

FINDON

PRIMARY SCHOOL

Learning for life



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DATES TO REMEMBER

TUESDAY, 20th July 2021

Now Taking Enrolments for 2022

JULY

20 LT2 Mod About science

23 LT2 Mod About science

POSTPONED

AUGUST

6 Curriculum Day

16 Science Week

18 LT1 Bundoora Farm

19 Writer's Festival 4:30pm - 7pm

24 Bundoora District Athletics Carni-

27 Year 1 Dinner & Year 2 Sleepo-

SEPTEMBER

2 A - L Production

3 M - Z Production

7 Divisional Athletics

NOVEMBER

1 Curriculum Day

2 Melbourne Cup Day

Thank you to all parents/carers and students for your support last week as we moved to Remote Learning 5.0. Given the short notice from the Victorian Government, staff were busy resetting the online learning activities for our students. We have been given indication that the lockdown for Victoria will be extended into next week. At the latest reports we will be scheduled to return to school on Wednesday. All updates will be provided to the community and we will communicate any changes to you via our Compass Portal.

Given the extension to Remote Learning, staff will continue to communicate with your children each day with a morning message via Seesaw. They will provide a range of activities across the day that will include:

- ⇒ Literacy task,
- ⇒ Numeracy task
- ⇒ A lesson from the specialist teachers (one from each of the different areas each day)

The teachers will be providing feedback on the learning tasks across the week. We ask that parents support their children with their learning as best as they can and encourage them to continue to read a range of material. This could include their class reading book, a novel, a magazine as well as non-fiction items on hobbies or special interests. We would also like to encourage student to ensure they continue to log in to Reading Eggs and Mathletics, as this will help to reinforce the learning in the classroom.

We ask that parents and carers continue to monitor and communicate with the classroom teachers via our Compass Portal.

Wellbeing Support

In this continually changing environment we all cope in different ways. Our staff are constantly monitoring their students' wellbeing and would like parent's/caregiver's support in identifying any changes or additional needs for our students. Please check on your child across the day. Ensure they have a quiet place to study and complete their work, ensure they have time for a break and play. They need to be able to get some fresh air and spend some downtime outside.

Our Student Wellbeing Officer Jessica, has provided some "Tips for Remote Learning" that have been provided in this newsletter. Here is a list of some resources that may be useful for this period of learning:

1) Self-Care:

<https://education.qld.gov.au/curriculum/learningfromhome/wellbeing-activities-booklet.pdf>

- this has an extensive list of wellbeing activities, mainly targeted around mindfulness

- Smiling Mind App: Free mindfulness meditation app developed by psychologists and educators – this can be downloaded on phones or devices.

2) E-magazine: www.ourownkids.org

An e-magazine which comprises of various publications of different topics for both parents and children.

Examples:

- 5 Tips for Young People Feeling Anxious: <https://www.voicesofyouth.org/anxiety-guide>
- Tips to Help Kids Adjust to the 'New Normal' <https://ourownkids.org/tips-help-kids-adjust-new-normal-covid-19-pandemic/>

Please feel free to contact the school if you have any additional requirements for support

Production

Students in the cast from the production will be working on rehearsals during Remote Learning with Mrs McGibbon and Tegan. I would like to encourage you to support your child at home to rehearse their lines and dance routines in front of your family.

School Tours and Foundation Enrolments For 2022

We are currently taking enrolments for our 2022 Foundation classes. Many families may have children at kindergarten and have not yet placed their enrolment forms for Foundation. Please contact the office to obtain enrolment forms.

Again, our onsite tours have been postponed. Please contact the office to register your interest and once we are able to have onsite tours we will contact you to arrange a time.

We also encourage you all to view the **virtual tour** from our former Principal, Paula Cosgrave, that is available via the homepage [Findon Primary School – learning for life \(findonps.vic.edu.au\)](http://findonps.vic.edu.au)

We are planning an open day and a special program for prospective Foundation students to join our class and school for a morning.



Stay safe and stay well

Snezana Veljanovski

Acting Principal

TIPS FOR REMOTE LEARNING

01



ESTABLISHING A ROUTINE

Having a routine has been proven to help you stay productive, organised, and improve your physical and mental wellbeing. Things such as creating a to-do list, arranging meal and activity times, as well as sticking to a sleep schedule to get enough sleep, can all help in keeping a good routine in place during remote learning.

03



TAKE A BREAK

Ensuring you take breaks is valuable in helping reduce frustration, stress and burn-out. Using this time to relax and reboot, whether it be a quick 5-minute break and a lunch break, this will help you concentrate better and complete your work.

05



CREATE SELF-CARE ACTIVITIES/REWARDS

Online learning is hard! That's why it is important to make sure that you reward yourself for your achievements and create ways to practice self-care activities after school. This can include things such as playing outside, having a dance party, going on a bike ride or drawing/painting. Whatever it is – make sure you enjoy it!

02



ORGANISE A LEARNING SPACE WITH MINIMAL DISTRACTIONS

When you're doing school from home, it can be quite easy to become distracted. Creating a quiet and comfortable space to learn will help you concentrate better (yes – that means trying not to do your work in bed!). Simple tasks such as making sure all your school supplies are in one place and turning off technology during lessons will also help reduce interruptions.

04



COMMUNICATE WITH TEACHERS AND CLASSMATES

As we know, learning online is very different than learning at school. This is why it is essential for both students and parents to continue communicating with teachers if they feel as though they are misunderstanding topics or falling behind. Even though your teachers aren't physically with you, they are still always there to help! Additionally, organising times to chat with friends (outside lessons of course) is also equally important.

