

NEWSLETTER



23rd March 2023

Term 1, Issue 3

Diary Dates – 2023

MARCH

- 24 Lightning Premiership
- 25 P&F Bogan Bingo
- 27 P & F School Fete Committee Mtg
- 30 Family Fun Event; 2pm – 3:30pm

APRIL

- 4 3-6 House Cross Country
- 6 Last day Term 1 (early finish 1:30pm)
- 24 First day Term 2
- 25 ANZAC Day public holiday (no school)
- 27 Gr 1 Yoga Incursion
- 28 Gr 4 Scienceworks Excursion

MAY

- 5 P & F Welcome Evening

School Mission Statement

Our mission is to provide all Seaford North Primary School students with a high quality, challenging, global education which develops compassion and respect. We provide engaging learning opportunities that includes essential knowledge, concepts, skills and attitudes, enabling students to transfer these to new situations necessary in a rapidly changing world. We are committed to differentiation so that students work at their level and are able to make decisions about their learning in line with the curriculum. We encourage students to take responsibility with their learning so that they can be purposeful and make a difference to themselves and their world.



We acknowledge the Traditional Owners of country throughout Australia and their continuing connection to land, sea and community. We pay our respects to them and their Elders past, present and emerging.

Principal's Report

2023 School Council Election Report

Following the call for nominations for School Council we have now filled our four Parent vacancies at close of nominations.

Congratulations to Justine Fletcher, Scott Boreham, Leanne Longmuir and Kellie Savage declared to be duly elected to the Seaford North Primary School Council as parent representatives.

A huge personal thank you to retiring councillors Elizabeth Cole, Claire Regan and Kylie Polack who have worked tirelessly to make sure we have the best school possible for the betterment of all our children by engaging the school community and supporting our school.

2023 Student Leaders

We will let you all know shortly via Compass when our grade 5/6 leaders will be presented with their leadership badges by Sonya Kilkenny, State Member for Carrum and the Principal from Patterson River Secondary College along with year 12 School Captains who will talk about their leadership journey.

All School Leadership positions have now been confirmed and finalised. Please see below for the names of our 2023 Leaders.

PLEASE NOTE:

LAST DAY OF TERM 1 –
THURSDAY 6TH APRIL
EARLY FINISH TIME: 1:30PM

TERM 2 BEGINS MONDAY 24TH APRIL –
ALL STUDENTS RETURN

FOLLOWED BY A PUBLIC HOLIDAY
FOR ANZAC DAY ON THE 25TH
NO SCHOOL ON 25TH APRIL



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2023 Student Leaders

School Captains:

Koby Thompson
Milla Beverley
Ariel Cole
Xavier Laverick

House Captains:

Red: Charlie Porter, Archie Morris
Blue: Harvey Hough, Madden Page
Gold: Niamh Packer, Ayla Ors
Green: Asri Jones, Nash Livermore

JSC Presidents:

Ivy-Rose Robbins and Alex Sheppard

Mathematics: Benji Potter and Hamish Joyce

English/Library: Eve Sanders

Digital Technology: Wesley Kipp and Tomy Ip

Animal Palace: Lola Rowe and Sophia Pavlov

Mandarin: Arianni Kucherenko and Darcy Roberts

Science: Sarine Roberts and Eve Lambert

Visual Arts: Grace Cleary and Rose Parker.

Performing Arts: Sebby Isaacs, Olive Datt, Penny Sewell.

Running Club: Patrick Noonan and Lachlan Fox

Environment: Toby Cowley and Tamsyn Gillespie

Buddies: Paige Boreham, Grace McHugh, Hanna Shahbaz, Ava Foster.

Parents & Friends Election of Office Bearers

Congratulations to our new Executives for our Parents & Friends Club

President: Amanda Urmston

Vice President: Maddy Parker

Treasurer: Claire Regan

Secretary: Melissa Buckingham

Fundraising Coordinator: Justine Fletcher

Social Coordinator: Kate Watson, Holly Kucherenko

Communications Coordinator: Rachel Masters

School Council Representative: Amanda Urmston

Family Fun Event

Our Family Fun Event will be held on **Thursday 30th March** from 2pm until 3:30pm. All families are welcome. Come, join in and have a great time. Cheer the kids on. There will be egg and spoon races, sack races, 3 legged races and lots more on the oval.

