

2ND DECEMBER 2022



THE NEWSLETTER

The latest news and updates from Foster Primary School



NEWS FROM THE PRINCIPAL

by Scott Moorhouse

The last day of school for students is Monday 19th December.

Term 1 starts back Monday 30th January 2023.

We wish you all a very happy Christmas and new year.

Enjoy the holidays.



Holly Hurst

I rarely highlight individual students but Holly's effort in the 'Pens Against Poetry' competition was amazing. Holly had the honour of meeting the Governor-General at Government House in Canberra due to her efforts. If you have face book you will see some extraordinary photos of her time there. Congratulations Holly!

The School Grounds

Thank you so much to our army of workers who have been assisting tidying up the school grounds, weeding, gardening, spreading mulch, planting etc. You have no idea how much this has helped and our gardens and grounds are starting to look much better. I will not name individuals (which is a great thing because there have been too many to mention) but on behalf of myself, our staff and our students I thank you very much for the work you have done and continue to do!

IMPORTANT DATES

December 2022

2nd, 5th, 6th Gr P-2 Water Safety @ Toora Pool

12th - 14th Gr 3/4 Summit Camp

13th Statewide Transition Day

13th Grade 6 Graduation

15th Gr P-2 Christmas Party

16th Gr 3-6 Pool Party

20th Last Day Term 4 - Student Free Day

January 2023

27th Book Collection Day

30th Students Start School

February 2023

9, 10, 13, 14, 20, 21 Gr3-6 Water Safety Program Foster Pool

8th Swim Time Trial Day

15th House Swimming Carnival

24th Division Swimming

EarlyAct

Over the last 2 months I have had the honour of working with our local Rotarians on several projects. The most exciting one however relates directly to our students, particularly the 2023 grade 5's. EarlyAct which is a program within Rotary allows students to build leadership skills through school and community work. We will be choosing 8 students to be a part of the first leadership group in this space. Students are currently putting forward their case to be a part of this project. EarlyAct teaches our students; proper meeting procedure, the benefits of community service, understanding of humanity issues both nationally and internationally and the chance to act on these. Students will undertake 3 projects during the year, one that is school based, one community based and one nationally or internationally based. EarlyAct will be separate to our Junior School Council. I thank the Foster Rotary Club for their interest in our school in particular Dr Laurie Warfe, Mrs. Liz Hall and Mr. Bruce Standfield for their drive to make this happen.

School Captains and Leadership Positions

Miss. Duggan and myself had the pleasure of hosting the school captain and sports captain interviews on Tuesday and Wednesday this week. It was marvellous to see a great array of talent and bravery from our students. For many this was their first effort at a formal interview and like for most of us, it was tough on some. With this being said the sheer quality of the applications and the way that students spoke passionately about their school, their hero's, their fellow classmates and the future direction of our school was very enlightening, at times emotional but always with conviction. Every student who had a go at this should be commended.

Staff Changes

Ms Michaela Dempsy who is one of our ESP staff members will be leaving us at the end of the year. Michaela works tirelessly with some of our students who need the most assistance and does this professionally and with passion. Michaela will be sadly missed by our school and we wish her all the best for whatever the future holds.

2023 Term Dates

30th Jan – 6th Apr

24th Apr – 23rd Jun

10th Jul – 15th Sept

2nd Oct – 20th Dec



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Junior School News

We have had a busy few weeks in the junior building. We recently had our first Prep/1 Afternoon Tea & Dinner which coincided with the Grade 2 Sleepover. Everyone had an amazing time and lots of fun. After the Prep/1's left, the Grade 2's enjoyed a night walk, a campfire with smores and ghost stories, and supper in the staff room. We were all very tired the next day but had lots of fun.

Over the last few weeks we have been looking at poetry and personal and response writing. This week we have been writing letters to Santa. These have been sent off to the North Pole. We are also responding to the text we read through book reviews and making connections to our own experiences.

In Maths we have been reviewing place value and measurement. This has involved a range of hands on learning activities to engage the students.

The 1/2's have been creating their imitation robots this week as part of our Mappen learning unit on robots and technology. There has been lots of designing and making taking place.

Our Swimming program started this week and the weather forecast is looking promising for our days next week! Thank you to all the volunteers who help make this happen.



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Everyone can learn to learn

Middle School News

In 3/4M we have been reading 'Meet Grace' which is our class novel. We have enjoyed it, it is an interesting book about a girl called Grace who is an orphan and a convict. She is sent to Australia to be a servant.

Mrs Taylor used the tables and put them together to create a ship called the 'Indispensable'.

On the first day of the ship she handed out actual convict names and the boys were the guards with convict names and the girls were the convicts with convict names.

