

BEEAC PRIMARY  
SCHOOL

LANG STREET

BEEAC 3251

PRINCIPAL:

ANDREW ROGERS

PH. 0352 346 463

**21 July:** Wide Smiles dental visit.

**23 July:** first 100 days of schooling. Dress up prep celebration

**26 July:** pick up your pies from school after 3.00pm.

**29 July:** cyber bullying presentation.

**5 August:** Finance meeting

**10 August:** Council meeting 7.00pm start

**16 August:** music festival school performance at Costa Hall. Parents welcome, pending covid restrictions.

**20 August:** last day for parents to complete the on-line opinion survey.

**24 August:** Colac West Rotary book reading presentation

**31 August:** online NAPLAN practise test for all Grade 3 and 5 students.

**24 September:** likely date Friday before AFL Grand Final, public holiday.

**11 October:** Swimming, Blue-water term 4 11/10, 18/10, 25/10, 8/11, 15/11

**1 November:** school shut, professional development day all staff. Students will not be required at school.

**2 November:** Melbourne Cup

**March 30 to 1 April 1 2022:** Sovereign Hill Grades 5 & 6 + three other schools

PTO: Term dates 2021

**Student of the week.**

**No student:** Covid :( 16/7

# Beeac Primary School



Beeac Primary School is a child safe school

19 July 2021

## Off site learning and two exciting proposals.

Welcome back to term three. It is a ten week term that will see us run footy, after school basketball, bike ed, an excursion to Costa Hall to present our music performance, the arrival of Barking Spiders a Victorian Arts funded project that will see us perform a play live on the internet by its completion in November, and much more if covid will allow it.

We are supposed to be returning to school on Wednesday the 21st. As I write this newsletter today, Sunday the 18th, listening to the news, that seems like a somewhat hopeful scenario, so I am speculating that we may need to bunker down for a longer period of remote learning. To add to our challenges, we received notification Friday at about 5.00pm that the school's internet had failed, so the school may have connection problems on Monday. This will NOT affect Paul Maddern and Kara Wishart's Skype lessons for off-site lessons. It may impact students who come to school. Just to add to our challenges, Epic have announced that students will only be able to read one book each day. Make sure you make a good choice the first time!

Elsewhere in this newsletter you will read the exciting news that we have an opportunity to set up a before and after school care facility. Do please respond to the questionnaire. The more people we have interested in it functioning, the more likely we are to get one. Getting your response back to us will be a challenge!

Just prior to the first covid lock down we were about to announce the setting up of a working party to organise a long term plan for Beeac's grounds. We think it would be timely to resurrect the original plan. Once Council has considered the issue, no doubt, we will be looking for people to join a working party to work on a school grounds four year plan.



## Roses Gap.

It all seems like a long time ago now, but I would like to take this opportunity to thank everyone involved, including our students, about the end of term camp. I especially would like to thank Paul Maddern and Karen Cherry who spent three sleep deprived days with our students at a very successful camp. Despite the numerous activities that the students were involved in, including a flying fox and canoeing, apparently, according to our children, the highlight of the excursion was the food, which in over 40 years of being involved in camps I've never heard of before!

## EPIC: one book a day, the full message.

"We wanted to let you know that Epic Free—which offers students up to 2 hours of after-school reading a week—will be ending on July 22. At that time, those with Epic Free accounts will transition to Epic Basic accounts, which gives them access to 1 book a day, every day. This change will not impact students' access to Epic School during regular school hours".

"During the school day" could mean different things to different

people. EPIC is an American company, so I am unsure, when and how these restrictions will apply to students in Australia.

## Parent opinion survey: we want parents to tell us what they think

Our school is conducting a survey to find out what parents think of our school. The Parent Opinion Survey is an annual survey offered by the Department of Education and Training that is conducted amongst all parents. It is designed to assist schools in gaining an understanding of parents' perceptions of school climate, student behaviour, student engagement and experiences of remote and flexible learning. Our school will use the survey results to help inform and direct future school planning and improvement strategies. All parents will be invited to participate in this year's survey. All responses to the survey are anonymous. This year, the Parent Opinion Survey will be open from mid-week and close on Friday the 20th of August.

