

Term 3 Week 10

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15 September
2020**IT'S NOT OKAY TO BE AWAY!****Dates to****Remember**

September

18 - End of Term 3—

2.30pm

October

5—Term 4 begins—
Pupil Free Day6—Learning from
Home & Onsite
Learning if required12—Face to Face
Learning begins**WHO'S DOING
WHAT THIS WEEK?**Fiona is working
from home this week.CRT's have been em-
ployed for this week -Monday—Raelene
Vine—half dayTuesday & Thurs-
day—Kate StoneWednesday—
Dannalee Marshall**WORKFORCE
PLANNING
FORMS*****Please return
these forms by
Thursday of
this week.******Thank you*****Newsletter****2020****STAYING****APART****KEEPS****US****TOGETHER*****We've Made it!! Happy Holidays!!***

Wow what a term we have had. Little did we know that we would be going back into stage 3 lockdown during this term but we have come out the other side and look forward to term 4. A HUGE thank you to Molly for putting in place our “On Site Learning” for our vulnerable students and essential workers, which saw the majority of our students at school every day. This has been a great benefit to our students and our families. I would like to thank the parents for taking advantage of this and a huge thank you to the staff for their dedication and hard work during terms 2 & 3. It's been very different year.

All that being said, enjoy the holidays which begin at the end of this week. Relax, take a breath and a take break!

End Of Term

Students will all be **dismissed at 2.30pm on Friday 18th September.**

Please make sure you are on time to pick up your children!!

Term 4—Monday October 5—Student Free

Term 4 will begin on Monday 5th October and this will be a Student Free day (staff will be planning) “Learning From Home” will begin on Tuesday 6th October. Vulnerable students and students whose parents are essential workers will be able to attend school for “Onsite Learning” from the 6th October. State wide “Face to Face Learning” will begin for all students on **Monday 12th October.** If any further announcements are made prior to the end of term, parents will be notified of these changes via email and our school face book page. On-site attendance forms for the first week of term 4 must be emailed to the school prior to the 5th October.

End of Term - Footy Colours Day

Friday 18th September is end of term 3. The theme is footy colours day, students can dress in their footy colours or free dress. The year 6 students

School Contact Numbers

School—50946342
Gaby—0429 336539
Fiona—0429 922600
Ashlee—0427 221514
Colleen—0407 946376
Francey—0439 999654
Catherine 0429946225

This Weeks

Birthdays

A Great Big Happy Birthday to Georgie Aikman who will be 8 on Friday. We hope you have a great day Georgie.

No holiday birthdays



Mowing Roster

September—

Steve McVicar

October—

Mal Crothers



We acknowledge the Aboriginal and Torres Strait Islander peoples the first peoples and traditional custodians of the lands where we live, learn and work. We pay our respects to the Elders, both past, present and future, for they hold the memories, traditions, culture and hopes of Indigenous Australians.



will organise fun activities for all students to enjoy on their last day of term.

Fight Cancer Foundation's Footy Colours Day is a national community fundraising campaign that helps kids with cancer keep up with school. For our fundraising students can donate a gold coin on the day and we have also created an online fundraising page which we will share on the Facebook page, so please share the below link with your friends and families.

<https://footy-colours-day-2020.raisely.com/underboolprimaryschool>

School Library

Students have been visiting the school library weekly.

Could you please remind your children to return books this week. We will all be visiting the library on Thursday so students can borrow books for the school holidays

Holiday Reading

During the break please make sure your children keep up with their reading during the holiday break. Reading is not just from books, it can be from recipes, magazines, the daily paper, road signs, tourist leaflets and letters—there are many other places where your children can practise this life changing skill.

OnDemand Testing

This week students from Grade 3-6 will be involved in OnDemand testing in English and Mathematics. The On Demand testing program is a valuable tool for schools, enabling them to conduct assessment in a reliable and standardised manner. This will help assist staff in forward planning of teaching programs in term four and will also identify individual student's strengths and weaknesses. They will be tested again later in the term to inform report writing. We look forward to students officially returning back to onsite learning and giving the last term their best efforts.

