Strathewen Primary School

Wednesday 31st July 2024

DATES TO REMEMBER:

This week- Monday- Friday- Recognising Schools Tree Day/National Tree Day- school-based activities

Thursday August 1st- JSC Pyjama Day- come along in your PJs- gold coin donation

- **I AM MINDFUL- morning program grade 4-6**

Monday August 5th- Final basketball coaching sports session with McKenzie P-6

Tuesday August 6th- School Council meeting 4.30pm

- **I AM MINDFUL- morning program with 4-6**

Wednesday August 7th- Dan's final Song Room workshops in classrooms

- **After school performance for parents- the Song Room sessions- P-6 from 3.45pm**

Monday August 12th- I AM MINDFUL Parent online session- 7.30-8.30pm (join using link provided)

- **Ten Pin Bowling- Sporting Schools coaching sessions begin- P-6**

Tuesday August 13th- Science Week celebration- whole school Science rotations afternoon

Tuesday August 20th- Bushfire Education Partnership- first aid training day for grade 4-6

Wednesday august 21st- School Photos

- **I am Mindful session- grade 4-6**

Friday August 23rd- JSC- Book Week dress up day- Come as your favourite book character

Thursday August 29th- Father's Day Stall- Parents' Club

Thursday September 5th- Sugarloaf District Athletics Event at Willinda Park, Greensborough
(Strathewen Parents' Club operating the BBQ and sales at the track)

Monday September 9th- Backup day 'bad weather' for Sugarloaf District Athletics Event at Willinda Park

Friday November 8th- The much anticipated SPS- 'Colour Run' event

It's National Tree Week.
We've been looking at our local bush, learning about different trees in our area and we have a bit of a competition going as we search for the largest leaf.
We think the Beechworth campers came back with some of the biggest eucalypt leaves we've ever seen.
This beautiful photo was taken by Rod as he walked into school recently. It's an Eastern Spinebill, a species of honeyeater found in forest and woodland areas.

JSC Pyjama Day
Tomorrow- wear your PJs and bring along a gold coin

We acknowledge the traditional Owners of the land on which we stand and pay our respects to the Elders, past, present and emerging.
We honour and respect the histories, cultures, knowledge and perspectives of First Nations peoples
We value the guidance of Aboriginal and Torres Strait Islander peoples as we support and create opportunities for the future custodians- the children
Let us always remember that First Nation children played, danced, sang and learned on this place they called home

CHILD SAFE: *Strathewen Primary School is a child safe organisation which welcomes all children, young people and their families. We are committed to providing environments where our students are safe and feel safe, where their participation is valued, their views respected, and their voices are heard. Our child safe policies, strategies and practices are inclusive of the needs of all children and students. We have no tolerance for child abuse and take proactive steps to identify and manage any risks of harm to students in our environments. Child safety is a shared responsibility.*

We're back into the swing of a regular school week after our Beechworth Camp adventures. Thanks to Deb's extensive work behind the scenes, our itinerary was fantastic, with a good mix of hands-on activities, exercise, learning and fun. It really was a camp full of Australian history. We were so fortunate to have the services of Darren Bradshaw as our bus driver for the week. He did a fantastic job and it made things so simple to have a bus on site with us at the Priory. Huge thanks to Phil Byrne, who took leave from work to join us for our time away. Having an extra teacher on board was wonderful. Thank you to Maree Galvin, who gave up the comforts of home to head off on camp with us once again. We're fairly seasoned campers and it's great to have such a terrific team both away for the week and holding the fort back at school. Our students were fantastic, managing a week away from home so well and embracing every opportunity. I certainly caught up on some sleep over the weekend!

It seems like the P-2 group had a terrific week in our absence. Diane, Deb and Kylie definitely pulled out all the stops and provided some fantastic activities for the crew.