The survey will be conducted online, only takes 20 minutes to complete, and can be accessed at any convenient time within the fieldwork period on desktop computers, laptops, tablets or smartphones.



## Pie drive.

A big thankyou to everyone who signed up for the pies. We had people from Colac ringing up wanting to order! Your pies will be available from the school on the 26th July from 3.00pm onwards, covid permitting

## Say hello when you see Luke.

We are welcoming Luke Economidis a new Grade 5 student from Cobden, who joined us last week. Luke appears to have settled in really well at our school. I especially enjoy seeing him having fun with our boys at recess and lunch-time play. When you see him at school, please say hi, and welcome him to our school..

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**Beeac  
Mechanical,  
55 Main St., Beeac**  
Servicing, break downs  
and repairs to late model  
cars, lawnmowers and  
some machinery. Towing  
cars available. Now  
carrying out servicing on  
vehicle air conditioning.

For all enquiries and  
bookings call Damien on  
0417 412 152

## Minor works grant: front school landscaping.

Parents and friends will be able to see that work has finally begun upgrading the gardens at the front of our school. Apart from the landscaping, there will also be a child-proof front fence along the front perimeter of our school.

## OSHC Outside School Hours Care: a really, really, really important survey.

Over the years readers will know that our school has worked very hard, and very unsuccessfully at trying to get an out of school hours facility going at our school. At a recent Business Management conference Tammy Coysh contacted OSHC (outside school hours care) providers which has now enabled the school to access a Grant Funding Program to help establish a long term solution for Before & After School Care at our school. Our Council has agreed to begin the process of applying. This year 140 lucky new schools in the State will get approval to start the program. Our application will have a better possibility of success if we can show that there will be a need in our community for the centre. We have everything in place to apply, except for an accurate idea of how many parents would make use of the facility. Elsewhere in the issue there is a survey. I would really appreciate as many parents as possible taking the time to fill it in and return it to our school.

We realise that returning the questionnaire to our school in these covid times will be a challenge.

## Last day of term party.

Like the Roses Gap camp the last day of term seems like a long time ago now. Nevertheless it's worth remembering that those who didn't go to camp spent a day of fun, which culminated in a party, as readers can see. My grateful thanks to Kara Wishart, Merryll Hill and Kristin Mackinlay for the work that they put in to the



day.

## Welcome Maureen Cromer.

Don't forget to introduce yourself to Maureen who has joined us to work as an integration aide out our school. Maureen has had many years of experience in this role, and we look forward to the contribution that she will make to the learning of our students.

## Welcome Kim Drape.

We welcome Kim to our school. Parents may already know Kim because her daughters are enrolled in our school. Kim is presently studying an integration certificate course. This is going to be a mutually beneficial exercise for everyone, especially our children, who will benefit from Kim's extra tutoring time during lessons in such areas as reading, writing and Maths.

## School grounds working party.

At present we do not have any clear plan of what we want to do with our back paddock. Over the years ad hoc improvements to the back of our school have seen us at various times re-fence, install water, remove trees, graze it with cattle and sheep, and also plant a belt of native grasses and shrubs. Just prior to the first covid lock down our Council were about to announce the setting up of a working party to organise a long term plan for these grounds. We think it would be timely to resurrect this original intention. At our next school council meeting I expect that we will decide to finally set up a working party with the task of working on a school grounds four year plan. Watch this space. This will be an exciting opportunity for interested parents to get involved in what will be a significant educational direction for our students at Beeac Primary School.

## Prep students celebrating the first 100 days of schooling: Friday 23rd.

The hundredth day of school for prep students is coming up on Friday the 23rd of July, and Kara Wishart has lots of fun activities planned to celebrate the day in the little room. All students in the little room will be encouraged to dress up like they are a 100 years old. Get creative with glasses, hair and outfits! Kara will take photo's and keep everyone updated throughout the day on Facebook.

