



Calder Chronicle

NUMBER 5

Phone (03) 5447 7022

Email: big.hill.ps@education.vic.gov.au

Website: www.bighillps.vic.edu.au

Facebook: <https://www.facebook.com/BigHillPrimarySchool/>

THURSDAY, 2ND MARCH 2023

CALENDAR

FRIDAY, 3RD MARCH

Monday, 6th March

Wednesday, 8th March

Monday, 13th March

Wednesday, 15th March

Monday, 20th March

Tuesday, 21st March

Thursday, 23rd March

Monday, 27th March

Monday, 3rd April

Tuesday, 4th April

Wednesday, 5th April

Thursday, 6th April

THURSDAY, 6TH APRIL

NUDE FOOD DAY – Canteen operating as normal, see inside for further info

Assembly and SRC Badge Presentation at 9:00am-see below for student names

Lady Braves Basketball team visiting for Fresh Fruit Wednesday 8:45am

Labor Day Public Holiday – no school

NAPLAN testing commences (Years 3 & 5)

Payment of \$20 due for the Junior Unit Central Deborah Goldmine Excursion

School Council AGM

The Resilience Project Parent & Community Presentation 6:30pm – 8:00pm

Junior Unit Central Deborah Goldmine Excursion

NAPLAN testing concludes (Years 3 & 5)

SCHOOL PHOTO DAY (no assembly, held Tuesday instead)

ASSEMBLY – STUDENTS OF THE TERM AWARDS – 9:00AM

Year 3/4 FREE Camp DEPARTS 8:30AM

Year 3/4 FREE Camp returns approximately ~~3:30pm~~ **NOW APPROX. 2:45PM**

LAST DAY FOR TERM 1 – SCHOOL FINISHES AT 2:20PM

School Organisation

Dear Parent/s, Guardian/s and Carer/s,

With Week 5 almost complete, we are about to cross the official halfway mark of Term 1. Hopefully by now, you are well and truly in a routine at home... reading done each night for 20 minutes (read and read to), homework / spelling (if appropriate), early to bed, up early and organised, school every day unless sick etc.

STAFFING

Unfortunately Jayden has been quite unwell this week and we have had to cover his Prep class Monday through to Friday. Fortunately we have some quality Casual Relief Teachers whom have covered bases. Whilst I would like the same person each day for consistency, the current availability of teachers has made this difficult. Hopefully we see Jayden back on deck on Monday 😊.

STUDENT REPRESENTATIVE COUNCIL (SRC)

Congratulations to the following students:

Jade L

Harry E

Celeste N

Conna B

Brax B

Harmony N

Jacob F

Abigael L

Mia T

Remi R

Avery F

Harper O

Korbin H

Charlotte A

Jack Ed

Summah J

These students make up our STUDENT REPRESENTATIVE COUNCIL for 2023 and will begin working with Chris Powers, our School Chaplain, each fortnight. On Monday, badge presentations will be made to our SRC members at assembly (9:00am). Family and friends are invited to attend and take that special photo to remember the moment forever.

ATTENDANCE

We are past the days of staying home with a small snuffle or cough. Unless your child is really unwell, they should be at school. If unsure, do a Rrapid Antigen Test (RAT) and if negative, they can come to school. If you don't have any RAT's at home, let the Office know and we'll send home a box for you to use. If illness requires more than a day at home, please visit your doctor and provide the school with a certificate. We will be needing to account for days off with certificates please, in line with THE DEPARTMENT OF EDUCATION's expectations... therefore moving forward, if your child is really unwell, head to the doctor (either in person or over the phone) and get a medical certificate. Thank you for your assistance with this.

BABY NEWS!

I'm pleased to announce that we have not one, but two new baby additions for our staff. Music teacher, Nick Reid, has welcomed his second child... a little boy on the 23rd of February. Baby and mother doing well 😊. We are awaiting details of the name. Rhys Bull has also become a father but for the first time, with the safe arrival of a daughter also on the 23rd of January. Again... baby and mother doing really well. Maisie is the name gifted to her. Such lovely news to share with the community that know either Nick or Rhys... or for many of you... both!

SCHOOL PHOTO DAY

The School Photo Day Order Forms were handed out on Monday/Tuesday. If you didn't receive one, please contact the Office for a spare one. Family forms were attached to the eldest child's order form. School Captain and SRC photos are ordered separately, and order forms for these are also available from the Office. Alternatively, you can email Janet to request one to be sent home with your child.