Today we had Dan with us, working on our Song Room projects. Dan has delivered a fantastic program with us over this year and it has been wonderful to see music coming to life throughout the school. An example of this would be watching the whole team 3-6 fill the halls of the Old Priory at Beechworth with a singalong around the piano last Thursday night. The old building came to life! We're preparing for a bit of a performance next Wednesday afternoon and we hope that everyone can come along and check out what we've been working on as our students share their music. The Song Room program is all about promoting student engagement and well-being through music and it has definitely been a hit with our crew.

Jane

2024 Parent / Caregiver / Guardian Opinion Survey

Our school is conducting the annual Parent / Caregiver / Guardian Opinion Survey offered by the Department of Education and is seeking your feedback. The survey is designed to assist schools in gaining an understanding of families' perceptions of school climate, student behavior, and student engagement. The survey is optional, but we encourage and appreciate your participation.

Our school will use the survey results to assist in identifying areas for improvement and professional development needs in the school, to target school planning and improvement strategies.

The Parent / Caregiver / Guardian Opinion Survey will be open online from **Monday 29 July to Friday 30 August 2024.**

The survey will be conducted **online**, only takes **20 minutes** to complete, and can be accessed at any convenient time on desktop computers, laptops, tablets or smartphones. Each family will be provided with a personalised PIN (one per household) and the link to access the survey.

Please speak to your child's teacher if you would like more information.

Tsunami and earthquake education- our visiting speaker

Prior to the senior class heading off on camp, we were fortunate to have hosted a guest speaker, all the way from Hawaii. Cindi Preller, Director of the Pacific Tsunami Museum in Hilo, Hawaii, joined us for an incredible morning of learning with the P-6 group. Cindi was in Melbourne to speak at the Emergency Services Conference, and thanks to our amazing contacts (Lisal O'Brien, Jamie McKenzie, Steve Cameron and Kate Fawcett), we seized the opportunity to host a visit. Two hours with Cindi flew by and our students were talking about her session for days afterwards.

Cindi was from Hawaii. She is an expert in tsunamis and earthquakes. She told us about the noises of tsunamis and our favourite sound was the bubbling sound. Tsunami waves come like a wall and they're really strong, even ones that are only 30cm high. We looked at a display that showed all the earthquakes in the world since they started recording them and what the tsunamis looked like. A huge earthquake recorded in Chile generated enough energy to power the world for 501 years. Australia is not in the 'ring of fire' but we still get earthquakes and tsunamis.
Arthur and Xavier

We acted out the noises of tsunamis with balloon shakers and bubbles. We learnt about earthquakes and how they shake and crack the ground. It was really fun with Cindi.
Felix

Interactive Parent Night Mental Health Coping Strategies - I Am Mindful

Special event for Strathewen Parents

Join us online to meet Stephanie, hear about what we're doing in class and learn more about a wide range of mental health coping strategies to support our young people

WHEN: August 12 2024 TIME: 7:30pm – 8:30pm

HOW: The presentation will be made over Zoom

Access via the link below:

https://us06web.zoom.us/j/8670995532?pwd=YjBCYWZSWVN2WmI2aVFRaXNSZkNzUT09

Keynote speaker event: Stephanie Silver, Positive Psychology Practitioner and Founder of I Am Mindful

Topic 2: Personal Strengths

Children and young people need a vocabulary to help them recognise and understand strengths and positive qualities in themselves and others. This topic provides learning activities to build this vocabulary and to use it when discussing personal, social and ethical challenges.

Research in the field of positive psychology emphasises the importance of identifying and using individual strengths. Social and emotional learning programs which use strength-based approaches promote student wellbeing, positive behaviour and academic achievement.

What are my strengths and positive qualities? What are yours?

Focusing on strengths helps to improve students' wellbeing, behaviour and academic achievement.

We need to be able to talk about our strengths and positive qualities in order to understand them.