A coffee van will also be provided by TeamKids for parents and friends to enjoy.

Students Arriving Early at School

We have noticed that there are several children arriving at school quite early in the mornings. Students should not be arriving to school before 8:45am as there are no teachers on duty to supervise them. If you need to drop your child off before 8:45am please arrange to book them into before school care with TeamKids.

Uniforms/Belongings

We have noticed a number of jumpers, hats, drink bottles and other uniform items appearing around the school without names. Please be vigilant in clearly naming all uniform items and personal belongings (lunch boxes, sports equipment etc.). This allows us to return any found items to the rightful owner.

Students of the Week





The Resilience Project – Parent and Carer Video Series

Throughout 2023, we will be working closely with The Resilience Project to support the wellbeing of our school community.

The Resilience Project delivers emotionally engaging programs and provides evidence-based, practical strategies to build resilience.

Our Partnership Program consists of online presentations and weekly lessons for students, professional development for staff, and Parent & Carer Hub (inc. digital presentations) for our parent and carer community.

Over the coming weeks, we'll be sharing the Parent & Carer Hub with you. The videos are 5-10 minutes long and will walk through the key pillars of resilience: **Gratitude, Empathy & Mindfulness**. You'll hear stories and be introduced to activities to show how these strategies can support our kids' learning and development, and also support you as parents and carers.

This program is an important part of our school's effort to look after the mental health of our community.

View the presentations for the series here:

Part 1: Meet Hugh and learn about The Resilience Project

<https://theresilienceproject.com.au/parent-and-carer-hub-hugh/>

In this presentation, Hugh shares a personal experience about his sister's battles with Mental Illness.

Note: This video contains a story about an Eating Disorder that may be triggering. Please consider this before watching. For mental health resources and support information, visit The Resilience Project's Support Page.



Emotional Literacy

Emotional Literacy is being able to **recognise and name our emotions**. If we can label our emotions, then we can start to understand the why and begin to problem solve to work through what it is that we're going through.

It is important to know that it is okay to feel all the emotions! **The key is to understand these and be able to use strategies to manage our emotions effectively.** Below is an example of a mood scale; this is a handy visual to use with children but can also be a handy tool to use for adults! Throughout the day we will move up and down the mood scale as we feel different emotions.



REFLECTING ON EMOTIONS

- Have a think about times when you have felt like you were at the top end of the mood scale, in the orange or red.
- What were the triggers that made you feel like this?
- Think about the emotions you were feeling, it could have been anger, extreme sadness, furiousness, high anxiety, etc.

MOOD CHANGERS

- Now think about how you were able to bring yourself back down on the mood scale.
- Do you already have strategies in place, or could you build up your 'mood changer' toolbox?
- Some examples of mood changes could be:

DEEP BREATHS

PLAYING WITH YOUR PET

PLAYING MUSIC

A HUG FROM YOUR CHILD/REN

MINDFULNESS

A WALK

Click here or scan the QR code to download a catastrophe scale template that you could print and use as a family.



Click on the image or scan the QR code to listen to **Dr. Emily**, a psychologist who talks about **Emotional Awareness** on the podcast, **'the imperfects'**.



Click on the image or scan the QR code to listen to **Lael Stone** on the podcast, **'the imperfects'**. Lael is an educator and a parenting expert.

If you enjoyed that episode, [click here](#) to listen to her most recent episode too.



Proudly supported by

coles

The Resilience Project is proud to partner with Coles to support students, teachers and parents to become happier, healthier and more resilient. We are grateful for the commitment and shared vision of Coles to support the mental health of all Australians.

education@theresilienceproject.com.au | (03) 9113 9302 | theresilienceproject.com.au

RESILIENCE PROJECT

From the Sports Desk - Term 1

Sports Clinics

It has certainly been a busy and active time for our students this term. Our year 3 and 4 students are participating in 4, weekly Volleyball clinics. The year 4 students have been working with Tennis coach Val from energy tennis on Monday mornings throughout the term. Our year 3 and 4 students participated in an introduction to hockey clinic facilitated by coaches from Frankston Hockey club.

