

# Underbool Primary School News

## From the Principal and Staff

Dear Parents and Guardians,

We received a letter from Colleen Aikman on behalf of the Underbool Golf Club. The letter stated that due to the dissolution of the Club, the members have decided to allocate \$2,000 to the school. We publicly thank the Club for its generous and unexpected donation. We will acknowledge the gift with a plaque. Hopefully, some of the funds will go towards visible improvements at the school and further curriculum needs.

Thank you to Cherie Donnellan for coordinating the School's Easter Raffle. The latest reports from Cherie are that ticket sales are going well. Also, don't forget to donate an Easter treat to the prize pool. These can be left at the school.

Last week we acknowledged Harmony week with activities in the art room. Our wellbeing visitor, Ash Manuel also spoke about the injustices of exclusion.

Well done to all those students who participated in the Ride2School day and the follow up games and activities organised by Miss Rowles. It was a great day.



The Annual General Meeting of the School Council and the attestation of the 2022 Annual Report will be held this evening at 5.30pm—6.30pm. Thank you for taking the time to read the report; it is a great narrative.

We are sharing a letter from the Premier regarding the Premier's Reading Challenge with you. Apart from being acknowledged by Premiers past and present, this activity very much supports our home reading programme.

The annual UDSSA Cross Country will be held next Wednesday in Ouyen. Ouyen P-12 College are hosting this event and we welcome parents to attend to support their children. Please bring a packed lunch with snacks and drinks for the day. Eric Smee has kindly offered to drive the bus. Students will be leaving the school at 10.45am and will be back by 3pm.

A reminder that school finishes next Thursday at 2:30 pm

Have a great week and stay optimistic.

Jacinta, Jo, Kate, Francey, Lozz, Fiona and Jim.



### Important Dates

#### March

Wednesday 29th  
School Council AGM  
@5.30pm

#### April

Sunday 2nd April @3am  
Daylight saving time ends

Wednesday 5th  
Cross Country at Ouyen

Thursday 6th  
Last Day Term One

Finish at 2.30pm

Monday 24th

First Day Term Two

Tuesday 25th

ANZAC Day holiday—no school today



### School Contact Numbers

- 5094 6342
- 0478 662 394

A reminder to our families that if you wish to contact the school, the preferred method of communication is via the landline or mobile phone number above.

## Junior football

The first junior football training will be held this Wednesday 29th March with James Morish and all juniors at 5pm at Blackburn Park.

On Thursday, 6th April, we will host a session for parents and junior players about behaviours, rules and expectations for the season. This is a great chance to ask questions and help understand the OUFNC vision and strategy for the season and beyond.

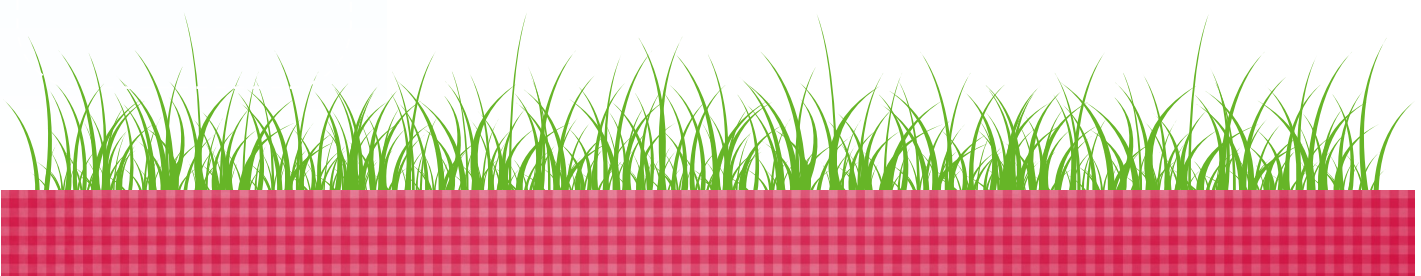
Enquiries: Mick Pole 0427 941 331

## Extra curricular achievements

Over the last few months many of our students including Myles, Maggie, Scarlett, Georgie, Hunter and Evie have participated in junior basketball in Ouyen.

This week the season concluded with Evie and her team "Spirit" playing in the grand final. They worked hard as a team and had a lot of fun. They were runners up. Congratulations Spirit!

Scarlett was awarded the encouragement award. Congratulations Scarlett.



## Lunchtime Hangout and Recess Mindfulness

Ms Lozz has been creating different spaces and activities for the young people to explore and develop their social skills and creativity. Each lunchtime on a Thursday she has been opening up the library for lunchtime hangout with games, music and a safe space to relax. The young people have enjoyed an array of varying board games, art activities and a chance to have a chat and catch up.