Wellbeing - Mindfulness

Mindfulness is a practice where you use the **five senses** to engage physically and non-judgmentally with the world around you. When you do a task with **mindful awareness**, you do it with 100% of your energy and attention.

Any activity can be done with a sense of mindfulness, even eating dinner with your family. For example, you can teach your child to pay attention to the texture and flavours of the food. You can guide them to think about

how the food nurtures their body and keeps their body healthy. Practicing mindfulness is incredibly **empowering** for children. It can help them better manage stress and anxiety when it does occur. It helps with self-regulation, promotes positive emotions and self-compassion. Listed in the image are 5 mindfulness activities from the Big Life Journal.

Any everyday act can be used to practice mindfulness. You and your child can be engaged in mindfulness in the midst of any ordinary activity, which, in essence, really makes it an extraordinary activity.

From walking outside and going on a safari, to shaking a glitter jar or tensing and relaxing muscles, there is no limit when it comes to practicing mindfulness.

The most important thing about mindfulness is being in the here and now - living your life and taking the time to enjoy the world around you.

Body Safety Superstars

Underbool Primary School has engaged **Body Safety Australia** to deliver its Body Safety Superstars program. As part of this staff and parents attended a zoom workshop last Tuesday night. We are sourcing a recorded session for parents that couldn't attend and would like to know more.

The Body Safety Superstars program for primary school children is designed to empower and educate children to understand and communicate their right to bodily autonomy. For each year level, the programs are underpinned by our ten learning objectives and is tailored to be age-appropriate. As the year level increases, so does the scope and depth at which we tackle each topic. Every class is delivered by engaging the children with games, stories, activities, group work and guided discussions. What makes us feel safe and who we can talk to if we feel scared or worried is discussed, as well as help seeking and feelings. The second session will be tomorrow.

On- Line Event with Michael Carr-Gregg—Tonight!!

To help parents and carers build family resilience in these difficult times, the Department is presenting a free webinar by renowned child psychologist Dr Michael Carr-Gregg. This webinar will give families some practical skills, knowledge and strategies for managing the lockdown period and remote learning.

This webinar will be taking place online. Please see below for the link.

<https://www.eventbrite.com.au/e/managing-the-coronacoaster-tips-for-building-resilient-families-registration-117927100131>

Please note that this event will be delivered live only and won't be recorded.

Date And Time - Tuesday (tonight), 15 September 2020 7:30 PM – 8:30 PM AEST

Location Online Event

School Photos

We are in the process of organising a date in term 4 with Chelsea for the school photos. This will be advertised as soon as it has been set. Thank you to those who have already returned their forms to school, if you haven't as yet, please do so before the end of term.

School Garden

The Garden Committee and their helpers have been busy in the front garden over the weekend. Things are starting to come together, and no doubt we will have a wonderful garden in the near future. Thanks

everyone. Kristen has been busy writing and submitting a grant on the school's behalf for outdoor blinds to be attached to our outdoor classroom, making it user friendly all year round. Thanks Kristen.

Water Leaks

A great big thank you to Cameo for solving our water leak problems. No doubt you have saved us lots of water and money.

Snakes!!!

Please be aware that there have been some snake sightings in the area so please keep a look out!

Where Are They Now?

As part of showcasing our wonderful school and it's past student's achievements, we are going to include a section "Where Are They Now?" in our weekly newsletter. We are beginning with.....Catherine Brown!

My early education years began at Underbool Primary School and Ouyen P-12. My tertiary years were at the University of South Australia completing a Bachelor of Sport and Recreation Management, then completing a Masters of Primary Teaching at Flinders University. I've completed other certificates to extend my learning over the years. During my years at University in Adelaide I worked at Netball South Australia, South Australian Cricket Association and volunteered at various sporting events. One of my highlights of working at SACA was walking across the Torrens and seeing Adelaide Oval.

