



12TH AUGUST 2022

THE NEWSLETTER

The latest news and updates from Foster Primary School



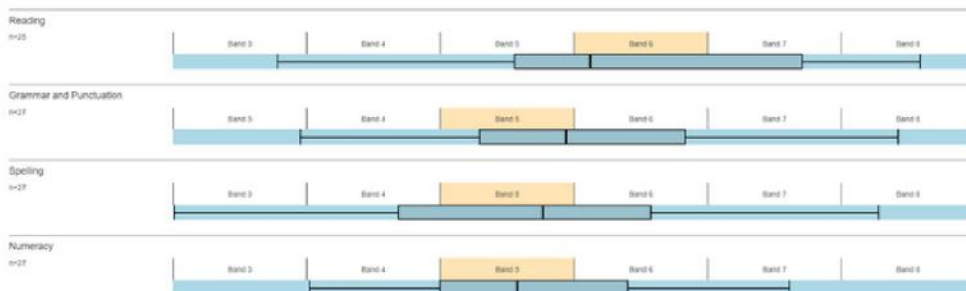
NEWS FROM THE PRINCIPAL

by Scott Moorhouse

NAPLAN

Our initial NAPLAN results have been returned so our staff and school council can begin working on the future educational direction of the school. We are very proud of our students and all of our teacher's and these results are testament to all of their hard work. There are some obvious areas for improvement and quite reasonably some areas for real celebration. Coming off the COVID challenges these results are quite remarkable.

Grade 5 Overview



IMPORTANT DATES

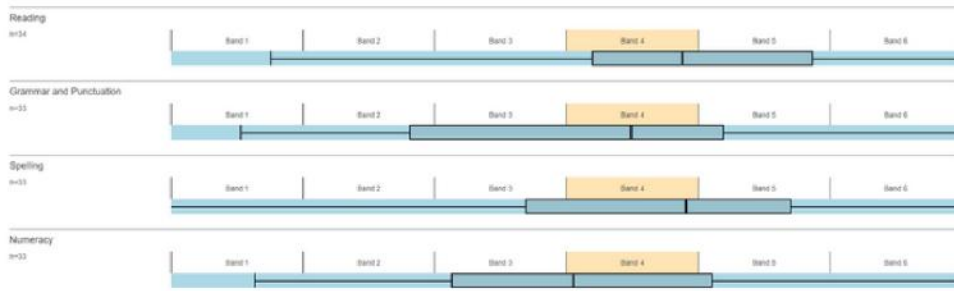
August 2022

- 4th & 5th Student, Parent, Teacher Conferences – *students required at school Friday for conference only*
- 15th Gr 3/4 Excursion to Melbourne Museum
- 15th – 17th Gr 5/6 Iluka Retreat Camp
- 26th Gr 5/6 Excursion to the MCG
- 29th Student Free Day
- 31st – 1st Sept Waratah Beach Camp Gr 3/4

September 2022

- 6th Community & Volunteers Breakfast
- 8th Footy Colours Day with Hot Lunch orders
- 9th Division Athletics
- 9th State Netball Finals
- 14th & 15th Lion King Production
- 16th Last Day Term 3

Grade 3 Overview



Over the coming months we will pull apart the results and look for the relevant questions where students could use some assistance. As you will see all of our results fall within expected norms. Given that the school has had a sustained focus on writing we cannot wait to see these results which will be released soon. Lastly congratulations must also go to the parents over the last 2 years. With your dedication and assistance these results have been possible, rest assured that your efforts are well recognised and appreciated. This is the result of a great team effort.

Illness

Since our last publication there have been many, many illnesses at our school. At one stage we were down to 48 students. We thank all of the families who isolated to stop the spread of illness across the school and understand why some families made the choice to stay home whilst this outbreak was occurring. Rest assured that our protocols are firmly in place and our staff and students are largely adhering to this. Unfortunately we will not be inviting students to wear heavy jackets or 'Oodies' from Monday onwards as adequate heating can now be provided. If you have any questions, please contact your teacher or our office.

New Kinder

The construction of the new Kinder continues. Unfortunately, when these things happen there are disruptions to the status quo. Namely parking for parents and distraction for students at school. We are concerned about the safety that this poses to our students and parents and the building company have been excellent to work with. We are waiting on the shire to assist with moving our bus zone to reduce congestion. This will be moved, eventually, to the Boundary Road end of the school. In the interim, it is really important that parents are careful when driving by when construction equipment is present. Even better still, arranging to meet your child near the Recreation Reserve will also assist in our efforts to keep everyone safe. We are also asking students to not ride on footpath with Scooter or Bikes outside the school as this also creates a safety hazard. We are expecting the building to move onto site towards the end of August.

