



1ST SEPTEMBER 2023

# THE NEWSLETTER

*The latest news and updates from Foster Primary School*



## NEWS FROM THE PRINCIPAL

*by Scott Moorhouse*

Welcome to spring! With a new season comes new weather and new optimism for what lies ahead. It is very uplifting to know that the dark days and long nights are replaced by tree blossom and the smell of cut grass in the air. This also means that students can get outside a revel in our spacious grounds and enjoy the large range of activities on offer. Spring also means that allergies/anaphylaxis and asthma can be heightened so please help us make sure that if your child fit into one of these categories their care plans are up to date. Spring also means an increase in headlice. The school has already seen a few cases and this increase naturally as the weather warms. Please remember to check your children's hair regularly.

### Music Night

A big thank you to everyone who attended the music night with our many performers including Nick Carver, Janine Garvey and Paul Hurst who donated their time and helped the night groove along. We also would like to thank the Exchange Hotel and Adam Wallace for their support in supplying the venue and donating the 'parma' money from the evening. This all went to raise a total of just under \$3000 which will go directly to the Production. Lastly thank you to all of those who donated and attended without your support these things do not happen!

### Variety Bash

The Variety Bash catering was another outstanding effort by our parents club raising just under \$4000 for their efforts. I think if they see another Pulled Pork or Chicken Roll anytime soon they may never return. Thank you to those families who helped on the day and/or donated salads to go with the meals. Lastly thanks to Kim White, Katrina Need and Tania Staley for their efforts in coordinating this effort (with not much time) and making it work!

### Stocky

Stocky is currently attending a training boot camp with a highly experience dog trainer. He will be out of the school for some time so that we can correct some of the annoying behaviour he has been exhibiting. Unfortunately, like people, dogs go through that terrible stage also. Stocky will either return in the last week or after the holidays depending on his progress. Stocky is currently in the Dog Connect Program where he is learning to behave in such a way as to provide the best therapy for our students I have provided a synopsis of the program below. When Stocky returns there will be new rules for both students and staff to follow as he is now 'out of the puppy stage' and needs to 'do his job'.

## IMPORTANT DATES

### September 2023

- 5th - Grade 6 Transition
- 8th - Footy lunch order day
- 12th - 13th Jungle Book Performances
- 14th - Division Athletics
- 15th - Term 3 ends
- 16th - Farmers Market

### October 2023

- 2nd Term 4 Starts
- 10th Regional Athletics
- 13th Colour Fun Run



## NEWS FROM THE PRINCIPAL .....

### Dogs Connect

We are an organisation that helps introduce a wellbeing dog into settings such as schools, hospitals, aged care and justice communities. We work with your community to design long term, sustainable programs to integrate your dog. We aim to achieve as many mental health benefits as possible.

Dogs Connect was first set up in school communities throughout Victoria. We have introduced wellbeing dogs in over 250 schools all around Australia and all of them have spoken of improved attendance and an openness to learn since their dog joined the community. Students and staff are happier and they have noticed less anxiety among their community.

We are now implementing our world-first wellbeing dog program into other settings such as aged care, hospitals, prisons and emergency services. The wellbeing dogs we work with are selected for each environment. Every program we build is in line with the International Standards for Animal-Assisted Intervention.

We are not a therapy dog program. We aim to create a permanent connection between a community and their wellbeing dog which leads to positive emotional and social impacts. We help communities think differently about how to achieve wellbeing.

### How can a wellbeing dog help in my community?

There is increasing evidence about how a well-trained dog can help in a whole range of settings. Scientific evidence shows that being near a dog can reduce stress and anxiety and decrease the heart rate.

For children, animals can help with emotional regulation, social connection and communication. They can help engage students in many curriculum areas by supporting children in feeling less self-conscious than they may feel around teachers and peers.

In adults, dogs can help with trauma, anxiety, the escalation cycle, leadership and communication. They can build empathy, awareness of others and self, increase social regulation and decrease reactivity.

We measure the impact of all our Dogs Connect programs and work closely with a research team to continually reflect on and refine this process. We use a variety of qualitative and quantitative data to help evolve it for the future.

### The benefits of the Dogs Connect program



#### Culture

The Dogs Connect program makes your community feel more supportive, connected, positive, nurturing, and welcoming.

