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## Term 3 – Week 8

Dear Parents / Carers

Parent Wellbeing – It is important for our families to focus on student wellbeing however it is also important for our parents to consider and focus on their own wellbeing. Here are some tips provided by the Child Mind Institute to help you and your family thrive despite the challenges of remote learning.

### Managing your stress

- Cut yourself some slack! Remind yourself that there's no playbook for what we're going through. Between work, childcare and everything else, you may be juggling impossible demands. Being kind to yourself helps you stay calm and frees up the bandwidth you need to take good care of yourself and your family.
- Be smart about what you're reading and watching. Consider putting a limit on the amount of news about the coronavirus you consume each day. If your social feeds are making you anxious, take a break, and focus on accounts that are calming.
- Set achievable goals. Give up those unrealistic expectations for what you (and your children) can achieve in this stressful time. Enjoy your successes each day, no matter how small.
- Practice mindfulness and self-care. Focusing on what you're doing right now, without being caught up in the future or the past, is an important coping skill. Set aside a few minutes around the same time every day to do deep breathing, meditation, exercise — whatever works.
- Stay connected virtually. Keep your support network strong, even when you're only able to call or text friends and family. Socializing can help you feel better and stay grounded. And the same is true for your children — try setting them up with virtual playdates or plan phone calls with relatives.
- Accept your feelings. Many of us feel sad, angry and anxious right now. Acknowledging that — instead of fighting it — allows us to ride out our emotions, and it might even free us up to move on and say, "Okay, so now what needs to be done?"

### Lions Club of Little River

It is with much joy that we thank the Lions Club of Little River for a wonderful donation of \$1000 towards our school. It is greatly appreciated during this COVID-19 lockdown scenario that we find ourselves in at the moment. Our school like many other community groups are fighting hard for fundraising and this donation from them will go a long way to making a difference for our students and community.

When we know what this donation will go towards, we will most definitely inform the Lions Club and entire community. From all of us at school, thank you to the Lions Club of Little River.



### Return to Onsite Learning

We know that this time of uncertainty is challenging for all and, as a school, we're also waiting for information about plans moving forward at a State/Department level so that we can plan our learning program accordingly. While we currently don't know when students will be definitely returning, our aim when they do will be to focus on assessment and consolidation of essential skills in Literacy and Numeracy. How we approach this will depend on the time we have available and how students settle back into classroom routines and we'll provide more information when we have a clearer picture of what lies ahead through guidance from the Department of Education.

### **Term 3 early finish**

**The last day of term 3 is Friday, 18th September. This day will finish early as per usual at 2:30pm.** If you are requiring Camp Australia's service from 2:30pm onwards you will need to book online. Thank you again to our School Council who endorsed the early finish.

### **Student Led Conferences**

Each year we have the opportunity to organise student led conferences between student, parent and teacher. These conferences are planned in consultation with the teacher but essentially run by the student with parent and teacher at school. At this point of the year we will not be organising our student led conferences due to the challenges that COVID – 19 has given us. If you would like to organise an informal chat with your child and their teacher about how they're going with remote learning, please contact your child's teacher.

Please feel free to contact your child's teacher directly or email your request to school and we will pass it on. Again, this is just another procedure that we've had to adapt during this difficult time and we thank all families for their support and assistance.

### **Remote and Flexible Learning Attendance**

It is reminded to all families that it is an expectation of all students / families at Little River Primary School to check in with their teacher and be present while the attendance roll is being marked. We know that school looks, sounds and feels different at the moment but the one very constant is that students attend and are engaged in the tasks set by the classroom teacher. I thank the many, many students and families which are making this possible every day. Even though we aren't physically at school, it still isn't 'ok to be away'!

### **Happy Father's Day**

We must not forget all the wonderful Dad's who make up our Little River Primary School community. Thank you for what you do every day to make your child / children and community better every day. From everyone at Little River Primary, happy Father's Day.



### **2021 Enrolments**

#### ***Leaving Little River Primary School Notice***

**We will not be attending Little River Primary School 2021**

FAMILY NAME..... CHILD/CHILDREN's NAME.....

SIGNATURE.....

#### **ADDITIONAL INFORMATION**

(e.g. We are unsure at this stage but expect... We will begin the year in Feb but plan to move in ...).

Return ONLY if this applies to your family

### **Ronnie Douglas – School Chaplain**

Ronnie, our school chaplain has continued to make herself available during this critical time for any family who would like to contact her in relation to their child's health and well – being of their own family. If you would like to contact Ronnie, please do so: [Rhonda.douglas@education.vic.gov.au](mailto:Rhonda.douglas@education.vic.gov.au)

### **Whole School Maintenance**

During this time when we haven't had many students at school, we have had the opportunity to maintain our facilities for the students when they return to school life. Here are a few pictures to get the students motivated and ready for their hopeful return in the nearby future.



### **Sentral updates**

We have been setting up our school's Sentral Parent Portal and you will already have received an email inviting you to register for this. This is available both on the web and via an app which can be downloaded through Google Play or the Apple App store.

