Term 3 - Week 9 – 10th September 2020

Fountain Gate Primary School Newsletter

Important Information

Due to Covid19 Stage 4 Restrictions the Office is now closed until the end of term.
The Office staff will be working remotely and can still be contacted by calling 9703 1187.

If you need support with IT or IPads please email Mick - Mick.Hatfield@education.vic.gov.au

If you need support with your child's learning please contact your child's teacher directly via Compass.
If you are unsure how to do this, please contact 9703 1187 for assistance.

STUDENT WELLBEING SUPPORT

If you have concerns about the emotional health of your child during remote learning, the school's Student Wellbeing Leader Rebecca Broecker is available for support.
If needed, please call the school phone on 0490 360 882.

Alternatively, you may prefer to visit this website:
https://education.vic.gov.au/parents/Pages/coronavirus-advice-parents.aspx

7-21 Prospect Hill Road Narre Warren 3805

Telephone: (03) 9703 1187

Email: fountain.gate.ps@education.vic.gov.au

Website: www.fountaingateps.com

Principal's Comments

Dear families,

Right now, it's easy to think that disaster is everywhere!

We are going through a really tough time in many ways. Our human family has been through tough times before, and it may surprise you that if you take a step back and look at recent history, the world really is getting better. Here are some statistics from Time Magazine. All sources are quoted in the article below:

https://time.com/5754155/global-advances-2019/

These are global figures:

1. Life expectancy has risen from 52 years in 1960, to 73 years in 2019.
2. Literacy rates have risen from 65% in 1978, to 87% in 2019
3. Access to health care has risen from 45% in 2000, to 68% in 2019

There are many other examples of reasons for optimism in the article. It is important that we give our children a sense that there is hope for the future, and that people all around the world are working hard to solve our problems.

On a personal level, working with your children gives me great hope for the future. They are active thinkers who have confidence in their ability to make a difference.

Take care everyone, stay safe,

Jenny Duggan

P.S Our virtual tour video is up on our website. Please share this link with anyone considering enrolment for 2021 or sooner: https://www.youtube.com/watch?v=qESUMFL-Gk4

Web Stars!

Web Stars are students who are recognised by their teachers for their amazing growth or improvement during remote learning.

These students:

- ***Share work samples***
- ***Are involved in class discussions***
- ***Ask and respond to questions***
- ***Share stories***
- ***Send in their work to their teacher***

Congratulations to the following Web Stars:

PB

Maxine V	**Valentina U**	**Maxine V - Art**	**Aditya P**

PC

Sarah M	**Brooklyn B**		**Peauvasa A**	**Hailey E**
😊	**Eveline J**	😊	**Tirana O**	😊

PF

Samyar H	**Gurman K**	**Sehrish M**	**Uday P**	**Zahra T**

PR

Isabella B	**Kyrie A**	**Ceana F**	**Yosuf J**	**Harrison P**
	Hope T	**Kashika T**	**Lucas T**	**Avah V**

1B

Armani B	**Sophie B**	**Zahra Q**	**Lara H**	**Maryam J**
Mohammad S	**Inaya M**		**Marina L**	**Prithvi J**

1D

Stanford A	**Amelia D**	**Flynn S - Art**	**Yasman G**	**Abhijot D**
Aisha A	**Kiaan K**		**Koby H**	**Azaan H**
😊	**Lazar U**		**Thaddues P**	😊

1L

Sana S	Aleyce W	Presaeus W	Feroz J	Kellum W	Xavier G

1S

Taylem C	Asmaa S - Art	Saorianna F

2B

Donya	😊	Jacy

2C

Raqib T	Mahreen Ali C- Art	Ethan P	Davina A

2M

Aimee B - Art	Faustina T	Katrina L	Sana A

2K

Jake S	Todd F	Lakhisha J	Shezreen S	Mustafa A

3D

Ela A	Jason B	Mohadesse R	Kaussar K	Yashal K
Manaia G	Iraj H		Raheel N	Mahdi T

3S

Flynn T	Alisha Q	Aiden H	Alexandra L	Flynn T – Art

3V

Aidan G	Sophia M	Shakir A	Damjan U	Farin R
Ashton I		Jacob J - Art		Faryal A

Student Shout Outs

These students have been outstanding or have shown incredible growth and resilience during remote learning. The students are recognised for their contribution to WebEx sessions and handing in assignments on time and to the best of their abilities.

