



FROM THE PRINCIPAL'S DESK

Dear Parents and Carers,

Thank you again for supporting your children through their Home Learning tasks. **Remember, your child does not need to complete everything on the planner – you do what suits your family for that given day or week.** When school resumes, teachers will conduct assessments and these outcomes will drive our planning and teaching. For some children and their parents this is a stressful time, so it is important to check in on your mental health and wellbeing.

MENTAL HEALTH AND WELLBEING CHECK-IN

Just as you set aside time for physical exercise, it is important to make time each day to check in on your child's mental health and wellbeing.

As your child adjusts to their new routine and not being able to see their friends in person, it is important to be understanding of their feelings of frustration, anxiousness and even anger – every child will react differently.

To support your child, use these mental health and wellbeing check in points to:

- Provide an opportunity to talk about how they feel and listen to what they say
- Identify one or two things they could do to address what they are concerned or angry about
- Ask how they are going, whether they are finding it easy or hard to learn remotely, and if there is anything they'd like your help with.

There is a risk that your child may be bullied online. If you think this happening to them, support is available on how to talk to your child and your school at: [Bully Stoppers](#).

[Parentline](#) also offers support on parenting issues such as education and bullying.

If you have any other concerns about the health and wellbeing of your child, contact your child's teacher or email the school directly and we will be in touch

LETTER WRITING

To maintain school connectedness, last week I sent all families a letter to update our students on what has been happening at school and asking them to write back to me about how they are coping with their Home Learning. Please encourage your child to hand write a letter and post it to the school or drop it in the school letter box if you are walking by. This is an authentic writing activity and I am very much looking forward to hearing from our students. Thank you to those who have already replied!

PARENT SURVEY

On Monday all parents will have received my email with DET updates (nothing more to tell really) and registration information for on-site learning. Included in my email was a link to a Parent Survey. Thank you to those parent who completed the survey.

I will compile the responses and address your general questions and concerns with a **Q & A email on Friday afternoon.**

SAD NEWS

Sadly Christine our beloved crossing lady has passed away on Sunday evening. I will organise for a card to be sent to Chris' family recognising her enormous contribution to our community and her sad passing.

Continued...

FROM THE PRINCIPAL'S DESK *Continued...*

SCHOOL PHOTOS

Due to current restrictions, school photos will be distributed to families once schools resume normal operations.

MENPS VIDEOS - [MENPS videos](#)

These videos are available for viewing on the school website in the Home Learning tab.

VIRTUAL ASSEMBLY

To assist our students to stay connected with our amazing school, we have created a virtual assembly for you to share with your children. It is very strange having the school and an assembly with only a few students, but we did have fun making it! Enjoy!

WONDERFUL WOMEN @ MENPS

Thank you to those families who have submitted photos and clips for our WONDERFUL WOMEN film. This is a celebration of our amazing women; mums, grandmothers, aunts and friends. Thank you to Cindy Minogue for putting this together to celebrate **Mother's Day in ISO!!**

Kind regards,

Julie O'Brien
Principal

ASSISTANT PRINCIPAL / IB PYP COORDINATOR

I hope the week has been a positive one so far. As the weeks continue to roll on it's becoming more evident that our mental health and wellbeing needs to be our number one priority. Having a strong routine and checking in on family and close friends has never been so important. This following website is worth visiting as it discusses Emotional Literacy which is an important concept in these challenging times! The Resilience Project has provided our students and school community with many great ideas and strategies to support them in times of anxiety so I highly recommend checking it out!

<https://theresilienceproject.com.au/at-home/emotional-literacy/>

Another website worth checking out is Dr Michael Carr-Gregg's information about supporting young children during Covid 19.

<http://michaelcarrgregg.com/what-to-say-to-kids-about-covid19>

We have received a lot of feedback from families during these past few weeks and I just wanted to reiterate how important it is for you to make decisions that suit your family situation and support the wellbeing of your children and yourselves. Just a few things to remember:

- Please contact your child's teacher and/or the school if you have questions or require further support
- Set a schedule that suits your family. Every child and situation is different and we want there to be flexibility in how you approach Remote Learning tasks. For example:
 - 9am-1.00pm every day for academic tasks then Gem, specialist and free-time afterwards
 - 9am-3.30pm for a few couple of days to get everything done then relax
 - A different schedule each day depending on the demands of other family members' schedules e.g. work, availability of devices and secondary students plans etc.
 - Four days of Literacy and Numeracy and then the fifth day is dedicated to Specialist activities
 - Choose 2-3 tasks each day and complete

Our teachers have planned for and provided tasks to suit each year level but it is not compulsory to complete them all.

