

Newtown PS Newsletter



At Newtown, we **learn** and **flourish** together.

TERM 3 ISSUE 14: FRIDAY, SEPTEMBER 10TH 2021

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@newtown_ps

“At Newtown Primary School we believe **every individual** will learn and flourish with the support of a committed team. Newtown Primary School has a strong culture of **RESPECT** with particular emphasis on **respect for self, respect for others, respect for learning and respect for the environment.**”

IMPORTANT DATES

Friday 3rd September	F-2 Student return to Onsite Learning!
Friday 17th September	Last day of Term 3, 2:30pm dismissal
Monday 11th October	Student Led Conferences - No Students Required at school
Saturday 16th October	Newtown Primary School Trivia Night

Mr. Barclay's Bulletin

Hello NPS families,

What a wonderful sight it was this morning to see our prep, year one and year two students returning to onsite learning today! Their smiles and visible enthusiasm to be at school connecting with their peers and teachers was great and uplifting to see! I am eagerly looking forward to all students returning onsite in term 4 and hopefully we can have a term that will certainly be busy and hectic, but also as normal as can be too.

In recent weeks we again found ourselves in a position of extended lockdown and previously I have mentioned the feelings of de ja vu and repetition in writing these newsletters however I have optimism that lockdowns are a thing of the past.

I do want to say that we as a school certainly hope that ALL our families are doing well and that you are safe, healthy, and have strong supports around you. In the last newsletter, this weeks, and also via Compass, I have continued to share some wonderful supporting resources for you as parents to possibly engage with. The programs and courses available are very worthwhile and I would encourage you to investigate what is perhaps applicable and worthwhile for your context.

One additional website that I would also like to share I received from a Colleague this week and felt that in this weeks context in particular—it is very worthwhile. This site is focused on the Mindfulness component of the Resili-

ence Project. This is a great site to reference for resources, activities, and strategies for all ages to support people to develop their mindfulness habits.

<https://theresilienceproject.com.au/at-home/everyone/mindfulness/>

I do want to thank ALL families for your continued efforts throughout remote and flexible learning. It can be challenging and difficult however we are here to support you and your children so please contact your child's teacher if you're requiring additional assistance for the last week of term.

Last week we started to introduce via our wonderful education support staff in Deb, Fiona, Mel and Jodie additional wellbeing activities for students to 'opt in' to. I will state here that I was VERY happy with the results from last Monday's cooking session with Mel who then the day after proceeded to load up the staffroom fridge with Mars Bar Balls! I am still waiting on the Lemon Slice! ;)

Last week our NAPLAN results arrived and upon initial looks our students have achieved remarkably well. These results which we will share in the coming weeks are results in which our entire school community should be proud of. The strong culture of learning and teaching here at NPS is wonderful and although it is something we will always aim to build upon, it is a large part of the reason we see the great results we do in assessments such as this. Individual student data has been emailed home and hard copies are able to be

Mr. Barclay's Bulletin

collected from the office.

In finishing up this week I would like to leave you with this great quote...

"People will forget what you said, people will forget what you did, but people will never forget how you made them feel." - Maya Angelou. This week, as a bit of parental/family homework... aim to compliment and or show gratitude to someone to make them feel extra special, loved, and or liked. Please take care and look after yourselves and your loved ones.

Have a great, mostly lockdown free, weekend.

Corrie Barclay

Principal.

School Captain's Catch Up

Hello everyone! School Captain catch ups are back and better than ever! Below are some activities that us School Captains enjoy that help to keep us grounded in lockdown that we wanted to share! We hope you are staying safe

Angus: Cup Stacking Game

You will need:

- 6 plastic cups
- A flat surface (preferably a table but the floor will do)
- A timer

Method:

1. First, put all of the cups into one stack.
2. Start the timer.
3. Take 3 cups and put them in a line.
4. Next put 2 cups on top of the 3 bottom ones. (Make sure that they are resting in the middle of the gaps.)
5. After that, put the last cup on top of the cups. It will look like a triangle.
6. Now, take the top cup and slide down to the side.
7. Next, take another cup and slide it down to the other side and put all of the cups into one stack.
8. Stop the timer.
9. Now do the same thing again and try to beat your time.
10. You can race against your family but you will need 12 cups. (6 between you.)

Have Fun!!! And...

Why did the duck cross the road?

To get away from the chicken!!!!

Brodie: Scootering

What will you need :

- A scooter
- a ramp.

How to drop in on a ramp.

