



Grovedale News

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<http://sentral.grovedaleps.vic.edu.au/portal2/#!/login>

Term 4 Week 6 — 10th Nov 2021

'Our commitment to Child Safety'

Grovedale Primary School is committed to the safety and wellbeing of all children and young people. This will be the primary focus of our care and decision-making. Grovedale Primary School has zero tolerance for child abuse.

Grovedale Primary School is committed to providing a child safe environment where children and young people are safe and feel safe, and their voices are heard about decisions that affect their lives. Particular attention will be paid to the cultural safety of Aboriginal children and children from culturally and/or linguistically diverse backgrounds, as well as the safety of children with a disability. Every person involved in Grovedale Primary School has a responsibility to understand the important and specific role he/she plays individually and collectively to ensure that the wellbeing and safety of all children and young people is at the forefront of all they do and every decision they make.

PRINCIPAL NEWS

Dear Parents and Carers,

We are now well into planning for the upcoming year, which is always a complex process which includes a range of staffing, student, financial and other areas to be considered in decision-making. This is a dynamic and fluid process that changes over time, so we don't pre-empt what arrangements will be in place. For these reasons, we are unable to publish where teachers and students will be placed until December.

2022 Classes – If you have a request for your child's 2022 class, please put the request **in writing** to me by Thursday 18.11.21. This can be hard copy or via email (grovedale.ps@education.vic.gov.au). The class planning process includes consideration for a wide range of factors including a healthy mix of academic abilities, personalities, social and emotional needs, and positive learning friendships. As this is an intricate process with so many factors to balance out, we cannot guarantee that your request can be accommodated.

Late requests and verbal requests cannot be considered due to the domino nature of making a change. Requests for specific teachers are not considered as teacher placement is related to such a wide range of factors including but not limited to; a mix of expertise in each team, teacher readiness to move year level, developing skills in current year level, potential personal leave in the upcoming year, and the ability to plan for mentoring teachers/being mentored within a team, for example.

See Page 2 for more information



COMING EVENTS—also on your Sentral Calendar

NOVEMBER 2021

Thurs 11th Years 3/4 Bike Ed Program 3.

Thurs 11th Transition Program 1

Thurs 18th Years 3/4 Bike Ed Program 4.

Fri 19th Year 4—Big Bike Ride

Fri 19th Foundation/Year 1—BBQ
Year 2—Sleep Over

Fri 26th Transition Program 2

Mon 29th School Council Meeting

DECEMBER 2021

Fri 3rd School Colour Explosion

Tues 7th Transition Program3

Fri 10th Year 6 Graduation

Mon 13th Adventure Park Excursion (Year 5/6 Only)

Fri 17th Last Day Term 4—1.30pm finish

*We have been lucky enough to have a team of Allied Health professionals from the **Child and Adolescent Mental Health Service (CAMHS)**, partner with our school to offer support to our staff, students, and families. They are currently offering one on one consults with parents and carers on a Tuesday morning to work through some of the experiences that families are currently having with their children and provide support and advice that are tailored to these experiences. **There is no cost for this service.** At this stage there are appointments available at 9 & 10am on Tuesdays. Please call reception – 5243 3902 to book in an appointment if this is something you would be interested in participating in.*

PRINCIPAL

Vaccination and School Visitors:

I have posted a message to Sentral on Monday with very detailed information around the need to show your vaccination status in order to enter school buildings, unless you can show a medical exemption. This is a requirement for all visitors to school in almost all circumstances. Please be prepared to show this upon entry to the administration building. Visitors to other school buildings are still restricted.

If you are unvaccinated, without an exemption, and you need to have a meeting with the school (a Student Support Group Meeting, or a meeting with the teacher for example) we will provide you with a video link to hold the meeting virtually. This will ensure that you do not miss out on the ability to communicate with professionals at the school about your child's needs, learning and wellbeing.

COVID Contact Tracing – Planning for Potential Closures

You will be aware that many schools in the Geelong area have closed sites or specific class groups due to an exposure. While we are doing everything we can to avoid this – and we know you are doing the same – we are also preparing for the possibility.

