

# Toolamba PS



## “Striving for Excellence”

Values: Respectful, Trustworthy and Inclusive

### PARENTS & STUDENTS,

#### REMOTE LEARNING

At this stage, we are waiting till Monday 11<sup>th</sup> when there will be an announcement about how we will move forward with education in Victoria.

#### ON SITE SUPERVISION

The strong message is still, if your children can learn from home, they must learn from home. Forms for onsite supervision are to be emailed to **school prior to 3.15pm on a Thursday** for the proceeding week so that supervision can be organised.

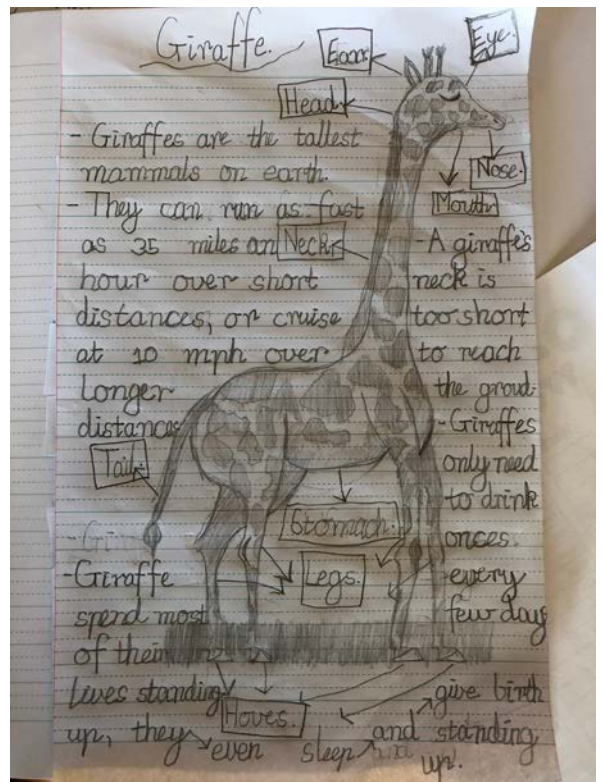
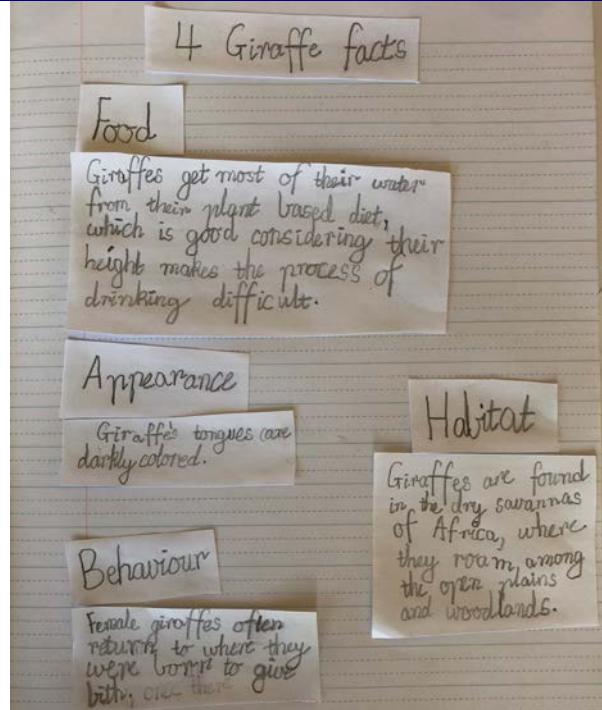
#### WEEK 3 -6 LEARNING PACKS

