

Greenhills is **G.R.E.A.T.**

Grit, Respect, Effort, Adventure, Teamwork

Term 1 - Week 1, 3th February 2022

FROM THE PRINCIPAL

WELCOME BACK

Welcome back to the new school year to all our families and a very warm welcome to the new families joining our Greenhills Community in 2022. I hope you all had a terrific summer break and enjoyed lots of quality family time. I am pleased to say that (touch wood!) we have had a very smooth start to the school year given the circumstances. Thank you to all our staff members and school families for embracing the “we will need to be adaptable” attitude and also doing everything that is within our control to keep our school open, students at school and our community safe.

I was really pleased with our schools uptake and willingness to complete RA tests. Many families collected these before school started and we have had lots of questions around the best day for students to do the testing. This highlights what a GREAT community we are and that we are working so cohesively to do what is needed, even if the tests are not fun to do!

I know we have mentioned completing the tests on Monday and Wednesday or Tuesday and Thursday but in conversation with those who have a much deeper understanding and who are working on the front line in our hospital system, **we would like to promote the idea and importance of doing a RA test on Monday morning.**

The logic behind this is that it would limit the exposure days and times, as students would have been away from school for 48 hours (Sat/Sun) prior to testing Monday. If they return a positive on Monday and do not come to school this reduces the potential infectious period over the weekend.

I have also included a link to help parents and carers complete the tests at home on children:

[Dr. Eric Levi How to Swab A Child for a RA Test](#)

The key messages here is as follows:

- * Get students to wash hands and blow their nose
- * Swab hand rests on chin or cheek in case of sudden movement
- * Gentle twirl 1-2 cm for 10-15 seconds
- * Rest child’s head on arm or pillow
- * GO LOW & GO SLOW
- * Do the other side in the same way.

Our 2nd batch of RA tests were delivered to school yesterday. These will be sent home directly with students next week for use in Weeks 3 & 4 of school. (14th February to 25th February).

PHOTO OF THE WEEK



I really love this photo. It was taken at 9.10am on the very first day of school and highlights how GREAT our students really are and how our love of reading focus is really taking shape. Everyday, the very first thing our students do is to read for 15 minutes. In this case, it is enjoying and engaging in reading with a friend. If this represents our very first day, imagine what potential the 2022 school year has!

WHAT'S HAPPENING @ GREENHILLS 2022

Friday 4 th February	2.45pm Welcome to Country & Smoking Ceremony (under the shade sails at Pumpkin Patch entrance). This significant event to launch our school year will be conducted by Wurundjeri Elders and is open for parents and carers to attend. Please note that there is a double vaxx requirement and face masks need to be worn given that the area will be quite crowded and it will be difficult to socially distance.
Monday 7 th February	Greenhills Swimming Trials Demolition of gym commences
Tuesday 8 th February	Prep students commence (staggered start)
Wednesday 9 th February	Prep students commence (staggered start) 9.30am School Tour
Thursday 10 th February	Full day for all Prep students
Friday 11 th February	International Day of Women & Girls in Science 3pm Assembly
Wednesday 16 th February	Meet the Teacher Interviews (Optional)
Monday 21 st February	District Swimming Carnival
Wednesday 2 nd March	Family Maths Night – presented by Michael Ymer
Tuesday 15 th March – Friday 18 th March	Year 6 Camp
Monday 21 st March	Harmony Day
Friday 25 th March	Ride to School Day
Monday 28 th March	House Athletics (Years 3-6)
Thursday 31 st March	Student Led Conferences (Students only attend school for the duration of their conference).
Friday 1 st April	Autism Awareness Day
Friday 8 th April	Last day of Term 1 2pm Assembly 2.30pm finish

MEET WITH THE TEACHER - PARENT MEETINGS

Our optional “Meet the Teacher” - Parent/Teacher interviews will be held on Wednesday 16th February between 3.50pm and 6.50pm. Whilst these interviews are not compulsory to attend, the main purpose of these meetings is for parents to meet with the teacher and pass on any relevant information that will assist our students to have a successful year. We will also send a Google form link that outlines some of the information you could share with us. If you are unable to attend or have no further information to tell us you will not need to attend.

The interviews will be held via Webex as we continue to do everything within our control to keep our school open and our community safe. Links to each teachers Webex room will be sent home prior to the day.

Bookings are made through Compass so that you can select from the times available which suit you best. These will be open by 4pm Friday 4th February and will close on Tuesday 15th February at 4pm.

BE ON TIME FOR SCHOOL EVERY DAY

Each day we start with music at 8.55am. This is the signal for students to enter their classrooms and get ready for learning before the 9am bell rings.

