



# NEWSLETTER

## 27 - 2021

Thursday 2<sup>nd</sup> September, 2021

### PRINCIPAL'S REPORT

I know that you all would have been eagerly awaiting the announcement from the Victorian Premier regarding any changes to the current restrictions throughout the state.

Unfortunately the announcement yesterday introduced new and changed information from the Chief Health Medical Officer; specifically that achievement of zero cases of COVID Delta Strain cannot be achieved and we are to prepare for managing increased daily numbers. The achievement target, rather than being zero cases, is now 70% of first vaccinations on or about the 23rd Sept.

The Victorian Government aims for all final year students to be vaccinated by the time they sit their end-of-year exams. In addition to this, the Government is aiming to provide at least one dose for children aged 12 and older by the end of the school year, subject to the available supply of vaccines and advice from the Australian Technical Advisory Group on Immunisation (ATAGI) advice of the vaccination of children aged 12 to 15.

All Victorians are eligible to be vaccinated through participating general practices, pharmacies and state vaccination hubs. Victorians aged 16-59 are all now eligible to receive Pfizer vaccine, and 60+ are eligible to receive AstraZeneca vaccine.

In the midst of the new information and target, we have been so pleased to receive all the wonderful responses from you and the children, following our messages of affirmation for you from every member of staff at KPS forwarded last week. Here is the link again if you missed it last week.

<https://youtu.be/Hn4COmtYu1>

Wendy, Tom and I shared just a few last Friday at assembly. I include one here and express how touched all staff have been in receiving it and others.

"Thank you soo much all the beautiful teachers, we really like the video. This made us emotional, love you all soo much for your help and support. Thanks again."

Thank you!

We wish you all a lovely day on Sunday in celebration of the fathers and/or other significant parents and carers in your lives.

Take care and stay safe,

~ Learning Together



### STUDENT OF THE WEEK

#### AWARDS

Student of the week awards are made each week and announced in the newsletter on a Thursday. The awards are presented to the students at assembly on Friday at **2.30pm** in the Gym.

Foundation Potts ~ Charli Smith  
Foundation Lisa ~ Chase O'Brien  
Foundation Amy ~ Gemma Davis  
Foundation Ryan ~ Gabby Tauvao  
1/2 Havers ~ Alexander Pesci  
1/2 Patton ~ Tameka Cameron  
1/2 Gonzalez ~ Annalisa Calabro  
1/2 Jane ~ Samarpreet Padda  
1/2 Chalmers ~ Milla Keys  
1/2 Dovaston ~ Graham Laai  
1/2 Estelle ~ Angel Ivanina  
3/4 Louise ~ Nathaniel Collins  
3/4 Mel ~ Kaiden Brown  
3/4 Marks ~ Liam Laxton  
3/4 Lisa ~ Divone Blake  
5 Kirstin ~ Nabeeha Naz  
6 Ana ~ Tini Samasoni  
6 D'Elia ~ Lacey Tompkins  
6 Ellie ~ Harley Hayes  
6 Ellie ~ Tate Armstrong

### FORWARD PLANNING

**Monday 19<sup>th</sup> July ~ Friday 3<sup>rd</sup> September**

- Parent/Carer/Guardian Opinion Survey ~ On-line

**Friday 17<sup>th</sup> September**

- Last Day Term 3 ~ 3.10pm Dismissal

**Monday 1<sup>st</sup> November**

- Curriculum Day ~ Student Free Day  
Melbourne Cup Eve

**Tuesday 2<sup>nd</sup> November**

- Melbourne Cup Day

**Friday 17<sup>th</sup> December**

- Last Day Term 4 ~ Early Dismissal 1.10pm

Kurunjang Primary School is committed to being a child safe organisation and embedding a child safe culture into our practices and processes to ensure all children who attend the school are safe at all times.



## CELEBRATION OF LEARNING 6 TEMPLETON

This year in 6 Templeton has been a time of fun, learning and wonder.

When on site, students engaged in collaborative inquiry projects and presented their knowledge and understanding of Australia's early years in a variety of ways including, speeches, posters and even a movie where half the class made up the cast. They worked on independent tasks competently, had meaningful conferences with their teachers and improved their organisation skills during transitions.

Since moving to Home Learning, the students in 6 Templeton have shown great resilience and effort during what is a rather uncertain time. They show the school values of Respect and Empathy to their peers and teacher during our Webex meetings each day, with many taking on the responsibility of ringing to remind their peers to log in.

I am extremely proud of all of 6 Templeton and the way they are handling themselves during this crazy time.



### LOST LIBRARY BOOKS

We currently have a large number of overdue library books. Could I ask all Parents and Carers to help their children look at home for books that belong to our school and return them to the library as soon as we are back on-site.

Thank you  
Lynne Notman ~ Library Technician



### FOUNDATION ENROLMENTS 2022 ARE NOW OPEN

Parents who live within our school's designated neighbourhood area are invited to enrol their children for Foundation 2022 at the office. To be eligible to enrol for Foundation in 2022 your child must turn 5 years of age by 30<sup>th</sup> April 2022. You must provide proof of your child's age by presenting a birth certificate. For students who were born overseas you must present their passport and visa details. Immunisation certificates are also required and may be posted to you on request by calling 1800 653 809. As the immunisation and birth certificates may take a little time to arrive, we suggest you get organised early and phone for your certificate now.