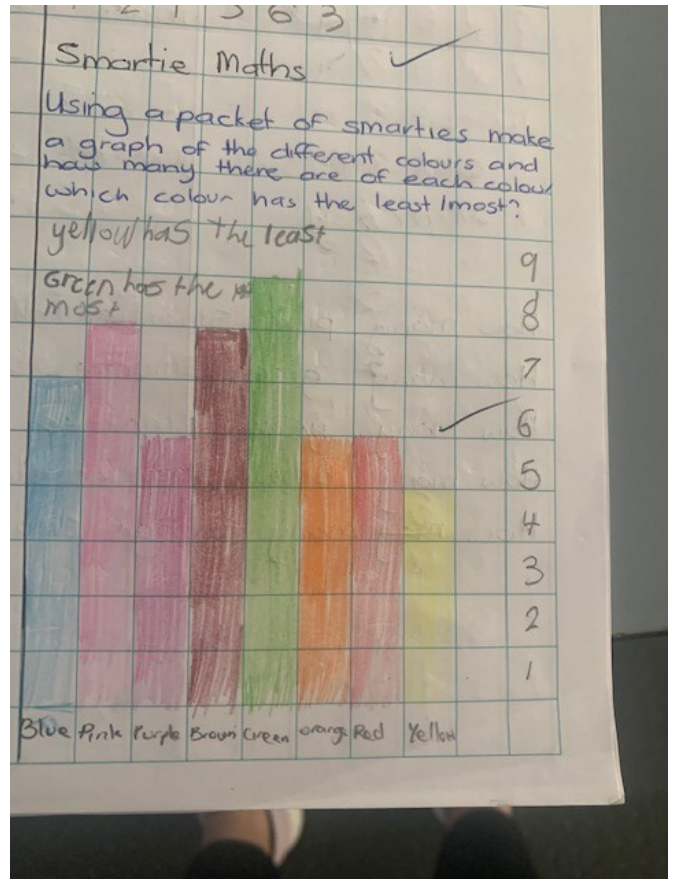
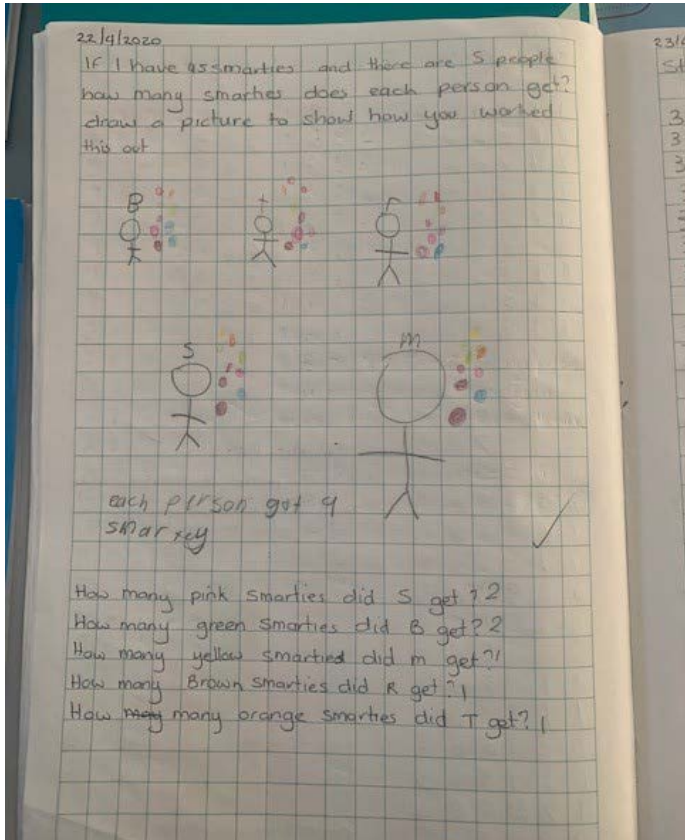
Our changeover of learning packs went very smoothly last week. Congratulations to our staff on the fantastic effort they put into preparing the next three weeks of learning. The new packs are reflective of the feedback we received in our surveys and via our communication channels.

Congratulations, also to all the students and parents. We have thoroughly enjoyed looking through the work that has been returned. You have been doing a fantastic job during such an unusual time.

#### OUR FANTASTIC REMOTE LEARNERS.

Sophie's Information Report





Keep up the great effort.

Regards Heather

### JUNIOR SCHOOL CYBER SAFETY

As part of Remote Learning, students have a device to connect to the internet. For Foundation, this is an iPad and the rest of the school a Notebook.

The use of Google Classroom is encouraged to view videos and learning that is located in 'Classwork'. We also encourage learning photos and questions about your remote learning.

Monitoring student's comments on Google Classroom is essential. Inappropriate comments with multiple letters or punctuation will be deleted and students

doing so may be blocked from commenting on future posts. If you would not write it in the classroom for your teacher to read, then do not write it on Google Classroom.

It is also important to check student emails. Most students in Junior School are not accessing or using this process for communication. However, it is important to monitor and check devices as students have the ability to send emails to each other.

