# Strathaird Primary School News 19/03/2025 Edition 4



### **Strathaird**



**Primary School** 









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# **Principal Page**

CURRICULUM DAY - There will be a <u>pupil free day next Friday 28 March</u>, therefore students will not come to school on that day.

### THIS FRIDAY please support WEAR IT WILD DAY

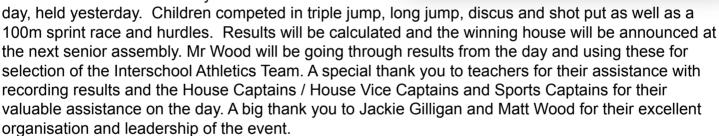
This Friday all students are invited to join in **Wear It Wild Day** by dressing as their favourite wild animal, wearing colours to represent their animal or bring a toy animal or book about the animal. We are asking for students to please bring a gold coin donation. Our key purpose of the day is to raise money for WWF – Australia (World Wildlife Fund) whose mission is *to stop the degradation of the planet's natural environment and to build a future in which humans live in harmony with nature*. If there is sufficient money raised, the school will adopt an endangered species and support the vital work which is being done to protect the animal and its habitat.

#### **DIVISION SWIMMING CHAMPIONSHIPS**

Congratulations to Billie from Year 3 and Chloe, Jasskirat and Olivia from Year 4 who qualified for the Division Swimming Championships, held at Noble Park last week. The girls swam an awesome race and placed 2<sup>nd</sup> in the 4x50 metre freestyle relay. Well done girls, we are very proud of you.



Congratulations to the Grade 4,5,6 students for their effort and behaviour at Casey Fields at the House Athletics





Last Wednesday our Year 6 students travelled to Mt Martha for their Year 6 Camp. All of the students demonstrated excellent behaviour, team work and a willingness to try new experiences. We are so proud of them. The highlight for many was the Mt Martha Observatory, located in The Briars park near the Camp. Being able to view the solar system through incredibly powerful telescopes was a very exciting experience. A very big thank you to our staff who organised and attended the Year 6 Camp – Shane Kelly, Melissa Coverdale, Amber Brickell, Janice McPhan, Annette Haskett and Brodie Hearnden.



#### **NAPLAN 2025**

Congratulations to our Years 3 and 5 students who completed NAPLAN testing on Writing, Reading, Conventions of Language and Numeracy last week. Our students calmly took it all in their stride and tried their very best, we are very proud of them. A big thank you to the Year 3 and Year 5 teachers who put in a lot effort to ensure students were well prepared.

Dress as your favourite wild animal, wear colours to represent your animal or bring a toy animal or book about your animal.



Friday 21st March Dress as your favourite wild animal. Gold coin donation.



### Week 6

Prep A	Danyal	For always trying his best. Well done!		
Prep B	Ali	For trying hard with all learning tasks! Well Done :)		
Prep C	Sarah	For always completing tasks with a positive attitude!		
Prep D	Richard	For trying his best to make new friends out in the yard. Well done :)		
Prep E	Spogmai	For consistently trying her best in all her learning. Well done!		
Prep F	Sadaf	For her AMAZING writing!		
1A	Tate	For working hard to sound out unknown words. Well done!		
1B	Kage	For trying his hardest in all of his learning! Keep up the amazing work!		
1C	Olivia	Olivia For working hard to complete all her classroom learning tasks.		
1D	Carter	Carter For excellent expression in Reading		
1E	Sinoli	For taking on and implementing feedback in her writing.		
2A	Mahrin	For brilliant efforts in her writing		
2B	Aubree	for her wonderful efforts in writing!		
2C	Diesel	for always sharing your ideas in class discussions.		
2D	Kiara	For her excellent writing narratives		
3A	Yusra	For settling into a new school and Year 3 with ease.		
3B	3B Ariah For your enthusiasm for every task!			
3C	Mahnaz	For always trying her hardest during lessons.		
3D	Selena	For always being a keen learner and having a go at all tasks!		
3E	Aaliyah	For giving every task her best go!		
3F	3F Ali For working hard on his vocabulary builder activity. Well done Ali!			
4A	Ariyah	For being brave and trying all challenges!		
4B	Samir	For good data collection and representation!		
4C	Asiya	For showing great initiative and responsibility as our JSC rep! Well done!		
4D	Arman	For his commitment to learning this week. It is so pleasing to see!		
4E	Makayla	For contributing to a class summary during Reading.		
5A	Sima	For always helping out in the classroom and being a great contributor to our class discussions. Keep up the super effort!		
5C	Lina	For consistently completing her home reading and homework each week. Keep up the great work!		
6A	Mia	You have shown perseverance in solving challenging your numeracy tasks.		
6B	Safaraz	For an excellent improvement in writing.		
6C	Ebony	For using feedback given to her to improve her responses given during Guided Reading.		
6D	Rahmat	For putting in extra effort with his homework		