SCHOOL SORES (IMPETIGO) – CASES CONFIRMED AT SCHOOL

Please be aware that we have confirmed cases of impetigo in our school community. I've included this information today to help you keep an eye out and to equip you with the knowledge of how to treat the condition if it affects someone in your home: *Impetigo is a skin infection caused by staphylococcus or streptococcus bacteria. It is also known as school sores because it commonly affects school-aged children. Impetigo is more common during the warmer months. Staphylococcus or streptococcus bacteria can live harmlessly on and inside various areas of the body, such as the skin surface and nose. However, cuts and abrasions or eczema may allow the bacteria to cause infection in deeper skin tissues. Healthy, intact skin can sometimes develop impetigo too. The condition is characterised by collections of small, crusting blisters that usually form on the face or limbs. Impetigo looks unsightly, but it isn't dangerous and doesn't cause any lasting damage to the skin. However, it is highly contagious. A child with impetigo should be kept home from school or day care until appropriate treatment has begun. The sores on exposed areas are covered with a waterproof occlusive (no holes) dressing. Occasionally a crepe bandage may be needed to hold the dressing in place or help prevent younger children from scratching the sores. Common symptoms of impetigo include: the skin itches and reddens, a collection of blisters forms, commonly around the nose and mouth, the blisters pop and weep a yellow, sticky fluid, the area develops a raised and wet-looking crust, the scab dries and falls off and the skin completely heals after a few days. Impetigo may be diagnosed by an experienced clinician on the basis of the appearance of the infection. It may also be diagnosed by taking a swab of the blisters or crust and checking for the presence of bacteria. Impetigo can be treated with prescription antibiotic ointments or creams, which need to be reapplied until the sores have completely healed. Antibiotic syrups or tablets may also be prescribed. It is important to complete any course of antibiotics you are prescribed. If left untreated, impetigo can lead to skin abscesses. Suggestions for home care include: Wash the sores (lesions) with an antibacterial or antiseptic soap every eight to 12 hours, soaking off visible crust. After each wash, pat the lesions dry. Use a clean towel each time. Apply a waterproof occlusive dressing (completely cover and seal the area where possible) to stop further spread of the infection. Use a crepe bandage to hold the dressing in place or help prevent younger children from scratching the sores. See your doctor if the sores spread and get worse despite treatment, or if the child becomes unwell with fever. Change the child's linen (towels, sheets, face washer, sleep wear) daily while the infection is present. Once your child has seen a doctor, antibiotic cream use has commenced and the sores are covered, they can return to school.*

SCHOOL COUNCIL ELECTION UPDATE

At the closing of nominations, we had equal (or fewer) nominations for positions, so there was no need to run an election. Due to this, we can fill positions and announce our new School Council members for 2023. Congratulations to the new and returning members below, whom will join us at the next meeting in mid-March. Documentation for our ANNUAL GENERAL MEETING and MARCH MEETING will be sent out to all new and returning members by Friday, 17th March. Our AGM begins at 7:00pm and March Meeting at 7:30pm on Tuesday, 21st March.

Membership Category	Terms of Office	Currently Held by	Number of Positions
Department of Education and Training	March 2023 – March 2025	<ul style="list-style-type: none">• Ainsley Stanley• Pauline Mulcair	2
Parent	March 2023 – March 2025	<ul style="list-style-type: none">• Shane Chapman• Daniel Bourke• Liz Grigg	3

CLEAN UP AUSTRALIA DAY AND NUDE FOOD FRIDAY!

This Sunday, 5th March is CLEAN UP AUSTRALIA DAY: a chance for all to actively do their part to keep our beautiful countryside pristine for future generations. What have you got planned for Sunday? At school, we will recognise CLEAN UP with classes actively going into the yard to pick up rubbish... and we will also hold a NUDE FOOD DAY on Friday. All you need to do, if sending your child with a packed lunch, is to remove all snacks from packaging and put them in containers... send sandwiches in sealed containers also and where possible, send fruits that can be eaten easily with no wrapping. The purpose of the NUDE FOOD DAY is to eliminate much of the waste at school in the lead up to CLEAN UP AUSTRALIA DAY.

CANTEEN FRIDAY

Our canteen will be running Friday. We cannot run the canteen as a NUDE FOOD provider however, as foods available have to be packaged to give to children whilst maintaining hygiene and food handling laws. Feel free to use the canteen on Friday if this is what you normally do, or need.

HEAD LICE

We have quite a lot of head lice reported recently, so just a friendly reminder to please check your child's hair regularly and treat once found and then within 7 days retreat to get any eggs that haven't hatched and may be too small to see. Thank you for your cooperation with this matter.

TUTORING

Our two tutors are working hard with children each week. May is supporting Year 1 and 2 children in the area of Literacy, whilst Jo is working with our Year 3-6's in Reading during Term 1. If your child has been included in tutoring for Term 1, please ensure you work hard at home to support your child also. Have work done in class, with the tutor and at home with families makes the learning rich... and the multiple exposures helps ensure the learning is maintained. Have a conversation with your child about what they are doing in tutoring... and then endeavour to spend time with them at home hearing them read, getting them to read, practise spelling etc. If unsure what to do, please contact your child's tutor for direction.