Students are encouraged to use their device where learning is advised by the teacher. For Foundation, this includes the apps located on the iPads as well as learning videos where the link is provided in the learning pack. Grade 1 and 2 students have passwords provided for learning in Reading Eggs, Mathletics, Essential Assessment, Epic and Google Classroom. (Tasks only being set in Essential Assessment at this stage.) Learning using devices is optional and not compulsory. It is there as a resource for consolidating and/or extra learning.

Junior Team

## **FOUNDATION REMOTE LEARNING**

It was so lovely to see some of our school community faces Thursday, and Friday when picking up Weeks 4, 5 and 6 Remote Learning Packs... at a distance of course!

We were excited to receive and view the Learning/Writing Books. Many thanks for having tasks pasted in as this has certainly assisted with observations, corrections and feedback with Remote Learning. The current pack for Foundation students only has a Learning Book. The feedback from parents found it easier just to keep all tasks to one book.

The new ipads are a wonderful addition. They now have the app Google Classroom. Unfortunately our IT technician did not add the domino one which was popular with many.

This week I have received texts with photos of exciting writing about Pandas, Pythons and Gorillas. Hope you had a chance to view my worked example of this task on Google Classroom. Now, for top effort quality learning, you can add these onto the app to share. Students love to share work that they are proud of. Well done to Harriet Livesay... your weather report was truly inspirational for us all! You just might take the same road as one of your relations on ABC Backroads, Heather Ewart.

This week I have also included a book reading by one of my favourite authors Jon Klassen. Today I have attached a counting example using a 100 chart and identifying the patterns on this. Learning to independently count by 10s, 5s and 2s is an end of year expectation of Foundation. If this is an easy task, challenge your child to start anywhere on the chart and go forwards and backward. Recording the count will be practiced next week. Fluent, quick numeral formation to produce organised and neat written work is a goal we are working towards.

Please continue to email/ring/text me with your achievements or concerns. Our home/school partnership is such an important component of Remote Learning. Regular communication via the above tools is essential and keeps everybody up to speed, as well as on the same page.





### A DAY IN THE LIFE OF A GRADE 1 / 2 STUDENT

Hi. Hope you are having a good week.

Jack has been busy with all schoolwork.

We have almost completed all of week 4 already and have been on Mathletics, Epic and Reading Eggs.

We have been making craft Australian animals with plates and assorted craft items.

Most days we are doing 3 hours of work

- 1 in the morning
- 30mins reading with me and on his own
- 30mins writing
- 1 at lunchtime
- 20 mins Mathletics
- 10 mins Diary entry
- 30 mins assorted school studies
- 1 in the evening
- 15 mins reading Epic
- 30 mins assorted School studies
- 15 mins sitting reading a book to me

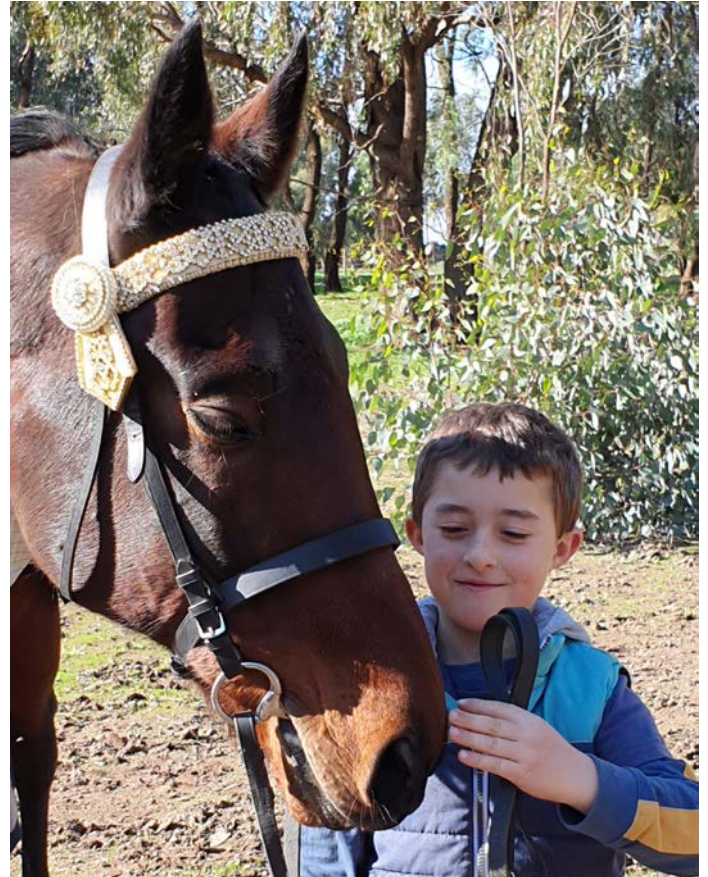
It will change from day to day depending on what we are doing but we get nearly everything done during the day.

