmates and teacher. They will need their play lunch, lunch, drink, hat and bag.



Award Winners



BE SAFE

BE A LEARNER

BE RESPECTFUL

