



Stanhope Primary School

Learning • Success • Respect • Citizenship



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Newsletter

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Inspiring Lifelong Learning

ISSUE 7: March 16th 2023

REMINDERS & THINGS TO DO

DATES TO REMEMBER

REMINDER

Could families please sign and return the various forms sent home with the newsletter at the start of the year. We are required to have permission notes signed and enrolment details confirmed by Families.

Tuesday 21st March

- ◆ ART

Wednesday 22nd March

- ◆ Soccer Clinic
- ◆ School Council AGM 7pm
- ◆ Finance Meeting 6.30pm

Friday 24th March

- ◆ Ride to School Day

National Ride2School Day 2023



Tuesday 28th March

- ◆ LIBRARY—Return books

Tuesday 4th April

- ◆ ART

Thursday 6th April

- ◆ End of term
- ◆ Early dismissal 2.15pm

Bicycle helmets for children



It is compulsory to wear a helmet when riding a bicycle in Victoria on any road or road-related area like a bike path, bike lane, shared footpath or separated footpath. Tricycles with a pedal and chain are considered bicycles under the road rules.

From the Principal



**Christine
Owen**

Welcome!

Starting this coming Monday, we are please to welcome Simon Gilboy to our staff. Simon will be our Wellbeing Officer at school and will be here on Mondays, Tuesdays, and Wednesdays. Simon brings a lot of experience and passion to his role and we're really looking forward to having him join us at Stanhope Primary School!

World Sleep Day on Friday 17 March

We know sleep is essential for good health. Research by the Australian Institute of Family Studies shows that many children and young people are not getting enough sleep on school nights. This can affect thinking, concentration, memory, reaction times and mood. In next week's newsletter, we will provide some information about the importance of sleep for children and some tips and strategies to assist families with their children's sleep habits and routines.

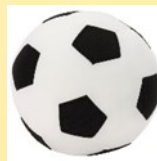
Ride to School

Next Friday, 24th March, is National Ride To School Day. In preparation, we have been looking at some important safety messages about bicycle and rider safety. Students are welcome to ride their bikes or scooters to school over the coming days.

- ◆ **It is important that their bikes or scooters are safe and in good working order.**
- ◆ **Helmets should also comply with the Australian safety standards.** Approved helmets have the Australian Standards Mark TM (AS/NZS 2063) and will be marked as suitable for cycling. Remember, we only have one head, one brain! Let's make sure our children's heads are well protected.

Soccer Clinic

Next week, Mrs Depasquale has organised a Soccer Clinic to be held at school. There is no cost for this clinic. Please make sure your child/ren is wearing well-fitting runners next Wednesday.



Naplan

Naplan testing concludes tomorrow with the Numeracy tests. Student involved in Naplan have undergone testing in Writing, Reading and language and Conventions, so far this week.

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

**3rd Wednesday
of every month**

17th May

21st June

19th July

16th August

18th October

15th November

20th December

Lunch Orders

As a result of discussions with the Café, lunch orders will need to have the correct money enclosed for all future orders.

Thank you for your cooperation.

Congratulations!

Well done to Blake, who was one of the winners of this year's Elmore Tractor Pull colouring competition! He has won a free family pass for four, to the Tractor Pull, which is on THIS SATURDAY!



Our students are masterful creators of colourful dragons! Visitors to our school said they were the best they had seen!

Thank you, Ms Cowan, for showing the students the 'secret' to great dragon making!





Ride2School Day aims to increase physical activity in young Australians and families by encouraging everyone to ride and walk to school.

To support this day and encourage students to meet the daily recommendations of 60 minutes of physical activity, all students are strongly encouraged to walk, ride, scoot or skate to school every day of the week starting 20th March!



Stanhope Primary School ENROLMENTS

Enrolments are welcome
for our school.

Parents or carers can
contact the school to speak
with the principal,
Christine, or to collect an
enrolment pack.

- ◆ Small caring environment.
- ◆ Individual learning plans to ensure high student outcomes.
- ◆ Engaging curriculum delivery.
- ◆ Parent involvement encouraged.

School tours by
appointment.



2024 PROSPECTIVE FAMILIES INFO SESSION

An open invite to families of 2024 Foundation and Year 7 students who would like to know more about what Rushworth P-12 College has to offer your family.

APRIL
26TH
2023



4:00PM -
5:30PM

Q&A at 5:00pm



Enrolment packs will
be available from this
date.

**RUSHWORTH
P-12
COLLEGE**

45 Heily Street
Rushworth, VIC,
3612

If you are unable to attend at this time but would like to tour the school, please contact the College.



We will also be conducting an Open Night in Term 3, more information to come closer.

Please RSVP via the
Facebook event -

<https://fb.me/e/2FUmdU5K2>

FOR MORE INFORMATION, CONTACT CURTIS MCDONALD AT 5856 1230

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Phil De'Ath
0418 527 365

Lina Ding
0412 266 635

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PROTECT



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

HELP IS BUT A PHONE CALL AWAY

LIFELINE
13 11 14

KID'S HELPLINE
1800 55 1800

BEYOND BLUE
1300 22 4636

AWARDS



SUCCESS:

Spencer, Cooper & Cass.

CONGRATULATIONS!