Please be aware that if a closure is required and you are required to isolate and test, the school will be communicating much of the detail around the closure requirements with you, rather than the Department of Health. While they will contact some families, many of you (particularly Primary Close Contacts) will only hear from the school. We will do everything we can to support you during these times, and provide you with the most up-to-date and accurate information that we can.

Please notify us if your child has been to an exposure site, or is a close contact of a positive case. It is essential that we are able to respond quickly as a school, to ensure we follow protocols and minimise risk.

Please continue to remind and support your child to wear their masks. Mask wearing has been identified by the Department of Health as one of the factors that has reduced closures in schools and we are keen to do everything we can to stay open.

Warmest wishes,

Tina



PRINCIPAL NEWS

Covid Safe Practices

In order to minimise the risk of any transmission occurring, we have a number of protocols in place:

- We adhere to the DET Covid Safe Management Plan.
- **Masks are mandatory for students from years 3-6 when indoors, unless a medical exemption is provided.**
- **Masks are highly recommended for students from years P-2, when indoors, unless a medical exemption is provided.**
- **All staff wear masks unless face-to-face teaching.**
- The school continues additional cleaning and sanitising daily.
- Every student is required to adhere to strict hand sanitising protocols, including sanitising upon entering the class.
- Class materials are not shared unless absolutely necessary and are cleaned before and after each use.
- Non-essential visitors are not allowed on school grounds, further reducing chances of infection.
- All visitors to the office are required to sign in, **show evidence of vaccination status**, and adhere to covid safe practices including wearing a mask, hand sanitising and maintaining 1.5m distance between themselves and others.
- Where possible, ventilation is increased through open doors and/or windows.
- All staff have been trained in and are using Infection Control measures.
- All spaces in the school are marked with density limits and signage must be observed.
- The school is not conducting assemblies or gatherings that mix cohorts.
- Any student who is unwell should not attend school, and will be sent home if displaying signs of illness consistent with Covid-19.

FORMS / PAYMENT DUE BACK

Fri 12th Nov	Prep/Grade 1—BBQ note \$8
Fri 12th Nov	Grade 2—Sleepover note \$10
Fri 3rd Dec	5/6 Camp 2022 Deposit \$150 Camp will be March 2—4, 2022

Privacy reminder

Our school collects, uses, discloses and stores student and parent personal information for standard school functions or where permitted by law, as stated in the [Schools' Privacy Policy](#).

Please take time to remind yourself of the school's collection statement, found on our website:

<http://grovedaleps.vic.edu.au/wp-content/uploads/2020/05/Schools-Privacy-Policy.pdf>

For more information about privacy, refer to: [Schools' Privacy Policy — information for parents](#). This information is also available in nine community languages:

Recording Student Absences

When your child is absent from school, the Department of Education requires a reason so this reflects against their Attendance Data.



**PLEASE USE THE SENTRAL APP or CONTACT THE SCHOOL
(preferably prior to 9.30am) to record the absence.**

STUDENT AWARDS:

Levi M	FD	For developing his confidence when speaking in front of the group. We have enjoyed all his stories about his weekend adventures.
Rikki B	FD	For her positive attitude towards learning. She should be so proud of all her achievements. Well done!
Ella D	12S	For her fantastic maths skills. Thanks for always sharing them with the class!
Sahara D-W	12S	For being a fantastic grade one leader and for following directions & instructions when asked. You're a star!
Izzy D	34B	For her valuable contributions to her reading group.
Zoe O	34B	For contributing to class discussions in a respectful and valuable manner.
Ruby J	34R	For always striving to achieve her very best.
Callum S	34R	For taking responsibility for his learning.
Archer G	56C	For his kindness and generosity towards others.
Bela T	56C	For her outstanding effort designing and creating the front cover for the 5/6 Market Day catalogue. It looked fantastic.



3/4 BIKE EDUCATION

The students have been enjoying their time in Bike Education. One more session on the 11th November.

