# GRAHAMVALE NEWSLETTER



Week Three - 20th February 2025

Hi families.

We have had a busy first four weeks of 2025! I am pleased with how our students have settled into the routines and expectations of their new year level and new social connections are being forged. Recently we have welcomed some new families to GPS, transferring from other local schools, Melbourne and interstate. I trust they will enjoy a positive experience with us.

#### **Fun Run**

As you are now aware, our major fundraiser for the year has kicked off! Our Fun Run will be at The Victoria Park Lake on Friday 28<sup>th</sup> March from 9:15am-10:45am. We are looking forward to transforming our courtyard space. From the photo you can see it is currently a basic space, so we have plans to revamp it with a variety of seating options and gardens for our students to enjoy in a quiet, calm area. We have lots of ideas, but what transpires will depend on the success of our fundraising!

If you are yet to create a fundraising profile page for your child/ren, please scan the QR code on the flyer in this



newsletter edition. We are using a company called Go Raise It for our online fundraising. If you would prefer to make donations in cash, please see our Business manager, Michelle Ball. Thanks to Rebel Shepparton who are supporting our school with this event. A list of student prizes can also be found on the flyer.

#### Volunteers needed for Fun Run

To make this whole school event take place with the highest level of safety, we require at least 30 adult helpers. Please contact the office to place your name on the list of helpers. Our Parents Club will be in contact with further details closer to the date of the Fun Run. Most volunteer roles are standing/sitting around the course, supporting and encouraging our students along the way in a fun atmosphere.

#### Meet the Teacher conferences feedback

We are always aiming to be the best we can be and this usually comes from receiving feedback on current practices.

Earlier this week a survey link was sent out to parents via Compass to gather your opinions about our meet the teacher conferences. There are only 2 questions that should take no more than 1 minute to complete. We value your feedback! Here is the link again:

https://forms.gle/bCZ7Dwrr4i6unNK49

#### 2026 Foundation students

We are in early planning mode for next year already. If you have a child starting school in 2026, please call the office to place their name on our list.

We have school tours coming up also. Please share these with any family or friends looking for a school for 2026 and inform them to call our office to secure a spot. The tours will be kept to small numbers and places fill quickly.

#### School tour dates/times are:

Tuesday 25<sup>th</sup> March – 9:15am and 10:15am.

Thursday 27<sup>th</sup> March – 9:15am and 10:15am.

Monday 31st March – 9:15am and 10:15am.

Wednesday 2<sup>nd</sup> April – 12:15pm and 1pm.

Monday 28<sup>th</sup> April – 9:15am and 10:15am.

Wednesday 30<sup>th</sup> April – 12:15pm and 1pm.



#### **Introducing our Wellbeing Leader – Suzanne Watts**

Mrs Watts has held a variety of roles during her time at GPS. She is excited to be taking on the role of Wellbeing Leader, in addition to teaching in Year 4 Coghlan on Tuesdays.

Mrs Watts' role is about promoting a whole-school approach to the wellbeing of our students, staff and families. She will be supporting our teachers to implement evidence-based wellbeing programs across the school. Mrs Watts will also be leading the implementation of School-Wide Positive Behaviour Support with our Wellbeing team. Mrs Watts will coordinate referral pathways to internal and external wellbeing supports where required. Your child's classroom teacher should be your first point of contact for any wellbeing concerns, who will then liaise with Mrs Watts.



#### **Congratulations Kamsi!**

A big congratulations to Kamsi Ozoh for her recent achievements in athletics. On the 1<sup>st</sup> February Kamsi travelled to Bendigo to the State Combined Events for Athletics, where she competed in 5 different events. Kamsi's events were:

- Long jump 1<sup>st</sup> place (jumping a distance of 4.04m)
- 70m sprint 5<sup>th</sup> place
- 60m hurdles 3<sup>rd</sup> place
- 800m run 2<sup>nd</sup> place
- Shot put 6<sup>th</sup> place

After each event, organisers add up all the competitor's points. Kamsi received the highest number of points for her age group over the day, being awarded a gold medal for her efforts. A tremendous achievement Kamsi!



#### NAPLAN - National Assessment Program Literacy & Numeracy

Our Year 3 & Year 5 students will participate in Reading, Writing, Spelling, Grammar and Numeracy assessments over a 2 week period. Our teachers will be practicing what test conditions look like in the classroom leading up to the testing period and completing some practice tests as a whole class and individually. Students will need their iPad fully charged each day and headphones.