Prep A	Yahya	For making such a fantastic start in Prep!
Prep B	Siddiqa	For a great effort with learning your sounds! Well done :)
Prep C	Eman	For doing a great job at using sounds in your writing. Well done!
Prep D	Zeke	For doing a great at practicing his sounds. Well Done :)
2D	Logan	For great participation in phonics!
3A	Zohra	For her positive attitude and always trying her best in all subjects.
3B	Jesse	For your engagement and contributions during Inquiry discussions!
3C	Kaytan	For her positive attitude and always trying her best in all subjects.
3D	Fariha	For her fantastic contributions during class discussions!
3E	Taaliah	For showing resilience when tackling NAPLAN this week!
3F	Natalie	For writing up an excellent persuasive piece, using fantastic arguments. Well done!
4A	Race	For his excellent work in Maths, using mental strategies!
4B	Yovaan	For displaying a range of mental strategies for subtraction
4C	Jaiwanth	For showing great initiative and responsibility as our JSC rep! Well done!
4D	Shayan	For working hard to solve subtraction problems using mental strategies.
4E	Mojtaba	For providing evidence in the text, when answering questions in reading.
		For doing an amazing Venn Diagram for your comparison between Earth and
5A	Ali-Sina	Mars in our Inquiry topic this week. Well done!
5C	Timothy	For working hard on improving his blending of words. Well done!
6B	Sahar	For an excellent effort to complete the puzzle during camp week





# chool Values





### Congratulations to the following Students

### Week 6

### Week 7

Prep A	Bonnie
Prep B	Sitarah
Prep C	Aliya
Prep D	Sara
Prep E	Nihaal
1A	Diana
1B	Tariq
1C	James
1D	Mobina
2A	Hope
2B	Ava
2C	Asra
2D	Sabella
3A	William
3B	Beta
3C	Subhan
3D	Cedric
3E	Mustafa
3F	Amitoj
4A	Jasskirat
4B	Ellie
4C	Neville
4E	Charlie
5A	Azariah
5C	Jaxon
6A	Zohair
6B	Aminah
6C	Soane
6D	Zainab

Prep A	Alicia
Prep B	Chinmayi
Prep C	Lida
Prep D	Toby
2D	Neil
3A	Riyansi
3B	Jannat
3C	Poorva
3D	Mahli
3E	Minh-Anh
3F	Liam
4B	Diva
4C	Abolfazl
4D	Imogen
4E	Simrat
5A	Yahya
5C	Ami





# **Term 1 2025**

17th	<b>18th</b> Gr 4-6 House Athletics @ Casey Fields	19th Gr 1 Human Body Incursion	<b>20th</b> Ride 2 School Day Bookclub Due	<b>21st</b> Junior Assembly Earth Hour - Wear it Wild gold coin donation
<b>24th</b> Gr 2 Walking Excursion \$ Due Gr 5 Mad about Science Incursion	25th 2nd Hand Uniform Stall School Council 6.30pm \$ Due Gr 4 Mapping Incursion	26th	27th	<b>28th</b> Curriculum Day - No School
<b>31st</b> Gr 4 Mapping Incursion	1st Gr 5 Mad Science Incursion Enrolment Day - Parent English Classes	2nd	3rd	4th Easter Bonnet Parade Last Day of Term 1 2.30pm finish
7th	8th	9th	10th	11th

School Holidays

Do these
two
things this
daylight
saving time.

MARCH





# **Wellbeing Page**

### Compassion

### The Parenting Superpower Most Mums and Dads Aren't Using

Every interaction with your child is either building connection or creating distance. Most parents are unknowingly choosing distance without realising the long-term emotional consequences.