We know that getting off to a GREAT start each day is critical for learning, so we are encouraging everyone to be on time and ready to go inside classrooms by the 9am bell.

At the other end of the day a bells will ring at 3.30pm where students will be dismissed and again at 3.45pm. This is a reminder to any student who remains unsupervised that they need to report to the office so that we can ensure they get home safely as yard supervision finishes at this time each day.

If your son/daughter arrives to school late, a parent/carer is required to come in and sign them in via the Compass kiosk, this is also the process for picking up for early departure.

ROAD SAFETY AROUND SCHOOLS

Speed zones, pedestrian crossings and parking restrictions around school are there to improve the movement of traffic during peak times and maximise safety for children and road users.

It is vital as adults, we leads by example and set good road safety practices travelling to and from school. As such we are asking all parents and carers to observe and obey parking signs and in particular No Stopping and No parking signs.

Banyule City Council have asked us to remind our school community that it is an offence to:

- double park by stopping next to a legally parked vehicle, even for a short time or to drop off/pick up passengers
- Stop or park across a driveway, footpath or dividing strip
- Stop or park within 10 metres of an intersection or corner that doesn't have traffic lights
- Stop or park across or in a bus zone.

Council Local Laws Officers will be active around our school area to issue warnings and fines.

PRIVACY INFORMATION

Our school collects, uses, discloses and stores student and parent personal information for standard school functions or where permitted by law, as stated in the Department of Education's Privacy Policy.

Please take time to remind yourself of the school's collection statement which is included in this newsletter

For more information about privacy, see:

<https://www.education.vic.gov.au/Pages/Schools-Privacy-Policy-information-for-parents.aspx>

This information also available in nine community languages.

HAVE INPUT INTO OUR SCHOOL...SCHOOL COUNCIL NOMINATIONS NOW OPEN

We know that one of the best things about our school is our strong parent input and involvement. Our School Council is one the main forums in which parents and staff work together for the benefit of all our students. At the beginning of each school year we have a number of vacancies for School Council. There are 4 x Parent member positions to fill this year for a period of two years and 1 x casual vacancy position for a period of one year. If you are interested in nominating, please collect a form from the school office or contact me and I will arrange one to be sent home. These must be lodged at the office by 4pm Thursday 11th February.

Please contact me if you would like more information about these roles.

penson.james.j@edumail.vic.gov.au



Looking forward to a GREAT year ahead.
James Penson

FROM THE OFFICE

Confidential Student Information/Medical Updates

It is very important that you keep us informed of any changes relating to your child's personal details. Please notify us immediately of any modifications relating to family/student details; emergency contacts, medical, address and in particular phone numbers and email addresses.

Grade 6 Anglesea Camp (Tue 15th to Fri 18th March 2022)

Grade 6 Families, a reminder that the Anglesea Camp is up on Compass to approve and pay if you haven't already done so (instalments are available), also if you have any CSEF left from 2021, this can be allocated to this camp.

Camps, Sport, Excursions Fund (CSEF) 2022

CSEF is available to eligible families in 2022. Families holding a valid means-tested concession card or temporary foster parents are eligible to apply.

If you received CSEF in 2021, you do not need to reapply.

Only complete an application if you are applying for the first time at this school. https://www.education.vic.gov.au/Documents/about/programs/CSEF_application_form.pdf

For further information regarding CSEF or financial assistance, please refer to the following link;

<https://www.education.vic.gov.au/about/programs/Pages/csef.aspx#link44>

Please contact the office if you require a CSEF application form.

Victoria, Nicole, Karen & Kiera
Office Team



RECITAL CHOIR

Rehearsals will be starting on Tuesday 15th February at 8am in the Music Room



HAPPY BIRTHDAY TO THE FOLLOWING STUDENTS CELEBRATING THEIR BIRTHDAYS THIS WEEK:

Keith E, Amelia S, Lalah S, Kristina J, Emma D

Connected Schools –Helping Kids Settle Back Into School by Shona Hendley

The start of the new school year brings a variety of challenges – from teacher and class changes, through to the transition from holiday mode back into the routine of school. This can make settling back into school difficult for some children and young people, especially after the extended summer break.

Naturally, as a parent you want to help your child settle back into school as seamlessly as possible, but it can often be hard to know where to start.

Get kids involved in the organisation process

Being organised for school isn't a parent-only activity. Involve your kids as fully as practical in the process. By doing this, you will be encouraging them to take responsibility for and ownership of their schooling, not to mention reducing your workload.