Swimming

Trials

On Tuesday 7th February, 45 students across year 3-6 came along to compete in our school swimming trials. It was a fantastic morning with everyone giving their best effort and supporting their peers. Thank you to the wonderful parents who gave up their time to come along and help with the smooth running of the event. We couldn't have done it without you!



District

On Friday 3rd March 24 students from SNPS proudly represented our school at the Patterson District Swimming Carnival, at Pines Forest Aquatic Centre. Our students competed in both individual and relay events. All students were extremely supportive of their peers and cheered each other in every event. Thank you to parents and family members for supporting our students on the day. Our podium finishers were:

- Ariel – 12 year old girls: 1st 4x50m Freestyle relay, 2nd 50m Freestyle, 2nd 50m Breaststroke and 1st 4x50 Open Medley Relay
- Lily – 12 year old girls: 1st 50m Backstroke, 1st 4x50m Freestyle Relay, 1st 50m Freestyle and 1st 4x50 Open Medley Relay
- Paige – 12 year old girls: 1st 4x50m Freestyle Relay
- Frankie – 12 year old girls: 1st 4x50m Freestyle Relay, 1st 4x50 Open Medley Relay and 3rd 50m Breaststroke
- Rose – 11 year old girls: 1st 4x50 Open Medley Relay and 3rd 50m Freestyle
- Patrick – 12 year old boys: 2nd 50m Breaststroke and 1st 50m Freestyle
- Cooper – 12 year old boys: 3rd 50m Breaststroke
- Hamish – 11 year old boys: 1st 50m Backstroke
- Xander – 11 year old boys: 1st 4x50m Freestyle Relay
- Ethan – 11 year old boys: 1st 4x50m Freestyle Relay
- Noah – 10 year old boys: 1st 4x50m Freestyle Relay and 2nd 50m Freestyle
- Lachlan – 11 year old boys: 1st 4x50m Freestyle Relay, 1st 50m Freestyle and 1st 50m Breaststroke
- Dusty – 11 year old boys: 1st 4x50m Freestyle Relay, 2nd 50m Freestyle
- Ashton – 10 year old boys: 2nd 50m Breaststroke, 2nd 50m Butterfly and 1st 4x50m Freestyle Relay
- Tiyana – 11 year old girls: 2nd 50m Breaststroke
- Mase – 10 year old boys: 1st 4x50m Freestyle Relay
- Harry – 10 year old boys: 1st 4x50m Freestyle Relay

Congrats to our 2023 Patterson District Record Breakers:

Boys –10yr 4x50m Freestyle Relay with a time of 3:21.42

Girls – Open Medley Relay with a time of 3:20.98

Lily – Girls 12yr 50m Freestyle with a time of 36.83

Division

Congratulations to Ariel, Lily Z, Paige, Frankie, Rose, Patrick, Hamish, Xander, Noah, Lachlan, Ethan, Harry, Ashton, Mase and Dusty for representing the Patterson District at the Kingston Division Swimming Carnival on Tuesday 14th March at the Oakleigh Recreation Centre. It is a wonderful achievement to reach this level of competition and everyone should feel proud of their efforts. Congratulations to Lily for placing 2nd in 50m backstroke event. Thank you to all parents and family members for coming along to support our students.



3-6 House Athletics



3-6 House Cross Country

The House Cross-Country will be held on **Tuesday 4th April** between 9:15am and 12:40pm. (approx.) around the school grounds. Children will run in their age groups: age groups are calculated based on your child's age as of 31st December 2023.

Approximate times of races are as follows:

9:15am 12/13 year old boys (3km)

9:35am 12/13 year old girls (3km)

9:55am 11 year old boys (3km)

10:15am 11 year old girls (3km)

10:40am RECESS BREAK

11:20am 10 year old boys (2km)

11:40am 10 year old girls (2km)

12:00pm 8/9 year old boys (2km)

12:20pm 8/9 year old girls (2km)

All competitors are asked to wear a t-shirt of the colour of their house. Please ensure that all children have suitable clothes to run in (particularly footwear) and to change into to keep warm after the event. The event will only be postponed in the event of extremely bad weather.

All children are expected to participate by running/walking to the best of their ability. Every competitor will earn points for their house.

Please note: The fastest 10 times across both the 8/9 and 10 year-old age groups will be selected for the combined 9/10 year-old race at district level. Students must be turning 9 years old this year to represent the school at district cross country.