In the daily grind of managing the household, getting children to and from school (and other commitments), regulating their emotions and our emotions, and navigating the everyday realities of life: it wears us out. We're flustered. Exhausted. And... let's be honest; sometimes we are impatient.

We want to be great parents. We know that connection is key. But now it's 5pm, and our children are done for the day. The energy is shifting. Tempers are fraying. They're bickering. You've asked and asked, but their school bag is still in the doorway.

When our willpower is at its lowest, our children are likely to be most challenging. At this point, us trying to get things right is like trying to start a campfire with wet matches—frustrating, energy-draining, and seemingly impossible. It's easy to fall into a cycle of correction and direction that misses the most important aspect of raising children: connection.

Compassion is the answer. I know... It feels like a sharp command, a clear consequence, and a stern face will get you where you want to go faster: maybe it will. But you're playing a longer game.

### What is Compassion?

Let's get clear on definitions. Compassion comes from two Latin words. In our English translation we'll say that:

Com means together, with others. (Think community, communicate, combat, common.)

Passion doesn't mean what you think. It's Tony Robbins saying, "Believe in yourself! You can do it!" The word literally means to suffer.

So compassion, at its core, means to suffer together.

### In Real Life

Consider a typical scenario: Your child is upset because a friend has moved away over the Christmas break. The natural response might be to minimise their feelings by saying things like, "You'll make new friends" or "Stop moping around." There's the classic Aussie response: "You'll be right." But these responses tell children that their emotions are inconvenient or invalid. It feels dismissive.

Instead, true compassion means sitting with their pain. It means saying things like:

- "It must be really hard to miss your friend."
- "Being apart from someone you care about is tough."
- "I can see how much this is affecting you."

# **Wellbeing Page**

#### The Power of Validation

Validation doesn't mean agreeing with everything or solving every problem. It means acknowledging the emotional experience. When children feel heard, they feel safe. When they feel safe, they're more likely to communicate openly and work collaboratively with parents.

This approach transforms discipline from a power struggle into a collaborative process. Instead of creating resistance, compassion builds connection.

### 5 Practical Ways to Practice Compassionate Parenting

- Listen Without Judgement: Create a safe space for your children to express their feelings. Put away distractions, make eye contact, and hear what they're saying. Avoid immediate advice or correction. Sometimes, feeling heard is the most powerful intervention.
- 2. Name the Emotion: Help children develop emotional intelligence by naming their feelings. "It seems like you're feeling frustrated" or "I can see you're feeling disappointed" gives children language for their internal experiences. This helps them understand and manage their emotions more effectively.
- 3. Set Boundaries with Empathy: Compassionate parenting isn't about eliminating boundaries. It's about setting those boundaries with understanding and respect. Instead of "Because I said so," try "I understand you want to do this, and right now, we need to do something different. Here's why..."
- 4. Model Emotional Regulation: Children learn emotional management by watching their parents. When you handle your own stress, disappointment, or anger with calm and reflection, you're teaching them a powerful life skill. Show them how to process emotions constructively.
- 5. Repair and Reconnect: No parent is perfect. When you make mistakes—and you will—take responsibility. Apologise sincerely. Show your children that it's okay to be imperfect and that relationships can be healed through honest communication and genuine care.

### The Long-Term Impact

Compassionate parenting isn't a quick fix. It's a long-term investment in your child's emotional development. Children raised with this approach are more likely to:

- Develop strong emotional intelligence
- Build healthier relationships
- Communicate more openly
- Handle stress more effectively
- Show empathy to others

Discipline will always be part of parenting. But when discipline is rooted in compassion, it becomes a tool for teaching and connection rather than a weapon of control.

Remember, you're not just raising children. You're nurturing future adults who will carry the emotional skills you've taught them into every relationship and challenge they'll face.



Dr Justin Coulson is a dad to 6 daughters and grandfather to 1 granddaughter. He is the parenting expert and co-host of Channel Nine's Parental Guidance, and he and his wife host Australia's #1 podcast for parents and family: The Happy Families Podcast. He has written 9 books about families and parenting. For further details visit happyfamilies.com.au.

# Student Attendance

There is a clear link between attendance and punctuality and attainment. The more time a pupil spends in school the more likely they are to improve their opportunity to fulfil their full potential. This gives them the best opportunities to be ready to learn and achieve success.

