



## WEEK 5 TERM 1

Dear Parents/Guardians,

In recent weeks we have had several cases of COVID in our school. If anyone tests positive you are asked to remain at home for 4 days. COVID is considered like any other illness. If you are ill and have symptoms then you should remain at home.

Nominations for school council closed last week.

Our 2024 School Council members are Sam Hindes, Anna Simcocks, Jamie Fearn, Jodie Addamo, Blair Dellelijn, Regan Montgomery, Courtney Smith, Krystal Doohan, Annie Ewings and Renae Williamson. I thank these people for volunteering their time and energies to this important group. Our first meeting for 2024 will be held on Tuesday the 5th March at 7:00pm in the Library.

### Uniform Swap Market

Has your child outgrown their uniform? Parents and Friends are organising a uniform swap market. Bring along your old unwanted uniforms to either swap or sell. The second hand shop will have a \$2 sale for all items. Clear out the cupboards and come along to snap up a bargain. All items will be sold for \$2.

The swap market will be held on Friday the 8th March at 2:45pm.

### Shopping Tour

Parents and Friends have organised a Shopping Tour Fundraiser for Saturday the 24th of August. Please mark this date on your calendar and invite your family and friends to come along and enjoy the fun.



### Dental Van - Teeth On Wheels

Teeth on Wheels will be visiting our school on 20th March. If you would like your child to have their teeth examined please use the QR code on the flyer which is included in the newsletter.



### Raising Kids In A Digital World

On Wednesday the 20th of March, the local Bacchus Marsh schools including Balliang East, are teaming up with the Bacchus Marsh Blue Light and Bendigo Bank to present a Cyber Safety Information session. I strongly encourage all parents to put this date in your diaries as you will be astounded by what may be going on under your own roof. All families have received a paper flyer with a QR code on it. Please register your attendance through this. Places are filling fast so please register ASAP to secure your place.

### Prep Enrolments - 2025

If you have a child starting school in 2025, please collect an Enrolment Form from the office. These are due back by the end of Term 1.

### 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. Thank you to Joanne, Benjamin Spratt's mum for weeding and watering our school garden. We appreciate your contribution.



### 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 zoned school then you, then you will be eligible for the conveyance allowance. Check the My School website if you are unsure.

### 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](http://www.coimadaips.vic.gov.au)

# OSH CLUB



OSH Club has been thriving and many of our school students are currently enrolled with the before and after school care program.

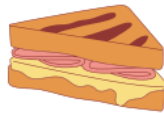
**It is a whole lot of fun for the children, and supports working parents who are seeking longer care for their child/ren (or non-working parents seeking outside school hours activities!)**

To enrol and to find out about the Child Care Subsidy available to you to support attendance, please come and visit. 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](http://www.oshclub.com.au) to see how you can support or be supported by this service.

## Things to Look Forward to in OSHClub this week

### Tuesday

Ham and Cheese Toasties in the morning



Hawaiian Party -tropical fruit

### Wednesday

Baking Rainbow Cookies



### Friday

Clean up Australia Day Activities



# IMPORTANT DATES



# READING NIGHTS



## 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
- 20th Cyber Safety Parent information session - Shire Hall
- 28th School dismissed at 2:30 for Term 1 holidays
- 29th Good Friday - Public Holiday

25 nights

RHYDER K  
ZOE

50 nights

ISOBEL R

## 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
- 24th Shopping Tour

## 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



# HAPPY BIRTHDAY

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

## No birthdays this week Buddy Clubs



## PRINCIPAL'S AWARDS

Jackson G- For transitioning quietly in the classroom and being a great role model.

Oakley- For trying his hardest when practising writing his name.

Jack K-For doing his bit to clean up the room.

Poppy- For showing kindness to another student during Sounds Write.

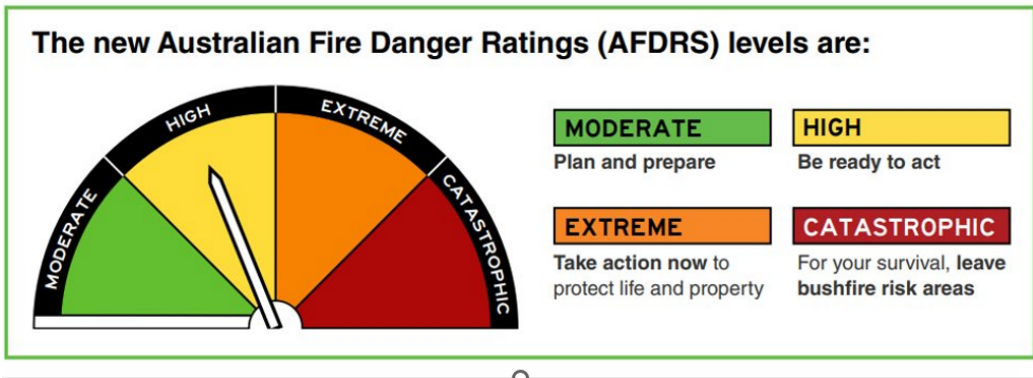
Seth - For using strategies to support his learning and focus.

Zara- For using Sounds Write strategies taught to support her reading.

Eden S - For overcoming a situation that really challenged her.

Hope - For showing great persistence in PAT testing.





# 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



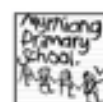
Register to come along:  
[bit.ly/bacchus2024](https://bit.ly/bacchus2024)



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

# 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.

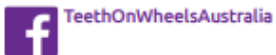
With the help of the government your child might be eligible for **FREE** dental care.

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**



Phone: (03) 9338 1191

Email: [info@teethonwheels.com.au](mailto:info@teethonwheels.com.au)



**TeethOnWheels**  
a positive dental experience



