

WELCOME Back to School

CALENDAR

FEBRUARY

No school for preps	Thu 2
No school for preps	Fri 3
Swimming 3/4/5/6	Tue 7
No school for preps	Thu 9
Swimming 3/4/5/6	Thu 9
No school for preps	Fri 10
Parent Information Evening and School Picnic	Fri 10 5-8pm
Swimming 3/4/5/6	Tue 14
No school for preps	Thu 16
Swimming 3/4/5/6	Thu 16
No school for preps	Fri 17
Swimming 3/4/5/6	Tue 21
Swimming 3/4/5/6	Thu 23
Sugarloaf District	Fri 24

SUNSMART POLICY

Kangaroo Ground Primary School has a Sunsmart policy which requires the wearing of a hat for all outdoor play and activities for all participating persons during Term 1 and Term 4. During Term 1 and Term 4, students are encouraged to use sunscreen.

The Sunsmart policy is designed to teach students about their skin and ways to protect it from the sun to prevent skin cancer. It encourages them to protect themselves now and develop good habits for the future. The school and home should work together to promote active Sunsmart practices.

The only acceptable hats to comply with our Sunsmart policy are legionnaire hats with backs large enough to cover the ears, or broad brimmed hats. Baseball caps are not suitable.



CONTACT US

2 February 2023 Newsletter 1



From the Principal

Hi Everyone,

I'd like to welcome everyone back after the holiday break and to especially welcome the many new students and families we have across the school. I trust your time as part of our Kangaroo Ground primary school community will be both enjoyable and rewarding.

We currently have 257 students and 12 classes. The additional class has reduced class sizes across the school and will facilitate more individual attention for all our students.

The first week at school has gone very smoothly and despite some tiredness, our children have settled in well, especially our new 2023 Prep children.

Weather permitting, our school assembly is held on the basketball court each Monday afternoon at 2:50pm. Next Monday's assembly is a special assembly where we traditionally welcome our Preps to the KG school community. Parents are always most welcome to attend our school assemblies.

GASTRO AND HYGIENE

There have been a few children across the school presenting with gastro symptoms.

Each class has a hand clean dispenser and children are constantly reminded about washing hands. Despite these reminders some children will still forget to wash their hands and touch one another as they play so germs will always be transferred.

We do ask for parent support to reinforce good hygiene habits at home and particularly to keep children home for at least twenty-four hours if they are sick, particularly if they are vomiting. Occasionally we have children being sent to school on the same day they have been ill, so it is extremely difficult to stop the spread of germs when this occurs.

BUILDING PROGRAM

Our building program will begin next week with the installation of fencing around the main school building. Once fencing is installed the demolition process will begin. This will involve the removal of asbestos and in line with the Department's policy, this will only occur at weekends when children are not in attendance. Parents are advised to avoid coming to school on weekends until this has been completed. The school will remain open for the entire building program. Our office will operate from the ALC building during the build.

Our project is expected to be completed in October this year so we have our fingers crossed that everything goes according to plan.

PARENT INFORMATION NIGHT - FAMILY PICNIC: FRIDAY 10th FEBRUARY 5:00pm to 8:00pm

Following parent feedback that there are multiple after school events held at the beginning of the school year, we have again combined the Parent Information Night with our School Picnic.

We will start our information night with a general information session outside on the basketball court at 5:00pm and then move to classrooms for a brief Q and A session with teachers.

Term 1 Parent Teacher interviews will be held later in term

one. Please remember, if there are any important issues or concerns we encourage parents to make an appointment to meet with their child's teacher at the beginning of the year.

We are always aiming to improve communication for more efficient and effective feedback to students and parents and we are always happy to receive feedback to help improve how we operate so please feel free to pass on your comments and suggestions.

Children can remain on the court for our picnic. As in previous years, David Skinner will be providing a music and dancing program for the picnic.

This will be a picnic supper event with families providing their own food.

