



Grovedale News

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

Term 3 Week 4—2nd August 2023

'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.

Dear Families,

Enrolments for next year are very strong, please ensure any foundation enrolments for 2024 have been given to the office as we are in the decision-making process regarding our 2024 structure. Please call us if you need some support or information.

Parent Naplan reports are being sent home in envelopes today. The language and rating scales have been redeveloped, so please ensure you read the associated information and descriptors to assist you to understand your child's progress.

Book Week is coming up (beginning **August 21**), which means our annual Scholastic Book Fair, and Book Week parade. The theme this year is '**Read, Grow, Inspire**', so start thinking about costumes!

See page 4 for more information and ideas.

Working Bee's are such an important part of our school's ability to connect with our community, and keep our school looking neat and clean. Our upcoming working bee on the **19th of August**, will continue to focus on improving the area between the Library and the Foundation classrooms. All are welcome to attend, even if only for a short time!

Warm Wishes,

Tina Barnett

COMING EVENTS—also on Sentral Calendar

LUNCH ORDERS—EACH TUESDAY

Order by 8pm Mon for Tues

AUGUST 2023

Wed 2nd	Newsletter Published
Thurs 3rd	Coffee Club for Parents with Ange Casha
Fri 4th	Foundation Level celebrate 100 days at school
Fri 4th	Assembly
Mon 7th	District Athletics—Selected 3-6 students only
Tues 8th	Come to School Prep 2024 visit (bookings req'd)
Fri 11th	Curriculum Day—no students at school
Wed 16th	Newsletter Published
Thurs 17th	Come to School Prep 2024 visit (bookings req'd)
Fri 18th	Assembly start at 2.50pm
Sat 19th	Working Bee — 9am—12pm
Fri 25th	Book Week Parade (Theme: Read Grow Inspire)
21st –25th	Book Week and Book Fair
Mon 28th	School Council Meeting
Tues 29th	Come to School Prep 2024 visit (bookings req'd)
Wed 30th	Parent Club Meeting at 2.30pm—3.20pm
Wed 30th	Newsletter Published
Thurs 31st	YEARS 3/4—Camp deposit due \$100

SEPT 2023

Fri Sept 1st	Fathers Day Stall, Italian Day, Assembly
Sun 3rd	Fathers' Day
Wed 6th	School Concert—at the Arena
Wed 13th	Last Newsletter for Term 3
Fri 15th	Last day of Term 3—2.30pm finish

OCT 2023

Mon 2nd	Term 4 commences
Thurs 7th	YEARS 3/4 Camp—Balance due \$95
10-11th	Years 3/4 Camp at Sunnystones
Thurs 11th	Parent Club Meeting at 2.30pm—3.20pm
Fri 13th	Start fundraising for SPLATACULAR
Sat 14th	Working Bee—9am to 12pm
Mon 16th	School Council Meeting

Stay well this winter

Symptoms of influenza (flu) can hit very quickly and may last several weeks.

Vaccination is the best way to protect yourself and others from getting the flu.

[Annual influenza vaccination](#) is recommended from mid-April each year and is free under the [National Immunisation Program](#) for those at higher risk of complications from the flu.

Keeping our school community well

Parents, carers and students are encouraged to practice prevention measures, including:

- washing and sanitising hands regularly
- avoiding touching eyes, nose and mouth with unwashed hands
- covering nose and mouth when coughing or sneezing · staying home if unwell and consulting a general practitioner (GP) or [Nurse-on-call](#) as required
- staying up to date with flu and COVID-19 vaccinations.

Flu vaccinations

Flu vaccinations can be booked through GPs and pharmacies, many of which can also provide COVID-19 vaccinations.

Flu vaccination is recommended for everyone aged 6 months and over.

Some people are more at risk of complications from flu and are eligible for free vaccination as part of the [National Immunisation Program](#).

COVID-19 booster

The 2023 COVID-19 booster dose is available for everyone aged 18 and above.

Getting your booster dose remains the best way to prevent severe illness or hospitalisation, especially in people aged over 65 and those at higher risk of severe illness.

You can have your booster dose 6 months after your last dose or COVID infection.

