



Noorat Primary School
Mackinnon's Bridge Road, Noorat Vic 3265
P: 03 5592 5282 **E:** noorat.ps@education.vic.gov.au
W: nooratps.vic.edu.au
Principal: Mrs. Ilona Watkins

School Newsletter

Term 2 2023 | Issue 9

A Word From The Principal

I cannot believe we are once again approaching our final week of term and halfway through the school year. Where has that time gone?! When we stop and look back at the first half of 2022 we have achieved so much. Students have been involved in the following this Semester:

- Breakfast Club
- Welcome BBQ
- AFL Footy Clinic
- School Nurse Visit- Responsible Pet Program
- Farewelled Sandy
- Noorat Garage Sale
- Followed Paul's journey across Sweden in the Lapland Arctic Ultra
- PE, MARC Van, STEM, Art, Inquiry, Kitchen Garden & Wellbeing
- 3-way Conferences
- NAPLAN, Year 3 & 5
- Glen Watson Videographer – GSWC Network Promotion
- Cross Country – Noorat & districts (Thank you PFA for the canteen)
- Work with our KESO's- Student Support Group Meetings
- Staff Professional Learning – Judith Howard & Challenging Behaviours
- 2024 Parent Information Sessions & Tours- Parent Information Sessions for 2023
- Grandparent's and Special Friends Afternoon
- Year 3-6, Local Learning Day @ Gnurad-Gundidj
- Year 3-6, Personal Development National Sorry Day & Reconciliation Week
- Hands on Learning excursion to Hawkesdale
- Tutor Learning Initiative
- Parent Information Sessions
- Lions Eye Health Assessments-
- International Women's Day
- Welcomed Dave & Sam
- Kids Helpline cyber safety session
- Athletic Sports
- Acciona filming
- School Photos
- ES Appreciation Day (Week)
- Harmony Day
- JSC Movie – Hop
- Easter egg hunt
- Book Fair!
- Smile Squad Dental Van
- Police visit & chat

No wonder everyone is tired after such a busy first half of the year. We wish everyone a wonderful and restful two weeks and we cannot wait for the excitement of Term 3 where we have our MARC Author visit, Book Week Dress Up and our swimming program, along with many more experiences for our students.

Ilona Watkins

Principal

Winter is here

The weather is getting quite wet and cold so students should have raincoats packed in bags ready in case the weather turns nasty, particularly before and after school. When it is too wet or cold, we have a recess/lunchtime wet weather timetable indoors.

Illness

There is a surge in flu (influenza) and other viral illnesses in schools and the community at the moment. We have a number of students away. Firstly, thank you to the parents who have kept their children home when they have been unwell. We know this can be challenging while juggling work and other priorities, however it is essential in keeping everyone healthy. If students become unwell while at school, parents will be contacted to collect them. We thank you all for your understanding and support.

We have plenty of COVID tests at the Office if you require more – pop in and help yourself.

2024 Enrolments

We are accepting enrolments for next year. Please come and see the office for

Parent Contributions

We would like to thank all the families who have paid their parent payment contributions in full. A reminder that 2023 parent payments should now be finalised unless you have a payment plan in place. Message Casey on Dojo for details. As mentioned, we cannot run all the amazing and extra programs at school for your children without parent payment support.

Breakfast Club

Breakfast Club holiday boxes will be available to collect next week – one per family.

Student Achievements

STUDENT AWARDS FOR THE WEEK

Term Week 7

Miss Horsnell

Be Excellent- Grace Bell

Over the last few weeks in writing Grace has explored persuasive writing through would you rather topics. When it was time to do her cold write, she was focused and was able to produce 3 convincing arguments on why warm weather is much better than cold weather. Super work!

Be Excellent- Spencer Hann-

Over the last few weeks in writing Spencer has explored persuasive writing through would you rather topics. When it was time to do his cold write, he used the 'say the sounds and write the word' strategy and produced 3 convincing arguments on why cold weather is much better than warm weather. Super work!

Mrs Watkins

Be Respectful- Harper Teuma

Harper has been demonstrating her leadership skills consistently while being respectful and kind to others. She is always looking out for others and will help them when needed without being asked. Well done Harper!

Term Week 8

Miss Horsnell

Be Excellent- Nixon Harris

Nixon has been learning AUSLAN, every week he has practiced the signs for the alphabet and his name. He has tried his best to remember all the signs and has persisted even when he was finding it difficult. Amazing effort!

Mrs Watkins

Be Responsible- Mackenzie Gurry

Despite it not being her job, Mackenzie took it upon herself to check on our chickens after the long weekend. She discovered they were out of water and limited on food, so fixed the issue immediately. Great initiative Kenz!



Solstice Searching – Friday 23rd June 2023 5pm-9pm

Celebrate the Winter Solstice by joining us on a city-wide scavenger hunt! Follow the clues to find some of artist Carla O'Brien's amazing neon sculptures which are hidden in some of Warrnambool's most scenic locations. Solve the cryptic clues to lead you on a journey of neon-filled fun!