We will be running our traditional raffle on the night so if there are any local businesses who are prepared to make a donation, it would be greatly appreciated if parents could make them aware of our event and let us know if they are able to donate something suitable.

ART SMOCKS

Could parents please send an art smock to school for their children. The smocks should be clearly named and will be kept in classroom tubs for each grade to take to the art room for their lessons. The smocks need to cover the arms to protect sleeves from paint and glue.

SWIMMING

Our 3/4/5/6 children will be starting their six session swimming program at the Diamond Creek Outdoor Pool next Tuesday 7th February. Permission notices are available on XUNO. Please note the cost of this program includes the government swimming subsidy. The Sugarloaf District swimming sports will be held on Friday 24th February at the Diamond Creek pool for all those students who would like to take part. Parents and carers are welcome to attend and support our swimmers.

SCHOOL COUNCIL ELECTIONS – Call for nominations

An election is to be conducted for members of our 2023 School Council. Nomination forms may be obtained from the school office and must be lodged in the box provided at the office by 4 pm on Thursday 9th February. There is a self-nomination form for parents and DEECD employees.

Nominations are called for eight parent members.

Following the close of nominations, a list of the nominations received will be posted at the school.

If the number of nominations is more than the number of vacancies, a notice to that effect and calling for a ballot will be notified.

School councillors are elected for two year terms.

Brad McBride, Paul Jakovic, Rochelle Tootell and Lani Rowell have completed their two year term. All retiring members are welcome to renominate including parents filling casual vacancies.

Jelda Sharbell, Megan Lewis, Alasdair Grigor, Tammy Sheppard, Anthony Mendola and Richard Myles are continuing members so there will be 4 parent vacancies.

CONTINUED NEXT PAGE

Address: 10 Graham Rd, Kangaroo Ground, 3097 Phone: 9712 0292
kangaroo.ground.ps@education.vic.gov.au www.kangaroogroundps.vic.edu.au
Out of School Hours Care (OSHC): 9712 0124 / 0419 893 272 kgpsoshc@bigpond.com

CODE RED FIRE DAYS

Our school is on the BAR register of schools which will close on code red days. Parents will be notified the day before if we are ever instructed to close our school. (This has only happened once since this process was initiated by the Department)

HOT WEATHER DAYS – 35 DEGREES AND OVER

On days forecast to be 35 degrees and over we will run a different timetable. The lunch break will be shortened to half an hour and the children will start their afternoon classes early. The school day will finish at 3:00pm and parents will be able to collect their children from 3:00pm. Uncollected children will still be supervised in class until the normal dismissal time of 3:20pm. This will keep children out of the sun for an extended period of time in extreme conditions. Please contact the school if you are unsure of our arrangements on these days.

STUDENT ACCIDENT INSURANCE

The Education Department has requested that the following statement is brought to parents' attention.

Parents are reminded that the Department does not provide personal accident insurance for students.

Parents and guardians are responsible for paying the cost of medical treatment for injured students, including any transport costs.

These costs may be recoverable where an injury is caused by the negligence (carelessness) of the Department, a school council or their employees or volunteers.

Student accident insurance policies are available from some commercial insurers. These cover a range of medical expenses not covered by Medicare or private health insurance.

ANNUAL PRIVACY REMINDER

Our school collects, uses, discloses and stores student and parent personal information for standard school functions or where permitted by law, as stated in the Schools' Privacy Policy

Please take time to remind yourself of the school's collection statement, found on our school website.

For more information about privacy, see: Schools' Privacy Policy – information for parents. This information is also available in nine community languages.

CAR PARK DROP-OFF ZONE REMINDER AND SPEED RESTRICTION

The use of our Drop-Off Zone is an important safety process for our community. All traffic must travel at **10kph or walking pace** to help ensure the safety of all car park users.

The Drop-Off Zone has a designated 30 second time limit. This should be ample time to collect children and drive off without the need to reverse into the car park. Bollards have been installed to reinforce this system so your on-going assistance is appreciated.