Children aged between 5 and 17 years who are at risk of severe illness can also receive a 2023 booster dose. You can get your next dose at your local pharmacy or GP. To find one near you, refer to the [vaccine clinic finder](#).

Find out more

For more information about preventing flu, and immunisation, refer to:

[Better Health Channel influenza flu immunisation fact sheet](#) ·

[Getting vaccinated against influenza](#).

Information for parents—COVID 19—

1. Parents/carers must complete the Student COVID-19 [COVID Test Portal](#) if a student tests positive to COVID-19 (via a PCR or rapid antigen test). Where a parent/carer informs the school by phone or written notification, the school must complete the necessary online report.
2. The Department of Health recommends that all Victorians should report their positive RAT result to the Department of Health either online or by calling 1800 675 398
2. Students who report a positive result are recommended to isolate for a minimum of 5 days and not attend school until their symptoms have resolved. Learning materials can be requested by the parent to be sent home for their child.
3. There is no longer a requirement for principals to inform the school community of a positive case associated with the school.
4. RAT's will no longer be sent home. The school has a small supply of them in the event you may need some more. Please contact the school's office if you require some to be sent home. RAT's are also available for all Victorians from Council sites. People can get 2 free packs (10 tests) for themselves and 2 free packs (10 tests) for each of their household members.

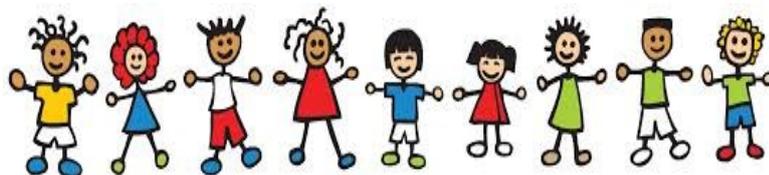
STUDENT AWARDS:

Jarwhn L	FC	For being kind by always listening to others.
Lia K	FC	For a fantastic start at Grovedale and showing kindness to your new classmates.
Olivia W	12A	For showing kindness by always looking out for others and helping those who need a friend.
Diesel F	12A	For showing kindness by encouraging others in the classroom.
Axton S	12B	For showing kindness by being willing to help others. Well done Axton!
Izzy D	12R	For being inclusive of everyone in the classroom and thinking of others.
Teghbir S	12R	For taking turns and waiting patiently during classroom activities.
Addy S	12T	For always using kind words and manners.
Max M	12T	For being a kind and inclusive class member.
Imanjot B	34L	For always including others.
Zachary F	34L	For offering and sharing equipment with everyone.
Max D	34P	For his consistent participation in whole class discussions during learning time.
Arlo J	34P	For showing fantastic active listening skills during learning time.
Ava S	34R	For always looking out for other members of our class. You are a great friend.
Mason F	34R	For using kind words towards your classmates.
Edie Mc	34W	For always showing kindness and being respectful in the classroom.
Stella N	34W	For being a kind and caring member of 3/4W. You always try to help others!
Clemence J	56C	For showing kindness by helping others and always being inclusive of everyone.
Darcy B	56C	For showing kindness by always sharing resources, taking turns and waiting patiently.
Braxton W	56M	For showing kindness by always sharing resources and taking turns.
Blue P	56M	For seeking help with learning during maths and writing sessions.
Ruby J	56W	For being a responsible class member who always gives her best.
Jetta Y	56W	For being a cooperative member of class who tries hard to improve.
Holly McK	56W	For being kind and caring toward others.
Connor W	56W	For helping others by giving excellent explanations using subject specific language.



PRINCIPAL AWARDS:

Stella L	56	For always showing the value of kindness towards classmates, school pets and our class environment. We are fortunate to have you in our school community.
Tayer K	34	For always treating people with kindness and respect.
Piper C	12	For checking in on her peers and considering the feelings of others.
Urwah A	FS	For working cooperatively by sharing class equipment with your peers.



Book Week Parade 2023

This year Book Week is between 19th to 25th August, 2023 and the theme is 'Read, Grow, Inspire'. The students will be reading a selection of shortlisted books throughout the week and completing a variety of fun and engaging activities. We will be having a whole school book parade on Friday 25th August. Children are invited to come to school dressed as a character from a story.



