JUly 25TH 2024 | VOL.4 ISSUE 11

GAAYIP-YAGILA PRIMARY SCHOOL NEWSLETTER

THE LATEST EVENTS AND ANNOUNCEMENTS FOR OUR SCHOOL COMMUNITY

LETTER FROM THE PRINCIPAL

Dear Families,

Welcome to Term 3 Week 2! It has been a fabulous start to learning in Term 3. At the beginning of the Term, teachers reinforced our school expectations of Excellence, Collaboration, Respect and Kindness. This is crucial in creating a positive learning environment. Our classrooms have been calm, and the students were excited to be back.

Last week, our Year 3 and Year 5 families received their child's individual student report for this year's NAPLAN testing. The report includes your child's achievement in numeracy, reading, writing, spelling and grammar and punctuation assessed based on four proficiency levels as follows:

- *Exceeding*
- *Strong*
- *Developing*
- *Needs additional support*

These reports also show the students' progress compared to their peers. They will indicate the students' skill levels compared to national averages and where we would expect them to be in order to get the most out of their schooling. This information is valuable for teachers, as it helps them understand how to best support your child. While each set of NAPLAN results is an important milestone, it's crucial for students to know that one result does not define them. These results are meant to ensure that every student receives the support they need to continue learning effectively

Coming Together To Learn

The 2024 Parent, Caregiver and Guardian Opinion Survey will be available to complete online from Monday 29 July to Friday 30 August 2024. Details to access this survey will be sent to families via Xuno. The survey seeks feedback on school climate, community engagement in learning and teaching practices for student engagement and outcomes. Please keep an eye open for details to complete the survey.

School Photos for 2024 have been distributed. If you have not yet received your photos please see the administration office for collection.

Tomorrow, our Foundation students will celebrate 100 school days at Gaayip-Yagila Primary School. Foundation students will celebrate this milestone by participating in activities linked to the number 100. We hope our Foundation students all have an enjoyable Pyjama Party!

Have a great fortnight.

Kind Regards

Cassy Hoggins



Enrolments for 2025

Foundation enrolments for 2025 are now due. If you have a child who will be starting Foundation next year it is important that you speak to our administration team this week to complete enrolment forms so that we can plan for anticipated enrolments. If you have a neighbour, friend or relative who lives within our designated neighbourhood (www.findmyschool.gov.au) we ask you to check that they have enrolled their child. If you have any questions, please speak with our administration team.

Once our enrolments are confirmed, we can plan our transition program and offer sessions and times to enrolled families. Our transition program will begin from October 14th 2024.

CALENDAR OF EVENTS

TERM 3

Monday 15th July	**First Day of Term 3**
Friday 26th July	Foundation 100 days of school
Monday 5th August	Assembly 2:30pm
Tuesday 6th August	NED Show - Foundation to Year 6
Thursday 22nd August	Superhero Book Week Dress Up Day
Friday 23rd August	Bundoora Farm Excursion Year 1A, C, D & E
Friday 30th August	Bundoora Farm Excursion Year 1B, F, G, H & I
Monday 2nd September	Assembly 2:30pm
Tuesday 3rd September	Rippon Lea Excursion Year 2A & 2F
Wednesday 4th September	**STUDENT FREE DAY**
Thursday 5th September	Rippon Lea Excursion Year 2B & 2D
Friday 6th September	Rippon Lea House Excursion Year 2C & 2E
Friday 20th September	Assembly 1:30pm

TERM 4

Monday 7th October	**First Day of Term 4**
Monday 28th October	Assembly 2:30pm
Monday 4th November	**STUDENT FREE DAY**
Tuesday 5th November	**PUBLIC HOLIDAY–Melbourne Cup**
Monday 25th November	Assembly 2:30pm
Thursday 19th December	End of year assembly 12:30pm
Friday 20th December	**LAST DAY – 1:10pm Finish**



Coming Together To Learn

FOUNDATION PYJAMA PARTY

100 DAYS OF SCHOOL

FRI
26
JULY

Wear your favourite pyjamas to school to celebrate 100 days of school!






Parents and carers are invited to join us for a pyjama parade in the stadium at 9.15am.






GAAYIP-YAGILA
PRIMARY SCHOOL

For footwear we kindly as that no Ugg boots are worn so students can play outside safely. We also suggest a warm jacket for recess and lunch breaks.

Book Week 2024: Reading is Magic!