Congratulations to the following:

4M		
Afaq C - Art	**Evelina P - Art**	**Mahdi T - Art**

4U		
Mark W – Quicksmart Maths	😊	**Ahmad N – Quicksmart Maths**

4W				
Novak K	**Anna L**	**Phoenix M – Quicksmart Maths**	**Irfan R**	**Ryan S**

5A		
😊	**Sheila T - Art**	😊

5H		
Dakota C	😊	**Zuri P - Art**

5M				
Fawza R	**Nida M**	😊	**Meira M**	**Ali H**
	Paiman M		**Mahta H**	**Abulfazal A**

Student Shout Outs

5/6G				
Wade K	Masooma R	Ali M	Shahram N	Tahlia B

6B		
Tiare H	Hafiz H	☺

6D				
Zainab A	Hayden L	Janak P	Sedra N	Masuma R

6P		
Parastu H	Kety W	Dhalika K

6S				
Mujtaba A	Rachel P	Basith H - Art	Serenity A	Basith H
		Hussain K - Art		Samra J

Positive Parenting Program available free online

Families can now access free expert parenting advice through the online Triple P – Positive Parenting Program.

The program is relevant to families with children between 2 and 16 years and provides strategies to deal with specific challenges, such as building children's resilience and dealing with conflict.

There are courses specifically for parents of toddlers to tweens, and for parents of pre-teens to teens.

It gives parents strategies to:

- raise happy, confident kids
- manage misbehaviour so everyone in the family enjoys life more
- set rules and routines that everyone respects and follows
- encourage positive behaviour
- take care of themselves as a parent
- feel confident they're doing the right thing.

Sign up to the Triple P program via their website.

PREP ENROLMENT 2021

We are now accepting Prep Enrolments for 2021!

Please Contact the School office for an enrolment pack on 9703 1187

Ensure you have a copy of the child's:

- Birth certificate
- Immunisation certificate
- Passport & Visa (if your child was born overseas)

If you have a sibling starting Prep in 2021, please contact the office and we can send an enrolment pack home.

New Families – look on our website for our new Virtual Tour Video.

Support from the school Chaplain

Dear FGPS families,

The past few months have been very challenging for all of us as we continue to learn how to adapt to a covid-19 world. However, there is now something we all need to remember – we have now done 'lockdown' before, which means we have had the chance to better prepare ourselves for the second time around.
With students returned to remote learning, I would like to offer my support. Our students (and the rest of us) have had to adapt quickly to many changes this year and it is understandable that some of you may have concerns about how your child may be feeling during this time.
If you feel your child may be struggling with returning to remote learning or would just like some extra support, I am available to do video or phone calls with students throughout this period. I can be contacted via email at: s.gerlach1@outlook.com for any parents who would like this.

Stay safe and well,
Sarah Gerlach
School Chaplain

Managing Cyberbullying

Hello everyone,

Firstly, I would like to say I hope everyone is doing well and looking after themselves in this difficult time in the best way that they can. At this point, with the continuation of restrictions and the long periods of time we are spending in isolation, it is no surprise that our students may be getting bored more frequently and spending more time online. With this being said, I'd like to turn our attention to the topic of Cyberbullying. Cyberbullying is problematic, especially in the circumstances we are in now – increased time online and being physically away from our friends. It also has the very real potential to make our time in isolation a lot more difficult than it needs to be, as it can affect our overall wellbeing. Cyberbullying includes: - posting nasty comments or posts about someone online, sending mean messages and even leaving someone out of online activities. Therefore, I would like to share some useful tips on how to deal with and resolve cyberbullying from the 'eSafety Commissioner'.
When it comes to cyberbullying and being a parent, your first instinct might be to ban social media use, or take away technology – however, this can cause the child to feel even more socially excluded. Below are some steps to assist your child…

5 steps to minimise harm

1) ***Listen, think & Stay calm*** ~ It is important for your child, that you listen to them about what has happened online and ensure they feel heard. Ask them how they are feeling, and stay open – try not to be judgemental.