I've developed a passion for travel in 2013 and travelled to Timor Leste with a group from Aquinas College, we fundraised money for a school and explored various parts of Timor. The other locations I have explored include: Thailand (friends 21st birthday trip), Papua New Guinea (trekking the Kokoda), Nepal (teaching experience with other Flinders peers), Sydney (climbing the Sydney Harbour Bridge), Canada (summer camp at Camp Ak-O-Mak), China (last minute trip and an opportunity to walk the Great Wall of China) and parts of Europe (London, Reykjavik, Amsterdam and Barcelona) Turkey and Dubai. Travel is such a privilege as it is time to experience other cultures, be present in various adventures and you always come back a different person. I highly recommend when the opportunity arises that all should explore other parts of the world and our own backyard. "Every experience makes you grow".

I've returned to Underbool to be with my family as I have a strong relationship with them and enjoy their company. I enjoy the lifestyle, the open spaces of Underbool and the strong community link, which has worked well returning with the current situation of Covid19. I wanted to continue playing netball with Ouyen United Kanga's (reigning premiers). I continue to work on a full time basis at Underbool Primary School as the school Chaplain. I am supporting the students and giving each individual student wellbeing strategies. Being back at the school as a staff member and having experiences at other schools through working and placements, I appreciate my education at a rural school and the lifelong friendships made with various age groups.

"Never say never, because limits like fears, are often just an illusion" –

Michael Jordan

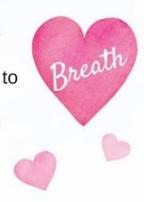


Fun MINDFULNESS ACTIVITIES for children

by Big Life Journal

1 "JUST ONE BREATH" BREATHING ACTIVITY

- Find a relaxing place, sit comfortably, and set a timer for one minute.
- Breath deeply in and out while paying attention to any sensations you notice or sounds you hear.
- Take another slow deep breath, imagine the air moving down into the lungs and back up.
- Take one more deep breath and hold for a moment, then release it.



2 CREATE A GLITTER JAR

- Finding a jar or plastic bottle and allow your child to decorate it however they like.
- Fill the bottle up 3/4 of the way with water. Next, add clear glue, food coloring, and glitter then shake.
- Seal the lid and you are ready to go.



3 HEARTBEAT EXERCISE

- Ask your child to stand up and either jump up and down or do jumping jacks for one minute.
- At the end of that minute, have them place their hand on their heart and pay attention to how their heartbeat and their breathing feels.



4 GOING ON A SAFARI

- Go outside on an exciting adventure, try picking up a small rock or touching a plant or flower.
- Notice the bugs or the birds. Take a moment to kneel down and touch the earth.
- Walk mindfully paying close attention to everything. Make sure you walk in silence because you want to notice all those little details.



5 TENSE AND RELEASE MUSCLE RELAXATION

- Starting at the feet, gently squeeze the muscles in the feet by tightening them, then slowly releasing.
- Next, squeeze the large muscles in the calves for 5 seconds, then gently release. Working your way up the body, squeeze the thigh muscles for 5 seconds then gently release.
- Continue moving up the body for more relaxation.



DR SEUSS QUOTES

BE WHO YOU ARE AND SAY WHAT YOU FEEL
 BECAUSE THOSE WHO MATTER DON'T MIND
 AND THOSE WHO MIND DON'T MATTER

YOU KNOW YOU'RE IN LOVE WHEN YOU CAN'T
 FALL ASLEEP BECAUSE REALITY IS FINALLY
 BETTER THAN YOUR DREAMS

TODAY IS YOUR DAY TODAY WAS FUN
 TOMORROW IS ANOTHER ONE

AND YOU KNOW WHAT YOU KNOW
 YOU ARE THE GUY WHO DECIDES WHERE TO GO

FUN IS GOOD

UNLESS SOMEONE LIKE YOU CARES A WHOLE
 AWFUL LOT NOTHING IS GOING TO GET BETTER
 IT'S NOT

A PERSONS A PERSON
 NO MATTER HOW SMALL
 YOUR IN PRETTY GOOD SHAPE FOR
 THE SHAPE YOU ARE IN

FROM THERE TO HERE AND HERE
 TO THERE FUNNY THINGS ARE
 EVERYWHERE

AND YOU KNOW WHAT YOU KNOW
 YOU ARE THE GUY WHO WILL
 DECIDE WHERE TO GO