

Stanhope Primary School

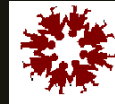
Stanhope Primary School is committed to creating and maintaining a positive and safe learning environment, where our children are protected from abuse and where we maximise individual academic and social growth through explicit teaching and taking responsibility for all our learning.

ISSUE 08: MARCH 21st 2019

LEARNING
SUCCESS
RESPECT
CITIZENSHIP



Inspiring Lifelong Learning



Principal:
Christine Owen

Phone: 5857 2514
Mobile: 0419 548 318

- ◆ stanhope.ps@edumail.vic.gov.au
- ◆ www.facebook.com/stanhopeps
- ◆ <https://stanhopeps.wordpress.com>

THINGS TO DO

HAVE YOU RETURNED ALL FORMS?

- ◆ ***Some families still need to complete and return forms to the school.***

(Please note that this is a legal requirement & non-return of permission notes may exclude your child from certain activities)

JUST A REMINDER:

School fees are now due for payment, invoices have been sent home. Parents will note that this year the fees for Preps are lower than for grades 1-6 and this is outlined in the levies letter you received earlier in the year. Mica is happy to discuss a confidential payment plan with families.

PLEASE NOTE:

Privacy laws require that any uploading to social media of images of children other than your own, requires the permission of the parents of those children.

DATES TO REMEMBER

Friday 22nd March

- ◆ ART Grade 3-6
- ◆ Ride2School Day

Monday 25th-Friday 29th March

- ◆ Parent-Teacher Conversations

Tuesday 26th March

- ◆ LIBRARY

Friday 29th March

- ◆ Assembly
- ◆ Campaspe Teams Tennis

Thursday 4th April

- ◆ ART Grade P-2
- ◆ Return Parent Survey Forms

Friday 5th April

- ◆ ART Grade 3-6
- ◆ End of Term, early dismissal

From the Principal

New Zealand Tragedy

It goes without saying that Stanhope Primary School stands with our New Zealand neighbours during this time of distress and horror. We will follow their Prime Minister's request to give nothing to hate, 'not even his name'. Our staff have resources, if needed, to cater for any students that may be struggling to understand what has happened. It is also important to remember that sometimes the distress and trauma effects, do not manifest until days, weeks or months after the actual event. There are a number of online resources that are available here, for families, about talking to their children.

<https://www.youtube.com/watch?v=-Sa1ZChGwqo> (very good and easy to understand)

<https://www.abc.net.au/news/2014-12-23/illustrated-guide-coping-traumatic-news/5985104>

<https://www.redcross.org.au/getmedia/60d44951-875d-43c7-8415-1fee678ce1a1/helping-children-and-young-people-cope.pdf.aspx>

SWPBS

Last Thursday and Friday, I was privileged to attend the Changing The Climate, School Wide Positive Behaviour Conference. There were so many interesting ideas and research findings that could easily be applied in any context. The format was more hands on and workshop in style than sitting back listening to speakers. There was some of that, but mostly looking at on the ground strategies that work for kids and teachers in schools.

Naplan

This year, our grade 3 and grade 5 students will sit the Naplan tests, online. Next Thursday there will be a coordinated Practice Test held here at school. This is where all students participating in online Naplan, will log on to the site at the same or close to the same, time. This will help iron out any glitches that may not have come to light up to date. Attached to this newsletter is information for families of grades 3 and grade 5 students.

Sleep, Diet and Routines

The heading says it all. For children to be successful at school and at home, these three factors are key. Primary school aged children need between 10-12 hours sleep EVERY night to ensure their bodies and their brains can rejuvenate and set them up for the next day's learning and activities. Remember, learning happens all the time, not just at school and not just when you may think it does. Children watch and listen to



**Christine
Owen**

At Stanhope Primary School we have an 'open door' policy for our families to find answers to questions, share concerns or information we might need about your child/ren.

FROM THE

***Business
Manager***



Mica will be in the office on Tuesdays and Thursdays. I am happy to discuss payment options for fees or camps with you.