Grade 56 students getting into the spirit of National Tree Day and planting trees to enhance our school grounds on Friday. National Tree Day was established by Planet Ark in 1996 and since then have encouraged schools to get involved on School Tree Day every year. We are looking forward to nurturing our 3 new grevillea trees near the senior playground in the months to come.



56M enjoyed their outdoor maths lesson last week. They put their math skills to the test measuring the perimeter and area of garden beds to get ready for planting and measured out the spacing required for our new grevillea trees.

Practical application of maths in action!



GEELONG CATS **GMHBA HEALTHY HEROES**

GMHBA HEALTHY HEROES PARENTS EVENT

You're Invited!

Join us after school on August 14th for an afternoon of FUN, giving parents, carers and children the opportunity to participate in various activities to encourage active involvement in your family's and children's healthy choices and lifestyle.

FEATURING:

- AFLM/W players
- Greenways
- Footy Clinic
- Healthy recipe ideas
- Story time with players
- Healthy afternoon snacks

DETAILS

Who: Parents, Guardians, Carers and Children

What: A **FREE** event to participate in GMHBA Healthy Heroes activities featuring Geelong Cats AFLM and AFLW players

When: Monday 14 August 4pm-5:30pm

Where: St Mary's Football Clubrooms, Kardinia Park, Latrobe Terrace

Why: To encourage children, parents, and carers to **LEARN, LIVE & LEAD** our key health messages

RSVP by: Wednesday 9 August

<https://www.surveymonkey.com/r/2FZ8FKL>

*Places are limited. Confirmation of ticket will be sent after registration.





TIME TO STEP INTO A NEW TERM!

We're delighted to return to Term 3 and embark on fresh adventures!

Step into our service and take part in energising indoor and outdoor activities, creative arts and crafts, play-based learning, and so much more in store for you at VillageOSHC!

Join us for Term 3 and step into a world of excitement and fantastic care!



Enjoy new adventures this term by booking at villageoshc.com.au today!

How to Enrol (for free) and Book

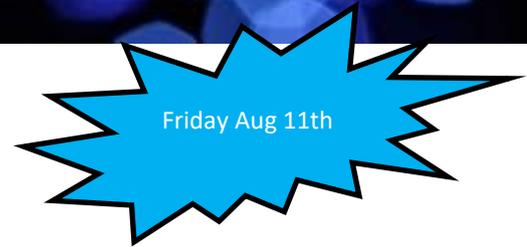
VillageOSHC is a new provider at the school. Therefore, you must enrol your child at VillageOSHC in order to book into Before or After School Care. To enrol, visit villageoshc.com.au and click Book Now. You will be directed to our booking platform, villageoshc.lookedafter.com. Click Login/Enrol in the top right corner and follow the prompts. After you've enrolled your child, you can book your sessions.

Operating Days, Hours and Fees

Before School Care	After School Care
Monday - Friday	Monday - Friday
7:00am - 8:45am	3:15pm - 6:00pm
Session Fee: \$19.95	Session Fee: \$25.95

Book 24 hours in advance to receive the permanent rate. Bookings made within 24 hours receive the casual rate. Cancel free of charge, 24 hours in advance.

Enrol and book today for the start of Term 4!



ABSENT FROM SCHOOL?

By law parents/carers are required to provide the school an explanation for their child's absence.

Please remember to log your child's absence into the Sentral for Parents APP before 9.30am using the ABSENCE button and commenting on the reason behind the absence. ie: Medical: Cold Symptoms, Vomiting etc

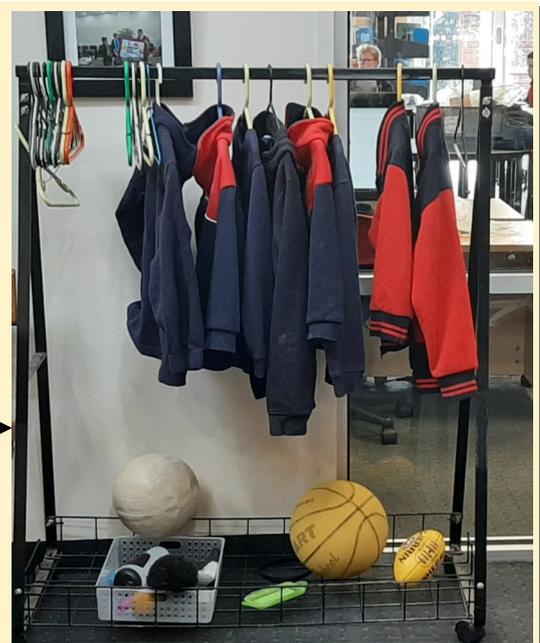
At 9.30am, SENTRAL automatically will send an SMS to your phone to ask the reason for an UNEXPLAINED ABSENCE.