- From 8:30-9:30 We are out feeding animals
- 9:30 -10:30 school work

- Outside jobs again and fun
- 12:30-1:30 school work
- Outside jobs again and fun
- 6pm schoolwork
- Tea
- Reading to me
- Relax time☺
- BED.....

He is enjoying his meets with you.

We don't really do much of the PE side of things as he is helping carry 4 x 5 kg buckets of horse feed to horses daily and water buckets, feeding rabbits, guinea pigs, chooks, ducks, mixing milk powder to feed the orphan lambs and goat kids 4 times a day running around with his pup, wrestling his brother, riding his bike around, in the kayak, painting outside, playing tennis or basketball on the court.





Rachael's Information Report

We are looking forward to seeing what wonderful work everyone produces in the coming weeks!

This week we were really impressed with students who were very proud of the work they had done and posted videos to our Google Classroom page. Well done to Harriet Livesay for her amazing weather report!

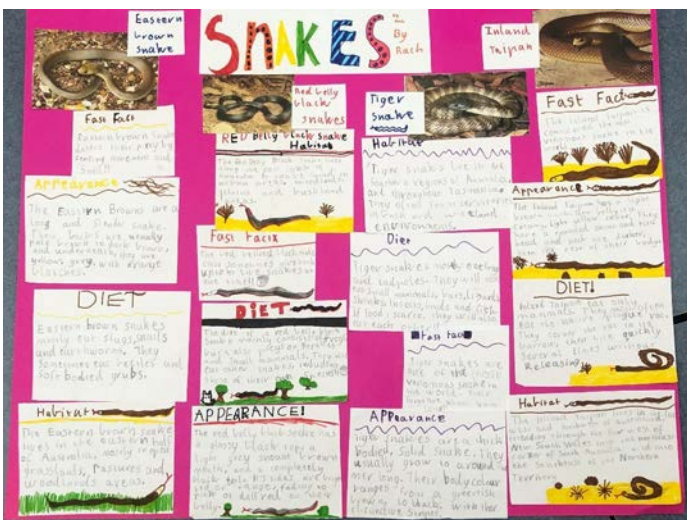


**GRADE 1-2 REMOTE LEARNING**

Congratulations to all Grade 1-2 students for getting through the first three weeks of remote learning! We hope you enjoy the second pack just as much.

It has been great to see such creativity and effort put in to different pieces of work. We have really enjoyed reading through your Information Reports and can safely say we have learnt a few more things about Australian animals thanks to the detailed work that was handed in.

And to Mia Hodgkisson for her detailed retell of her book 'Scaredy Monster Loses A Tooth'







For anyone who wants to watch those videos, they are in the 'Classwork' tab on Google classroom.

We encourage students to post a video or a photo of their completed work to the Google Classroom for others to see.

Keep up the great work 1-2s and parents! You're all doing a great job in such strange times.

- Junior Team.



Hi families,

This week I want to focus on our work life boundaries – at first I found myself working really late and thinking

about work all the time. This isn't so great for mental health. I'm also looking at gratitude as a way of helping our kids (and ourselves) through this time.

### Work/Life boundaries

You might be noticing that keeping to a schedule when you're working from home gets harder. An important area to consider with our mental health is how we separate our work lives from our personal lives if we're not going out to work. This can get very difficult as you think, *I'll just get that last thing done* and next thing you know it's 10pm and you're only just turning off the computer. So how important is this separation of work and home and how do we manage this?

The Black Dog Institute has some great tips. I've attached a sheet they've produced that talks about what is normal to be feeling at this time (and remember, maybe you're slaying the whole thing and have everything ship-shape, that's normal, too. There's a whole range of normal feelings, there's no wrong or right and some days will be better or worse than others.) They've also included some ways that you might use to create some good boundaries around work and home.

