



Stanhope Primary School

Learning • Success • Respect • Citizenship



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Newsletter

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Inspiring Lifelong Learning

ISSUE 6: March 11th 2021

REMINDERS & THINGS TO DO

COVID Contact Tracing for Visitors & Families

All visitors and adults **MUST** enter via the main front door. They must also hand sanitise and sign the visitors book for contact tracing.

Booking times are now open for parent-teacher interviews on UEducateUs !

PARENTS CLUB

Parent's Club is an integral part of our school community who fundraise to help provide our students with extra resources, opportunities and facilities.

We would appreciate any parents or guardians who would like to be involved.

Attending one short meeting each month during the day to discuss ideas and help with events is all you need to do.

Please consider making a commitment to enhance your child's learning.

DATES TO REMEMBER

Monday 15th March

- ◆ LIBRARY

Wednesday 17th March

- ◆ School Council WebEx 7pm
Finance Meeting 6.30pm

Friday 19th March

- ◆ 'Bullying No Way' Day
STUDENTS TO COME DRESSED IN ORANGE

Monday 22nd March

- ◆ Student-Led Interviews

Tuesday 23rd March

- ◆ ART

Thursday 1st April

- ◆ END OF TERM 1 Leave 2.15pm

Friday 2nd April

- ◆ GOOD FRIDAY

Monday 19th April

- ◆ START OF TERM 2

From the Principal

Staffing

Next week we will welcome two new staff members to our team. Mrs Pam Thrift-Mulholland, will be working in the grade 3-6 classroom. Mrs Thrift-Mulholland comes with a wealth of experience in a range of school contexts and has a comprehensive knowledge of the curriculum. Also, we welcome Ms Allison Whitney, who will begin in her tutoring role of intensive work with small groups of students. I know everyone will make both ladies very welcome.



**Christine
Owen**

Anaphylaxis Warning

Anaphylactic shock is a serious and potentially life threatening condition. We have a staff member who is extremely allergic to **nuts of any kind.**



PLEASE DO NOT send your children with any foods containing nuts.

NAPLAN

Soon our grade 3 and 5 students will be sitting practice online NAPLAN tests in preparation for the actual NAPLAN tests which occur in May. NAPLAN provides you and us with a snapshot of how students are progressing over time. They will sit NAPLAN again in years 7 and 9. The data is used to identify focus teaching points as well as identify student strengths and challenge areas.

Parent, Teacher and Student Conferences

Our conferences will be held on Monday March 22nd and run throughout the day. Students will only be required to attend on that day when they come in with their parents for their scheduled time. Students will not be required at other times. Parents will be able to select and book their time using uEducateUs. The booking system will be accessible as of Monday 1 March until Friday 12th March. Families who have not booked a time will then be allocated an available time.

FROM THE

Business Manager



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

Café Lunch Orders

Wednesdays

To be announced

REMINDER TO PARENTS:

Don't forget to check out uEducateUs each Thursday for:

- ◆ Information for families
- ◆ NEWSLETTER on-line
- ◆ Newsletter attachments
- ◆ Permission forms

Please note that excursion permissions need to be approved on uEducateUs & any money needs to be returned to the school in an envelope marked with your child's name, prior to the day of the excursion or your child risks not being able to attend.

Grade P-2

Mrs Sheedy

NATIONAL SCHOOL CLEAN UP DAY

Fantastic work everyone!



BULLYING.
NO WAY!

Next Friday 19th March is National Day against Bullying Awareness Day. Students are asked to come dressed in the colour 'Orange'. They will also be participating in anti-bullying activities during the day.

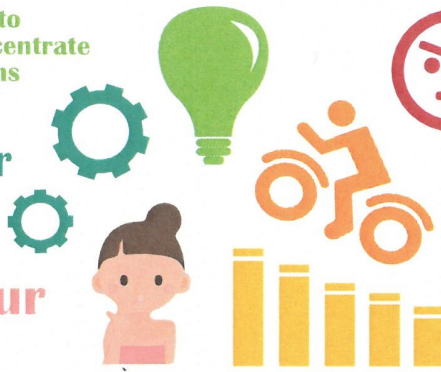
Sleep infographic

Not getting enough sleep can:

Limit your ability to learn, listen, concentrate and solve problems

Affect your memory

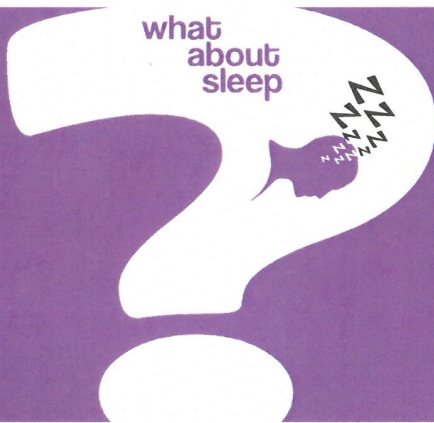
Affect your skin



Make you irritable

Increase chances of having an accident esp if driving or operating machinery

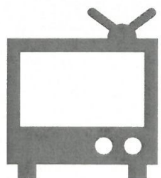
Decrease your energy levels



As a teen, you need about 9 1/4 hours of sleep each night to be at your best

Irregular sleep patterns across the week can affect your biological clock and affect your sleep quality

To get a good night's sleep:



Make your bedroom a haven for sleeping ... not too hot, quiet and dark

Avoid TV or other screens before bed



Avoid eating or drinking before going to bed



Start a bedtime routine perhaps have a shower or read a book every night before bed to help your body know when it is time to go to sleep



It's time to **READ**

Go to bed and get up at the same time every day if you can



Sometimes naps can help but keep them short and don't nap too close to bedtime

Having a great night's sleep can:

Improve your mood

Improve your memory

Improve concentration and problem solving

Decrease chances of having an accident

Increase energy levels

Help keep your skin looking good

Improve your ability to learn and listen

Important actions

Stick to a routine over the holidays

Over the school holidays, keep up regular activities, mealtimes and bedtimes. This is an important part of keeping children happy and healthy.

Don't be afraid to discuss coronavirus (COVID-19) with your children

Honest and regular communication is key. Not talking about something can make children worry more.

Reassure your child

It's important not to leave children feeling worried after a conversation. Reassure them that we are safe.

Look for signs your child is worried

Talk to a friend or family member, a community worker, someone at your child's school or your GP if you are worried about your child.

Remember to look after yourself

To look after the people you love, you also need to look after yourself. Talk to friends and family. Seek help if you need it.

Additional resources are available to support you

Visit the Families, children and young people - coronavirus (COVID-19) web page on the [DHHS website](#).



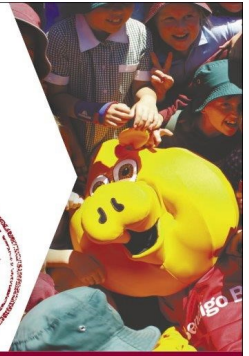
NEWSLETTER ITEMS MUST BE SUBMITTED TO THE SCHOOL OFFICE IN WRITING OR ELECTRONICALLY BY 9AM WEDNESDAY TO GUARANTEE A SPOT IN THAT WEEKS EDITION

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PROTECT



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HELP IS BUT A PHONE CALL AWAY

LIFELINE
13 11 14

KID'S HELPLINE
1800 55 1800

BEYOND BLUE
1300 22 4636

AWARDS



LEARNING:

Ayvee, Cass, Cooper, Ellie, Hudson, Kyra, Lennon, William Mc.

SUCCESS:

Breanna, Cass, Elijah, Kialla (absent for photo), Nick, William Mc.

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



CONGRATULATIONS!