

### ***Growing a Supportive Community of Active Learners***

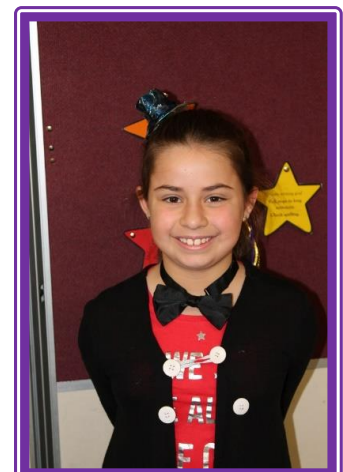
#### **Chalcot Lodge Commitment to Child Safety**

Chalcot Lodge Primary School is committed to safety and wellbeing of all children and young people. This will be the primary focus of our care and decision-making. Chalcot Lodge Primary School has zero tolerance for child abuse.

Chalcot Lodge Primary School is committed to providing a child safe environment where children and young people are safe and feel safe, and their voices are heard about decisions that affect their lives. Particular attention will be paid to the cultural safety of Aboriginal children and children from culturally and/or linguistically diverse backgrounds, as well as the safety of children with a disability.

Every person involved at Chalcot Lodge Primary School has a responsibility to understand the important and specific role he/she plays individually and collectively to ensure that the wellbeing and safety of all children and young people is at the forefront of all they do and every decision they make.

### ***CARNIVAL CASUAL DRESS***



# *FROM THE ASSISTANT PRINCIPAL*

## **EVERY DAY COUNTS**

### **Do I have to go to school?**

Yes, in Victoria everyone aged from 6 – 17 has to go to school.

Missing one day a fortnight is the same as missing 4 whole weeks of school a year. From Prep to Year 12 that adds up to 1.5 years of school!

School is better when you attend. Your friends and your teachers notice that you're away and wonder if you're OK.

### **Why is regular attendance at school important?**

Right now, being at school is the most important thing you need to do for your future. School helps you build good habits for later on in life. You might think school is just about Maths and English but you're also learning about how to work with other people and how to solve problems.

Being at school every day also means you are becoming more independent as a learner and interacting with your friends and teachers. If you're at school you can get help from your teachers and friends and won't have to try to learn things in your own time.

Being an adult probably seems far away but we know that young people who attend school more frequently have better outcomes after school too. This means they earn more money, have better job opportunities and are generally healthier. So being at school really does make a difference!

### **Do my parents need to let the school know if I'm going to be away?**

Yes. Your parents need to notify the school within three days of your absence. If you're away from school too much and don't have a reasonable excuse like a serious illness, your parents can also get in trouble.

### **Are there any good reasons to be away from school?**

No. Unless you are so sick you can't get out of bed or there is an event like a funeral, you should be at school. Every day you are away is a day of classes and social connection you miss out on. Taking a day off for your birthday or go shopping isn't a good reason to miss school.

Even medical and health appointments should be made either before or after school or during the school holidays. This includes family holidays. Your parents are encouraged not to plan holidays during the term but to organise these during the school holidays.

If you do have to be away for some reason, your parents need to contact the school and let them know what's going on. Depending on the situation, the school might provide schoolwork for you to complete.

### **What do I miss out on if I'm not at school?**

You miss out on all the big stuff – class discussions and all the interaction that happens in a classroom, the chance to get help from teachers and the opportunity to practice skills and gain knowledge. Being away means you might miss out on a lot of learning or that you need to catch up in your time.

If all of that isn't enough to convince you to be at school every day, being away also means you also miss out on playing with your friends. Being away from school a lot can be lonely. It has a big impact on relationships and social connections. Believe it or not, everyone wants you at school and it really is better when you attend.

### **What if I'm having problems getting to school?**

Getting to school on time everyday can be about having a good routine. If you find yourself running late or missing school because you're disorganised, try:

- Asking your parents for help getting ready
- Having a set time to go to bed
- Leaving all technology out of your bedroom
- Packing your school bag the night before with everything you need
- Having a set time for breakfast
- Planning to meet up with a friend so you can travel to school together.