Specific tasks include:

- * preparing their uniform for each day
- * packing their school bag
- * helping organise their lunch
- * ensuring they have the correct school resources for each day

Use positive language

It's critical to use positive language when discussing school because children who hear their parents discuss education in a negative way typically model that behaviour. This is especially important in the first few weeks back. Sharing your own positive school memories is an authentic and relatable way to do this.

Add a personal touch

If your child is struggling being away from you, consider giving them a bit of you to take with them can help the transition. Whether it's a personal item of yours that they carry with them, or even a positive note that you leave in their lunchbox, a personal touch is a helpful way for your child to stay connected with you throughout the school day. It's a great reminder that it will be okay.

Trust and communicate with your child's teacher

Trust your child's teachers as they have their best interest at heart and know children well! Couple this trust with regular communication, which is particularly helpful at the start of the year when back to school worries are identified and addressed. Continue this communication throughout the years, especially if any issues or concerns arise. It's a team effort, so working together is key.

Talk about how they are feeling

It is important to discuss with your child how they are feeling about being back at school. So be prepared to listen and be guided by your child's responses. Avoid shutting them down if they are feeling unsettled, nervous or scared and validate their emotions and work through them. This is especially important with the added complexity of the pandemic. Ensure you offer problem solving advice about what they can control, such as washing their hands regularly, or wearing a mask if this is a school requirement. Provide some time after school for your kids to talk with you about their day. This also provides an opportunity for them to decompress.

Maintain a consistent routine at home

Moving from holiday mode into a more structured school mode is one of the biggest struggles for many kids. One way to reduce the impact of this transition is the maintenance of consistent routines at home over the weekends, especially in the first term.

Some specific ways include:

- * Regular reading
- * Keeping mealtimes and bedtimes consistent
- * Limiting screen time
- * Using a visual 'back to school' schedule board or weekly planner can also assist in reminding kids what is coming up each week.

Limit after school activities in Term 1

As kids readjust to being back at school, they will probably be tired. So, limiting after school activities such as sport and music, at least in the first term, helps them maintain a sense of balance.

Avoid overloading the weekends with activities so they can really use that time to relax and prepare for the week ahead.

In closing

It is normal for every child to settle back into school differently. Some kids will be excited, and some may feel unmotivated or even anxious.

As parents, there is a variety of ways you can support your child as they transition back into the school routine. A critical first step is to work with your child and their teachers as a team and to keep those lines of communication open. This will also be beneficial throughout the school year as well, especially if any issues arise.



OSHCLUB NEWS



Dear Parents and Guardians,

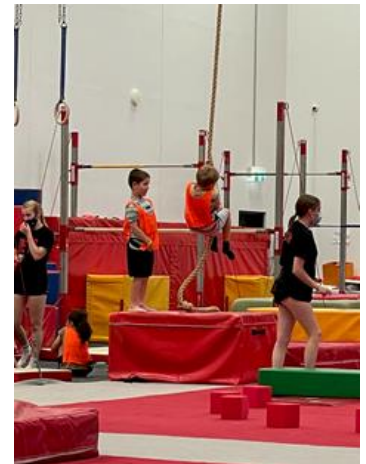
Welcome Back!

The first day of school is finally here, so it's back to Before- and After-School Care! We're really excited about bringing all children who attend a really fun experience in 2022, expanding on the resources we have available, extending the clubs we introduced during Term 4 last year, and constantly trying new things. If you would like to book your child(ren) in for Before- and/or After-School Care, bookings can be made on the iParent Portal on either a recurring or casual basis. Bookings made within 24 hours of the session starting will need to be made through the Greenhills OSHClub service by either calling or texting 0437 928 183 and will incur the \$4 late booking fee.



Summer School Holidays!

What great fun we had over the summer school holidays! We had really fun with various incursions and excursions as well as fun in-service days. For incursions, we got to pet and hold some scaly friends including snakes and lizards, learn some skills that might help us in the "Hunger Games" like archery, and learnt some footy skills with Coles Healthy Kicks. On excursions, we went far and wide, visiting Bundoora Park Farm, did some sick flips and Jets Gymnastics in Diamond Creek, and watched "Sing 2" at Hoyts Greensborough. Our cooking day was probably our most popular day for all children, making cookie dough pizza, worms in dirt cake, fresh made pasta and sauce, and sushi! We hope everyone had a great time, and we look forward to seeing everyone again in the April school holidays!



We hope everyone had a great time, and we look forward to seeing everyone again in the April school holidays!



OSHClub's On The Move!