#### Engaging

This program merges the instinctive love that people and animals have toward each other, providing comfort in a modern society rife with stress and anxiety.

#### Connectedness

Disconnect turns into strong connection on many levels. This connection flows through the entire community, not just through direct interaction with the dogs.

#### Supports Wellbeing

We help you find opportunities to enable connection and support in an authentic, mutual way.

#### Enables Growth

We link our programs to strong scientific theory and a wide range of evidence so that personal and professional growth is supported and planned for with confidence and competence.

#### Restores Balance

We offer in-depth opportunities for learning in order to bring social and emotional balance on a whole community level, as well as a personal level.

Regards,  
Scott Moorhouse  
Principal



# Everyone can learn to learn

### November 2023

1st State Athletics

1st - 3rd Camp Coolamatong  
Gr 5/6

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

12th - Statewide Transition Day

Grade 6 Graduation TBC

20th - Student Free Day (last  
day of term)



Be Respectful  
Be a Learner  
Be Safe  
Be Caring

# Junior School News

The Junior School has been busy learning about the parts of a narrative (characters, setting, problem and solution). We have been reading heaps of narratives and discussing their parts as well as even writing some narratives ourselves. In fact, we have been lucky enough to have a visitor from a past kinder teacher (Lynne Jones) who has even written a book herself called Folding Socks. This is the second Author to visit our school within a fortnight. Last week we heard from Isabel Carmody who wrote a book and had it published when she was just 14 years old!

In other news we have been learning about connections through generations by looking at similarities and differences between families today and yesterday. Students recently brought in 'artifacts' from their own families past generations and shared them in a 'classroom museum exhibit' which was fascinating. We also had a visit from Laurie Marks who works with Police Victoria and he shared some very interesting aboriginal artifacts with the junior students.

# Kitchen News

What a lovely term we have been having in kitchen. Whilst are garden has been a little low on produce we have still made lots of yummy things like minestrone soup, curried vegetable parcels, lemon cupcakes and fried rice just to name a few! Looking forward to our last two weeks of term where we will continue to make some yummy treats.



Everyone can learn to learn

Be Respectful  
Be a Learner  
Be Safe  
Be Caring

# Middle School News

A massive thank you to Mrs. Buttigieg for joining the 3/4 team for the remainder of Term 3. We are all looking forward to working and learning with her. The students and Mrs. Buttigieg have all settled in well and doing some tremendous learning. We are looking forward to a fun and exciting rest of term.

## Phillip Island Camp

On day first the  $\frac{3}{4}$  left school and had a one-hour trip to the Nobbies and saw lots of penguins in their huts. At the Nobbies we had lots of fun. After we put our stuff, we had dinner and went to the penguins.

On day 2 group 1 and group 5 went to Clip and Climb. We did giant swing, it was so fun. We did pedal racers, flying fox, mechanic wall, the pinnacle and we went to the beach.

On day 3 we went to Churchill Island we saw cows, pigs, sheep, baby lambs, goats, old houses and horses. We had lunch at Churchill Island. It was lots of fun.

By Jase and Spencer

The time Ms Young slipped out a bad word

By Elle Stone, Violet Tay And Stella Tay

Ms Young and her group of  $\frac{3}{4}$ s were doing the giant swing. After all the  $\frac{3}{4}$ s went it was Ms Young's turn. We made her physically and emotionally go to the top. Joking, we just pulled her to the top without telling her she was at the top. Ms Young made the giant swing look ridiculously hard to pull the string (she was over exaggerating WAY too much) anyway, when she pulled the string she dropped at fifty miles an hour and she ended up saying a bad word. She said she said sugar but we all know she's saying something else. Something VERY different.

In Miss Young's defense, it was quite funny and maybe she said sugar in another language??? No one will ever know... except Ms Young. Hopefully she said sugar.

I think there should be a new rule... Every time Ms Young swears she has to 5 push-ups 😊



Be Respectful  
Be a Learner  
Be Safe  
Be Caring



Everyone can learn to learn

# Senior School News

It has been a busy fortnight in the BER! Here's what we've been up to!

## Maths:

In Maths, we have been learning about fractions and decimals. We have been learning how to find and place fractions on a number line. We have also looked at equivalent fractions and how some fractions can be equal to other fractions.