- *We learn how to:*
- *talk about strengths and positive qualities*
- *recognise our own strengths and positive qualities*
- *recognise other peoples' strengths and positive qualities*
- *focus on strengths when discussing personal, social and ethical challenges.*

MUSHROOM LASAGNE

Ingredients

1 cup grated parmesan cheese	***500 g smooth ricotta***	***2 eggs***
200 g baby spinach	***2 cups boiling water***	***20 g butter***
200 g button mushrooms, sliced	***1 onion, diced***	***4 cloves garlic, crushed***
⅓ cup dried porcini mushrooms	***50 g tomato paste***	***300 ml tomato passata***
1 l boiling water, additional	***250 g lasagne sheets***	***salt and pepper***
500 g portobello mushrooms, diced	***4 sprigs oregano, leaves only***	

Method

1*- Preheat the oven to 180℃ and lightly grease a ceramic baking dish.*

2*- Place half of the parmesan cheese in a bowl with the ricotta and eggs. Mix to combine. Cover and set aside in the refrigerator.*

3*- Place the baby spinach in a large bowl. Pour boiling water over the spinach and allow to stand for 1-2 minutes or until the spinach is wilted. Stain the liquid and set the spinach aside.*

4*- Heat half of the butter in a frying pan over high heat. Add the sliced button mushrooms and cook, stirring for 2-3 minutes or until lightly browned and tender. Remove from the heat and set aside.*

5*- To make the porcini stock, place the dried porcini mushrooms in a bowl with the additional boiling water. Allow to stand for 10 minutes then strain to separate the rehydrated mushrooms and stock. Both are required for the mushroom sauce. Roughly chop the mushrooms.*

6*- Place the remaining butter in a frying pan over medium heat. Add the onion and garlic. Cook for 3-4 minutes then add the diced portobello mushrooms and continue to cook, stirring for a further 3-4 minutes.*

7*- Add the tomato paste to the pan. Stir to combine and cook for 1 minute.*

8*- Add the reserved porcini stock, chopped porcini mushrooms, passata and oregano leaves. Bring to the boil then reduce heat to low and simmer for 20-25 minutes or until most of the liquid has evaporated and the mushroom sauce is the consistency of bolognese. Season to taste with salt and pepper.*

9*- To assemble the lasagne, spread one third of the mushroom sauce over the base of the prepared dish. Top with lasagne sheets and one third of the ricotta mixture. Repeat with the remaining ingredients, finishing with a layer of the ricotta mixture. Top with the reserved parmesan cheese.*

10*- Bake, uncovered for 40-45 minutes or until the cheese is golden and pasta is cooked through. Remove from the oven and allow to stand for 10 minutes before cutting and serving.*

11*- Enjoy!*

We're doing the Mushrooms in Schools project. We've planted out our compost and we have to spray water onto it every day to keep everything like a wet sponge. We're waiting to see little white dots that will turn into mushrooms. Once they show up, they will get bigger really quickly and we'll pick them so more mushrooms can grow.
We're going to cook with our mushrooms and hopefully make things like a chicken and mushroom pie, mushroom lasagne and pizza.
Aiki and Matilda

the Song Room
Engaging Young People Through Creativity

The Song Room Finale
Wednesday August 7th- performances begin at 3.45pm

We'll start with the show and finish up with a cuppa together (concluding by 4.45pm)
To finish off our fantastic program with Dan for 2024, we have a whole school performance planned to share what we've been working on with families.
All students are involved, with some items from the junior class, some involving the whole school and some with seniors. There will be keyboard performances, we'll share the songs written by our students, music written by groups, great songs we've worked on and lots more. We would love to have everyone come along and enjoy some fun. With a focus on student engagement and well-being, the Song Room has provided an incredible program for all students this year, involving everyone is so many music making adventures.
We'd love to see you here on Wednesday, so you can see what Dan and your children have been working on

Beechworth Camp

It was certainly a busy week, filled with lots of learning, adventures, experiences and friendships. Our grade 3-6 students were a fantastic bunch to take away and we received endless comments about what a great group they were. We were even told that they were the most interested and best behaved bunch they'd ever presented to at the courthouse. We're putting a complete reel of camp photos together and we're hoping to run an after school photo show for families. We'll advise of the date and time soon. In the meantime, here's a snapshot of our week away…

