



NEWSLETTER

ISSUE 14 Term 3 Week 10 - 19th September 2024

www.paynesville-ps.vic.edu.au ♦ paynesville.ps@education.vic.gov.au ♦ 31-47 Ashley Street (PO Box 38) Paynesville VIC 3880 ♦ 03 5156 6334

OFFICE HOURS: Monday to Thursday 8:30am to 4:00pm & Friday 8:30am to 3:45pm

UPCOMING EVENTS

Assembly - Fridays 3:00pm

After School Care - Mon and Thurs 3:30-4:30pm

Lunch Orders - Fridays

Week 10

Friday 20th September

- Footy Colours Day
- Last Day of Term 3

TERM 4

Pre-Prep Transitions - Every Friday

Week 1

Monday 7th October

- First Day of Term 4

Friday 11th October

- Summer Sports - Grade 5 / 6

Saturday 12th October

- Spring Working Bee 9AM

Week 2

Thursday 17th October

- Nexus Arts Show

Week 5

Monday 4th November

- Pupil Free Day

Tuesday 4th November

- Melbourne Cup Public Holiday

Wednesday 5th November

- Grade 3 / 4 Camp to Coolamatong (Wed-Fri)

Thursday 6th November

- Grade 2 Sleepover at school
- Grade 5 Bike Camp (Thurs-Fri)

Raymond Island Excursion

Last week, Mary's 1/2/3 Class walked to Raymond Island, along the Koala trail and back to school. The students spotted many animals along the way such as Koalas, Kangaroos, Swans and Tawny Frogmouths.

It was a long walk and the students were very tired by the time they got back to school, but they had a great time and learned about our amazing local environment and animals.



Principal's Report

Dear Parents, Carers, Families and Members of our Community,

Hi everyone,

Well here we are in the last week of term 3. It has been a term full of many amazing experiences and learning for our students.

I would like to acknowledge the positive and ongoing efforts of our staff and families in ensuring our students are able to be successful in the things they set out to achieve. With support, guidance and encouragement our students are attaining their goals and showing growth in a range of academic, social and emotional areas of the curriculum.

Next term we start to welcome our Preps of 2025 as they commence their Transition program on a Friday. We look forward to seeing them join our school community on their primary school journey. It will also be the last term for our grade 6 students before they head off to the secondary level of their educational journey. For many of these students they have spent the last 7 years here as learners and made friends that will be for life. We look forward to sharing this last term with them all and supporting the process of them successfully and confidently transitioning beyond Paynesville Primary School.

The term will once again be filled with many exciting learning opportunities and experiences for our students, staff and school community. We look forward to sharing and experiencing this together.!! On the first Saturday after the holidays we will be looking for as many families and students to help with a MEGA Spring Working Bee and school clean up. Firstly we will be needing people to support the garden and school clean up around the school. We would also appreciate people who have trailers being able to support removal of old furniture and unwanted items from the sheds to be taken to the tip on tip runs

See you next term.

Deb Mathers

Principal

School Saving Bonus

In Term 4, 2024, families with a child enrolled in a government school from Prep to Year 12 in 2025 will receive the one-off \$400 School Saving Bonus.

The \$400 School Saving Bonus provides families with support for education-related costs, such as school activities and/or school uniforms and textbooks.

The School Saving Bonus is not available for full-fee international students, home schooled students, TAFE students and students attending kindergarten in 2025.

Actions for parents and carers

Before 18 October 2024, the Department of Education is asking parents and carers to:

- **Complete enrolment:** If your child, or children are changing government school for Term 1 2025, or starting Prep or Year 7 in 2025. For more information, read about [Enrolling in School](#).
- **Check your contact information:** Ensure your email address and phone number is up to date with us. You can check this information by contacting us directly.

We need to ensure your contact information is up to date as the Department of Education will email you twice:

- in October, to verify your email address
- in November, with your \$400 School Saving Bonus and access to an online system.

Please check your junk mail regularly to make sure you do not miss an important email.

To learn more about the School Saving Bonus, download the [School Saving Bonus Information sheet for government school parents and carers](#) or visit [Paynesville Primary School - Enrolment \(paynesville-ps.vic.edu.au\)](#) OR vic.gov.au/school-saving-bonus.

