



Edition 12 – May 4TH 2021

Contact Us 5664 7382

e: meeniyah.ps@education.vic.gov.au

w: www.tarwinvalleyyps.vic.edu.au

Supervision Times: 8:15 Mornings Duty

3.20 -4:00 Afternoon Bus Duty

PRINCIPAL'S REPORT

Anxiety is certainly a common condition in the 21st Century. Many of us have experienced it, some of us to the point it debilitates our actions.

When I began teaching around 20 years ago, the concept of anxiety was just beginning to truly emerge. The internet and mobile phones were gathering in popularity at a staggering rate and the world was speeding up big time. Still, it was not until about 10 years ago that I began to see the effects of anxiety in students of a primary school age. Now it is reaching epidemic proportions and the students at our school are not immune.

After some recent research in this area I thought I'd pass on some key points about anxiety that may prove useful to our students and their families.

Firstly, most experts agree that the reason why a person has anxiety is not necessarily important and of little help moving forward. What is more important is how you react to the anxiety. This is often a critical step that is overlooked...blame gets in the way of everything.

Anxiety is an emotion and all emotions are linked to our bodies. The interesting link here is that if we experience certain emotions often enough our bodies can develop a certain habit to cope with this emotion. (You may need to read that a few times to let it sink in 😊.) In a weird way, you can actually train your body to experience certain emotions regularly. People who experience anxiety have developed a habitual response to whatever the trigger might be.

So how do we avoid or minimise these responses?

1. Breathing techniques – When you are anxious, your breathing changes. This creates a domino effect throughout your body, which leads to you feeling awful. One great technique is the 4-7-8.
2. Meditation – It doesn't really matter how you do it, the essence of meditation is that it creates a separation between your thoughts and your experiences. A chance for your brain to take stock and realise you don't have to react to experiences. For me, it is a gratitude diary.
3. Talk to somebody – Humans physiologically rely on one another to stabilise themselves. Play dates, visits with friends and family. The more connections, the more stability in a person's life. It's a simple concept but true. This is often the reason technology gets a bad rap – it interferes with these connections. This reminds me of the quote, "Never before have we been more connected and isolated at the same time."
4. Negative Visualisation – First, imagine the worst possible outcome. Then, imagine how you could be ok with it. It might sound odd but it is how we build the steps to help us cope long term and feel better. And finally something that takes a long time.....
5. Get better at things – Researchers have discovered that anxiety never really goes away. If you have it, it will always be there in some form. I still get nervous about certain things that I did as a child, now they just have less of an impact. What changes over time is how you cope with it and the most effective way to cope is to get better at something.

If you or your child experiences anxiety, I hope these strategies bring some relief. If you wish, I'm more than happy to talk to you about them in greater detail.

Gene VanderZalm, Principal

CALENDAR

Current 4/5 – 11/5

6th May - Book Club orders close 9am

7th May – Soup Day

Upcoming

14th May – Yr 7 applications due

18th May – School Council, 7pm

19th May - 2022 Prep Information Session, 6.30pm

27th May – PST Open night

28th May – Winter Sport Yr 5/6

28th May – School bike ride

28th May – Zoo consent/payment due

1st June – Cross Country

3rd June – Zoo Excursion Yrs 3-6

4th June - Division Cross Country

14th June – Queen's Birthday Public Holiday

15th June – School Council, 7pm

NEWSLETTER ITEMS

The newsletter is compiled on Monday.
All items need to be submitted by 1:30pm to be included

YEAR 6 & SCHOOL LEADER PHOTOS

A reminder for families wanting to purchase a Year 6 photo or a School Leaders photo, orders must be into the office by Friday. Refer to last week's newsletter for sizes and prices.

HEAD LICE

We have had a number of cases of head lice reported to school this term. Please ensure you check your children's hair regularly and treat if necessary. Information on head lice and treatment can be found at the end of the newsletter.