<https://whatson.warrnambool.vic.gov.au/solstice-searching-0>

Solstice Search Party – Saturday 24th June 2023 Warrnambool Botanic Gardens 3pm – 9pm

Celebrate the longest night of the year by embracing the winter solstice and venturing into the Warrnambool Botanic Gardens to see what exciting adventures await after dark.

<https://whatson.warrnambool.vic.gov.au/solstice-search-party-0>

<https://events.humanitix.com/solstice-search-party-uaj11v6a>



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.



Parent Education Events

Term 3, 2023

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 BUMS

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-uken/triple-p/

Community News

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 www.geelongaustralia.com.au/parenting 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			
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	 <p>Family Relationship Centre www.catholiccarevic.org.au Ph: 5246 5600</p>
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 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 Meli, the new name for BCYF and Bethany www.bcyf.org.au 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	Kurrabee 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	 <p>CatholicCare Victoria – Warrnambool www.catholiccarevic.org.au Ph: 4344 4588</p>
Circle of Security	Moynes 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	



Holiday Actors &
Warrnambool Theatre Company present

The Wizard of



By L. Frank Baum
With Music and Lyrics by
Harold Arlen and E. Y. Harburg
Background Music by Herbert Stothart
Dance and Vocal Arrangements by Peter Howard
Orchestration by Larry Wilcox
Adapted by John Kane for the Royal Shakespeare Company
Based upon the Classic Motion Picture owned by Turner
Entertainment Co. and distributed in all media by Warner Bros.

15 - 22
JULY 2023

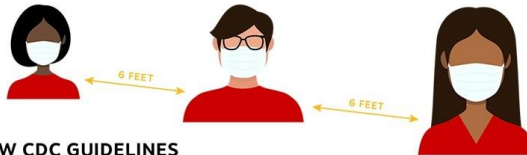
LIGHTHOUSE THEATRE

Tickets at
www.lighthouse theatre.com.au
or 5559 4999

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HELPING YOU STAY HEALTHY THIS WINTER

Support your overall health with these tips from Hofstra/Northwell's Penny Stern, M.D. Before making any lifestyle changes, consult your own doctor for tailored guidance.



FOLLOW CDC GUIDELINES

Good health this winter starts with wearing a mask, social distancing and frequent handwashing.

GET A FLU SHOT

This simple step can help reduce your risk of getting the flu¹.



STAY ACTIVE AT HOME

Substitute gym visits with at-home workouts: weight training, yoga, virtual dance classes. Daily exercise improves circulation, which helps the cells and substances of the immune system move freely through the body².



AVOID JUNK FOOD

Limit your intake of saturated fats, sugar and processed foods. A low-nutrient diet can impair the production of immune cells and antibodies³.



STAY HYDRATED

Many people are chronically dehydrated, Stern says. Your health, activity level and other factors can help you estimate how much water to drink daily⁴.



REDUCE STRESS

Stern says stress hormones decrease the body's lymphocytes (white blood cells that fight infection). Practice daily calming rituals such as meditation, deep breathing or guided imagery.

SOURCES:

- ¹ "Vaccine Effectiveness: How Well Do the Flu Vaccines Work?" Centers for Disease Control and Prevention.
- ² "How to Boost Your Immune System," Harvard Health Publishing. Updated April 6, 2020.
- ³ "Nutrition and Immunity," The Nutrition Source, Harvard T.H. Chan School of Public Health.
- ⁴ "What Are Superfoods?" Live Science, Christopher Wanjek. Published March 18, 2019.
- ⁵ "Water: How Much Should You Drink Every Day?" Mayo Clinic.
- ⁶ "Lack of Sleep: Can It Make You Sick?" Mayo Clinic, Eric J. Olson. Published Nov. 28, 2018.

For more tools to help stay healthy this winter, visit staplesadvantage.com/workingwell or staples.com/workingwell

Important Dates to Remember

TERM CALENDAR DATES

Monday 3rd to 10th July	NAIDOC Week
Monday 10th July	Beginning of Term 3
Monday 17th July	Kinder Bus Tours MARC Van Author Visit - Shelley Knoll-Miller 2.00 – 3.00pm
Wednesday 19th July	MARC Van – Mrs Howlett out for students to borrow 9.00 -10.00am
Tuesday 8th August	Principal Area Forum – Mrs Watkins out
Wednesday 9th August	Prep Play
Tuesday 15th August	School Council Meeting
Wednesday 16th August	Numeracy CoP – Mrs Watkins out
Tuesday 22nd August	3-way Conferences, 3.30 – 5.00pm. Contact your classroom teacher for a time.
Wednesday 23rd August	Book Week Dress Up
Thursday 24th & Friday 25th	VPA Principal's Conference – Mrs Watkins out
- Monday 28th Aug – Friday 8th Sept	Grace out
Wednesday 30th August	Kinder Bus Tours
Thursday 31st August	Principal's Network Meeting – Mrs Watkins out
- Saturday 9th Sept	PFA Bunnings BBQ Fundraiser
Friday 15th September	End of Term 3, 2.30pm finish