

ARARAT NORTH PRIMARY SCHOOL



NEWSLETTER

18th August, 2021

Values

Resilience
Respect
Responsibility

Important Dates

Book Week Dress Up	Friday 27 th August
Last Day Term 3	Friday 17 th September
First Day Term 4	Monday 4 th October

It's that time of year again- 2022 enrolments are now due! We encourage all families who have a child starting school next year to have their enrolments to the school by next Friday (27th) or contact myself to discuss the enrolment. If you have friends or family considering enrolling at our great school, please encourage them to contact me. This week we have also welcomed some new students to our school with Willow, Keisha and Kat commencing in grades Prep, 4 and 6.

I would like to again thank all families for your support as we transitioned in and out of yet another lockdown. I would also like to acknowledge our teachers and support staff who worked late into the evenings and over the weekend to ensure a smooth transition into (and out of) remote learning for all students. If you have not yet returned school devices, chargers, or dongles, please do so this week.

We continue to have in place COVID Safe measures across our school to ensure the health and wellbeing of all staff and students. A couple of reminders:

- Any student who is exhibiting symptoms of a cold or flu must not be sent to school
- Any student who comes to school with cold or flu like symptoms will be sent home until the symptoms are completely cleared up.

As communicated last week, we have also noticed a few students presenting with a tummy bug. We ask that you please monitor this with your children and keep them home if they are unwell. Attached again to this newsletter is the Department's Fact Sheet for Managing Student Illness.

It is a great time to promote health and wellbeing with your children. In this newsletter you will find some strategies to support your children to monitor and manage their own wellbeing. If you have any questions, please don't hesitate to call the school office.

Kind regards,

Paige



Next Week is **Book Week** and we are celebrating with a **whole school dress up day on Friday August 27!** The theme is 'Old Worlds, New Worlds, Other Worlds' and we encourage all students to come dressed as a character from their favourite book. Those who would like to bring a named copy of their chosen book to accompany their outfit are encouraged to do so. We can't wait to see the creative costumes which arrive on Friday the 27th.

WARM UP WEDNESDAY!!

Next week (25th August), we will also be starting our new '**Warm Up Wednesday**' which will occur every Wednesday. This is optional for any student who wishes to have a hot lunch at school. To warm food, we have pie warmers and an urn (hot water), so students wishing to have their lunch warmed up can bring the following:

- Pies
- Pasties
- Sausage rolls
- Instant noodles
- Instant soup



Students are to take their lunch to Shayna in the kitchen before school on a Wednesday morning.

Please ensure lunches are labelled with the student's name and that anything to go in the pie warmer is wrapped in foil.

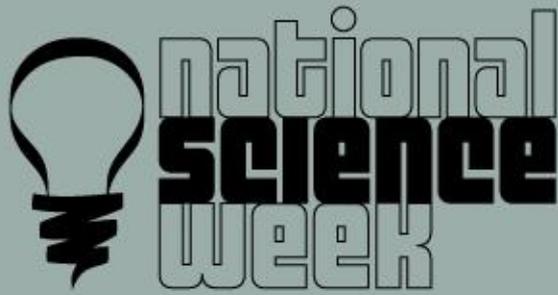
Lunches will be delivered to each classroom at 1 o'clock.

2020 Annual Report to The School Community

School Name: Ararat North Primary School (4995)



Our school's **Annual Report** has now been uploaded to our website and can be found under the 'School Documents'



National Science Week



As you may know, this week is **National Science Week** where schools all around Australia celebrate all things Science. This year's focus is on "Food by Design". At Ararat North Primary, students will be learning all about food. This includes the importance of eating healthy foods, recommended daily food intakes, and practical topics such as how to cut up and prepare fruit and veggies and how to make a salad sandwich. In the kitchen, we will be cooking scones and learning how to make fruit smoothies (my favourite) at lunchtimes. It would be great if you could help us celebrate National Science Week here at Ararat North, by doing some cooking with your children.



WELLBEING

Wellbeing comes from physical, mental and emotional health. For children and young people, there are many things that build positive wellbeing. Wellbeing can come from:

- Having good relationships
- Understanding and managing their emotions
- Experiencing a sense of accomplishment
- Using our strengths
- Taking part in healthy activities, getting lots of sleep and eating well
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Praise, encouragement & positive attention	Positive self-talk	Set rules and boundaries	Getting support
-Give your child praise when they behave in ways you want to encourage. -Give your child attention-play a game with them or do an activity together. -Let your child know you are proud of them.	Encourage your child to talk about themselves in a kind and positive way. When you hear them talking about themselves that isn't kind, you can: -Draw their attention to it -Ask them if what they are saying is true -Get them to think of a more helpful thought	Clear rules and boundaries help children and young people feel safe. Involve your child in making the rules and they will be more likely to stick to them. Negotiating rules is a way of showing respect for their growing maturity.	If you are concerned about your child's wellbeing, contact their classroom teacher or Miss Gibson. You can also contact Parentline 13 22 89- a phone service for parents and carers of children from birth to 18 years old which offers confidential and anonymous counselling and support for parenting issues.

CORONAVIRUS (COVID-19) RESTRICTIONS REMAIN IN PLACE

If you are unwell, please stay at home.

The greatest risk of transmission of coronavirus (COVID-19) is between adults. Please follow these physical distancing measures:

- avoid gathering in a group inside or around the school
- keep 1.5m wherever possible between yourself and other adults



- avoid handshakes and hugs
- wash your hands regularly.



For detailed information visit:
www.coronavirus.vic.gov.au

