



26TH APRIL 2024

THE NEWSLETTER

The latest news and updates from Foster Primary School



NEWS FROM THE PRINCIPAL

by Scott Moorhouse

Over the last few weeks our Leadership team have been working hard with our newly acquired coach Terry Harrington. Some of you may know him as a past principal of Foster SC, others may know him from his work in the local community. Terry is working with our team on specific and targeted intervention strategies to help improve student outcomes at Foster Primary School. Already our work has been quite fruitful and challenging. We look forward to our continued work implementing the recommendations from the strategic plan. Last Friday I had the privilege of visiting our students who attended the Lord Somers Camps at Somers on the Westernport Bay. It was great to see our students challenging themselves and showing their independence and adaptability in all of the great activities they were undertaking. I was very impressed by the way they had made friends with others in their groups and had already formed new friendships that will be greatly beneficial when they move to the secondary college in the near future.

Thank you to the families who support their children to go on this experience. On Wednesday Jenny Young and I had the privilege of attending Safeminds. SafeMinds is driven by a singular mission: to empower individuals and communities to prioritise mental health and well-being. Founded on the principles of compassion, education, and advocacy, SafeMinds endeavours to destigmatise mental illness, provide resources for those in need, and champion policies that support mental health services and research. Safeminds also aims in its education to schools to also empower families and parents to recognise changes in behaviour and intervene when these changes are negative and worrying. Below I have included a self-help for parents to help notice what to look for in regard to changes in children's behaviour. Safeminds is a government funded not for profit organisation that runs in conjunction with headspace. <https://safeminds.org.au/parents-and-carers/>



2024 Term Dates

29th January - 28th March

15th April - 28th June

15th July - 20th September

7th October - 20th December

NEWS FROM THE PRINCIPAL...

FAMILY RESOURCE

NOTICE

...changes in mood and behaviour that may indicate your child is having difficulties managing emotional distress

INQUIRE

...about your child's circumstances - ask if they are OK

PLAN

...first steps towards getting your child the help and support they need, in partnership with school or outside services

NIP IT IN THE BUD!

SAFEMinds.

SCHOOLS AND FAMILIES ENHANCING MINDS



NOTICE – TIP SHEET



headspace
National Youth Mental Health Foundation

THINGS TO NOTICE

- Review how your child is functioning day to day.
- Consider if changes are developmentally/age appropriate.
- Monitor how long they have appeared distressed.
- Consider individual factors (i.e. temperament, sociability or disability).
- Appreciate cultural, family and personal experiences that may influence how they manage their emotions.
- Be aware of signs and symptoms of emerging mental health problems.
- Identify whether additional support may be needed for their mental health and wellbeing.

TRIGGERS FOR EMOTIONAL DISTRESS IN CHILDREN AND YOUNG PEOPLE

- Real or perceived loss
- Relationship breakdown
- Abuse (physical, sexual, emotional)
- Feeling overwhelmed or hopeless
- Serious illness/disability
- Family conflict
- Peer relationship problems including bullying
- Academic pressure or issue with school work

CHILD AND ADOLESCENT DEVELOPMENTAL TASKS

EARLY CHILDHOOD

3-5 Years

- Language skills
- Social skills
- Motor skills
- Self-sufficiency
- Emotional recognition

MIDDLE AND LATE CHILDHOOD

5-12 Years

- Transition to school
- New social groups
- Increased independence
- Creativity
- Social conscience

ADOLESCENCE

12-15 Years

- Puberty
- Identity formation
- Importance of peers
- Problem solving/decision making

15-18 Years

- Romantic/sexual relationships
- Preparing for university/work
- Increased responsibility



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Be a Learner
Be Safe
Be Caring



A

ANXIETY: The following table lists examples of changes in mood and behaviour that might indicate your child is experiencing anxiety.

FORMS IT MAY TAKE	EXAMPLES
Worry	Exaggerated thinking or worry, expressed fear of future events or new people
Avoidance	Avoiding social situations, avoiding 'self-expressive' activities such as drama and PE
Attention to threat	May frequently scan their environment for 'danger', easily startled when there are loud noises
Physical arousal	Irritable or agitated, has difficulty concentrating/paying attention or is easily distracted
Physical complaints caused by worry and stress	Going to the toilet frequently, blushing, sweating, fidgety behaviour, shaking knees
Difficulty resting and sleeping	Physical complaints, frequent trips to the doctors, sick bay
Excessive shyness	Yawning excessively, heavy eyes
Social withdrawal	Avoids eye contact, 'shuffling' movements
Perfectionism	Social isolation or being withdrawn
Appetite changes	Excessive use of erasers or whitener on their work
	May be overly critical of school work, handing in work late due to never being satisfied with school assignments
	Sudden and unexplained weight change, playing with food, taking a lot longer to eat food, avoiding meal times with family

D

DEPRESSION: The following table lists examples of changes in mood and behaviour that might indicate your child is experiencing depression.