If you would like to complete some practice tests at home with you child, please utilise the Public Demonstration Site NAP - Public demonstration site

Dates to Remember		
February	Wednesday 26	No Foundation Students
March	Monday 3	School Council AGM
	Wednesday 5	House Lunch
	Friday 7	Pupil Free Day
	Monday 10	Public Holiday – Labour Day
	Wednesday 12	NAPLAN Begins – Year 3 and 5
	Friday 14	School Photos
	Monday 24	Harmony Day
	Friday 28	Fun Run – Victoria Park Lake
April	Friday 4	Last Day Term 1 – 2:20pm dismissal
	Tuesday 22	Pupil Free Day
	Wednesday 23	First Day Term 2
	Thursday 24	Cross Country – Year 3, 4, 5 & 6
	Friday 25	Public Holiday- ANZAC Day
May	Mon 5 Tue 6 Wed 7 Thu 8 Fri 9	Swimming Program- Years 3, 4, 5 and 6
	Monday 12	Pupil Free Day
	Tue 13 Wed 14 Thu 15 Fri 16	Swimming Program- Foundation, Year 1 and 2
	Monday 26	House Lunch
June	Wednesday 4	Junk Yard Beats- Year 3, 4, 5 and 6
	Monday 9	Public Holiday- King's Birthday
	Friday 16	Region Cross Country
July	Friday 4	Last Day Term 2 – 2:20pm dismissal
	Monday 21	First Day Term 3
August	Wednesday 6	Pupil Free Day
	Friday 22	House Athletics Day- McEwen Reserve
September	Thursday 18	School Concert - Eastbank
	Friday 19	Last Day Term 3 - 2:20pm dismissal
October	Monday 6	First Day Term 4
	Tuesday 7	Interschool Aths- Year 6
	Wednesday 8	Interschool Aths- Year 5
	Thursday 9	Interschool Aths- Year 4
	Friday 10	Interschool Aths- Year 3
	Monday 13	Division Athletics
	Wed 15 Thu 16 Fri 17	Year 3 Camp – Camp Kookaburra
	Wed 15 Thu 16 Fri 17	Year 4 Camp – Camp Wyuna
	Mon 20 Tue 21 Wed 22	Year 5 Camp- Sovereign Hill Ballarat
November	Monday 3	Pupil Free Day
	Tuesday 4	Public Holiday- Melbourne Cup
	Thursday 6	House Lunch
	Mon 10 Tue 11 Wed 12	Year 6 Camp- Melbourne
	Thursday 13	Year 1 Late Stay
		Year 2 Sleepover

December	Friday 12	Final Assembly
	Friday 19	Last day Term 4 – 1:20pm dismissal

#### 2025 School Photos

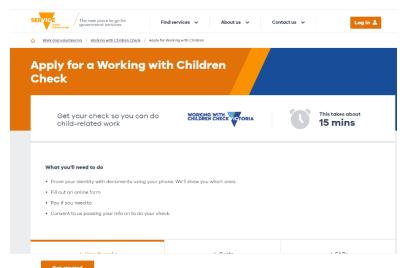


#### **Working with Children's Check**

Volunteers make a valuable and important contribution to our school throughout the year assisting with the many excursions, camps, and activities we offer to students. We invite members of our school community to participate in these activities when they arise, which require all volunteers to hold a current Working with Children Clearance. If you are considering volunteering for school activities, we suggest you apply for a clearance at no charge using the link below. Once you receive your clearance please provide details to the school in readiness for future events.

To apply for a Working with Children's Check log on to:

https://service.vic.gov.au/services/working-withchildren



#### Students of the week

Congratulations to last week's students of the week. Terrific way to start the year!



#### **Junior School Council**

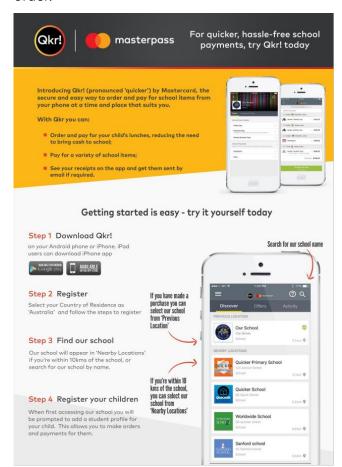
Congratulations to this year's Junior School Council Reps, Estelle, Remi, Milla, Phoenix, Porsha, Meiah and Cooper.

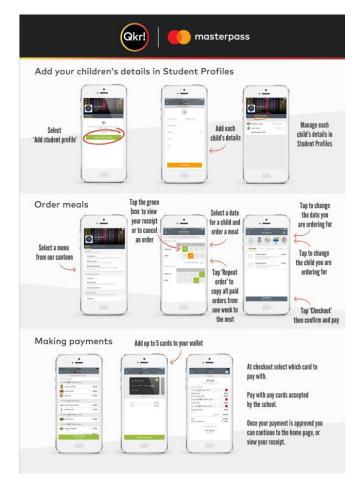


#### **Lunch Orders**

Reminder that lunch orders start tomorrow, Friday 8<sup>th</sup> February. These are to be ordered before 7:30am on Friday, using the external Qkr app- please follow instructions below on how to order.















