



31ST MARCH 2023

THE NEWSLETTER

The latest news and updates from Foster Primary School



NEWS FROM THE ACTING PRINCIPAL

by Jane Power

It is a real privilege to be spending time as Acting Principal while Scott under goes surgery.

It is inspiring to see the diversity of learning happening across the whole school from the beautiful creative trees in the prep ones to the Grade Three/Four Roald Dahl names and accompanying drawings, making engaging connections with literacy and Art.

We are a community of life long learners, Miss Duggan, Miss Charlton, Mrs Bell and Mr Moorhouse have undergone some intensive training in the Science of Spelling concluding a 5 week "Sounds Write" course. Thank you for your commitment to our students in undertaking this work. Teachers have also been participating in seminars on the "big Ideas" in Maths presented by Emeritus Professor Di Siemon. Ms Young, Miss Duggan and myself are very excited and invigorated by this important learning.

We were so impressed with the way that our Grade 3 and 5 students took on the challenge of NAPLAN this year. Students sat tests for Writing, Reading, Language Conventions (spelling, grammar and punctuation)

IMPORTANT DATES

April 2023

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

May 2023

- 3rd & 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

This data collection not only provides students with feedback but helps our school to make decisions about our school's future teacher learning.

Thank you so much to our Grade 6 tech helpers on NAPLAN days and of course we could do none of this without the superb Sam Embuldeniya.

Lastly can I acknowledge the hugely important work done by our Education Support Staff, from the dedicated heart of the school (the office) to the very skilled and big-hearted Education support staff working with our students...we see you and thank you.

Foster Primary School is a great place to work and learn together. Have a wonderful holiday break.



School finishes Thursday 6th April at 2.30pm.
Term 2 starts back on Wednesday 26th April.
Due to Monday 24th April being a student free day
ANZAC day is Tuesday 25th April. Enjoy the holidays.

June 2023

1st Regional Cross Country
2nd Gr 5/6 Winter Sports
7th School incursion
9th Student free day
12th Kings Birthday Public Holiday
15th Division winter sports
19th NAIDOC Celebrations
22nd Movie Night
23rd Last day Term 2

July 2023

2nd World Autism Awareness Day
2nd NAIDOC Week
4th National Aboriginal & Torres Strait Islander Children's 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



Junior School News

Interview of a prep:

Max: In our classroom we have made a big Story Tree out of cardboard. On the tree we made lots of animals like caterpillars, koalas, snakes, cats, Stocky, bees, fish and a narwal. We have used the story tree to help us in Writing.

P/1C have used the Story Tree to inspire their writing in our Narrative unit.

Interview of a grade 1:

Ollie: This week we have done so much learning. In Reading we have been making predictions which means thinking what the story is about before reading. Sometimes our predictions are right and sometimes they are wrong. I have learnt that making predictions is important because it lets us guess what to expect about the story.

The weather has been very cold and it is strange coming to school when it looks dark outside.



**WHY COULDN'T THE
PONY SING A LULLABY?**

She was a little horse.

**WHAT DO YOU CALL
A BOOMERANG THAT
WON'T COME BACK?**

A stick.

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



Everyone can learn to learn

Middle School News

In the Grade 3 and 4 this week we have enjoyed diving deeper into Narrative writing. We have looked at increasing our use of descriptive phrases when writing about characters and settings, and using sizzling starters to capture the reader's attention immediately. All these strategies are helping us get our amazing ideas onto the page and bring our writing to life.

Our middle school students enjoyed welcoming family members into the school to celebrate Harmony Day and participating in the BER celebrations to end a great day celebrating each other's differences.

We are currently in the middle of the Parent-Teacher-Conferences. These have been a really nice opportunity for the students to share their learning achievements with their families and for staff to celebrate everyone's efforts so far.



Be Respectful
Be a Learner
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Be Caring



Everyone can learn to learn

Senior School News

It has been a busy few weeks in the BER! The Grade 5's have had NAPLAN and approached the process like champions! We also had some fabulous Grade 6 helpers who provided ICT support during our testing periods.

The BER students have been able to spend a bit of time with their buddies and get to know them a bit better. We have been able to spend some time with them in Science and have lunch together. We look forward to being able to more things together as the year progresses.

In writing, we have been working hard on developing our narratives and making sure that they are detailed by including descriptive language and dialogue.

In Maths, we have been building upon our understandings of place value and connecting our understandings to the operations of addition and subtraction. Students have been working hard to further develop their knowledge and skills in these areas.

We hope everyone enjoys the last week of term and has a wonderful holiday!

Jane, Katie, Marion & Chantelle



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Be Caring



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Earlyact

Last Monday evening, all nine Earlyact members from Foster Primary School were invited to attend a very important Rotary meeting. The Earlyact group introduced themselves and talked about the role that they played in the group. They were presented with a group banner, badges and a gavel for President Stuart to gain order in the meeting if the talking gets 'out of hand'!