Children's Book Week falls between the 17th and 23rd August. We will hold a parade on Thursday 22nd August at 9.05am for Foundation to Year 2 and at 9.50am for Year 3 to 6 in the Stadium. Families are welcome to join us to wave and cheer. Students have the option to

- Dress up as something to do with a book.
- Dress up as a Superhero
- Wear school uniform and bring a prop that reminds them of a book.

Don't forget to bring your favourite book or two to share with your class during the day.

With our 2024 Children's Book Week theme; Reading is Magic, we're celebrating reading stories and their amazing power to transport minds. We are encouraging kids to be curious about the wonders in our world. It is a positive and affirming message for our young people.

The magic of reading also lies in its power of enticement; a good story provokes conversations. Talking about the stories with others connects the reader with other readers. Wrapped around all of this are the "tricks" and skills of our amazing writers and illustrators, as they use all their powers of language and illustration to engage the reader in this world they are building.



School Uniform

Recently at Gaayip-Yagila Primary School, we have noticed some variations of our school uniform, particularly amongst children in Years 3-6. We would like to remind all parents that our school uniform is compulsory. As per our School Uniform policy that is published on our school website, children should be wearing black pants or shorts, the school polo shirt (with the school logo) in Year F-5 or the Year 6 polo for Year 6 students and black jumper or jacket (with the school logo). Our Winter Tunic with shirt may also be worn. No black, labelled or free dress jumpers should be worn to school either on top or under the uniform.

Please review your child's school uniform to ensure it fits the above requirements. Items can be purchased from our official uniform supplier Academy Uniforms online at https://academyuniforms.com.au/login.php, in person at 238 Wolseley Pl, Thomastown VIC 3074, or contact 9460 8011. Black pants and shorts can be purchased from all major department stores including Kmart, Target, BigW and Best & Less.



Stay well this Winter

In Victoria, influenza (flu) and respiratory syncytial virus (RSV) infection numbers are high among children aged 5 to 11 years, particularly in those in their first few years of school. The Victorian Department of Health expects more respiratory infections over Term 3.

Most children with flu or RSV have a mild fever, runny nose or cough. Some children, particularly babies and children with underlying medical conditions, may have more severe illness.

Keeping our school community well

Parents, carers and students are encouraged to:

· wash and sanitise their hands regularly
· avoid touching eyes, nose and mouth with unwashed hands
· cover their nose and mouth when coughing or sneezing
· stay at home if unwell and consult a general practitioner (GP) or NURSE-ON-CALL as needed
· stay up to date with flu vaccinations.

Our school has masks for staff, students and visitors if they want to wear them.

Flu vaccinations

Vaccination is the best way to protect yourself and your family from getting the flu. Annual flu vaccination is recommended for everyone aged 6 months and older. As part of the National Immunisation Program, it is free for:

· Aboriginal and Torres Strait Islander people aged 6 months and older
· children aged 6 months to under 5 years
· people aged 6 months or older with underlying medical conditions.

Flu vaccinations can be booked through GPs, pharmacies or your local council immunisation service.

Find out more

For more information about staying safe this winter, refer to:

· Stay well this winter on the Better Health Channel, translated into 16 languages
· Influenza and immunisation on the Better Health Channel
· Respiratory syncytial virus (RSV) on the Better Health Channel
· Getting vaccinated against influenza.

ASSISTANT PRINCIPAL REPORT

WELLBEING UPDATE

NCCD

The NCCD model provides a systematic process that enables schools across Australia to count, in a consistent manner, the number of students with disability receiving adjustments to access education. Our teaching staff determined which students are receiving adjustments to access education because of disability and the level and category of adjustment. This process is completed annually and enhances our understanding of the cohorts in our school. As we transition from PSD to DI in 2025 this will also support this process.

Yarra Me Professional Learning

Our School has a close partnership with the Yarra Me School, which is a specialised school delivering therapeutic education programs for students with social, emotional and behavioural needs. We have worked closely with them to have students attend their intake program (2 terms at the Yarra Me setting), outreach program (support in our setting) and professional learning. The Wellbeing Assistant Principal, a Learning Specialist and Classroom Teacher were able to attend a specialised session this week to build knowledge and skills to implement targeted programs for students in our school. This information will also be shared with all staff during professional learning sessions.

Food Bank

Many Australians are impacted by the rising cost of living and are experiencing financial hardship particularly when purchasing weekly groceries. The Wellbeing Team have implemented some supports available to families, which include:

- Breakfast Club every Tuesday and Wednesday at 8.15am in the gym foyer (providing nutritious options for a day of learning).