# MAR 28

# FUN RUN

MAR 28

Friday March 28 students will be participating in Grahamvale Primary School's annual Fun Run at the Victoria Park Lake to raise money for our school.

Money raised will go towards improving our courtyard area, transforming it into a green, calm space for all students to enjoy!

Individuals will earn prizes depending on the amount of funds raised (please see other side), PLUS the class that raises the most amount of funds will enjoy a pizza lunch with Mr Simo and Mrs Mellington!

Scan the QR Code to start fundraising!



Thank you Rebel Sport Shepparton for supporting our school!

rebel

### Prizes to be earned...



Depending on the amount of funds you raise, you will get to choose one prize from that category



CATEGORY 1 Raise \$30- \$99.99 Choose ONE of the following









Light Up Galaxy Wahu High Ball (colours)

Flyer

Verao Pocket Flyer

Verao High Bounce Ball

Light Up Galaxy Ball (styles)

CATEGORY 2 Raise \$100-\$199.99 Choose ONE of the following



Spalding Mini Basketball



Squeeze Rockets



Light Up Sports Football



Waboba Wahu Finger Moon Ball

**CATEGORY 3** Raise \$200-\$299.99 Choose ONE of the following



Wahu Wind Racers



Verao Pro Flyer Frisbee



Zoggs Bondi Goggles



Flinger

Twippy Bumper Soccer



Verao Medium Foam Ball

CATEGORY 4 Raise \$300-\$399.99 Choose ONE of the following



Adidas Pencil Case



Nike 600ml Water Bottle



Gilbert Phoenix Netball



Spalding Rainbow Basketball



Parashoot Toy

CATEGORY 5 Raise \$400+ Choose ONE of the following



Wilson Jet Pro Basketball



Puma Attacanto Soccerball



Sherrin Synthetic Football



Nike Gym Sack



Under Armour Sports Bag

#### **School Reporters**

Dear Parents/Guardians and Students

This year must be the year of the threes, we had three new trainees and now three new teachers who are very excited to be spending the year with Grahamvale Primary School.

#### Miss Bryant

Full Name: Jessica Vivien Bryant

Age: 38

Birthday: 12 May 1986

Birthplace: Auckland, New Zealand

Ethnicity: Australian- New Zealand

Past Jobs: Teacher in Vietnam and Euroa, many Offices

Working Class: Year 3 Bryant

Pets: 2 Cats, Esmae and Goblin 1 Dog Reign

Favourite Travels: Vietnam



#### Miss Bell

Full Name: Rachel Joy Bell

Age: 24

Birthday: 25 January 2001

Birthplace: Carlton, Melbourne

Ethnicity: Australian/ Albanian

Past Jobs: Nurse, Pharmacy Assistant

Working Class: Year 5 Bell

Pets: 2 Dogs Bouncer and Arlo

Favourite Travels: Darwin, NT Cairns, NT



#### Mr Johnson

Full Name: Dean Leigh Johnson

Age: 32

Birthday: 6 November 1992

Birthplace: Melbourne, Sunshine Hospital

Ethnicity: Maui, Scottish English

Past Jobs: Big W Employee, Footy Player

Working Class: Year 2 Johnson

Pets: Dog Bailey Fish Merlo and a Gecko named Gecko

Favorite Travels: Italy, Thailand

They are ecstatic to be wonderful school community

Sincerely your school reporters, Remi and Indiana.



















TAHBILK WINES GREAT GRAPE STOMP

#### **SEYMOUR SEPTIC SHOOT THE POOP**



FOR KIDS UP TO THE AGE OF 16 **SAT 22ND FEB 2025, 4PM - 6PM** BUCKLEY PARK | JACOBSONS OUTLOOK | BLAYNEY RESERVE 56 Nagambie TAHBILK COSTO Street Street Costo Street Cost

# TAHBILK

PART OF NAGAMBIE'S COOLEST FESTIVAL **SAT 22ND FEB 2025, 2PM - 3PM** 











## COSTA COMMUNITY CANOE CHALLER

PART OF NAGAMBIE'S COOLEST FES **SAT 22ND FEB 2025, 3PM - 4PM** 

BUCKLEY PARK | JACOBSONS OUTLOOK | BLAYNEY RESERVE 🛗 🎇











PART OF NAGAMBIE'S COOLEST FESTIVAL **SAT 22ND FEB 2025, 12PM - 4PM** 

BUCKLEY PARK | JACOBSONS OUTLOOK | BLAYNEY RESERVE Gi Nagamble TAHBILK COSTO

# For parents and carers (primary) Support to keep your children safe online

This guide provides tips and resources for parents, carers and families to support children to be safe when using social media.