YOU'VE GOT THIS!

STUDENT OF THE WEEK - Respect



FSJ		
FMC	Umaima	for playing nicely with others by taking turns and sharing. Well done, Umaima!
1/2AT		
1/2CM		
1/2FH	Yasmin	Yasmin is a respectful listener in the classroom. She shows 5 star listening when her teachers and peers speak.
1/2MN		
1/2NH		
3/4ND	Jeremy	Jeremy has been respectful in the classroom by showing eye contact and listening to others. Well done!
3/4MZ	Lewis	Well done Lewis for consistently displaying excellent manners and a respectful attitude towards your classmates and teachers.
3/4II	Lacey	For being a helpful class member, using manners and treating others kindly. Well done, Lacey!
3/4EH		
3/4TC		
5/6LS	Ben	For always following class expectations and being a great role model to his peers
5/6CG	Lachlan	For being the first to help when someone is hurt
5/6DF		
5/6EW	Nina	For always listening respectfully to her peers and teachers, and allowing her peers to focus on their learning.
5/6AS		
PE		
VA	Annie 4CG	Showing respect to self and peers during Visual Art sessions
PA	Nicholas 3MZ	For being respectful and well-mannered in class, and treating everyone with consideration during Performing Arts lessons.
Indonesian	Scarlett	For respecting her peers and teacher when speaking politely in class and while waiting for her turn to speak
Kitchen (K)	Bernard	Always kind patient with your peers and so wonderful to have you in kitchen and garden.
Kitchen (B)		

Canteen Menu

Findon Primary

Please make sure all Lunch Orders are clearly labelled with your NAME and Room number
Paper Bag 10c Tomato Sauce 30c.



Freshly Made Sandwiches

Salad – Lettuce, Tomato, Carrot, Cucumber & Beetroot	4.00
Salad with Ham / Tuna / Roast Chicken	5.00
Salad with Cheese	4.30
Ham / Tuna / Roast Chicken	3.50
Cheese & Tomato	2.80
Egg & Lettuce	4.00
Ham & Cheese	3.80
Ham, Cheese & Tomato	4.10
Vegemite	2.00
Cheese	2.50
ADD – Beetroot, Carrot, Tomato, Mayo	.30
Cheese	.40
Avocado, Egg	1.00
ADD – Roll or Wrap	.50

Toasties

Cheese	2.70
Cheese & Tomato	3.00
Ham Cheese	4.00
Ham, Cheese & Tomato	4.30
Spaghetti	3.00
Baked Beans	3.00

Focaccias

Roast Chicken, Cheese & Avocado (H)	6.50
Ham, Cheese & Tomato	6.50

Salad Tubs

Lettuce, Carrot, Cucumber, Tomato Beetroot & Salad Dressing	5.00
ADD – Roast Chicken / Tuna / Ham	1.50

Frozen Treats

Paddle Pop	2.00
Icy Twist	1.50
Frozen Jelly Fruits	.50
Zing Frozen Yoghurt	1.00
Twisted Frozen Yoghurt	2.00

Warm foods

Pastizzi Cheese (H)	1.00
Chicken Parma (H)	3.50
Meatball & Cheese Sub	4.50
Hot Dog	3.50
Hot Dog (H)	3.50
Hot Dog with Cheese	3.90
Hot Chicken Roll with Mayo or Gravy (H)	4.50
Homemade Lasagne (H)	4.50
Homemade Mac & Cheese (H)	4.50
Steamed Dim Sims (H)	1.00
Corn on the Cob (H)	1.00
Chicken Burger – Lettuce/Mayo (H)	4.50
Beef Burger – Lettuce/Mayo (H)	4.50
Fish Burger – Lettuce/Mayo (H)	4.50
Sweet Chilli Chicken Wrap- Lettuce/Mayo	4.50
Chicken Dino Snacks X 3 (H)	3.00
Chicken Dino Snacks X 6 (H)	5.00
Veggie Burger – Lettuce/Mayo (H)	5.00
Noodle Cup – Chicken (H)	3.00
Homemade Margarita Pizza (H)	3.00
Homemade Hawaiian Pizza	4.00
Homemade BBQ Chicken Pizza (H)	4.00
Lite Meat Pie (H) & Pastie	4.50
Homemade Sausage Roll	3.50
Spinach & Ricotta Roll (H)	3.50
Butter Chicken on Rice	5.00

Gluten Free

Chicken Tender Wrap – Lettuce/Mayo	5.50
Chicken Nuggets x 6	6.00
Meat Pie	5.50
Party Pie / Party Sausage Roll	2.00
Noodle Cup - Chicken	4.00
Lasagne	5.50
Butter Chicken on Rice	5.00

Gluten Free Snacks

Rice Cakes	.50
Rice Crackers	.10
Cornito's (BBQ or Cheese)	1.00



How to Order a Lunch Order

Welcome to the Findon Primary School Canteen. We are open 5 days a week for lunch orders and counter sales.

How to place a lunch order?

1. Write your child's name and room number on a lunch bag. You can either purchase single use brown paper bags from your local supermarket in bulk or for 10 cents each at the canteen. You can also purchase a reusable lunch bag from the office for \$10.
2. Write your child's name, room number and class on the bag along with the order. Canteen menus can be found on the Findon Primary School website <https://www.findonps.vic.edu.au/>
3. Your child will need to place their lunch order in the class lunch tub.
4. Change will be taped on the lunch bag.
5. **For Slushy's/frozen items** - please remind your child to take their lunch bag to the canteen at lunchtime to collect their slushy/frozen items as it can't be delivered to the classroom.