PARENTS

Please note that permission forms & money need to be returned to the school prior to the day of the excursion.

FORMS ARE UNABLE TO BE PRINTED OUT ON THE DAY AND PERMISSION NOTES WILL HAVE TO BE HANDWRITTEN.

Thank you.

From the Principal

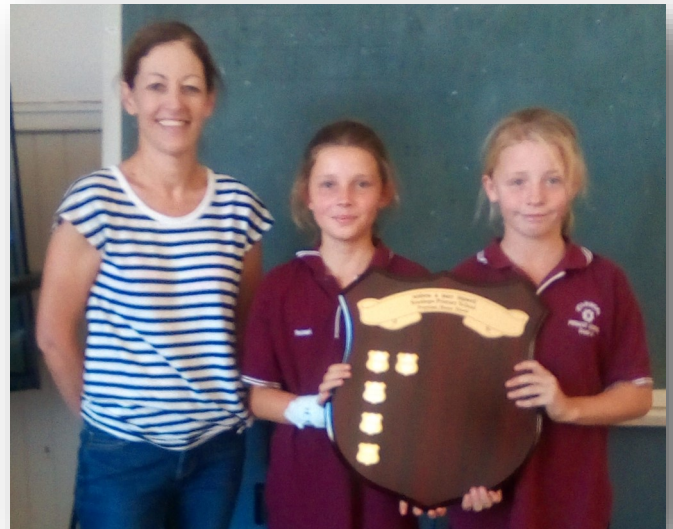
Sleep, Diet and Routines (continued)

adults around them. They want to be just like their mums and dads. Make sure you present a good role model for them. A healthy diet, with limited added colours, preservatives and sugars, and preferably non-processed foods, provide the nutrition for growing bodies. And don't they grow fast! That takes a lot of energy, so good nutrition is essential. And lastly, having predictable routines around daily activities, helps children develop a sense of organisation for themselves and provides a sense of security and confidence, which in turn leads to calmer, more responsive children.



JUNIOR SCHOOL COUNCIL

Congratulations to Liam, Jim, Tia, Lilyanna, Bill Adele, Alyssa & Wyatt—JSC Semester 1.



CONGRATULATIONS

Congratulations to McEwen House for winning the Swimming Sports. And thank you to Andrew & Mary Hipwell who donated and maintain our sports plaque.

CAMPASPE TEAMS TENNIS

Next Friday 29th March some of our 5/6 students will travel to Echuca to participate in the Teams Tennis competition. The day will begin at 9.45 and conclude around 2.30pm at the Echuca Secondary College tennis courts. Fleur Nurse and Mary Hipwell will be our parent helpers on the day, if you need to organise transport for your child please arrange this. Students are to wear sports uniform, bring their own tennis racquet and a packed lunch. If you have any other questions please feel free to contact me at school.

Megan DePasquale.



Harmony Day



A great opportunity to celebrate all the cultures that make up our wonderful school community.



Musical Highlights!

For those lucky enough to be present here at school on Tuesday morning, there was a fantastic morning of music, clapping and dancing! The **Australian Army Band**, kept everyone enchanted with their exuberance and outstanding talent. The visit was organised by **Rural Aid and The Gift of Music Foundation**.

Stanhope Primary School was thrilled to receive their donation of some fantastic new musical instruments to our school, which will enhance the musical capacity and potential for our students and teachers. But the generosity didn't stop there! A huge box of Lego kits and an iPad were also part of this amazing morning!

If you are getting this via email, you can click this link, or check out these photos.

<https://www.facebook.com/WINNewsShepparton/videos/1975171439458336/>



Grade P-2

Mrs Sheedy

Anti-Bullying Feelings through ART.

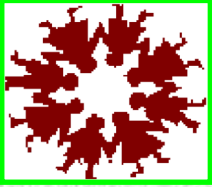


NATIONAL DAY AGAINST BULLYING

Friday 15th March

The Prep-2's read a story called "Little Penguin". Penguin is a little bit bunny and a little bit penguin. His parents think he is special just the way he is, but Penguin gets bullied because of the way he looks and he didn't have any friends. But one day a wolf threatened to eat him and the others. Penguin used his unique skills, showed bravery and was able to save everybody. He was a hero.

