



NEWSLETTER

Issue 17

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Euroa Primary School

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BACK TO SCHOOL



Our F/1A students enjoying a sunny Winter's Day and playing with the Autumn leaves in the school grounds. It has been great to see all our students back at school and enjoying spending time with one another!

EFFORT UNITY RESPECT ORDER ACHIEVEMENT

MAREE'S REPORT

Hello Everyone,

What a great week it has been here at Euroa Primary School

It was so good to hear the sounds of chatter and laughter as all students returned to onsite learning on Tuesday. It was equally wonderful to go around to all the classes and see the smiling faces of all our students, who were very excited to be back at school.

I have been very impressed with the positive way in which students have returned to school this week, and how they have adjusted to the new routines and expectations. It has been so good to hear the quality learning that has been happening across all our classrooms, and to see just how far our students have come during the period of remote and flexible learning.

New School Routines

We thank all in our school community for the great start to our return to onsite learning, which has included the changes to student entry into the school. Just to remind parents that this is for the safety of our children and onsite staff and one we have carefully considered. We are taking as many precautions as we can to ensure continual safe practices for our community. COVID 19 is still something we need to be aware of and follow the safety precautions without exception. It is now imperative that everyone keeps to these entry and exit points, not only for the children but to ensure we are complying with the strict rules around gathering of adults. We have been so impressed with the way in which parents, students and all in our school community have complied with the new routines around school drop off and say a huge thankyou to you all for making this so successful.

Reducing Waste at Euroa Primary School

As we now have all students back learning onsite, we would like to try and reduce the amount of rubbish coming into the school in lunchboxes each day. This will help teach students about the importance of sustainability and the things that we can do to help protect and preserve our environment. One of these things is of course reducing the amount of rubbish we create. So, we are asking parents to help us in this area by trying to reduce the amount of wrappers etc that are packed in lunchboxes. While we understand that a completely rubbish-free lunchbox might be impractical, we are asking parents to think about and make one small change to their child's lunchbox for next week. If we each make a small change each week, this can add up to a significant reduction in the amount of waste that we produce. Some ideas for a rubbish free lunch box include:

- Make a tray of muffins and keep them frozen. Remove one each morning and place it in the lunch box – it will thaw by lunch time.
- Pop your own popcorn and pack it in a paper bag. Remind your child to dispose of the paper bag in the recycle bin at school.
- Make your own snack mix with dried fruit (apples, sultanas, banana), pepitas, sunflower seeds, and put in in a container for recess.
- Pack a handful of dried cereal (such as Weet-bix bites or Cheerios) in a small reusable container.
- Cut your own cheese slices and place them with crackers in a smaller tupperware container.
- Make a smoothie at home and store it in a cold thermos that holds the temperature until recess or lunch time.

We will continue to share some different ideas each week however if you have some great ideas of your own, please feel free to share them with us so that we can share them with our wider school community.

SAVE THE DATE – Proposed Curriculum Day – Monday 13th of July

Euroa Primary School is planning a student free curriculum day on the first day of Term 3, which is Monday the 13th of July. We had originally planned to hold this professional development day on the first day of Term 2, however due to all the changes this term, the professional learning for staff that was planned for this day was unable to occur. Please pop this date on the calendar or in your diaries as students will not attend school on this day.

Euroa Primary School Facebook Page

Euroa Primary School has its own Facebook page. We encourage you to follow our page as we regularly post updates, photos and important information to this page. It is a great way of keeping up to date with the happenings at our school, and also provides an opportunity for us to showcase the successes of our students.

Student Reporting – Semester 1

As always you will receive a report for your child outlining their progress in Semester 1, 2020 against the Victorian Curriculum. The report may look different, however, as it is not possible to implement our standard report writing process due to the COVID-19 pandemic this year.

We have received advice from the Department of Education and Training regarding modifications to the Semester One reporting that takes into account the limitations on the ability of teachers to accurately assess student progress during the remote learning period.

As a result of this advice, teachers at our school will

- not be providing a 5 point scale for curriculum areas (ie A to E)
- be available for parents/carers and students to discuss the school report, although we would appreciate it if these were limited to occasions where parents/carers have concerns that they feel need to be addressed immediately. Other opportunities for feedback will arise in term 3, 2020.

The report comment on student achievement will be limited to

- a description of the areas of the Victorian Curriculum F-10 taught
- a succinct descriptive assessment of student learning achievement, based on the Achievement Standards in the Victorian Curriculum F-10
- a comment on how the student has adjusted to the remote and flexible learning environment, with reference to the Personal and Social Capability curriculum.

The end of semester 2 report will have a more informed and accurate assessment of your child's progress against the Victorian Curriculum.

It is our intention to provide you with these reports at the completion of semester 1, 2020.

Illnesses

A reminder that any student who is at all unwell should be kept home until they make a full recovery. This is of particular importance if your child is displaying cold or flu like symptoms.

Any student who appears to be unwell at school will be sent to the office and will remain there until they are collected by a parent or carer.

2021 Enrolments

Enrolments for Foundation in 2021 are now open, and we are already receiving a number of enrolments and enrolment enquiries for next year. If you are wanting to enrol your child in Foundation at Euroa Primary School in 2021, please contact the office on 5795 2212 to arrange an enrolment pack to be sent to your home address. Alternatively, you can pop in to the school at any time and pick up an enrolment pack.

We encourage parents to complete and return their forms ASAP, so that we can confirm your child's place at our school in 2021.

We are also now taking enrolments for students in all year levels who will be new to our school in 2021.

If you know of any families with kinder aged children or who may be interested in attending Euroa PS in 2021, please let them know that we are now taking enrolments and encourage them to pop in and collect a pack.