First you have to put your scooter on the edge of the ramp so the deck should be about half way off the edge of the ramp. Secondly you have to lift up your scooter and the back wheel has to go over the end of the ramp and then lean forward till your front wheel touches the down part of the ramp.

Ally: Balloon Tennis!

You will need:

- A fly swatter, a table tennis racket, a hand or something to hit the balloon with.
- A balloon.
- And a friend (but you can play it with yourself if not findable)

Method

1. Take your balloon and throw it up into the air!
2. Then you take your item of choice and hit the ball to your opponent/s (or hit it upwards to yourself)
3. Then your opponent/s hit it back to you (or you hit it upwards again)!
4. And then you need to keep going and find out how many hits you can make without the balloon touching the ground!
5. Congrats you know how to play balloon tennis!

Bella: Mars Bar Slice

Ingredients:

- 3 1/2 Cups of rice bubbles
- 90g of butter
- 3 big Mars Bars (or 9 fun sized ones they are cheaper)
- A bag of Milk Chocolate Chips (I use 375g bag from Nestle)
- A saucepan
- A wooden spoon
- A bowl
- A tray lined with baking paper

Method:

1st Step: Your first step is you need to melt the butter and Mars bars together over low heat on a stove in your saucepan (you might need some parental help for this step)

2nd Step: Measure out your rice bubbles and pour your mixture into it

3rd Step: Mix together until all of your rice bubbles are covered in chocolate mixture





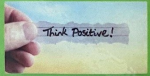
4th Step: Pour your mixture into your lined baking tray and then flatten it out with your spoon or anything that you use to flatten things out

5th Step: Put it in the fridge to chill for a little bit. Then melt the chocolate chips or melts while you are waiting

6th Step: Take your slice out of the fridge and spread the chocolate out evenly. After you have done that place it back in the fridge for an hour and a bit, then you have some yummy Mars Bar slice.

NPS FOCUS PLANS

Throughout the course of this year we have been lucky enough to have the CASEA team from Barwon Health onsite working with our staff, students, and families. A large part of this work was developing the capacity of all to recognise what “Zone” we may be feeling in and then what we can do to shift back to the Green Zone if that is not where we are. As most, and hopefully all of you as parents / caregivers know, every student, and staff member, has what is called a “focus plan” that seeks to support individuals regulate and settle emotional wellbeing. I have shared my own focus plan below—which I will be using during the Geelong Cats finals series! One of the many great things about our focus plans is that they constantly change and are adapted as needed. The link [HERE](#) will take you to a template of our focus plan document. Please download this before making alterations. Perhaps you as a family would like to develop your own? As teachers and adults, it is extremely important that our students and children see us modelling the use of our own focus plans as needed.

My Focus Plan			
	For me to remain calm and focused, I choose one of the strategies below so that I can remain centred, present and grounded. These strategies also help me practise GEM and Respect.		
I choose . . . 	to go for a walk, get myself a coffee, and reset. 	to listen to some music and think about the things I am grateful for. 	focus on what is happening and what I can and cannot control, and use my stress as an enabler. 

Re-Post Parent / Family Covid-19 Supports

At the end of this weeks newsletter we have included Regional Parenting Events being facilitated by the City of Greater Geelong and its affiliates. There are a number of brilliant programs and sessions for you as parents and caregivers to engage in . Please have a read through what is being offered. Additionally we have left in for this week:

Further Resources and Supports;

- **Beyond Blue** Phone: 1800 512 348A dedicated service for those feeling anxious, stressed, depressed or need assistance during the COVID-19 pandemic. Coronavirus Mental Wellbeing Support Service <https://coronavirus.beyondblue.org.au/>
- **Disability Information Helpline** Phone: 1800 643 787 Access to information and referrals for people who need help because of COVID-19, including access to counselling (available Monday to Friday, 8am to 8pm).
- **Head to Help** Phone: 1800 595 212 Telephone advice from trained professionals and, if needed, connection to the best support or service for the caller (Monday to Friday, 8.30am to 5pm). HeadtoHelp also provides online resources for callers and healthcare professionals. <https://headtohelp.org.au>
- **Lifeline Australia** Phone: 13 11 14A crisis support service offering short term support at any time for people who are having difficulty coping or staying safe. lifeline.org.au
- **PANDA** Phone: 1300 726 306 Support for individuals and families to recover from perinatal anxiety and depression. PANDA's National Perinatal Anxiety & Depression Helpline (Monday to Friday, 9am to 7.30pm) or online. <https://www.panda.org.au/info-support/supports-for-parents-anxious-about-coronavirus>

Community Site/School Access

Before I get to the nuts and bolts of this post we would like to personally thank the Fountain family for their generous donation of plants to re-stock the outdoor classroom space. As stated in the last newsletter, 15 plants were stolen and we would like to again thank Ken, Cobie, Vaughn, Anastasya, Benji, and Lacey for their donation.