Sometimes though it can just be hard to go to school. You might feel overwhelmed by the work or things might be tough with your friends. Maybe don't feel safe at school or you really dislike a teacher or things at home aren't great. Perhaps you're feeling down or anxious and don't even really know why.

Whatever the situation is, staying away from school isn't the answer. There are lots of people who want to help. Try talking to:

- Your parents or another adult family member
- A trusted teacher
- Wellbeing Coordinator
- Another trusted adult like your coach

#### Useful websites/contacts

**Kids Matter** - [www.kidsmatter.edu.au](http://www.kidsmatter.edu.au)

**Youth Beyond Blue** - [www.youthbeyondblue.com.au](http://www.youthbeyondblue.com.au)

**Headspace** - [www.headspace.org.au](http://www.headspace.org.au) or e-headspace [www.eheadspace.org.au/](http://www.eheadspace.org.au/) for online counselling & support

**Reach Out** – [www.reachout.com](http://www.reachout.com)

**Kids helpline** - 1800 55 1800 24 hours a day, 7 days a week or [web counselling](#)

### **HEALTHY EATING**

Healthy eating has a long-lasting and positive impact on a child's growth, development and health.

Foods eaten by your child at school contribute greatly to their daily nutrient intake. These foods considerably influence their eating habits, growth patterns, energy, concentration levels and ability to learn.

You have an important role to play in helping to ensure your child eats well and stays active.

Healthy school lunch ideas include:

- sandwiches or pita bread with cheese, lean meat or salad
- cheese slices, crackers with spread and fresh fruit
- washed and cut-up raw vegetables or fresh fruits
- frozen water or milk, particularly in hot weather

Highly processed, sugary, fatty and salty foods should only make up a very small part of your child's diet. Foods to limit in school lunches include:

- processed meats such as salami and pressed chicken
- chips, sweet biscuits, muesli and breakfast bars
- fruit bars and fruit straps
- cordials, juices containing sugar and soft drinks

You must let the office know if your child is allergic to particular foods.

### **How to build your child's literacy skills from birth to year 2**

#### **General tips**

You play a key role in developing from birth a child's language and literacy skills. Children starting school with greater literacy skills perform better in school.

Literacy in the early years include a range of different activities like music, dance, storytelling, visual arts and drama.

It's never too early to read to your child. Reading should start in the first few months after birth. This stimulates language development and will encourage a love of reading

Talk as much as you can with your child and engage them in conversation often. Your child will learn new vocabulary faster and speak with greater fluency.

And remember, literacy in your child's early years can always be fun. Excursions and playtime are great activities in which to engage and talk with your child. Fun activities can teach your child new vocabulary and ways of saying things.

### **How to build your child's literacy skills from years 3 to 6**

#### **General tips**

The first few years of reading is a wonderful time for your child. Books expose them to new ideas and new worlds, and their imagination grows.

Talk positively about reading so your child also values it. Continue to read as much as you can with your child. When they feel confident, encourage them to take over some or all of the reading.

Always be patient when they are reading and try not to emphasize speed. Also, try to read as much as possible yourself to model reading to your child.

These years are a time when your child will learn more about the world. Engaging them in discussions improves their speaking skills. As well as helping them understand the world and their place in it.

In these years your child will also begin to write with greater confidence. The ability to write well enables your child to communicate effectively. It will improve their chances of success at school and in their future careers. Encourage your child to write as often as possible, on a range of topics and interests.

