

FROM THE PRINCIPAL'S DESK

Dear Parents and Carers,

Welcome back to the 2025 school year. This is an extra special start to the year for me as I commence my new role as Principal of Mount Eliza North Primary School. I am thrilled to be leading such a wonderful school and commit to our vision, which is to:

'Create a community of learners who are empowered to inquire, achieve and contribute to the world around them.'

It has been a wonderful start to the year as we welcomed back staff, students, new school community members and our Foundation students. Our Foundation students will attend four days per week until the 24th February when they will commence full-time.

Our focus for the start of the year is around developing relationships, establishing routines and getting to know each and every one of our students. All of our Units of Inquiry to begin the year are centred around supporting this important learning.

Each year schools develop their Annual Implementation Plan as a means of working towards goals in the School Strategic Plan.

In 2025 we have two goals:

To improve student learning outcomes with a focus on Numeracy and Mathematics

To achieve this key actions will involve continuing to support staff to develop capacity in assessment and differentiation to identify and meet students individual learning needs, ensuring learning growth for every student.

To improve student agency and responsibility for their learning.

To achieve this key actions will involve establishing the School Wide Positive Behaviour Framework and enhancing our professional knowledge and practice of the Positive Classroom Management Strategies. These strategies are evidence informed practices that create safer, more purposeful learning environments supporting student learning, wellbeing and behaviour.

New Staff

This year we welcome three new staff: Whitney Martinez FW, Allister Lovelock 1L, and Sandy Liddell 6L. We also welcome back returning staff members: Emily Carter 2C, Rachel Minton/Eloise Simpson 1N, Beth David 3D and Natalie Haynes STEM.

2025 School Captains

Congratulations to Lena Schreiber and Daeja David who have been selected as our 2025 School Captains. I am looking forward to working with them as they support the leadership of our school and capably represent our students.



(PTO)

Parent Information Sessions

Each year, each of the sub-schools provides an information session for parents and carers that details all of the many elements that are part of creating a learning environment, which caters for both the learning and wellbeing of all students.

These information sessions will be held in the Multi-Purpose Room on **Wednesday 19th February**.

Parent information sessions will cover general information about the sub-school your child/ren are part of.

These information sessions will be held over the one afternoon:

Junior School (Foundation, Year 1 and Year 2) – 3.00pm until 3.30pm

Middle School (Year 3 and Year 4) – 3.45pm until 4.15 pm

Senior School (Year 5 and Year 6) – 4.15 until 4.45pm

School Works

Our ramp upgrades are now scheduled to commence on **Monday 17th February**. Temporary fencing will be installed outside the LOTE room on **Friday 15th February** and will restrict access to LOTE, FM and FH classrooms. Families with students in these classes will be asked to enter the school via the main gates and walk around the outside of the main building. The school hall and the uniform shop will also need to be accessed this way during this time.

The ramp works will take place outside the canteen, outside FH, FM and Mrs Atkinson's office, and then lastly adjustments to the ramp outside the school hall. This work will take place in stages and we will keep the school community informed throughout each stage.

The Junior Playground is planned for completion by Thursday and all temporary fencing will be removed and the playground ready for use.

Call for nominations for parents on school council

Information will be sent out on **Monday 10th February** detailing the parent vacancies on School Council. This year we have **5 parent vacancies**. Nomination forms are available at the school office. Close of nomination will be **Monday 17th February**. If we do not have enough nominations, I will call for nominations and extend the process.

NAPLAN

NAPLAN will commence from **Wednesday 12th March** until **Monday 24th March 2024**. Students in **Year 3 and 5** undertake this testing. More information about the testing timetable and ways in which you can support your child/ren will be shared in the coming weeks.

At Mount Eliza North we have a range of strategies in place to support students who are participating in the NAPLAN testing experience. Students are given the opportunity to access the [Public Demonstration Site](#) available for schools, teachers, parents, carers and students to familiarise themselves with the online tests. To support our students, all students will participate in online practise tests over the next few weeks. This will provide our students with insights into the formatting and types of questions included in the tests.