The exciting news was revealed as to how much money was raised on the day of the 'Wheelathon' and as you will have seen in previous posts, \$4000.00 was the total. How amazing!

The Earlyact crew also enjoyed a lovely meal at the Bowling Club. What a great experience for them to witness the process of a Rotary club meeting and be part of the very first Earlyact group at Foster Primary School. We look forward to organising some fundraising ideas as well as raising awareness of different issues.

Jane and Sue



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Student & school wellbeing news

What brings you joy?

Can you remember a time in your past when you laughed out loud?
Can you remember an event in your childhood that you really enjoyed?
Can you remember a special friend or relative who, when you think of them, you smile?

Remembering these moments, do they warm your heart and make you smile?

These are the moments that you can think about and use as a springboard to move through your day, particularly if you are finding things tough.

Recently I was asked to write down things I could do, that would bring joy to my world. To be honest, it took a bit of time to get started with things that were purely for me. It would be easy for me to write about things that make me smile, but when I was challenged to think about hobbies or things to do just for me, it took a little longer.

I love to garden, I love being in nature, I love having long lunches with a girlfriend, I love music and dancing, I love going to the movies...and how often do I do these things? Well, not as often as I could! So now, how do we make sure we do the things that we love doing that make us feel good?

We schedule them in and make them a non-negotiable.

So often our things take a back seat to our kids, cleaning the house, paying the bills. And, of course these are super important, especially at this stage of life. But, so are we and when we do things that make us feel great, we are better people and better parents because of it. We are also role modelling putting ourselves first and this is so important for our kids to learn.

So get out your paper and pen, make a list of things that bring you joy, then get out your calendar and book something in for yourself. Make YOU a priority.



Everyone can learn to learn

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Be Caring



FOSTER PS GOT TALENT

3RD AND 4TH MAY 2023
GRAND FINALE 11TH MAY



STARTING 1:15 PM
IN THE BER BUILDING

FAMILIES WELCOME

TO APPLY SEE MASON WIGHTMAN
BEFORE THE 6TH OF APRIL
THIS ALLOWS PLENTY OF TIME TO PRACTICE
OVER THE HOLIDAYS

JUDGES WILL BE
MR MURRAY
MR CARVER
MS POWER



Everyone can learn to learn

Be Respectful
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Occupational Therapy

This year Foster Primary School are receiving Occupational Therapy (OT) support to assist students with their learning. Occupational Therapists assist students with writing, organisation skills, focus, emotional and sensory regulation, social skills, or any barrier that may be impacting on a student's learning.

As part of this program Judy Stampton (OT) is offering an eight-session parenting course free of charge to assist parents to gain a better understanding of their child's emotional needs. The Circle of Security program is a user-friendly, visually based approach (makes extensive use of both graphics and video clips) to helping parents better understand the needs of their children. It is based extensively on attachment theory and reflective practice.

This course consists of eight 60-minute scheduled sessions held on Tuesday afternoons from 2.10pm to 3.10 pm. It will be held at the Manna Gum Community House in Foster on the following dates during term 2 and 3 and 4.

- Tues May 30th
- Tues July 25th
- Tues August 22nd
- Tues September 5th
- Tues October 3rd, 17th and 31st
- Tues November 14th

The participants of the group will consist of no more than 8 parents, a Family Wellness OT COS facilitator and occasionally may have an additional guest COS facilitator.

Please call Judy Stampton at Family Wellness OT on 0460 894 780 to secure your spot and leave a voice message. Judy will be returning to Foster PS in May and will confirm your spot on May the 4th by phone.

If you have any questions related to the information in this letter or would like to discuss the course further, please don't hesitate to email or call Judy. Please see details below:

Occupational Therapist
Family Wellness OT
0460 894 780
Email: judy.stampton@famwellness.com



Everyone can learn to learn

Be Respectful
Be a Learner
Be Safe
Be Caring

School Wide Positive Behaviours

WHAT OUR EXPECTATIONS 'LOOK' LIKE IN

1/2D

Everyone can learn to learn

Be Respectful Be Safe Be a Learner Be Caring



Be Respectful

We treat others like they would like to be treated.



Be Safe

We keep our hands, words and actions from harming



Be a Learner

We listen, think and try new things.



Be Caring

We think about how others feel.



Since the beginning of term, each class has been working on identifying and determining what their classroom expectations are. Having these expectations helps us to clarify our procedures in the classroom. By having all of these in place, we are enabling a positive classroom environment that is focused on all areas of our learning. By clarifying our expectations, students have a clear understanding of what is expected for a safe, caring, respectful learning environment.

You could even have a go at making a 'At home' expectation poster. We would love to see it.

It would be great if you had a conversation with your child/ren about what their classroom expectations are and how they align with our school values.