- Additional fresh fruit in classrooms for snack times.
- Family Food Boxes on request (please call the main office to speak to the Wellbeing Team).
- School lunches (please call the main office to speak to the Wellbeing Team).

Cultural Inclusion – NAIDOC Week Celebrations

Our school celebrated NAIDOC Week with the launch of our school's Possum Skin Cloak and an afternoon tea. It was great to have Iluka attend as well as the families of our students who participated.



The Orange Door

The Orange Door provides help for people experiencing family violence, or who need assistance with the care and wellbeing of children and young people.

Please find attached the Hume Merri-bek brochure. You are able to call for directly using the contact details on the brochure or if you require support with an Orange Door referral please contact the Wellbeing Team.



All images: Posed by models.

the orange door network

The Orange Door works with all types of families and support can be tailored to meet the diverse needs of you and your family members.

The Orange Door welcomes people of any age, gender, sexuality, culture and ability. We acknowledge we are on Aboriginal land and pay our respect to Elders past, present and future.

We take your privacy seriously. To find out how we will use your information, please refer to

orangedoor.vic.gov.au

The Orange Door provides help and support for family violence, as well as families in need of support with the wellbeing and development of children

© 2022 Family Safety Victoria

the orange door network

Help and support for parents and families







Hume Merri-bek | 1800 271 151



Sometimes things at home are not OK and you need extra help and support.

The Orange Door is here to listen to you and support you to get the help you need quickly and easily.

If you are in immediate danger, call Triple Zero (000).

The Orange Door can help if:

- You are worried about the wellbeing and/or development of your child(ren).
- You need help to strengthen your parenting skills and develop positive family relationships.
- Your family needs help to get through stressful times, which may be caused by a range of reasons including separation, mental health, grief, drug and alcohol abuse, financial worries, illness or living with a disability.
- You need extra help managing the behaviour of your child(ren).
- Someone at home is making you, your children or another family member feel unsafe or afraid.
- You're pregnant or a new parent and need support and advice.
- You have concerns for a vulnerable child in your community.

The Orange Door can help by:

- Listening to you to understand the difficulties you're facing.
- Helping you to explore your options and think about what you want to do next.
- Working with you to improve you and/or your family's situation.
- Connecting you to services that can help, such as parenting support groups, services for children, family violence support, counselling, financial help, or legal assistance.
- Providing advice to help you access funding for basic living expenses and other costs.
- Providing information and advice to professionals if you are worried about a vulnerable child in your community.



How can I access **The Orange Door?**

The Orange Door is open 9am to 5pm Monday to Friday (closed on public holidays).

Call 1800 271 151
Email HMA@orangedoor.vic.gov.au
Walk in 1093 Pascoe Vale Rd, Broadmeadows

For counselling and support for parents and carers of children from 0-18 years, **call Parentline Victoria** on 13 22 89 *(free call)* (8am – midnight, 7 days a week).

For 24/7 support **call Safe Steps** on 1800 015 188.

The Orange Door can work with you if you use communication aids or require an interpreter, including Auslan.

Find out more about The Orange Door or your nearest support service at **orangedoor.vic.gov.au**

The Orange Door - Hume Merri-bek provides services to people in the local councils of Hume and Merri-bek.

You can provide feedback about your experience with The Orange Door at **orangedoor.vic.gov.au/feedback** or by calling **1800 271 151** and asking to speak to your worker, a supervisor or the manager.

International Day of Friendship

When is International Friendship Day 2024?
International Friendship Day 2024 is celebrated on 30th July, and it's recognised on the same day every year.

What is International Friendship Day?
In 2011, the UN declared the 30th of July as International Friendship Day. Celebrations of friendship are held across Australia to mark this special day each year.

Sharing the human spirit through friendship
Friendship is regarded as the important gateway that builds bonds and develops camaraderie and trust between people. The simple action of building friendships is seen as the shift that is urgently needed in society to achieve lasting peace. The UN and UNESCO believe this would put an end to division, poverty, violence, and human rights abuses.

How to celebrate International Friendship Day 2024
·Celebrate your friends - Show existing friends how special they are. Your children might like to send their pals a personalised card or a note. Your students could even make some friendship bracelets to gift to their friends.
·Socialise - You could set aside time during the school day for your students to spend quality time together. Children could hang out with their existing friends or chat with new people. Use resources such as our Ice Breaker Game Cards and Conversation Starter Dice Activity to help your young learners along.
·What makes a good friend? - Talk about what it means to be a good friend. Use this worksheet to help your children think about the qualities they appreciate in their friends. Do they have those qualities too? How do they think they could be a better friend?
·Visit someone - You could link up with a group in the local community, such as a charity or a retirement home. Some of your students could visit them to celebrate International Friendship Day 2024 together, spreading joy within the community.