Around the School

Division Athletics

On the 9th of September Ashleigh, Ally, Iley and Charlotte represented our school at the Division Athletics in Bairnsdale in a range of competitions. Well done to Ally, who will go through to Regional Athletics in October. Congratulations to all four students for the resilient, determined and positive way they performed at the Athletics. We are so proud of you all.



RUOK Day

Last Wednesday students were able to welcome Matt Hockings to Paynesville. Matt rode from Queensland to Melbourne to raise money for R U OK Day. Matt came past the school where students cheered him on and stopped at IGA where our school captains welcomed him.



Working Bee

Please SAVE THE DATE for our Spring Working Bee from 9am on the 12th of October, the first Saturday of Term 4. We would love for any families, friends or community members to come along to help clean up the school and gardens. We would also appreciate anyone who is able to make a tip run with their trailers.

Hats

A reminder coming into Term 4 that students will need to wear the school hats to protect them from the sun when outside. If your child doesn't already have a school hat, they are available to buy from the office for \$13.

ATTENDANCE MATTERS

Missing a day of school here and there may not seem like much, but absences add up!

When a student misses 2 days a month..	When a student misses 4 days a month..
They will miss <u>20 DAYS</u> a year.	They will miss <u>40 DAYS</u> a year.
They will miss <u>30 HOURS</u> of math over the school year.	They will miss <u>60 HOURS</u> of math over the school year.
They will miss <u>60 HOURS</u> of reading & writing over the school year.	They will miss <u>120 HOURS</u> of reading & writing over the school year.
They will miss over <u>1 YEAR</u> of school by graduation.	They will miss over <u>2 YEARS</u> of school by graduation.

Grade Prep

And that's a wrap! End of Term Three, action packed full of learning!



Grade 1-2-3 SPELLING

Grade 1-2-3 uses SoundWaves as our daily spelling and phonics program. We have 5 different spelling groups in our class.



Group 1 work with ABC Reading Eggs on their own ipad.



Our SoundWave group work with Bec in the library where they have access to their own big-screen TV to do their computer lessons on.



SoundWave 2 3 and 4 work in the classroom on both computer lessons as well as their own individual work-books. We also use ipads for extra spelling activities.

We also use SoundWave spelling charts to help us with decoding in our reading.



Grade 3/4 Classroom Report

A busy and wonderful term we have had in Grade 3 / 4! So many new and exciting opportunities all while expanding our existing knowledge in maths and literacy. This term we have built on our knowledge of Australia's states and territories, what manmade and natural resources we have as well as learnt how to build circuits in S.T.E.M. Next term will be another busy one with camp, a play, transition and of course lots of learning before christmas. Our focuses will be measurement and geometry, procedural texts, as well as reviewing and extending prior knowledge in all areas.

Well done Grade 3 / 4!



Grade 4/5 Classroom Report

What a wonderful term we have had in our classroom! Every single student should be very very proud of everything they have achieved.

We have revised everything we've done over the term, had our last kinder visits and a wonderful class party organised by Kerry!

We can't wait to see what the rest of the year brings 4/5 - but we know it will be amazing either way.

Thank you to the parents and care givers who support our awesome kids every day.

Happy holidays and we'll see you for a BUSY term 4,
Jess, Kerry and Jaime.



Grade 6 Classroom Report

I am very proud of the Grade 6's and the progress they have made in their learning this term. It has been pleasing to see so many students interested in how they are going and what their next steps are.

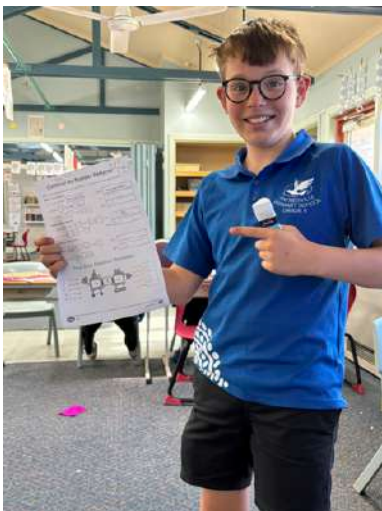
In reading, we have continued to analyse the author and learn about their purpose for writing. It's been great to see students think about the message within different texts and think about how they can apply it to their own lives.

