



## FROM THE PRINCIPAL'S DESK

Dear Parents and Carers,

### RETURN TO SCHOOL

It is an absolute joy to have our students back at school where they belong. Most students have settled back to the routines of school life extremely well.

One of the many things this pandemic has taught me is the important role schools play in leading the community through adversity by connecting and strengthening relationships. Schools enable a social connection for our students, staff, and parents. The learning process is a social one between all stake holders, and schools strengthen that social connection and sense of belonging that we all need.

Now that we have returned to onsite learning, it is vital that students attend school to reconnect with their peers and teachers and to ensure that their learning continues.

Our school community reflects our society in general and like many Victorians we do have some families and students who are experiencing anxiety. I strongly recommend that you read the Beyond Blue article 'Strategies to support anxiety in young children' that Caroline Chilianis refers to in her article.

### IB EVALUATION



This week the school is participating in a three-day evaluation via Zoom. Our reviewers are meeting with students, staff and parents and visiting classrooms and specialist classes over the three days. This is an opportunity for us to reflect on our achievements over the past 6 years and will assist us with our future planning and improvement. A huge thank you goes to Mrs Cooper for her outstanding work as our IB PYP Coordinator to organise the logistics of an evaluation and by Zoom!!

### PARENT OPINION SURVEY

Each year, the school conducts an opinion survey amongst a sample of the school community. This year, a sample of approximately 30 per cent of parents has been randomly selected and invited to participate. Results will be used to inform and direct our future school planning and improvement.

I ask you to please take the time to complete the survey as your opinions are important to us and will contribute to the future management and organisation of our school.

This survey is an annual opportunity for parents to give the school feedback on how we are going. The Parent Opinion Survey results will be presented to School Council in Term 4.

### ACCESS RESTRICTIONS

Having just espoused the importance of reconnecting with our community, we are still operating under advice from the Victorian Chief Health Officer and must adhere to strict COVID safe guidelines to keep our community safe.

Access to the school site is strictly limited to essential visitors, this includes teaching and ES staff and health and wellbeing staff. All staff and essential visitors must continue to wear a face mask indoors and outside.

At this stage, parents cannot access the school grounds and are asked to remain off site.

Continued...

## FROM THE PRINCIPAL'S DESK *continued...*

Parents are asked to adhere to the following:

- Parents are asked **not get out of their cars** at drop off or pick up – just kiss & go
- Parents are asked to **avoid or minimise time in or around the school grounds** (please do not be offended if you are asked to move off site by a teacher on duty)
- If parents need to contact the school or a teacher, you can do so by calling the office or via email.
- Parents are encouraged to **park away from the school** (i.e. Eden Gardens car park) and walk their children to the four school entry/exit points
- Students should be encouraged to walk or ride to school (weather permitting)

**All visitors to the school must register using the QR Code Service at the school office.**

Until we receive further advice, Whole School and Sub School Assemblies are not accessible to parents or carers. If your child is to receive an award at an assembly, your child's teacher will forward to you a Zoom invitation with log in details.

### MT ELIZA ART & DESIGN SHOW

The Art Show committee are busily continuing to organise the Mt Eliza Art & Design Show, our schools annual fundraising event. This year the theme is 'Come Together' and will take place Friday 22<sup>nd</sup> to Sunday 24<sup>th</sup> October. Our mantra is: *We GO until they say NO!*

### STAFFING UPDATE

At the end of next week Ms Eloise Jones will leave us to commence family leave. Ms Jones is a treasured member of staff and we wish her all the very best and cannot wait to meet the new addition to her family. Mr Michael Berrill will replace Ms Jones and will come to visit MAJ next week. Mr Berrill is very excited to be a member of our school community and I am sure you will join me in warmly welcoming him when you can!

Welcome to Mrs Adrianna Kalogris who will be joining our staff and will be replacing Mrs Kirby in the LOTE room one day a week for the remainder of the year.

All the best and stay safe.

*Julie O'Brien - Principal*

# WE ARE BACK!

WE ARE SO EXCITED TO ANNOUNCE  
THE MOUNT ELIZA ART & DESIGN SHOW  
WILL RETURN THIS OCTOBER!  
APPLICATIONS OPENING SOON



MOUNT ELIZA  
**ART  
& DESIGN  
SHOW**  
22-24 OCT 2021



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# FROM THE ASSISTANT PRINCIPAL / WELLBEING..

## HELLO FROM WHAT HAS BEEN OUR FIRST FULL WEEK ONSITE AT SCHOOL IN A LITTLE WHILE!

I enjoy a good chat, hence why I enjoy my job so much

Occasionally, conversations I have been having lately have been centred around anxiety in children and the best approach we can take as parents. Anxiety is a normal emotion for all of us and can show in many ways.

Being a person who enjoys routines, I like resources that suggest strategies and steps we can consider when responding to different situations.

I thought I would share one with you this week...

The article is a Beyond Blue article and is titled 'Strategies to support anxieties in young children.' The link is below, and I will summarise some of the main ideas, but the article is worth a read.