Families and schools work together to encourage and support student attendance and build sustained learning opportunities.

### **Parents responsibility:**

Students are required to attend school <u>on time everyday.</u> If a student is absent, parents and carers <u>must</u> inform the school that their child is absent on the day or before the day of absence. This is a legal requirement.

If a child is late, parents will need to provide an explanation for the lateness.

### How to inform the school:

- 1) Log it on the Parent Portal.
- 2) Alternatively call the school (03) 9705 3800
- 3) Send an email strathaird.ps@education.vic.gov.au

### **School's Responsibility:**

The school must notify you of an unexplained absence in relation to your child as soon as practicable on the same day. This will be sent via a text message.

Our classroom doors open at 8:50am. this provides time for students to enter the room, unpack their bags and begin their morning reading.

### **Late Process:**

School starts at 9am in the classrooms. <u>If your child arrives after this time</u>, <u>they must go to the office and be signed in before going to class</u>.

### **Attendance Support:**

If you require further support with your child's attendance, please contact our school and speak with our Assistant Principal.

Being On time to school really does matter				
If your child is late everyday	Learning time lost approximately			
5 Minutes	3 Days from school			
10 minutes	5 Days from school			
15 Minutes	8 Days from school			

# **Moonlit Sanctuary**



Learn more: moonlitsanctuary.com.au

Info: (03)5978 7935

# Grade 6

# Grade 6 Camp



With excitement and a hint of adventure, our Year 6 students embarked on a three-day camp at The Briars in Mt Martha on the Mornington Peninsula. Under hot and humid conditions, they embraced a range of team-based activities and challenges, often stepping beyond their comfort zones.

On the first night, students eagerly gathered to hear a fascinating presentation from the Mornington Astronomical Society, deepening their understanding of the solar system. Following this, they had the incredible opportunity to observe the moon, planets, and stars through advanced telescopes. The second night provided a more relaxed atmosphere, as students enjoyed a fun-filled trivia night in their groups. Throughout the camp, our students exemplified our school values and displayed outstanding behaviour, contributing to a memorable and rewarding experience for all.













# Grade 6 Zooper Dooper Sales

**MONDAY AND TUESDAY** 

\$1.00 Each

**OUTSIDE ADMIN AT RECESS** 

Money raised goes towards Graduation 2025





# SUSTAINABILITY NEWS













### <u>Marine Ambassadors Peer Teaching Training Day – 28<sup>th</sup> Feb</u>

The Marine Ambassadors Hena, Allie, Parasto and Sahar travelled to Botanic Ridge PS to participate in a training day where they learnt to teach others a lesson about oceans and how we affect them. There were Ambassadors from 7 other schools and we had the opportunity to teach the lesson we learned to a Grade 2 class. The Ambassadors represented Strathaird proudly and will be teaching the Preps their lesson in the coming weeks.











Earth Hour
2025 Saturday
22nd March

Don't forget to switch off for Earth Hour 2025: have fun spending time as a family without electricity for an hour – play games by candle light, go for a night walk, play flashlight tag, hide and seek or like our family monopoly by candlelight!

Did your family manage to get out and clean up the local area for Clean up Australia Day? It was great to see lots of community members out with bags and tongs picking up rubbish. At school, some of our classes cleaned up the yard and our Green Team and Marine Ambassadors spent their recess cleaning up outside the back gate. Well done everyone.

# Clean up Australia Day 2025







# Strathaird's Got Talent

Get Your Act Together!

# rathaird's Got



Calent 2025



**Auditions!** 

When: Term 1, Week 9 (Monday 24th March - Thursday 27th March)

# Where: In the MUSIC Room at lunchtime

Monday 24th - Grade 3 and 4 Individual Auditions

Tuesday 25th - Grade 5 and 6 Individual Auditions

Wednesday 26th - Group Auditions

Thursday 27th - Group Auditions

Performances to be NO LONGER than 3

minutes each!

**Bring ALL props** and music needed to your audition.

The Strathaird's **Got Talent** Performance will be in Term 2, on Tuesday 1st July.