LOST PROPERTY—ALL ITEMS AT THE FRONT OFFICE

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

PLEASE ENSURE ALL SCHOOL UNIFORM IS NAMED, SO THEY CAN BE RETURNED TO THE OWNER.

LOST PROPERTY AS AT 19th July 2023.



Years 3—6 Athletics Day

On Friday 21st July, the Years 3—6 braved a cold day to compete in Athletics. Participation was amazing and we would love to say a BIG THANK YOU to all of our Parent Helpers on the day.



We have continued our connection this term with [@tomsmarketplace](https://www.tomsmarketplace.com) and a fresh batch of mandarins supplied to grade 56's



PRACTICAL & SOCIAL LEARNING Creative Artwork with Chalk



SAVE THE DATE:

SCHOOL CONCERT—SEPTEMBER 6TH.

MORE DETAILS TO COME.

TICKETS WILL BE AVAILABLE TO ORDER ONLINE VERY SOON.

THE CHILDREN ARE REHEARSING VERY HARD AT THE MOMENT



School beanies can now be purchased. Forms have been sent via Sentral and there are hard copies in the office. \$20—can be paid via EFT, Cash or BPay.



FREE COME & TRY BASKETBALL WITH ROVERS

For Boys & Girls Age 6-14
Sunday 27th August
 10:00am - 11:00am
 Armstrong Creek School
 100 Central Blvd, Armstrong Creek

REGISTER HERE
www.roversbasketball.com.au
 More details? rovers@roversbasketball.com.au



Don't count the **DAYS**

Teach4Heart

Make the days **COUNT**

WORKING BEE DATES: Please consider helping us to keep our school clean and tidy. 9am—12pm

- August 19th
- October 14th
- December 9th



CHILDREN, YOUTH & FAMILIES



AROUND THE WORLD (IN 4 WEEKS)

Based on the book *Around of the World in 80 Days*, join us as we travel around the world. From England to Egypt, India to China and Japan to America, learn about each country as you take part in fun crafty activities!

Ages 8+

Over 4 weeks:

- Thursday 27th July 2023 4.00pm to 5.00pm
- Thursday 3rd August 2023 4.00pm to 5.00pm
- Thursday 10th August 2023 4.00pm to 5.00pm
- Thursday 17th August 2023 1.00pm to 5.00pm

Waurin Ponds Library

All events are FREE unless otherwise specified. Bookings essential. Online grlc.vic.gov.au In person at any branch, or phone 03 4201 0500





grlc.vic.gov.au

DID YOU KNOW TO KEEP YOUR IGA DOCKETS FOR OUR SCHOOL FUNDRAISER????

IGA GROVEDALE EAST—Dockets Marshalltown Road.

Remember if you shop at IGA in Marshalltown Road, to bring your IGA dockets in regularly—there is a box in the office to place them into. We must have all dockets for the month in by the 15th of the following month.

Example: Please send all of your July dockets in by the 14th of August. 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!!

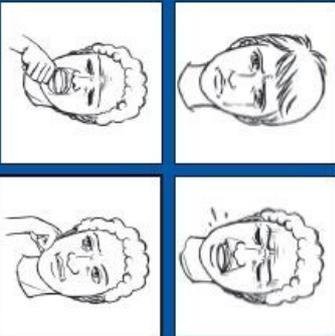
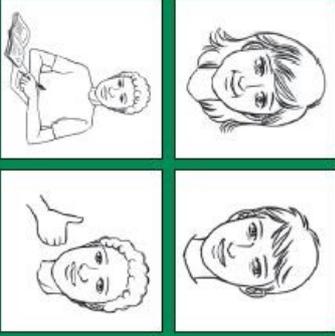
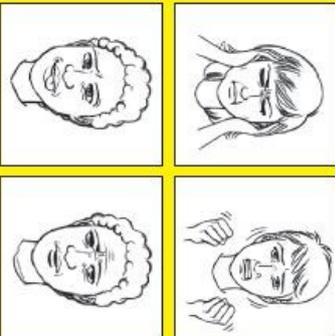
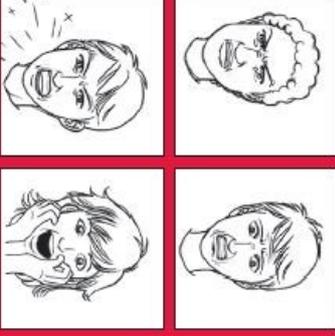