We are looking forward to this event – thank you to all our parents/carers and of course our wonderful students for your support! If you are able to assist with this event, please send us a dojo message.

Road Safety Around the School

Just a friendly reminder of the importance of road safety during pick up and drop off times. To assist us in maintaining a safe environment during these busy times, please remember to observe ALL street signs located around our school: Airlie Grove, Hallifax Street and Clovelley Parade. Please do not cause congestion by pulling up in areas where cars are constantly moving through. To ensure that all our students are able to safely exit their cars, please find a suitable parking spot beyond the No Standing signs.

Thank you everyone for making SNPS a safe environment for all!

Please also be considerate of our neighbours and turn your engine off if you are parking for longer periods outside their home and do not block their driveways.

News from the Parents & Friends of SNPS

Bogan Bingo

Stone the crows...only days to go... limited seats remain!

Are you ready to have a ripper of a time while supporting our SNPS fundraiser? Well, grab your flanny and Ugg boots and come on down to our Bogan Bingo night on Saturday 25 March!

Get ready to shout "bingo!" as you dab your markers on classic bogan items such as mullets, VB cans, and meat pies. Don't worry if you don't know the lingo, we'll have a fair dinkum caller to guide you through the game.

We'll also have a silent auction with some rad items, best dressed awards, raffles and door prizes to boot – so bring your loose shrapnel! Not to mention plenty of bogan games and challenges - make sure your air guitar game is strong!

So grab your twisties, tim tams or other grouse snacks to keep you fuelled up throughout the night. To quench your hard-earned thirst, there will be VB's and Bundy a flowin' at bar prices.

Rally your mates, neighbours, family or Shazza and Dazza from the pub and snag yourself a table before you miss out on this sell out shin dig!

If you want to sit with your mates, make sure you use the same email address when purchasing your ticket, or better yet book a table! <https://bogan-bingo-2023.raisely.com/>

Welcome Evening

Please note date change for our annual wine and cheese night welcome evening for foundation and new families. We will now be holding this event on **Friday 5th May at 7pm**.

This is open to all foundation, and new families. If you missed out on the last couple of years due to covid please make sure you come too so you can meet other families. Please make sure you RSVP to this event (via fb link below or email parentsclubsnps@gmail.com) so we can cater accordingly.

We look forward to seeing you there! <https://fb.me/e/32SeCRqa1>

School Fete Committee Meeting

The rumours are true... Seaford North Primary School is holding a fete in 2024! But we need your help, as this will take a lot of time and volunteers!

We are putting together a Fete Committee at a meeting on Monday 27th March 2023 at 7.30pm in the school hall. If you would like to be involved, please come along! You can put your hand up for a small or large role, and all offers of help are welcome.

If you have any questions please feel free to ask here or email to parentsclubsnps@gmail.com and we look forward to seeing you there.

Animal Palace – Help Needed

If you are able to spare some time to help out in the Animal Palace during the upcoming Easter holidays and/or Term 2 2023, we would love to hear from you!

Please refer to Compass to find information and all dates that help is needed. Simply tick the dates you are available and return the form by email to Berny at Bernadette.king2@education.vic.gov.au.

Reminders from the Office

Late Arrivals

If your child/ren arrive after 9:00am please make sure you come to the office to get a late pass. Parents are able to sign their children in using the Compass Kiosk. The late pass slip can then be taken to the teacher in the classroom. Any children who arrive after 9:00am and do not come to the office for a late pass will be marked as absent and a message will be sent home to parents notifying them that their child is not at school.

Early Collection

Should you need to pick your student up early from school on any day, please let the office staff know and they will pass the message on to the teacher - teachers are not always free to check or respond to messages during the day.

You will need to attend the office to sign out your student either on the Compass Kiosk or with the office staff, then you can collect your student from their classroom.

Recess is from 10.40am to 11.10am – we recommend you come prior to 10.35am

Lunch is from 1.00pm to 1.50pm – we recommend you come prior to 12.55pm

If you need to collect your student between 3.10pm and 3.30pm, please come to the office before 3.10pm as the end of school days are particularly busy.

