



19TH MAY 2023

# THE NEWSLETTER

*The latest news and updates from Foster Primary School*



## NEWS FROM THE ACTING PRINCIPAL

*by Ashton Webster*

It's been quite a busy start the term so far with some great opportunities for our students to be involved in.

- Miss Jones has been doing a fantastic job organising the Winter Sports for students in grades 4-6. The sports included have been Soccer, Netball, Football, Basketball and T Ball. While the focus has been on positive participation, teamwork and enjoyment, it was great to see all teams have a win after busing over the hills to Mirboo North last week and will host Korumburra today. It has been a great opportunity for our students to mix with a few Toora students who were also part of the team.
- Mother's Day Stall last week appeared to be a huge success which would not have been possible if not for the parent helpers. While the presents were for the Mums out there it was great to see the joy the students had being able purchase some great gifts for the Mums. Thanks to everyone involved to make the day a success and to all the generous families for sending along the gifts. We hope all the Mums and special people had a wonderful day.



## IMPORTANT DATES

### May 2023

- 19th Gr 5/6 Winter Sports
- 25th Division Cross Country
- 26th Gr 5/6 Winter Sports & Sorry Day
- 29th Reconciliation Day
- 29th District Winter Sports

### June 2023

- 1st Regional Cross Country
- 2nd Gr 5/6 Winter Sports
- 7th School incursion
- 12th Kings Birthday Public Holiday
- 13th Student Free Day
- 13th State Cross Country
- 14th Biggest Morning tea at school
- 15th Division winter sports
- 19th NAIDOC Celebrations
- 22nd Movie Night
- 23rd Last day Term 2

**Please note date change**

- The School Wide Positive Behaviour team have been looking at different ways to improve the experience of all our students particularly during lunchtimes and recess. With the focus on improving both physical and mental safety, with the guidance of staff, the students will be at the forefront in coming up with innovative ways to make improvements in this area. Big thanks to Ms Young for steering the ship in this area that she is clearly passionate about.
- Ms Power organised for Police Officer Megan Krause from Wonthaggi Police to come and talk about the importance of physical and emotional safety and the consequences that can be applied from their end if this is breached. The chat was a great learning experience for our students.

### Building and Grounds

- You will notice the Solar Panels out the front of the school, this is because we are getting our standard panels replaced with more economical ones. We've had a few offers from the community to recycle these old panels, unfortunately they need to go back to the VSBA for recycling and certification before the new ones arrive.

### Curriculum

- With the schools focus on improving Maths, Ms Power, Ms Young and Miss Duggan were all excited to attend a Maths Professional Development session at Leongatha this week. We look forward to implementing some new ideas soon.

### Coughs, Colds & Flu

With the winter months upon us now there have been many students and staff with coughs, colds and flu, and unfortunately COVID19. We ask that you be diligent in keeping children at home if they are unwell and if they test positive for COVID19 please inform the school and report it online at Department of Health [online](#), or by calling 1800 675 398. The school is taking every action towards keeping everyone well by using classroom ventilation, air purifiers, hand sanitiser, encouraging washing of hands and face masks are available in all rooms. Please ensure your children have jumpers/coats to wear to school and send along a box of tissues for the classroom. Thank you for your assistance to keep everyone well.

**Assembly Wednesdays from 2.30pm in the BER Building. All welcome.**



### 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  
22nd School Incursion

### September 2023

6th & 7th Jungle Book Production  
14th Division Athletics  
15th Term 3 ends

### October 2023

2nd Term 4 Starts  
10th Regional Athletics  
13th Colour Fun Run  
30th - 1st Nov Gr 5/6 Camp Coolamatong

### November 2023

6th Student Free Day  
7th Melb Cup Day  
1, 8, 15, 22, 29 Junior Water Safety Program @ Toora Pool

### December 2023

1st Student Free Day  
Grade 6 Graduation TBC  
20th last day of term, Student Free Day



# Junior School News

Over the past two weeks in the Junior school, our students have continued to practise and share their learning experiences and enjoyed some special events.

We welcomed a special guest for an incursion, Illustrator Marc McBride who is best known for his illustrations in the Deltora Quest series, written by Emily Rodda. Marc shared his artistic process with the kids and shared his tips and tricks, teaching them how to use their imagination and embrace their mistakes to create and draw fantasy creatures. Our students also very much enjoyed shopping at the Mother's Day Stall and making Mother's Day cards in Art.