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VISUAL ARTS NEWSLETTER

We have kicked off Term 3 by jumping straight into Painting Bootcamp as we return to basics to learn about acrylic painting and its processes. Students are all learning about how acrylic paint is made and its artistic properties, the anatomy of a paintbrush and how to use (and clean!) them.

Students have already completed two paintings – one monochromatic painting exploring blending and texture, as well as creating their own colour wheel to reference throughout the remainder of the term.

As the term goes on, students will be creating artworks exploring value, tints and shades inspired by artist Sari Shryack, as well as exploring unconventional and kinetic painting styles inspired by Mununjali artist, Nicholas Currie. We're so excited to see what masterpieces the students create this term!







The Visual Arts Team
Marni Harris, Ilkay Yagcioglu and Lauren Hogg.

Coming Together To Learn

LIBRARY NEWSLETTER

Hello readers!



Welcome back to July's library edition.

In this month's library edition, there are a mix of new picture story books and novels on the shelves. Books such as Ella & Olivia – Country School, Diary of a Pug – Pug's new puppy, The incredible freedom machines and The Angry Rhino, plus many more!

A friendly reminder that our school runs library club on Monday's and Thursday's during lunch time. This gives the opportunity for our little bookworms to come in for a read or borrow a book. If your child is interested in attending the library club, please ensure they have their black library bag in their school bag along with the borrowed book to return. Do encourage your child to come to this club, if they don't want to play outside.

Please remind your child to return their library books in a timely manner, so they don't miss out on the opportunity to borrow a book. Please be advised that any lost books will incur a $10 fee. If you have any questions regarding this, please contact Sok (Ms D) at the library.

Don't forget Book Week is coming up in August, it might be a good idea to start shopping for your child's costume.

That's it for this month, until next time, keep reading and keep learning!
Warm regards,
The Library Team (Sok, Rushani & Coen)









Coming Together To Learn

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SCIENCE NEWSLETTER

Welcome to Science for Term 3. We are exploring Physical science during Term 3. Each year level will provide parents with an insight into what we will be exploring more specifically.

In our efforts to support your child's science education, we're thrilled to share some engaging ways to support your child's exploration of physical science right from the comfort of your home. These activities are designed to spark curiosity and build a strong foundation in scientific principles.

1. Simple Experiments: Encourage hands-on learning with easy and safe experiments. For example, explore the concept of buoyancy by making tin foil boats and testing how many pennies they can hold before sinking. Or, investigate the effects of mixing different substances like oil and water to learn about density and solubility.

2. Build Simple Machines: Introduce your child to the world of simple machines with household items. Build a lever using a ruler and a fulcrum (like a pencil), or construct a pulley system using string and a small bucket. These activities help demonstrate how machines make work easier and introduce basic physics concepts.

3. Explore Forces and Motion: Use everyday objects to explore forces and motion. Create a ramp using a book and a board, then roll various objects down to observe how height affects speed. Discuss concepts like gravity, friction, and inertia as your child investigates how objects move and interact.

4. **Kitchen Chemistry:** Turn your kitchen into a laboratory and explore chemistry concepts through fun experiments. For instance, mix baking soda and vinegar to observe a chemical reaction that produces bubbles. Discuss why the reaction occurs and how different substances interact with each other.

5. Outdoor Observations: Take learning outdoors and observe natural phenomena related to physical science. Observe how objects fall differently depending on their shape and size, or notice changes in weather patterns over several days. Encourage your child to ask questions and make predictions based on their observations.

6. Educational Videos and Apps: Utilize educational videos and apps that focus on physical science topics. Many platforms offer interactive simulations and virtual experiments that allow your child to explore concepts like electricity, magnetism, and light in a dynamic and engaging way.

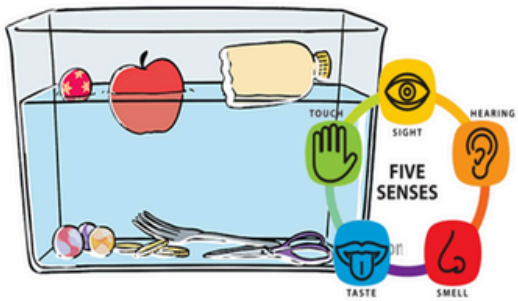
7. Read Together: Explore age-appropriate books about physical science topics that interest your child. From books about the solar system to stories about famous inventors, reading together stimulates curiosity and deepens understanding of scientific concepts.