Literacy can always be fun and engaging. Let your child choose books and activities matched to their interests. Always encourage a healthy dose of fun and play in all activities. This will help foster in your child a love of reading, talking and writing

The link below is to a book on 'Literacy and numeracy tips to help your child every day':

[https://www.education.vic.gov.au/Documents/school/teachers/teachingresources/discipline/english/literacy/LiteracyandNumeracyTipstoHelpYourChild\\_Final.pdf](https://www.education.vic.gov.au/Documents/school/teachers/teachingresources/discipline/english/literacy/LiteracyandNumeracyTipstoHelpYourChild_Final.pdf)

The booklet is also available in different languages if you follow the link below:

<https://www.education.vic.gov.au/parents/learning/Pages/literacy-years-3-to-6.aspx>

#### **Supervision Times**

I wish to remind parents that supervision of students commences at 8.45 am and concludes at 3.45 pm. Between these times, when students are in the playground, they are supervised by teaching staff. I would suggest that if parents are having their children dropped off by carers, it is advisable to ensure that carers are informed of the times teacher supervision is available.

#### **School Crossing Times**

The Power Road school crossing, near Cumberland Way is attended by a City of Casey supervisor between 8.05 - 9.00am and 3.25 – 3.55pm each school day. Parents should also be aware that if their child is arriving at school after 9.00, they will be crossing Power Road using an unmarked crossing and without adult assistance.

Paul Poliviou

**Assistant Principal**

## YEAR 6 CAMP 4<sup>th</sup> – 8<sup>th</sup> March

Students in Year 6 are very excited as next week they will be heading off to Canberra for the week. Students will be participating in a variety of educational programs with a focus on Australia's history, culture, heritage and democracy. Some of these places include Government House, Australian Institute of Sport, Parliament House, the National Gallery of Australia, the Australian War Memorial and Questacon.

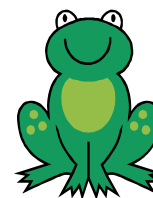
The Australian Government recognises the importance of all young Australians being able to visit the national capital as part of their Civics and Citizenship education. To assist families in meeting the cost of the excursion the Australian Government is contributing funding of \$30 per student under the Parliament and Civics Education Rebate program towards those costs. The rebate is paid directly to the school upon completion of the excursion, but was calculated in the costing of the camp.

We hope all of our students have a wonderful time and make some fantastic memories visiting our nation's capital





# DIARY DATES



Mon 4 <sup>th</sup> – Frid 8 <sup>th</sup>	March	Year 6 Camp	
Tuesday 5 <sup>th</sup>	March	Choir visits Kindergardens	
Wednesday 6 <sup>th</sup>	March	Little Frogs Playgroup	9.15am – 10.45am
Wednesday 6 <sup>th</sup>	March	Graffiti Education Year 5's	
<b>Monday 11<sup>th</sup></b>	<b>March</b>	<b>Labour Day Public Holiday</b>	<b>No School for students</b>
Tuesday 12 <sup>th</sup>	March	Junior Assembly	2.45pm - Hall
Wednesday 13 <sup>th</sup>	March	Little Frogs Playgroup	9.15am – 10.45am
Wednesday 13 <sup>th</sup>	March	Divisional Swimming	Qualified Students
Thursday 14 <sup>th</sup>	March	Senior Assembly	2.45pm - Hall
Friday 15 <sup>th</sup>	March	Anti Bullying Day	Wear PINK today
Friday 15 <sup>th</sup>	March	Carnival Night	4.30pm – 8.00pm – Oval Wristbands on sale via Compass
Wednesday 20 <sup>th</sup>	March	Little Frogs Playgroup	9.15am – 10.45am
Thursday 21 <sup>st</sup>	March	Harmony/Orange Day	
Thursday 21 <sup>st</sup>	March	School Council AGM	6.00pm - Library
Thursday 21 <sup>st</sup>	March	School Council Meeting	6.30pm - Library
Friday 22 <sup>nd</sup>	March	Pie/Sausage Roll Day	
Friday 22 <sup>nd</sup>	March	National Ride to School Day	
Monday 25 <sup>th</sup>	March	Parent Club AGM	6.30pm – Library
Tuesday 26 <sup>th</sup>	March	P – 6 Fun Run	
Tuesday 26 <sup>th</sup>	March	Junior Assembly	2.45pm - Hall
Wednesday 27 <sup>th</sup>	March	Little Frogs Playgroup	9.15am – 10.45am
Thursday 28 <sup>th</sup>	March	Senior Assembly	2.45pm - Hall
Thursday 28 <sup>th</sup>	March	Camp Australia Info Night	6.00pm – 5/6 Unit
Friday 29 <sup>th</sup>	March	Prep Special Visitors Day	
Thursday 4 <sup>th</sup>	April	Parent Club Disco	TBA
<b>Friday 5<sup>th</sup></b>	<b>April</b>	<b>End of Term 1</b>	<b>2.30pm dismissal</b>
<b>Tuesday 23<sup>rd</sup></b>	<b>April</b>	<b>Term 2 Commences</b>	<b>9.00am start all students</b>
Wednesday 24 <sup>th</sup>	April	Little Frogs Playgroup	9.15am – 10.45am
<b>Thursday 25<sup>th</sup></b>	<b>April</b>	<b>ANZAC DAY</b>	<b>No School for Students</b>