## In Our Classrooms

### Literacy

The Prep, One and Twos are practising their reading strategies and developing their reading skills to better understand their levelled readers and our shared class texts. We have been learning about exposition texts and persuasive writing. The students have enjoyed finding out how writers try to convince readers of their opinion about topics like "Why Dogs Make the Best Pets" and using their own examples in their writing.

### Numeracy

In Maths our students have been continuing their work on addition and subtraction. In the photo of P/1 B class, they are working with a variety of concrete materials on rotation to solve addition problems up to 50. The Grade Ones and Twos have been connecting subtraction to addition, using our knowledge of number facts and place value to help us solve subtraction problems with larger numbers.

### Concept Based Learning

1/2 A and 1/2 D are excited to have started their new Mappen unit: 'Stimulating Science' where they will be learning about how and why things change and how to predict, observe and measure changes. Students enjoyed conducting an experiment by dropping sultanas into soda water and observing and recording what happened.

### Social Emotional Learning

We have been learning about Zones of Regulation. You can see photos of 1/2 A exploring the four zones and creating emojis to show different emotions. The Zones of Regulation aims to teach children strategies to help them to identify their emotions and cope with these feelings so they can get back to feeling calm and ready to learn. These coping strategies are called 'self regulation'.

You can remember the zones by using a traffic light system. Blue = 'rest area where you pull over as you are tired and need to recharge'. Green = the person is 'good to go' Yellow = 'caution, slow down or take warning' Red = 'stop and regain control'



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# Middle School News

## NEWS by Sam & Eli

What's new in term 2!

Cross country was yesterday, the preps did their first cross country and the grade 6s did their last one.

In Garden this week, we went to 3/4M's class because we were meant to have garden in the morning and it was raining so then we combined. It was busy, but really fun.

In Kitchen, we made pasta with a tomato based pasta sauce and salad with orange dressing. We also made Feijoa flavoured muffins

In P.E, we used bat and ball and played basketball.

In Maths, we have started collecting data about our pets which will be interesting to see what everyone has.

## School news!!!! By Bronte & Daisy

Garden - we have done some weeding in the garden and it is making our school pretty. Kitchen - we made some pasta and muffins and they were delicious. Thank you to our parents who have been coming to help us.

P.E - In PE, we have done some games, the beep test and practicing the fitness track.

Art - We made some mothers day cards and some cute little frogs.

Maths - In Maths we have done some times tables and counting.

Reading - Reading groups and ten minutes of reading in the morning.

We like the reading groups as we get to work in small groups.

Cross country - We ran the golf course and we ran two laps yesterday. It was fun, we were lucky we had some great weather.

Winter sports - We play Netball, t-ball, football, basketball, soccer in Winter Sports.

Writing - We have done some recounts and stories. We created stories about our giants from BFG, they were really fun.

Mothers Day-We had a Mothers Day stall and we made cards.

Music lessons with Ben -Some children have been learning piano, singing, drums and guitar.

Assemblies - We like going to assembly to see who get the thumbs up cards, house points and You earn it, You learn it certificates.

Recess\lunch -At recess some people play or do talking, animal games, tigg, spotto, spies and guards or go to the chillout room.

## FPS NEWS By Xander and Spencer

We have been doing sports, reading and writing.

On Wednesday the 18th of May 2023, we had Cross Country. The preps, ones and twos ran 1 kilometer, the grade 3/4 ran 2 kilometers and grade 5/6 ran 4 kilometers. It was tiring, but we were proud of our efforts. It was a fun day.



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# More Middle School News

## By Elle Stone and Violet Tay

- Ben - We have a music teacher called Ben, who teaches us how to play new instruments.
- Kitchen- We learnt how to cook the yummiest stuff.
- Art- We learn lots of new art techniques, they all help our drawing / paintings. We also had this cool famous book cover painter come and show us how to draw/ paint dragons.
- Happy Idahobit Day- Idahobit Day is a day where we celebrate all kinds of differences.
- Science- In Science we are learning lots of different things about heat, we did an experiment with a charm, some butter, a wooden spoon, plastic spoon and a metal spoon and we guessed which charm would fall off of which spoon first. The metal spoon won.
- In class 3/4Y- in our class we have tadpoles, and they have finally reached the stage where they are becoming proper frogs.
- We also have two new classmates that we take home. Their names are Frosty Courage, the yeti, and Cookie Kindness, the bigfoot. They love coming home with 3/4Y. They have had lots of fun so far and there is more to come! If they do come home with you, please no muddy puddles or dirty hands.

Thank you for reading and we hope you have an excellent day.