UNIT INFORMATION FOR PARENTS

Last Thursday, you should have received an email from your child's teacher, with information about the programs offered at school for 2023 within that Unit. This replaces our PARENT INFORMATION SESSIONS previously offered. Sadly, attendance at these waned over the years, so we returned to FACE-TO-FACE and INDIVIDUAL INTERVIEWS at the start of the year. Rather than not provide this valuable information to you, teachers have ensured they have shared an in-depth mail out to all families to explain elements of the curriculum (eg. Reading), special programs (eg: Camps, Excursions), use of ICT (eg: iPads, Laptops), subjects taught (eg: Chinese) and much more. If you did not receive this information, please contact your child's class teacher to organise sharing of information.

NATIONAL ASSESSMENT PROGRAM LITERACY AND NUMERACY (NAPLAN)

For the first time ever, NAPLAN testing for Years 3 and 5 will occur in Term 1. Normally occurring in mid Term 2, this year's delivery is much earlier, enabling the data to be collected and used to support learning throughout the year... as in the past data was not usually shared until well into Term 3. The expectation is for all children in Years 3 and 5 to complete the tests, however, as parents, you can withdraw/exempt your child due to disability or for your own reasons. This is a formal process, that involves the signing of forms... so if you want your child to be excluded from testing, please contact me directly via phone or email Matthew.Pearce@education.vic.gov.au ASAP to organise. Information about NAPLAN for parents will hopefully be received at school and sent home to families in the coming weeks.

MCKERNS FRESH FRUIT

Thank you so much to McKern's and sponsors for providing this wonderful initiative again in 2023. The variety of fruit we get each week changes with availability which is great, as the kids then learn about different types of fruit that they may not get to have at home. This week we have Franklin & Mila enjoying an apple and a pear 😊. We can't wait to see the Lady Braves next Wednesday – see back page for more information.



RAVENSWOOD BUS STOP

We finally have an actual bus stop shelter!! Here's a photo of one of our families who have waited a long time for a shelter – enjoy 😊.

ASSEMBLY / STUDENT OF THE TERM AWARDS

The Student Awards assembly will be held on the Tuesday of the last week of term (4th April), due to the Year 3/4 camp and School Photo Day. No normal assembly will be held on the Monday.

BIRTHDAYS

Happy birthday to Chase D, Ashley B, Alexis W, Claudia V, Cooper M, Jackson B, Harper O & Thalia M.

The remainder of the term (5 weeks) will go quickly, with a public holiday approaching and the last week of term being 3 and a half days due to Easter. With this in mind, we continue to ensure that every moment is maximised at school and at home to support learning 😊.

Until next week...

Matt Pearce, Principal

FIRST STEPS NEWS

STARS OF THE WEEK

For displaying the School Value of 'Responsibility' by quickly and quietly lining up when the bell rings:

FSN Tyler G
FSJ Levi K

Nicole, Nick & Jayden

JUNIOR UNIT NEWS

25 NIGHTS READING

A big congratulations to these dedicated readers:

JJ

✚ Ava C,
✚ Sofia D,
✚ Jake F,
✚ Blake M,
✚ Connie P,
✚ Lucy H,
✚ Jack L-B

JW

✚ Cooper M,
✚ Valentine J,
✚ Levi S,
✚ Ruby S,
✚ Zoe B,
✚ Brax B,
✚ Vincenzo P,
✚ Ezra B

JA

✚ Logan H,
✚ Harry E,
✚ Jade L

A fantastic effort to reach 25 nights of reading so early in the term. Well done everyone!

STUDENTS OF THE WEEK

For demonstrating the School Value of 'Safety' in the yard:

JA Diamond T
JW Ezra B
JJ Jack L-B

Ainsley, Roberta, Wendy & Jen

MIDDLE UNIT NEWS

STUDENTS OF THE WEEK

MD Patrick R
MC Mia T
MP Hannah G

Dean, Catherine & Pauline

SENIOR UNIT NEWS

STUDENTS OF THE WEEK

For demonstrating the School Value of 'Responsibility':

SB Ty R
SK Sonny D
SL Tyler W
Brett, Kate & Leisha

CANTEEN NEWS

VOLUNTEERS NEEDED

We are looking for volunteers as some of our past volunteer families left Big Hill PS at the end of last year. You don't need to be a parent, you can be an aunt, uncle or a grandparent 😊.

If you can spare 1 hour once or twice per term on a Friday, and if you are able to help (it's lots of fun and you don't need any cooking experience), please leave your contact details at the Office. Thank you.

Tammy Fear, Canteen Manager

OSHC NEWS

SIGNING THE ROLL

Please ensure that you sign the roll, not your child/ren, as they are legal documents and as such require completion by adults. Thank you for your cooperation.