Afterwards we talked about the feelings that Penguin displayed throughout the book. The students drew a variety of lines and colours to represent different emotions and feelings.



STANHOPE PRIMARY SCHOOL NEWSLETTER

is published each Thursday and will generally have any permission forms and information sheets attached.

Families can also request to have this sent via email.

Finally, a reminder to keep an eye on our Facebook & Twitter page, for updates and interesting events.

Twitter: [@StanhopePSVIC](https://twitter.com/StanhopePSVIC)

Facebook: <https://www.facebook.com/stanhopeps/>

Café Lunch Orders

This year we will be having Café Lunch Orders on the **THIRD WEDNESDAY OF EACH MONTH.**

This will hopefully avoid most of the term breaks, public holidays & pupil-free days!

(Please mark the dates in your diary for the rest of the year.)

20th March

24th April

15th May

19th June

17th July

21st August

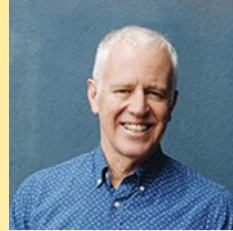
18th September

16th October

20th November

18th December

Language of independence building CONFIDENCE



by Michael Grose

“Which of these two would you prefer?” **Goal: Decision-making**

Parents as wise leaders need to call the shots on how the family life is conducted and health and welfare issues such as appropriate bed and bath times. Some things are not up for negotiation. But there are areas where parents can rightfully hand autonomy to children and say, ‘It’s your call!’ Choice of clothes, how they keep their bedroom, what they eat and who they play with are the types of decisions they can make. Naturally, this is age-related and you do need to have some influence on their choices.

Online Parenting Course

for 2 - 12 year olds

The quick, simple and effective solution for managing children's difficult behaviour

ENROL NOW!

TALK LESS listen more

Michael Hawtorn's parenting courses are ranked in the top 3 programs taught in Australia. This online course offers parents of 2-12 year-olds reliable and easy-to-implement strategies that help equip kids with essential impulse-control skills which help children to manage their own behaviour. This fun and interactive program is especially designed for busy parents who prefer to learn parenting skills online. This course gives parents flexibility to access information that is both convenient and easy to learn.

In just 3 hours you will learn to:

- Help kids learn not to overreact
- Build kids emotional maturity and resilience for greater social and academic success
- Improve your parenting confidence and improve family bonds

"When you are feeling completely lost at sea it is wonderful to have something to hold on to that works reliably. Using these methods has helped my kids keep the magnitude of their reactions more in line with the issues that has upset them." Nicole, Speech Pathologist and mother to a 8-year-old son and 7-year-old daughter

Join over 110,000 parents who have already participated in our courses

Recommended by child & family specialists

www.parentshop.com.au/online-parenting-course

NATIONAL RIDE2SCHOOL DAY 2019

FRIDAY 22 MARCH

Stanhope Primary School students



are excited to be celebrating
National Ride2School Day on Friday 22 March 2019.

In the spirit of embracing a healthy and happy start to the day, we encourage all students and their families to leave the car at home and give riding, walking, scooting or skating to school a go.

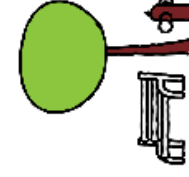


National Ride2School Day is the perfect opportunity to kick-start new healthy habits and promote the many benefits of active transport for our community.

If you can't actively travel the whole way, consider parking the car nearby and riding or walking the rest of the way.



It's going to be a wheelie good day and we hope to see you there!



SPLASH N LEARN TO SWIM SCHOOL HOLIDAY PROGRAM

Need a gift for someone special this Easter?

Want to keep the kids active?

Want to teach them a skill for life?

