

## *School Newsletter*

### *Term 1 2024 | Issue 1*

### *A Word From The Principal*

Welcome to our first newsletter of 2024. Hopefully, all families had a wonderful summer break and are now ready to get back into the school year. All students have done a brilliant job at settling in and learning their new classroom routines, showing respect and care towards each other. We are so excited for the year ahead with many exciting things planned!

#### Welcome to school in 2024

Our very important little people have had a fantastic start to school life with Miss Horsnell. Monty and Lucas have been exploring their learning community and the school yard, whilst easily making friends and joining in with their peers. Bailey has also settled smoothly into our school. We also welcome Sara, Donna and Brendan and Freddie to our Noorat PS community - I am sure everyone will continue to make them feel welcome.

As I often say, when you enrol a student here at Noorat Primary School, the whole family becomes part of the school community. We welcome all families to be involved in school life and feel you can support your child's learning by participating in school events and activities like sports day, PFA (Parents & Friends Association), School Council projects, parent nights and celebration days.

Our parent information handbook has been updated and was posted to Dojo last week. Many of the day-to-day operations and processes at school are in the booklet including times, dates, etc. There will be a couple of copies at the Office if you require a printed version.

#### 2024 Staffing

We are also thrilled to have our 2024 staffing finalised and welcome Vanessa Howard and Mark Trussler to our Noorat school community. Vanessa is working in our F-2 learning community supporting students and Mark will be working in 'The Shed' as our Hands on Learning artisan. Today students met Mrs Bree Porter who is our MARC Van teacher during Term 1 whilst Mrs Howlett is on Long Service Leave. She is highly experienced and we look forward to a positive term.

I always say that it is such a privilege to work with such passionate and committed staff, and this year is going to be no different. I am excited for everything we have planned!

#### ClassDojo

If you are yet to turn on notifications for ClassDojo, please do so. This is our primary source of information and provides the platform for communicating with all staff. Notification mean you receive all information as it's presented, along with alerts for special events. It is a private platform that can only be accessed by individuals who I invite.

*Ilona Watkins*

Principal

## Communication

A friendly reminder as we commence a new year on when and how to contact staff at Noorat PS. Please message through ClassDojo or come in to see your child's classroom teacher if you have any questions or concerns. If the item will only take a couple of minutes, please feel free to pop into the classroom when the bell rings at 8.45am. ClassDojo allows parents to message all members of the staff who can then respond when they are not teaching or on yard duty.

Please make an appointment with staff for anything that will take longer than a couple of minutes, or for items of a private or sensitive matter. Staff are usually available after school, except for the afternoons where we are required to attend staff meetings, which are on Tuesday and Wednesday afternoon.

Any urgent message should be made by calling the Office.

## School Review

This term Noorat PS is undertaking its 4-yearly review to ensure ongoing reflection, planning and strategic direction of the school. Throughout this process we will seek parent feedback, and during the Fieldwork / Validation Days seek parents to be part of a discussion forum. Please keep an eye out for this information and times – we would love to have everyone's input.

Our school review dates are set for Tuesday 19th and Wednesday 20th of March.

## School Council

Parent nominations are now being taken for this year's School Council. School Council plays an extremely important role of governance and community leadership. The School Council has particular functions in supporting and monitoring the school's direction. School Council's have three main responsibilities; finance, strategic planning & policy development and review. We would love new members to make our School Council even stronger. If you are interested, keep an eye out for nomination forms that will be sent out next week.

## Morning Supervision

Students should arrive at school no earlier than 8.30am with **supervision commencing from 8.45am**. A bell will sound at this time to allow students into the classrooms to prepare for their days learning prior to playing outside. Bus travellers are, of course, welcomed into classrooms when they arrive at school where they will be able to read or draw / colour.

## Parent Consent Forms

Apologies for the confusion in the Department's Consent Form. We have updated the form and will send a new one home to all students. Please disregard the previous form and return the new one.

## Terang School Bus

We are thrilled that we can now offer a bus service from Terang to Noorat (return) each day for our families. Please contact the Office for further information.

## Newsletter Printed

Please contact Casey if you require a printed copy of the newsletter.

# School News

## Annual Privacy Policy Reminder

Department of Education schools collect, use, disclose and store student and parent personal information

for standard school functions or where permitted by law, as stated in the Schools' Privacy Policy. For more information about privacy, refer to: Schools Privacy Policy – information for parents. Click

<https://www.education.vic.gov.au/Pages/privacy.aspx>

## School Lunch Orders

This year school lunch orders will continue to be on Tuesday and Friday.

## Breakfast Club

Thank you to Sarah, Erin and Beck who continue to volunteer their time to ensure every child has a full tummy every Monday, Wednesday and Friday 8.30am- 8.50am. Drop-in parent volunteers welcome.

## School Hours

Classes begin at 9am and finish at 3.30pm. Please ensure your child/ren are here and ready to start class on time. It is good practice to allow them **10 minutes** to do what they need to do before the bell goes each morning.