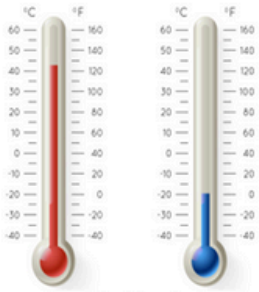
By integrating these activities into your daily routines, you're providing valuable opportunities for your child to learn and explore physical science concepts in a fun and meaningful way. Together, let's inspire a lifelong passion for learning through hands-on discovery.

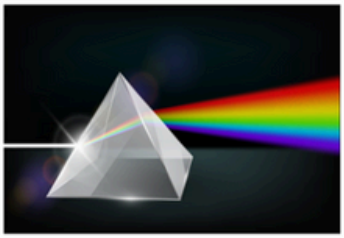
Happy exploring!

VOCABULARY WORDS YOU MIGHT HEAR YOUR CHILDREN USING THROUGHOUT TERM 3:

5 Senses- any of five ways to understand or experience one's surroundings. The senses are touch, smell, taste, sight, and hearing
buoyancy- the ability of fluids to exert an upward force on the objects immersed in them
colour- a quality of light as our eyes sees it. Light is made up of waves, which hit objects and are reflected from their surfaces. The colours we see, such as red, blue, and yellow, depend on how these light waves are reflected
conduction- the transmission of heat or electricity or sound
convection- transfer of heat caused by molecular motion in liquid or gas
energy- the capacity of a physical system to do work
float- to rest on top of a liquid
force- influence that results in motion, stress, etc. when applied
friction- the resistance when a body is moved in contact with another
gravity- the force of attraction between all masses in the universe
heat- a form of energy transferred by a difference in temperature
kinetic- relating to the motion of material bodies and their forces
light- the form of energy that makes it possible for the eye to see







motion- an event that involves a change in the position of something
pull- to take hold of (something) and use force to bring it nearer to oneself
push- to use pressure against something to move it
radiation- energy transmitted in the form of rays or waves or particles
reflection- the phenomenon of a wave being thrown back from a surface
refraction- the ability of the eye to bend light rays to form an image
refraction- the change in direction of a propagating wave
sink- to fall below the surface of a liquid
spectrum- an ordered array of the components of an emission or wave
temperature- the degree of hotness or coldness of a body or environment
thermal- relating to or associated with heat
thermometer- an instrument for measuring temperature.



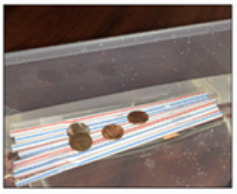
Fun Physical Science experiments to try at home!

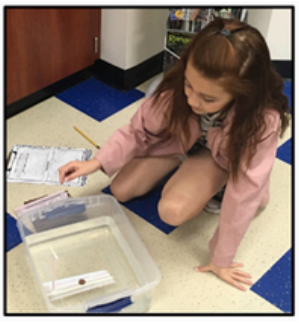
PENNY RAFT CHALLENGE

Does Your Boat Float?

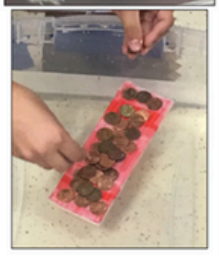
MATERIALS:

- 10 straws
- tape
- rubber bands
- string
- Tub for water
- Pennies









DIRECTIONS:

Students will design and engineer a raft. Students will create a raft that can hold the most pennies possible before sinking.

STEM: Static Electricity Butterfly Activity

Activity: How can you make a flying butterfly using static electricity?

You Will Need:

- cardboard
- tissue paper
- Butterfly garden page
- Butterfly stencil and body page
- pencils
- scissors
- balloon
- glue



Instructions:

1. Cut a piece of cardboard to place under your butterfly garden.
2. Use the stencil to make an outline of butterfly wings on your tissue paper.
3. Cut out your wings and place it on the garden (do not glue them down).
4. Colour and cut out your butterfly body.
5. Glue the back of your butterfly body and stick it in the middle of your wings to hold it onto the garden (do not glue the wings).
6. Blow up and tie your balloon.
7. Rub your balloon in your hair to give it an electric charge.
8. Hold the balloon over the top of your butterfly without touching it and watch the wings move as you slowly move the balloon up and down.