### **CANTEEN NEWS – LUNCH ORDERS**

Cash orders need to be brought to the school office by Tuesday afternoons 3.30pm.  
Online orders need to be submitted by Tuesday 8.30pm.  
Lunches will be delivered on Wednesdays' at lunch time.

### **BEFORE AND AFTER SCHOOL CARE**

Child Care Benefit and Child Care Rebate available for all families.

Morning: 7.00am – 8.45am Monday to Friday during school term, excluding all Victorian Public Holidays.

Permanent/casual: \$ 20.00.

Breakfast is provided until 8.30am.

Afternoon: 3.30pm – 6.00pm Monday to Friday during school term, excluding all Victorian Public Holidays.

Afternoon snack and drink provided.

Permanent \$20, Casual \$25.

For program information, bookings or cancellations, please contact Kristy on 0400 194 859 on weekdays.

### **Y.L.V Team**

### **UNIFORM SALES**

School uniform items can be purchased directly from the Beleza School Uniform Store at shop 7, 151 – 159 Princess Hwy, Hallam, phone 9702 3181. Mastercard and Visa are accepted.



### **SCHOOL BANKING**

Don't forget that EVERY FRIDAY is School Banking day and students should hand in their deposit book first thing on Friday.

**Rewards News:** New rewards available to order: Scented Stackable Highlighter & Snowy Origami Set. Older rewards still available for ordering: Colour change markers, Epic earphones (only 1 available), Glow light, Heat reactor pencils, Mighty boom handball, Outer space savers money box (only 1 available), Pencil + tech case, Slushie maker cup, Smiley emoji keyring, Sparkle glitter pens, Twister power handball, Volt handball & Zoom flying disc. PLEASE NOTE: Order forms for the new rewards have been issued with the Parent Packs to all bankers, along with order slips for the older rewards. We always have spares if you run out or misplace them.

**School Banking Co-ordinator Urgently Needed for 2019:** If there are any parents who are interested in volunteering their time to process School Banking, please come and join us on a Friday morning from 9 a.m. It usually takes around 1½ hours. Please ask at the school office for directions to our work room. UNFORTUNATELY IF WE DO NOT GAIN ENOUGH HELPERS, THE SCHOOL BANKING PROGRAM WILL NOT BE ABLE TO RUN IN 2020.

Ingrid Williams  
**School Banking Coordinator**



# Learning Advisory Service

Are you looking to build new skills for work, further education or fun?

A free employment and learning session will help you find new skills close to home.

Speak to a Learning Engagement Support Officer about learning opportunities in the City of Casey or a Reconnect team member about possible learning support.

Visit the Learning Advisory Service at

*Endeavour Hills Library*

*Monday 4<sup>th</sup> of March 10am – 12pm*

*Bunjil Place Library*

*Thursday 7<sup>th</sup> of March 11am – 1pm*

*Hampton Park Library*

*Friday 15<sup>th</sup> of March 10am – 12pm*

No appointment necessary

For further information, contact Kim on 0448 082 765

*Chisholm*