FORMS IT MAY TAKE	EXAMPLES
Loss of pleasure/Apathy	Claims to be bored Losing interest and pleasure in activities that were once enjoyed Lack of energy and motivation
Emotional changes	Unhappy, seems 'down' most of the time, feelings of worthlessness or hopelessness Blames him or herself excessively Talks about death or hurting him/herself
Slowed movements	Tearfulness or frequent crying, feeling worried or tense
Restlessness/Risk taking	Dawdling, dragging self around Seems restless and fidgety Self harm
Irritability/Agitation	Not protecting themselves (casual and frequent sexual behaviour, drug and alcohol misuse)
Sleep problems/Fatigue	Fidgeting, can't settle, nervous, jumpy
Social withdrawal	Problems going to sleep or staying asleep, waking early, or sleeping a lot Tired all of the time
Negative self image	Seems lonely, avoids other people Decreased participation with peers
Physical signs	Negative body image and low self-esteem – particularly relevant for adolescents Changes to appetite and weight May be accident prone Paying poor attention to personal hygiene and appearance
Negative thinking	Doesn't listen, can't focus on tasks, forgets details
Poor school attendance	Draws wrong conclusions, expects the worst, can't make up mind Missing classes, school refusal

SH

SELF HARM: Self harm is a term used to describe a range of behaviours associated with people deliberately harming themselves regardless of their intention. Self harm is a behaviour not an illness. The following table lists a number of considerations for understanding and managing self harm as a parent or carer.

UNDERSTANDING SELF HARM	CONSIDERATIONS
Forms it may take	Cutting, burning or scratching skin Head banging or pulling out hair
Indicators of self harm	Visual marks or scars to communicate distress OR Covering arms and legs, avoiding the removal of clothing due to fear of disclosure
Some self harm is an emergency	Call an ambulance (000) if person has: <ul style="list-style-type: none"> ■ taken an overdose or consumed poison ■ become confused, disoriented or unconscious ■ bleeding that is rapid or pulsing

Remain calm – remember the self harm behaviour is a sign of emotional distress



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2024 Early Act Team.....

Once again, we are very fortunate to be able to work alongside our local Rotary Club to be part of the Early Act Program.

It is a pleasure to be a part of this wonderful group of students and adults. We commenced our meetings in Term 1 and look forward to what lies ahead.

A new Early Act Club for 2024 has been inducted at Foster Primary School.

Early Act is a schoolwide service club for primary school students, overseen by years 5/6 and is sponsored by a local Rotary club. The purpose of Early Act activities is to engage students in character building activities, to prepare them for leadership roles and to identify and carry out meaningful projects which benefit their school, local and international communities.

The Early Act Club of Foster Primary School is supported by the local Rotary Club of Foster and members of staff at the school who guide the students and work with the Rotary Club as required.

It is anticipated that the Early Act club will develop special projects designed to provide service to the school, the wider district of Foster and South Gippsland and will be involved with fundraising activities designed to donate much-needed financial support to overseas projects in the developing international community. The new Early Actors are already busy looking at possible projects including construction of a toy truck track for the younger members of the school, tree planting for koala protection and planning fund raising opportunities for International Rotary projects.



L to R: Luca Bordonaro, James Allsop, Sam Wightman, Holly Wiggins, Molly Lees, Harriet White and Aysha Best with staff member Ms Jenny Young, Secretary Liz Hall and President Laurie Warfe



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May

- 3rd - Assembly 2.30pm in BER
- 10th - Mothers Day Stall
- 10th - District Winter Sport @ Foster
- 10th - Assembly 2.30pm in BER
- 15th - 27th - Book Fair
- 15th - Cross Country @ Foster Golf Club
- 17th - IDAHOBIT Day
- 17th - District Winter Sports @ Korumburra
- 17th - Assembly 2.30pm in BER
- 18th - Farmers Market Stall
Volunteers needed - Please call the office
- 23rd - Division Cross Country @ Stony Creek
- 23rd - Cancer Council Biggest Morning Tea Fundraiser
- 24th - District Winter Sport @ Foster
- 24th - Assembly 2.30pm in BER
- 26th - National Sorry Day
- 27th - 31st - Reconciliation Week
- 31st - District Winter Sport @ Inverloch
- 31st - Assembly 2.30pm in BER

Looking ahead....

June....

- 10th - Kings Birthday Holiday
- 28th - Last day of Term 2

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Classroom News...

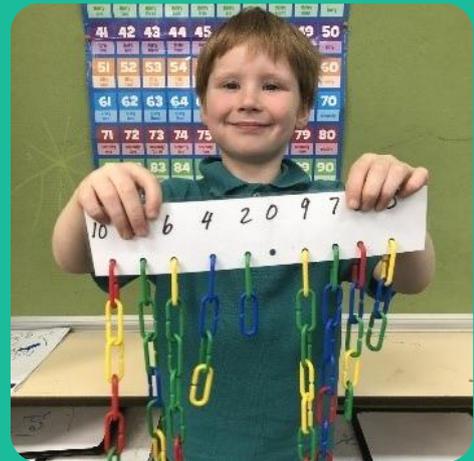
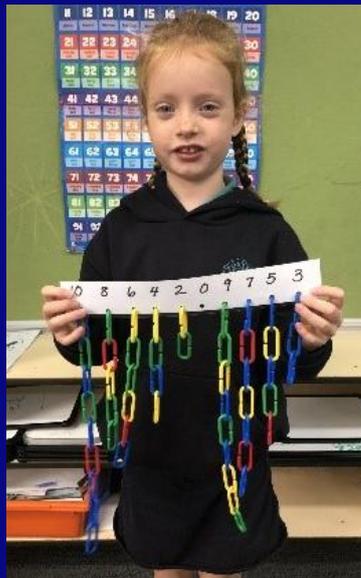
Junior News

Welcome back to Term 2 after your Easter holiday break. Students have returned with wonderful stories of their holiday adventures and time spent with their family and friends. Students have jumped straight back into reading their levelled readers everyday and practising their reading strategies.