In Be Curious with 5/6P, we have been looking at volume and capacity. We have looked at how we can calculate the capacity of a 3D object in cubic centimetres instead of using millilitres. This was really interesting. We had to make our own 3D boxes and then measure them to find the capacity. It was tricky!

By Jasmine & Zoe

## Kitchen

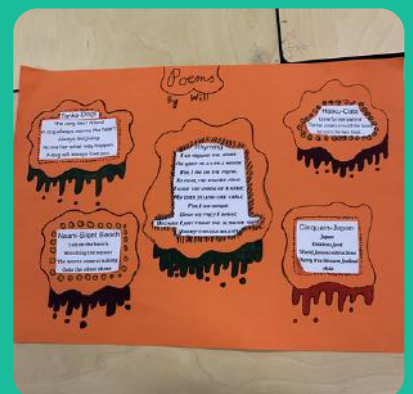
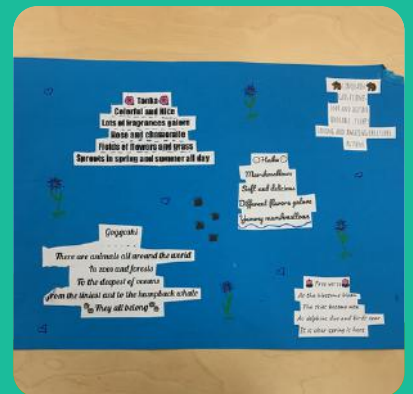
Last week in the kitchen we made rum balls, veggie parcels and a dipping sauce. Everything was really delicious, especially the rum balls. The dipping sauce was really good when you combined it with the veggie parcels.

By Zayda & Zaira

## Writing- Poetry:

This week in our class, we've been working on poetry for writing. We have been working on a range of different poetry styles from haikus to tankas and cinquains. Everyone has been working really hard on these poems so we can turn them into posters or booklets. First, we have to write them down in our books, then it gets checked by the teacher, after we type them up onto a computer to print them out.

By Will & Ziggy



Be Respectful  
Be a Learner  
Be Safe  
Be Caring



Everyone can learn to learn

# Staff Profiles

## Tim Davis

I grew up in sunny San Diego, California and I love the outdoors. In fact, I worked as a field naturalist for a company called 'Inside The Outdoors' (in which I lead students on outdoor science excursions) while studying at Long Beach State University. There I completed a degree in Outdoor Recreation which allowed me to work at YMCA Camp Surf. I went to this camp as a kid and loved it. At YMCA Camp Surf I worked for 6 years as a camp counsellor, lifeguard, coordinator and outdoor educator. I also met my wife there as she came all the way from Foster, Victoria to work there. Then I went to San Diego State University to get my teaching degree (I even have the 'Governator's' (Arnold Schwarzenegger) signature on my diploma ) Fondly enough, I now teach at the same school that my wife went to as a kid. Furthermore, our kids all went to this same school (Foster Primary) which is pretty cool. I have been teaching here since 2009 and I love it! This year I'm teaching a grade 1/2 but I've taught every grade except Prep. I became a teacher to help kids who don't like sitting still and just want to go outside and play. I do my best to make learning fun and make the world a better place. In my free time I like to surf, skate, mountain bike, hike, play chess and go on travel adventures.



## Ali Wogan-Browne

Hello all, I feel very lucky to be a part of the teaching team at Foster Primary School which began a few years ago. When I finished high school, I ventured through and experienced many different jobs and courses, before I truly knew what I wanted to be at the age of 20, and how rewarding and amazing teaching is, the Students, Staff and Parents are truly incredible, supportive and friendly.

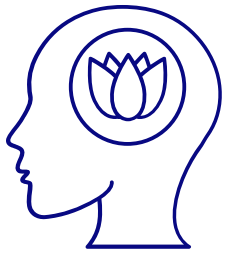
I have worked in kitchens, bakery's, supermarkets, the Prom, studied Sport and Recreation and before Foster Primary School I was a teacher at Toora Primary School for 4 years before starting my own family. I grew up in Toora, so to begin my teaching career at the school I went to as a kid, was very rewarding and something I will be truly grateful for, for the rest of my life. I am the Tutoring specialist at Foster Primary School as well as in the classrooms on Thursdays and Fridays. I am very lucky to be able to work with students from Prep all the way up to Grade 6.