The parent portal currently has the following features:

- allows you to receive messages from the school in your newsfeed;
- send messages to your child's teacher;
- see your child's attendance data;
- submit absences (including future dated ones)

We are continuing to explore features and will be adding them throughout the remainder of the year. Please follow the instructions in the email to register for the portal and let us know if you have any queries.

### Ms Winslett

Ms Winslett is another one of our much valued administration staff here at Little River Primary School. Apart from doing a marvellous job from the office space, you can also see that Mrs Winslett has other talents too, our roof gutters are clear of debris. Thank you Tracey for doing so much for our students, staff, school and whole community.



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### Camp Australia certificates – Congratulations to these students

**Ellawina R** for her use of imagination and creativity in her participation of activities. Great work.

**Raffael R** for showing respect to others and creating positive experiences and giving others opportunities to participate. *Well done*

### Learner of the Week Awards – Term 3 Week 8

**Congratulations to the following students who have earned their certificate this week.**

<b>Prep</b>	<b>Lachlan D</b> for always committing to his remote learning tasks. Great job Lachlan.
<b>1/2S</b>	<b>Dean M</b> for a sustained effort towards his learning over the last month.
<b>2/3L</b>	<b>Sahara B</b> for her ongoing enthusiasm for all remote learning activities and because she always listens to the feedback given and responds to it.
<b>3/4A</b>	<b>Adam P</b> for working hard to complete writing activities using descriptive language even when he finds them challenging.
<b>4/5/6L</b>	<b>Tiana F</b> for achieving 3/3 for her fabulous work on Tuesday.
<b>4/5/6 M</b>	<b>Gianni F</b> for enthusiastically participating in our 'Which One Doesn't Belong' reasoning talks and motivating others to join in. Well done.
<b>P.E.</b>	<b>Ryder L</b> for his determination in perfecting the 'rock n roll' skill in gymnastics.
<b>ART</b>	<b>Well done to Emily</b> for doing such a wonderful job of Suessing herself in the art challenge this week. Emily looked fantastic as Sally Walden.
<b>INDONESIAN</b>	<b>Maisie M</b> for enthusiastically completing her Indonesian activities with a smile every week.

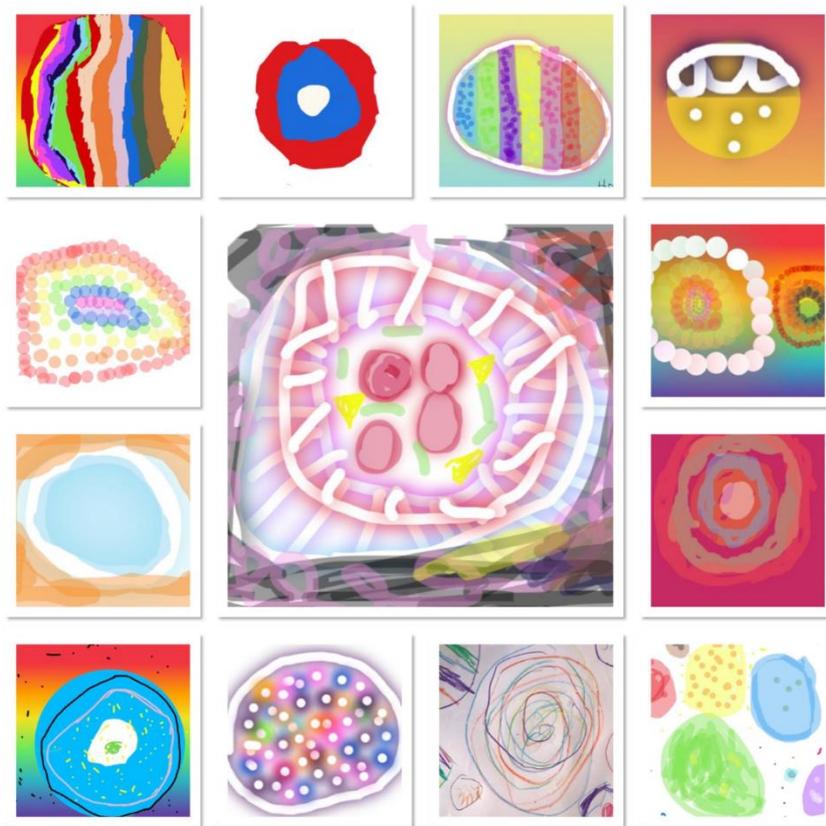
### Happy Birthday to these Students

**Happy, happy birthday to Owen L and Emily J.**  
We hope you can enjoy your family during this special time.  
From everyone in the Little River community – *Happy Birthday to you.*



**Art**

The preps and grades one and two have been having fun creating digital dots in Art. Last week they enjoyed 'The Dot' by Peter Reynolds and then created their own dots, there were so many different colours and designs. They really were fabulous!



Thank you – stay safe and thanks for your support during the stage 4 restrictions  
Gavin Nelson

A handwritten signature in black ink, appearing to read 'Gavin Nelson'.

**Principal**