YEAR 4—BIG BIKE RIDE—Friday 19th Nov, 2021



Permission notes will be going home very soon to allow your child to participate in the planned ride from school to Queens Park and back again. We will be looking for parent volunteers to either ride with us or help with the BBQ, so if you can assist and you have a current Working With Children's Check and have been double vaccinated – then we would love to hear from you. Just complete the Volunteers Form that will be sent home and return to the office.





Enquiries to Sinem at events@ds.org.au or 9663 6733

ds.org.au

THE NEXT BIG STEP Transition to Secondary School

This seminar helps families plan & prepare for their young person's transition to secondary school.

In this session, we will explore the role of parents/carers in promoting their young person's social & emotional well-being & building their resilience to support and navigate this significant change.

TUESDAY NOVEMBER 23

6:30-8:00PM

FREE
online seminar

To book:

<https://ds.org.au/events/transition-to-secondary-school-seminar/>



We acknowledge the traditional owners of the land where we work and pay respects to elders past, present and future.

[drummond street The Next Big Step: Transition to Secondary School - drummond street](#)



COME TO ATHLETICS!

Grovedale Little Athletics Club is one of nine clubs competing in the Geelong region, giving kids from ages 5 - 15 the opportunity to compete in a range of athletic events each week for fun, fitness and enjoyment!

REGISTRATIONS ARE OPEN

www.lavic.com.au

Register online for November '21 to March '22 at Landy Field every Saturday from 8:15am - 12:00pm. For more information visit www.geelonglac.com.au or contact Julia on 0427 011 690 or email grovedalelittleleaths@outlook.com



This 90 minute seminar is for parents and carers of kids moving from Grade 6 into secondary school.

This seminar helps parents build on the existing strengths and coping skills in children to help them make the transition to secondary school with a minimum of fuss. It's an exciting time and signals the start of teenage behaviour for most, so come along and enjoy the ride! We will explore the role of parents/carers in promoting their young person's social & emotional well-being & building their resilience to support and navigate this significant change.

Variety ACTIVATE INCLUSION SPORTS DAYS

A FREE, FUN & INCLUSIVE DAY OF ACTIVITIES TO TRY!

FOR PHYSICAL, SENSOY & INTELLECTUAL DISABILITIES

Wednesday 17th November 2021
10:00am - 1:00pm
Leisuretime Sports Precinct
262-282 Anakie Rd, Norlane VIC 3214

Limited places available. To register attendance [CLICK HERE](#)

Hosted by: **GEELOG**

Delivered by: **DISABILITY SPORTS AUSTRALIA**, **variety**, **PARADELPHIA**

Contact: Kristy Rohrer +61 2 8736 1223 aisd@sports.org.au

variety the children's charity

Variety Activate Inclusion Sports Days (AISD) give kids the opportunity to try sports they might otherwise miss out on. Aimed at kids aged 5-18 with learning difficulties, intellectual, sensory and physical disabilities, the days are an opportunity to have a go in a fun and inclusive environment.

<https://www.activateinclusion.com.au/events/activate-inclusion-sports-day-Geelong>

Activate Inclusion Sports Days encourage and empower kids to explore sporting opportunities in their local community.

- the health benefits of physical activity
- building social wellbeing and friendship
- strengthening balance, coordination and mobility skills
- working as part of a team, collaborating and planning
- increased self-esteem through a sense of achievement

LOST PROPERTY



Please don't forget to name your child's school garments so we can return them when they leave them lying around the school.

At the end of TERM 4—ALL LOST PROPERTY including toys/containers/drink bottles will be sent to the charity shop.

**IGA GROVEDALE EAST—Dockets
Marshalltown Road.**



Remember if you shop at IGA in Marshalltown Road, to bring your IGA docket in regularly—there is a box in the office to place them into.

We must have all docket for the month in by the 15th of the following month.

Example: Please send all of your October docket in by the 14th of Nov. We have to have them to IGA on the 15th of each month. Keep collecting!

A huge Thank You to IGA for your ongoing support and sponsorship of the school. Thank You IGA!!