If you would like someone else to collect your student, please ensure they are either listed as an emergency contact or you have let office staff know who they are. They will also need to bring ID

Regular School Hours

1st Session: 9:00am – 10:40am

Recess: 10:40am – 11:10am

2nd Session: 11:10am – 1:00pm

Lunch: 1:00pm – 1:50pm

3rd Session: 1:50pm – 3:30pm

2023 Term Dates

Term 1 – Students in Grades 1 – 6 start Monday 30th January, Foundation students start Tuesday 31st January at 9.30am to Thursday 6th April.

Term 2 – Monday 24th April to Friday 23rd June.

Term 3 – Monday 10th July to Friday 15th September.

Term 4 – Monday 2nd October to Wednesday 20th December

Absences

It is a department requirement that all student absences are explained by a parent/carer. If your child is absent from school, please enter an attendance note on Compass or call the office and leave a message detailing your child's name, class and why they are absent.

The office will be contacting parents of students who have unexplained absences so that attendance notes can be entered onto Compass.

Upcoming Excursion and Incursions

All upcoming excursion and incursions will appear as events on Compass and will require consent, and where required, payment to be completed by parents before the cut off date of the event. If consent and payment (as required) is not received by the cut off date it will no longer be accepted through Compass and may result in your child not being able to attend. Please find below a list of the upcoming events and cut off dates for consent and payment.

Event	Date	Cost	Cut off date
Grade 1 Yoga Incursion	Thurs, 27 April	\$6.00	Mon, 24 April
Grade 4 Scienceworks Excursion	Fri, 28 April	\$32.00	Mon, 24 April

Library Books

There are still a number of library books yet to be returned from last year. If you have any library books at home that are overdue to be returned, could you please send them back to school as soon as possible.

Subway

Subway lunches are back! Subways will be available to order for lunch on Fridays - just head to canteenhub.com.au to order. **The cut off day and time for Subway orders is Wednesday at 10.30am.** Any difficulties or errors, please email contact@subsforyou.com.



SUBWAY SCHOOL LUNCH

- EVERY FRIDAY
- PLACE YOUR ORDER BY 11:30AM THURSDAY AT APP.CANTEENHUB.COM.AU

PROUDLY SUPPLYING
UPWARD and ONWARD
SEAFORD NORTH Primary School

SUBS FOR YOU Say Hello at contact@subsforyou.com

- 1 Create your account at app.canteenhub.com.au/register-customer
- 2 Add Profile: Set up children or yourself up under Profiles tab
- 3 Search for your school via postcode or suburb and select from drop down list
- 4 Select your class

- 5 Head to Order Now
- 6 Select the person you are ordering for
- 7 Select the items you would like to order
- 8 Click on checkout to finalise your order. If you are ordering for more than one person you will be prompted at this point to add their order.

Any questions email contact@subsforyou.com

Primary Music Institute (PMI)



PRIMARY MUSIC INSTITUTE

Instrumental Music Lessons- on school campus
Places available for Term 1, 2023





Small Group & Private Lessons

- Primary Music Institute offer instrumental music lessons right here on school campus!
- To find out all about the music lessons please visit PMI's website. You can check which instruments are available, get up to date program details and apply for lessons online
- Please **ENROL TODAY** via PMI's website
- Lessons are held once per week on school campus – with lessons typically during school hours
- Only \$20.50 per child per small group lesson (2-5 students for 30 minutes)
- Private lessons (1-on-1) and pair lessons (max 2 students) are also available
- Online lessons (after hours) are also available direct to your home –contact us to find out more
- Instrumental music can improve your child's school results – including for reading, maths, coordination, IQ, abstract reasoning, performance confidence... and is great fun!

P: 1300 362 824 E: admin@primarymusicinstitute.com.au www.primarymusicinstitute.com.au

Drum Lessons



At Seaford Nth Primary Starting Term 1, 2023!

Drum Lessons will be starting at Seaford North Primary School in Term1 - 2023, with Noel Tenny. Noel has been teaching for more than 25 years , and has performed both nationally & internationally. Past band include - Frankie J Holden, Bjorn Again, Pean, Captain Spalding. Noel is currently playing & touring with both "The Australian INXS show" , and the Bon Jovi Tribute "Blaze of Glory" . He also plays in wedding band, The Baker boys.