The boys worked on the tables and the girls were underneath the tables and we had it set up for a week.

By Casey and Luca.

In grade 3/4 we do something called Rad Rotations. This is where we split into 3 groups and the teachers teach Auslan, Science, and Social Emotional Learning. Ours is Social Emotional Learning because it was calming and we got to talk about your feelings and let our worries escape onto paper. We got to admit that sometimes you have bad feelings. We also learnt to calm our minds when we were feeling sad, anxious, nervous, angry, excited and exploding.

By Harriet and Ella

In our class we have been reading a book called The Grace Stories, which has lots of little stories of the same story in one book. Grace is a convict girl who got shipped to Australia on the Indispensable. So, last Wednesday Mrs Taylor turned our classroom into the Indispensable! We all had name tags which had our convict names on them. The boys were guards, and the girls were convicts. The amazing girls are under the deck and the awesome boys are on the deck, so the girls are under tables and boys

are ON the tables!!! To make the Indispensable, Mrs Taylor gathered lots of tables in the center of the room in an oval shape and then she hung a big sail up above it to complete the ship!

By Bonnie, Inessa and Louisa.

This term we have been doing country projects comparing Australia and a country that we chose. We had a couple of weeks to do research to find out a lot of information on our country and Australia. Some of the grade sixes have been helping us to do some talks about our projects. Lola did a country called Botswana and their national dish is called Seswaa made over fire and Mylah is doing a country called Seychelles and they have over 155 islands in Seychelles. We are also doing an oral presentation about our countries.



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Senior School News

The Grade 5 students have been busy working on applications for leadership positions for 2023 and they are all to be commended for stepping up and making the commitment to lead our school next year. Students have written an application letter and some positions require an interview as well. For the School Captain position there is also a short speech to the grades 3-6 students next week. There have been some nervous moments for these candidates and we wish them all well.

Grade 6 students are looking forward to their next transition day (Tuesday 13th) and their graduation celebration at the Golf Club. In the BER we have begun work on our Bizarre Bazaar project which will be held during Week 11. In small groups students are designing a product, collecting data on their ideas, improving and refining their design, then producing it. These products will be targeted for the grades P-2 students.

Last Monday the students from grades 3-6 went to the High School to listen to a performance by the High School students. Everyone enjoyed seeing the different instruments and listening to the fabulous performance. It was great to see former students performing with such confidence and skill! A highlight was Bec and Ms Power carving up the dance floor!

We are also looking forward to our Pool Party on Friday 9th December. Details on Compass.

By Tom

ATTENTION LOCAL BAKERS:

THE GRADE 6 STUDENTS ARE HAVING A CAKE STALL

to be held in the main street of Foster on
Saturday December 3rd

**WE WOULD GREATLY APPRECIATE
DONATIONS OF CAKE AND SLICES**

Donations can be dropped off at the school on
Thursday 1st and Friday 2nd of December

ALL PROCEEDS WILL GO TOWARDS THE
GRADUATION CELEBRATION



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School Wide Positive Behaviours

16 Days of Activism Against Gender Based Violence 2022

Each year, Respect Victoria supports Victoria to engage in the 16 Days of Activism against Gender Based Violence. This campaign begins Thursday 25th November – International Day of Elimination of Violence against Women and goes to Friday 10th December – Human Rights Day. The campaign is to address gender inequalities, gender based violence and take action to prevent violence before it starts.

We have joined in with the campaign to help raise awareness and work towards preventing family violence and violence against women.

Gender-based violence causes severe harm to families and communities. Campaigns like the 16 Days of Activism highlight the need for us to prevent all forms of family and gender-based violence experienced within our society.

Students have been involved in a range of activities throughout the week promoting and raising awareness in how we can prevent violence.

If you or someone you know is experiencing family violence, help is available.

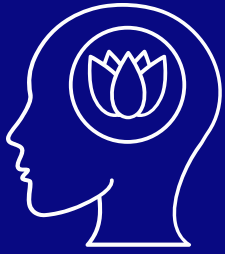
If you believe someone is in immediate danger call Triple Zero (000) and ask for the police. Safe Steps (1800 015 188) safesteps.org.au Safe Steps is Victoria's 24/7 family violence support service.

The Thumbs Up Wall is almost full



Ms Young & Miss Jones at SWPBS learning today.





Student & school wellbeing news

Shame

Mr Moorhouse has asked me to write this week about body shaming. Sadly, this is due to incidents of this occurring at school. I am sure this is not a new thing, maybe some readers may have encountered this at school themselves, or even now as adults. Sometimes we call it teasing, sometimes, more recently, we have called, and do call it, bullying as well.

I googled shame.