In writing, students created their own recipes. Some chose to do simple dishes and some had a go at writing a recipe that they enjoy from home. We have also looked at narrative writing and it has been great to see so many students passionate about their writing.

Students have recently completed a unit on measurement and have shown terrific progress. I encourage students to keep working on learning their times tables as this is involved in a lot of mathematical concepts.

Students enjoyed having a go at a new coding program that we recently signed up for.

Next term is obviously a busy term and I look forward to the different events and activities that are coming up.



Values Award Winners for Term 3 Week 9

Paynesville P.S. Values Awards

Value of the Week: LEARNING

Students identified by staff this week to be demonstrating our School Values

Eddy Campbell - taking on numeracy challenges and succeeding

Caprice Wyntjes - making so many great words using blends

Ricky Rowed - challenging himself with inferring in reading

Edward Vincent - writing so many awesome rhyming poems in tutoring

Will Fountain - writing incredible reading responses

Indiana Selleck - learning to enjoy Active After School

Hayden Garth - excellent problem solving when working out compound shape's area

Anthony D'Amore - doing a great job on his big write

Well done to all these students as well as so many others across the school that have worked to display actions showing our value of LEARNING this week.

Values Award Winners for Week 10

Paynesville P.S. Values Awards

Value of the Week: RESPECT

Students identified by staff this week to be demonstrating our School Values

Eliza Holland - listening respectfully to adults and students

Indi Selleck - sits quietly and faces the speaker

Oliver McLachlan - speaking respectfully to adults and students

Alesia Lakhana - have a positive and respectful start at the school

Rusty Webb - respecting his learning by being engaged and determined

Will Fountain - respectfully following instructions

Angus McCaskill - accepting adult's decisions

Claudia Holland - always being respectful to others

Matilda Miller - always helping in the veggie garden

Aariz Lakhana - having a polite and respectful start to a new school

Well done to all these students as well as so many others across the school that have worked to display actions showing our value of RESPECT this week.

Information on programs to support parents and carers across Gippsland

Dads Matter

These 6 sessions discuss parenting strategies, share experiences and develop your relationship and connection with your child, in a supportive environment with other dads.

We aim to:

- Increasing your confidence as a parent.
- Improve your communication and connection to your children.
- Create a healthy environment based on understanding boundaries.
- Learn how to cope with stress, emotions, and anger.
- Give you time to connect with other dads.

When: Monday 7th October - Monday 11th November
Time: 4:00pm-6:00pm
Where: ZOOM

To Register Click the link or scan the code
<https://forms.office.com/r/TKC129WSqf>



Parenting After Separation

Are you finding it difficult to navigate your child's feelings and behaviour after separation?

Would you like to:

- Learn how to best support your children through separation?
- Learn ways to better deal with your emotions and theirs?
- Build communication skills for the future, for yourself and your children?
- Develop strategies to manage your children's behaviour
- Develop self-care strategies to help you through this period.

When: Wednesday 27th November -Wednesday 11th December
Time: 10:00am - 2: 00pm
Where: 190 Commercial Road Morwell 3840

To Register Click the link or scan the code
<https://forms.office.com/r/px96nL4A3X>

Tuning into Teens

Parenting program that teaches parents skills to help their teens begin to understand and regulate their emotions.

Tuning into Teens is an evidence-based program designed to support parents and caregivers emotionally tune into their teenagers. We work towards giving you a better understanding of your teen's behaviours, emotions, and reason why their brains are designed to challenge you at certain times!

We look to improve communication, managing emotions, conflict and challenging behaviours in a program designed to support you as caregivers.

When: Tuesday 15th October - Tuesday 26th November
 1 week gap due to Melbourne Cup day holiday
Time: 1:30pm-3:30pm
Where: ZOOM

To Register Click the link or scan the code
<https://forms.office.com/r/bsyKlW0Va1>



Raising Resilient Kids and Tweens

This Parents Building solutions program is recommended for parents and carers of children aged 8-12 years of age.