RESPECTFUL RELATIONSHIPS

I spent this weekend at the Prom with my beautiful Running Mama's. These girls are my soul sisters who I meet each morning in the dark to run with. We share sunrises, thunderstorms, and stories as we trot along the rail trail with our head torches, well-worn sneakers, and old running gear.

This weekend we camped at the Prom with our families to make a weekend of a fun run we were doing. The run was on Sunday, so we had all of Saturday to just be at the Prom, the kids were FREE! They rode bikes, fished, swam, and played crazy hide and seek. All the wonder that the Prom offers.

There was one moment that was incredible. We were all near the river and we saw the tide come in. The river went from its usual stained yellow and brown to a stunning aqua. We saw the tide pushing in that blue like spilled paint. It was cold but I could not resist to dive in. The river was so deep, and I spent as long as the kids exploring and thrilled by the river. I would go to hop out but needed to be back in there again.

And one of the boys in our group said "Donna, it reminds you that you are not dreaming!"

He was right. The cold, the deep, the rocks and the current. Splashing around with my wonderful daughters, looking up to the surrounding mountains. I thought "how did I get so lucky and yes, I am not dreaming. I am living a magic moment."

The Prom is a very special place but we don't even need to travel that far to have magic moments. It could be on the farm, in our back yards or out on one of our wonderful trails. Magic moments out in nature, pause us for a moment and "remind us we are not dreaming."

I hope this reminds you that you are not dreaming, that our days are filled with opportunities for magic moments out in nature to nurture our souls.

Donna Giliam, Primary Welfare Officer / 0390801881 / Donna.giliam@education.vic.gov.au

2022 PREP INFORMATION SESSION

Parents of 2022 preps are invited to come along and learn about the Foundation (prep) year in 2022.

Information on our transition program will be provided at this session.

When: Wednesday 19th May, 6.30pm

Where: Heritage Building.

(Prep Classroom)

SOUP DAY

This Friday the Junior Action Team will be selling cups of Chicken Noodle soup for \$1 each.

The soup has been made by one of our wonderful parents, Jess Bright. The Junior Action Team would love donations of soup to sell on Fridays throughout winter.

Please let our JAT leaders Thalia and Minna (Via Donna Giliam) know if you can donate a pot of soup.

ACKNOWLEDGEMENTS

- ☺ **Albie H** for fantastic attention and enthusiasm in reading groups.
- ☺ **Rose G** for practising and working hard to learn her gold words.
- ☺ **Edie S** for contributing to a positive week through responsible and self-managed learning.
- ☺ **Hudson G** for being persistent and challenging himself with his writing.
- ☺ **Nikita Z** for a positive mindset, never shying away from a challenge and always seeking feedback to improve her work.
- ☺ **James J** for consistently striving to grow and learn and for sharing his knowledge with the class.
- ☺ **George M** for a great effort to focus and reduce distractions.
- ☺ **Evelyn W** for her contribution during all group discussions.



YARD DRAW AWARD

- ☺ **Braydon P** for tidying the undercover area.

HOUSE POINTS

Last Week: Wattle

Overall: Bluegum

COMMUNITY NEWS

The following Community News articles promote community connections and communications.
They are not considered school activities

Calm and Confident Kids Zoom Seminar:

Calm Kids Central presents a free, 1 hour seminar for parents/caregivers on Wednesday 5th May at 7pm AEST. No RSVP required, just log on to www.zoom.au and use meeting ID: 838 5870 5168
This seminar is designed to help parents/caregivers of primary aged children know how to support children aged 4-12 with a tendency towards worry or anxiety - or who are dealing with difficult life situations. Research tells us that what parents do can really help children feel calmer and less anxious over time.

Meeniyah Community Cupboard:

A great new community project in Meeniyah has just begun.
The Meeniyah Community Cupboard is a green metal cupboard placed near the Meeniyah Community Garden. The cupboard contains basic non-perishable household goods and is available to those in need of this support. The cupboard is available 24 hrs/day and we ask that the cupboard and its contents be treated with respect and consideration for others.
Good quality and 'in date' donations and financial support are always welcome.
Please contact Lauren at Bread & Pickles café or phone Rosie on 0438644230. Perishables are available on request.