## Foster PS Newsletter By Matilda & Mia

This term has been excellent so far and these are some of our highlights. Cross Country, we all ran so good and fast. Everyone should be very proud of themselves.

Garden, we have been weeding a lot which some of us don't enjoy, but we have fun anyway.

Kitchen, we have been tasting new things like salad and pasta. Our taste buds have been changing every two weeks.

Winter Sports, some of us have been practicing and participating in this. They represent our school which is very exciting.

Music lessons have been great with Ben and we have enjoyed the music lab in our weekly music classes.

Art- For Mothers day, we got to do a helping hand on some colorful paper. Our Mums were super excited.

PE-Something that we have been proud of is the beep test.

The most exciting thing at the moment in 3/4Y is our new class members called Cookie Kindness and Frosty Courage. They are two lovely and kind friends. We bring them home so they can do fun things with us. We take photos and stick them in their books. We love them so much.



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# Senior School News

The last two weeks have been busy! We have played two games of Winter Sport and been doing some trainings at school. The students have been really enjoying learning new things and working in a team environment. Thank you to our parent helpers in Matt, Jade, and Narelle, without them we wouldn't be able to participate!

On Monday, we had a visit from Senior Constable Krause from the Bass Coast Police unit. She is the Youth Resource Officer in our local area. She spoke to the students about bullying and harassment and the impact this can have on people and the consequences for such actions. She encouraged students to speak to their trusted people or the kid's helpline about any troubles they may be having.

We have been enjoying spending some time in the garden with Troy. We have been doing plenty of weeding!!

In Kitchen last week with Katrina, we made some delicious pasta and garlic scrolls! The perfect food for this time of the year!

In 5/6J, we have been lucky enough to have Megan come in every Tuesday afternoon to run the Peaceful Kids program with our whole class. Megan has explained how different parts of our brain work and how they contribute to how we react to certain situations. She has also been providing the students with a range of mindfulness and breathing techniques that students can use when they might be feeling anxious or worried.

In the two 5/6 classes, students have been busily writing imaginative recounts and stories based around the war experiences of our ANZAC soldiers. The students have shown great interest in this task and have done some fabulous work on this.

All the classes in the BER are beginning to work on their MAPPEN projects. Our focus this project is the 'Events that Shaped Australia'. Students will be working in small groups to complete a project based on some of the significant events in Australian history. Some of these include: the Gold Rush, the Eureka Stockade, Batman's Treaty, the Exploration by Burke and Wills, and the introduction of the Railway Network. All students are excited to get started on their research!



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# Stocky's Update

Dear Foster Primary Community,

We are excited to announce that we are about to launch the Dogs Connect program in our school. This is a whole school wellbeing program which will see the introduction of Stocky as a wellbeing dog in our community. Our school wellbeing dog will become a much loved and important member of our community. The Dogs Connect program will support us in implementing this very gradually, thoroughly, and considerately. At this stage we encourage anyone who would like to know more about this program to look through the website link below:

<https://dogsconnect.net.au>

We have a team of staff who will lead this program. We look forward to sending more information in the coming days. We would also like to assure the community that this program will not involve anyone who does not wish to be involved.

We know that this work will have a really positive impact on many people in our community, and we acknowledge and respect that connection with our wellbeing dog will be offered on a great variety of levels.

Kind Regards,  
The Dogs Connect team at FPS



**DOGS CONNECT**  
RESTORING BALANCE

## 3 Expectations

It's easy as 1,2,3 to help our Well-being Dog to learn to relax.

1

Hi!

We say hello to the person, not the dog!

2



We give lots of space when we pass the dog!

3



We keep moving (we don't stand around and stare).

# School Wide Positive Behaviours

It has been a great pleasure to be working alongside our staff and students, looking at the results of our latest Mental Health & Wellbeing Survey results from Grade P-6. These surveys are a great way to get an amazing insight to how the students are travelling with their Mental Health & Wellbeing. They give students a safe and easy way to voice their ideas and opinions.

It was fabulous to see some great improvements in our recent results and also outline some areas that we need to focus on.

Some highlights of our strengths are:

- More students are feeling happy and safe at school
- Increased number of students looking forward to coming to school
- The list of things that help make students feel happy and safe at school has increased
- Average rating of how students are feeling has increased
- More lunch time activities was listed as a positive
- Teasing has decreased
- Students feel that they have someone to talk to when unhappy and safe
- Increased amount of students are more connected to their teachers and feel that they care

The staff spent some time analysing this data looking at various areas that we could improve on.

