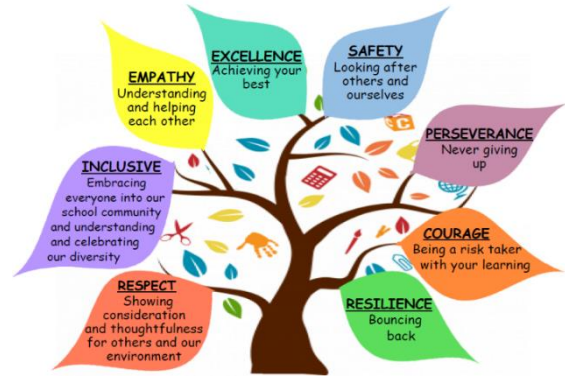


CHALCOT WEEKLY

NEWSLETTER No 14 – 29TH May, 2020

SCHOOL VISION
Chalcot Lodge Primary School empowers all students to embrace learning, achieve their personal best and build their emotional, social and physical well-being.



WELCOME BACK!!



FROM THE ACTING PRINCIPAL

We have had a great start to Stage 1 of our return to school for Year Prep-2 students.

A reminder that parents and children should arrive during their allocated time and are not to congregate around the gates.

Please follow The Department of Education guidelines below for the safety of our students, parents, staff and the community.

- Arrive at the zone at the designated time.
- Stop at the zone between the two signs or move forward in your car as others leave the zone.
- All zones are a 'pick-up and go zone' - a maximum of 2 minutes within the two signs.
- Stay in your car until you are between the two signs, in the zone.
- Once your child has entered the car & has their seat belt on, please drive off to allow the flow of cars.
- If you are walking, please wait on the yellow marked line, adhering to social distancing guidelines.
- All pick and drop-off zones are no-smoking areas.

Please remember these guidelines are only temporary and we are looking forward to when parents can enter the school freely. Until then, thank you for your understanding, if you have any queries please do not hesitate to contact the office.

Coughs, Colds and Asthma

Coughs, colds and the flu are one of the most common triggers of asthma. The common cold is caused by an upper respiratory tract infection and is a common illness for children and adults in Australia. As we approach the colder months, here are some tips to keep in mind to prevent and reduce the spread of coughs, colds and the flu:

- Avoid coughing and sneezing on or near others and wash your hands thoroughly to prevent the spread of disease.
- If your child is not feeling well, it is recommended that they stay home and rest, to reduce the spread of infections and to speed up their recovery process.
- Everyone should have the annual flu vaccination to ensure they are protected from this disease. You or your child may be eligible for the free flu vaccination.
- Prior to purchasing any medications or herbal and natural remedies', you should seek the advice of your doctor or pharmacist as some medications can react with asthma medications.

Stay warm this winter!

First Aid

When a child is treated by the yard duty teacher or comes into First Aid for minor cuts and grazes, in line with the Department regulations, their wound is washed with water only and if needed, a Band-Aid is placed over the wound. Schools are not allowed to apply any antiseptic cream, etc. Parents are advised to check at home as to whether any follow up treatment is necessary. Please note that in the case of serious cuts, grazes or injuries, parents or emergencies contacts are notified.

Should a serious accident occur at school, a member of staff will apply first aid until the appropriate assistance arrives. The Principal or Assistant Principal is notified and the parents are telephoned immediately.

If the school is unable to contact any parent, guardian or person listed on the emergency information, any medical treatment deemed necessary will be sought. All of the medical costs will be the responsibility of the parents. Details of these cases are entered in the School Accident Register.

Parents may wish to seek their own private insurance, as the Department does not provide insurance cover for students.

Healthy Eating

Healthy eating has a long-lasting and positive impact on your child's growth, development, health and wellbeing, and you play an important role in ensuring your child eats well and stays active.

The foods that your child eats at school are a large part of their daily nutrient intake and influence their energy, concentration levels and ability to learn. They also help influence your child's future eating habits and growth patterns.

Healthy school lunch/snack 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 school know if your child is allergic to particular foods.

Paul Poliviou
Acting Principal



DIARY DATES



Monday	8 th	June	Queen's Birthday Public Holiday	
Tuesday	9 th	June	Yr 3 – Yr 6 students return to school	Drop off & pick up from designated area TBA
Friday	26 th	June	End of Term 2	2.30pm dismissal

Sunshine



Sari

says...



**CONGRATULATIONS TO ALL
THE STUDENTS, FAMILIES
AND STAFF IN THE CHALCOT
COMMUNITY FOR WORKING
TOGETHER THROUGH THIS
CHALLENGING AND EVER
CHANGING TIME.**

we love our Chalcot Family

Week 8 ENGAGEMENT ACTIVITY- Punctual Pete Challenge

Punctual Pete has been missing you all. He has been very happy to see the Prep-2 students back at school. He can't wait until the year 3-6 students are back and we are all back together.

He has been very impressed with all the P-2 students and 3-6 onsite students who have been coming to school on time, every day.

He would love you to take photos of you being on time. This might be you getting in the car in the morning ready to come to school or you and your family getting the table ready on time. Send a photo to

chalcot.lodge.ps@education.vic.gov.au with a brief description of what you are doing on time, so we can show Punctual Pete.

Miss Ablitt and Punctual Pete

CHALCOT COMMUNITY CHALLENGE- WEEK 8

Chalcot Values- RESILIENCE and INCLUSIVE

Show us how you and your family are displaying the School's Values from home. You may like to write a journal entry, draw a comic strip, take a photo, make a poster promoting these values, create a short video, etc. showing us how you use these values at home. Be creative and then share your results with us.

Junior School students will complete this in their classes and the classroom teachers will send what they do as a class to the Chalcot email.



Bouncing Back



Embracing everyone into our school community and understanding and celebrating diversity

If you would like to share it with the Chalcot Community please send to us at chalcot.lodge.ps@education.vic.gov.au We would love to put them in our weekly newsletter. Remember you must have permission from your parents/guardians before sending through to this email.

I am looking forward to seeing the different and creative ways you have represented these values.

Have fun!! Miss Ablitt

PUNCTUAL PETE!

PUNCTUAL PETE WANTED TO SAY HELLO AND SAY HOW PROUD HE IS THAT YOU HAVE BEEN JOINING YOUR ONLINE CLASSES ON TIME AND NOW ARRIVING TO SCHOOL ON TIME TOO!

YOUR CHALLENGE IS TO TAKE PHOTOS OF YOU AND YOUR FAMILY DOING THINGS ON TIME.

PUNCTUAL PETE CAN'T WAIT TO COME AND VISIT YOU IN YOUR CLASS AND HAVE SOME NEW ADVENTURES WITH YOU ALL!



Year 3/4 Projects

