



Term 3, Week Friday 13th August, 2021

DATES TO REMEMBER

Monday 16th August—18th August 2021—Grade 4 Camp— CYC Forest Edge

Wednesday 18th August 2021—20th August 2021—Grade 3, Lady Northcote Camp

21st - 27th August—CBCA Bookweek 2021

Tuesday 24th August 2021 —Grade 1/2 Golden Dragon Museum Excursion

Friday 27th August —District Athletics (TBC)

Tuesday 12th October—Grade 5/6 Production Rehearsal at the Shire Hall 11:30 - 1:30

Wednesday 20th October 2021— Grade 5/6 Production Dress Rehearsal at the Shire Hall 11:30 - 1:30

Thursday 21st October 2021—Grade 5/6 Production - Opening Night

Friday 22nd October 2021—Grade 5/6 Production - Closing Night

Friday 17th September 2021—Last day of Term 3—early finish 2:30pm

A Word from Mrs Cooney...



Once again we were very pleased to welcome all students and staff back onsite for face to face learning on Tuesday and see everyone quickly settle back into our school routines and expectation. A big thank you to students, staff and parents/carers who adapted so quickly to our changing circumstances and ensured learning continued whether working from home or at school. Thank you for your cooperation in ensuring we abide by restrictions still in place by restricting entry to the school for essential purposes only, wearing masks and using QR codes.



Outside My Window

It is sunny like a summer day.
The trees are waving in the wind
And the butterflies are flying.
The grass is as green as a kiwi.

By Lleyton Grade 1 Room 22

During remote learning, Lleyton from grade 1 practiced his writing by writing a poem. Great work Lleyton!

100 Days of School

Today our Foundation students are having their long awaited celebration of 100 Days of School (this is third time lucky due to lockdowns). It never fails to amaze me how much growth our Foundation students have in such a short time and this is a great opportunity to celebrate their achievements .



Breakfast Club

This term we have started Breakfast Club on a Wednesday morning and it is proving very popular with students. Thank you to Jean and Noelene for running this each week. Students are welcome to pop in for a milo, piece of toast or cereal and have a chat.



Arrival and Departure from School

We are seeing an increasing number of students arriving early to school or being picked up late at the end of the day. A reminder that students should not arrive at school before 8.40am and should be collected by 3.30pm (the school day finishes at 3.20). Outside of these times there is no supervision for students as teachers are either in meetings or completing preparation and planning. Out of School Hours Care (OSHC) is provided by Ferguson Street Kindergarten and Early Learning Centre. They can be contacted on 5784 2828 for further information.

Mrs. Jennene Cooney

CAMPS

We are very excited that with the lifting of lockdown in regional Victoria our grade 3 and grade 4 camps will be taking place next week.. Our grade 4 camp has been relocated to Forest Edge and our grade 3 students are off to Lady Northcote. I am sure they will have an amazing time and enjoy facing new challenges and experiences.



Attendance matters at Broadford Primary School

Anxiety about going to school

It is normal that, at some stage in life, every individual will feel anxious when faced with a difficult situation. Each individual will cope with anxiety in different ways. During difficult times, you can support your child to cope with anxiety in effective ways and by doing so, enhance their resilience. Anxiety becomes a problem when it is persistent and prevents them from enjoying normal life experiences for a long period of time.

How can I tell if my child has anxiety?

Signs of anxiety in children may include:

- having lots of worries and a strong need for reassurance
- psychosomatic symptoms which occur before school (e.g. feeling nauseous, shortness of breath or headaches). When the threat (fear of going to school) is taken away, the symptoms will reduce.
- crying, being clingy or fidgeting when nervous
- sleep problems such as difficulty falling asleep, nightmares and trouble sleeping alone
- fear and avoidance of a range of issues and situations.

What can parents do?

It is important not to dismiss your child's anxiety, but to help them see that the situations they are worried about may not be as bad as they think.