## Student Absences

It is a legal requirement of the Department of Education that we receive written notification of any student absences. Absences are recorded by parents on ClassDojo by messaging the classroom teacher. Please speak to Ilona if you need help with this.

## Notifying staff of an unexplained student absence

It is a requirement for schools to contact parents/guardians as soon as practicable on the day of a student's absence. A student who is absent is marked as 'Not Present Unexplained' unless notification is provided – this is your parental responsibility.

## Late arrivals and early departures

Students arriving late or needing to leave early must report at the office. The parent can collect and sign in or out. This is a safety requirement as well as enabling us to update attendance information – this is your parental responsibility.

# Welcome to School BBQ

## Tuesday 20<sup>th</sup> Feb.

### 5.30 – 7.00pm

with a School Council Meeting to follow

## BRING ALONG A SALAD OR SWEET TO SHARE

BBQ meat & bread + condiments supplied

BYO chairs or picnic blanket,  
plates, cutlery & drinks  
(no alcohol)



# Welcome to 2024!

This fortnight we have been learning classroom rules and expectations, getting to know each other and playing lots of games for numeracy and literacy.

We are looking forward to a fantastic Term 1!



F-2 Learning Community

BE EXCELLENT  
BE RESPECTFUL

BE CARING  
BE RESPONSIBLE

## Hopes, Dreams, Goals 3-6 Learning Community

Let's make this the best year ever, no matter what!

We have been busy learning our classroom routines, revisiting our School Values and making class expectations.

We are setting our intentions and goals for 2024!



Think of all the great things you can do!

Excellence, Care, Respect and Responsibility



## Autism Seminars

### Professor Tony Attwood

For Parents, Carers, Educators, Teachers,  
Support Workers and Allied Health Professionals

Join Professor Tony Attwood, an internationally renowned leader in the field of Autism Spectrum Disorders for three practical seminars that provide valuable explanations, strategies and advice.

#### Option to Attend One or Both Days

Wednesday, 6 March 2024 – 5.00pm – 7.00pm

- Cognitive Abilities: A different way of thinking and learning profile

Thursday, 7 March 2024 – 9.30am – 3.30pm

- Managing Feelings: Cognitive Behaviour Therapy to manage anxiety, sadness and anger
- Making Friends: Strategies to improve social understanding and friendship skills

**Venue:** Lighthouse Theatre Warrnambool – 185 Timor Street Warrnambool

**Contact:** Richard Zerbe

Phone: 0448 505 885

Email: [executiveofficer@communitysouthwest.com](mailto:executiveofficer@communitysouthwest.com)

Website: [communitysouthwest.com](http://communitysouthwest.com)

#### Presenter: Professor Tony Attwood



Tony is a clinical psychologist who has specialised in Autism Spectrum Disorders since he qualified as a clinical psychologist in England in 1975. He has over 40 years clinical experience and is also adjunct professor at Griffith University, Queensland.

His books have sold over 1 million copies and translated into 27 languages. Topics of his books include anxiety and depression, relationships and sexuality, employment and general advice for autistic children and adults including Autism Spectrum Disorder.

Tony has been invited to be a keynote speaker at many Australasian and International Conferences. He presents workshops and webinars and runs training courses on ASD for parents, professionals and autistic individuals all over the world and is a prolific author of scientific papers and books on the subject. He has presented numerous live webinars and worked with many thousands of autistic individuals of all ages with many expressions of autism.

***Please turn over for all booking details.***



## Professor Tony Attwood – Autism Seminars

Lighthouse Theatre Warrnambool – 185 Timor Street Warrnambool

Wednesday 6<sup>th</sup> March 2024

4.45 pm	Registration & Coffee
5.00 pm	Seminar Commences – Cognitive Abilities
7.00 pm	Seminar Concludes

### ◆ Cognitive Abilities

The unusual profile of cognitive abilities associated with autism is described with an emphasis on the distinct profile of intellectual abilities, problems with executive function, flexible thinking, coping with mistakes and weak central coherence. Strategies are described to improve motivation, organisational skills and academic achievement.

**Cost:** \$75 [Register Here](#)

Thursday 7<sup>th</sup> March 2024

9.00 – 9:30 am	Registration & Coffee
9.30 – 10.30 am	Managing Feelings: CBT to manage anxiety, sadness and anger
10.30 – 11.00 am	Morning Tea Break
11.00 – 12:00	Managing Feelings continues
12.00 – 1.00 pm	Lunch Break
1.00 – 2.00 pm	Making Friends: Strategies to Improve Social Understanding and Friendship Skills Seminar
2.00 – 2.30 pm	Afternoon Tea Break
2.30 – 3.30 pm	Making Friends continues
3.30 pm	Workshop Concludes

### ◆ Managing Feelings: Cognitive Behaviour Therapy to manage anxiety, sadness and anger

The presentation explains why autistic children and adults are more prone to have intense emotions and develop mood disorders. The presentation also explains strategies that can help moderate and manage emotions.