<https://healthyfamilies.beyondblue.org.au/age-6-12/mental-health-conditions-in-children/anxiety/strategies-to-support-anxious-children>

## 10 STRATEGIES TO TRY

### START BY SLOWING DOWN

Encourage your child to take some slow deep breaths to calm the physical effects of anxiety. Do it together and then when calm you can talk through what is worrying.

### MAKE TIME TO WORRY

Dedicate some time throughout the day to talk about or draw with your child things that may be worrying them. When that time is up put them away and say goodbye to the worries for the day.

### CLIMB THAT LADDER

Laddering is breaking the worries into manageable chunks and gradually working towards a goal.

### ENCOURAGE POSITIVE THINKING

Connect back to times when they've dealt with similar issues in the past and how they worked out ok and (my favourite) make a plan for how they will respond if things don't go as they would like.

### HAVE A GO

Emphasise having a go and having fun is more important than whether something is a success or failure.

### MODEL HELPFUL COPING

'Show don't tell' Show your children how you cope with stressful situations. Talk about your thinking and what you are going to do.

### HELP YOUR CHILD TAKE CHARGE

Think about what you can do to make your child feel like they have some control over the situation.

### BE UPFRONT ABOUT SCARY STUFF

Try and put fears and worries into perspective, talk through these and answer questions truthfully.

### BE BRAVE

Check out BRAVE – a free online program to help kids cope with worries and anxiety. There's a tailored version for younger kids (eight-12), one for teens (12-17) and an accompanying program for parents. I haven't personally looked at this resource, but it may have some good tools.

### CHECK YOUR OWN BEHAVIOUR

Kids pick up lots of signals from adults in their lives, so have a think about the messages you are sending.

Remember, the goal for most kids isn't to eliminate anxiety completely. It's really about giving them the skills to manage anxiety, so it doesn't get in the way of enjoying life.

## WAYS WE CAN SUPPORT YOU AND YOUR CHILD:

- We can chat with you and your child about concerns and help you to put a plan in place to address these worries.
- We can be a friendly face at the school gate in the morning and give a warm welcome into school.
- We can check in with your child and see how their school day is going.
- We can think about all the great resources and programs we have at Mount Eliza North that make the day great!



Yours in learning,

**Caroline Chilianis - Assistant Principal**

## ART NEWS

The Senior School students are currently enlarging or upscaling an image of their choice using a grid method of drawing. This process is quite methodical in its early stages as it involves knowing your timetables and using rulers to measure and draw straight lines in order to create a grid. Once the upscaled image is drawn, it's up to each student as to how they're going to colour their artwork. So far I've been super impressed by their efforts.



**ART SMOCK REMINDER:** All Senior School students require an art smock ASAP as they'll soon be making plaster masks and will need their own art smock as it's a MESSY activity.

*Cindy Minogue - Specialist Art Teacher*

## SUSTAINABILITY



The Wonder Recycling Rewards campaign has come to an end. Thank you to all the students who dropped off their bread bags for recycling. We managed to fill 4 boxes. All classrooms have a soft plastics collection bucket to continue recycling wrappers from lunch boxes.

*Jonathan Swain - Sustainability Leader*

## JUNIOR SCHOOL - POTATO OLYMPICS

Junior school students had fun last Friday wearing a touch of green and gold to show support for our Aussie Olympic athletes. They created their own potato Olympian and participated in different events involving mathematics. Our Foundation students were also able to spend time with their Year 6 buddy. What a wonderful day to enjoy back at school.



# MOUNT ELIZA NORTH PRIMARY SCHOOL – CALENDAR OF EVENTS

## JULY 2021

				1	2	3
4	5	6	7	8	9	10
11	12 Term 3 start Yr 3 & 4 Swimming	13 Yr 3 & 4 Swimming	14 Yr 3 & 4 Swimming	15 Yr 3 & 4 Swimming	16 Remote learning start	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

## AUGUST 2021

	2	3	4	5	6	7
8	9	10	11 Hoop Time - selected students only	12	13	14
15	16	17	18	19	20 Yr 3-6 House Athletics	21
22	23 Yr 5 Camp	24 Yr 5 Camp	25 Yr 5 Camp	26 Yr 5 Camp	27	28
29	30	31				

## SEPTEMBER 2021

			1	2	3	4
5	6	7	8	9 Curriculum Day	10 Curriculum Day	11
12	13 Citizenship assembly	14	15 Open Night Yr 6 Exhibition	16	17 Footy Parade  Term 3 Finish 2.30pm	18
19	20	21	22	23	24	25
26	27	28	29	30		

## DATES FOR 2021

### TERM DATES

Term 1: 27 January (Teachers start) to 1 April  
 Term 2: 19 April to 25 June  
 Term 3: 12 July to 17 September  
 Term 4: 4 October to 17 December

### SPECIAL DATES/CURRICULUM DAYS

9 March - Mount Eliza North PS Curriculum Day  
 9th & 10th September - Mount Eliza North PS Curriculum Day