Please contact the school office on 9743 0633 if you would like to arrange a tour of our school.

### DISCLAIMER

All advertisements placed in this newsletter and flyers sent home on behalf of sporting groups and auxiliaries are done so in good faith. It should not be assumed that Kurunjang Primary School is recommending these activities. Parents have a responsibility to make sure that activities are suitable and safe for their children.

## MESSAGE FROM THE WELLBEING TEAM THE IMPORTANCE OF SLEEP IN CHILDREN

After a busy day of remote learning, it is highly imperative for children to receive a good quality sleep. Getting adequate amounts of sleep each night improves a child's brain function as well as their overall mental and physical health. Furthermore, positive sleep patterns can also improve a child's immune system, boosts their metabolism and increases their physical performance.

During this time of unprecedented change, implementing positive sleep patterns and routines in our child/ren will help them to manage all of the changes that are happening to them. The change of routine of early morning school wake ups, late-night activities and increased screen time can impede on the quality of sleep children are getting thus impacting on their overall productivity during the day.

Daily routines/schedules for children are important for their growth, as is their sleep patterns and routines. As children grow, it is important for them to give their brains a break and rest their bodies after a busy day of learning. Getting enough sleep is important for a child's physical and mental health. The amount of sleep a child requires per day is dependant on their age for example:

- 3-6 years of age: 10-12 hours of sleep per day
- 7-12 years of age: 10-11 hours of sleep per day
- 12-18 years of age: 8-9 hours of sleep per day

There are various factors which can impact on a child's quality of sleep such as, constant screen time and lack of physical activity. To assist your child/ren in their nightly sleep routine, there are several things that they can do to improve their sleep pattern:

- Avoiding screen time before going to bed e.g. Ipads, mobile phone use
- Listening to calming/relaxing music
- Reading a book
- Spending some quiet time alone or with a parent/guardian

When children have a good sleep pattern, they will have more energy during the day, be productive and are better able to cope with life's ups and downs.

**We want you to know that we are here to support all our students and families during this time of change. To speak with someone from the wellbeing team about any questions, concerns or worries you can contact us on:**

Phone or text 0457 507 592 (wellbeing phone) or 9743-0633 or 0427 396 895 (school attendance line) between 9am and 4pm Monday to Friday.  
Jenny, Tom, Wendy, Kim, Deb, Margherita, Kathleen, Monique and Dylan (Leadership and Wellbeing Team)

You can also contact your child's teacher via compass who will contact the wellbeing team on your behalf and request that they make contact with you.

You can email via the schools email address [kurunjang.ps@education.vic.gov.au](mailto:kurunjang.ps@education.vic.gov.au) with attention wellbeing team.

Please make contact with us if you require emergency food relief via a food hamper or via a referral for emergency food or financial aid supports.

# The importance of sleep

Sleep is when we give our brains a break from being awake during the day and we rest our bodies



Getting enough sleep is really important for our physical and mental health



The amount of sleep we need depends on our age. Usually the younger we are the more sleep we need



When we don't get enough sleep, it can make us moody, tired and less clever at doing things



There are things that can interrupt our sleep pattern like, constant screen time and lack of physical activity



Having worries or things on our mind



When we have worries, it is important that we talk about it with an adult like a teacher, mum or dad, a carer or a wellbeing worker



When we have a good bedtime routine, we can sleep better. This means having quiet and calm time before we go to bed.



## Improving our sleep routine

To help us improve our sleep routine and get a good night sleep we can, avoid screen time before we go to bed



Read a book



Listen to relaxing music



When we have a healthy sleep pattern we can cope better with life's 'ups and downs'



This means that when things are not great we will feel better sooner



### Resources

<https://happylearners.info/social-stories/sleep.html>



PIZZAS,PASTAS,PARMAS,SALADS



ORDER ONLINE  
OR CALL

OPEN 6 DAYS  
TUES - SUNDAY 5 TILL LATE  
(closed mondays)

[www.rubyspizzaandpasta.com.au](http://www.rubyspizzaandpasta.com.au)

PH: 9743 3166

MELTON STATION SQUARE SHOPPING CENTRE  
(cnr station rd & brooklyn rd melton south)

 **kellygang**  
TENNIS COACHING

Wilson Pee Wee Tennis (4 – 7 years)  
MLC Hot Shots (5 – 12 years)  
Junior & Adult Coaching  
(Group & Private Lessons available)  
Squad Training for Elite Juniors  
Mums in Tennis Program  
Professional Racquet Restringing  
Ask us about NEW Cardio Tennis!  
Phone: Steve Kelly 0409 173 273

Free "Come & Try" Days

Let's get the ball rolling again...

*Bowling is back in Melton.....*

**BOOK YOUR NEXT FUNCTION AT XPLOSIONS!**

**CALL TO BOOK 9746 7278** 1-25 Bakery Square, Melton

- \* BIRTHDAY PARTIES
- \* FUNCTIONS
- \* GROUP BOOKINGS
- \* LEAGUE BOWLING
- \* BOWL PATROL
- Ten Pin Bowling
- Arcades
- Pool Tables
- Dartboards

**Discover Tenpin Bowling with BOWL PATROL!  
Become a striking machine in 8 weeks!**

- \* Ideal for boys or girls aged 6 -12
- \* Delivered by qualified coaches - Lane Rangers