October 2022

3rd First Day Term 4
11th Regional Aths Newborough
14th Junior Athletics Carnival
TBC Gr 2 sleeperover
31st Student Free Day

November 2022

1st Melbourne Cup Day
2nd - 4th Coonawarra Camp
Grade 5/6
13th November Prep Learning
Together Program starts

December 2022

13th Statewide Transition Day
TBC Gr P-2 Water Safety
TBC Grade 6 Graduation
TBC Gr 3-6 Pool Party
TBC Gr P-2 Party
20th Last Day Term 4 - Student
Free Day



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A Puppy Named Stocky - Wilson

The school new puppy made its long awaited appearance on Thursday. The puppy will fulfill a therapy role as it gets older with the children. Professional assistance will be provided by P.A.W.S. for training in this role.

The puppy was named by popular vote by our students. 'Stocky' being from Stockyard Creek and 'Wilson' from Wilson's Promontory. For those interested his official last name is DET.

Miss. Emma Charlton has volunteered to be his carer and they have already formed a close bond. 'Stocky' has already made great strides in engaging some of our most vulnerable students so even at this early stage has begun doing his job.



Stocky pictured here with Wellbeing Officer Jo, Students Louis and Taleigha

Jokes from Patrick

Knock, knock.

Who's there?

Roxanne.

Roxanne Who?

Roxanne pebbles are in this meatloaf.

"Please pass the sugar." Lee said sweetly.

Teacher: Ted, if your father had ten dollars and you asked him for six dollars, how many dollars would your father have left?

Ted: Ten

Teacher: You don't know your math.

Ted: You don't know my father.

What happened when the teacher fell into the copier machine?

She was beside herself.

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Parents & Friends Group

Time to honor the fathers in our lives! Look out for a note coming home about the Fathers Day Stall. This annual event run by the parents and friends group is a great chance for our students to have a unique shopping experience at school as well as get something special (and good value) for the father figure in their lives. Because the 3/4's are on camp the week before Fathers Day, we are running the stall on the Tuesday so they don't miss out. Please have your donations into the school office by Friday 26th August. If you'd like to and are available to help out on the day to work the stall please let Jade know on 0408 513 261.

Kitchen Garden Market Stall Saturday 20th August Foster War Memorial Hall

Come down and visit our stall - support our Kitchen Garden program!

Kitchen Garden News

This week the 3/4 classes have participated in a science experiment called Soil Your Undies. This is a nationwide experiment where farmers and gardeners across the country have participated in and looks at the health of soil and it's microbial activity.

Each class has buried a pair of cotton undies (new, unused!) somewhere in the garden and will dig them up in 2 months time. The more decomposed the undies, the better the biological activity in the soil, which is what we want to see to grow strong, healthy plants. We're thinking here at Foster PS that our undies should break down pretty well with the fabulous soil that we have built up over the years!

If you are interested in this topic and would like to discuss it with your child or even do the experiment at home, check out the links below:

[Soil Your Undies](#)

[Underpants Experiments](#)

Parents & Friends Group Events

August

19th KG Farmers Market Stall
30th Fathers day stall

September

6th Community Breakfast
8th Footy Colours Day & Hot Lunch Day
17th KG Farmers Market Stall

October

15th KG Farmers Market Stall
28th Halloween Disco

November

19th KG Farmers Market Stall

December

17th KG Farmers Market Stall
Lunch order day - date TBC



Everyone can learn to learn

Senior School News

What's Been Happening In 3/4?

Weekly RAD Rotations

RAD Rotations are where we are split into 3 groups: Science, History and Design Tech. I have been in Science so far and we have learnt about heat and the states of matter. Three types of heat energy are electrical, chemical and kinetic. States of matter are solid, liquid and gas. As an experiment we made chocolate crackles to show how the different states of matter can change. The copha melted over heat and became liquid and when mixed with Coco Pops it became solid again. By Ella

In RAD Rotations we are learning about History, Science and Design Tech. in History we are learning about Aboriginal culture. We learned about the first people in Australia who were the Aboriginal and Torres Strait Islander people. We also learnt about the early explorers from Asia and Europe. Then I moved onto Design Tech. In Design Tech we are making marble runs made out of cardboard and seeing different ways to stick the cardboard without using much glue or tape. It is like Tech and Science combined together. I don't know what they're doing in Science but I reckon it will be fun. By Elle