2nd Hand Uniform



The office has tubs of clothing ranging from Size 4—Size 16. Gold Coin donation per item except for kilts, which will vary from \$15 to \$25 depending on the quality of the kilt. There are some Bomber Jackets and they are \$5 if in really good condition. If you are in need of more uniform, please contact the office to let us know when you are likely to come in.

ESSENTIAL CARE SERVICES

EXTEND REMAINS OPEN FOR AUTHORISED WORKERS AND VULNERABLE CHILDREN

We offer fun, COVIDsafe programs for permitted children. Our priority is keeping everyone safe during this latest outbreak. Please remember:

- Wear your mask when dropping off or picking up your child.
- Wipe down the sign in/out tablet before and after each use.
- Please maintain a distance of 1.5m for all people in the service.

It will be these small contributions that will make the biggest difference!
We are all in this together.



Enquiries 1300 366 437 extend.com.au
Book online today



GOODBYE TO BEING COOPED UP AND BORED! WE HAVE SOME FUN ACTIVITIES FOR YOU TO DO AT HOME!

Delicious Easy to Make Fruit Frozen Yoghurt Bark Recipe

Have the kids fall in love with this easy to make Frozen Yoghurt Bark Recipe. This fruit bark is a definite keeper. A treat all kids and adults seem to love, and it's healthy!

Ingredients:

- 16-20 oz. plain or vanilla yoghurt
- 2 Kiwi
- 4 Strawberries
- 1/3 cup Blueberries
- 1/3 cup Mango
- 1/4 cup Granola

Directions:

1. Chop all the fruit into small bite-sized pieces.
2. On a small cookie sheet covered with parchment paper, spread the yoghurt all over in an even layer.
3. Place the chopped fruit all over the top and sprinkle granola on.
4. Freeze for 2-3 hours or until frozen.
5. Break or cut large pieces off and hand out to kids or adults for a delicious, healthy snack. Eat right away or place back in freezer until ready to eat.

SCIENCE: Water on the Move

Materials needed:

- A Glass of Water
- An Empty Glass
- Paper towel

Instructions:

- Twist a couple of pieces of paper towel together until it forms something that looks a little like a piece of rope, this will be the 'wick' that will absorb and transfer the water (a bit like the wick on a candle transferring the wax to the flame).
- Place one end of the paper towels into the glass filled with water and the other into the empty glass. Watch what happens (this experiment takes a little bit of patience).

EXTEND OUTSIDE SCHOOL HOURS CARE.

Extend offers the chance for children to learn and play in a fun and supported environment. Our programs develop and nurture young minds with science, cooking, sports and imaginative play. So, what are you waiting for? Enrol and book online at extend.com.au today!

BENEFITS OF ENROLMENT

Peace of mind.

Enrolling ensures we have the right information to safely care for your child. Once enrolled, you can book into any programs.

EASY AND FREE ENROLMENT

10 minutes is all it takes.

Create an account and provide some information about you, your child and your emergency contacts.

EASY AND FLEXIBLE BOOKINGS

When plans change, it's okay.

Once enrolled, simply select your school and book sessions as required. Book for the term, on a needs basis or right up until the last minute.

CHILD CARE SUBSIDY

Helping families save money.

The Child Care Subsidy (CCS) is a government fee relief program providing assistance to families for the cost of child care. To register visit my.gov.au.



Enquiries 1300 366 437 extend.com.au
Book online today

PARENT EDUCATION EVENTS

GEELONG & BARWON SOUTH WEST
REGION – TERM 4, 2021



All Regional Parenting Service programs are free and will be offered face to face or Online via Zoom Bookings are Essential. www.geelongaustralia.com.au/parenting or Ph: 5272 4781

GEELONG REGION

Programs provided by
City of Greater Geelong
Regional Parenting Service

POSITIVE PARENTING PROGRAM

Dates: Monday 1 November – 22 November

Time: 7.00pm - 9.00pm

'Ariston' 245-249 Pakington St, Newtown

Positive Parenting Program is a 4-week program for parents of children aged 2 – 8 years.

