



**Strathewen Primary School**

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**Wednesday March 10th 2021**

**Dates to Remember:**

Monday March 15th- School Review- Day 1- Kylie in with Grade 4-6, Maree in with P-3 for the day

- 'Pillowcase Project'- grades P-6- Red Cross workshop with whole school- 11.30-12.30

Monday March 22nd- Nillumbik Shire workshop with students- Health and Wellbeing survey with young people

The day will finish with a '3.30pm rotunda chat' with any parents wishing to share their ideas with council

Wednesday March 24th- School Review- final day

Tuesday March 30th- School Council meeting

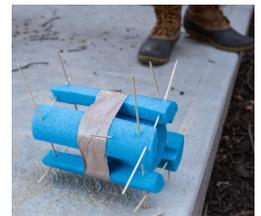
Wednesday March 31st- SPS Family Easter Picnic and Egg Drop Event- 5.30pm-7.30pm at school

Thursday April 1st- end of term 1- 2.30 dismissal

Friday April 2nd- Good Friday- school holiday period commences

Monday April 19th- First day of Term 2

**The S.P.S. Family Easter Picnic and Egg Drop event is coming up. Have you been working on creating an 'Egg Drop Contraption' at home?**



**Here are some great ideas for egg drop contraptions. You'll find plenty more suggestions online. Now's the time to get creative and build something that will handle the drop from the upstairs balcony, down to the pathway below. You might also like to start working on your fancy hat, so that you're ready to join Mrs Galvin in the Easter Bonnet Parade.**

Our swimming program for 2021 has come to an end. It has been great to see the level of skill development in many of our swimmers during the intensive program. Our advanced swimmers certainly had their work cut out for them yesterday, swimming lap after lap as their instructors focused on particular skills and stroke technique. Once again, it was lovely to hear such positive feedback from our instructors, as they commented on what a pleasure it was to work with our swimmers.

Thank you all parents and carers for managing the prompt pick up after school yesterday, allowing us all to head off for our First Aid training update.

## *Online safety for our young people... yes, it's a primary school issue*

For our young people, connecting with their friends and family on social media platforms is part of life. They are growing up in a time of accessible and affordable devices and internet, loads of different connection options and unlimited access to the wider world. This is fantastic. The internet is a wonderful place. It has changed our lives, the way we work, the way we seek entertainment, the way we research, the way we learn, the way we connect with others and basically, the way we live. But... the internet also presents our young people with challenges and risk.

In recent weeks I have been supporting some of our senior students with online issues they have been facing outside school. We've had students who have inadvertently found themselves in uncomfortable situations. Some students have found themselves dealing with difficult interactions online at home and inappropriate dialogue. In class, we regularly work on the importance of cybersafety and the importance of appropriate conduct online. Here at school, our security restrictions limit access to many platforms and use is carefully monitored and managed, with any conduct which doesn't fit into our school values being taken very seriously.

In a round table discussion with senior students today, we talked about networking safely, restricting access into groups to only people who are known in 'real life', reporting any inappropriate content or behaviour to a trusted adult and not 'buying' into hurtful dialogue or responding to nastiness. My recommendation to the crew here today has been that if you're thinking of writing and posting anything that you wouldn't be happy for the recipient's parents or carers to read, or for me to be shown a screenshot of, it's probably not appropriate and could result in some problems for you. Basically, if something doesn't feel right or makes you uncomfortable, talk to a trusted adult.

This is a timely reminder for all parents and carers to ensure online safety in the home. Do you know what programs and platforms your children are accessing? Do you know who they're talking to? Have you had a discussion with your children about online behavioural expectations? The eSafety website has terrific resources for parents. Check out the eSafety parents page, where you'll find webinars for parents and loads of great information. There is a Parents' Guide book you can download and there is plenty of information and practical tips relating to 'the big issues'. As parents and carers, the advice is to talk to your child about esafety, any worries they may have relating to online activity, work on strategies together and reassure them with your support. Help and resources are out there and available-

### **Kids Helpline:**

provides free and confidential online phone counselling to young people aged 5-25- 24 hour service 1800 55 1800

### **eHeadspace:**

provides free online and telephone support and counselling to young people 12-25 and their families and friends- 9am-1am  
eheadspace.org.au or 1800 650 890

### **Parentline (VIC)**

A dedicated parent support line, offering counselling, information and a referral service.

13 22 89. Support for parents.

I have had discussions with several parents of senior students in recent times, as we work together to support our young people and ensure safer social spaces.

