



ISSUE 7
MARCH 13th, 2020

Office Hours - 8:30am to 4:00pm - Monday to Thursday
9:00am to 3.30pm - Friday

CALENDAR

TERM 1

Mon 16th March – Assembly 9:00am
Wed 18th March – School Council Finance 5:30pm
Wed 18th March – School Council AGM 6:15pm
Fri 20th March – Dress up day – gold coin donation
Mon 23rd March – Assembly 9:00am
Mon 23rd March – Easter Raffle Draw
Fri 27th March – END OF TERM - 3:30pm finish

Receive our newsletter by email, please send your request to: paynesville.ps@edumail.vic.gov.au

Term Dates 2020

Term 1: January 28th to March 27th

Term 2: April 14th to June 26th

Term 3: July 13th to September 18th

Term 4: October 5th to December 18th.

PUBLIC HOLIDAYS

Monday 9th March – Labour Day

Dear Parents and Caregivers,

We have had a great week, it has been lovely to enjoy warm weather again. Students returned rested after the long weekend. In classes we continue to focus on learning and deliver point of need teaching to all students based on individual needs. Students have been setting learning goals to improve their learning and they are answering our learning questions with increased confidence.

I thank families very much for their efforts with home learning and home reading. It is essential that students consolidate their knowledge and skills in numeracy and reading, time spent at home doing these activities is enormously beneficial. It also sets our students up with strong home learning habits while they are young.

Prep Excursion to Opal Aged Care

On Tuesday this week our Prep Grade visited Paynesville Opal Aged Care. There are numerous benefits to both young children and the elderly when they come together. Together the preps and residents read stories, played and sang. Our thanks to Laura Owen who established this worthwhile community connection, to the residents at Opal for having us and to Miss Julia for making it happen.



Prep Excursion Continued

Laura provided the following reflection on the visit...

'The preps did so well on Tuesday going to visit the residents at Opal and Claire (Opal Manager) said the residents were really happy with the visit. One of the women I was talking to said "I love this, I just love it. Takes me way back to when my sons were this age" she had the biggest smile on her face the whole time and was laughing and interacting with the preps. When the kids were doing their songs, some of the residents were tapping their feet and clapping their knees in beat to the music too. Very lovely to see.'



Regional Swimming Sports

Congratulations to Zac for participating in the Regional Swimming Sports in Warrigal on Thursday. He really enjoyed the experience and was pleased with his performance. Well done Zak.



Lawn Bowls

Last Friday 12 of our students competed in the Division Lawn Bowls Tournament in Bairnsdale. Competition was fierce with 8 teams, 96 students competing. We had a tough draw, playing last year's winning school for 2 of our qualifying games. We fought hard and made it through to the final to play off for first or second. It went to the wire and we missed out by two points! I was literally biting my finger nails right through the final.

I was very impressed with our students, they were well behaved and gave it their very best. Thanks again to the Paynesville Lawn Bowls coaches for their training and support on competition day.



AUSTRALIAN MATHS TRUST

This year we will offer the Australian Maths Trust, Maths Challenge program to interested students at our school. This fun problem-solving program is for students in Grades 3 to 6 (Grade 2s will be considered), designed to extend their mathematical skills. Interesting problems are presented in a staged approach meant to encourage critical thinking. We plan to run the program for the last week of this term, over the holidays and in the first week of term 2. Four sessions will be provided at school to work on the project but the majority of the project will be completed at home. The cost of the program is \$18.50.

If you are interested in your child completing the project please register and pay at the office by Friday 13th March.

COVID-19 (CORONAVIRUS)

The Department of Education is constantly monitoring the COVID-19 (Coronavirus) situation as it evolves. We have provided information from government websites for families to consider. We would make it our immediate priority to update families with information for Victorian School's or Paynesville Primary School. <https://www.health.gov.au>
<https://www.dhhs.vic.gov.au/victorian-public-coronavirus-disease-covid-19>

Animal Dress Up Day

On the 20th of March there will be an event held to fundraise money for the animals that were injured in the bush fires. For this day you will have the opportunity to dress up as an animal. To fundraise money you will need to bring a gold coin donation.