There is no right way to be a parent, but the PPP program offers:

- Information and support;
- Practical answers to everyday parenting concerns;
- Group will run for 4 weeks, followed up by 2 weekly telephone sessions.

STEPPING STONES

Dates: Monday 1 November – 29 November

Time: 7.00pm - 9.00pm

'Ariston' 245-249 Pakington St, Newtown

Stepping Stones is a 5-week program for families with a child who has a disability. The program aims to help parents use Positive Parenting to acquire new skills and knowledge. Skills are practiced and parents receive constructive feedback about their use of skills.

THE DAD WORKSHOP

Dates: Monday 11 October – 15 November

Time: 7.30pm - 9.00pm (Online via Zoom)

This 6-week program will focus on giving you the tools you need to create a better life for your entire family.

We will look at simple things you can do to improve:

- Your relationship with yourself;
- Your relationship with your partner;
- Your relationship with your kids.

TUNING IN TO KIDS

Dates: Wednesday 13 October – 11 November

Time: 7.30pm - 9.00pm (Online via Zoom)

Tuning in to Kids is a 6-week supportive program for parents of children aged 4 to 10 yrs.

The program aims to:

- Help parents teach and support their child/ren to understand and manage their emotions;
- Support parents in encouraging children to express emotions appropriately;
- Maximise children's social, behavioural and learning outcomes.

BRINGING UP GREAT KIDS

Dates: Tuesday 19 October – 23 November

Time: 7.30pm - 9.00pm (Online via Zoom)

Bringing up Great Kids is a 6-week supportive program for parents of children aged 12 months to 9 yrs.

The program aims to:

- Develop parents' skills to enhance communication with their children;
- Promote positive interactions between parents and their child/ren;
- Encourage the development of a child's positive self-identity.

FLOURISHING FAMILIES

Dates: Tuesday 5 October – 2 November

Time: 7.30pm - 9.00pm (Online via Zoom)

A 6-week program for parents with children of all ages to discover how you can help your family to flourish.

Learn about:

- How you can promote resilience;
- Increase awareness of your family's strengths;
- Create and nurture positive family relationships;
- Give feedback to support individual growth.

PARENTING YOUR TEENAGER

Dates: Thursday 21 October – 25 November

Time: 7.30pm - 9.00pm (Online via Zoom)

Parenting Your Teenager is a 6-week supportive program for parents of teens aged 12 to 18 years.

The program aims to:

- Support parents to connect and communicate with their teens;
- Assist parents with understanding adolescent development;
- Help parents to assist their teen to develop emotional intelligence;
- Remain empathetic and stay connected.

BRINGING UP GREAT KIDS—The First 1000 Days

Dates: Monday 18 October – 22 November

Time: 7.00pm – 8.30pm (Online via Zoom)

The first 1,000 days of life is a program for parents with children aged under 2 years and designed to nurture parents as they embark on their journey. It provides parents with a knowledge about brain development and an understanding of how children grow and what they need. The centrality of family relationships and opportunities for parents to reflect on their own childhood and how to connect with their children are all explored.

NO SCAREDY CATS— Reducing Anxiety & Building Resilience in Children

Dates: Tuesday 19 October – 9 November

Time: 7.30pm - 9.00pm (Online via Zoom)

A 4-week program for parents of children 2 – 12 years to gain an understanding of the increasing levels of anxiety in their child and strategies to help manage the “traps and tripwires” with strengthening sayings, questioning strategies and mindful exercises.

Programs provided by Family Relationship Centre Contact - Ph: 5246 5600

OUR KIDS – Parenting After Separation

Date: Tuesday 12 October – 23 November

Time: 6.00pm - 8.00pm

Date: Thursday 14 October – 25 November

Time: 10.00am – 12.00pm

Our Kids is a 6-week course on parenting after separation and the impact of parental conflict on children. The course encourages parents to focus on the needs of their children and develop helpful communication strategies following separation. Courses run weekly for six weeks during school terms. Morning and evening sessions are available.