- Listen to your child and encourage them to tell you about their feelings and fears.
- Avoid telling your child to 'get over it'. Your child may perceive this as you not understanding or not caring about their concerns.
- Discuss various scenarios, possible outcomes and ways to handle the situation. This will help put things in perspective.
- Show your child how you cope positively when feeling anxious or stressed. Remain calm and positive when they are feeling anxious so that you can help them feel more confident.
- Avoid taking over or giving your child the impression you will fight their battles for them. Children with anxiety are usually very happy for someone else to do things for them. However, if adults take over for them, it stops them from learning how to cope for themselves as they begin to believe that someone else will rescue them.
- If your child is anxious about failure, remind your child that everyone makes mistakes and that you can learn from mistakes. Praise their best efforts.
- Talk with school staff to find out what assistance the school can provide.
- If your child has problems walking through the school front gate or getting on the bus, arrange for them to meet a friend before school so they can go to school together. Alternatively, check if there is another entrance to the school that your child feels more comfortable using.
- If your child delays getting ready for school so that they will be late, encourage them to still go to school and reassure them that you will contact the school to explain why they are late.
- Should your child find socialising before school a source of anxiety, arrange for them to arrive just before the bell.
- Be involved in your child's school. Support your child with homework and study, modelling skills for becoming more independent.

Further assistance

Sometimes, all of these things do not work and you may need assistance from professionals who can help anxious children. Discuss your concerns with relevant teachers to resolve any school-based issues. Speak to your child's teacher about a referral to our wellbeing support team. Alternatively, you can manage your concerns regarding your child's anxiety with your doctor, who can assist you with a referral to a mental health professional such as a psychologist, psychiatrist or therapist. They help children overcome their anxiety by using methods such as relaxation, improving self-esteem, improving confidence and changing the way they think about difficult situations.

Did you know?

- Approximately 2-9% of children and teenagers in Australia have anxiety disorders that require mental health professional support.
- Children with anxiety symptoms that are left untreated are at a higher risk of developing other mental health difficulties like depression, eating disorders and self-harm.
- Children and adolescents with existing difficulties, like a learning difficulty or attention deficit/hyperactivity disorder (ADHD) may be more at risk of anxiety disorders.

WHAT'S IN THE WELLBEING WINDOW THIS WEEK?

Parents – Looking After You Too!

Raising children is an important job, and looking after yourself helps you do the job well. That's because looking after yourself physically, mentally and emotionally helps you give your children what they need to grow and thrive. Looking after yourself involves looking after your relationships, your health and your wellbeing.

When you're focused on looking after babies or children, it's easy to forget or run out of time to look after these parts of your life. But looking after yourself is worth it – it's **good for you and good for your children.**

See <https://raisingchildren.net.au/> for tips on how to look after you, too!

General Psychology and Counselling Services

If you believe your child requires psychological support, our first steps often go to your GP who will use a screening tool to determine if your child is eligible for Medicare funded psychology services using a Mental Health Care Plan.

For a appointment with a counsellor, Mental Health Care Plan, Contact your child's mental health care plan - Search for a counsellor

<p>Nexus Primary Health - Broadford - Ages 12+ Free with a Mental Health Care Plan from your GP. - Contact us at info@nexus.org.au</p> <p>Sonax Counselling - Kilkore, ages 5+ https://www.sonaxcounselling.com.au/seek-our-help</p> <p>Private counselling - Child, Adolescent, 5yrs - 13yrs Approx. \$50.00 per 45 minute session Short Waitlist - No GP Referral needed</p> <p>Desired States Psychology - Wollaton Phone: 0438 862638 (09:00-18:00) GP Referral and Mental Health Care Plan required - (approx) prices apply.</p>	<p>Uniting, Mincin Community Service Psychology Clinic - Ages 5+ Based in Yarrambool and Murrumbidgee counsellors available. Call 08 8629 9468 to check about if you or child eligible for their support. https://www.uniting.org.au/</p> <p>You need a Mental Health Care Plan from your GP to access Uniting's services. Cost varies and may depend on your ability to pay.</p> <p>The Bridge Youth Service - Adolescent Support Program - Ages 12-17 Free Based in Seymour General waiting time of around 4 weeks. Referral by calling the 1300 66 96 96 GP referral needed.</p> <p>Marie Lazen - Broadford Private psychology in Broadford - Free consults. 0416 96 08</p>
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CBCA BOOK WEEK 2021

Theme: Old Worlds, New Worlds, Other Worlds

Dates: Term 3: August 21-27

#CBCA2021

#ownwow



Each year, schools and public libraries across Australia spend a week celebrating books, and Australian authors and illustrators. This year, Broadford Primary School will be celebrating the importance of reading during Book Week with a particular emphasis on the shortlisted books.

On Friday 27th August we will hold a Book Week Dress up day where we encourage our students to dress as a character from their favourite book.