Recently I had a phone call from another local Principal last Saturday who wanted to inform me that our school grounds resembled that of ‘Luna Park’ due to the sheer amount of people that were onsite and accessing the oval, courts, and playground. Based on DET advice—our school grounds are not to be used out of school hours. As much as we are OK with people coming onsite and using our facilities however what we are not OK with is the sheer volume of rubbish, waste, smashed glass and other non wanted items that are left onsite after these visits. There are bins outside to be used however efforts to use these appears a little challenging for some.

If as members of the NPS community you are onsite and see others not being respectful, we ask that you simply remind them that there are bins available for use. We will look to possibly increase the amount of bins outside as well as add signage where applicable. Thank you.

KEEPING CHILDREN SAFE ONLINE

As certified eSmart school, we take our responsibility of ensuring our students are safe when engaging online very seriously. The internet and being online can certainly present us as parents with challenges and often catch us off guard. One of the best ways in which we can support this as adults is by having conversations with our students about what is appropriate and what is not. The fact sheet below is a great starting point and we would encourage you to read through this and have that conversation with your child/ren.



TIP SHEET

Keeping children safe online

Bravehearts
Educate Empower Protect
Our Kids

Today more than ever, our children are learning, interacting, and communicating in an online world. There are so many positives for children online, however we want them to know that just like in the real world, the online world does require them to take care. Below are some tips for keeping children of all ages safe online.

KEEPING KIDS SAFE ONLINE: TIPS FOR PARENTS

- **Educate yourself:** Check out different sites, games and apps for yourself. The more familiar you are with them, the easier it is for you to talk to your children. Check privacy settings and recommended age restrictions.
- **Talk with your children:** Have conversations with them about the importance of safety online and show them what that means. For example, let them know you have been hearing about online safety and ask what they think the risks are and what they can do to keep safe. Encourage an ongoing open dialogue with your child, not just a one-off chat.
- **Teach your children to think about online behaviour:** How much should they be sharing online and what happens to information once shared? Talk about respectful interactions and responsible behaviour, and encourage them to critically think about what they read and see online (remind them that not everything they read may be true, what they share will always be there, and not everyone is who they say they are online).
- **Make all devices safer for your children:** Familiarise yourself with all sites, games and apps your children use and check the privacy setting on these. Install safety and security software and keep it updated; use internet and spam filters and a pop-up stopper, install monitoring software and monitor downloads to your computer, enable internet browser security and regularly check the internet usage history.
- **Come up with a plan around safety:** Talk about ways to not only stay safe, but also how to respond to anything that happens that may concern them. Let them know they can talk to you or another adult they can trust. Encourage them to be proactive by accessing information on safety, for example, through the eSafety Commission website

esafety.gov.au. Keep usage of devices in a public area; but also be vigilant and monitor your child's activity. Do not assume that public area usage alone is a sufficient protective measure.

ONLINE SAFETY: RULES TO TEACH YOUR KIDS

- **Never** tell anyone your full name, address, number or school.
- **Never** send a photo of yourself (or your friends or family) to anyone, especially one that identifies where you live, your name, where you go to school (including your school uniform).
- **Never** tell anyone your credit card or bank details (or any other personal details).
- **Never** friend or talk to someone online who you do not know in real life.
- **Never** make plans to meet in real life anyone you meet online.
- **Never** talk to anyone who makes you feel uncomfortable.
- **Always** be careful who you talk to on social media. People are not always WHO or WHAT they seem online.
- **Always** tell your parents, or a trusted adult if someone says something to you online that makes you feel uncomfortable or unsafe.
- **Always** stay away from websites that are not meant for children.
- **Always** be careful of your online footprint and remember that WHAT YOU SHARE WILL ALWAYS BE THERE.

NEED SUPPORT OR MORE INFORMATION?
Bravehearts Information and Support Line
FREECALL 1800 272 831
Mon-Fri 8:30am - 4:30pm AEST

bravehearts.org.au

VERSION 4 Last updated November 2019

EXTEND - OSHC

Thanks for a great Term 3, it was wonderful seeing all your art creations and getting started on our vegetable garden. Let's have a super fun last week before our school holidays. Hopefully I get to see some new smiling faces in Term 4! Make new friends at Extend! Enrol and book now via extend.com.au.