My husband and I have three children, one in grade 2, one in Prep and one at Kinder. We love being outdoors as a family; fishing, camping, motorbike riding, kayaking, going to the beach, anything really or exploring new places. I love playing netball (GO TOORA MAGPIES) and I use to play basketball along with many other sports as a kid.

I love watching my own children have a go and succeed in their chosen hobbies now, and you never know maybe one day I can play beside them, a dream I would love to personally experience with my very own children, a memory that I would cherish forever.



Be Respectful  
Be a Learner  
Be Safe  
Be Caring



# WELLBEING NEWS

## Bumpy Roads

'When times get tough, as they sometimes will,  
When the road you're trudging, seems up hill,  
When the funds are low, and the debts are high,  
And you want to smile, but you have to sigh,  
When all is pressing you down a bit,  
Rest if you must, but don't you quit'.

Poem by Edgar Guest

This only needs to speak to one person to make a difference. If it speaks to you, rest if you must, but please don't quit.

My philosophy has always been, if I make a difference in one person's life, then my job is done. We all know that kindness and support goes a long way because the ripple effect is huge so I would like to encourage everyone to practice, teach and model kindness every day, especially towards yourself, but also to those around you.

Please reach out if you need and if you don't need, check in on someone who may.

Megan



Everyone can learn to learn

## WELLBEING TEAM:



Megan Vuillerman



Jo Moloney

Wellbeing ph number:  
0492 098 367

Be Respectful  
Be a Learner  
Be Safe  
Be Caring

# RESILIENCE RIGHTS & RESPECTFUL RELATIONSHIPS

Last week at assembly, P/1C shared some of their learning about Respectful Relationships. The curriculum in this level aims to assist students to:

- Reflect on their gendered identity
- Develop an awareness of positive and negative gender norms
- Challenge negative gender norms
- Develop an appreciation of difference.

Students shared who their helpers are how they can help them when need.

A massive thank you to P/1C

Research shows that children become aware of gender norms and make efforts to fit within gendered expectations by the time they are in kindergarten. As children learn about gender, they may also begin to enact sexist values, beliefs and attitudes. They may, for example, insist that some games are for boys and others for girls, and actively reject peers from certain games. This means that it is important to start work on building.



**RESPECT**

**RESPECT**

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://www2.education.vic.gov.au/pal>



Everyone can learn to learn

Be  
Respectful  
Be a Learner  
Be Safe  
Be Caring



# Bus Travel Reminder

Parents/Carers of bus travelers, if there is any change to your child's normal bus travel arrangements, please either:

Send a note with your child to school and have your child give it to their teacher at the beginning of the day

OR

Ring the office and speak to a member of staff to notify them of the change of travel arrangements.

Please do not email, as during busy times, the email may be inadvertently missed.

Thank you for assisting our school to ensure the safe travel of our students.



# Sign In Procedure

Upon entering and departing the school, all Parents, Carers and Visitors must sign in and out at the front office.

If you have a Working With Children card and you have not yet given a copy to the school, please do so via the office.

Thank you.