# Student Leadership





On Monday 4th March, Mr Fleming and Mrs Gilligan took our School Captains, Vice Captains and House Captains to the Grip Student Leadership conference in the city. This was a wonderful experience for our student leaders to meet other student leaders, learn about the role of being a student leader and have fun.

The students participated in group activities, learnt about the importance of being a good role model, helping others and working

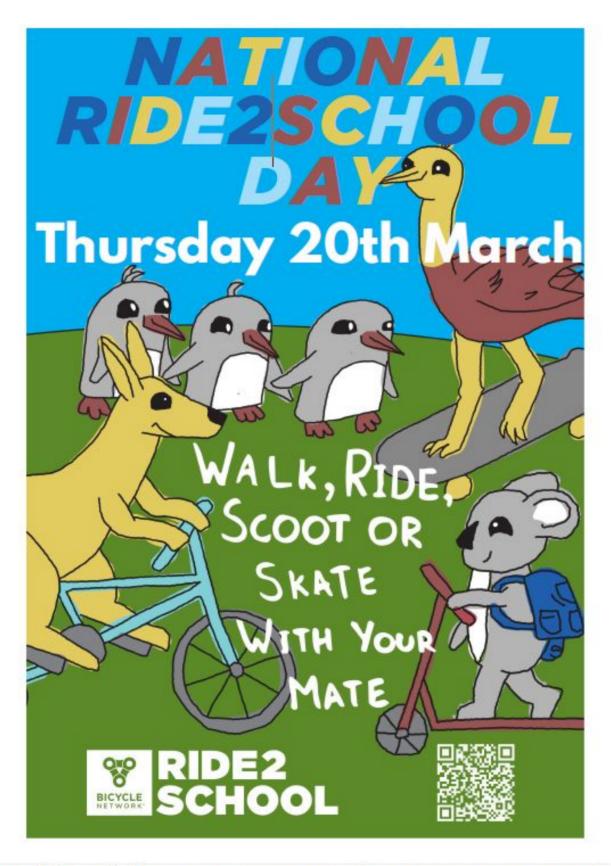
together.



# **2nd Hand Uniform Stall**



# Ride2School Day



Walk, ride, scoot or skate part or the whole way to school

# **Easter Bonnet Parade**



# Sentral for Parents App

The **Sentral for Parents** app allows families to:

- view academic reports
- explain past and upcoming student absences
- view calendar events
- book parent/teacher interviews
- receive sick bay notifications
- view school newsletters

as well as receive real-time notifications and messages from the school



### **Instructions for accessing the Sentral for Parent App**

- 1. **Download** the 'Sentral for Parents' app. Depending on your device, visit either the Apple App Store, or the Google Play Store.
- 2. Search for Strathaird Primary School. Tap Next.
- 3. **Sign in** using your Sentral username (your registered email address) and password (that you created when Registering). Tap Log In.
- 4. You are now ready to start using the app.

### If you have never registered on Sentral:

- 1.Click register here to register a new account. It will ask you to create a user name and password. Enter your email address as your username and create your own password. You will receive a verification email which MUST be verified in order to continue.
- 2. Once verified, log back into the app and use the access key provided by the school to link to your child's details. *The access key will be created for you once your child is attending.*

For a quick overview on how to access the Parent Portal, please watch this short video.

https://vimeo.com/sentraleducation/review/431752138/968dcb15a8

If you have questions about using the app, or need some extra help then please browse the list of FAQs at

<u>https://info.sentral.com.au/new-app-getting-started</u> or contact us for assistance.



# **Important Parent Resources**



### **Attendance**

Please ensure your children are at school on time. Students should be at their class by 8.50am ready to begin class by 9am.

If your child is absent, please notify the school through the Parent Portal on Sentral or call the admin on 9705 3800.





1

Set up your device to protect your information.

2

Explore safely & tell an adult if you see anything online that makes you feel yuck.

3

Limit who can contact you when you're playing games.

4

Stop all contact with anyone online who asks you to do anything you don't want to do. Report and block them.

5

Ask for help if anything online is bothering you.



esafety.gov.au/kids

# How to report cyberbullying material



If the content is not removed within 48 hours apply steps 3 and 4  $\,$ 



If you are in immediate danger, call 000 (triple zero)
If you need to talk to someone, visit kidshelpline.com.au or call them on
1800 55 1800. 24 hours a day 7 days a week





### **Make good choices**









Why do you like it?

