



Newsletter

Edition 4— 18th March 2020

Message from the Principal

During these unprecedented times and as the impact of the Coronavirus grows, Hastings Primary School remains committed to ensuring the health and safety of students and providing all families, staff and students with timely and accurate information, resources and updates about the virus and how it affects our community and school operations.

At this point in time our school remains open and instruction continues as usual. This may change on the instructions of the Department of Education and Training in conjunction with the Department of Health and Human Services. If decisions are made to close schools you will be notified as soon as we are made aware.

Anyone arriving into Australia from overseas from midnight, Sunday 15 March, will be required to self-isolate for 14 days. This includes students who will be returning from travel during the holiday period. This will mean that students are not in a position to return to school at the start of Term 2.

Please note that any students, staff and/or families members under directed isolation/quarantine cannot visit the school during this time including to pick up children from school. The health and well-being of all members of our school community remains our highest priority.

I would like to take this opportunity to express my gratitude to the staff of Hastings Primary School who are continuing to work with dedication and passion, supporting our students in both their learning and emotional well-being during these difficult times.

We will continue to keep families updated via Flexibuzz, Sentral and via our Facebook page.

We encourage all parents to follow the instructions below if you have not already signed up to at least one of these communication portals.

Stay in touch with FlexiBuzz

STEP 01 Sign up for FlexiBuzz and then login
Search "FlexiBuzz" in your app store. Go to web.flexibuzz.com and click "Sign Up".

STEP 02 Connect to us
Select the "Search" icon and type in our name. Select us from the results.

STEP 03 Select your communication groups
Click the "Add" icon beside the communication groups that apply to you.

STEP 04 Get started
Click the "Home" icon to view our recent posts.

For further information or assistance please visit our website www.flexibuzz.com or email us via support@flexibuzz.com

FlexiBuzz

Hastings Primary School



Practise Kindness

With recent events I thought it was timely to revisit our School Values of Caring, Respecting and Learning. I am also encouraging all students to recognise their peers who are demonstrating these values, with a particular focus on 'respecting'.

CARING RESPECTING LEARNING

CARING is

CARING means to display kindness, empathy, sensitivity and understanding to those within our community and beyond.

COMPASSION - Feeling and showing empathy and understanding to others.

CONNECTEDNESS - Taking action to care for our community and environment with thoughtfulness and consideration.

CONSIDERATION - Being a welcoming, friendly and reliable member of our community.

RESPONSIBILITY - Seeking to make amends when we do harm.

LEARNING - means a step by step process in

which an individual experiences permanent, lasting changes in knowledge, behaviours or ways of processing the world.

RESPECTING is

RESPECTING means appreciating and valuing ourselves and others, and demonstrating this in our behaviours and attitudes.

SELF RESPECT - Accepting and valuing who we are, and doing the very best we can.

INCLUSION - Valuing diversity and understanding everyone has a voice.

BELONGING - Actively supporting others to feel included and accepted members of our school community.

INTEGRITY - Being honest, trustworthy and loyal.

DETERMINATION - Being optimistic and confident about finding solutions and positive outcomes.

LEARNING is

ENGAGEMENT - Being curious, motivated and engaged in learning.

ENDEAVOUR - Having a growth mindset and believing you can learn more with effort.

RESILIENCE - Taking risks in our learning and accepting mistakes as opportunities to learn and grow.

UNDERSTANDING - Making sense of the world through the use of critical and creative inquiry skills.

School Council

Being on School Council is a great way to get involved in your child's education and help set the future direction of our school. Nominations are now closed for the School Council of 2020 and I am pleased to welcome Parent Representatives who have been appointed to School Council for a two year term:

Parent Representatives: Mrs. Julie Coster and Mrs. Naomi Law, whom have both re-nominated for a further term.

At this time we farewell Mrs. Kimberly Large and Mr. Scott Harwood as Parent Representatives on School Council and say thank you for their contributions to our school.

We are indebted to our parents for the great volunteer work they do in representing our school community on School Council. School Council is our governing body which ensures that Hastings Primary

School keeps moving onwards and upwards by providing excellence in teaching and learning for our students.