We thank you for your efforts as we appreciate this is not a normal situation and it is affecting everyone in a multitude of ways. Lastly, Happy Mothers' Day to all the wonderful mums and strong women in our lives.

Peita Cooper
Assistant Principal

VICTORIAN PREMIERS' READING CHALLENGE



The Victorian Premiers' Reading Challenge is now open and Mount Eliza North Primary School is excited to be participating. A new application is being used this year that offers a range of exciting features including:

- access to a library catalogue (including book images and blurbs)
- a modern user-friendly interface
- rewarding students with badges as challenge milestones are achieved
- the option for students to mark books as a favourite, give them a star rating or complete a book review

The Challenge is open to all Victorian children from birth to Year 10 in recognition of the importance of reading for literacy development. It is not a competition; but a personal challenge for children to read a set number of books by 4 September 2020.

Children from Prep to Year 2 are encouraged to read or 'experience' 30 books with their parents and teachers. Children from Year 3 to Year 10 are challenged to read 15 books.

All children who meet the Challenge will receive a certificate of achievement signed by the Victorian Premier and former Premiers.

To read the Premier's letter to parents, view the booklists and for more information about the Victorian Premiers' Reading Challenge, visit: www.education.vic.gov.au/prc

Your child's individual log in details will be emailed to you via the school on **Friday the 8th of May**. Further information about how to use the new Challenge application is available at:

[School students and parents](#)

To log in go to:

[Register and log in](#)

If you have any questions, or if I can be of assistance please email me at: mcilroyl.menps@gmail.com.au

Lauren McIlroy
Library Teacher

ISOLATION HOME SCHOOLING CHALLENGE

The fun challenge for our Mount Eliza North Primary School students and teachers in this edition of Kalori is... Can you take a picture of yourself in your at home, 'isolation' classroom to share with the rest of the school? **If you want to enter please make sure you have permission to share your photo.**

I will put together a video montage of all the different 'iso' classroom spaces we are currently working from. If you would like to enter please send your photo to Ms Minogue at:

Minoguec.menps@gmail.com

Entries due by: Monday 18th of May

I can't wait to see your photos. It will be interesting to see the different working spaces.

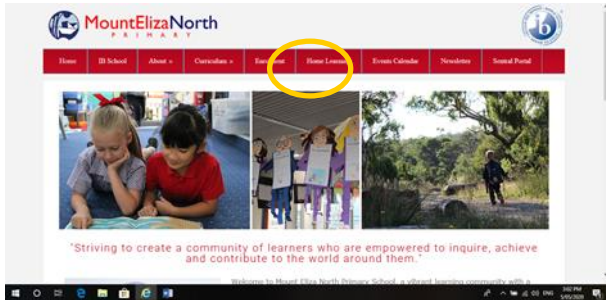
The finished 'Wonderful Women of Mount Eliza North Primary School' video has been uploaded to our school website. You should have a look at it. It's lovely!

Thank you,

Cindy Minogue
Specialist Art Teacher

ART NEWS

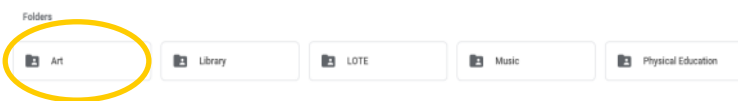
Thank you to all those students who have accessed the Art inquiries at home. If you don't know where to locate them, look up our school website, click on the Home Learning tab, Specialist, Art and then it goes into Junior, Middle and Senior School. I have also left a Rainbow Challenge for all students, which was also mentioned on the Assembly video.