Drum lessons are one on one and held at a suitable time during school hours. Noel's aim is to get students playing along with as much music as possible (lots of songs!), as well as working on technique, various beats, and technical exercises.

Students will need a pair of drum sticks and a folder for music sheets to get started. Students progress much quicker if they have a drum kit or electronic drum kit to practice on, but is not essential to get started.

Year levels prep to 6, 20 min lessons = \$26 per lesson, half hour lessons = \$36 per lesson.

For expressions of interest & any other questions please contact Noel on 0419355041, or email tomtomtenny@gmail.com

Team Kids

TeamKids have another amazing Autumn Holiday program planned!

- Learn new skills and make new friends
- Qualified and REMARKABLE Educators
- Digital detox with our no screens policy
- Delicious and nutritious morning and afternoon snacks
- CCS-approved care

Head to teamkids.com.au to secure your spot!



Team Kids

ANNA LUU

NEW DIRECTOR OF SERVICE

SEAFORD NORTH PRIMARY SCHOOL



HELLO I'm Anna

genuine

We're excited to introduce Anna Luu to the Seaford North Primary School community as the new TeamKids Director of Service. Anna is currently studying a Diploma of School Age Education and Care comes to Seaford North Primary School with a wealth of experience in working with children.

A few of Anna's favourite Before and After school activities include physical obstacle courses, art and craft corner, dramatic play with a kitchen and costumes, cooking with the children, sensory activities, and any activities to celebrate and/or commemorate culturally important events.

Outside of work, Anna loves to travel and try new things! She has a passion for crafts, cooking and collecting postcards.

Anna says "Hi, my name is Anna and I am the new Director of Service at Seaford North Primary School. I am excited to work with my colleagues to create a fun and caring space for your children. I look forward to getting to know you all."

REMARKABLE • GENUINE • FUN • INNOVATIVE • INVOLVED

BOOK ONLINE TEAMKIDS.COM.AU

TERM 1 WRAP UP

Team Kids

AUTUMN FLASHBACK Snaps

AUTUMN HOLIDAY FUN!



TeamKids went WILD for World Wildlife Day. We had a BLAST! Now, we're set for heaps of Autumn Holiday FUN!

Let the fun begin!

AUTUMN Holidays

Team Kids N° 48



BEST HOLIDAY PROGRAMS IN AUSTRALIA

BOOKINGS OPEN!

NEW TO TEAMKIDS?



Did you know TeamKids has a book and e-book? Charlie's First Day at OSHC is here to answer all your questions and help ease any first day jitters.

bit.ly/FirstDayAtOSHC

teamkids.com.au 1300 035 000

#ONYA SONYA EASTER EGG HUNT 2023



When: Sat 8th April at 10am

Where: Wedge Rd Reserve, Carrum Downs

PLEASE PRE-REGISTER

SONYA KILKENNY MP

SONYA.KILKENNY@PARLIAMENT.VIC.GOV.AU



Moonlit Sanctuary

the best way to see Aussie animals

GO WILD THESE SCHOOL HOLIDAYS!

JUNIOR KEEPER CLUB

ENVIRONMENTAL ACTIVITIES, ANIMAL ENCOUNTERS AND NATIVE ANIMAL CARE

Includes interactions with dingoes, pythons, feeding animals, food prep and animal enrichment activities. Learn about our animals, their conservation and the environment. For ages 7-14 years.

Autumn Holiday Program

Week 1: Wednesday 12th, Thursday 13th, Friday 14th April
Week 2: Monday 17th, Tuesday 18th, Wednesday 19th, Thursday 20th, Friday 21st April
 Cost: \$99.00 per day | Small groups of 16 | 9:00am start - 2:00pm finish

Special Needs Keeper Club
 Tuesday 11th April
 10:00am start, 1:15pm finish.
 Cost \$99 per day. Price includes one caregiver for each child.
 The Special Needs Keeper Club program provides an opportunity for children who love animals but are unable to attend our mainstream Keeper Club program due to specialised learning or physical needs, and who may require additional support from a parent, guardian or carer.

Moonlit Sanctuary Wildlife Park
 550 Tyabli-Tooradin Rd, Pearcedale | Phone 5978 7935
www.moonlitsanctuary.com.au
 Open daily between 10am and 4pm. Keeper Club runs from 9:00am-2:00pm.

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