



Respect



Responsibility

Edition 16 – August 11<sup>TH</sup> 2020



Doing Your Best



Care and Compassion

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Supervision Times: 8:15 Mornings Duty

3.20 -4:00 Afternoon Bus Duty

## RESPECTFUL RELATIONSHIPS

So here we all are in lockdown again. I am ready to write the Respectful Relationships section of the newsletter after having a week to get used to the idea of this AGAIN. I mostly loved the first time around but this time to start with I felt more weary, more nervous and more serious about the whole pandemic.

A lot of wisdom comes out when I run side by side near my dear running friends (now in little groups of 2!) As we puffed up the hill to Buffalo my wise friend started telling me about the Resilience Project. The idea is that for humans to be resilient we need to be able practice Gratitude, Empathy and Mindfulness (GEM). My slow jog started to quicken as I got excited about this concept. It makes so much sense that if we act with gratitude, empathy and mindfulness we will be more resilient and in turn be able to support those who are not.

So I spent an afternoon looking through the Resilience Project web page it is great. It has been set up for home learning and easy to use (no teacher jargon!)

SO this week with my kids I am setting up a gratitude tree – we are going to yarn bomb a branch from the yard and use scrap paper to cut out as leaves, each leaf will have something we are grateful for on it. It will add some colour to our home and will remind us to take the time to write down the things we feel grateful for.

If we take the time to notice the things we are grateful for, sometimes the other things don't seem so bad.

AND sometimes you are not in a situation where you can find gratitude or empathy or be mindful. Sometimes you need others to help you carry your load. Please reach out when you feel like this, keep in touch with your mates and family. Talk to your children's teachers when the load is too big – we have so many ideas on how to support you and make this time as manageable as possible.

Call me: Donna Giliam 03 90801881 or email [Donna.giliam@education.vic.gov.au](mailto:Donna.giliam@education.vic.gov.au) or find me on messenger.

Also find and follow the school Facebook page Support for Tarwin Valley Primary School the Kookaburras still sing. *Donna Giliam, Primary Welfare Officer*



<https://theresilienceproject.com.au/>

### WELLNESS THURSDAY – A space for Connection and Self-Care

Join us every Thursday from 8pm-8.45pm for the next 5 weeks as we navigate home schooling and lockdown together. Each session will focus on the theme of self-care and well-being and participants will be provided a safe space to share, learn and participate in activities designed to help alleviate stress and build connection.

**Starting:** Thursday 13<sup>th</sup> August and then every Thursday thereafter

**Time:** 8pm to 8.45pm via Zoom (link will be emailed upon registration)

**Contact:** Donna Giliam for further information or to register your interest

**Ph:** 03 9080 1881 **Email:** [Donna.Giliam@education.vic.gov.au](mailto:Donna.Giliam@education.vic.gov.au)

### CALENDAR

#### Upcoming

Aug 13<sup>th</sup> - Wellness Thursday, 8pm

Aug 25<sup>th</sup> – School Council, 7pm

#### NEWSLETTER ITEMS

The newsletter is compiled on Monday afternoons. All items need to be submitted by 1:50pm to be included





# A look into week One of Remote Learning

## 3/4GG - Writing with noun groupings

A fleet of sturdy square rigged ships tried to navigate their way through the jagged ferocious rocks. The crew of queasy, diseased sailors worked hard, forcing their tired, painful muscles to do more. *Fin*

The blue shimmering lake was surrounded by a jagged rocky landscape under the blue cloudy sky. *Taylor*

One stormy night a young, hungry, scared sailor went to sea in his heavy wooden boat. He could hear the wild loud waves crash against the large sculptured rocks. He looked up at the massive billowing sails and hoped they would not tear. *Rose*

## Writing about pictures of the settlement of Australia

The men, girls and children got off the boats. The ships had rats all over them, people were dying. Only the rich weren't convicts. People were huddling for warmth in their small huts. The Aboriginals did not like the British on their land. *Alastair*

There were twelve dirty old people in a line and one kid. There was a lot of grey dirty smoke coming out of the chimneys. Lots of people were wearing tall funky hats. *Archie*



Prep student Sophie with her MARC library task about Yucky Worms



## CHILD SAFETY STANDARDS WHAT WE EXPECT AT MEENIYAN PRIMARY SCHOOL

- ❖ Everyone connected to our school can help children be safe.
- ❖ We have zero tolerance of any abuse of children.
- ❖ We have policies and procedures in place to protect the care, safety and welfare of children.
- ❖ There are clear boundaries about how adults in our school community may interact with our students.
- ❖ The new Child Safe Standards go further than child protection arrangements did in the past.
- ❖ The Child Safe Standards apply to school staff, volunteers, contractors, visitors and students' family members.
- ❖ Keeping children safe is everyone's responsibility.
- ❖ We want to ensure you know how we are keeping your children safe at school, and how we would like you to support us.
- ❖ Unsupervised contractors will be asked about their child safety arrangements as a condition of working with us if they work with children enrolled in the school (or children can reasonably be expected to be present while they are at the school).

Please see further information on Child Safe Standards on our school website.

Community members are encouraged to raise any concerns about child abuse with the Principal or report directly to Child Protection / Police.