Coming Together To Learn

Dear parents, guardians and carers

Re: Nationally Consistent Collection of Data on School Students with Disability (NCCD)

Every year, all schools in Australia participate in the Nationally Consistent Collection of Data on School Students with Disability (NCCD). The NCCD process requires schools to identify information already available in the school about supports provided to students with disability. These relate to legislative requirements under the Disability Discrimination Act 1992 and the Disability Standards for Education 2005, in line with the NCCD guidelines (2019).

Information provided about students to the Australian Government for the NCCD includes:
• year of schooling
• category of disability: physical, cognitive, sensory or social/emotional
• level of adjustment provided: support provided within quality differentiated teaching practice, supplementary, substantial or extensive.

This information assists schools to:
• formally recognise the supports and adjustments provided to students with disability in schools
• consider how they can strengthen the support of students with disability in schools
• develop shared practices so that they can review their learning programs in order to improve educational outcomes for students with disability.

The NCCD provides state and federal governments with the information they need to plan more broadly for the support of students with disability.

The NCCD will have no direct impact on your child and your child will not be involved in any testing process. The school will provide data to the Australian Government in such a way that no individual student will be able to be identified – the privacy and confidentiality of all students is ensured. All information is protected by privacy laws that regulate the collection, storage and disclosure of personal information. To find out more about these matters, please refer to the Australian Government's Privacy Policy (https://www.education.gov.au/privacy-policy).

Further information about the NCCD can be found on the NCCD Portal (https://www.nccd.edu.au).

If you have any questions about the NCCD, please contact the school.

Kind regards

Cassandra Hoggins
Principal
Gaayip-Yagila Primary School

NED'S MISSION MINDSET



TUESDAY 6TH AUGUST

Never give up - understand the Power of Yet

Encourage others - spark courage in other people

Do your best - always be learning and growing



Hello families!

NED's Mindset Mission is a positive behaviour assembly visiting our school!
A world-class performer takes our students on a 45-minute journey filled with storytelling, illusions, yo-yo tricks and humour.

NED's message and memorable friends inspire students, promote academic achievement, and support our school goals. NED will become a positive role model at both school and at home.

Never give up **E**ncourage others **D**o your best®

A yo-yo is both a mindset tool and tangible reminder of NED's message. While learning to yo, children will make mistakes, try again, & improve. Read more at www.MindsetMission.com/yoyos.

Our school yo-yo sale

Our school received this assembly at no-cost because another school paid-it-forward to us. We want to help pay-it-forward too, and you can help by purchasing a NED-messaged yo-yo.

SALE DATES: _____ TIME: _____

ADDITIONAL DETAILS: _____

Yo-yo designs and colors may vary.

Make cheques payable to our school. Prices include tax (where applicable).

STUDENT ORDER FORM:

CLASSIC YOS — AU$15

Learn the basics of yo-yoing with assorted fixed axel yo-yos.



SUPER SPINNERS — AU$20

Great for basic and intermediate tricks. With a strong throw, these auto-return yo-yos 'sleep' at the end of the string & then come back to you automatically



SPECIALTY SELECTION — AU$25

Assorted professional long spin yo-yos for next level tricks!



REPLACEMENT STRING PACK — AU$6

Ten assorted strings to change color or replace a worn out yo-yo string.



YO-YO HOLSTER — AU$12

Keep track of your yo and have it ready to go. Attach it to your belt loop or backpack *(yo-yo not included).*



Name: _____

Teacher: _____

For more yo-yo fun and to learn tricks, check out: NEDkids.com

Yo-yo designs and colors may vary.

Make cheques payable to our school. Prices include tax (where applicable).

ITEM	PRICE	QTY.	SUBTOTAL
String Pack	AU$6		
Holster	AU$12		
Classic Yo	AU$15		
Super Spinner	AU$20		
Specialty Yo	AU$25		
TOTAL DUE			

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ENROLMENTS OPEN 2025

GAAYIP-YAGILA
PRIMARY SCHOOL

ENROLMENT APPLICATIONS DUE

Friday 26th July 2024



If you require any information reagrding enrolments please contact the office between 8:30am - 4pm Monday - Friday



For more info and to book, scan the QR Code

CONTACT US FOR ENROLMENT INFORMATION

(03)92163200 www.gyps.vic.edu.au

gaayip.yagila.ps@education.vic.gov.au

Finding balance

Becoming a screen smart family



Help your family get talking and find common ground around how to best use technology.

The three rules that we highly recommend for families – parents and children:

- ☑ No screens in bedrooms
- ☑ Always keep talking
- ☑ Have a central place for devices

Our central place for devices is...