Use devices near a grown-up

Time's up







#### Make good choices

Help children to think about the content they watch and how to manage their time on screens.

#### Message 1: Why do you like it?

Choosing to say kind things when connecting online is a life-long skill that can help prevent cyberbullying later on. The screen image can be a stimulus to discuss the types of things you should do when video calling,

#### Message 2: Use devices near a grown-up

Children need to be aware that digital technologies should be used with a grown-up nearby and in a shared space. Children should get used to the idea, from an early age, that devices should not be used in bedrooms.

#### Message 3: Time's up.

It is important to discuss with children how they will know when it's time to turn devices off and how they will transition to another activity.

#### Key questions when discussing this poster could include:

- · What do you like to play on devices? What makes you like it?
- Where are these people using devices? Where are you allowed to use them?
- · Have you ever been told you have been playing on a device for too long? How do you feel when that happens? What do you usually do?

### Be kind









Say kind things

Take turns

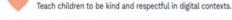
Ask before you take a photo

eSafety

Barly Years







Message 1: Say kind things Choosing to say kind things when connecting online is a life-long skill that can help prevent cyberbullying later on. The screen image can be a stimulus to discuss the types of things you should do when video calling,

#### like saving hello with a smile.

Taking turns is a good way of managing time on screens and building self-regulation skills. The child in the background of this picture is sad because they have been left out of the game.

#### Message 3: Ask before you take a photo.

The little boy in is taking a photo of himself with his family. The screen image depicts another time when he is asking his family if they would like to be in the photo.

#### Key questions when discussing this poster could include:

- Have you ever called your family or friends on a computer or tablet like the people in the first photo? What do you think they are saying? How do you know?
- · Why do you think the boy in the middle photo looks sad? What could they do to stop him feeling sad?
- . Do you always ask someone if it is OK to take their photo before you take it? Why?

### Be safe









Play with the games and

Only talk with people you know

Some things should be kept private









Help children understand personal information and how it can be protected.

#### Message 1: Play with the games and apps that are yours.

Devices should be set up so children know which content is for them and that other games, programs or apps may not be suitable for them. The screen image shows the folder where the little girl can find the games and apps just for her use.

#### Message 2: Only talk with people you know.

This picture reminds children that they should only video call when a grown-up is helping them, and only speak to people they know.

#### Message 3 - Some things should be kept private.

In this picture the boys are creating an avatar with their Grandad. Avatars can be a practical way of showing children how they can keep their real name and identity private by creating a character to represent themselves in games

#### Key questions when discussing this poster could include:

- . Do you play on your Mum or Dad's phone, tablet or computer? Do you have a special place for your games and apps? How do you know what is yours?
- . Do you talk on the computer to your friends and family? Who helps you?
- . Why do you think the boy in the last picture looks confused? If you were going to create an avatar for yourself what would it look like? Why?

# Ask for help









Tell a grown-up

Check before you tap

You won't get in trouble









Teach children to ask a trusted grown-up for help with any issue using digital technologies.

Message 1: Tell a grown-up. It is really important for children to know that if something makes them feel worried, scared or sad when they are using a device they should tell a grown-up.

#### Message 2: Check before you tap.

Before children use a device, they should ask a grown-up. The picture shows the little boy asking if he can play a new video he has not seen before.

#### Message 3: You won't get in trouble

ldren are playing with digital technology often things happen that they didn't expect. It can be the same for grown-ups tool Children need to know that if something unexpected happens, they should tell a grown-up. They should be assured that the grown-up will know it was important for the child to share the problem even if it happened because they made a mistake.

#### Key questions when discussing this poster could include:

- Have you ever seen something that made you feel worried, scared or sad when you were playing on a tablet? Who would you tell? What do you think they would say?
- · Who do you ask before you play, watch or tap on something new on a device?

### **Our Vision Statement and Mission**

### **VISION STATEMENT AND MISSION**

To empower students to strive for personal achievement, embrace challenges and develop the skills and values that enable them to become lifelong learners and engaged responsible citizens in an ever changing global society.





# Strathaird



**Primary School** 





### Respect

We value people's worth and qualities and treat them in a polite and friendly manner.



### Compassion

We care about others, we treat them with kindness and we help people when they are in need.