Euroa Primary School really is a fantastic school and offers a great well- rounded education for all students and families in Euroa and the surrounding areas.

Tips for Dealing with a Possible Reluctance to come to School

While some school reluctance is normal, when this escalates to continual battles with your child this is normally called school refusal. Around 1-2% of children experience school refusal. Usually these children do not have other behavioural concerns. School refusal commonly arises after a period of school absence – due to illness or holidays – or a big change, such as starting a new school or moving from primary to high school.

COVID 19 is both a big change and has been a long period of absence. It is expected that some children may experience school refusal transitioning back to onsite learning. No one factor or person is to blame for school refusal; it is caused by a complex interaction of many factors involving the child, their family and social challenges.

So what can you do?

Interventions to treat school refusal favour encouraging relaxation, challenging anxious thoughts and supporting a gradual exposure to the fear. Strategies to address school refusal can be tailored to children of all ages. The aim of intervention is to provide skills to cope with distress or discomfort while increasing school attendance. Research suggests that with support, school attendance can be improved, but anxiety may persist for some time.

If your child refuses to go to school, or you are supporting another parent or child in this situation, here is some suggestions on how you can respond:

1. **Ask for help.**

Parents often wait until the problem is deeply entrenched before acting. Unfortunately, every day of school missed has an impact on achievement, and continued absence is associated with high rates of emotional & behavioural difficulties, poor social adjustment and early school leaving, To minimise these outcomes, you need to act early and, if needed, seek professional help.

2. **Consider possible triggers.**

At a time when you are both calm (not on school mornings), ask your child to describe the key challenges of going to school. Together, you may be able to solve these problems or develop a plan to manage them. For

younger children or those who struggle to express their feelings, you may need to use the observe-validate - redirect model: Observe: "I have noticed that you appear upset and worried in the morning and you often ask to stay home." Validate: "We all feel upset and worried sometimes and it can feel uncomfortable." Redirect: "Going to school is very important. What are some things that we can do to help you to get there?"

3. **Take a kind but firm approach.**

It's important to convey kindness, as your child is experiencing something distressing. Kindness can be conveyed by listening when they talk about their worries, offering a moment of physical affection, or remaining calm in the face of frustration. It is important to listen to your child's concerns about going to school. There is also a kindness in encouraging children to face their fears; this promotes confidence and autonomy. Avoiding the triggers of anxiety increases anxiety in the long term. So keeping them at home actually increases their anxiety. Be kind but firm in your resolve to work with your child to address the school refusal. This stance can be reflected in comments like: "I understand that going to school feels difficult. We can work through your concerns together. But you do need to attend, because every day at school is important."

4. **Give clear and consistent messages**

Research suggests there are subtle yet critical differences in how parents communicate about school attendance. Consider this scenario: You wake your child for school at 8:15am and need to leave the house at 8:45am, concerned that they need to get more sleep. You sit on the bed and ask, "How are you feeling today?" Your child becomes distressed and says they can't go to school they are sick. Concerned, you say, "It would be really good if you could". Your child refuses. You start to feel anxious and upset, and tell them "You can't keep doing this" before walking out. While the parent is clearly supportive and concerned, the verbal messages around school attendance are vague and the parent leaves the room in distress. A suggested approach: -• waking the child at the same time each day with enough time to get ready for school • giving clear messages about school attendance such as "It's time to get up for school" and "I know you don't want to go but we cannot allow you to remain at home" • encouraging a staged approach to the morning if the child becomes distressed: "let's focus on breakfast first", "let's get your school bag sorted", and so on.

5. **Set clear routines on days when not at school**

Well-meaning parents will often find that efforts to encourage their child's school attendance are hampered by their own positive reinforcements for staying at home: Children might get the opportunity to sleep in and spend the day relaxing, watching TV and playing video games, or having more individual attention from a parent. If you find your child at home on school days, you could set up a home routine similar to school so that they learn that school is the place to be during school time: • get up and dressed by school time • limit access to TV and the internet during school hours • encourage the child to complete their school work • limit one-on-one time with the parent until after school hours • reduce activities out of the home, such as shopping, visiting friends or family.

6. **Work with the school**

Clearly communicate and set clear expectations of your child, with the school, and any other professionals involved, such as your child's GP. At school, children with anxiety often present to teachers or the office with physical complaints such as headaches and stomach aches. If you are concerned, take the child to a GP to check for physical causes. In the absence of a physical illness, these complaints are likely to be anxiety related. Speak to your child's classroom teacher about the challenges your child is having. They may help develop a plan for school drop-offs, as well as helping to address any other social or learning issues. While these feelings are unpleasant for you and your child, with the right support and intervention, your child can stay in the school environment and gradually increase their participation.

Patience, persistence and an openness to problem-solving are central.

Feedback is Always Welcome

Our School Council and Leadership Team is committed to ensuring we are working to meet the needs of our students, staff and the School Community. Your feedback is critical in enabling us to do this. I would encourage you at any stage if you have concerns, require clarification on issues, have any positive feedback or would like to discuss ways of improving the School to contact the school office to arrange an appointment to meet with me.

Have a great week ahead!

DATES TO REMEMBER

JUNE

Friday 12th – Book Club orders due

Friday 26th – End of term 2 – 2.15pm dismissal

JULY

Monday 13th – Start of Term 3

Monday 13th – **CURRICULUM DAY** – students not required at school.

AUGUST

Tuesday 4th – School Council 7pm

BOOK CLUB - Book Club orders are due back TOMORROW June 12th. Order forms can be collected from the Office or order on 'Loop'.