During this 6-week program, learn parenting strategies to improve your relationship with your tween and teen. Teach your child the skills of resilience to bounce back from life's challenges while you improve communication and connections with your tween or teen. Understand why young people behave the way they do and learn to establish boundaries with your tween or teen along with effective ways to deal with anger and anxiety.

When: Tuesday 22nd October - Tuesday 26th November
 1 week gap due to Melbourne Cup day holiday
Time: 11:30am - 1:30pm
Where: ZOOM

To Register Click the link or scan the code
<https://forms.office.com/r/RKa1zpgCg4>



Tuning Into Kids

Emotionally intelligent parenting For parents of children Aged 3-12 Years.

Tuning into Kids is an evidence-based program designed to support parents and caregivers emotionally tune in and support their children.

We work towards giving you a better understanding of your children, yourself, and improve communication, managing emotions, conflict, and challenging behaviours.

Would you like tips and strategies to:

- Better understand and communicate with your child?
- Help your child learn to manage their emotions and deal with conflict?
- Manage challenging behaviours?
- Parent anxious children?
- Raise resilient children?

Children with emotional intelligence:

- Have greater success with making and keeping friends
- Show improved concentration at school
- Have fewer illnesses.

When: Monday 14th October - Monday 18th November
Time: 10:30am - 12:30pm
Where: Leongatha Healthcare Building (opposite the main hospital building) 14 Koonwarra Rd, Leongatha VIC 3953

To Register Click the link or scan the code
<https://forms.office.com/r/ds1CSdgJRs>



OR

When: Friday 25th October - Friday 29th November
Time: 12:00pm - 2:00pm
Where: ZOOM

To Register Click the link or scan the code
<https://forms.office.com/r/dLAjPgDnQ4>



Managing Challenging Behaviours

Throughout this session, parents will gain a better understanding as to why challenging behaviours occur and learn strategies to deal with them. Parents will look at how to communicate better and explore ways to stay connected with their child.

When: Thursday 17th October
Time: 12:00pm-2:00pm
Where: ZOOM

To Register Click the link or scan the code
<https://forms.office.com/r/DFGyNHBQ5t>



Setting Boundaries

This session will support parents with strategies to help their children bounce back from adversity. Parents will learn how to support their child to cope with change and deal with anger and anxiety. Explore ways to improve communication and meet other parents also wanting to raise resilient children.

When: Wednesday 23rd October
Time: 12:30pm- 2:30pm
Where: 190 Commercial Road Morwell 3840

To Register Click the link or scan the code
<https://forms.office.com/r/mUZGhPcCnh>



Communication

This session is designed to improve communication across the family. Develop strategies to listen without judgment. Help your child learn to problem solve. Make safe choices and build stronger connections.

When: Wednesday 11th December
Time: 10:30am- 12:30pm
Where: ZOOM

To Register Click the link or scan the code
<https://forms.office.com/r/D1smZfDpHC>



Working Towards Reconnection

Often Parent groups are not designed for those who are currently not providing full time care or are living without their children. For whatever reason your parenting journey has been interrupted and you may be working towards reconnection, re-establishing a parenting relationship, reconnecting after separation, or parenting at a distance for an extended time.

We understand this can raise many deep emotions from guilt, shame, resentment and grief, while also feeling fear and anxiety about how to cope once you are back in the full-time parenting role. Working Toward Reconnection looks at these emotions in a safe, judgement free and proactive space.

We look at:

- You as the parent
- How to re-establish connection.
- Self-care.
- Practical parenting strategies.
- Communication and connection.
- Emotion coaching and regulation.

This 6-week program gives you the space and opportunity to work through parenting goals that will enhance your parent child relationship focusing on empowering you to reconnect with your child.

When: Thursday 31st October - Thursday 5th December
Time: 10:30am - 12:30pm
Where: 190 Commercial Road Morwell 3840

To Register Click the link or scan the code
<https://forms.office.com/r/3QxdApW0T>

Bringing up Great Kids

Recommended for parents and carers of children aged 2-10 years of age.

Bringing up Great Kids (BUGK) parenting program is a mindful parenting program which gives parents the skills to slow down and respond to children in a calm and relaxed manner, leading to less stress in their lives and positive changes in their children's behaviour.