Feel free to contact me for a chat about any concerns,

Jane



This week we have revisited the 5 Finger Strategy, developed by the students as a tool to manage tricky situations, with friends, classmates, in the yard etc. The first strategy is to Stop and Think. The second is to Calm Down and take a breath. The third is to ask yourself, Can you sort this out yourself? The fourth is Do you need to walk away? And the final strategy is Do you need an adult's help?

## OUR FINAL DAY OF SWIMMING





*In classrooms this term, we're focusing on our school values and what they mean. We've been looking at 'kindness' and the importance of being a good friend. Thanks to a lovely donation of 'Better Buddies' bears, we'll be recognising students for their actions in helping to create a friendly and caring school environment.*



*Our bear presentation recognises the following: friendliness, care, respect, responsibility, valuing difference and including others. Our Better Buddies Kindness bear is awarded to Mary for her wonderful support of others and for being such a kind and thoughtful friend. Congratulations Mary.*

## BEHIND the SCENES

- Renate has been working in the school grounds, pruning, weeding, watering, sorting out our sprinkler system, sweeping up gravel run off and plenty more
- Thank you to Emily, Oliver, Giselle, Eden, Esmay and Harvey for carting bucket loads of white sand up to the Cubbyland sandpit to top it up.
- School staff completed their Level 2 First Aid training updates last night at Doreen PS
- Donna has also been working on some online Departmental training updates in OHS and Finance

## Strathewen-Arthurs Creek Bushfire Education Partnership

Did you know that Christian and Harvey are our team leaders, coordinating the CFA data collection each Thursday afternoon just before 2pm. They are responsible for using the tools to take measurements, recording the data, training other classmates in the process and providing the information to Ms Hayward to be sent off to CFA for use in calculating the Fire Danger Rating (FDR) for our area. We have two set sites within our school grounds where the measurements are taken. This is real world science in action and our students are contributing to a community safety program.

# PARENTS' CLUB



## EASTER RAFFLE- CALL FOR DONATIONS

Have you dropped off your contribution for our Easter hampers? Thanks to everyone who has already managed to donate. We're hoping to put some great Easter baskets together.

Last year wasn't a great one for our Parents' Club on the fundraising front, so here's hoping we can build on that in 2021. We're planning to hold our annual Easter Raffle event this term. It would be great if families and friends could send along a contribution for our raffle hampers. Remember, donations don't have to be chocolate and Easter goodies, we could put together a gardening basket or a gourmet hamper. All contributions will be put to good use for our baskets. (If you have a spare basket or two you're not using, we would be happy to take them off your hands) Please drop off donations at the office and we'll get sorted with our raffle tickets soon.

We're also hoping to run our Family Easter Night and Egg Drop event again this year, on Wednesday March 31st. Instead of the usual BBQ and shared buffet, this year we're planning a Bring Your Own Picnic event. Each family will be able to bring along their choice of picnic dinner and drinks for their crew. We'll still be running the favourite events- the Egg Drop, the Easter Bonnet Parade, the Egg Sports and of course, the Egg Hunt. Pop the date in your diary.

Thank you

**The Strathewen Star Students**  
this week are... Mason, Zoe, Matilda and Van

**ALL-STAR STUDENTS!**



**Mason-** for his wonderful enthusiasm for learning and his great effort

**Zoe-** for her terrific attitude to learning and determination to do her best

**Matilda-** for her consistent effort with all work and her wonderful enthusiasm

**Van-** for being such a thoughtful class member and his great work



# Junior School Council

*Today we had our ice cream day, as a fundraiser. Most people remembered their money and enjoyed an ice cream at lunchtime. We have some leftovers, so if the people who missed out want to bring along their \$2, we will help them out. Thanks everyone for supporting our fundraiser. We'll keep you updated on our next event.*

*Oliver and Mason*



*A few of our 'sand carters' doing their thing today at lunch time. Thanks team!*

**Payments to school-** just a reminder to parents that our Commonwealth Bank account is no longer active and all payments to the school need to be made to the Bendigo Bank Account- BSB 633 000 Account No: 1659 375 90 Under new regulations, all school student banking programs have now ceased, so this is no longer an option at school.

## **The Red Cross Pillowcase Project- coming up at S.P.S. on Monday March 15th**

Children are positive change agents- this is evident each year when we implement our Bushfire Education Partnership Project. Disaster resilience is the ability to anticipate, prepare for, respond to, adapt to and recover from the impact of emergencies. Practical skills that contribute to disaster resilience can be learned and practised. Children who participate in disaster resilience building activities have been shown to be better equipped to deal with an emergency.