With the school hall soon to be demolished, OSHClub will be moving out of the STEAM room for a few weeks and into the library on Monday 7th February! We will have signs up on the STEAM room reminding

all children that we are in the library as well as a staff member being outside the front for the first week to redirect children. Unfortunately, this means that we won't be able to have our usual cooking club session on

Wednesdays for the near future, but they will be back! In the interim, we hope we'll continue to bring the same level of fun and excitement that children and families have come to know us for. If you have any questions, please let us know by either calling or texting us on 0437 928 183 or emailing us at greenhills@oshclub.com.au. See you soon!

If you need to make a booking, please do so through the iParent Portal or contact the service on 0437 928 183 or greenhills@oshclub.com.au. Greenhills OSHClub is open 6:45-9:00am for Before-School Care, 3:00-6:30pm for After-School Care and 6:45am-6:30pm for Vacation Care/Pupil Free Days.

OSHClub Service Phone: 0437 928 183

OSHClub Service Email: greenhills@oshclub.com.au

Coordinator: Megan Statham-Danckert

Educators: Jordan Martin, Jorja Sullivan

OSHClub Head Office: 1300 395 735 or oshaccounts@junioradventuresgroup.com.au

All families must be enrolled to attend the service, remember this is FREE!! Please create an account online at www.oshclub.com.au. All bookings and cancellations can also be managed via the iParent Portal.

SCHOOL LUNCH CHEAT SHEET

pack like a nutrition pro



1 PROTEIN 1/4 cup - 2oz - 8 fl oz

- | | |
|---------------------|-----------------|
| hard boiled egg | cheese |
| beans, lentils, soy | yogurt |
| cubed meat | nut/seed butter |
| nitrate-free deli | cottage cheese |
| meat | hummus |
| chicken/egg/tuna | milk |
| salad | jerky |

2 STARCH 3/4 cup - 2 slices - 2 oz

- | | |
|--------------------|----------------|
| crackers | bread |
| (cheese/plain) | sweet potatoes |
| cereal | muffins |
| rice/popcorn cakes | muesli bar |
| veggie chips | tortilla |
| pasta | |
| chips | |

3 FRUIT 1/2 cup - 1 med

- | | |
|--------------------|---------|
| dried fruit | banana |
| canned fruit | orange |
| freeze-dried fruit | berries |
| fruit cups | grapes |
| | melon |
| | kiwi |

4 VEGETABLE 1/2 - 1 cup

- | | |
|-------------|----------------------|
| cucumber | salsa |
| tomato | olives |
| bell pepper | salad greens |
| carrots | celery |
| snap peas | freeze-dried veggies |

5 FAT 1 Tbsp - 1 oz

fat helps your child feel full and stay satiated

whole milk dairy, eggs, oil, seed/nut butters, avocado and fatty meats provide this nutrient

6 DRINKS

- water
- milk
- juice

HOW TO:

- ★ Include an item from each category.
- ★ Some foods will meet a combination of categories.
- ★ Serve a portion size that fits your child's appetite.



SCHOOL LUNCH CHEAT SHEET

PACK FOOD YOUR CHILD WILL EAT

- Food does little to give your child fuel to learn and perform if it goes uneaten.
- Balance nutritious choices with ensuring that your child has food s/he is willing to eat.

MONOTONY IS FINE - IF IT'S WORKING

- You don't need to have a vast array of lunch ideas for your child.
- Varying the vegetable, fruit, protein source a couple times a week (or month) are more than adequate to provide ample variety.

BE COST-CONSCIOUS

- Food waste is a consideration. Don't over pack!
- Convenience foods save time, but also have a higher price tag. Aim to include foods that are not prepackaged as often as possible.

KEEP IT SIMPLE

- Lunch time offers many distractions. Make it easy for your child to see what is available, open packaging and eat.
- You don't need to create a photo-worthy lunch.

INCLUDE LEAN PROTEIN

- Don't forget about plant protein - including tofu, edamame, roasted chickpeas or even dips like hummus.
- Pay attention to food safety with protein foods as they are the most likely to cause illness.

PRESENTATION MATTERS

- Make it appealing, colorful
- Use a bento box or divided container
- Clear containers
- Cookie cutters
- Bite sizes foods
- Cut fruit/vegetables



You can find me at:



@nutritionist_tracydavies



bewellnourishment



bewellnourishment.com



bewellnourishment@gmail.com



0427 733 485



Diamond Hills Preschool **OPEN DAY**

Saturday 19 February 2022
10am - 1pm



9-11 Diamond Hills Drive, Greensborough