The BUGK program supports parents as they explore what influences their parenting practices, and the messages their passing onto their children.

When: Wednesday 16th October - Wednesday 20th November
Time: 12:30pm - 2:30pm
Where: ZOOM

To Register Click the link or scan the code
<https://forms.office.com/r/m7uP427VXq>



Dealing with Feelings

Do you or your children have difficulty in expressing feelings in appropriate ways. Are there challenges when communicating or even greeting each other!

Does your child often seem anxious, angry, frustrated, jealous or sad?

This program looks at positive responses to this parenting challenges, improved communication and understanding of your children's emotions and development and how to create a harmonious home life.

When: Monday 25th November - Monday 9th December
Time: 10:00am - 2:00pm
Where: 190 Commercial road Morwell

To Register Click the link or scan the code
<https://forms.office.com/r/rNzce0FvXk>



Emotion Focused Parenting

For parents and carers with children in primary school and into year 7.

During this 6-week program we discuss the complexities facing parents trying to get children to school and staying there for the day. Discussions such as separation anxiety, social development, and inclusion, how to work with and build on your child's resilience. Work on effective communication and positive reinforcements and dealing with your own feelings and stressors regarding this challenging time.

These are interactive sessions with parents and caregivers who all understand the position you are in.

When: Wednesday 16th October - Wednesday 20th November
Time: 10:00am-12:00pm
Where: ZOOM

To Register Click the link or scan the code
<https://forms.office.com/r/86rqKVJDbY>



Calm Parents, Happy Kids

Ideal for those caring for children aged 3-13 years.

During this program we delve into understanding your parenting styles, how to embrace and develop your parenting skills in an inclusive, understanding and supportive environment.

We discuss topics such as:
 Working with child development stages and the changes to behaviours that come with them.
 Behaviour and discipline.
 How to get children to listen without yelling.
 Communication and feelings.
 Creating family agreements.
 Helping to manage and understand feelings.

When: Tuesday 22nd October - Tuesday 26th November
 1 week gap due to Melbourne Cup day holiday
Time: 9:30am - 11:30am
Where: ZOOM

To Register Click the link or scan the code
<https://forms.office.com/r/Knwx67pYZj>



Sibling Rivalry

Has sibling rivalry made your home a battleground? If so, come along to this 2-hour session to work through ways to support your children communicate effectively, make better choices, establish consistent positive rules, consequences, boundaries and support good relationships. Help your children to deal with issues and problem solve effectively giving them a skill for life.

When: Wednesday 4th December
Time: 12:30pm- 2:30pm
Where: ZOOM

To Register Click the link or scan the code
<https://forms.office.com/r/TDacc7siRY>



Dealing with Transitions

Have you noticed your child needs time to process and cope with transitions. How to understand what children are telling us and respond effectively. Explore ways of communicating with your child so they will listen.

When: Wednesday 6th November
Time: 9:30am-11:30am
Where: ZOOM

To Register Click the link or scan the code
<https://forms.office.com/r/manbBTDVW8>





2024-2025 Season Paynesville Junior Cricket Club Sign Up Day

Come down & enjoy another great season. All the information you need about playing, registering, clothing & equipment will be provided on the day

Sunday 06-10-24 10am AJ Freeman Reserve Paynesville

Junior Blasters
 Woolworths Jnr Blasters
 Ages 5-10
 starts 10th October
 Thursdays 4:30-5:15pm
 8 week program

Under 13s
 Starts 2nd October
 Training on Wednesdays 4:30-5:30pm
 \$50 Registration Fee
 Games Friday 5pm-7pm

