



3RD FEBRUARY 2023

# THE NEWSLETTER

*The latest news and updates from Foster Primary School*



## NEWS FROM THE PRINCIPAL *by Scott Moorhouse*

Welcome back to School! We have been so excited to see our students back and learning in a relatively normal environment. It was great to see 17 new prep students and 8 new families start their educational journey with us on Monday. We cannot wait to see what you can show us you can do!

It was also really nice to see the kinder start up in the same week. Our students were able to see the kinder kids playing in their environment and brothers, sister and cousin caught up through the bars of the fence. Discussions were held with old kinder teachers which makes for a much more enjoyable transition for all involved.

We have seen an increased amount of separation anxiety not just in the junior rooms but across the school. Over the past few years our parents and caregivers have largely been at home a lot more than usual making separation harder. Separation anxiety is a normal part of the growing up process and is nothing to worry about in the short term. Separation anxiety can also affect parents and caregivers, this is also very normal. Letting go of the ones you love for any period of time is always hard. It is nothing to feel ashamed about however if this is causing you significant health problems come and talk to us or your GP. We have a number of skilled practitioners who may be able to help you or your child through this time.

## IMPORTANT DATES

### February 2023

9, 13, 14, 16, 20, 21 Gr3-6 Water Safety Program Foster Pool  
8th Swim Time Trial Day  
10th House Swimming Carnival  
15th District Swimming  
24th Division Swimming

### March 2023

2nd School Photos  
10th Wheelchairs for Kids Event  
13th Labour Day Public Holiday  
15th - 27th NAPLAN  
16th Regional Swimming  
21st Harmony Day  
30th Prom Coast Athletics

### April 2023

5th District Athletics  
6th Last day term 1  
7th Good Friday  
24th Term 2 starts - Student free day  
25th ANZAC Day  
28th State Swimming

Here are some tips on how to make this time a little easier when saying goodbye.

### **Making Goodbyes Easier**

These tips can help ease Children and parents/caregivers through this difficult period:

- Practice. Practice being apart from each other, and introduce new people and places slowly. If you plan to leave your child with a relative or a new babysitter, invite that person over in advance so they can spend time together while you're in the room. If your child is starting at a new daycare center or school, make a few visits there together before a full-time schedule begins. Practice leaving your child with a caregiver for short periods so that he or she can get used to being away from you.
- Be calm and consistent. Create an exit ritual during which you say a pleasant, loving, and firm goodbye. Stay calm and show confidence in your child. Reassure him or her that you'll be back — and explain when you'll return using concepts kids will understand (such as after lunch). Give your full attention when you say goodbye, and when you say you're leaving, mean it; coming back will only make things worse.
- Follow through on promises. It's important to make sure that you return when you have promised to. This is critical — this is how your child will develop the confidence that he or she can make it through the time apart.

As hard as it may be to leave a child who's screaming and crying for you, it's important to have confidence that the caregiver can handle it. By the time you get to your car, your child is likely to have calmed down and be playing with other things.

(Source: Kidshealth)

### **Allergies/Lunches:**

Please be mindful that we have a number of students with allergies or anaphylaxis. We are a nut free school and ask that you consider this when packing your child's lunch. Another reminder also that we are also a rubbish free school in that we promote nude food to cut down as much waste as possible. All government schools now ban the use of single use plastics.



### **May 2023**

3rd Foster PS Got Talent  
4th Foster PS Got Talent  
8th Stocky's birthday  
11th School incursion & Foster PS Got Talent GF  
12th Gr 5/6 Winter Sports rounds commence  
17th House Cross Country  
17th IDAHOBIT Day  
19th Gr 5/6 Winter Sports  
25th Division Cross Country  
26th Gr 5/6 Winter Sports & Sorry Day  
29th Reconciliation Day

### **June 2023**

1st Regional Cross Country  
2nd Gr 5/6 Winter Sports  
7th School incursion  
9th Student free day  
15th Division winter sports  
19th NAIDOC Celebrations  
23rd Last day Term 2

### **July 2023**

2nd World Autism Awareness Day  
2nd NAIDOC Week  
4th National Aboriginal & Torres Strait Islander Children's Day  
9th Student Free Day  
10th Term 3 starts  
13th State Cross Country  
19th Regional Winter sports

### **August 2023**

9th - 11th Gr 3/4 Phillip Island Camp

### **September 2023**

8th Division Athletics  
15th Term 3 ends

### **November 2023**

1st - 3rd Gr 5/6 Camp Coolamatong  
6th Student Free Day  
7th Melbourne Cup Day

### **December 2023**

20th Student Free Day  
20th Term 4 ends



## Swimming and Volunteering

As you will be aware that for many of our year levels swimming lessons begin next week. We need many volunteers to help walk the children down to the pool. If you can assist please contact our office. Similarly, our school has many opportunities for volunteers to get involved. Reading, Gardening, Sorting books, Displays and Kitchen/Garden program are just some of the ways you could assist us should you have the time. Please contact your classroom teacher if you can help in any way.



**Reminder for bus travellers:**  
If your child catches a bus, please remember to contact either the teacher or office to inform us of any change in plans. Contact the office for a bus pass if your child needs to get off at a different stop, or travel on a different bus. If there is any confusion over bus arrangements and we cannot contact you, the 'normal' arrangements will apply.



**Be Respectful**  
**Be a Learner**  
**Be Safe**  
**Be Caring**

