



# EDITHVALE PRIMARY SCHOOL

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FORTNIGHTLY NEWSLETTER

Term 1—Week 1

1 February 2019

*Working Together, Aspiring Higher, Connecting with our Community & Doing*

## PRINCIPAL'S REPORT Mr James Whitla

### Welcome to 2019.

It was fantastic to see everyone back yesterday and the energy and excitement throughout the school was contagious. Our 76 Foundation students settled in wonderfully well to their new surrounds and a further 16 students commenced their learning journey with us too. **Every student** can be proud of their efforts yesterday and the positive way they engaged with their peers and teachers.

Thanks also to our **families** who helped to make the start of the year such a smooth one. It was wonderful to see many friendly and familiar faces in the yard before and after school and to meet many of our new families as well.

Six new and 2 returning **staff** started with us yesterday too. I think many of them were as nervous as our students! I am confident that our newest staff members will build on the spirit, culture and skill that already exists here at Edithvale and am eagerly looking forward to working with them throughout 2019.

*Rachael Clements (Foundation), Troy Wood and Catherine Grimwade (Year 1), Cassie Dixon and Ashlee McCarthy (Year 3), Amy Cain (Year 4), Ryan Murphy (Year 5/6), Amanda Whitla (Learning Support) and Amy McEwen (Art- Terms 1 and 2).* We have advertised for a Phys. Ed teacher to help cover Mr Schneider's recent appointment as Principal of Seaford Park PS.

### New Buildings

Over the holiday period we have been busy putting the finishing touches to our new Bike Shed, Playground and new MOD 5 classroom. These are 85-90% complete and are great additions to our school. Shortly the Bike Shed will be fully operational and we'll be encouraging students to use the facility behind the Year 3 classrooms as often as possible to secure scooters and bikes. Once the soft fall mulch has been spread out, students will have the chance to explore the new playground. This is sure to be very popular and we will have a roster in place to ensure all Year levels can access this fairly and equitably, next week.

### Emergency Safety Drills

During the term we will be conducting a number of Lock Down and Evacuation drills as part of our Emergency Management Plan - in line with DET guidelines. We will provide plenty of notice when these will be occurring to ensure students are fully aware of what they will be asked to do in a safe and supported manner.

### School Fair

Please put Friday March 22 into your calendar as the day of our Twilight Fair. This is always a great school community event and there is a hive of activity currently going on behind the scenes

Our next **Student Free Day** for the whole school is early in Term 2 - Friday April 26. On this day our staff will join with teachers from a number of our Network schools to hear from Professor Peter Sullivan on how we can regularly incorporate Challenging Maths Tasks into our weekly lessons.

### Victoria Term dates

**Term 1:** Tuesday 29 January (teachers), Wednesday 30 January (students) – Friday 5 April

**Term 2:** Tuesday 23 April – Friday 28 June

**Term 3:** Monday 15 July – Friday 20 September

**Term 4:** Monday 7 October – Friday 20 December

On the following page is an article I found on my reading travels recently and thought it might be worthwhile sharing this with you. It's aimed at helping all of our families settle in to the start of the year as smoothly as possible and set the foundation for a successful 2019

Have a great couple of weeks



It's that time again, you've made it through the hot, long summer holidays and it's time for packed lunches, book covers, new uniforms and a routine to start again. The start of every school year could potential mean a spike in your child's (*and your*) anxiety. There are, however, some ways to alleviate some of the stress around starting school again. Your attitude as a parent going forward to start the new year is just as important as your child's! Take some time to point out some positive aspects of starting school each new day to create positive anticipation about those nervous first days of school.

**Below are 4 simple strategies for you and tips to make the transition back to school easier:**

**Create a routine:** It is easy to fall out of routine over the holiday period and develop some bad habits. Over the holidays, you may have found it difficult to maintain good eating habits without the structure of school. Reintroducing a balanced diet of vegetables, fruit, whole grains and lots of water will help them improve energy levels, concentration and emotional well-being. Maintaining adequate sleep patterns is vital for children of all ages. Proper patterns may have been disrupted over the holidays. To promote good sleep habits in your children, re-establish routines around bedtimes, have a regular time for bed and make sure computers, mobile phones and other electronic devices are switched off (and preferably out of the bedroom) at least an hour before bedtime.

Some useful sites listing the effects of lack of sleep are:

<http://sleepeducation.net.au/>

<http://www.news-medical.net/news/2008/07/07/39779.aspx>

You can also find out how many hours is ideal for each age here:

<http://www.sleephealthfoundation.org.au/>

**Take time to talk about the feelings that could come up:** If you have a child that is prone to anxiety the more discussion you have on how they are feeling and strategies to control those feelings the easier the transition back to school will be. Parents can help ease the transition by talking to kids about how they feel about going back to school. They can support them by listening to how they're feeling, responding with empathy, and working with them to come to a solution. If your child communicates a worry or concern they have, try to tune in by saying words like, 'You seem really worried about that' or 'I can see that must have been pretty upsetting for you' and try not to problem solve too early, particularly if they are wound up. If, after really listening, you believe there is a problem that needs addressing, try to help them figure out a solution that they think they could try. Remember that not all problems need to be fixed, and just knowing they've been heard can make a big difference.

**Tip:** Talk with children about positive experiences they may have had in the past at school. Remind them they will see old friends and meet new ones.

**Check your own anxiety:** It is natural for the start of the school year to be stressful period for parent as well. Parents sometimes need to recognise that their own fears might be preventing their children from engaging in age appropriate activities or tasks. If we want our kids to be willing to try new things and to persist when they experience difficulties, we need to encourage effort, build confidence and convince our kids that 'if at first they don't succeed to try and try again'.

**Tip:** Plan one thing to try in the first school term that puts you both outside your comfort zone, such as catch the bus for the first time, walk to the shops or try a new extra-curricular activity.

**Plan, plan, plan:** Start the school year out as you plan to proceed! It is good to start the year with some realistic, achievable goals for children to achieve on the first day, the first week and going forward. Ticking off these goals will start your child off with confidence. Students can create an action plan for their first week.

**Tip:** Have your child call a friend they trust to meet them in the playground on the first day. Make contact with their favourite familiar teacher or support staff member who can support them in the first week.

Many children easily become nervous and unsettled about the new year, even if they are not starting at a new school. Changing schools, new classrooms and a new teacher are all anxiety provoking situations. Even reconnecting with friends after the holidays can trigger anxiety. Take a few simple steps to ensure the transition into the new year is smooth.

by Michael Hawton | Jan 30, 2019

[https://www.parentshop.com.au/beatthebacktoschoolblues/?inf\\_contact\\_key=4f35acc1f8dfec1099d8ec6d4e161cf4680f8914173f9191b1c0223e68310bb1](https://www.parentshop.com.au/beatthebacktoschoolblues/?inf_contact_key=4f35acc1f8dfec1099d8ec6d4e161cf4680f8914173f9191b1c0223e68310bb1)