I would like to take this opportunity to thank all staff and parents on Council for giving their time and efforts in supporting our school. Your support is very much appreciated.

Our AGM will be held in Term Two and families will be notified through the newsletter.

There are still two **parent positions available**, so if you are interested in either a one year or two year position on our School Council please come into the office and discuss.

Western Port Secondary College Open Night Postponed



Due to the current health concerns the decision has been made to postpone the WPSC Open Night. WPSC apologise for any inconveniences that this may cause and will notify us when a new date has been secured.

Easter Raffle Update



We are still collecting donations for our Easter Raffle. Donations can be handed in to the office or your child's classroom until the end of this week. Thanks you to all the donations so far. The raffle will be drawn on Monday 23rd March and the winner/s will be notified via phone.

Parent Resource – COVID-19

As the number of new cases of coronavirus infection continue to rise the impact is now being felt in schools in Australia. It's therefore important for parents to be there for their children to ease any concerns they may have about the virus and how it could affect them. One thing to note is the number of reported infection cases in children remains low.

Below are some tips for parents/carers when talking to children and adolescents about the coronavirus.

Listen to your child

- ◆ *Identify any unhelpful thoughts and feelings about coronavirus. Identifying unhelpful*

Thoughts and feelings about coronavirus.

- ◆ *Identifying unhelpful thoughts can prompt parents/carers to challenge thoughts causing anxiety for their child.*
- ◆ *Allow your child to talk about coronavirus but also do not push your child to talk about these issues.*
- ◆ *Provide space and time for your child to talk about their concerns. Remember, their concerns might continue or change over time.*

Talk to your child about it

- ◆ *Show an openness to talk about coronavirus with your child.*
- ◆ *Be hopeful, reassuring and express that you have confidence in the emergency and community response when answering questions from your child.*
- ◆ *Continue to monitor their thoughts, feelings and behaviour.*
- ◆ *Provide your child with balanced and more helpful thoughts. Children may exaggerate or have an inaccurate perception of the risks and how they can help.*
- ◆ *Provide your child with ideas about how they can assist their peers and friends who are concerned about the coronavirus, such as telling their peers to speak to their own parent/carer if they are concerned.*

How do I talk to my child about coronavirus?

Control during uncertainty

One way to provide our children with certainty in uncertain times is with facts, for example, telling them the evidence so far shows children are less likely to experience severe symptoms than older adults. You can also help them gain a sense of control by giving them strategies to help prevent them catching the virus.

Practice good hygiene

The World Health Organisation (WHO) says we should channel our concern into good hygiene. Encourage your children to wash their hands with soap and water frequently (particularly after going to the toilet, coming from a public place, and before and after eating). Children should also use a tissue to sneeze into and put the tissue in the bin afterwards.

Be careful with the news media

A quick scan of the news brings up headlines such as "Australia's coronavirus death rate could proportionally be worse than China's, expert warns". Exposing children to such media reports can increase their fear and anxiety. There is a clear and strong relationship between what children see as threatening information in the media and their level of fear. So be careful with what news media your children are exposed to. Try to watch, listen or read it with them so you are there for any questions they may have.

Stay with the facts

When answering such questions, use information from the World Health Organisation and other trustworthy sources to inform yourself. Filter some of the incorrect information around preventing COVID-19 (eating garlic, having hot baths) and inform your family with the correct information.

Talk about your feelings

It's OK to feel worried. Talking about your feelings of stress can help you work through them. If you try to push down feelings of stress this can have an impact on your health.

As parents you only have to listen and hear your child's concerns. You can't promise things will be safe or certain. But you can assure them that as a family you will work together to manage whatever comes up in the future and that you are there to listen to them.

Keep on living life

It is easy to get swept away with panic about the future and what may happen. But being future-focused only contributes to anxiety. Help your child to focus on the now and what they are doing today. These things are in their control – work hard at school, train for basketball etc. Continue their routine and try to focus on the present.

Tu Toa, Kia Kaha –

Stand Strong, Have Strength

Regards, Simone McDonald **Principal**



Protect yourself and your family

Wash your hands regularly



1

Wet your hands.

Put soap on
your hands.

2



3

Rub the soap over all
parts of your hands for
at least 20 seconds.



Rinse your
hands under
running water.

4



5

Dry your hands thoroughly
with disposable paper towel
or hand dryer.



Stay germ free and healthy

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Health
and Human
Services

Protect yourself and your family

Cover your cough and sneeze



1

COVER your mouth and nose with a tissue when you cough or sneeze.

Put your used tissue in the rubbish **BIN**.



2



3

If you don't have a tissue, cough or sneeze into your upper sleeve or elbow, **NOT YOUR HANDS**.

WASH your hands with soap and running water. Dry your hands thoroughly with a disposable paper towel or hand dryer.



4

Stay germ free and healthy

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Health
and Human
Services

From the Assistant Principals Desk

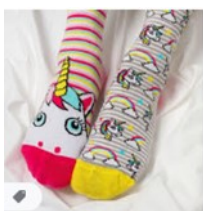
Harmony Week 15-21 March 'Everyone Belongs'

This week is Harmony Week. Harmony Week is a time to celebrate Australian multiculturalism, and the successful integration of migrants into our community. Australia is one of the most successful multicultural countries in the world and we should celebrate this and work to maintain it.

The message of Harmony Week is everyone belongs. It is about inclusiveness, respect and belonging for all Australians, regardless of cultural or linguistic background, united by a set of core Australian values.

Did you know?

- ◆ Nearly half (49 per cent) of Australians were born overseas or have at least one parent who was.
- ◆ We identify with over 300 ancestries.
- ◆ Since 1945, more than 7.5 million people have migrated to Australia.
- ◆ 85 per cent of Australians agree multiculturalism has been good for Australia.
- ◆ Apart from English, the most common languages spoken in Australia are Mandarin, Arabic, Cantonese, Vietnamese, Italian, Greek, Tagalog/Filipino, Hindi, Spanish and Punjabi.
- ◆ More than 70 Indigenous languages are spoken in Australia.



On Friday 20th March we encourage all students to come to school in **ODD SOCKS** to show that everyone is different. **No need to buy new socks – come in some that you already own!*

Thank you to Kynan and Jackson our KidsMatter leaders for organising this!

Social Media – Fornite

Fortnite is a survival game where 100 players fight against each other in player versus player combat to be the last one standing. There are an estimated 125 million players on Fortnite.

Fortnite Battle Royale is a game of survival, which means in order to win, you must defeat the other 99 online players in the game. This competitive element adds a touch of urgency to the game.

Gamers also need to avoid being caught in the eye of the storm to remain in the game, there are regular countdowns to when the storm is approaching.

Important things to know:

- ◆ The PEGI rating is 12+ but age is not requested when creating an account.
- ◆ The platform is integrated with Facebook and Google, the concern is that users may add other gamers to these platforms. Talk to your child about making friends with people they do not know online.
- ◆ Gamers playing this online game connect from all across the world may be any age or gender and can remain totally anonymous.
- ◆ Users may be exposed to offensive language by other players on text chat or live chat.

I have also attached a factsheet with more information.

Thank you,
Rebecca Klimeck





There's a very good chance you've heard of Fortnite, but what exactly is it? And why is it so popular amongst young people? Fortnite is an online multiplayer "battle royale" game developed by Epic Games, and is playable on Playstation 4, Xbox One, Nintendo Switch, PC and mobiles. It gained popularity in late 2017 and has since become the biggest game in the world, thanks to its rapid and engaging gameplay. As with most games, Fortnite itself is a highly enjoyable and safe experience, but it pays to be vigilant, as the safety is not water tight.



What parents need to know about FORTNITE BATTLE ROYALE



BATTLE ROYALE

Battle Royale games have become very popular over the last couple of years, and most tend to follow a very similar setup. Taking Fortnite as an example, 100 players drop into a map, loot buildings for weapons and armour and attempt to beat all the other players to be crowned victor at the end. If you've ever seen the Hunger Games movies, you'll have an idea of what this entails. Each game can take up to 20 minutes (assuming you last to the end) and can be restarted relatively quickly once 100 free players have been found.

IS FORTNITE ADDICTIVE?

Fortnite is at the forefront of gaming addiction discussions because it is so popular with young people. But whether it actually contributes to gaming addiction is up for debate. WHO (World Health Organisation) have classified gaming as a legitimate addiction, but this is not solely a concern with Fortnite. Signs of addiction can include irritability when not playing, lying about the amount of time played and a preoccupation with thoughts of the next gaming session. Realistically, it must be down to parents and carers to recognise these symptoms and act accordingly if they think they are developing.

FREE TO PLAY... OR IS IT?

While Fortnite is technically free to play (in that you can download and play it without paying) it does come with the caveat that spending money on things like skins and emotes in-game is heavily pushed to players. The currency used in-game is called 'V-Bucks' and can be bought with real money through the game's online store. It's worth remembering that these purchases are absolutely not necessary, are cosmetic only and that V-Bucks can be earned in-game with enough play time.

SEASONAL UPDATES

Every 10 weeks or so Fortnite is updated with a new season. This essentially adds new things like skins and emotes to the game, while also sometimes changing up the game map in interesting ways. These seasons are free to everybody and don't require additional money to play, though battle passes for each season can be bought with V-Bucks. A battle pass will typically allow a player to earn experience faster and gain fun in-game items by completing a host of daily challenges.

CROSSPLAY IS AVAILABLE

One of the wonderful things about Fortnite is that it can be played cross-platform. This means that no matter what platform a person plays on (PC, PlayStation 4, Xbox One etc) they can play with friends who own the game on a different platform. To do this, an Epic Games account must first be created online (which is free) and then linked with your platform account. Doing this removes the age-old boundary of not being able to play together because you don't have the same console and opens up a whole new world of playing online with friends.

IS FORTNITE VIOLENT?

Fortnite has been rated by the ESRB (Entertainment Software Ratings Board) as 'Teen', as it contains cartoonish violence and the weapons and acts depicted in the game are some way removed from their real life inspirations. Characters don't draw blood when shot and instead of dying, they are simply beamed up off the map. Naturally, players younger than the recommended age limit will want to play the game and that should be at the discretion of parents and carers.



Top Tips For Parents

BUYING V-BUCKS

As mentioned, Fortnite does contain in-game purchases and microtransactions in the form of V-Bucks which can be bought with real money. If you do decide to let your young one spend money in the game, be sure to delete your card information afterwards as it can be very easy to purchase more items at the press of a few buttons. It's important to set a limit on any purchases (as mentioned they are absolutely not necessary to play the game) and a suggestion would be capping the spending at around £50 - this is the normal retail price of a game.

GAMING WITH STRANGERS

Fortnite Battle Royale is an online game, and as such, there is a chance that young children could come into contact with strangers who are randomly placed into their groups in a game. It's difficult to predict what another person might say or do in a game, so it's a good idea for friends playing together, to be grouped together. The only real countermeasure to interacting with strangers offered by Fortnite is to turn off all mic communications, which can be done in the game's settings. Using outside chat apps, like Skype or Discord while playing, is a great way to make sure you know who you're talking to and that nobody else is listening in.

LIMIT TIME, BUT BE FLEXIBLE

A game of Fortnite can last up to 20 minutes, so be flexible when it's time to put it away. The approach of 'one more game' as opposed to '10 more minutes' will stop any complaints that a match is still ongoing. Better still, play with your child and take it in turns that way you're helping control the time played and can keep an eye on what they're experiencing.

TALK TO OTHER PARENTS / CARERS

If you're concerned about play time or spending money in the game, talk to other parents and carers of your child's friends. If you approach as a collective, it will be easier to know when their friends are online and you don't have to worry about who they're playing with. It can also help curb expectations on spending money on battle passes and skins if you stick together.

CAN DEVELOP SOME IMPORTANT SKILLS

It's often overlooked just how good gaming can be for young people. Fortnite encourages team play, quick and complex problem solving and communication; that's not to mention the lightning fast reflexes gamers can develop. While taking breaks to do other activities is of course important, there are benefits to screen time which might not be immediately obvious.

PLAY THE GAME YOURSELF

There's no substitute for sitting down and playing the game yourself to learn all about it. Fortnite is available for free on almost anything you can imagine, even your smartphone, so there's never been a better time to get involved and see what all the fuss is about. You never know, you might even be able to impress your children when you show them your impressive Victory Royale tally!