The Cognitive Behaviour Therapy includes emotion education and cognitive restructuring, i.e. improving the understanding of emotions in yourself and others and changing the way the person perceives and responds to emotions. The concept of an emotional toolbox is used to provide a greater range of strategies to manage and repair feelings.

### ◆ Making Friends: Strategies to Improve Social Understanding and Friendship Skills

The presentation explains the four stages in the development of friendship and strategies to encourage the development of friendship skills and social integration for autistic children and adolescents from as young as three years to late teens. The activities can be applied in the classroom, playground and at home.

**Cost:** \$165 [Register Here](#)

Morning Tea, Lunch and Afternoon Tea are included in the registration fee.



## New Year..New Night

**Terang Athletic Club training will commence on Tuesday February 5th and conclude Tuesday 26th March, 4pm-4.45pm, at the Terang Recreation Reserve**

For new registrations, 1st term only, \$5 per person or \$10 a family.

\*Coaching for those in Year 3 and above.

\*3 coaches (Ken Plummer, Jill McKenzie & Laurie Heffernan) will give advice on sprinting and middle distance running.

\*Coaching will include skills, drills, fitness and style.

Enquiries to Jill 0418175599



TERANG & DISTRICT LIONS CLUB INC.



**ONLINE REGISTRATION ONLY**  
Scan code to register

**Friday 23rd February, 2024**  
**5.92 kilometres**

**Start: Walk 6.30pm – Run 6.45pm**

Finish at the Terang RSL Hall – Strictly no bikes or dogs permitted

**Entries: Adult Run \$12.00 – Child Run \$5.00, Adult Walk \$12.00 – Child Walk \$5.00**

**Many Trophies:**

Both Female and Male age categories for • Veterans (40–49) • Veterans Plus (50+)  
• Open 19–39 • 18 • 15 • 13 • First local runner home

**PRESENTATION OF TROPHIES & CERTIFICATES AFTER RACE**



FREECALL 1800 100 151 Terang 5592 2203



# 10 TIPS TO SLEEP BETTER



## SLEEP SCHEDULE

Go to bed and wake up at the **same time** everyday (even on the weekend). **Avoid long naps** during the day.



## AVOID BIG MEALS

Don't eat large/spicy meals **before sleep**. A small snack that contains '**Tryptophan**' may help, such as banana, nuts, oats or milk.



## TURN DEVICES OFF

You don't want any noises distracting you or waking you up. If you use your phone as an alarm, make sure it's in '**do not disturb**' mode.



## RELAXING ROUTINE

Make sure to do something relaxing **before bed** such as a bath/shower, read, meditate, art, puzzles or relaxation techniques.



## AVOID CAFFEINE

Avoid consuming caffeine or stimulant food **in the evening**. This includes soft drinks, tea, energy drinks, coffee, chocolate...



## AVOID SCREENS

The production of '**melatonin**' (the hormone that helps initiate sleep), can be delayed by light from interactive electrical gadgets.



## DAYLIGHT & EXERCISE

Exposing yourself to daylight every day helps to reset your '**circadian biological clock**' (sleep-wake cycle). In addition, exercising during the day will promote **good night's sleep**.



## NOT FEELING SLEEPY?

If you are not asleep after half an hour, go to a different room and do something **quiet and relaxing** until you feel sleepy.



## 'COMFY' BEDROOM

Make sure your bedroom is **dark, quiet and cool** and that your mattress and pillow are comfortable enough.



## WELLBEING

If sleep issues are consistent and having a significant impact in your life, consider seeking support from a GP or a mental health professional.

Follow us on:



@BurtonuttoxMHST



BurtonuttoxMHST



# Important Dates to Remember

## TERM 1 CALENDAR DATES

Thursday 8th Feb	Mrs Watkins out, Principal Network Meeting
Tuesday 13th Feb	PFA Meeting in Staffroom, 3.30pm
Tuesday 20th Feb	Welcome BBQ!
Tuesday 20th Feb	School Council Meeting
Wednesday 21st Feb	Curriculum Day – Pupil free
Saturday 24th Feb	Noorat Garage Sale. <b>PFA event</b> – keep an eye out for info.
Monday 4th Marc	Mrs Watkins out, Numeracy CoP
Tuesday 5th March	Athletics Sports Day @ Terang Rec. Reserve
Friday 8th March	Mrs Watkins out, Principal Forum
Monday 11th March	Labour Day Public Holiday
Wednesday 13th March	NAPLAN, Years 3 & 5
Thursday 14th March	Mrs Watkins out, Principal Network Meeting
Thursday 14th – Tuesday 19th March	Samantha out, Sounds Write training
Tuesday 19th & Wednesday 20th March	Noorat PS School Review
Tuesday 26th March	School Photos
Thursday 28th March	End of Term 1, 2.30pm finish.

## TERM 2 CALENDAR DATES

Monday 15th April	Beginning of Term 2
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