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



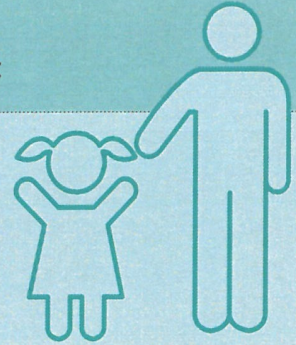
The steps to helping your child become more independent

1

Dependent

Younger children (usually under five) who aren't ready to become independent just yet

- Set a good example by walking or cycling to local places, such as to kindergarten.
- Look for ways to encourage appropriate independence with everyday activities like getting dressed or playing in the garden unsupervised.
- Observe your child's behaviour and independence, and look for signs of readiness.

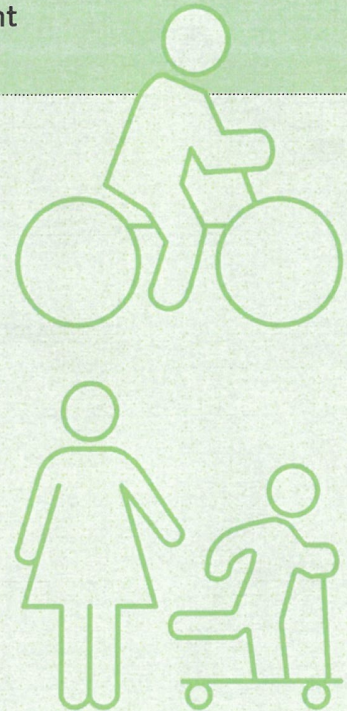


2

Pre-independent

Children who are moving from dependent to independent with your support

- Walk/ride with your child around your neighbourhood, or to the shops, park or school, to:
 - demonstrate safe travel and healthy activity
 - practice and reinforce the skills your child needs to travel and play safely, such as riding a bike and knowing the road rules
 - create opportunities to discuss safety issues and strategies
 - recognise and praise improvements in your child's skills and behaviour
 - help your child become familiar with the local neighbourhood
 - identify the safest routes (e.g. where there are safe road crossings)
 - judge when your child is ready to start being independently mobile.
- Make a plan with your child about possible strategies for when things go wrong, such as getting lost, if a stranger approaches them, or if they or their friend gets injured.
- Slowly build independence by letting your child do things like visit a friend's house down the street or ride their bike around the block.
- Look for ways to expand your child's independent mobility, e.g. going to the local shop or park instead of just to school.
- Agree on a plan with your child for the transition towards independence, and set milestones and boundaries.



3

Independent

Children who have freedom to move around in public spaces without adult supervision

- Remind your child about strategies for when things go wrong, such as what to do if approached by a stranger.
- Renegotiate and agree with your child on any milestones and boundaries as she or he gets more capable and confident.
- Consider and encourage your child to use a mobile phone to support their independence.



One of the most important aspects of being a parent is teaching your children to become independent. But sometimes it's easier said than done, especially when you have such a strong instinct to protect them.

We all understand the benefits of letting children walk to and from school on their own, or go and meet a friend at a local park. They're learning to be independent and generally being more physically active and healthy.

On the other hand, it's perfectly natural to feel a bit anxious about letting them walk, ride a bike or scooter, or catch public transport without any adult supervision. In fact, our research shows that almost half of all Victorian parents worry about their children's safety when they aren't with an adult because a stranger might approach them.

That's why we've developed some tips on how to help your child travel safely on their own. First, let's look at the many benefits of 'independent mobility' for children.



Why allowing children to get places on their own is so important

Increased 'independent mobility' gives children the opportunity to:

- Develop self-confidence
- Get some exercise, including playing outdoors, which makes it easier for them to get the recommended one hour of physical activity a day
- Play with friends, including making new friends
- Learn responsibility and independence
- Get to know the neighbourhood
- Learn coping skills, which is very important to build resilience, a key factor in children's mental wellbeing.

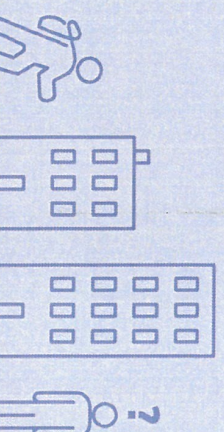


What you can do to make it easier for your child (and you)

The secret is to help your child become independently mobile in stages that are appropriate for her or his age, skills and the environment. So it's a gradual process, going from being fully dependent on you or another adult, to 'pre-independence', and finally independence.

Practice travel skills with your child before allowing them to travel independently, as it teaches and reinforces the skill so that they'll need to do it safely. It can also alleviate a number of concerns you might have, such as:

- The level of your children's walking, cycling and road safety skills
- Their familiarity with the route
- The likelihood of risk
- What to do if something 'bad' happens (e.g. getting injured or approached by a stranger)
- The actual travel time and distance.



How will you know when the time's right?

As parents, you're in the best position to judge when your child is 'ready' for independent mobility. There are a number of things to consider, such as:

- Your child's age and maturity
- How 'child-friendly' your local area is, i.e. are there other families out walking, do people keep an eye out for each other, are there good footpaths and crossings, are the roads quiet?
- Your own concerns, particularly in regard to 'stranger danger'
- Your level of confidence in your child's ability to travel independently
- How much it might benefit your child to have more independence
- Whether you think other parents, family members or the school might disapprove
- Whether your child has access to a mobile phone
- How a change in routine can provide opportunities for your child to be more independently active
- What other parents and families think is a 'normal' or acceptable age for children to be able to get around on their own.



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