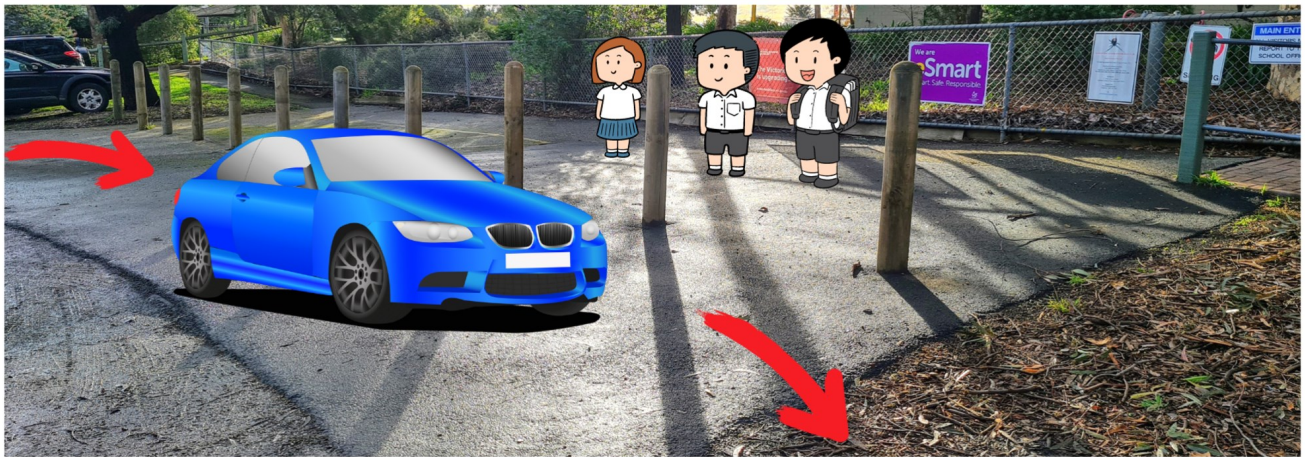
The area between the bollards and the fence is set aside for children while waiting to be collected. Drivers can only stop parallel to this area – please note the arrows in the diagram included with this week's Newsletter.

The key is to avoid having cars driving directly into the drop off area and reversing into the car park. This also avoids having children walk through passing cars to get to their parent's vehicle. It was also noted that parents in large four-wheel drive vehicles can find it difficult to see small children around their cars so the need to limit reversing is important.

Thank you for your cooperation in making this potentially dangerous operation as safe as it can be for our KG students.

Thanks again,

Laurie Murray



TERM 1 PLANNER

The term 1 planner, (class activities including excursions and incursions) is now available to view via XUNO. A copy has been sent out to all families via XUNO messages along with a helpful link on how to approve and pay for events and fees.

The grade 3-6 swimming program is scheduled from 7 to 23rd February. Permission and payment are required by the 3rd of February if your child is attending.

The whole school family picnic is also included, payment to be made by 7 February.

You may prefer to pay your school fees at the school office by eftpos or credit card. Bpay is also available. If you have any queries please call the office on 9712 0292 <https://docs.xuno.com.au/article/346-approving-and-paying-for-events-in-the-parent-portal>

ATTENDANCE

Student absences are entered on XUNO. The following link may be useful for families wanting to inform the school of a student absence. <https://docs.xuno.com.au/article/504-portal-attendance-note>

Lisa Lyons

Business Manager



KGPS School Production 2023

This Year K.G. is turning GREEN as we perform Shrek Jr on Monday 5th JUNE at the George Wood Theatre (Yarra Valley Grammar School, Ringwood).

All students will have the opportunity to be involved in the production – singing, dancing and acting on stage. Some of our senior students will also have the opportunity to take on additional responsibilities and help backstage with tasks like lighting and sets and props.

Auditions were held late last year and our Main Cast is now confirmed. As I say to the students -every role is essential to the success in our show, big or small! Rehearsals have started this week for all classes and the enthusiasm from our students has been incredible.

