



WEEK 4 TERM 1

Dear Parents/Guardians,

Last week the Parents and Friends Association held their AGM and first meeting for 2024. The following people were elected as office bearers:

President- Sara Ray

Vice Presidents: Regan Montgomery & Kyrie Harris

Secretary/Treasurer: Anna Simcocks & Ebony

Walgers. The team have many new and exciting ideas for fundraising and social events.

The following dates have been set so please mark them in your calendar.

22nd March - next meeting

19th April - Moo Poo

24th April - BMPSSA Athletics canteen

25th October - Disco

Shopping tours, Bunnings BBQ and crazy sock fundraising are also being organised. Parents and Friends welcome all parents, grandparents and friends to their group.

School Council

School Council nominations close on Friday the 23rd of February. If you would like a nomination form please come and see me in the office. People can be nominated by other parents or you can self nominate.

Student details

Student contact details forms were handed out at the parent teacher interviews. We ask that all parents ensure the contact details/information on these forms be updated ASAP so that we have correct contact information.

Book Club

If you have orders from Book Club which are intended as presents, please let the office know and I will keep the order out of site and message you rather than send the books home with the students. Remember- All Book Club orders must be completed and paid for online. Our school is no longer able to accept money and orders from parents.



Gardening

The school's garden is in need of some love and care. If anyone has a few minutes each day to water or weed the garden beds we would be very grateful.

Conveyance allowance & Sports, Camp and Excursion Fund (SCEF)

Please call into the office if you would like to apply for these grants. All families who hold a Health Care fund qualify for the \$125 SCEF grant. Families who live more than 4.2 Km from school and Coimadai PS is your closest school then you, then you will eligible for the conveyance allowance.

Newsletter

Missed an edition and would like to catch up? Remember that all our newsletter for the current year is found on our school website.

www.coimadaips.vic.gov.au

Curriculum Day - Pupil Free

Tuesday 12th March has designated as Pupil Free Day. OSH Club will be open these days for childcare if they receive 15 enrolments.

Junior School Council - new seating

As part of the Economic/Business studies for Years 4, 5 & 6 a Fun Fair was held last year, raising money for the school. The student decided to use their funds to purchase and install new seating near the running track. The end result looks amazing and everyone is to be congratulated on their efforts. I am very impressed with the students ability to identify a need and then investigate ways to solve the problem.



OSH CLUB



OSH Club has been thriving and many of our school students are currently enrolled with the before and after school care program. We'd love some more enrolments moving forward to ensure that the program remains viable in the future. Drop in a see Bailey or visit the OSH Club website www.oshclub.com.au to see how you can support or be supported by this service.

School Camps and Excursion Fund

All families who have a Health Care Card are eligible for a the CSEF fund of \$125 per student. Please see Alice for a form if believe you are eligible for this fund.

Inform and Empower - Cyber Safety

Bacchus Marsh Bendigo Community Bank and Bacchus Marsh Blue Light Community have joined forces to enable all students and parents of the entire Bacchus Marsh community the opportunity to participate in Cyber safety initiatives, keeping our children safer while online. The Bendigo Bank has generously donated all the funds for every family to participate in The Inform and Empower cyber safety program. Children will participate in the incursions at school and all parents are invited to attend the parent information session being held at the Bacchus Marsh Grammar hall on Tuesday 19th March. Informing and empowering parents to be better educated and aware of children's activities on social media platforms is a great area of concern and I strongly encourage all parents to attend. More details will be published in the coming weeks.

Thank you Blair for trimming the shrubs back at the shedatorium and to Trevor for cleaning up the fallen branches after Tuesday's storm.



Carpark

A friendly reminder that all members of our school community and visitors are required to walk on the paths and not through the carpark, this is for everyone's safety. Please let anyone who may drop off or collect your child about this important safety rule.



Please be aware that our school drive way speed limit is 10km/hr.

For everyone's safety - students, families and staff, please abide by this speed limit when arriving and departing from school at all times. Thank you

Working with Children check

If you are wanting to volunteer at Coimadai Primary working across the school it is essential that you have a current **Working With Children Check**. Please provide a copy of this to the office. If you need assistance obtaining a WWCC please come into the office for support. Applications can be processed online at <http://www.workingwithchildren.vic.gov.au/home/>

IMPORTANT DATES



READING NIGHTS



February

27th Feb –Sporting schools Athletics Program begins

March

1st BMPSSA Swimming Carnival
5th March Proposed School Council Meeting
11th March Labour day – Public Holiday
12th March Curriculum Day – Pupil Free Day
12th NAPLAN testing begins
15th Small Schools Sports Day – Mason Lane
Cyber Safety Parent information session – Shire Hall
28th School dismissed at 2:30 for Term 1 holidays
29th Good Friday – Public Holiday School holidays begin