*If you think what you're experiencing sits outside of these normal reactions, ask a friend or family member for help, or see your GP for advice. The Black Dog Institute has a lot of fantastic resources to help you understand how you're feeling if this sounds like you). My last newsletter has some links to places that can support people who are struggling – it's not something you need to do alone. Asking for help can be hard, but it's the most important thing you can do.*

## Gratitude for positive mindset in kids

If you're wanting to support your child through this time, one great tip is to focus on gratitude. You might think it sounds cheesy, however there's lots of scientific evidence to support these strategies for strengthening resilience and mental health. A review of the scientific literature looked at dozens of studies that link our gratitude to wellness. Researchers have found that gratitude is linked with:

- physical health
- stronger relationships
- greater likelihood of forgiving
- better sleep
- decreased stress

(Wood, A.M., Froh, J.J., & Geraghty, A.W.A. (2010). *Gratitude and well-being: A review and theoretical integration. Clinical Psychology Review, 7, 890-905.*)

You can google free gratitude pages that can be printed out, like on this site here <https://livinglifeasmoms.com/unicorn-gratitude-journal-for-kids-printable.html>, use a notebook or buy fancy gratitude journals, or it can be as simple as asking your kids to tell you one thing they're grateful for today. Gratitude starts to train our minds to focus on the positive rather than the negative. And because it's 4.30pm, I'm signing off and shutting the doors to my office, ready to shift into home life mode!

*Amanda Sibio*

-

## KEEPING YOUR STUDENTS ACTIVE AT HOME WITH RESOURCES FROM MELBOURNE VICTORY AND MORE

The Department is supporting Victorian students to stay active during remote and flexible learning

Daily physical activity boosts physical and mental health and improves wellbeing. It also helps with concentration, retaining information and solving problems. That is why the Department is supporting Victorian schools to provide daily physical activity for their students during remote learning.

A range of engaging, interesting and educative physical activity resources have been collated for teachers, parents and students. These resources aim to support students to stay active, connected to sport and involved in physical education whilst they are at home. For further information please see the [FUSE Learning from Home Platform](#).

Resources include a four-week online football program called *Kick it with Victory*, developed by Melbourne Victory Football Club, in collaboration with the Department and School Sport Victoria. This free resource is available for teachers to use in their teaching plans or for parents to pass on to children to keep them active while learning from home.

The program continues the Department's ongoing successful relationship developing and delivering educational outcomes with Melbourne Victory Football Club.

### **About the program**

*Kick it with Victory* features guest videos from Melbourne Victory men's and women's players and coaches, and daily training videos for beginner, intermediate and advanced levels.

The program aims to achieve physical education and health and wellbeing outcomes for students, and covers topics such as:

- keeping students active during remote learning
- encouraging participation in sport
- building resilience

Week 1 videos are now available, with further videos to be uploaded on a weekly basis.

To access the resource, visit [Kick it with Victory](#).

## **ONLINE HOME LEARNING RESPONSIBLE USER AGREEMENT**

- I will only use technology for school purposes as directed by my teacher.
- I will only use technology when there is an adult in the house and they know I am using it.
- I will not reveal my passwords to anyone.
- I will be responsible for my behaviour and actions when using technology (google classroom, google meets and other interactive applications), this includes the resources I access and the language I use.
- I will make sure that all my communication with students, teachers or others using technology is responsible and sensible.
- I will not deliberately browse, download, upload or forward material that could be considered offensive or illegal. If I accidentally come across any such material, I will report it immediately to my teacher or my parent.
- I will not record or take photos of my classmates or teachers during a face-to-face session.
- I understand that when using Google Classroom and other applications provided by the school that my use can be monitored and logged and can be made available to my teachers.
- I understand that these rules are designed to help keep me safe.

## **GUIDELINES**

When using Google Classrooms, remember that this is an extension of the classroom and you should conduct yourself as you would in a classroom. This includes:

- Video conferencing from an environment that is quiet, safe and free from distractions (preferably not a bedroom)
- Be on time for your interactive session
- Be dressed appropriately for learning
- Remain attentive during sessions
- Interact patiently and respectfully with your teachers and peers
- Provide feedback to teachers about your experiences and any relevant suggestions

## **TEMPORARY CLOSURE OF GOULBURN VALLEY LIBRARIES**

25 March 2020

All Goulburn Valley Libraries, including the Mobile Library, are closed until further notice due to the COVID19 (Coronavirus) outbreak.