Parent Helpers

Putting together a production with 250 students is quite a mammoth task! Any assistance from parents or members of the school community would be greatly appreciated.

If you are able to help out (even taking on a small job is a big help!) please fill out the Parent Helper form below and return to the Office

Sarah Carruthers,
Performing Arts Teacher & Production Director



Parent Helper Expression of Interest Form

Name:

Email:

Contact Phone Number:

Child's Name:

Grade:

I would like to assist with the following:

(Tick all that apply)

- ☐ Costuming (Sewing)
- ☐ Costuming (Non-Sewing)
- ☐ Building Sets/Props (Carpentry Skills)
- ☐ Sourcing Sets & Props (Op-shopping)
- ☐ Decorating Sets & Props (Painting, Gluing, Papier Mache)
- ☐ Transporting Sets & Props (Truck/Van/Horse Trailer)
- ☐ Program Design
- ☐ Photography
- ☐ Videography
- ☐ Lighting
- ☐ Audio
- ☐ Other: _____

Please return this form to the KGPS Office by Wednesday 4th February.

We will reach out to you in the coming weeks to discuss the ways in which you can help! Thank you.

Private Music Tuition in 2023

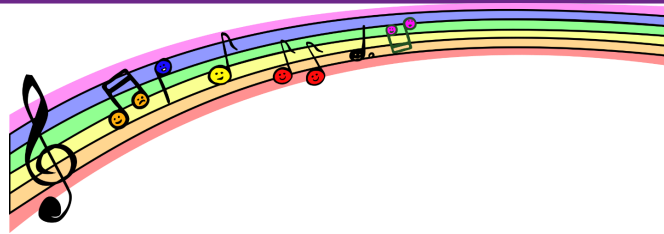
My name is Joyce Harvey and I am a teacher with over 25 years teaching experience. I have a few places available for Private Tuition in Piano, Flute, Clarinet, Recorder and Music Theory. AMEB exams are catered for. I am happy to negotiate shared lessons for beginners.

Keyboard Groups

Keyboard tuition is also available in small groups of 5. These classes are ideally suited to children in Grades Prep -2 but lessons can be adapted for the older beginner. Lessons are conducted during school time at Kangaroo Ground Primary School or after school time by request.

If you wish to learn more about my lessons, please contact me by phone or email.

Joyce Harvey Bachelor of Arts (Music) 0418 359 409 joyceharvey4848@gmail.com



SCHOOL LUNCH CHEAT SHEET

pack like a nutrition pro



1

PROTEIN 1/4 cup

hard boiled eggs	cheese
beans, lentils, soy	yogurt
deli meat (nitrate-free)	nut/seed butter
chicken/egg/tuna	cottage cheese
salad refried beans	hummus
jerky	milk
trail mix	energy bites

2

STARCH 3/4 cup - 2 slices

crackers	bread
(cheese/plain) cereal	sweet potatoes
rice/popcorn cakes	muffins muesli bar
veggie chips	tortilla
pasta	flat bread
chips	pitas
rolls	pancakes
pretzels	English muffins
sweet potatoes	potatoes

3

FRUIT 1/2 cup - 1 med

dried fruit	banana
canned fruit	pineapple
freeze-dried fruit	orange
fruit cups	berries
apple sauce	grapes
pear	melon
mango	kiwi

4

VEGETABLE 1/2 - 1 cup

cucumber	salsa
tomato	lettuce
capsicum	avocado
carrots	olives
sugar snap	salad greens
peas broccoli	celery
celery	freeze-dried veggies

5

FAT 1 Tbsp

olive oil
nuts
seed/nut butters
avocado
fatty fish (salmon)

6

SOMETHING FUN

energy bites	trail mix
fruit leather	muesli bar
tortilla chips	chocolate
cookie	fruit snacks

7

DRINKS

water
milk
juice

HOW TO:

- ★ My basic formula is include a serve of: **protein + carb + fruit/veg + something fun.**
- ★ Some foods will meet a combination of categories.
- ★ Serve a portion size that fits your child's appetite.