Recess time on a Friday has been opened up for mindful activities which the young people have warmed to. They have been building their resilience to listen to guided mindfulness and meditation practice, whilst working on controlled breathing. They have also learnt how to visualize using varying sounds in nature. The young people have done so well to understand how this can calm the brain and the senses when feeling overwhelmed.

Ms Lozz

## Growing with Gratitude activities with Ash Manuel



## Sleep

While we know sleep is essential for good health, research shows that many children and young people are not getting enough sleep on school nights. This can affect thinking, concentration, memory, reaction times and mood.

The recommended amount of time to sleep for primary school-aged children is 9 to 11 hours. For teenagers, it's 8 to 10 hours.

Signs that your child is not getting enough sleep can include:

- low mood and irritability during social interactions
- reluctance or arguing about getting off devices and going to bed
- falling asleep during the day

- difficulties waking up for school and sleeping in late on weekends to catch up

- changes to communicating or interacting at home.

You can help your child to improve their sleep by:

- establishing a regular sleep pattern and consistent bedtime routine
- supporting them to avoid using electronic devices such as smartphones before going to bed and in bed
- encouraging your child to exercise and spend time outside in daylight, steering clear of vigorous activity in the hour before sleep
- encouraging them to wind down and relax before going to bed.

## Acts of Kindness

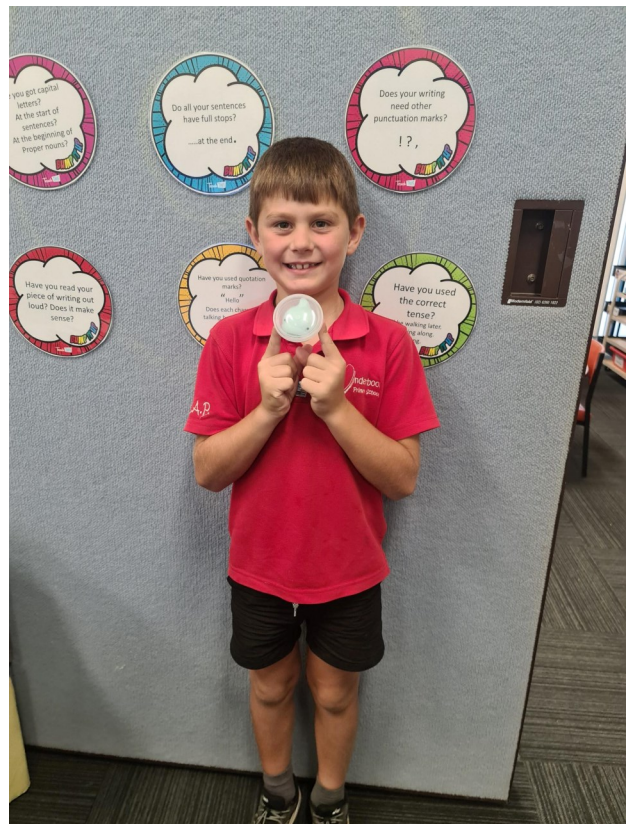
Week 8 was an eventful one, which had a surprise visitor Ash Manuel from 'Growing with Gratitude' to work with the young people on how to incorporate Gratitude into their everyday life. They were able to further develop and understand differing activities around this concept.

This week we celebrate Billy Nathan for gaining a prize for his act of kindness to help another team mate out by putting their possessions away when they were busy.

At Underbool Primary School we want to continue to work together so we can maintain balance with health and wellbeing, whilst focusing on learning and independent living tasks.

We think helping others out is starting to have that flow on effect. Good work again Billy!

Ms Lozz





## Building Works

The children have enjoyed watching the building works progress this week. External concreting and paving were completed.

The electricians have been on site installing data and electrical conduit and the builders have commenced painting the corridor.

The Principal's office and interview area has been fitted with acoustic panels as has the reception area.

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## Exclusion Periods for Illness

The Education Department has guidelines for children who are unwell.

**Diarrhoeal illness:** Absent until there has not been vomiting or a loose bowel motion for 24 hours. 48 hours is preferable.

**Covid-19:** Isolate at home for 5 days until there are no symptoms and **do not attend school** during this period.

**Influenza and influenza like illness:** Absent until well.

**Chickenpox:** Absent until all blisters have dried. This is usually at least 5 days.

**Ringworm and Head Lice:** Absent until the day after appropriate treatment has commenced.

**Conjunctivitis:** Absent until discharge has ceased.



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