



Respect



Responsibility

Edition 17 – August 18TH 2020



Doing Your Best



Care and Compassion

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Supervision Times: 8:15 Mornings Duty

3.20 -4:00 Afternoon Bus Duty

PRINCIPAL'S REPORT

By now, all of us would have been challenged in some way, shape or form by this isolation. Some of these challenges are to be expected but what differs markedly from one individual to the next is how they respond. As a school, we see this as a critical time for our students and their families. We know from the first period of isolation that the students who could deal with challenges and continue with their learning came back to school stronger for the experience and ready to learn.

In this Principal's Report, I wanted to shed some light on the positive qualities that enable many of our students and their families to succeed during isolation.

1. Stay in Shape

What we have noticed is that the individuals who work on keeping their minds as well as their bodies healthy are cruising through these uncharted waters a little easier. Scheduled daily fitness breaks, regular walks/bike rides, Zoom catch ups, singing, dancing and other healthy habits are all crucial to our daily plans. For the brain - puzzles, reading, mindfulness, and working through the challenges of tasks that their teacher have set are all part of the strategy.

Because just like an unchallenged physical body, your mind is susceptible to becoming fragile and weak.

2. Do something for someone else

The best way to forget about your own problems for a while is to focus on helping somebody else out. On the weekend, my family and I made a list of family and friends who we thought would benefit from a treat and a short note from the 'Iso Fairy'. It's not going to change the world, but it made us and hopefully the recipient just that little bit more positive.

3. Limit the comforts

Now more than ever, it is so easy to sit and watch endless TV, Ipad screens, phones and other devices whilst feasting on your favourite snacks and dinner. But like most comforts, they come at a cost. Simply moderating the amount of comforts in our lives by sitting down and setting some limits is the first step to bringing back some control. Remember, Australian guidelines state the primary age students should not be in front of a screen for more than 4 hours each day. Of course you may need to allow some leeway due to our home learning situation but setting limits is still crucial.

Many of these messages are linked through our Wellbeing Wednesdays. We look forward to hearing about the positive steps that many of our students have taken during this phase of isolation and wish you every strength in making positive changes to your own routines.

CALENDAR

Upcoming

Aug 20th - Wellness Thursday, 8pm

Aug 27th - Wellness Thursday, 8pm

Aug 27th - Book Club orders close COB

Sep 3rd - Wellness Thursday, 8pm

Sep 10th - Wellness Thursday, 8pm

NEWSLETTER ITEMS

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



Archie L shows us how he uses maths in everyday life on the farm.

Archie sorted 100 calf tags in number order and then helped his dad find and record numbers in the calf book.

Gene VanderZalm, Principal

BOOK CLUB

Issue 6 Scholastic catalogue is available now to view via the following link:

<https://www.scholastic.com.au/book-club/book-club-parents/> Orders need to be placed by COB Thursday 27/8.

RESPECTFUL RELATIONSHIPS

What a little pearler Wellbeing Wednesday turned out to be for my family! I felt the exhale as my kids sat at the couch finger knitting and I was able to catch up on school work, house work and make playdough with them. Sometimes we down play the need to catch up, take in lifes pleasures and just be with our people (or find a space away from them!) To find time to let our minds rest.

Yet for many Wednesday might have just been another long day at home with a weary endless feeling. This might be a lonely time for you or a stressful time for you or a boiling pot of home life.

Maybe you need a night off dinner or someone to talk to - reach out.

What I have learned about the families at Meeniyán Primary School is that you all have each other's backs and we are here too.

You can call, message or email. If you know of anyone who needs a night off dinner or a chat or you do please let me know. Donna.giliam@education.vic.gov.au or 0390801881 or find me on messenger

Donna Giliam, Primary Welfare Officer



A glimpse into the foyer of the new Admin building. We look forward to sharing it with the school community when restrictions are lifted.



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.