Ellie- My favourite thing was visiting Eldorado. I loved the huge dredge and walking around it and the Eldorado Museum was good. I found all ten of the hidden gold nuggets.
Brock- My first camp was terrific. I liked Kellyland, the Bee School and the Bourke Museum. Everything was really good.
Aiki- This was my first school camp. My favourite part was definitely Kellyland. If you haven't been there, go and check it out!
Matilda- My favourite part of school camp was Kellyland in Glenrowan. It was so mysterious, you were always thinking about what was going to happen next.
Nash- Camp was really fun. I liked learning all about Ned Kelly and gold panning was so much fun.
Jacob- I really liked the Bourke Museum and overall, I think the camp was fantastic.
Kayden- My favourite camp highlight probably would have been Kellyland. It had a lot of interesting and terrifying animatronics. The owner has built an amazing interactive picture of what happened in 1880.
Louie- My favourite parts of camp were probably the Eldorado Dredge and Kellyland. The Beechworth Cemetery was really eerie, really cool and interesting.
Fred- I enjoyed camp very much. My favourite thing was probably gold panning with Chris. I found 6g of gold.
Quinn- My highlight of the week was probably Kellyland. I'd definitely go back again. Camp food was great, Remo fed us really well.
Ava- The Beechworth Cemetery was so cool, there were so many old graves that told interesting stories. I loved the Ned Kelly walking tour with Chris, seeing the underground lock up and the courthouse.
Marley- Beechworth was a fun place to stay. There's lots to do. I liked learning all the stuff about Ned Kelly and history. The Ned Kelly town walking tour was amazing and I found Kellyland exciting.
Harriet- I really liked the Race Around Beechworth and the Telegraph Station. The Talent Show was terrific.

And while the senior kids were away, the fun continued back at school for the P-2 group.
They enjoyed a pioneering focus, with 'camping', damper, a movie, a feast… some yoga and games

Behind the scenes...

- Thank you to Ruby Bradshaw, who met us on our return from camp on Friday and hopped aboard to give our bus a good clean before Darren returned it to the depot.
- Thanks to Kylie who joined us on Tuesday to coach our senior Hooptime team, it's always great to have Kylie with us
- Our electrician is visiting us on Friday. He'll be replacing fluorescent light tubes and installing two new hand dryers in bathrooms
- Jane attended an online pre-review briefing this afternoon, as our school review process commences in term 4, continuing into term 1 next year
- Congratulations to Ava, who was our sole SPS representative playing in the CFA Football Cup at Panton Hill on the weekend. Well done Ava!
- Our Sporting Schools Ten Pin Bowling program has been booked in for later this term.

As you know, Rod is joining us on Fridays this term to teach Italian and Music, filling in for Felicity who is on family leave. The whole senior class had a great jam recently, with everyone playing a marimba or djembe. They sounded terrific.

At Hooptime yesterday, we played in the Future Stars division and we had five games. Our coach was my mum/Kylie and she was amazing. She always encourages us and gets us to keep going and not give up if it gets tough. Our teamwork was pretty good and we won one game, lost one game by a point and didn't do so well in a couple of games, but it was a great day. For a small school, with not too many basketballers, with a team has to involve everyone, we do well. We don't just pick a team of best players, we all join in and it's great.
Louie (Louis) and Ava

Aida- for her fantastic reading work in class this week. Well done Aida!

Ellie- for being such an enthusiastic participant in her first school camp!