2) ***Collect evidence of the cyberbullying material ~*** collecting evidence is a good idea. This includes things like screenshots of the cyberbullying behaviour just in case it needs to be reported later on.

3) ***Report the cyberbullying ~*** Report the issue to the social media app, game or website that it is occurring on. Many of these services allow you to put in a request to report harm and remove the content.

4) ***Block the person ~*** Instruct your child to not reply to the mean content, and then block or unfriend the person who is posting it.

5) ***Report to eSafety ~*** If you need further help to remove the cyberbullying content because your child is suffering significant distress as a result, you can report it to eSafety at: ***https://www.esafety.gov.au/report***

*Let's support our students the best way we can. As always, I am also available to provide support to any student that may need it, whether it is just a chat or even for a social connection through a WebEx video call. I can be contacted via email at: s.gerlach1@outlook.com or alternatively, I can be reached by calling the school on (*03) 9703 1187 and asking for Sarah Gerlach 'the school chaplain'. Sarah Gerlach
School Chaplain

Parent's Guide to Compass

The Compass Parent Portal is an integrated, online portal that allows you to access up-to-date and meaningful information about our school and your child's progress. Compass includes many different features, including the ability to:

- Monitor your child's attendance, and enter an explanation for absence or lateness
- Communicate with your child's teachers
- Update your family contact information
- View your child's timetable and the school calendar
- Monitor your child's homework and assessment tasks
- Download and view your child's Semester Reports and Progress Reports
- Book Parent/Student/Teacher Conferences
- Pay and provide consent for events and school fees

Accessing Compass

Compass is a web-based system that is accessible on any modern web browser (Internet Explorer, Firefox, Chrome and Safari) or by using the Compass iOS or Android apps. Search for 'Compass School Manager' in the store.

Every family receives a separate login to Compass, which will be provided to you by the school. If you are having trouble finding the Compass link for your school you can go to **http://schools.compass.edu.au** where you can search for and find our schools direct URL.

Logging in to Compass

To log in you will require your unique family username and password. These details will be provided to you by the school.
Upon first login, you will be required to change your password and confirm your email address and mobile phone number. These details may be used by the school for SMS, password recovery and email communication throughout the year.

If you have lost your details or forgotten your password, you can recover your details by clicking the 'Can't access your account?' link on the front page.

If you require your password to be reset, please contact the office on 9703 1187.

YarraMe

Parent help Desk

In response to COVID-19, Yarra Me has established a Help Desk for parents and carers to assist in supporting children with complex needs who are learning from home

YarraMe's Parent Help Desk can assist with:

- understanding your child's behaviours
- providing personalised one to one telephone consultation with a special education teacher (see registration link below)
- discussion of a pathway for the family to seek formal diagnosis of learning disabilities
- discussion about behavioural support strategies
- advice on setting up learning environments
- providing targeted resources
- referral to external services

The purpose of this service is to provide parents and carers with the opportunity to discuss your child's behaviours, which may be impeding their ability to learn at home.

Sometimes the Help Desk can help parents and carers to successfully navigate potential intervention pathways for their child.

Registrations are made via the following link:

http://www.yarrame.vic.edu.au/help-desk.html

Please note: This service is currently limited to families whose children attend Victorian state government primary schools.

The help desk is available during school terms, from 9am to 4pm on Monday, Tuesday, Thursday and Friday.