We are mindful that covid may impact on the timing of this event.



Term Dates	Start	Finish
2021 Term 2	19/4	25/6
2021 Term 3	12/7	17/9
2021 Term 4	4/10	17/12
2022 Term 1	31/1	8/4
2022 Term 2	26/4	24/6
2022 Term 3	11/7	16/9
2022 Term 4	3/10	20/12

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**Beeac  
Mechanical,**  
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Servicing, break downs  
and repairs to late model  
cars, lawnmowers and  
some machinery. Towing  
cars available. Now  
carrying out servicing on  
vehicle air conditioning.

For all enquiries and  
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## Wide Smiles Dental visit this Wednesday.

Who knows if it will actually happen, but Wide Smiles are due to visit this coming Wednesday the 21st of July. Fingers crossed, let's hope that Covid doesn't stop us

## NAPLAN: online for everyone in 2022

Our school will be transitioning to NAPLAN Online in 2022. As part of this transition, we will be administering a NAPLAN Online School Readiness Test (SRT). The SRT is intended to enable us to confirm our technical capacity and to assist in determining the most effective way to deliver NAPLAN Online in our school next year. Testing that will involve our students actually sitting a pretend test, which will be conducted on a single day at our school on the 31st of August.

## CSEF funding for eligible families.

The Camps, Sports and Excursions Fund helps eligible families to cover the costs of school trips, camps and sporting activities.

If you have a valid means-tested concession card, such as a Veterans Affairs Gold Card, Centrelink Health Care Card or Pensioner Concession Card, or are a temporary foster parent, you may be eligible. There is also a special consideration category for asylum seeker and refugee families.

Payment amounts this year are \$125 for eligible primary school students and \$225 for eligible secondary school students [remove primary/secondary as necessary]. Payments are made direct to the school to use towards expenses relating to camps, excursions and sporting activities for the benefit of your child.

If you applied for CSEF through our school last year, you do not need to complete an application form this year, unless there has been a change in your family circumstances.

If you would like to apply for the first time, please contact the school office on 52346463 and ask for an application form.

You can also download the form, and find out more about the program and eligibility, on the Department of Education and Training's Camps, Sports and Excursions Fund web page.

Check with the school office if you are unsure, and if you do decide to apply please return completed forms to the school office as soon as possible.

## After school basketball.

Not this Tuesday at 3.45, but hopefully the following week. Please make sure that you return the permission form for this excellent after school program. The school bus will run at the usual time. The basketball program will finish at 4.30pm

## Books for beginners.

John Scarrott from Rotary Colac Club West will be running a "Books for Beginners" program in the little room. Over three weeks he will read three books, and students will get to choose and keep their favourite book. This program will start on 24th of August

## Jump rope for Heart

The online forms have arrived and we will begin the program once things return to normal. We're excited to be involved with this for the third time at Beeac PS..



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2022 Term 4	3/10	20/12

The Premiers Reading Challenge is open to all Victorian children from birth to Year 10 in recognition of the importance of reading for literacy development. It is not a competition; but a personal challenge for children to read a set number of books by 17 September 2021.

Children from Prep to Year 2 are encouraged to read or 'experience' 30 books with their parents and teachers. Children from Year 3 to Year 10 are challenged to read 15 books.

All children who meet the Challenge will receive a certificate of achievement signed by the Victorian Premier and former Premiers.

More information will come home once covid restrictions end, but in the meantime parents might be interested to go to: [www.education.vic.gov.au/prc](http://www.education.vic.gov.au/prc)

## Cyber bullying

Leading Senior Constable Cathryn Hastie Torquay police will visit us on Thursday the 29th to talk about cyber bullying. We will hand out more information closer to the event..