Yours In Learning,
Caroline Chilianis

Ritchies Community Benefit Payment

We are pleased to advise that \$65.05 has been raised in December to support Mount Eliza North Primary School.
We thank our parent community for their continued support!

BOOK CLUB

Welcome to 2025 Book Club. Book club catalogues were sent out last week. Please let me know if your child did not receive one. It's packed with hundreds of books from just \$3 to help you on your child's reading journey. Every purchase you make on Book Club earns our school **15%** of the order value in Scholastic Rewards. We use these to purchase more books and educational resources for the school. It all helps!

Thank you to the parents that have already placed their order on this Issue. Orders will be closed off on **17th February** so there is still time to order if you haven't already.



Mel Plant

FROM THE ASSISTANT PRINCIPAL ... WELLBEING

Dear Parents/ Carers,

Welcome to 2025! Term 1 is very exciting for most children, however, for some it can be challenging as they navigate a new classroom of peers, a new teacher and the logistics of the school day in a higher year level. Sometimes these challenges can become overwhelming; a child may show signs of separation anxiety, school reluctance or refusal.

Supporting Primary-Aged Children with Separation Anxiety

Separation anxiety is a common challenge among primary-aged children, and it can make everyday events, such as school drop-offs or playdates, stressful for both parents and children. While this behaviour is often temporary, it can sometimes persist for longer periods, causing distress. Understanding the reasons behind this anxiety and learning strategies to support your child can make the separation process smoother.

Understanding the Root of Separation Anxiety

Separation anxiety is a normal developmental phase for many children, especially between the ages of 3 and 7. It's often linked to the child's need for comfort and security, as well as their growing awareness of the world beyond the home. However, it can also be triggered by specific events, such as changes in routine, a new school year, a recent move, or family stress.

Signs Your Child May Be Struggling with Separation Anxiety

Some common signs include:

- Clinging to parents or caregivers
- Crying or refusing to go to school or other activities
- Complaints of physical symptoms like stomach aches or headaches
- Fear of being alone, either at home or in new environments

Having trouble sleeping without a parent nearby.

If your child is showing any of these signs, it's important to recognise that they are struggling and need support.

Strategies to Help Your Child Cope with Separation Anxiety

1. **Establish a Routine** Consistent routines can provide a sense of security. Ensure that your child knows what to expect each day, whether it's the steps leading up to school or bedtime rituals. Knowing what comes next can ease anxiety and make transitions smoother.
2. **Stay Calm and Confident** Children often take emotional cues from their parents. If you're visibly anxious about the separation, your child may feel that anxiety too. Stay calm, confident, and reassuring when you say goodbye. A positive attitude can be contagious, and your child will begin to feel more secure about parting.
3. **Practice Gradual Separation** If the separation anxiety is more intense, try gradually increasing the time spent apart. Start with short separations and build up to longer ones. You can also practice leaving your child with a trusted family member or friend in familiar settings before sending them off to school or other activities.
4. **Create a Goodbye Ritual** Having a special goodbye ritual can be a comforting way to say farewell. It could be a special handshake, a hug, or a phrase that you both share. This consistency can help reassure your child that even though you're parting, you'll always come back.
5. **Validate Their Feelings** It's important to acknowledge your child's feelings without minimizing them. Let them know it's okay to feel nervous or scared about being apart. Saying things like, "I understand that you're feeling worried, but I'll be back soon, and you're safe," can be very reassuring.
6. **Stay Connected** Some children benefit from feeling connected throughout the day. If your child is in school, ask the teacher if they can send a note or a small item from home that your child can keep in their bag. Some schools may allow short phone calls or messages during breaks to help your child feel reassured.
7. **Communicate with the School** Keep an open line of communication with your child's school. Teachers and school counsellors can often offer support and work with you to make the transition easier. Some schools even have strategies in place for children who are struggling with separation anxiety, such as gradually increasing the time spent in the classroom or allowing extra support during transitions.

(PTO)

When to Seek Professional Help

If your child's separation anxiety lasts for several weeks, significantly interferes with their daily life, or leads to other emotional or behavioural issues, it might be time to seek professional support. A child psychologist or counsellor can help your child work through their anxiety and provide you with additional strategies.