Easter Raffle Donations please...



Families are asked to donate an Easter item via the school office to support our Easter raffle. Raffle will be drawn on Monday March 23rd, 2020 at Assembly.

Easter Hat Parade

Our annual Easter Hat parade will be held on Friday March 27th, 2020. This is the last day of the term and we felt it was a great way for families to start the School Holiday break.



Paynesville PS Calendar TERM 1&2

Please note any changes to the calendar have been highlighted in **RED**.

<u>TERM 1 2020</u>						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<u>15</u>	<u>16</u>	<u>17</u>	<u>18</u>	<u>19</u>	<u>20</u>	<u>21</u>
	ASSEMBLY 9:00am		School Council Finance 5:30pm School Council AGM 6:15pm		Dress up like an animal day Raffle tickets and Raffle donations due	
<u>22</u>	<u>23</u>	<u>24</u>	<u>25</u>	<u>26</u>	<u>27</u>	<u>28</u>
	ASSEMBLY 9:00am Easter Raffle Drawn				END OF TERM 1 Easter Hat Parade	
<u>TERM 2 2020</u>						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<u>APR 12</u>	<u>13</u>	<u>14</u>	<u>15</u>	<u>16</u>	<u>17</u>	<u>18</u>
	EASTER MONDAY PUBLIC HOLIDAY	TERM 2 BEGINS				
<u>19</u>	<u>20</u>	<u>21</u>	<u>22</u>	<u>23</u>	<u>24</u>	<u>25</u>
	ASSEMBLY 9:00am					ANZAC DAY
<u>26</u>	<u>27</u>	<u>28</u>	<u>29</u>	<u>30</u>	<u>1st May</u>	<u>2</u>
	ASSEMBLY 9:00am					
<u>3</u>	<u>4</u>	<u>5</u>	<u>6</u>	<u>7</u>	<u>8</u>	<u>9</u>
	ASSEMBLY 9:00am					
<u>10</u>	<u>11</u>	<u>12</u>	<u>13</u>	<u>14</u>	<u>15</u>	<u>16</u>
	ASSEMBLY 9:00am					



**PAYNESVILLE JUNIOR
FOOTBALL CLUB**

AFL AUSKICK

16th April till 25th June

5 – 6pm on Thursday nights at

A.J. Freeman Reserve,

Main Rd, Paynesville.

Come and be apart of the fun!
Everyone welcome!

Auskick Registration & Payment is
online at www.aflauskick.com.au.
Enquiries to Julie Kelly 0438 372 264



PAYNESVILLE JUNIOR FOOTBALL

TRAINING U10, U12, U14

5 – 6pm on Thursday nights at

A.J. Freeman Reserve,

Main Rd, Paynesville

Come and be a part of the fun!

Everyone welcome!



**MINIROOS KICK-
OFF PROGRAMS!**

Commencing Saturday March 14th.

BAIRNSDALE: Saturdays 9.15am onwards (BARC) 4-9 year olds

FEES - \$100 for an 8 week program.

New participants will receive a soccer ball, a drink bottle, shin guards and a carry pack.

To Register: Go to www.miniroos.com.au, click on Where Can I Play? Select Aldi MiniRoos Kick-off, Search by Postcode, Select Bairnsdale Soccer Club, View Available Programs, then Register.

For more information contact the club via email bairnsdalesoccer@hotmail.com or phone Trish 0407 099 064.



SCHOOL HOLIDAY INTENSIVE SWIM PROGRAM

Monday 30 March – Friday 3 April 2020

One week program. One group lesson each day.

Incentives for swimming in this program are:

- Having a lesson each day for a week enhances confidence and ability in swimming.
- Lessons will be same time each day.
- Child / children will be grouped into age / level ability.
- During swimming lessons, teachers work on numerous safety skills alongside general technique of strokes.
- Program is Swim and Survive program



Bairnsdale
Aquatic and Recreation Centre

80 McKean Street | P 5152 5710

eastgippsland.vic.gov.au/recreationcentres  EastGippyShire



Isolation guidance

If you have travelled from mainland China, Iran, Republic of Korea or Italy, or been in close contact with a confirmed case of coronavirus, special restrictions apply. This information sheet should be read in conjunction with the 'What you need to know' and 'Isolation guidance' information sheets at www.health.gov.au/covid19-resources

Who needs to isolate?