## Primary school aged children and social media

Parents and carers play a key role in guiding their children as they navigate the online world and begin to learn through exploration, play and social interaction.

Parents and carers can prepare their primary school aged child to be safe on social media even if they don't use it yet. You can do this by building good online habits and staying informed about online safety.

You can learn more how to help your child begin their online journey on the <u>eSafety</u> <u>Commissioner's website</u>.

You can also learn about the range of social media, games, apps and sites in the <u>eSafety Guide</u>, including what all the apps are, their minimum age requirements, how to protect personal information and how to report content within the apps themselves.



#### Supporting positive and safe online experiences for your child

There are a range of resources available to support you to support your child to have a safe experience online.

- The <u>eSafety Commissioner's website</u> provides:
  - eSafety parents page including: information on how to have hard conversations. about tricky topics like cyberbullying or seeing pornography.
  - webinars to give parents/carers the knowledge, skills and tools to support safe online experiences including supporting primary schools children to understand consent and online boundaries and how to support your child with online gaming.
  - family friendly videos and advice sheets in multiple languages to support your family stay safe online, getting started with social media, safer online gaming and getting help when your child is bullied online.
  - eSafetykids page with child friendly information you can share with your child including what to do when someone is being mean online, being safe online, sharing photos and personal information online.
- <u>Bully Stoppers</u> provides dedicated resources on <u>cybersafety and cyberbullying</u> for primary aged students and a dedicated resource page for <u>parents</u>. You can also access <u>cyberbullying</u> <u>advice sheets</u> for concerned adults through Bully Stoppers.
- Alannah and Madeline Foundation provides <u>DigiTalk</u>, an online safety hub for parents.

  It includes resources on topics such as becoming a screen smart family, navigating online bullying, and choosing, protecting and engaging with games for children.
- Raising Children Network provides resources for parents of primary school children on topics like healthy screen time, digital family life, digital play and learning and online safety.

# Signs a child or young person might need support

A child's online activity might have a negative impact on them if they don't also have a healthy balance of offline activities. Sometimes, your child might show signs that they are having negative online experiences or that they are being bullied.

Your child may not tell you if an online 'friendship' or situation has become compromising or difficult. They may feel embarrassed or ashamed, or afraid it might make things worse.

Be alert to changes in your child's behaviour or mood. Watch for signs of withdrawal, anxiety, sadness or changed interactions with family or friends.

#### Signs can include:

- less interest in social activities like meeting friends or playing sport
- · not doing so well at school
- tiredness, sleep disturbance, headaches, eye strain
- · changes in eating patterns
- · reduced personal hygiene
- obsession with particular websites or games
- extreme anger when being asked to take a break from online activity
- appearing anxious or irritable when away from the computer
- becoming withdrawn from friends and family
   You can learn more about warning signs of
   bullying on <u>Bully Stoppers</u> and <u>warning signs of</u>
   grooming on the eSafety Commissioner's website.

#### What to do if your child experiences something unsafe online

There are many ways that parents can raise a concern or get help if there is an incident.

 You can talk to your child's school about any concerns you might have or if something has happened. Schools have policies and processes that can help. They can also work with you to make sure that your child gets extra support if they need it. Contact your child's teacher or the school's wellbeing team to start. Read more about talking to your school on <u>Bully Stoppers</u>.

2 | Department of Education

- If your child has been involved in an online incident it is important that you work together with your school to provide your child with the support they need. Learn how to help your child after an online incident on the <u>eSafety</u> Commissioner's website.
- You can contact the eSafety commissioner for advice and to report abuse. The eSafety reporting system helps parents of children who experience serious cyberbullying and imagebased abuse by working with platforms to have the content removed.
- If someone is contacting your child and this contact is unwanted or makes them feel uncomfortable, there are things you can do to help. Read more about child grooming and unwanted contact and what to do on the esafety Commissioner's website.
- The Alannah and Madeline Foundation provides advice on what to do in instances of image-based abuse online and through Artificial Intelligence (AI).

## Where to reach out to for more support for your child

- · Contact 000 for urgent assistance
- · Talk to your child's school
- Contact <u>the eSafety Commissioner</u> for advice or to report online abuse
- Visit your local GP if you want to talk about mental health support
- Kids Helpline: 1800 551 800 kidshelpline.com.au
- <u>Parentline</u> provides a confidential telephone counselling for parents and those who care for children. This including advice on internet use, and online bullying and safety.
- Lifeline: 13 11 14 lifeline.org.au
- Beyond Blue: 1300 224 636 beyondblue.org.au