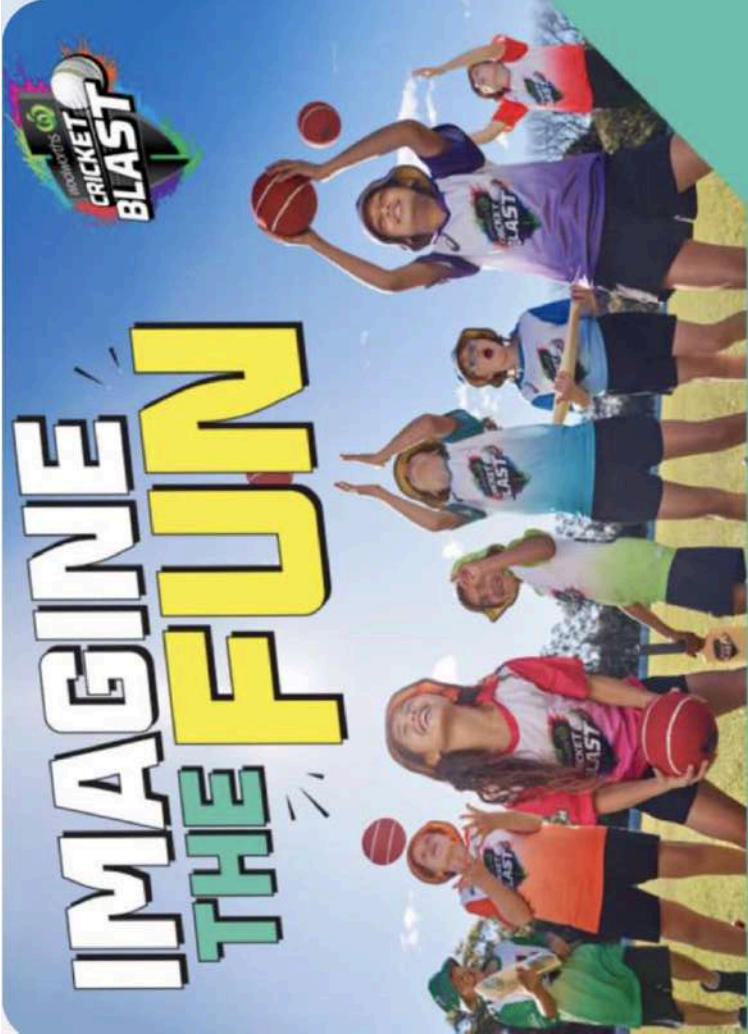
Under 16s
 Starts Thursday 19th September
 Training on Tuesdays & Thursday 4:30-5:30pm
 \$50 Registration fee
 Games Saturday 8:30-11:30am

Under 13s & under 16s
 Players can purchase playing polo shirts \$35 and caps \$20 directly from the club
 Players are required to purchase playing whites (trousers) & appropriate footwear
 All equipment to be provided by the club including bats, pads, gloves, helmets etc

Online Registration here
<https://www.playhq.com/cricket-australia/org/paynesville-cricket-club/b9c68abe/register>



PCC Clothing Store
 Check out this seasons merchandise



IMAGINE THE FUN



Join Woolworths Cricket Blast

Designed for kids to learn skills, exercise, and make friends.

Paynesville Cricket Club
 AJ Freeman Reserve, Paynesville VIC 3880
 Ages 5-10
 Thursdays 4:30pm-5:15pm
 Starts 10th October 2024
 8 week program / cost \$66

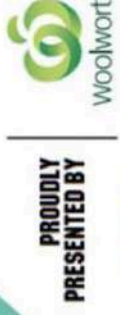


SIGN UP TODAY!

Scan the QR code

or

contact the
 Paynesville Cricket Club



www.facebook.com/paynesvillecricketclub
paynesvillecricketclub@hotmail.com

THREATENED SPECIES DAY ART ACTIVITIES



Grey-headed Flying Fox, Bairnsdale. Photo: Lisa Roberts

10.am Flying fox talk for kids
10.30am - 1pm Painting and sculpture workshops for kids
Saturday 07 September 2024 | All welcome FREE. No need to book.