BOOKINGS

Just a friendly reminder to please advise the Office during business hours (8:30am to 4:30pm), or the OSHC mobile 0475 962 626 after hours if you need to cancel OR make a casual booking, as we are having staffing issues at the moment and you will be charged if you don't cancel by the following times: BSC needs to be cancelled before 4:30pm the night before, ASC needs to be cancelled before 9:30am on the day. Some days we are having wait lists, so the early bird gets the worm!

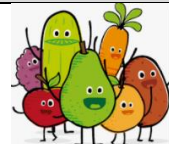
ACCOUNTS REMINDER

Please remember to make regular (fortnightly minimum) payments to ensure you keep your place in our program. Thank you 😊.

ACCOUNT PAYMENT METHOD CHANGE

As per Department of Education and Training guidelines, from July 2023, we will no longer be able to accept cash as payment for OSHC accounts, it will need to be an electronic payment method (EFTPOS, Qkr or Bank Deposit). Apologies for any inconvenience.

WHOLE SCHOOL NEWS



Clean Up Australia Day is on Sunday, 5th March. We will be recognising the day on Friday, 3rd March by having a Nude Food Day at school. Nude Food Day is a day when rubbish free lunches and snacks are encouraged. The benefits of packing a rubbish free lunch are:

- Teaching children about the need to reduce, reuse and recycle,
- Looking after our health
- Promoting a rubbish free school and reducing our environmental footprint.

Please support us by packing a 'nude' lunch box for your child on Friday. Any food that comes in a wrapper can be opened at home and placed in the lunch box 'nude'. Items such as chips can be placed in a small container.

Please note, due to food handling laws, the Canteen will operate as usual, but not in a nude food capacity, apologies.

Parent & Community Presentation

At The Resilience Project, our mission is to teach positive mental health strategies to help people build happiness and resilience.

Some of the mental health statistics in our country are startling. Looking after our mental health doesn't have to be.

We are especially committed to delivering programs in primary and secondary schools. These settings have the greatest opportunity to instil positive wellbeing habits in our youth, and rewrite the confronting mental health statistics.



One in four adolescents will experience mental health problems this year and nearly two thirds of them will not seek help.



Alarming, **one in seven** primary school students are also likely to experience mental health problems this year.



Through engaging presentations, student curriculum, teacher resources and digital content, our School Program supports mental health not just in the classroom, but also in the family home.

During our Parent & Community Presentation, Hugh van Cuylenburg or Martin Heppell will share their experiences and combine them with practical strategies that can be implemented every day to improve our overall wellbeing.

The research is clear; the more positive emotion you experience, the more resilient you will be. For that reason we focus on three key pillars that have been proven to cultivate positive emotion; **Gratitude, Empathy and Mindfulness (GEM)**.

Key Takeaways

As parents and carers, we know you want to show up for your kids, support their mental health, and encourage them to be the best they can be. An important part of showing up for our children, however, is first showing up for ourselves.

Our Parent & Carer Presentation will help you...

- **Equip yourself with simple, practical tools** to look after your own wellbeing.
- **Be informed** of the confronting mental health statistics in our country, and **understand why prevention is the key** to changing this narrative (especially for our children).
- **Learn about GEM (Gratitude, Empathy & Mindfulness)** - the evidence-based principles your kids' are living and breathing at school to feel happier and build resilience.
- **Feel confident** in holding positive wellbeing discussions with your family.

hello@theresilienceproject.com.au | (03) 9113 9302 | theresilienceproject.com.au



Thursday, 23rd March from 6:30pm - 8:00pm (90 minutes) AEDT
Online Parent & Carer presentation (with other schools)

What you can expect.

Through emotionally engaging stories and practical strategies, this session will help parents and carers understand the benefits of letting go of shame, perfection, ego and control. It will combine powerful research with candid storytelling, along with a few laughs to help support what is arguably the toughest job in the world... being a parent or carer!

Why a Parent & Carer presentation?

When building positive mental health in schools, we know the best impact happens when we work together.

The 'Authentic Connection' presentation helps do just that by sharing those same evidence-based strategies being taught in the classroom, so they can be also practised at home and beyond. Attendees will also be reminded of the importance of their own wellbeing - we bring the best versions of ourselves to our family and community, when we make time to look after ourselves.

<https://us02web.zoom.us/join/9tZMkfuiqD8qE9W3e5ySVSZgpLSwgmocjYTi>

Next Wednesday, Lady Braves Basketball team will be visiting Big Hill PS at 8:45am to assist with the cutting of the fresh fruit, we're so excited to be able to have them see our students.

FRESH FRUIT

WEDNESDAY

Benefiting the health
and wellbeing of our
Bendigo school children



FREE CHILD TICKET

CODE:
BRAVES-INSCHOOL1

Proudly funded and supported by:



 mckern steel[™]
foundation