_____

Priorities

What does your family prioritise?

- ◯ Talk about what is important and list three priorities below.
  eg. time together, going to sport, family meals, education, environment, relaxation, hobbies

_____

_____

- ◯ When, as a family, do we not use technology?
  eg. once a week during our evening walk, or each night at family dinner

_____

- ◯ What's one thing a week we do (or can do) as a family without our devices?

_____

At night

There's compelling evidence that we need time away from the screen before we close our eyes. It's good for everyone's health and helps us get a good night's sleep.

If we agree no devices or technology in bedrooms then...

- Where do we put our screens at night?

- And, at what time should they go there?

Online risks

The online world, like life, has many great aspects and also some risks. What do the children in the family see as risks, and what do parents see as risks?

- Have a chat and see if you can you list two or three online risks below.

  eg. spending too much time on a screen and being in a grumpy mood, seeing things online I'd rather not see

- Now, for each risk, talk about what parents can do and what children can do to help lower that risk, and write those down

What could we change?

By now you should have had some great discussions, and based on all of that there might be other things you want to change or work towards as a family.

- What are 1-3 things we as a family want to change when it comes to technology?
  (These might be different for children and parents and requires negotiation) Add them to your plan so you don't forget.

Reviewing our plan

Technology and families are both constantly changing. We recommend you review this in a timeframe that works for your family, say within a few months.

- So, as a family, when will you have this conversation and review your plan again?
  (Hint: put a reminder in your phone)



Nourish Canteen

Term 2 Winter Menu

All meal deals contain a main meal item, snack and a drink

From $7

Meal deals	**Available all days**
Monday – Mac n Cheese meal deal	**Fried Rice meal deal**
Tuesday – Toasted sandwich meal deal	**Hot dog meal deal**
Wednesday – Pizza meal deal	**Napoli or Bolognese Pasta Meal deal**

Price		Price	
Hot Food – Online order only			
$3	3 pack chicken nuggets	$5	6 pack chicken nuggets
$5	Penne napoli (veg)	$3.50	Hot chicken noodles
$6.50	Penne bolognese	$1.20	Steamed dim sim
$4	4 pack cocktail franks	$1.50	Party pie / mini sausage roll
$4	Hot dog	$2.50	Vegetarian samosa
$4.50	Four'n Twenty Meat pie / Sausage roll	$2	4 pack vegetarian cocktail spring roll
		$0.40	Tomato, sweet chilli or soy sauce
Salads and sandwiches – Online order only			
From $3	Sandwiches– Variety of fillings	From $5	Green Salad Caesar Salad Greek Salad
Wrap $1 – Toasted $1		Gluten free bread available – extra $0.50	
Snacks – Over the counter and online order			
$1.20	Fruit piece – apple, banana	$1.50	Homemade large choc chip cookie
$1	Homemade healthier mini muffin	$3	Homemade healthier large muffin
$1.20	Diced fruit in juice	$1.50	Popcorn varieties
$2	Harvest snaps baked pea crisps	$2.50	Le Snak cheese dip and crackers
$2.50	Red rock deli chips varieties Pringles minis - Sour cream and onion	$2.50	Hummus dip with carrot and cucumber and sticks
Beverages and Frozen items - Over the counter and online order			
$2.50	200ml Juice box varieties – no added sugar	$2.50	200ml milk box varieties
$2	600ml bottled water	$3	Paddle Pop varieties
$1	Zooper Dooper	$2	Lemonade icy pole
$2	Smooze – mango coconut icy	$2.50	99% fruit juice slushie
$1	Frozen orange wedges		

View item descriptions, options and place orders using the **flexischools app.**

Dietary requirements, allergy friendly, vegetarian and halal options available.

Skip the canteen line by adding frozen items to your recess or lunch online order, then using the express collection line for faster service.