Our whole school focus for the upcoming weeks is What can we - adults/students do to make everyone feel more safe/happy and respected at school during recess and lunch?

Currently each class is working together to brainstorm and list things that make them feel unsafe, unhappy and disrespected during recess and lunch and what we (adults & students) can do to help everyone feel more safe, happy and respected.

The SWPBS team are also putting little communication boxes around the school for students to write to us if they have concerns of behaviours that might be happening that we should be aware. This is just another tool that students can help other students to feel more safe, happy and respected in our playground. Please remind your children that as from next week, there will be one communication box in the junior, middle and senior building.

## RESPECTFUL RELATIONSHIPS

Respectful Relationships is a whole of school approach that supports schools to:-

- Build a culture of respect and equality.
- Teach children and young people the social-emotional skills for mental health and the skills to build healthy positive, respectful and equitable relationships, resilience and confidence.

Respectful Relationships aims to improve student and staff knowledge of:

- family violence, equality, inclusion and respectful relationships, and
- positively influence attitudes to promote gender equality among young Victorians."

If you would like more information or be involved in this whole school approach to help build a culture of respect and equality, please contact Jenny Young - [Jennifer.young4@education.vic.gov.au](mailto:Jennifer.young4@education.vic.gov.au)



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# IDAHOBIT Day

On Wednesday May 27th Foster Primary raised the Rainbow flag for the third year in a row to celebrate IDAHOBIT (International Day Against LGBTQIA+ Discrimination). Except on this day, our student leaders raised the Progress Flag. The Progress flag created by Daniel Quasar in 2018, features black and brown stripes to portray marginalized LGBTQIA+ communities of colour and baby blue, pink and white to incorporate the transgender flag in its design. Foster Primary School reflects and continues to learn from our diverse communities'. The arrow leads to the right to confer forward movement while purposely being along the left edge, pointing to the fact that much progress still needs to be made.



## Cross Country



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# Student & school wellbeing news

## 2 Good Things

I have the very great privilege of working with students in a different way to our teaching staff. I feel so honoured when students want to talk about things that are on their mind, sometimes these things are deeply personal and these students are brave and vulnerable in their conversations.

My passion, above almost any topic, is self-worth and for many, many years, this is something I have worked on with so many people.

It saddens me greatly when I have beautiful young people walk through my door and tell me they don't like themselves. These are courageous comments to make and open up the most amazing conversations around learning to love themselves again.

These conversations don't just exist for students, they also occur with parents.

I have been asked recently by a parent what they can do for their children at home and this was my advice...go out and buy a nice little notebook (they can be super cheap at op shops and \$2 outlets), or just staple some scrap paper together and make your own little book.

Next, encourage your child to write one thing each day that they like about themselves, just one. Sometimes finding one thing, when you are really down on yourself can be overwhelming. Whatever the answer, it is a good one because your child came up with it.

Step 2 is to encourage them to write one thing that they are grateful for that happened during the day. Again, whatever it is, its perfect. If you want to test this theory, watch their face when you say to them 'really, is that it? Surely you can think of something else'.

Ouch.

The only time I would suggest is ok to help them a little is if their response is a bit negative such as, 'well it wasn't terrible'. I wonder if they could turn that into a positive sentence?

After a week or so, see if you can inspire them to write 2 things for each.

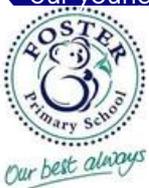
The really important thing is the ideas and words are theirs. They know their parents, carers or loved ones are going to say something nice... they're supposed to be right? So these words need to come from them so they can believe them.

This exercise has been proven time and time again, done with consistency, to work with changing a mindset. For everyone it is different, there is no right or wrong time frame, but what we do know is that change happens just like that!

Please come and have a chat if you want some more support; we need our young children to think the world of themselves 😊



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# Parents & Friends Group

Thank you for all the lovely gifts for our Mothers day stall, once again it was a great success with the kids. Thanks to Jade Storr for organising and all the helpers on the day.

Movie night is coming up this term and we are looking for parent helpers to help out in the canteen from 5pm. Popping corn, selling drinks etc. Someone to cook the bbq, and help set up from 5. If you can help please contact Tiff Wightman on 0400 083 059.

We are also running a fundraiser through Picture Plates this term. More information will be sent out in the next few weeks.