Brock- for being such a fantastic camper last week, enjoying every moment of his time away

Aiki- for being such a confident and cheerful camp participant in her second week at SPS

Internet Safety tips for Parents and Carers- Susan McLean, Cyber Safety Solutions

- The use of computers, laptops or any internet enabled devices (iPad, phone, iPod, Xbox) SHOULD be in a common area of the house NOT IN THE BEDROOM! Need an alarm – buy a clock radio!
- Parental monitoring is vital – walk past and see what your child is doing, who they are talking to and what sites they are on….be aware if their mood changes. This is NOT invading their privacy at all…it is parenting in the digital space.

PARENTS' CLUB

Our chocolate selling drive is coming to an end.

We have just a couple of Freddo boxes looking for a home, so if you think your workplace would enjoy another box, please let us know.

Please send money from sales or unsold chocolates back to school.

At our Parents' Club meeting on Monday afternoon we locked in arrangements for running the fundraising BBQ at the Sugarloaf District Athletics Day at Willinda Park on Thursday September 5th. We'd love to hear from any interested parent or grandparent helpers who'd like to join us- the more the merrier. Last year we cooked up a storm and sold out!

We have also locked in the date for our end of year Colour Run fundraiser, so keep Friday November 8th free, because we always need adults to help out with colour tossing along the track, adding to the fun for our kids. We'll also have the BBQ and food sale options happening on the day. Student sponsorship registration details will be sent out well ahead of time to maximise fundraising for our school. The Father's Day stall is organised and we're now seeking donations for our end of year raffle. If you have any business contacts who might be interested in supporting our event, we have request letters ready to go and we'd love to hear from you.

Did you know that updating school policy documents is a continual process here at Strathewen Primary?
Copies of our policies are available on the school website: www.strathewenps.vic.edu.au
We also make hard copies available at the office on request.

Maths at Home

Activities to encourage subtracting

- Talk about number
- Subtract everyday items. Count the items in their lunch box or the buttons in a jar and then subtract as items are taken away.
- When eating, count how many items you have. Ask questions such as "How many grapes have you eaten? How many are left?"
- Encourage your child to notice the difference when items are removed such as taking eggs out of a carton or removing bananas from a bunch.
- Sing songs such as Five Little Ducks, where the number reduces as one is taken away.
- Ask questions such as "We have five apples in the bowl. If I ate two apples, how many apples are left?"
- Use the language- take away, decrease by, subtract, reduce, difference, less than, minus, take from
- Focus on the Relationship Between Addition and Subtraction. This is so important! We want our students to understand that subtraction is the opposite of addition. When we add, we join parts together, when we subtract, we start with the group and take parts away.
- Think about the difference between numbers, for example, '7 – 3 = 4' could be read as 'the difference between 7 and 3 is 4'

Remember, we still have delicious Arthurs Creek Honey for sale at the office.
It's $25 a bucket, with $5 from each bucket sold going towards covering additional costs for our recent Grade 5-6 Anglesea CFA leadership camp

STRATHEWEN PS
PHOTO DAY

THURSDAY 21ST AUGUST 2024

Ordering envelopes will be distributed to students shortly.

Using your child's unique shootkey,
head to **www.msp.com.au** to place your order.

FAMILY PHOTOS

Family/Sibling photos are available for students attending school. Orders must be placed by **11:59PM** the day before photo day.

Parents with 3 or more children can receive a concession with our **Premium** or **Classic** packs. To take up this offer, please contact us prior to photo day.

GROUP STYLE

We're here to help.

9466 7331 | admin.nem@msp.com.au

msp photography

PROUDLY RUN BY LOCAL
POLICE & VOLUNTEERS
2nd AUG
Blue Light
Diamond Creek
BLUE LIGHT DISCO
No EFTPOS Available
7-9.30PM | 8 to 13 YEAR OLDS | $8 ENTRY
Diamond Creek Community Centre
28 Main Hurstbridge Road, Diamond Creek
Contact: Snr Sergeant Wayne Spence 9438 8300
Please ensure children have an emergency number on them.
Diamond Creek Blue Light Disco
DIAMONDCREEKBLUELIGHTDISCO
Diamond Creek Rotary Club
Da vinci