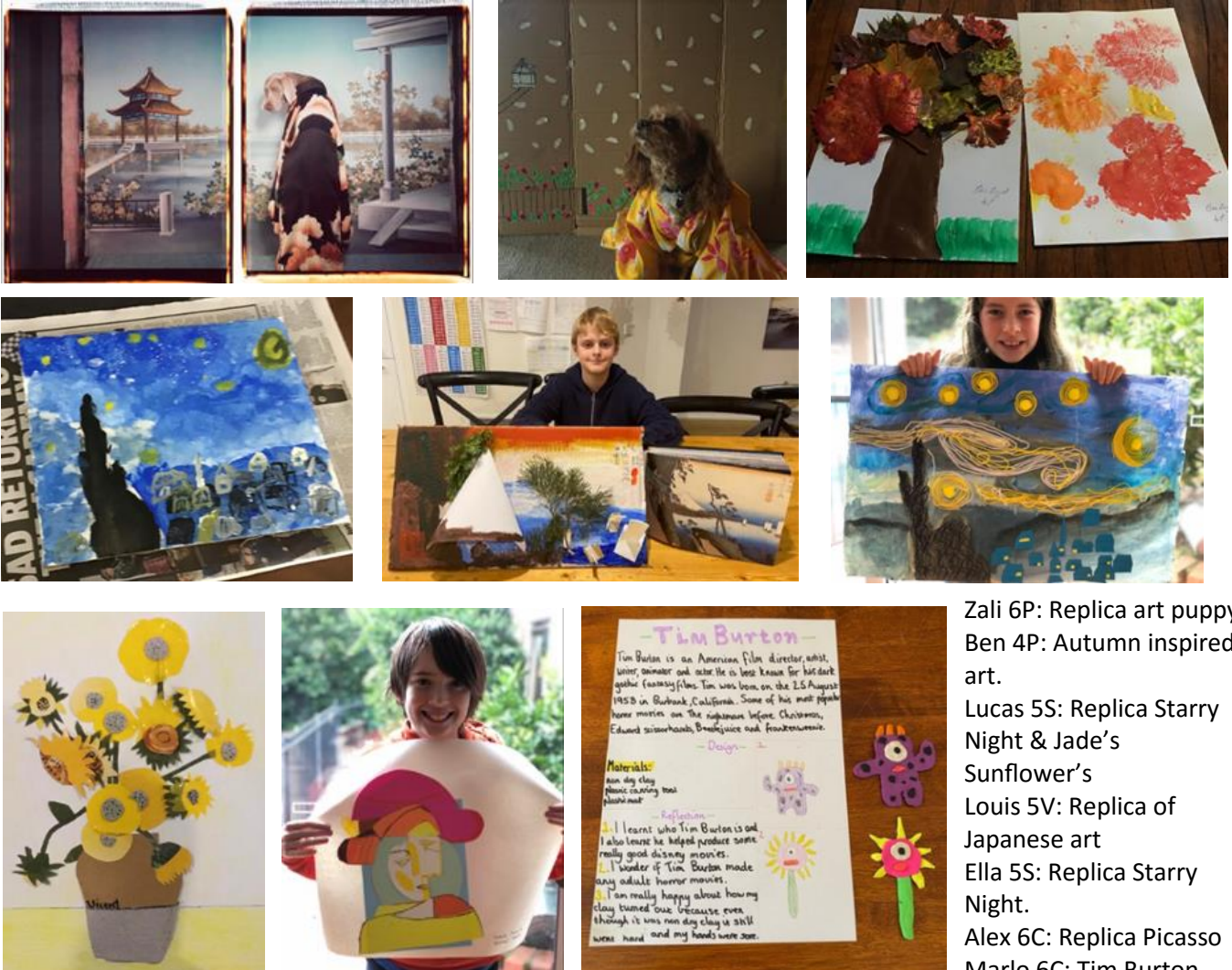
Home Learning

TITLE	LAST MODIFIED
Junior School	Apr 19
Middle School	Mar 19
Senior School	Mar 19
Specialists	Mar 19
Videos	Apr 13
Wellbeing Resources for Families	May 3

Specialists



Here are some examples of what students have been creating at home. Once they completed their artwork they sent an image of it to my email address: minoguec.menps@gmail.com



- Zali 6P: Replica art puppy
- Ben 4P: Autumn inspired art.
- Lucas 5S: Replica Starry Night & Jade's Sunflower's
- Louis 5V: Replica of Japanese art
- Ella 5S: Replica Starry Night.
- Alex 6C: Replica Picasso
- Marlo 6C: Tim Burton inspired monster art

Cindy Minogue—Specialist Art teacher