FPS Parents and Friend's Group present

## Family Movie Night

Thursday the 22nd of June  
Foster Primary School

BBQ from 5pm  
Movies start at 6pm

The Jungle Book 2016 (PG)  
The Jungle Book 1967 (G)

TIX \$5 Each  
Refreshments \$2 each  
CASH ONLY

All children must be accompanied by an adult

## Kitchen Garden Market Stall

This Saturday! 20th May at the Foster War Memorial Arts Centre.

A big thanks to this months sponsor:



### Parents & Friends Events

#### May 2023

20th Kitchen Garden Market Stall

#### June 2023

17th Kitchen Garden Market Stall  
22nd Movie Night

#### July 2023

15th Kitchen Garden Market Stall

#### August 2023

16th Variety Victoria Bash  
(catering)  
19th Kitchen Garden Market Stall



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>

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# News from our School Council

Preparation for the School Review in Term 3 is well underway with School Council inviting a sample group of around 20 families to provide feedback as part of a Pre-Review Self Evaluation. We gathered a range of responses to the following questions:

1. Why did you choose FPS for your children?
2. What does FPS do well in relation to learning, in particularly writing and numeracy which has been our focus for the past 12 months?
3. What does FPS do well in relation to wellbeing?
4. What highlight/s has your child experienced over the past 4 years in relation to their education?
5. Where would you like to see Foster Primary School in the future?
6. What improvements can FPS make to get to that vision?

On Wednesday 17th May this group met to discuss and identify common themes and shared experiences. We spent time discussing current performance (Q2 and Q3) and future aspirations (Q5 and Q6). We will use this information to help form the basis for future engagement that will go out to all families. The feedback we receive will inform our school review and future planning. If you would like the opportunity to provide more in-depth feedback on any of the above questions, please feel free to reach out to me at [Lucy.Allsop@education.vic.gov.au](mailto:Lucy.Allsop@education.vic.gov.au) and I can add your responses into the mix!

Also a note about the upcoming Student Free Day which is now on the 13th June (Tuesday following the Monday 'Kings Birthday' Public Holiday). We appreciate that the majority of our families want as much notice as possible of the Student Free Days. However, we have also received numerous requests over the past few years for our student free days to better align with Foster Secondary College. When this week the opportunity presented itself to change the date to align with the Secondary College, as a group School Council voted to do so.



## Child Safe Standards

Child safety and wellbeing at Foster Primary School: information for families and the school community.

The Victorian Government has announced new Child Safe Standards to further strengthen child safety across organisations, including schools. The new standards recognise the critical importance of families and the broader school community in maintaining and promoting child safety and wellbeing.

Foster Primary School has reviewed and updated our child safety policies and procedures to ensure they meet the requirements of the new standards. These are available to view on our [website](#) or a copy from the office is available upon request.

We are committed to continuous improvement in our approach to child safety and wellbeing and welcome feedback from families and members of our school community on ways we can further strengthen our child safety policies, procedures and practices. If you have any suggestions, comments or questions, please contact Scott Moorhouse or Sue Duggan.

All of our policies are available to view on our school website  
<https://fosterps.vic.edu.au/school-policies/>

All DET policies are available at  
<https://www2education.vic.gov.au/pal>

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# FPS Upcoming Events

2023 · MAY

SUN	MON	TUE	WED	THU	FRI	SAT
	1	2	3 ASSEMBLY 2.30PM	4	5 WINTER SPORTS GR 5/6	6
7	8 STOCKY'S BIRTHDAY	9	10 ASSEMBLY 2.30PM	11 INCURSIONS	12 WINTER SPORTS GR 5/6 MOTHER'S DAY STALL	13
14 MOTHER'S DAY	15 BOOK FAIR IS ON >	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 SMOKING CEREMONY	27
28	29 RECONCILIATION DAY DISTRICT WINTER SPORTS @ FOSTER	30	31 ASSEMBLY 2.30PM			

2023 · JUNE

SUN	MON	TUE	WED	THU	FRI	SAT
				1 REGIONAL CROSS COUNTRY	2 WINTER SPORTS GR 5/6	3
4	5	6	7 INCURSION ASSEMBLY 2.30PM	8	9	10
11	12 KINGS BIRTHDAY PUBLIC HOLIDAY	13 STUDENT FREE DAY	14 11AM BIGGEST MORNING TEA ASSEMBLY 2.30PM	15	16	17
18	19 NAIDOC CELEBRATIONS	20	21 ASSEMBLY 2.30PM SCHOOL COUNCIL	22 MOVIE NIGHT	23 LAST DAY TERM 2	24
25	26	27	28	29	30	



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