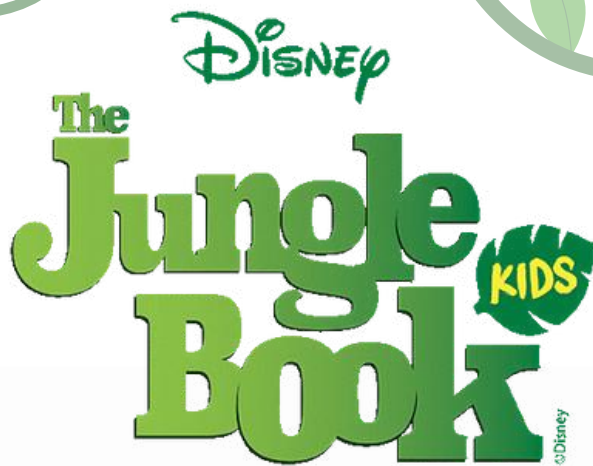


Be Respectful  
Be a Learner  
Be Safe  
Be Caring



Everyone can learn to learn

**Foster Primary School**  
**presents:**



**WHEN:**

**Tuesday 12th September**

**Evening - 6.00pm**

**Wednesday 13th September**

**Matinee - 1.30pm**

**Evening - 6.00pm**

**WHERE:**

**Foster War Memorial Arts Centre**

**COST:**

**Matinee tickets \$6 each**

**Evening tickets \$12 each**

**Tickets go on sale Monday 7th August**

**Book tickets via Trybooking:**

**<https://www.trybooking.com/CJXZY>**

**A BIG THANKS TO  
OUR SPONSORS:**

**Paragreen Real Estate**

**Ray White Real Estate**

**Prom Coast Flooring**

**Inside Out Clothing**

**Williams Tracy and  
Associates**

**Foster Tyre and  
Service**

**Southern Sass Hair  
Salon**

**Would you or  
your business  
like to become a  
sponsor for 'The  
Jungle Book  
kids'?**

**Contact Cassie  
on 0422 137 364**

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

# School Fun Run Competition

It's just six weeks to our Colour Fun Run on Friday, October 13th!!!

Please ensure you are signed up and that you share your fundraising link far and wide to raise as much money as possible for our school.

Remember that you are eligible to order a prize if you raise just \$10, and the more money we raise, the more teachers will be slimed on the day!

If any parents/guardians would like to volunteer to help on the day, please contact Troy on 0400 989 922 or Shannan on 0414 637 911.



Be Respectful  
Be a Learner  
Be Safe  
Be Caring

# Parents & Friends Group

Thank you to everyone that helped organise and came along to the Music Night on Saturday night, it was a huge success.

What a wonderful school community we have. We were very lucky to have Paul Hurst from Toora (Ex student - Holly Hurst's Dad), Janine Garvey (Colt and Kenzi's Mum) and the amazing Nick Carver donate their time and talent to help raise funds for our school production.

Everyone enjoyed catching up with friends and having a night out.

We raised \$2910.20.

We would also like to thank

Adam and his awesome staff at the Exchange Hotel - Foster for having us.



Be Respectful  
Be a Learner  
Be Safe  
Be Caring



Everyone can learn to learn

# Parents & Friends Group

## Fathers Day Stall

Thanks to all the families for their donations to the Father's Day Stall, the kids had a ball shopping. Thanks to Jade Storr and all the helpers who raised \$780.40. What a fantastic effort everyone.



## Colour Run Class Party Winners

1/2D had a wonderful time on Friday afternoon at the class party they won by being the class with the highest percentage of profiles created in the first week of the colour fun run campaign! Thank you to Kim White and Jade Storr for organising the party.



Everyone can learn to learn

## Parents & Friends Events

September 2023

8th Footy lunch order day  
17th Kitchen Garden Market Stall

October 2023

13th Colour Fun Run



**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>**

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

# FPS Upcoming Events



Book tickets via Trybooking:  
<https://www.trybooking.com/CJXZY>

2023 . SEPTEMBER							SUN	MON	TUE	WED	THU	FRI	SAT
						1 FATHERS DAY STALL Newsletter Day	2						
3	4	5 GRADE 6 TRANSITION AT FOSTER SECONDARY COLLEGE	6 ASSEMBLY 2.30PM	7	8 FOOTY COLOURS DAY & SPECIAL LUNCH (IF PRE-ORDERED)	9							
10 JUNGLE BOOK REHEARSAL	11	12 JUNGLE BOOK PERFORMANCE 6PM EVENING 	13 JUNGLE BOOK PERFORMANCES 1.30PM MATINEE 6PM EVENING  NO ASSEMBLY	14 RU OK? DAY DIVISION ATHLETICS (FOR SELECTED STUDENTS)	15 END TERM 3 2.30PM FINISH Newsletter Day	16 FARMERS MARKET							
17	18	19	20	21	22	23							
24	25	26	27	28	29	30							

2023 . OCTOBER							SUN	MON	TUE	WED	THU	FRI	SAT
1	2 TERM 4 STARTS	3	4 ASSEMBLY 2.30PM	5	6	7							
8	9	10 REGIONAL ATHLETICS	11 ASSEMBLY 2.30PM	12	13 COLOUR FUN RUN Newsletter Day	14							
15	16	17	18 ASSEMBLY 2.30PM	19	20	21 FARMERS MARKET							
22	23	24	25 ASSEMBLY 2.30PM	26	27 Newsletter Day	28							
29	30	31											



Everyone can learn to learn