Our focus during the first two weeks of transitioning back into school were routines and connections. We are so pleased with how well the students have settled into our expectations of routines and engaging in their learning.

This week the P/1 students have been saying daily Acknowledgment of Country over the school speaker which has been a wonderful leadership opportunity.

Wednesday 24th of April was a day of learning about ANZAC Day. Whilst the Grade 3-6 students went up to the RSL to learn more about ANZAC, the P-2 students made red Poppies in honour of those who have served, and continue to serve today. Thursday 25th April is ANZAC day (Public holiday). We look forward to hearing from our students attendance at their local RSL sub-branch for the ANZAC Day commemorative service



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Classroom News...

Mentoring Buddies in P/1C

Our Grade 5 and 6 students show their school values through their caring nature and dedication to helping their younger peers in P/1C. By working together on various learning activities, the older students not only support the younger ones academically but also create strong bonds and have an enjoyable time filled with shared experiences.



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Classroom News...

A Visit to Foster RSL: Learning About Australian War Experiences

Our Grade 5/6 students had an exciting opportunity to visit the Foster RSL this past Wednesday to dive deeper into Australian experiences during wartime. The students approached the visit with respect and eager minds, absorbing the real-life stories shared by our knowledgeable presenters. It was a touching experience for all, and we extend our heartfelt gratitude to the RSL for generously dedicating their time to enriching our learning journey.

Leaders present wreath on behalf of the school on ANZAC day.

Our school Captains Louisa, Willow, Mason and Bonnie did a beautiful job of laying a wreath at the ANZAC day service. Thanks so much to our leaders and their families for taking time out of their day to represent our school.



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Kitchen/Garden News...

The students have been learning about different methods of agriculture and permaculture zoning techniques. We have been busy this term preparing the garden for the winter harvest.

We have planted broccoli, cauliflower, leek, cabbage, beans, snow peas, kohlrabi, pumpkin, turnip and pak choy. A special thank you to Stephanie Mathews for supplying seedlings to assist with the Kitchen/Garden program.



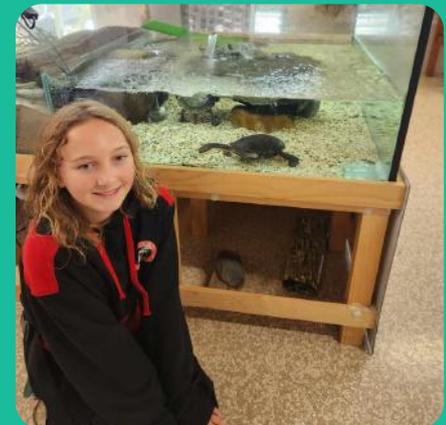
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Somers Camp...

At Somers Camp, our students had an incredible 9-day experience filled with challenges and growth. While some initially felt anxious about being away from family and friends, they all embraced the chance to enhance their personal development and resilience. We couldn't be prouder of their achievements and the positive impact this camp had on each of them.



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Upcoming Events...



2024 May

MON	TUE	WED	THU	FRI	SAT	SUN
		1	2	3 2.30-ASSEMBLY	4	5
6	7	8	9	10 MOTHERS DAY STALL WINTER SPORT @ FOSTER NEWSLETTER DAY  2.30-ASSEMBLY	11	12 MOTHERS DAY
13	14	15 HOUSE CROSS COUNTRY @ FOSTER GOLF CLUB BOOK FAIR BEGINS	16 BOOK FAIR	17 IDAHOBIT DAY BOOK FAIR  WINTER SPORT @ K/BURRA 2.30-ASSEMBLY	18 	19
20 BOOK FAIR	21 BOOK FAIR	22 BOOK FAIR	23 CANCER COUNCIL BIGGEST MORNING TEA FUNDRAISER DIV CROSS COUNTRY @ STONY CREEK BOOK FAIR	24 NEWSLETTER DAY  WINTER SPORT @ FOSTER 2.30-ASSEMBLY BOOK FAIR	25	26 NATIONAL SORRY DAY
27 BOOK FAIR RECONCILIATION WEEK 27TH - 31ST	28	29 2.30-ASSEMBLY	30	31 2.30-ASSEMBLY WINTER SPORT @ INVERLOCH		

2024 June

MON	TUE	WED	THU	FRI	SAT	SUN
					1	2
3	4	5	6	7 NEWSLETTER DAY  2.30-ASSEMBLY	8	9



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