For further information, please contact:

Yarra Me School
Telephone: (03) 9478 8895
Email: yarra.me.sch@education.vic.gov.au

Family Support Page

Dear Parents,

As a school we are working very hard to support your children's learning however, we are aware some families are also struggling financially. We would like to recommend the below listed services to families in our community who need additional support.

Transit
Based in Narre Warren – Please call Dot on 0428 882 068 to arrange an appointment to collect food. Families in need of groceries can collect up to 3 bags of food.

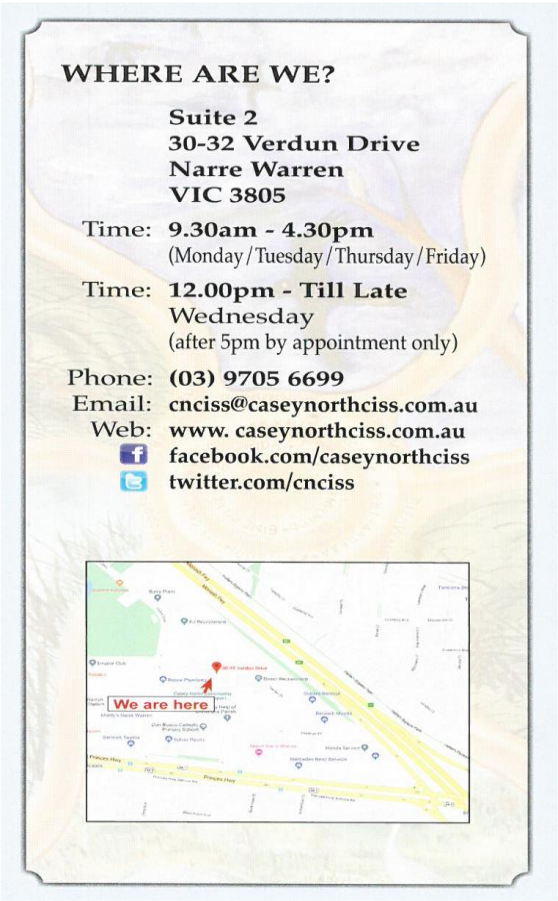
Bk 2 Basics
56-60 Vesper Drive, Narre Warren – 0401 050 732
Open 6 days a week, 10-4pm

Families need to go to the food bank and register before they can access any food. The registration cost is $20, and this is a 12- month registration. Once registered, families can access fresh fruit and vegetable, groceries, bread, and other goods for 12 months.

We hope this information is helpful.
Admin

Casey North Community Information and Support service has a range of services available for Fountain Gate Families living in the City of Casey, to access. While our doors are not physically open to clients at the moment, we offer a full range of services over the phone. Please call on 9705 6699 to arrange a telephone appointment.

- Families struggling to buy food, pay medical expenses or pay their bills can call to discuss the help we can offer.
- Those families who can't afford to buy school uniforms and/or schoolbooks can access our education assistance program
- Families who have accumulated debt can speak with a financial counsellor who can negotiate debt issues with lenders or debtors and also give helpful information on managing on limited income.
- Casey No Interest Loan Scheme can also assist eligible families to buy essential household items including laptops



24/7 Mental Health Services

Beyond Blue
Anyone feeling anxious or depressed

beyondblue.org.au
1300 22 4636

Kids Helpline
Counselling for young people aged 5 to 25

kidshelpline.com.au
1800 55 1800

MensLine Australia
Men with emotional or relationship concerns

mensline.org.au
1300 78 99 78

Open Arms
Veterans and families counselling

openarms.gov.au
1800 011 046

Lifeline
Anyone having a personal crisis

lifeline.org.au
13 11 14

Suicide Call Back Service
Anyone thinking about suicide

suicidecallbackservice.org.au
1300 659 467

Is it an emergency?