Shame is a painful feeling that's a mix of regret, self-hate, and dishonour. A good person would feel shame if they cheated on a test or did something mean to a friend. Feeling shame, being ashamed or causing shame – is one of the most miserable feelings of them all. Body shaming is where a negative comment or inference is made about another person or groups appearance. It could include comments about a person's weight, height, facial features, body shape, hairiness, hair colour, muscle tone etc

If this has ever happened to you, you will know it is such an awful feeling. Now imagine you are about 10 years old and trying to navigate your learning, your friendships, school rules, playground problems, maybe there are issues at home, or maybe you are just struggling for reasons you don't know and then someone starts picking on your glasses, pimples, haircut or weight.

Sad isn't it.

Now think about the high rates of mental health issues linked to eating disorders.

This is not the time to tell people they need to toughen up or be resilient. Now is the time to tell your kids this stuff hurts, has lasting effects and sometimes really bad outcomes and the only antidotes are empathy and kindness. We need to model being kind, we need to talk kindly and teach understanding.

We need to not be talking about the way people look, but who they are on the inside, and if you are struggling to find that, don't talk at all. Our children need to love themselves and the body they are in and that needs to be a wonderful thing, not something to be embarrassed about.

If your child is struggling with their body image or with shame and being shamed in any way, reach out and seek help. Its so important that we change the narrative NOW.



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Parents & Friends Group

Gardening Group

Our garden is slowly coming back into line...thanks to all the p&f helpers that contributed here...but there is still plenty of work to be done! If you have some spare time to keep chipping away at the priority list (prepared by Kylie) – please do! Time passes quite quickly if you are working in a small group weeding/trimming/spreading mulch. If anyone is interested in forming a gardening group that meets regularly, that would also be a fantastic help to keep on top of all things in the garden. Please see Kylie in the office if this is you :)



Music night for 2023

We are looking for a keen music-lover to organise a gig night for next year... is this something you'd like to coordinate? It could be an open mic night, karaoke or getting a local talent on board to entertain the crowds...the choice is yours! Please leave your details with the school office if you'd like to be involved!



Parents & Friends Events

December

16th P&F AGM – 9am

17th KG Farmers Market Stall

January 2023

21st KG Farmers Market Stall

March 2023

17th P&F Term 1 meeting time

TBC

DID YOU KNOW: The funds raised from our Kitchen Garden Farmers Market Stall go straight back to help pay for the cost of providing the amazing kitchen & garden classes for our students in years 3-6.

The November market raised around \$800! Thanks to those volunteers who both ran the market and contributed produce/baking to sell!

**Thank you to:
December
Farmer's Market
Stall Sponsor**

**ANSA
EARTHMOVING**

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Garden News



What a strange year in the garden! The crazy, cold wet weather has left our summer plantings a little worse for wear but fingers crossed things should take off now that its SUMMER! The late cold weather has allowed us to have broccoli and cauliflower later than usual and Katrina and the students have been making amazing dishes in the kitchen with it. We have had a big broad bean harvest as well as lots of greens.

With the end of 2022 I have decided to hang up my boots and follow other ventures. Although excited about the future I feel a lot of sadness about leaving the school and the fantastic Kitchen Garden Program that I have been involved with for 10 years.

It has been wonderful to witness students shining out of the classroom and in the garden space. I have seen students come into the garden initially hesitant to get their hands dirty or go near a chook to becoming enthusiastic gardeners and growers. Hearing stories about what they are growing at home, excitement about trying a fruit or edible flower they have never tried before, discovering a frog or a worm has really been what has made my job so enjoyable.

Never before has a garden space for children been more important with these uncertain times, it is a space where they can connect with nature and each other, find hope and learn valuable life skills. The students at Foster Primary are so lucky to have such a wonderful program.

I would like to thank all the parent helpers and volunteers over the years who have contributed in some way to the Kitchen Garden Program, without you all it would not be a success. A special mention to Brenda Accardi who has tirelessly helped out in the kitchen and garden as well as the monthly Farmers Markets. The school will really miss you next year Brenda, Thank you!

Kitchen News

What a great term we have been having in the kitchen! Last week our 3/4s made Pumpkin & Thyme Risotto, Lemonade Scones, Lemon Curd and a Garden Salad. This week our 5/6s have made Eggplant Parma, Stirfry Greens, Flat Bread and Broad Bean dip.

I am in total awe of how fantastic they all are in the kitchen, they have all improved so much! Thankyou to the parent helpers that have been coming into our classes, it really helps all the kids and myself/classroom teacher so much. We always welcome helpers in the kitchen.

Don't forget to check out our recipes on the [website](#).

Thanks, Katrina



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