April

15th Term 2 begins
24th BMPSSA Athletics Carnival for Years 4/5/6

May

1st -3rd Year 4/5/6 Melbourne Camp
9th BMPSSA Cross Country Carnival

June

6th Winter Sports Years 4/5/6
17th -27th whole School Swimming Program
28th School dismissed at 2:30pm for Term 2 Holiday

July

15th Term 3 commences

August

Summer Sports Years 4/5/6

September

20th School dismissed 2:30 for term 3 holidays

October

7th Term 3 begins
7th -9th Year 2/3 Billabong Camp, Echuca
15th Year 2/3 Big Bash Cricket Day
18th Prep/1 sleepover/ activity day

December

20th Last day of the school year

25 nights

JULIET
ISOBEL R
BLAKE



HAPPY BIRTHDAY

Happy Birthday to the following student who had a birthday last week.

Poppy

We hope you had a lovely day celebrating your special day with family and friends.



PRINCIPAL'S AWARDS

Spencer- For demonstrating responsibility and respect in the classroom.

Chloe- For supporting a classmate with their challenge.

Blake -For achieving great results in her PAT Maths test.

Kaylee H. - For quickly becoming an active member of our classroom.

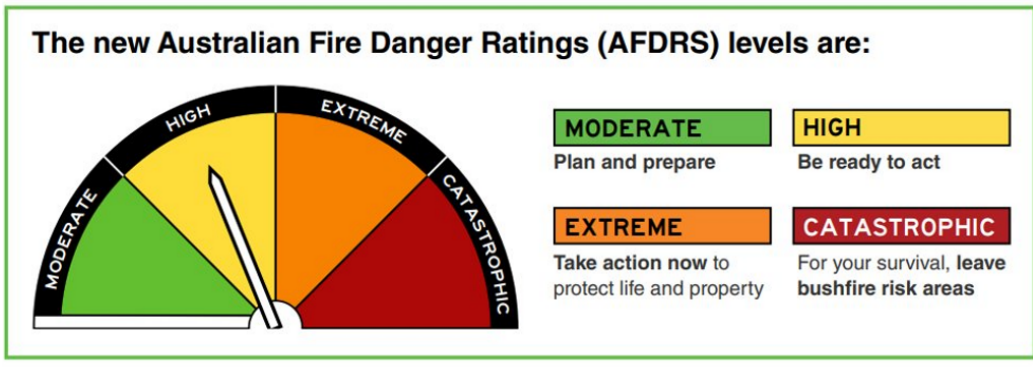
Una-For being encouraging to her classmate.

Arthur- For trying his hardest in class.

Ryder L - For being a kind friend to everyone in our class. Thank you Ryder.

Amarah - For trying her hardest during class and setting a great example in the classroom.





SCHOOL PROCEDURES FOR THE BUSHFIRE SEASON

Fire danger ratings and warnings are used in Victoria to provide clear direction on the safest options for preserving life.

Schools and children’s services listed on the DET Bushfire At-Risk Register (BARR) will be closed when a Catastrophic fire danger rating day is determined in their Bureau of Meteorology district. **Our school has been identified as being one of those at high bushfire risk and is listed on the BARR.**

Where possible, we will provide parents with up to four days notice of a potential Catastrophic Fire Danger Day closure by letter [and SMS message/phone tree]. A Catastrophic Fire Danger Day will be determined by the Emergency Management Commissioner no later than 1:00 pm the day before the potential closure. Once we are advised of the confirmation of the Catastrophic Day we will provide you with advice before the end of the school day.

Once confirmed, the decision to close will not change, regardless of improvements in the weather forecast. This is to avoid confusion and help your family plan alternative care arrangements for your child. It is also important to note that:

- No staff will be on site on days where the school is closed due to a forecast Catastrophic Day.
- School camps will be cancelled if a Catastrophic fire danger rating day is determined for the Bureau of Meteorology district in which the camp is located.

Our Bureau of Meteorology district is Central Victoria.

On these Catastrophic rating days families are encouraged to enact their Bushfire Survival Plan – **on such days children should never be left at home or in the care of older children.**

RAISING KIDS IN A DIGITAL WORLD

FOR PARENTS & CARERS

Social Media

Impacts of Screen Time

Online Gaming

Cyber Bullying

Child & Tween Online Trends

Managing Devices in the Home

Explicit/Adult Content

Strengthening Family Communication



Bacchus Marsh Grammar School
(John Leaver Gymnasium)
37 Sth Maddingley Rd, Maddingley

Wed 20 March
7.00 pm



Martin McGauran
Primary School Teacher
& Cyber Safety Educator

INFORM & EMPOWER

- 90 minute presentation
- Parents/carers only
- Exclusive access to resources



Register to come along:
bit.ly/bacchus2024



Carley McGauran
Psychologist & Mum to
3 school-aged kids



Proudly supported by
Community Bank
Bacchus Marsh
Bendigo Bank



SCREEN TIME & GREEN TIME

“Brush your teeth, eat your veggies and get plenty of green time!”