National Threatened Species Day
East Gippsland Art Gallery, 2 Nicholson Street, Bairnsdale

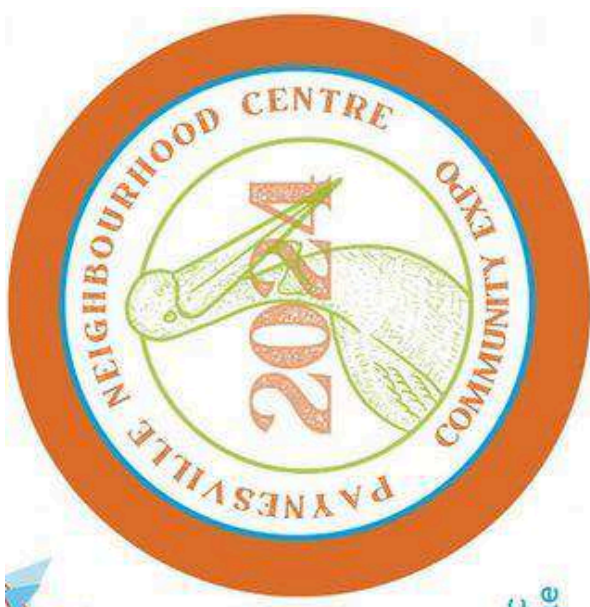
National Threatened Species Day is commemorated across Australia on September 7th to raise awareness of plants and animals at risk of extinction. This day is commemorated annually on the anniversary of the death in captivity of the last known thylacine, or Tasmanian Tiger. Australia has one of the highest mammal extinction rates in the world. Over the last 200 years, more than 100 animal and plant species have become extinct in this country.

- In East Gippsland Shire alone there are
- 70 species of threatened birds
 - 29 species of threatened mammals
 - 16 species of threatened fish
 - 12 species of threatened reptiles
 - 8 species of threatened amphibians
 - 17 species of threatened invertebrates



Above: The last Thylacine in a Tasmanian Zoo about 1936
 Photo: National Museum-Hutchins

Threatened Species Day is part of East Gippsland Art Gallery's Schools Collaborative Artwork Project and is proudly supported by the Gippsland Community Foundation



Explore the
 Happenings in Our
 Community!

The Paynesville
 Community Expo
 promises a fantastic
 day out for the whole
 family!

Local organisations
 will be present to
 exhibit their
 contributions to the
 community.



SATURDAY,
 OCTOBER
 5TH 10AM - 1PM

PAYNESVILLE NEIGHBOURHOOD
 CENTRE

FREE EVENT!

**KENNY THE KOALA • FACEPAINTING • TINKERING
 TABLE • COAST GUARD • RHYME TIME • GIANT GAMES
 VR HEADSETS • EMERGENCY SERVICE VEHICLES**

Food will be available to purchase.

📞 (03) 5156 0214

📧 info@pnc.vic.edu.au



Hosted by:

Proudly sponsored
 and supported by:



HOP ON THE Y.O.W.I.E

SEPTEMBER SCHOOL HOLIDAY EVENTS

All excursions are provided FREE by Gippsland Youth Spaces.
A signed consent form is required for each attending participant
Speak with our team for more details.
Call Kelly, Callie and Nicki on 0476 225 013



For more information on our programs or how to get involved contact us: 0476 225 013
yowie@gippslandyouthspaces.org.au

AGES 12 - 25



MONDAY 23RD SEPT
Regional Aquatic Centre,
lunch & snacks provided
11am - 3pm
TRANSPORT PROVIDED



TUESDAY 24TH SEPT
Haunted Hills MTB Park,
BBQ lunch & snacks
provided
11am - 3pm
TRANSPORT PROVIDED



WEDNESDAY 25TH SEPT
Come try
Sailing Day & Dragon Boats @
Paynesville Yacht Club BBQ
lunch & snacks provided
10am - 3pm
TRANSPORT PROVIDED



THURSDAY 26TH SEPT
4hr BOAT LICENSE COURSE
1/2HR TEST
lunch & snacks Provided
10.30am - 3pm



FREE!
COMMUNITY
EVENT

FRIDAY 4TH OCT
Outdoor Movie Night
THE WILD ROBOT

Bring ya oodie's, blankets,
chairs, bean bags, and
snuggle up under the stars
& enjoy the movie.

Food Trucks
available at own
cost

Lindenow
Recreation Reserve
Movie starts 7pm
Gates open @ 5pm
NO TRANSPORT



MONDAY 30TH SEPT
BYS Cooking
Challenge with
Cops
10.30am - 2.30pm



TUESDAY 1ST OCT
Fun Day Out!
Lakes Entrance mini
Golf, shopping & Aqua Run
10am - 4pm
Mallacoeta & