



# Newsletter

## Edition 12— 26th August 2020

### Message from the Principal

Thank you once again for the support you provide our students each day. You are all doing an amazing job! When contacting the staff this week it was nice to hear how proud they all are of the student's attendance and engagement in daily tasks. Staff are also enjoying their daily WebEx catch ups and seeing the smiling faces of their children. We appreciate your efforts to support your children with their remote and flexible learning as it is very much a team effort to get through this. Thank you!



### Spoonville

Thanks to everyone who has added their individual spoons to Hastings Primary School Spoonville.

### Important Transition dates and time

#### Virtual [via WebEx]

Wednesday 19<sup>th</sup> August  
Wednesday 9<sup>th</sup> September  
12:45-1:30pm



### Face-to-Face

Wednesday 14<sup>th</sup> October  
Wednesday 18<sup>th</sup> November  
9:30 am – 10:30 am

### State Wide Transition Day

Tuesday 8th December  
9:00am -10:30am

### 2020 Enrolment Information Evening

Tuesday 10th November  
6:00 pm – 7:00 pm

### CURRICULUM DAY in Term 4

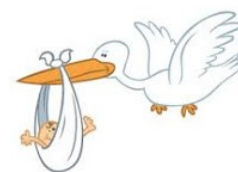
Next term we will be having a curriculum day where our teaching staff will focus on developing our writing curriculum.

Students **will not** need to attend on the following day.

◆ Monday 2nd November

### Exciting News

We are excited to announce that Ms. Rebecca Klimeck and her fiancée Chris are expecting a baby boy in January.



### Father's Day 6<sup>th</sup> September

Father's day is just around the corner and although we won't be having our traditional Father's Day brekky we will be thinking about all of the wonderful Dad's, Grandpa's, uncles, big brothers and important grown-ups in our lives.



The staff of Hastings Primary School want to wish you a fabulous Father's Day!

## Enrolments and Planning for 2021

We are currently starting to plan class structure and sizes for 2021. If you have any students who need to be enrolled or you are planning to move from the area please advise the school ASAP.

Please note due to the current stage 4 restrictions we are accepting enrolment form via email. You can find the enrolment form on our website next to the information regarding enrolling your student at Hastings Primary School.

Enrolments can be accepted via email along with a copy of birth certificate and immunisation records to [hastings.ps@education.vic.gov.au](mailto:hastings.ps@education.vic.gov.au).

## Foundation Transition Sessions

Last Wednesday we ran our first **virtual** transition session for our 2021 Foundation students.

It was great to meet some of our new students and families. During the session they read the

story 'I Wish I Had a Pirate Suit' and the children drew the suit they wished they had. Please see pictures below that the students completed. We have some great artists heading to Hastings Primary School next year.

We look forward to welcoming all of our new foundation students to our next virtual transition session on;

**Wednesday 9th September: 12:45-1:30pm.**

Invitations to meetings will be sent out closer to the meeting date.

If you have new foundation students yet to enrol for 2021 who want to be included in the transition sessions please contact the office for enrolment forms 0359 79 15 17 or email [hastings.ps@education.vic.gov.au](mailto:hastings.ps@education.vic.gov.au).

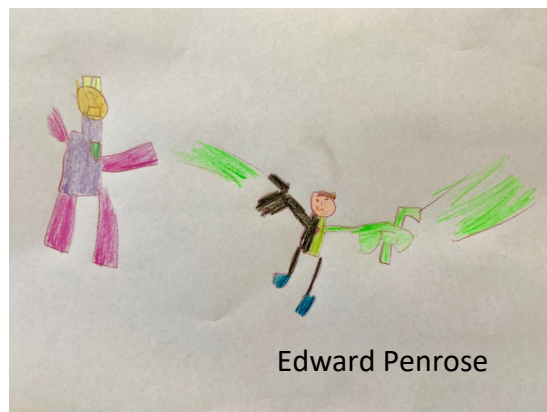
***Tu Toa, Kia Kaha –  
Stand Strong, Have Strength***  
Regards, *Simone McDonald*  
**Principal**



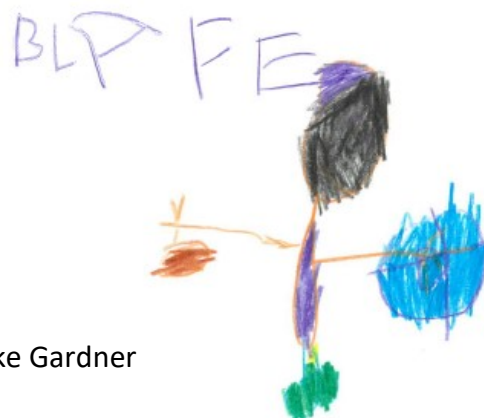
Cole O'Brien



Ava Thredgold



Edward Penrose



Blake Gardner



## A PARENT'S GUIDE TO INTERNET USE

**The cyber world will never be completely predictable or controllable - just like the real world!**  
**Parents can help minimise potential risks to children when they use the internet.**

**Please remember...**

- The cyber world is an exciting and safe world! It's how people use it that creates issues.
- Children are still developing real life skills and mature instincts. Guidance will help them make sound choices and identify 'red flags'.
- Technology will always change but, household rules and protective practices can help to positively guide children.
- Online dangers are real. It's important to educate children on what these are and how to respond when they occur.
- Always consider the potential risks when deciding what programs your children should use.
- It's the parent's responsibility to put restrictions on a child's access to technology, devices and internet use outside of school boundaries.
- Rules and boundaries won't necessarily stop children using technology but will help to teach them to use it responsibly.
- Online risks aren't about technology – it's about people!
- Using technology that can monitor and filter online content is a right of the parent.
- Every time a child logs on to the internet, they have access to everything the adult world has to offer.
- Whatever a child puts on the internet - whether it be via social media, chat forums or anything else - make them aware that parents, principals and everyone else can probably access it!

For more information about cyber safety, contact  
The Office of the Children's eSafety Commissioner.

To find out more about how CyberHound provides innovative, school-focused solutions to over 400 schools in Australia and overseas, please visit [www.cyberhound.com](http://www.cyberhound.com) or call 1300 737 060.



### **5 TIPS FOR PARENTS TO HELP GUIDE A CHILD'S ONLINE DEVELOPMENT AND HELP KEEP THEM SAFE ONLINE:**

- 1. Try to keep lines of communication open with your child**
- 2. Consider monitoring and filtering software to help protect your child from online dangers**
- 3. Take interest and have active involvement with your child's internet use**
- 4. Take control of the internet and devices**
- 5. Have firm guidelines, rules and consequences around device and internet use**

# From the Assistant Principals Desk

## R U Ok? Day – Thursday 10<sup>th</sup> September

R U Ok? Day is a national day of action when we remind ourselves that every day is the day to ask someone, 'Are you ok?' As 2020 has been a challenging, it is important for us to all stay connected and support those around us if we can. This year the R U OK? mission is to remind everyone that there's more to say after 'R U Ok?'

R U  
OK



### There's more to say after R U OK?

Ask then listen, encourage action and check in



#### 1. Ask R U OK?

Or say something like:

- "I've noticed a few changes in what you've been saying/doing. How are things for you at the moment?"
- "I know there's been some big life changes for you recently. How are you going with that?"
- "You don't seem yourself lately – want to talk about it?"
- "Just checking in to see how you're going?"
- "With everything that's going on, you've been on my mind lately, how are you?"
- "You've got a lot going on right now. How are you doing?"

"Just checking in to see how you're going?"

"You've got a lot going on right now. How are you doing?"



#### 2. Listen

You could say:

- "What's been happening?"
- "Have you been feeling this way for a while?"
- "I'm here to listen if you want to talk more."
- "I'm not going to pretend I know what it's like for you, but I'm here to listen to why you feel the way you do."
- "It sounds like that would be really tough. How are you going with managing it?"
- "Do you feel like chatting a bit longer? I'm ready to listen."
- "So, what was that like?"
- "That's tough. Keep talking, I'm listening."
- "What you're going through isn't easy. It's good we can talk about it."
- "Thank you for sharing this with me. That can't have been easy for you."
- "Take your time, I'm here for you."
- "If there's something you're unsure about sharing with me right now, I just want you to know I'm here when you're ready?"

"What you're going through isn't easy, it's good we can talk about it."

"Take your time, I'm here for you."

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R U OK? DAY

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#### 3. Encourage action

You could say:

- "What do you think is a first step that would help you through this?"
- "What can I do right now to support you?"
- "Have you spoken to your doctor or another health professional about this? It might be a matter of finding the right fit with someone."
- "Have you had much support around you?"
- "What's something you enjoy doing? Making time for that can really help."
- "Do you think it would help for you to talk to someone else about some of these things, maybe a health professional?"
- "Is there anything you've tried in the past when you've felt like this, that's made you feel better?"
- "I know when I went through something similar, talking to a professional really helped me out. Would you like me to help you book an appointment?"

"What can I do right now to support you?"

"Have you had much support around you?"

"Is there anything you've tried in the past when you've felt like this, that's made you feel better?"



#### 4. Check in

You could say:

- "I would like to keep checking in with you, is that OK?"
- "Hey, how have you been since we last chatted?"
- "Just wanted to check in and see how you're doing?"
- "Have things improved or changed since we last spoke?"
- "What's been working for you since we last chatted?"
- "Is the support we discussed working for you?"
- "Do you need more support?"

"Hey, how have you been since we last chatted?"

"Is the support we discussed working for you?"

Learn what to say after R U OK? at [ruok.org.au](http://ruok.org.au)

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R U OK? DAY

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## Student Support Group (SSG Meetings)

A reminder for those families involved, SSG meetings will be held in the second last week of term. Due to COVID-19 and stage 4, these meetings will be held via a phone call or Webex meeting (if there are other stakeholders involved). You will receive an email in the next week or so with a date, time and format. If this time is not suitable please let me know A.S.A.P so that we can reschedule.

We are all in this together.

Rebecca Klimeck  
(Assistant Principal)



## Useful contacts for someone who is not OK

Encourage them to talk to a trusted health professional or call on these Australian crisis lines and professionals:

### Lifeline (24/7)

13 11 14  
lifeline.org.au

### Beyond Blue (24/7)

1300 224 636  
beyondblue.org.au

### Suicide Call Back Service (24/7)

1300 659 467  
suicidecallbackservice.org.au

### Kids Helpline (24/7)

1800 551800  
kidshelpline.com.au

When sharing the R U OK? message we would encourage you to highlight the support tools that you currently offer or are available in your local area and these national helplines. Find more services and tools at [www.ruok.org.au/findhelp](http://www.ruok.org.au/findhelp)

## For more information and resources:

[www.ruok.org.au](http://www.ruok.org.au)

[/ruokday](https://www.facebook.com/ruokday)

[@ruokday](https://www.instagram.com/ruokday)

[@ruokday](https://www.youtube.com/ruokday)



## Classroom News

*The Kingfishers have been experimenting with different types of Poetry in their writing tasks over the past weeks.*

*We have looked at rhyming poems, limericks and cleriheuw poems. Here are some examples from 3K:*

### Chocolate by Jazmin

Chocolate is brown and very sweet  
It tastes yum and can't be beat.  
It comes in bars and in blocks  
To get it past mum, I put it in my socks!

### The Shell by Lacey

On the beach I found a shell.  
I took it home and it started to smell.  
Mum threw it away,  
Which ruined my day.  
Then I wanted to yell!

### Cats by Jayden

Cats have cute baby kittens,  
They're so sweet with their mittens.  
My cat likes to catch and chase,  
He likes to chew on my shoelace.