We will update our website at [www.gvlibraries.com.au](http://www.gvlibraries.com.au) as information comes to hand.

During the closure we have made some changes to assist:

- If you have items to return to the library, use the After Hours Return Chute.
- Loans will be extended on all items until 13th May or until libraries reopen.
- On hold items will be extended until 13th May or until libraries reopen.
- All library programs and events are cancelled/postponed until further notice. This includes regular children's and adult events and programs, Shepparton Art Festival events, author talks and the upcoming school holiday activities. Meeting rooms are unavailable while our libraries are closed to the public.
- Our free public Wi-Fi remains available 24/7 from outside our library branches, within a short range.
- We still have a wide range of online resources available. Using your membership number, you can access FREE eBooks, eAudiobooks and eMagazines, or stream movies and documentaries via Kanopy. StoryBox Library, Busy Code and Kanopy Kids will help to keep



the kids entertained at home. Give us a call and we will help you access these digital resources.

If you have any questions, email us at [gvrlc@gvrlc.vic.gov.au](mailto:gvrlc@gvrlc.vic.gov.au) or call 1300 374 765.

## **COMMUNITY NEWS**

### **THE RESILIENCE PROJECT**

**By Hugh Van Cuylenburg**

**When:** Monday 13<sup>th</sup> July 2020  
7.00pm to 8.30pm

**Where:** Riverlinks Eastbank-70 Welsford Street,  
Shepparton

**Cost:** Full \$37.00 Concession \$32.00

Helping Australians to be mentally happy, we deliver emotionally engaging programs and provide practical strategies' to build resilience.

The Resilience Project delivers emotionally engaging programs to schools, sports clubs and businesses and provide them with evidence based, practical strategies to build resilience and happiness. The Resilience Project has delivered programs to over 850 schools around the country and worked with many elite sporting teams including Australian cricket, netball, and soccer, NRL and AFL clubs.

Through presentations, wellbeing journals, schools curriculum, teaching diaries and the App, The Resilience Project seeks to help all Australians become mentally healthy. During the presentation, Hugh will share his experiences and combine them with practical strategies that can be implemented every day to improve our overall wellbeing.

## **ADVERTISING**



*Watches & Diamonds*

Manufacturing Jeweller and Watchmaker.

All work done on the premises.

150 Hogan street Tatura, Victoria 3616

(03)5824 1100



**Bovine Inseminations**

**HERD IMPROVEMENT SERVICES**

1740 Finlay Road, Tongala, 3621

Phone (03) 5859 0763

FAX: (03) 5859 0219

### **AUSTRALIAN SCHOOL OF TAE KWON DO**

Learn fitness, confidence, discipline and self-defence!

**First session free.**

Monday and Wednesday 7pm to 8pm

In the Toolamba Hall (next to the school)

All ages are welcome!

Contact: Stephen – 0428 021 169

### **GUITAR AND KEYBOARD LESSONS**

Cliff Doornkamp conducts 20-minute lessons for both guitar and keyboard every Tuesday. The cost is \$20.00 per lesson (payable at time of lesson).

For more information, please contact Cliff Doornkamp on 0474 769 963.



**E:** [admin@gvsportscare.com.au](mailto:admin@gvsportscare.com.au)

**PH:** 0417600532

**W:** [111.gvsportscare.com.au](http://111.gvsportscare.com.au)

Physiotherapist, Sophie Woodhouse enjoys treating a mix of sports and spinal injuries.

Tom Davey is a biomechanical and sports focused Podiatrist, who is also skilled in general nail and diabetic care.

Sophie and Tom are excited to move back to Shepparton and work in the Goulburn Valley!

## Calendar

<b>Fri 26<sup>th</sup> June</b>	<b>Last Day Term 2</b>
<b>Mon 13<sup>th</sup> Jul</b>	<b>Term 3 Starts</b>
<b>Fri 18<sup>th</sup> Sept</b>	<b>Last Day Term 3</b>
<b>Mon 5<sup>th</sup> Oct</b>	<b>First Day Term 4</b>
<b>Wed 11<sup>th</sup> Nov</b>	<b>3 /4 Camp</b>
<b>Fri 13 Nov</b>	
<b>Mon 30<sup>th</sup> Nov</b>	<b>5 /6 Camp. Wyuna</b>