We look forward to seeing your creations!

National Science Week!

14th – 22nd August 2021

National Science Week is Australia's annual celebration of science and technology. Here are some fun ways to celebrate! Be sure to send us your photos!

broadford.ps@education.vic.gov.au

Check out these experiments and become a junior scientist (with help from an adult).

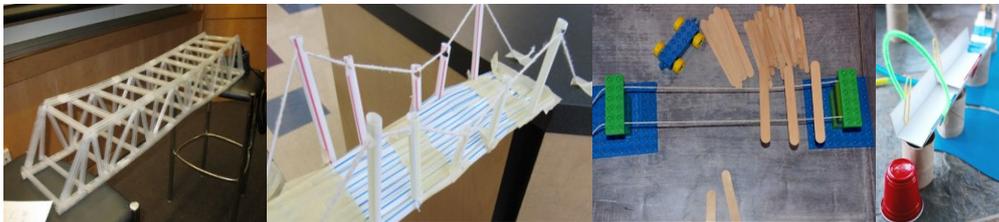
<https://www.sciencefun.org/kidszone/experiments/>

Use the NASA Tracking website to check out the location of the International Space Station and when it can be seen by us!

<https://spotthestation.nasa.gov/sightings/index.cfm>

Bridge Building!

Bridge building based on natural and processed materials. The challenge is to build a bridge to span 40 centimetres to carry a matchbox car. Suggestions for materials could include – straws, masking tape, spaghetti, newspaper or icy pole sticks. Work on your own or with your family.



Create amazing colour changing milk!

Follow the instructions to create your very own colour changing milk!

<https://www.scholastic.com/parents/kids-activities-and-printables/activities-for-kids/math-and-science-ideas/home-science-experiments-color-changing-milk.html>

Build a catapult!

<https://www.vivifystem.com/blog/2014/12/23/catapult-challenge>



Magnificent Maths!

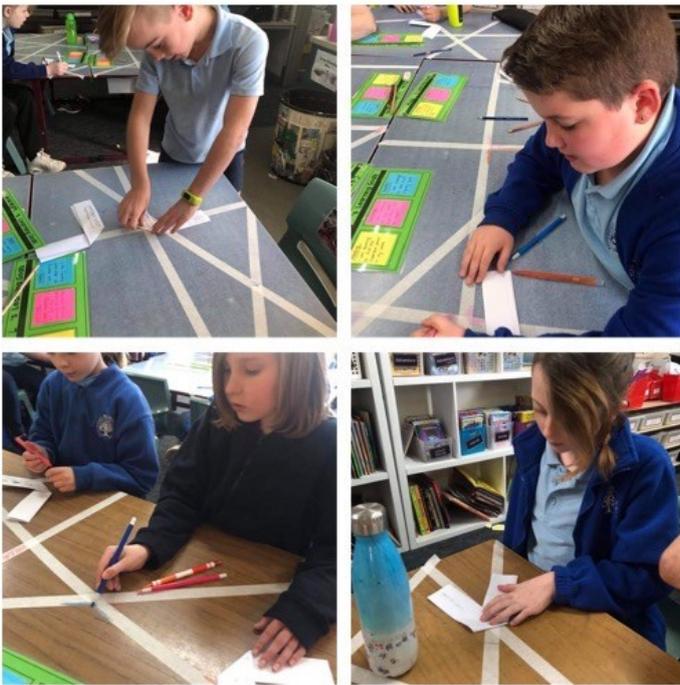
Busting some common Mathematics myths!!

As parents we want to help our children become numerate citizens but are not sure how best to do this.

Being numerate involves using some mathematics. Not everyone is confident with mathematics, or believes that they can do mathematics. One of the best ways we can help our children is to promote positive attitudes towards mathematics. For example, avoid making statements such as, 'I was never any good at maths either'.

There is no such thing as a 'maths brain'. Everyone has the capacity to learn mathematics. Many believe that intelligence is unchangeable. But if you have a 'growth mindset' then you believe that you can achieve. You don't give up when the work is challenging, or when you make mistakes. Mistakes are essential for learning and result in brain growth.

From Mathematics Teaching Toolkit Department of Education & Training



Family Fun!

What is something that takes you longer than 1 minute but less than the time it takes you to brush your teeth?

How many activities can you list??



Above: These Grade 3/4 students measured, named and compared angles to a right angle.