# OUTSIDE SCHOOL HOURS CARE (OSHC) SURVEY

**Q1. How many children do you have attending Beeac PS?**

(Please circle)

1

2

3

**Q2. How many days a week would you use a BEFORE School Care Program?**

(Please circle)

None (I won't send my child/ren even if they want to attend one or two days)

1

2

3

4

5

**Q3. How many days a week would you use an AFTER School Care Program?**

(Please circle)

None (I won't send my child/ren even if they want to attend one or two days)

1

2

3

4

5

**Q4. What use would you make of a School Care Program during the holidays?**

(Please circle)

NO USE

I WOULD USE IT

**Q5. If you would use a School Care Program during the holidays, how many days would you use it? (Please circle)**

None (I won't send my child/ren even if they want to attend one or two days)

1

2

3

4

5

**Q6. Please let us know any thoughts or comments you wish to share regarding the OSHC program?**

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# Colac Area Health Wide Smiles Program

is coming to your centre...



Dental staff specialising in treating children will be attending your Kindergarten or School to carry out preventive services including:

- Oral health screening
- Dental hygiene advice
- Fluoride varnish applications to early signs of dental decay detected.

Each child participating will receive a free toothbrush and oral Health information pack.

Participation is voluntary and of no cost to families involved.

If your child requires further assessment you will be given a referral for your child to attend a community dental clinic.



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## Stress o'clock

- ANXIETY

A recent Australian study found that 7.00am is the most stressful time of the day for working parents. Dubbed stress o'clock, this is a time in the morning when work and family pressures and the deadline of the clock converge.

Recent conversations held with parents indicate that children and young people experience stress o'clock too. This is a time soon after a child wakes when self-doubt, getting ready for school and looming fears clash. Children's tummy-aches and headaches often prevail at this time of day.

"Mum, I don't feel well. I think I've got a cold. I don't want to go to school."

How do you respond when you suspect there's more worrying your child than a snuffle, and you're hurrying to get ready yourself? Most parents don't have a script to guide them when stress o'clock hits.

### **Pandemic induced anxiety**

Since the pandemic adults and children are reporting higher levels of stress and anxiety. Morning is one of the worst times for anxiety to strike. Like a fox, anxiety comes in the night robbing children of their courage, replacing assuredness with self-doubt, apprehension and fear.

Dealing with a child or young person in the middle of their anxious moment is super hard, particularly when you're still wiping the sleep from your eyes. In times of stress it's always best to stay SOBER. That is,

Stop what you are doing and pay attention to your child and to yourself

Observe the emotional reaction you are having to your child's distress and ask what your gut is telling you

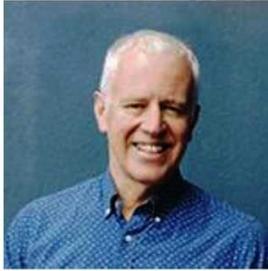
Breathe deeply to remove yourself from panic mode ('I can't take this!') and kick start your thinking brain that has succumbed to your survival brain

Expand your vision and look at the bigger picture. Perhaps your child is genuinely nervous but it's important that they sit the test that makes them feel awful. Allow the bigger picture to guide your actions.

Respond to your child or young person calmly. Empathy and understanding are in short reply in the mornings, but if you have practised this type of response in low stress situations, you'll be more than ready to respond appropriately, rather panic or over-react when your child is stressed.

Like everything in parenting, this plan sounds easy when there are no kids around, but it's important nevertheless.

A lack of a plan you can follow when kids are anxious is the major cause of parent stress. In times of stress, it always helps to have a plan to follow. When dealing with children's nerves, tension and anxiety at stress o'clock this plan will really help you.



Michael Grose

Michael Grose, founder of Parenting Ideas, is one of Australia's leading parenting educators. He's an award-winning speaker and the author of 12 books for parents including *Spoonfed Generation*, and the bestselling *Why First Borns Rule the World and Last Borns Want to Change It*. Michael is a former teacher with 15 years experience, and has 30 years experience in parenting education. He also holds a Master of Educational Studies from Monash University specialising in parenting education.