ROTARY eltham FESTIVAL

Gold coin donation
appreciated at entry

Saturday 4 and Sunday 5
March 2023

Alistair Knox Park

Celebrating Community—Supporting Local

Rock Wall

Animal
Farm

Main Stage

Fireworks

Buskers Tent



FOOD,
STALLS, ART
& CRAFT

Roving Entertainers

Clean Future Zone

Carnival

Rides

www.elthamfestival.org.au Facebook/elthamfestival

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ATTENTION PARENTS & CARERS

You're invited to join our successful
B Happy B Healthy social-emotional learning workshop to
assist your child to build crucial life long skills.

ABOUT THE PROGRAM:

- Designed to be run with 6-14y/o children
- Based on positive psychology and mindfulness
- Minimise symptoms of stress and anxiety
- Teach your child to self-regulate big emotions
- Boost confidence and resilience in your child
- Comprehensive manual and activities included

15% OFF *when you sign up before Feb 20th*

IN-PERSON WORKSHOP DATES:

Melbourne - March 8th or July 18th

Brisbane - March 13th or July 24th

Sydney - March 15th or July 26th

For all the finer details please visit

www.happyhealthykids.net.au

or email your enquiry to **info@happyhealthykids.net.au**



Diamond Creek Baseball Club

JUNIOR CLINIC



Free!!!
Includes a
Devils Cap

3 Week Program
Saturdays - March 4th, 11th, & 18th
10am - 11am
@ Campbell Street Reserve

**All skill levels welcomed,
no experience required.**

**Boys &
Girls
Ages 5-16**

All equipment provided

Register @ dcbc.com.au
or Call Greg on 0407 400 463

Tuning in to Kids™



Practical tips and strategies to show parents how to help their child develop emotional intelligence.

Through this practical six session emotional coaching parenting program, delivered across six weeks and hosted by Family Support Worker Joan Lauricella, you will learn positive parenting strategies.

Tuning in to Kids™ program is suitable for parents of children aged 9 years and under.

Topics covered:

- Improve talking to and understanding your child
- Help your child learn to manage their emotions
- Prevent behaviour problems with your child
- Help your child deal with conflict

“Emotional intelligence may be a better predictor of academic and career success than IQ”.



When: Wednesdays - 22 February, 1, 8, 15, 22, 29 March 23

Time: 9.30am to 11.30am

Where: healthAbility, 917 Main Rd, Eltham

Cost: \$120 per adult, \$60 concession and \$180 per couple

Bookings: Essential via trybooking.com/CFNKA

For more information

Please contact Joan Lauricella, Family Support Worker at joan.lauricella@healthability.org.au or phone **9430 9100**

Note: Please note sessions are currently scheduled to occur in person however this may change to online sessions if Coronavirus restrictions change. Participants will be notified if this occurs.

Phone: (03) 9430 9100 | **Email:** contact@healthability.org.au

Box Hill: 43 Carrington Road, Box Hill, VIC 3128

Eltham: 917 Main Road, Eltham, VIC 3095



healthAbility

By your side
healthability.org.au



Research Junior Football Club
"The Family Club"

ARE YOU READY TO PLAY FOOTY IN 2023?
JOIN THE MIGHTY SEARCHERS!

We are now recruiting for the 2023 season - from Auskick to U18
(Boys and Girls teams)

Come along to our Registration Day!
Sunday 5th February 2023
10.30am to 1.30pm



Research Park
1459 Main Road Research

On the day we will have -

- Clinic 11am – 12pm for interested kids.
- Free sausage sizzle
- Mouth guard fittings
- Meet the coaches
- Help with online registration

For more info on Girls teams contact Virginia Maher on 0433553990
For more info on Boys teams contact Brad Johnson on 0425781158
Or email secretary@researchjuniorfc.com.au