If you or someone you know is at immediate risk of harm, call **triple zero (000)**

healthdirect

Managing Self-Isolation with Children

Activity Ideas

Activity ideas for self-isolation, school closures, social distancing, and any time:

- Build a fort out of blankets, pillows and furniture.
- Have children pick a topic they'd like to learn about and spend 30 minutes each day on that topic.
- Read together.
- Crayon rubbing – give children a piece of paper and rub crayons over it on different textures in the house.
- Bake something every day.
- Play dress ups.
- Have children write a letter or emails to a different friend or family member each day or start a diary.
- Build one giant structure out of toys.
- Races of various kinds in the backyard (hopping on one foot, crabwalk, walking backwards, etc.).
- Chalk drawings on the cement.
- Try stop motion animation with playdough.
- FaceTime family members.
- Make sketches or lists of the plants and wildlife (from bugs on up) in your yard.
- Draw self-portraits.
- Learn about tourist attractions in different parts of the world.
- Hide an item and make a treasure map around the house.
- Learn the parts of plants/flowers and how they function (bonus if they learn the Latin names).
- Write a short story and illustrate it together.
- Learn a new skill like braiding, sewing, or knitting.
- Learn how to meditate, do yoga and/or stretch.
- Get active - Zumba or Dance-along videos on YouTube
- Prepare a picnic with the children in the back yard.
- Learn about how something is made and try it for yourselves like paper, stuffed toys, hand puppets, or sushi.
- Have the children help with yard work in between playing games outside. They're little, but they like getting dirty and "working" in the gardens.
- Play board games, card games, puzzles – or create your own.
- Learn how to do a magic trick and practice.
- Have a campout in the lounge room – use a tent or blanket, torch, snacks, books, and pillows.
- Have a shadow show in the reading tent using hand puppets, cardboard cut outs or hands.
- Get binoculars and learn about the birds near your house, look them up on google and search for their birdcalls on YouTube.
- Let the kids go wild with textas and cardboard boxes.
- Watch all the hand washing videos & vote on your favourite. Discuss why each good, helpful, funny. The Holderness parody one is hilarious, the Vietnam Tiktok one is great choreography, some have good songs etc. Try and make your own handwashing video.
- Pick your favourite song with a 20 second refrain or verse perfect for hand washing length of time.
- Take the time to clean up and organise the children's space. Make a donation box.
- Any and all art and craft available at home: beading, painting, drawing, macaroni art, play dough or kinetic sand, sewing, etc.
- Check out kid's science experiments on YouTube and try a few.
- Give the dogs a bath and brush.
- Have the children help with cleaning tasks around the house – cleaning and washing cars, mowing the lawn, housework.
- Have a movie marathon complete with popcorn.
- Have a glow stick party or a disco with the children's favourite music.
- Listen to child podcasts like story pirates and smash boom.

Managing Self-Isolation with Children
Activity Ideas

- Study planets, then have the children create their own planets – how big is it, where in the universe is it located, atmosphere conditions, can it sustain life, how long is a day/year, name it, etc.
- Design a new space craft, draw plans, then create out of legos or household items. Spend some time pretending you're on different planets with different gravity.
- Learn about animals, geography, body systems, historical events/time periods, etc. and go on imaginary adventures that are linked to your learnings.
- Go through cabinets and figure out recipes for weird and interesting items.

Unleash your creativity and artistic talents with the Casey Creations Youth Arts Competition! Let your imagination run wild and embrace the opportunity to exhibit your work and win some great prizes!

Open for submissions in **VISUAL ARTS** and **PHOTOGRAPHY** in the following age groups:

Junior - Grade 5 and 6

Intermediate - Year 7 to 9

Senior - Year 10 to 12

HOW TO ENTER:
Complete the online entry form at www.casey.vic.gov.au/youth-events

Entries close Friday 16 October 2020 at 5.00 pm.

For more information please contact Customer Service on 9705 5200 or email khillis@casey.vic.gov.au

Terms and Conditions can be found on the online entry form.

Contact City of Casey Customer Service on

03 9705 5200

NRS: 133 677 (National Relay Service)

TIS: 131 450 (Translating and Interpreter Services)

casey.vic.gov.au/youth

facebook.com/caseyyouth

@caseyyouth

City of Casey Youth Services