Our Easter school holiday package is running from Monday the 8th April to Thursday the 18th of April 2019 (excludes Saturdays).

Our package includes 4 group swim lessons booked throughout the selected period at our home pool.

Price is \$52.00 for members and \$60 for non-members. \$25.00 deposit required at time of booking.

****Please note members price is offered to any student who was enrolled in our FULL term 1 program.**

****Private lessons are available during this time.**

No further discounts apply.

NO MAKE-UP LESSON.



Autumn School Holiday Program	
Mon 8 April	<p> Excursion - Pedal Cars, Tatura. \$5 Have a race around the inflatable pedal car track and beat your best time. Back at The Loop it's a Wheels Day! BYO bike, skateboard, roller skates or scooter and don't forget your helmet!</p>
Tues 9 April	<p> In House Day Jazz it up! Bring along a pair of shoes to decorate with puff paint, jewels and spray paints. Join us in the afternoon on the oval for interactive games and challenges.</p>
Wed 10 April	<p> Excursion - Fauna Park, Kyabram. \$10 Lets play bingo around the Fauna Park then stay for a picnic lunch. In the afternoon we will be making props and costumes for our Easter Play.</p>
Thurs 11 April	<p> Master Chef - Pasta making then dessert! Test your skills as we make pasta and greek deserts for lunch at The Loop Cafe which will be open to families and visitors for lunch from 12pm - 2pm. If cooking is not your thing have a go at Human Hungry Hippoes!</p>
Fri 12 April	<p> Excursion - iPlay, Shepparton \$15 It's Friday FUNDAY with messy fun! Don't forget to wear old clothing.</p>
Mon 15 April	<p> In House Repurposing Day! Learn how to turn something old into something new! Our up-cycling workshop will give you the tools and ideas to repurpose old materials. Bring in your own old things to repurpose or repurpose some of ours.</p>
Tues 16 April	<p> Excursion - Warramunda, Kyabram. Easter Play and Egg Hunt. We have been working on our Easter play performances at Warramunda and there are still things to be involved with. Staging and music, costumes and narrating. There is a job for everyone. We will continue to celebrate all things Easter back at The Loop with some Easter Crafts in the afternoon and an Easter Egg hunt.</p>
Wed 17 April	<p> Workshop - Dance Illusions Acro \$10 Miss Melissa is back with her ever popular Acro class. Come and learn a few tricks! Then check out all of the new board games at The Loop and challenge your friends to a game. In the afternoon we will be watching Hop.</p>
Thurs 18 April	<p> In House - Pot Plant Decorating Decorate your very own pot and plant seeds in it to take home and grow. Then you can help to plant our winter veggies at The Loop.</p>
Fri 19 April	<p> Public Holiday - CLOSED</p>

Please Note

Activities are summaries only and are subject to change
Excursion days: children must be at venues by 9.00am sharp, unless instructed otherwise by educators.

activities in the park



TWILIGHT STROLL FRIDAY 29TH OF MARCH 2019

Register from 5:30pm at Chinamans Gardens in Mooroopna
or the Aquamoves bridge

Take a stroll to KidsTown and enjoy an evening of free
entertainment, barbeque and a return shuttle bus

For more information download the FREE
Get Mooving app or visit

WWW.GETMOOVINGSHEPPARTON.COM.AU

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Remember
to also like
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activities in the park FREE ACTIVITIES



APRIL SCHOOL HOLIDAY FUN!