Emily Burleigh
Service Coordinator

Hours of Operation: Before School Care 7:00am - 9:00am ,After School Care 3:30pm -6:30pm
Contact Details: 0449 252 331, newtown@extend.com.au



Week 10	Monday	Tuesday	Wednesday	Thursday	Friday
Before School Care	Happy Hands	Picture Puzzle	Story Drawing	Butterfly Symmetry Painting	Paper Plate Fishbowl
After School Care	Picture Puzzle	Happy Hands	Butterfly Symmetry Painting	Dodgeball	Story Drawing

DISCOVER



Discovering new worlds in Virtual Reality

PLAY



Playing with paint to create a Superhero Self Portrait

LEARN



Learning to garden by planting some vegetable seedlings

SRC Toucan Appeal

Newtown Primary School is again participating in the Geelong Food Relief Centre Toucan Appeal !

The Geelong Food Relief Centre has been providing Emergency Food to those in need for 29 years. Working in conjunction with welfare agencies, this year 37,000 individuals will be referred to Geelong Food Relief Centre for Emergency Food Relief.

Items listed below form some of the basic food items most families choose. We are inviting you to be part of this generous donation to provide if possible the following:

- Cereal (All Sizes)
- Cake Mix
- Spreads
- Dry Pasta
- Canned Soups
- Canned Tuna
- Packet Pasta
- Canned Fruit
- Noodles
- Rice
- Tea/Coffee
- Cling Wrap / Foil
- Shampoo Conditioner

Of course, all donations (within best before date) whether cans, boxes or packets are always gratefully appreciated. Please bring to the office what you can and place all items in the crates under the front counter. THANK YOU!



VISUAL ARTS SHOWCASE

The 'birds' below have been created by our amazingly creative and artistic students that were inspired by 'Silly Birds' by Gregg Dreise, for Indigenous Literacy Day which was this Wednesday. Well done everyone!





Recognising RESPECT - Week 8

P/1 C — Mem H



Great efforts with uploading her remote learning tasks.

P/1 P—Daphne S



For always doing your best in remote learning with amazing positivity everyday.

1/2 S - Ayla S



For your outstanding dedication to your learning throughout Remote Learning and being a bright and cheery classmate in our daily Webex

1/2 McC – Max M



For staying focused and working hard throughout Remote Learning. I particularly enjoyed watching you push yourselves in maths! Great work, Max.

1/2 B – Annabelle S



For an outstanding attitude and effort during remote learning.

3/4 S - Kyle H



For your fantastic poetry writing! 'Ghost in the Toaster' was very entertaining!

3/4 W - Dom B



For consistently working hard during Remote Learning and participating in every way. You are a SUPERSTAR Dom!

4/5 O - Zali W

For your consistent and high quality work presented during Remote and Flexible Learning. Your procedural text video with your dog was very well thought out.

5/6 S - Georgie K



For always trying your best with remote learning even when things are difficult .

5/6 Y - Anna W



For your great participation in our WebEx everyday! You bring joy to us and your friendship is the greatest gift in our life.

RESPECT FOR

Self

Others

Learning

Environment

Recognising RESPECT - Week 9

P/1 C — Ned S



For amazing commitment to remote learning tasks.

P/1 P – Mia C



For always trying your best, having a great attitude towards learning and even in the tough times of online learning, you are kind to everyone you see at school every day!

1/2 S - Will V



For approaching each learning task in Remote Learning with enthusiasm and participating with confidence in our daily Webex.

1/2 McC – Audrie L

For your dedicated, focussed and creative approach to all Remote Learning Tasks. You are a superstar, Auds!

1/2 B - Jack S



For your diligent, conscientious effort during remote learning.

3/4 S - Will B



For your great participation in Remote Learning and helping make our class WebEx meetings lots of fun!

3/4 W - Jack A



For your absolutely terrific video presentations during Remote Learning! You are a confident and very entertaining presenter! We will miss you at Newtown PS. Congratulations on all of your hard work this year, Jack!

4/5 O - Ivy F



For the creativity you have brought to sharing your work in Remote and Flexible Learning. Awesome work, Ivy.

5/6 S - Ata W



For your dedication to complete work to the best of your ability during remote learning.

5/6 Y - Angus F



For your consistent dedication and hard work during Remote and Flexible learning. Your high expectation for learning is the goal for all of us to follow!