What do we mean by school reluctance and school refusal?

A child is experiencing **school reluctance** if they are unwilling to attend school, but they are still attending school. A child is experiencing **school refusal** if they have difficulties attending and/or remaining at school during the day due to emotional distress about attending school.

It is important to note that school refusal is not a diagnosable mental health condition; however, it may be a consequence of mental health issues (e.g. anxiety).

Warning signs of school reluctance or refusal

1. Negative feelings about school
2. Protesting about going to school
3. Tantrums or outbursts of anger, especially on school mornings
4. Reluctance to get up in the mornings, slow at getting ready
5. Challenging behaviour on arrival at school (clinginess, tantrums and running away)
6. Regular visits to the school nurse
7. Persistent crying in class
8. Difficulties falling asleep the night before school
Frequent complaints about feeling nauseous or having a headache that subsides if they stay home.

What can parents do?

1. Talk to your child when you have time and privacy
2. Actively listen to what they have to say
3. Speak to your child's teacher
4. Find patterns in their behaviour
5. Praise and reward your child's efforts
6. Support increasing independence
7. Seek professional support early e.g. General Practitioner or paediatrician.

Supporting your child on school mornings

1. Create a nighttime routine to ensure a good night's sleep before school
2. Establish a morning routine with a schedule agreed by your child.

If you have any concerns about your child's feelings about school please reach out to the classroom teacher and myself.

Wellbeing Focus for 2025:

- School Wide Positive Behaviour Supports
- Social and Emotional learning – Brainstorm Productions, Body Education, Respectful Relationships
- Introduction of a Wellbeing Dog.

Further details on each focus area will be provided in upcoming Kalori and Compass updates.

Until next time.....

Lou Atkinson – Assistant Principal

Please like and follow our official school

Facebook account:

<https://www.facebook.com/MountElizaNorthPrimarySchool/>

This is a fun platform for parents to see our students engaging in activities.



Find us on:
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TEAM KIDS

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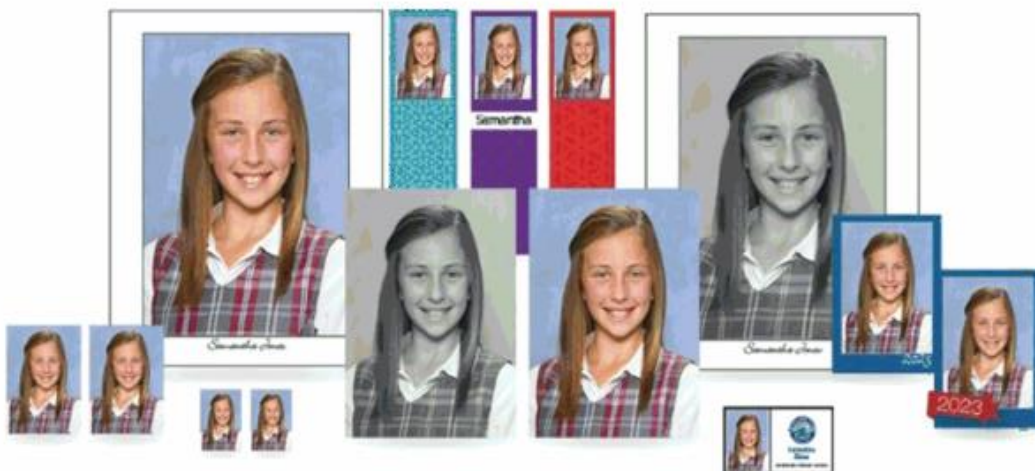
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SCHOOL PHOTO DAY IS COMING UP SOON

ORDER NOW

School: Mount Eliza North Primary School

Date of photography: 25/02/2025

Place order by: 09/03/2025

HOW TO ORDER



OPTION 1 ORDER AND PAY ONLINE USING YOUR MOBILE



Scan this QR code using your mobile phone camera to go straight to your school's package options and order photos

OPTION 2 ORDER AND PAY ONLINE USING YOUR COMPUTER



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Balnarring Ngargee

20
25

Honouring & Celebrating
First Peoples Cultures

Community
Festival

**SAT 01
MARCH**

Family
Friendly

Presented
by Balnarring
Preschool

**EMU PLAINS
RESERVE**

Coolart Road, Balnarring

ENTERTAINMENT • CULTURAL WORKSHOPS • MARKET
CHILDREN'S ACTIVITIES • CARING FOR COUNTRY • FOOD

We acknowledge Boon Wurrung Peoples as the traditional custodians of the land on which the festival is held. We recognise their strength in maintaining their cultures over thousands of years. We pay our respects to Elders past and present.