HEAD LICE (nits)

Head lice are small, wingless insects that live, breed and feed on the human scalp. They do not generally carry or transmit disease. Head lice have existed for millions of years and, in fact, predate human evolution.

Direct contact is required for transmission from person to person. Lice will crawl from head to head without discrimination.

FACTS

- Eggs are firmly attached to the hair fibers, within 1.5cm of the scalp, they rely on warmth from the head to hatch.
- They do not have wings so they cannot fly or jump from head to head. They can only crawl.
- Head lice is passed on from direct head-to-head contact with another person who has head lice.
- Take lice away from the scalp and they will dehydrate and die very quickly – within 8-24 hours.
- They cannot be brushed off, they are firmly attached.
- Research suggest that hats, bed linen, clothing and furniture, do not harbor or transmit nits and there is no benefit to washing them as part of the treatment regime.

TREATMENT

- Over the counter insecticide products
- Conditioner and comb method

The 'conditioner and comb' method is easy, affordable and effective for the treatment of head lice. Use this method every second day for a week.

- Step 1. Comb hair conditioner onto dry, brushed (detangled) hair. This makes it difficult for lice to grip the hair or run around.
- Step 2. Thoroughly comb sections of the hair with a fine-tooth head lice comb.
- Step 3. Wipe the conditioner from the comb onto a paper towel or tissue.
- Step 4. Look on the tissue and on the comb for lice and eggs.
- Step 5. Repeat the combing for every part of the head at least four or five times.

HEAD LICE AND EXCLUSION FROM SCHOOL

According to the Public Health and Wellbeing Regulations 2009, children with untreated head lice are not permitted to attend school or children's service centres. However, once treatment has started, they may attend, even if there are still some eggs present.



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.

Tarwin Valley MARC

Term 2, 2021

Fish Creek—Meenyan—Tarwin Lower—Toora—Welshpool

MARC Library News

PREVIEW OF LEARNING

A new term begins and with it the promise of shared learning sessions and the reading of wonderful stories.

Why do we read? Reading teaches, expands our minds, enriches our lives, shapes our dreams, opens doors and inspires us to become who we are.

Where do we find the books we need and love? MARC Library has a wonderful selection of picture fiction, fiction and non-fiction books. Our library is added to regularly. We support and feel excited to be able to help students find just the right book. We like to share their enjoyment, gains in knowledge and pursuit of the next book, that, as we often observe, they can't wait to begin. Albert Einstein said, 'The only thing you absolutely have to know is the location of the library'. We believe he knew exactly what he was talking about and thank him for his wisdom.

In Term 2 we will plan for and thoughtfully use the following texts to explore connections, provoke understanding and aim for deeper learning.

Week 1-19th April. ANZAC books were read to all students, honouring and remembering those who endeavoured to ensure that we have a hopeful and safe future.

Week 2-26th April. Junior and middle school students were introduced to books which challenge stereotypes. Senior students were introduced to Shakespeare and noted his historical phrases, such as 'into thin air' which are used today, five hundred years later.

Week 3-3rd May All students will share books about 'Mums', their uniqueness, love and caring.

Week 4-10th May. New literature for all grades.

Week 5-17th May. Stories for all based on aboriginal themes.

Week 6, 7 and 8- 24th, 31st May and 7th June. The juniors will 'discover' the Seasons. The middle school students will wonder about inventions and the senior students will study and use collage, as an illustrative technique.

Week 9-14th June. Once again there will be the opportunity for all to share in the latest new literature.

Week 10-21st June. Junior students will be immersed in the joys of Eric Carle's writing. Middle and Senior students will learn more of the personal stories and struggles of refugees.

Yours in reading and learning, Jeanette Johnson & Sophie Callcott

New books in the van available to borrow now



DID YOU KNOW?

The Children's Book Council of Australia has released its shortlist for the 2021 book of the year. We will be looking at many of the books on the shortlist in more detail in Term 3.