To help limit the spread of coronavirus, you must isolate yourself in the following circumstances:

- If you have left, or transited through mainland China or Iran in the last 14 days, you must isolate yourself for 14 days from the date of leaving mainland China/Iran.
- If you have left, or transited through the Republic of Korea on or after 5 March 2020 you must isolate yourself for 14 days after the date of leaving the Republic of Korea.
- If you have left or transited through Italy on or after 11 March 2020 you must isolate yourself for 14 days after the date of leaving Italy.
- If you have been in close contact with a proven case of coronavirus, you must isolate yourself for 14 days from the date of last contact with the confirmed case.

Stay at home or in your hotel

When travelling home or to your hotel to start isolation use personal transport, such as a car, to minimise exposure to others. If you need to use public transport (e.g. taxis, ride-hail services, trains, buses and trams), follow the precautions outlined in the public transport guide at www.health.gov.au/covid19-resources

During the 14 days of isolation, you must stay at home or in your hotel and don't go to public places including work, school, childcare, university or public gatherings. Only people who usually live with you should be in the home. Do not see visitors. If you are in a hotel, avoid contact with other guests or staff.

If you are well, there is no need to wear surgical masks at home. Ask others who are not in isolation to get food and necessities for you. If you must leave home, such as to seek medical care, wear a surgical mask. If you don't have a mask, take care to not cough or sneeze on others. For more information about when to wear a mask, visit: www.health.gov.au/covid19-resources

Monitor symptoms

When in isolation, monitor yourself for symptoms including fever, cough or shortness of breath. Other early symptoms include chills, body aches, sore throat, runny nose and muscle pain.

What do I do if I get sick?

If you develop symptoms (fever, a cough, sore throat, tiredness or shortness of breath) within 14 days of leaving mainland China, Iran, Republic of Korea or Italy, or within 14 days of last contact of a confirmed case, you should arrange to see your doctor for urgent assessment.

You should telephone the health clinic or hospital before you arrive and tell them your travel history or that you may have been in contact with a potential case of coronavirus.

You must remain isolated either in your home or a healthcare setting until public health authorities inform you it is safe for you to return to your usual activities.

How can I prevent the spread of coronavirus?

Practising good hand and sneeze/cough hygiene is the best defence against most viruses. You should:

- wash your hands frequently with soap and water, before and after eating, and after going to the toilet
- cover your cough and sneeze, dispose of tissues, and use alcohol-based hand sanitiser
- and if unwell, avoid contact with others (stay more than 1.5 metres from people).

Going outside

If you live in a private house, it is safe for you to go into your garden or courtyard. If you live in an apartment or are staying in a hotel, it is also safe for you to go into the garden but you should wear a surgical mask to minimise risk to others and move quickly through any common areas.

Advice for others living with you

Others that live with you are not required to be isolated unless they meet one of the isolation criteria outlined above. If you develop symptoms and are suspected to have coronavirus, they will be classified as close contacts and will need to be isolated.

Cleaning

To minimise the spread of any germs you should regularly wash surfaces that are frequently touched such as door handles, light switches, kitchen and bathroom areas. Clean with household detergent or disinfectant.

Managing the 14 day isolation

Being in isolation can be stressful and boring. Suggestions include:

- Keep in touch with family members and friends via telephone, email or social media.
- Learn about coronavirus and talk with others.
- Reassure young children using age-appropriate language.
- Where possible, keep up normal daily routines, such as eating and exercise.
- Arrange to work from home.
- Ask your child's school to supply assignments or homework by post or email.
- Do things that help you relax and use isolation as an opportunity to do activities you don't usually have time for.

More information

For the latest advice, information and resources, go to www.health.gov.au

Call the National Coronavirus Health Information Line on 1800 020 080. It operates 24 hours a day, seven days a week. If you require translating or interpreting services, call 131 450.

The phone number of your state or territory public health agency is available at www.health.gov.au/state-territory-contacts

If you have concerns about your health, speak to your doctor.