DAY	DATE	EVENT	LOCATION	TIME
Sunday	7 April 2019	Active @ School	Katandra	10.00am - 10.45am
Monday	8 April 2019	Active Kids	Dookie	10.00am - 11.00am
Monday	8 April 2019	Pedal Karts	Tatura	10.00am - 11.30am
Tuesday	9 April 2019	Spotlight Walk*	Shepparton	5.45pm - 7.45pm
Wednesday	10 April 2019	Active Kids	Toolamba	10.00am - 11.00am
Thursday	11 April 2019	Playground Escapade*	Shepparton	10.00am - 12.00pm
Friday	12 April 2019	Orienteering	Shepparton	10.00am - 11.30am
Saturday	13 April 2019	Hooperise at Goulburn Vibes	Shepparton	4.00pm - 6.00pm
Saturday	13 April 2019	Labyrinth on the River	Shepparton	9.00am - 10.00am
Saturday	13 April 2019	Bar Night*	Tatura	5.00pm - 8.00pm
Saturday	13 April 2019	Goulburn Vibes	Shepparton	4.00pm - 8.30pm
Sunday	14 April 2019	Labyrinth Walk	Tatura	4.00pm - 5.00pm
Monday	15 April 2019	Pedal Karts	Kialla	10.00am - 11.30am
Tuesday	16 April 2019	Active Kids*	Tatura	10.00am - 11.00am
Tuesday	16 April 2019	Sandcastle Play	Maude St Mall	10.00am - 4.00pm
Wednesday	17 April 2019	Juggling	Undera	10.00am - 11.00am
Wednesday	17 April 2019	Kite Making	Mooroopna	4.00pm - 5.30pm
Thursday	18 April 2019	Pot Plant Decorating and Sunflowers	Kidstown	10.00am - 11.30am

*Activity requires registration

For more information and location details on any listed activity go to

WWW.GETMOOVINGSHEPPARTON.COM.AU/APP

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Dairy for life

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Thank you to Bovine Inseminations, whose generous sponsorship will cover the replenishment of our sports equipment.



**BOVINE
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HERD IMPROVEMENT SERVICE

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Awards



Learning: Adele, Bridie, Brodie, Chelsea, Dallas, Elayna, Ethan, Gypsy, Hudson, Isabelle, Jinaya, Liam S, Lilyanna, Mac, Marcus, Meila, Mia, Taylah, Wil, William W, Wyatt & Zack.

Success: Chelsea, Elayna, Isabelle, Mia, Reaghan & Zack.

Citizenship: Chelsea & Mac.

CONGRATULATIONS!

<https://www.facebook.com/stanhopeps/>



**CREATIVE KIDS
BRIGHTER KIDS**

**ALL NEWSLETTER ITEMS
MUST BE SUBMITTED
TO THE SCHOOL
OFFICE IN WRITING OR
ELECTRONICALLY BY
9AM WEDNESDAY
TO GUARANTEE A SPOT
IN THAT WEEKS EDITION**

**HELP IS BUT
A PHONE
CALL AWAY**

Lifeline
Ph. 13 11 14

Kid's Helpline
Ph. 1800 55 1800

Beyond Blue
Ph. 1300 22 4636

PROTECT

Protecting children & young people from abuse is our responsibility





Stanhope Primary School



Learning—Success—Respect—Citizenship

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SELF EVALUATION – Parent FEEDBACK 2019

Please list (and comment if necessary) on the following areas

STUDENT LEARNING / CURRICULUM (eg. literacy, numeracy, resources, extra activities, excursions, camps, classroom set up, group work, Victorian Curriculum, reporting, , technology/computers)

What do you think we should keep doing?	What do you think we should stop doing?	What do you think we should start doing?

STUDENT WELL BEING (eg. classroom environment, playground, school buildings, social skills programs such as SWPBS Individual Learning Plans, discipline, , breakfast program)

What do you think we should keep doing?	What do you think we should stop doing?	What do you think we should start doing?

STUDENT ENGAGEMENT (eg. Transitions, interaction with other schools, Student leadership, attendance, extra-curricular activities)

What do you think we should keep doing?	What do you think we should stop doing?	What do you think we should start doing?

PARENT AND COMMUNITY INVOLVEMENT (EG. Family Nights, fundraising, school council)

What do you think we should keep doing?	What do you think we should stop doing?	What do you think we should start doing?

Other comments that may be relevant to the school’s self evaluation, or for improvement over the next 5-10 years.

Thank you very much for your time and effort in giving us constructive feedback – your comments will be taken into consideration as part of the School review process, and in the development of the school’s Strategic Plan.