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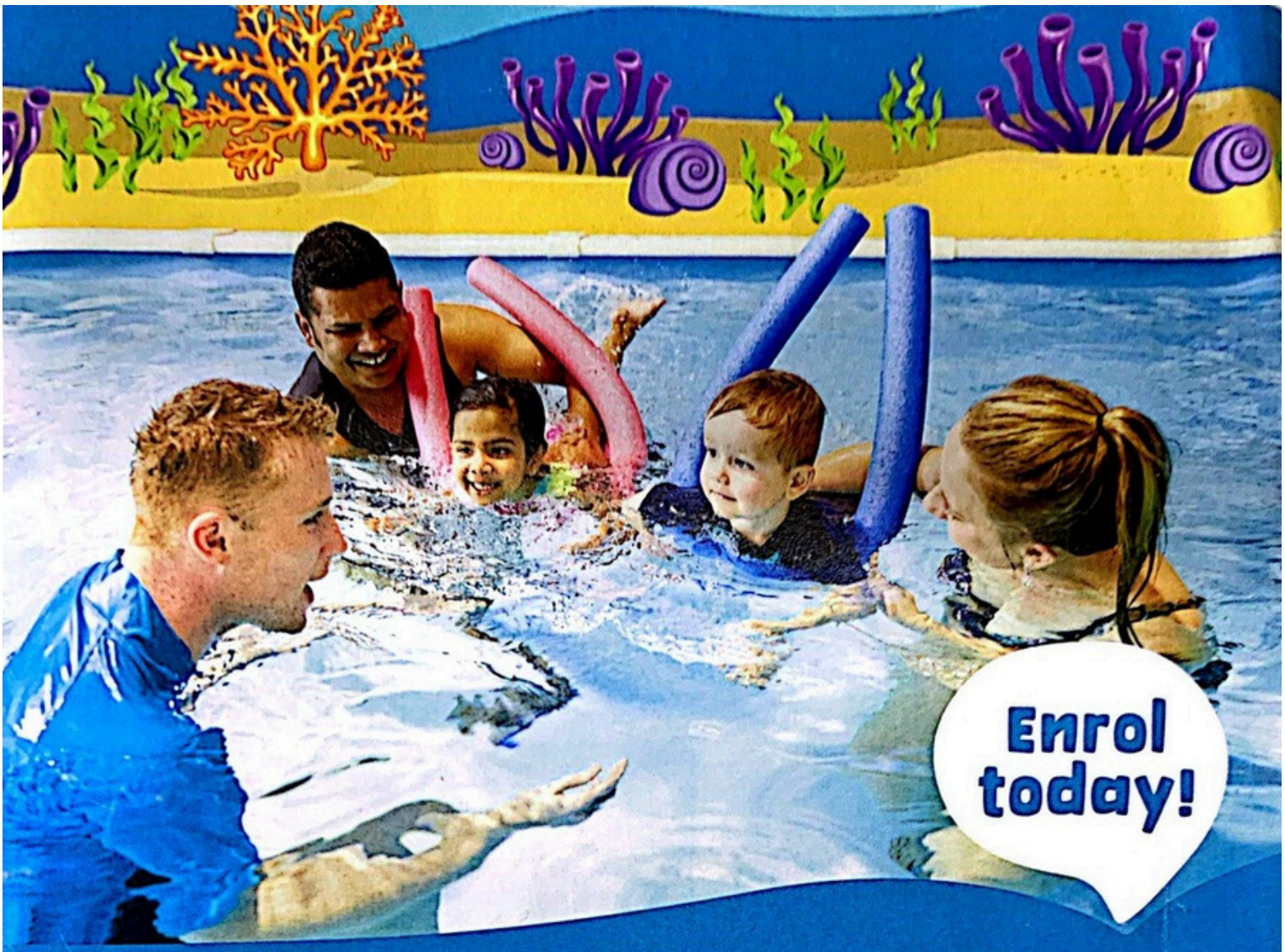
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https://Chess Club Bookings



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»Participation optional »Check out timetables »Meet our team

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- Improve your study habits
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Eco Craft & Play Sessions

Join us at the Mickleham North Community Centre for 4 special eco events designed for 4-7 year olds! Enjoy sensory play, nature and recycled craft, wooden games & more.

25th May – 'Recycled Robots'
12th July – 'Winter Wonderland'
27th September – 'In the Garden'
30th November - 'Festive Fun'

FREE ENTRY!
Sessions run from 1-2.30pm.
Book at reception.
Adults must accompany children at all times.

green earth KIDS

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Eco Play Group Special Events

Join us at the Mickleham North Community Centre for 4 unique play groups designed for 1-4 year olds! Grow your community connection as your little ones enjoy an array of themed nature sensory play, music, wooden toys & games plus more.

FREE ENTRY!

Sessions run from 10-11.30am. Book your place at reception.

25th May: 'Space & Sky' - dads session

30th August: 'Bookish Play' - cousins session

17th October: 'The Seasons' - mums session

30th November: 'Festive Celebrations' - grandparents session

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2024 HUME CITY WINTER SOFTBALL LEAGUE



COST

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SENIORS NEW MEMBER $72

JUNIORS NEW MEMBER $63

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