Programs provided by Barwon Child Youth & Family (BCYF)

Contact BCYF regarding program delivery

Ph: 5226 8900 or www.bcyf.org.au

BUMPS TO BUBS

Date: Wednesday 6 October – 8 December

Time: 1.30pm – 3.00pm

Northern Bay Family Learning Centre, Goldsworthy Rd, Corio

Bumps to Bubs is a 10-week program and brings young mothers and mothers-to-be (up to 23 years) with babies 0-1 year, together to support the journey of parenting.

BUMPS TO TOTS

Date: Tuesday 5 October – 7 December

Time: 1.30pm – 3.00pm

Northern Bay Family Learning Centre, Goldsworthy Rd, Corio

The Bubs to Tots Group Program brings mothers (up to 24 years) and toddlers together to support parents with knowledge and skills to enhance children's development in the 1-2 year age group.

TUNING IN TO KIDS

Date: Tuesday 12 October – 16 November

Time: 10.30am – 12.30pm

Online via Zoom

Tuning in to Kids is a 6-week supportive program for parents of children aged 3 years – 12 years.

The program aims to:

- Encourage parents to effectively tune in to their children's emotions;
- Supports parents to teach their children how to understand and regulate their emotions;
- Helps parents respond to and foster their child's individual needs.

BRINGING UP GREAT KIDS

Date: Wednesday 20 October – 24 November

Time: 10.30am – 12.30pm

Online via Zoom

Bringing Up Great Kids is a 6-week supportive program for parents of children aged 12 months – 12 years.

The program aims to:

- Support parents with the skills to enhance their communication with their children;
- Promote positive interactions between parent and child;
- Encourage the development of children's positive self-identity.

TUNING IN TO TEENS

Dates: Thursday 21 October – 25 November

Time: 12.30pm – 2.30pm

Online via Zoom

Tuning in to Teens is a 6-week supportive program for parents of adolescents aged 10 years to 18 years.

The program aims to:

- Support parents to connect and communicate with their teen;
- Assist parents with understanding adolescent development;
- Help parents to assist their teen to manage emotions and develop emotional intelligence.

Programs provided by
Drummond St Services

For information on Drummond St seminars and groups www.ds.org.au/events/

LOCKDOWN TIPS

No matter how long lockdown goes: there are tips and tools for strengthening your capacity to manage.

PARENTING KIDS WHO WORRY

One session: online Wednesday 6 October

This popular seminar offers basic information and strategies to help kids worry less alongside how to develop an action plan for helping them move from feeling anxious to feeling more empowered. Plus check in for future dates or put yourself on waiting list for Grovedale/Herne Hills areas.

THE VILLAGE – QUEERSPACE

Dates: 3 August - 17 September & 3 November – 8 December

Online via Zoom

The Village is a 7-week program for parents of gender diverse and gender non-conforming children. This program is for parents who wish to share and talk through experiences and anxieties they may be feeling. The group discusses various topics each week facilitated by a queerspace host and a queerspace counsellor.

BARWON SOUTH WEST

REGION

Programs provided by **CatholicCare**

Victoria

Registrations are compulsory to attend

Email: ballaratfrc@centacareballarat.org.au

Ph: 1300 303 988

CIRCLE OF SECURITY

Group 1 (8 weeks)

Date: Tuesday 19 October – 14 December

Time: 10.00am – 12.00pm (Online via Zoom)

Group 2 (6 weeks)

Delivered in partnership with City of Warrnambool

Date: Wednesday 27 October – 1 December

Time: 10.00am – 12.00pm

Archie Graham Centre, Timor Street Warrnambool

Circle of Security is an 8-week relationship-based parenting program.

The program aims to:

- Understand your child's emotional world by learning to read emotional needs;
- Honour the innate wisdom and desire for your child to be secure;
- Support your child's ability to successfully manage emotions;
- Enhance the development of your child's self-esteem.

LIVING WITH TEENS

Date: Thursday 14 & 21 October

Time: 6.30pm – 8.30pm (Online via Zoom)

A model for building strong, secure connections. Living with Teens is a 2-week program.

The program covers:

- What parents need to be able to meet teen's needs;
- What teens need from parents;
- Adolescent development.