LUNCH ORDERS EACH TUESDAY

Order by 8pm Monday for Tuesday on Schools24 app.

Friday Lunch orders are temporarily withdrawn due to staffing and supply issues

The ZONES of Regulation™

 <p>BLUE ZONE</p> <p>Sad Sick Tired Bored Moving Slowly</p>	 <p>GREEN ZONE</p> <p>Happy Calm Feeling Okay Focused Ready to Learn</p>	 <p>YELLOW ZONE</p> <p>Frustrated Worried Silly/Wiggly Excited Loss of Some Control</p>	 <p>RED ZONE</p> <p>Mad/Angry Terrified Elated/Ecstatic Devastated Out of Control</p>
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PARENT EDUCATION EVENTS

GEELONG and BARWON
SOUTHWEST REGION



TERM 3, 2023

All Regional Parenting Service programs along with MELI (*formerly Barwon Child Youth & Family (BCYF) and Bethany*), Family Relationship Centre, Drummond St Services and Barwon Southwest Region programs will be offered face to face or online. Bookings are essential. For details of dates, times and venues please see below.

BRINGING UP GREAT KIDS

The First 1000 Days

The first 1,000 days of life is a program for parents with children aged under two years and designed to nurture parents as they embark on their journey. It provides parents with 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.

BRINGING UP GREAT KIDS

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

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.

CIRCLE OF SECURITY

Circle of Security is an eight-week supportive program for parents of children aged birth to 5 years.

The program aims to:

- Help parents understand how to build feelings of security for children in their early years;
- Assist parents with skills to build on the positive relationship with their child;
- Develop confidence in parents to respond to their child in a way which builds a secure foundation for children.

BRINGING UP GREAT KIDS

Parenting Adolescents

The program builds on maintaining positive relationships and interactions between parents and adolescents during the ages of 10 to 17 years. This six-week program will look at having a better understanding and being able to support your adolescent.

- Finding meaningful ways to stay connected with you adolescent;
- Understand that all behaviour and interaction have a meaning attached to it;
- Develop an increased understanding about the messages that they communicate to their adolescent through their behaviour, actions and attitudes;
- Develop skills to identify and manage their stress associated with parenting.

STEPPING STONES

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.

OUR KIDS – Parenting After Separation

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.

THE DAD WORKSHOP

This six-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.

FLOURISHING FAMILIES

A 5-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.

NO MORE SCAREDY CATS

Reducing Anxiety and Building Resilience in Children

A 4-week program for parents of children 5 to 12 years to gain an understanding of the increasing levels of anxiety in a child and strategies to help manage the "traps and tripwires" with strengthening sayings, questioning strategies and mindful exercises.

TUNING IN TO KIDS

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

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.

TUNING IN TO TEENS

Tuning in to teens 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.

LIVING WITH TEENS

A model for building strong, secure connections. Living with Teens is a 3-week program.

The program aims to cover:

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

BUMPS TO BUBS

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

The program aims to:

- Bring young mothers and babies together for fun, learning and friendship in a relaxed setting;
- Enhance parent and child attachment;
- Increase understanding of child development.

BUBS TO TOTS

Bubs to Tots brings mothers (up to 24 years) of children in the 1 to 2 year age group together for support and education.

The program aims to:

- Provide education to enhance children's early development;
- Promote parent and child attachment/relationships through the promotion of play;
- Assist parents with managing and enjoying the toddler years.

DADS TUNING INTO KIDS

Dads Tuning into Kids is a 6-week supportive program specifically for Dads of children aged 3 to 12 years.