Research also suggests that educating children in disaster preparedness plays a part in creating a culture of preparedness and resilience in the community as a whole. Children are positive change agents within their families and their communities. If given the opportunity to participate, they can make a very real and positive difference before, during and after an emergency.

### **The Pillowcase Program**

The Pillowcase Program was originally inspired by events during Hurricane Katrina in the US. While evacuating campus, students of a local University used pillowcases to carry their cherished and basic possessions. After hearing this, American Red Cross staff developed the concept of using a pillowcase as an emergency kit. The program quickly grew into a preparedness education program that has since become known as the Pillowcase Program. S.P.S. was one of the pilot schools for the initial project some years ago and we thought it would be great to run the session once again.

Delivered by Red Cross volunteers and staff, the workshop encourages children to be active participants in their own emergency preparedness. The content is useful for all kinds of emergencies and includes activities to highlight the importance of being prepared. Pillowcase helps to reduce real and imagined fears and has successfully built children's stress management skills.

The program is usually aimed at students in Years 3 and 4, but we'll be running the session across the whole school. The one hour workshop involves engaging discussions and interactive activities to help students:

- Understand and discuss the importance of being prepared
- Prepare their mind for the thoughts and feelings that may arise before, during and after an emergency
- know what to pack in an emergency kit

Each student is then given a pillowcase to decorate and take home, to start their own personal emergency kit.

### Strathewen Hall- Arts and Crafts Group

The Arts and Craft Group plan to meet again at the Strathewen Hall on a regular basis and, to make it easier for those of us who lead busy lives, we will be alternating the weekdays.

For the next couple of months, the Art and Craft room will be open from 10 am to 12 noon on:

Friday 5<sup>th</sup> March

Wednesday 10<sup>th</sup> March

Friday 19<sup>th</sup> March

Wednesday 24<sup>th</sup> March

CLOSED on Good Friday 2<sup>nd</sup> April

Wednesday 7<sup>th</sup> April

Friday 16<sup>th</sup> April

Wednesday 21<sup>st</sup> April

Friday 30<sup>th</sup> April

We have yet to decide on specific projects, but please feel free to come along with some knitting or anything else you might like to do, and let us know of any ideas you may have. Our cupboards are well stocked with materials waiting to be put to use!

Everyone welcome (for craft or just a chat and a cuppa!)

Looking forward to seeing some new faces in 2021.

Kathy Brown

On behalf of the Arts and Craft Group



## Family Picnic and Egg Drop Event

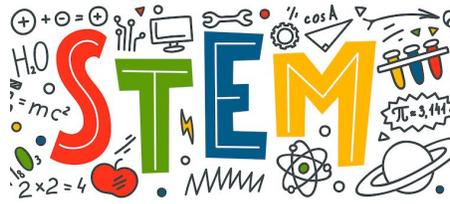
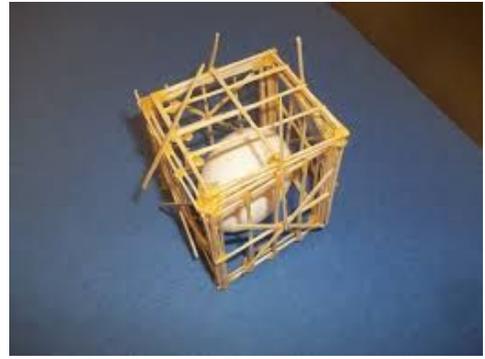
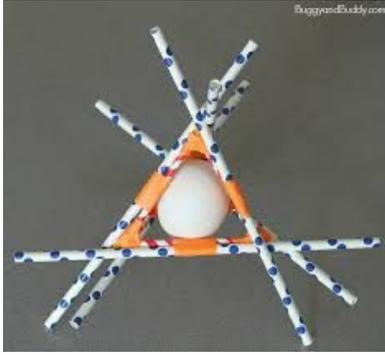
Students are encouraged to put their STEM skills to use as they work to create their Egg Drop Contraption

When: Wednesday March 31st 5.30pm- 7.30pm Where: Here at school!

What do you need:

1. An Easter Bonnet for the parade (if you're joining in!)
2. An 'Egg Drop Contraption'- made at home to safely transport a fresh hen's egg to the ground
3. Bring along your Family Picnic for dinner- whatever you choose and a picnic rug

4. Bring along drinks for your family
5. Come along and have fun with your friends and neighbours



Week 4 was a wet one in the S.T.E.M. classroom! Check out what we did on the blog:  
<https://sites.google.com/education.vic.gov.au/sugarloafstemblog/weekly-summaries>

Kind regards,  
Chanaka Ruwandeniya