Writing - Narratives

Fishy Stories- Fish Creek is hosting a competition called Fishy Stories and the word limit is 350 words. We have to hook the reader so they want to read and know the answer to the questions. To make a story we need to have a setting and some characters. We have been working hard for this story, it has been a real challenge. By Lola

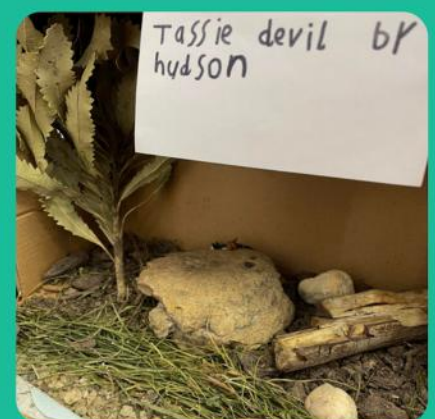
INQUIRY

In Inquiry, last term, we made dioramas of endangered Australian animals for instance, a quokka or a blobfish. We've collected objects from home and outside for their habitat. We have also made posters and information books. All of the 3/4s are very excited to show them at our Learning Expo next Friday the 19th of August! Written by Louisa

Garden

In garden classes we've been doing a science project about burying undies in the soil, 'Soil Your Undies'. We are going to leave them in the soil for two months to see if the soil is good or not.

Last time we did garden we were collecting artichokes to sell them at the farmers market in Foster. We also get to learn about all the different fruits and vegetables that we might not have known were real types of food. We think as a class that garden is a great fun thing to do. By Hudson and Griffin



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Junior School News

Reading

This week in reading we are learning to begin making connections to information reports and recognising how these connections can be categorised as personal, real-life and text-to-text.

Writing

This week in Writing we are learning to write a range of different openers for each sentence of an information report. This is where we can put our interesting words to good use!

Maths

This week in Maths we are learning:

Prep: To attempt to skip count by 2, 5 and 10.

Grade One: To count on from any starting point to 100. I will also be learning to skip count by 10s to 120 and by 5s to 65.

Do you want to be a helper in P/IC?

We always welcome parent/carer helpers in our classroom for our Literacy rotations. Are you free during any of the below times?

Monday 9.00am – 10.00am or 10.15am – 10.55am

Tuesday 9.00am – 10.00am or 10.15am – 10.55am

Wednesday 9.00am – 10.00am or 10.15am – 10.55am

Thursday 11.30am – 12.25pm or 12.20pm – 1.15pm

Friday 10.15am – 10.55am or 12.30pm – 1.15pm

Please contact your student's classroom teacher to advise if you're available.



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Student & school wellbeing news

Anxiety

Just when we thought Covid was a 2020 and 2021 thing only!

I think we have been quite sheltered down here in South Gippsland for a long time and now our little school has felt the full impact.

The conversations I have been having with both students and staff are all multi layered and the common theme for one of those layers is always anxiety.

A couple of weeks ago my sons football team were treated to a live Q and A session with a past Fish Creek footballer and Gold Coast Suns player Sam Flanders. What a brilliant opportunity for the players and the parents who happened to be in the room (and how good is technology to allow us to chat with someone face to face from Fish Creek to Queensland).

One of the questions asked of Sam was 'what do you do to calm down when things get heated on the field?' Wow, what a great one for not only football, but sport and life alike.

Sam shared that the team have a psychologist they all work with and they are all taught mindfulness and breathing techniques for situations like that.

Anxiety is an extra layer for so many of our students at the moment due to Covid and the changes at school that brings. We know that the constant change of teachers and ES staff, students away, class changes has brought with it so many more challenges and many of the students are not liking it at all. It's all well and good for us to know that this could make them more resilient, better with change etc etc however, we do know that they just aren't liking it and many are just not coping.

I know when I chat with the students about breathing techniques, they often say that they forget to do it when they are in the heat of the moment.

Breathing techniques to calm our anxiety only work when they are used...funny that. The thing is, we need to do it over and over again until it becomes habit.

We also need to practice when we aren't in the heat of the moment; first thing in the morning, just before we eat lunch, sitting on the toilet or at any weird and random part of the day.

The following technique is such a simple one; it is called the box breath and all it entails is breathing in for 4 seconds, hold for 4 seconds, let the breath out for 4 seconds, hold for 4 seconds and then do the cycle again. You can visualise a square (or box) when doing it. Set a timer for one minute and give it a go as often as you can remember during the day. How about right now? Like everything, the more we practice the better we get, and the more second nature it becomes, so when we really need to feel calm (in any life situation), we have already given ourselves the best possible chance of getting through life's ups and downs a little easier.



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