### Axolotl by Noah

My axolotl does not have a perm  
But he sure does like to eat a worm  
He doesn't need to go to the gym  
Because he gets his daily swim  
Once I've made sure he's fed  
I watch him play from my bed

### The Beach by Max

I like to go the beach to play in the sand.  
I like how it feels when it gets on my hand.  
Whilst I'm there I like looking at boats.  
When building a sandcastle I surround it with a moat.  
When I get in the car after our long day.  
I'm still not tired and I want to play.

### Youtube by Mitchell

My favourite games to play,  
Are Minecraft and Roblox all day.  
On Youtube I watch gamers vlogs,  
And videos of hilarious dogs.  
Unspeakable and Shark are gamers who are fun,  
I like to watch them after school is done.  
They are very funny  
And make lots of money!

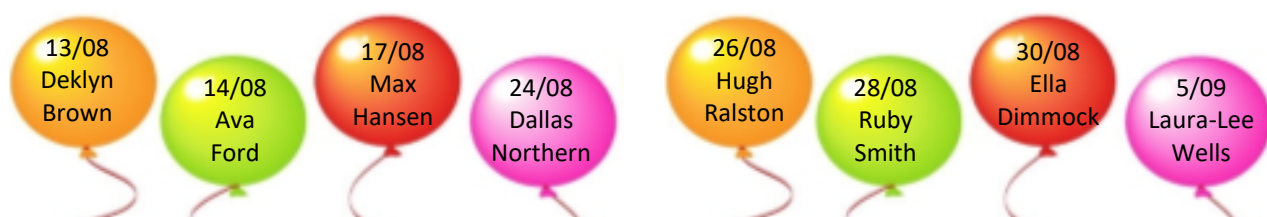
### The Park by Blake

I went for a walk to the park  
Then it got very dark,  
I went down the side  
Then I went for a ride  
The trees were blowing strong,

## Important Dates 2020

<b>Wednesday 9th September</b>	Virtual Transition Session 12:45-1:30pm
<b>Friday 18th September</b>	Last Day of Term 3
<b>Monday 5th October</b>	Term 4 Commences
<b>Thursday 8th October</b>	School Photos
<b>Wednesday 14th October</b>	Foundation Transition Session 3 9:30-10:30am
<b>Monday 2nd November</b>	Curriculum Day– No students to attend school
<b>Tuesday 10th November</b>	Foundation Information Evening 6-7pm
<b>Wednesday 18th November</b>	Foundation Transition Session 4 9:30-10:30
<b>Tuesday 8th December</b>	State wide Transition Day 9-10am

## Happy Birthday





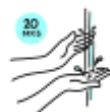
## How to wear a face mask

There are two types of face masks you can use: cloth masks and surgical masks. Cloth masks are made of washable fabric and can be re-used.

For more information: <https://www.dhhs.vic.gov.au/face-masks-covid-19>



**Wearing a face mask protects you and your community by providing an additional physical barrier to coronavirus (COVID-19).**



Wash your hands before putting on the mask.



Make sure it covers your nose and mouth and fits snugly under your chin, over the bridge of your nose and against the sides of your face.



Do not touch the front of the mask while wearing it.  
If you do touch the mask, wash or sanitise your hands immediately.  
Do not allow the mask to hang around your neck.



To remove the mask wash or sanitise your hands first.

Carefully remove your mask by grasping the ear loops or untying the ties. For masks with a pair of ties, unfasten the bottom one first, then the top one.

If your mask has filters, remove them and throw them away.  
Fold the mask and put it directly into the laundry or into a disposable or washable bag for laundering. Single use surgical masks should be disposed of responsibly.



Wash or sanitise your hands after removing the mask.

## What you need to keep doing

- Wash your hands regularly
- Keep 1.5 metres from others
- Get tested, even if you have mild symptoms
- Stay home if you're feeling unwell.



To receive this document in another format [email Public Health branch](mailto:PublicHealth@dhhs.vic.gov.au) <public.health@dhhs.vic.gov.au>.

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Available at [DHHS.vic - Coronavirus \(COVID-19\)](https://www.dhhs.vic.gov.au/coronavirus) <<https://www.dhhs.vic.gov.au/coronavirus>>



Health  
and Human  
Services