Womin Djeka Balnarring





Tuning into Kids®

Tuning in to Kids® is a parenting program that focuses on the emotional connection between parents/carers and their children, from preschoolers to teens.

The program has success in improving parenting, parent-child relationships, parental meta emotion, children's emotional competence and behaviour. Backed by evidence-based research, this 6-8 session parenting program focuses on developing key skills in recognising and responding to your children's emotions. This program is designed for parents of children aged 3 to 10 years old.

Would you like to learn how to:

- Be better at talking with your child?
- Be better at understanding your child?
- Help your child learn to manage their emotions?
- Help to prevent behaviour problems in your child?
- Teach your child to deal with conflict?

Where: Online via Zoom

When: Thursdays, 13th February - 27th March 2025

Attendance at all sessions is essential

Time: 10.30 am - 12.30 pm

Cost: FREE

Suitable for: Parents with children aged 3 - 10 years

Eligibility: Families residing within the Bayside Peninsula region

Registration: To access the Group Work Registration Form, please visit <https://www.familylife.com.au/early-help/> or scan the QR Code



For further information please contact:

(03) 8599 5433 or earlyhelp@familylife.com.au www.familylife.com.au





Tuning into Teens®

A free program for parents and carers of young people aged 10 to 18 years old.

Would you like to:

- Better understand your teen?
- Communicate effectively with your teen?
- Help your teen manage their emotions?
- Prevent behaviour challenges in your teen?
- Support your teen to manage conflict effectively?

Our six to eight week Tuning into Teens® program teaches parents how to help their teen develop emotional intelligence.

Teenagers with higher emotional intelligence:

- Have more stable and satisfying relationships
- Are better at managing peer pressure
- Are lower risk of mental health and substance concerns
- Have greater success making friends
- Are more able to manage conflict
- Have greater career success

Where: Online via Zoom

When: Wednesdays, 12th February - 2nd April 2025

Attendance at all sessions is essential

Time: 4:00pm - 6:00pm

Cost: FREE

Suitable for: Parents with children aged 3 - 10 years

Eligibility: Families residing within the Bayside Peninsula region

Registration: To access the Group Work Registration Form, please visit <https://www.familylife.com.au/early-help/> or scan the QR Code



For further information please contact:

(03) 8599 5433 or earlyhelp@familylife.com.au www.familylife.com.au





Circle of Security®

All children want to feel loved and safe. The Circle Of Security® parenting program has been developed with decades of evidence on ways to strengthen secure parent-child relationships.

The program supports parents to provide children with the confidence and freedom to explore their world while feeling a sense of comfort and security. The program assists parents to see behaviour as communication rather than a problem. Experienced and trained Circle Of Security® Family Life practitioners will facilitate the group sessions.

The Circle Of Security® parenting program will help you:

- Support your child's self esteem
- Tune in to your child's world by reading important cues
- Understand your child's emotional needs
- Connect with your child and enjoy being in the moment
- Strengthen your bond and attachment with your child

Where: Online via Zoom

When: Wednesdays, 12th February - 26th March 2025

Attendance at all sessions is essential

Time: 10:30am to 12:30pm

Cost: FREE

Suitable for: Parents with children aged 0 - 5 years

Eligibility: Families residing within the Bayside Peninsula region

Registration: To access the Group Work Registration Form, please visit <https://www.familylife.com.au/early-help/> or scan the QR Code



For further information please contact:

 (03) 8599 5433 or  earlyhelp@familylife.com.au www.familylife.com.au