Carley McGauran
Psychologist & Mum



In this time of parenting in a digital world parents want to ensure their children are healthy. I know many of us feel overwhelmed about exactly what this means! With regard to how much screen time children should have, I explain to parents that there is no magical number of hours deemed “healthy”. BUT I do encourage parents to introduce a concept of ‘green time’ alongside screen time.

Our job as parents is to mentor and prepare our children to thrive in a digital world. Aside from keeping them safe online and ensuring they are accessing quality, age appropriate content, we need to support them in developing healthy habits - balancing screen time with ‘green time’. It is ideal for all children to understand the importance of ‘green time’ just as they grow to understand why brushing their teeth and eating vegetables needs to be a part of daily life!

All elements of ‘green time’ have a mountain of evidence supporting their critical role in the healthy growth and development of our children and young people. So what do I mean when I say ‘green time’?

Outside time - refers to traditional green time engaging in any activity outside in the natural world, this has such a remarkable restorative effect for our brains.

Moving time - any activity where our children are moving their bodies (sport, dance, bush walk, bike ride, trampoline, hopscotch...)

Mindful time - if you are not already in a habit as a family of some sort of mindfulness practice (placing your attention in the present moment), just start experimenting- it supports all human beings to build mental fitness. There are many options, it may mean listening to a meditation story at bedtime or simply google “mindful activities for children” and you will find a plethora of simple ideas depending on the age of your children.

Social time - ensuring our children have ample opportunities to engage with friends and family face to face. Even just being out and about, interacting with fellow customers and shop keepers builds critical social skills.

Unstructured time - (children may call this ‘boring time!’) refers to when you say “off you go and find something to do, no screens!”. Children typically complain (you know what I mean) and then after that their brain’s natural capacity to be creative and explore is activated and yes they find something to do!! Children experiencing boredom is actually very important for their development.

Reading time - this isn’t limited to just encouraging your child to read a book or you reading to them, it may mean reading a recipe while cooking or reading signs when you are out walking.

‘Green time’ in my household, with three children, is a well known concept. When I asked one of my children to come inside to set the table for dinner recently, he answered with “I can’t, I’m getting my green time” (aka shooting basketball hoops with his brother!)... hard to be too cranky about that response!!

Inform & Empower is endorsed by the eSafety Commissioner as a Trusted sSafety Provider

Things to look forward to in OSHClub

Monday

Painting



Tuesday

Nachos



Wednesday

Bacon and Egg muffins in
the morning




Thursday

Oshclub Carnival

- popcorn
- fairy floss
- games



<https://www.oshclub.com.au/find-us/coimadal-primary-school/>

OSHClub  Phone Number: 0475425489

EXCITING NEWS

Teeth on Wheels will be visiting our School!



At Teeth On Wheels, we provide the highest quality dental treatment while making it fun, positive and memorable for children.

With the help of the government your child might be eligible for **FREE** dental care.

Our dental services include:

- ✓ Check-ups
- ✓ Oral Health Education
- ✓ Scale, Clean & Fluoride Treatments
- ✓ Fissure Sealants
- ✓ X-rays
- ✓ Fillings
- ✓ Extractions



CLICK OR SCAN THE QR CODE TO COMPLETE YOUR FORM



LIONS BASKETBALL BEGINNERS PROGRAM

For kids aged 7 & under

BEGINNERS CLINICS (WEDNESDAYS) 5 – 7 year olds

This exciting boys and girls program **recommences on the 21st Feb 2024**, aimed primarily at children aged 5 – 7 (note: there are other programs available for older newbies) where we teach good strong correct foundation basketball skills for our youngest interested players.

These sessions will run for both boys and girls from **21st Feb to 27th Mar 24** and is designed to provide good quality basic skill development, whilst focusing on learning within a fun and enjoyable environment.

- When: **Wednesdays 4.00 – 5.00pm**
- Term: **21st Feb to 27th Mar 24**
- Where: **Moorabool Aquatic & Recreation Centre (New Stadium)**
- Players: **All equipment will be provided** – each player should bring a drink bottle
- Coaches: **Supplied by the BMBA**

The cost for the Beginners Clinics in Term 1 is **\$30.00** (\$5.00 per week x 6 weeks) plus a per term once off Basketball Victoria Program Registration Fee of **\$5.00**.

PLEASE NOTE: You must register online to participate and a payment for the total cost will be required when registering via the link.

TO REGISTER PLEASE VISIT:

bacchusmarshbasketball.com.au/programs/beginners-basketball/

**If you have any questions, or wish to discuss whether
this program is suitable for your child, please
email admin@bmbasketball.org.au**

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