The program aims to:

- Help dads to effectively tune in to their child's emotions;
- Encourage dads to strengthen their emotional connection with their child;
- Support dads to build skills in emotion coaching to assist their child's individual needs.

POSITIVE PARENTING PROGRAM

Available online via the Triple P website

www.triplep-parenting.net.au/vic-uk/en/triple-p/

Parent Education Events

Term 3, 2023

Program	Location / Venue	Days / Dates	Time	Bookings
Flourishing Families	Online via Zoom	Tuesdays 18 July – 22 Aug	7.00pm - 9.00pm	 <p>Regional Parenting Service</p> <p>www.geelongaustralia.com.au/parenting</p> <p>Ph: 5272 4741</p> 
Tuning in to Kids	Online via Zoom	Wednesdays 26 July – 30 Aug	7.00pm - 9.00pm	
Circle of Security	Virginia Todd Community Centre 9-15 Clarence St, Geelong West	Wednesdays 12 July – 30 Aug	7.00pm - 9.00pm	
No More Scaredy Cats	Online via Zoom	Thursdays 6 July – 27 July	7.00pm - 9.00pm	
Bringing Up Great Kids	Chilwell Primary School	Tuesdays 25 July – 29 Aug	7.00pm - 9.00pm	
To express your interest for the following programs please scan the QR code				
The Dad Workshop	Stepping Stones			 <p>Family Relationships Australia</p> <p>Family Relationship Centre www.catholiccarevic.org.au Ph: 5246 5600</p>
BUGK First 1000 Days	Tuning in to Teens			
Our Kids – Parenting after Separation	Family Relationship Centre 7 Ryan Place, Geelong	Tuesdays 18 July – 22 Aug Thursdays 20 July – 24 Aug	6.00pm – 8.00pm	
Online parenting programs	Drummond St. Services offer a range of online programs, please see their website for further details.	Various dates and times		 <p>Drummond Street Services</p> <p>ds.org.au/events/</p>

Parent Education Events

Term 3, 2023

Program	Location / Venue	Days / Dates	Time	Bookings
Bumps to Bubs	Northern Bay Family Learning Centre Goldsworthy Rd, Corio	Wednesdays 12 July – 13 Sept	1.30pm - 3.00pm	<p>MELI</p> <p>Meli, the new name for BCYF and Bethany</p> <p>www.bcyf.org.au</p> <p>Ph: 5226 8900</p> 
Bubs to Tots	Northern Bay Family Learning Centre Goldsworthy Rd, Corio	Thursdays 13 July – 14 Sept	10.00am - 11.30am	
Tuning in to Kids	Bellarine Learning and Living Centre 20 Worden Court, Whittington	Thursdays 27 July – 31 Aug	10.30am - 12.30pm	
Circle of Security	Northern Bay Family Learning Centre Goldsworthy Rd, Corio	Tuesdays 25 July – 29 Aug	9.30am - 11.30am	
Bumps to Bubs	Armstrong Creek East Community Hub 46 Central Blvd, Armstrong Creek	Wednesdays 26 July – 13 Sept	1.00pm - 2.30pm	
Dads Tuning in to Kids	Korayn Birralee Family Centre 146 Purnell Rd, Corio	Thursdays 27 July – 31 Aug	5.30pm – 7.30pm	
Bringing up Great Kids	Kurrambee Myaring Community Centre, 12 Merrijig Drive, Torquay	Thursdays 27 July – 31 Aug	12.30pm – 2.30pm	
Tuning in to Teens	Meli 222 Malop Street, Geelong	Thursdays 3 August – 7 Sept	12.30pm – 2.30pm	
Circle of Security	Children's Services Centre 550-600 Raglan Pde, Warrnambool	Wednesdays 26 July – 30 Aug	6.30pm – 8.00pm	
Circle of Security	Moyne Shire - Location TBC	Tuesdays 1 Aug – 5 Sept	5.00pm – 7.00pm	
Living with Teens	Online via Zoom	Thursdays 31 Aug – 14 Sept	6.30pm- 8.30pm	

CatholicCare Victoria – Warrnambool
www.catholiccarevic.org.au



Ph: 4344 4588