RESPECT FOR

Self

Others

Learning

Environment

St Joseph's Cricket Club



Junior Cricket Information

St Joseph's Cricket Club is welcoming new and returning players to the club for the 2021/22 season.

If you are new to our club or one of our returning families, we would love to hear you to answer any enquiries you may have, and to provide details on how to register with the club.

St Joseph's Cricket Club has very strong junior programs. This season the club will deliver:

- The Woolworths Junior Blasters Program (Friday evenings - recommended for boys and girls aged 5-7 of all skills and abilities)
- The Woolworths Master Blasters Program (Friday evenings - recommended for boys and girls aged 7-10)
- Sides in Boys U/11, U/13, U/15 and U/17 age-groups and
- Girls Stages 1 (9-14yrs), 2 (12-16yrs) and 3 (14-19yrs)

Boys and Girls aged between 5 and 9 years of age will be part of the Cricket Blast program

For further information please feel welcome to contact:

Junior Boys' Cricket Coordinator Mark Appleford (M) 0427 314 516 (E) m.appleford64@gmail.com

Junior Girls' Cricket Coordinator Michelle Appleford (M) 0419 878 854 (E) applefords@bigpond.com

Leading into the cricket season the club will run Girl's Cricket Come-and-Try Session - Ages 9-19 - All welcome (No experience necessary). Please contact us to register interest in these sessions.



ST JOSEPH'S CRICKET CLUB
GEELONG VICTORIA



THE NEWTOWN & CHILWELL CC INVITES
ALL YOUNG CRICKETERS TO JOIN ONE OF
OUR JUNIOR TEAMS FOR 2021/22.

IT'S A GREAT PROGRAM AT THE TWO BLUES.
LOTS OF FUN & PLENTY OF OPPORTUNITIES
TO IMPROVE YOUR GAME!



JUNIOR REGISTRATION 2021/22

REGISTER NOW!
WWW.TWO-BLUES.COM.AU

FRIDAY AFTERNOONS & SATURDAY
MORNINGS

UNDER 11S, 13S, 15S & 17S TEAMS
NEW PLAYERS WELCOME



SHAUN PATTERSON
MOBILE: 0414 264 853
JUNIORS@TWO-BLUES.COM.AU

SUPER SPRING SPORTS!



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KELLYSPORTS.COM.AU

RIBBON DANCE



MULTI - SPORT PROGRAMME

TERM 4 2021 INFORMATION

Programmes run weekly on one day a week for one hour.

This program will include the following sports:

- ✓ Soccer
- ✓ AFL
- ✓ Basketball
- ✓ Hockey
- ✓ Cricket

This weekly programme gives children skills and confidence in a fun and enjoyable environment. It also encourages their enthusiasm for sport and the life skills that such involvement brings – giving them confidence to join sports clubs and teams in the future.

For Prep – Year 4 students.

\$165 FOR A 11 WEEK PROGRAM

Sign up anytime and only pay for remaining weeks in the term

School: Newtown Primary School

Day: Every Wednesday After School

Start Date: Wednesday 6th October

End Date: Wednesday 15th December

Time: 3:30pm - 4:40pm

BOOK EARLY & SAVE

Use the voucher code 'earlybird' before September 17th to save 10%

DANCE PROGRAMME

TERM 4 2021 INFORMATION

Programmes run weekly on one day a week during lunch

This terms dance program will have the following:

- ✓ New routine
- ✓ Weekly steps
- ✓ Dance games
- ✓ Ribbon Dance Theme
- ✓ End of term performance

This dance program is designed to get your child movin' and groovin' whilst learning a new routine. New steps are taught each week, accompanied with dancing games and stretches. This program is designed to improve fitness, coordination, balance and dance moves all in an enjoyable group environment, listening to funky tunes!

For Prep – Year 4 students.

\$165 FOR A 11 WEEK PROGRAM

Sign up anytime and only pay for remaining weeks in the term

School: Newtown Primary School

Day: Every Monday Lunchtime

Start Date: Monday 4th October

End Date: Monday 13th December

Time: 1:35pm - 2:20pm

BOOK EARLY & SAVE

Use the voucher code 'earlybird' before September 17th to save 10%

GET IN TOUCH

Contact: Nick Clydesdale

Phone: 0497 770 909

For dance enquires please contact Jodie on 0423 280 873

Email:

geelong@kellysports.com.au

Website:

www.kellysports.com.au

Facebook:

Kelly Sports Australia

BOOK ONLINE NOW AT

KELLYSPORTS.COM.AU