Meet our expert

Mark Foster has worked in the gaming industry for 5 years as a writer, editor and presenter. He is the current gaming editor of two of the biggest gaming news sites in the world, UNILAD Gaming and GAMINGbible. Starting gaming from a young age with his siblings, he has a passion for understanding how games and tech work, but more importantly, how to make them safe and fun.



<https://www.theguardian.com/games/2018/nov/07/fortnite-battle-royale-parents-guide-video-game-multiplayer-shooter>, <https://www.psychguides.com/behavioural-disorders/video-game-addiction/>, <https://www.pcgames.com/2018/12/26/17146888/cross-platform-crossplay-pc-xbox-pc-ctrl-1ac-mobile-usb4-friends-compatable-matchmaking705876>, <https://www.esrb.org/ratings/34988/Fortnite/>

www.nationalonlinesafety.com

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Student Awards

Class	Week Ending	Student of the Week Friday 6th March
1/2B	Ethan Abbott	For being a kind and caring classmate who is always supportive and encouraging. We are lucky to have you in our class Ethan.
1/2D	Regan Healey	Regan you are a thoughtful, hardworking polite student. Thank you Reagan for always offering to help and being thankful for the day
	Alvin Dang	Alvin you always give 100 percent effort with your work and show that you are proud of your work. Great persistence champ!

Class	Week Ending	Specialist Awards Friday 6th March
5/6C	Dylan Molloy	Well done Dylan on some excellent signing this week in Auslan. You have been making connections and are excited to expand you Auslan knowledge. Happy signing!

Class	Week Ending	Student of the week Friday 13th March
PT	Marlee Synnott	The magnificent Marlee! What a terrific start to the year you have had. You are a caring and considerate class member who is always leading by example. Keep up the great work!
	Ruby Turner	Way to go Ruby! It has been wonderful to watch your confidence grow as this term has progressed. You give everything your best try even when you find it challenging. Keep it up!
3K	Noah Doll	Noah, you have been doing so well with your reading and writing this term. I am looking forward to reading your completed comic strips. Keep up the great work!
3/4H	Bella Barrett	Another Year 4 student who has hit the ground running this year, not only have you scored very highly in your first Lexile Test earlier in the term, this week you have been kicking goals with your numeracy and understanding of addition.
5/6C	Peter Dyll	Peter you have been making good choices in the yard and getting involved in positive activities such as cricket. An awesome performance in the cross country too! Keep up the great work!

2020 Victorian School Holidays & Term Dates

	Start Date	Finish Date
Term 1	28th January	27th March
School Holidays	28th March	13th April
Term 2	14th April	26th June
School Holidays	27th June	12th July
Term 3	13th July	18th September
School Holidays	19th September	4th October
Term 4	5th October	18th December

HASTINGS PRIMARY SCHOOL KIDS MATTER MARKET

ON FRIDAY 20TH MARCH WE WILL BE HOLDING OUR
LAST MARKET FOR THE TERM...WE HAVE BEEN BUSY
MAKING THINGS TO SELL AT OUR FRIDAY CLUBS SO
WE WILL HAVE LOTS OF GREAT THINGS FOR SALE
LOOK FORWARD TO SEEING YOU THERE

Term 1 Important Dates

Due to the advise we are receiving from the Government and Education Department we have made the decision to cancel all events and excursions scheduled for the remainder of Term 1 2020. Where possible we will endeavour to reschedule these events. As always, when making decisions like this we put the health, safety and well-being of our students and staff first.

We thank you all for your understanding in this matter.

Tuesday 24th March	Final Payment Due Yr3-4 Oasis Camp
Thursday 26th March	Final Payment Due Yr 5-6 Sovereign Hill Camp
Friday 27th March	Last Day of Term 1– early dismissal 2:30pm
Tuesday 14th April	Curriculum Day– No Students
Tuesday 21st July	Student Led Conferences <i>Students are only to attend school during their allocated times</i>
Monday 2nd November	Curriculum Day– No Students

Please note we are still collecting payments for 2020 camps. We are in the process of rescheduling and we will advise everyone once scheduling is complete.

Happy Birthday