Be Respectful
Be a Learner
Be Safe
Be Caring

Everyone can learn to learn



School Wide Positive Behaviours

WHAT OUR EXPECTATIONS 'LOOK' LIKE IN

3/4Y

Everyone can learn to learn

Be Respectful Be Safe Be a Learner Be Caring



Be Respectful

We use our manners, speak politely, and try our hardest to have a good attitude with our learning and behaviour.



Be Safe

We listen and follow the adults' instructions.



Be a Learner



We 'have a go', ask questions and allow others to learn.



Be Caring

We are friendly and kind to everyone.



Everyone can learn to learn

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Parents & Friends Group

I'd like to say a big thank you to Kim for all her hard work over the years with the Parents & Friends Group, I have some big shoes to fill!

The staff and students loved the hot cross buns this morning, thanks to Tania for organising. Thank you also to Sarah, Nat and Hannah for distributing the orders this morning.



Raffle tickets for the Easter raffle are due back today and will be drawn on Wednesday 5th April at school assembly. Good luck everyone and thank you for your support. The incentive to sell tickets has been outstanding given the extra classroom prizes to be won.

Our main focus this year is to raise funds for the Junior Playground upgrade, so any new ideas for fundraising are always welcome.

Thank you,
Cassie

Parents & Friends Events

March 2023

18th Kitchen Garden Market Stall
31st Hot Cross Bun Day

April 2023

15th Kitchen Garden Market Stall

May 2023

15th Mother's Day Stall
20th Kitchen Garden Market Stall

June 2023

17th Kitchen Garden Market Stall
23rd Movie Night



**Join the FPS
Parents&Friends
Facebook Group
to get involved
and see what we
are up to this
year!**

[Click here to join](https://www.facebook.com/groups/503984577353560)

or visit

<https://www.facebook.com/groups/503984577353560>

Together we have raised

\$4,000

for the Wheelchairs for
Kids Foundation

CONGRATULATIONS
to everyone involved.



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Be Caring**

FPS Upcoming Events

2023 . APRIL

SUN	MON	TUE	WED	THU	FRI	SAT
						1
2	3	4 STUDENT PARENT TEACHER CONFERENCES	5 PROM COAST ATHS FOSTER SC STUDENT PARENT TEACHER CONFERENCES	6 LAST DAY TERM 1	7 GOOD FRIDAY	8
9 EASTER SUNDAY	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24 TERM 2 STARTS STUDENT FREE DAY	25 ANZAC DAY	26 ASSEMBLY 2.30PM	27	28 STATE SWIMMING MSAC DISTRICT ATHS @ FSC	29
30						

2023 . MAY

SUN	MON	TUE	WED	THU	FRI	SAT
	1	2	3 FPS GOT TALENT ASSEMBLY 2.30PM	4 FPS GOT TALENT	5 STUDENT FREE DAY	6
7	8 STOCKY'S BIRTHDAY	9	10 ASSEMBLY 2.30PM	11 INCURSIONS FPS GOT TALENT GRAND FINAL	12 WINTER SPORTS GR 5/6 MOTHER'S DAY STALL	13
14 MOTHER'S DAY	15	16	17 HOUSE CROSS COUNTRY @ FOSTER GC IDAHOBIT DAY ASSEMBLY 2.30PM SCHOOL COUNCIL	18	19 WINTER SPORTS GR 5/6	20
21	22	23	24 ASSEMBLY 2.30PM	25 DIVISION CROSS COUNTRY @ STONY CREEK	26 WINTER SPORTS GR 5/6 SORRY DAY	27
28	29 RECONCILIATION DAY	30	31 ASSEMBLY 2.30PM			



Everyone can learn to learn

Getting help when your child is being bullied online

Online bullying – or cyberbullying – is when someone online is mean or makes someone feel bad or upset, or even threatens them. It can happen to children on a social media site, online game, app, or other online services.

Someone could make your child feel bad or upset by:

- sending hurtful messages about them
- sharing embarrassing photos or videos of them
- spreading nasty online gossip about them
- leaving them out of an online group chat
- making racist comments about them or their culture.

Online bullying can happen to anyone. It's important that your child knows they can come to you or an adult they trust for help, and not get in trouble.

Helping your child if they are bullied online

If your child seems worried or anxious around their phone, computer or device, ask them about what is happening.

Tell your child that no one deserves to be hurt online and that it is OK to feel upset. If they can't solve the issue on their own, you can help them.

Children often go online to find support when things go wrong, so it is not always a good idea to take away their device to try to fix things.

Reporting cyberbullying

1. Collect evidence. Screenshot the harmful content, webpage address (URL), and account username.
2. Report to the online service. [The eSafety Guide](#) can help you do this. If the service doesn't respond within 48 hours, go to esafety.gov.au and click the red '[report abuse](#)' button.
3. Prevent further contact. Use settings to ignore, mute or block the other person and check your privacy settings.
4. Get more help. Talk to a trusted adult or a counsellor at [Kids Helpline](#) (1800 55 1800) or [headspace](#).



For more information about how to keep your family safe online, search for [eSafety Parents](#) on our website.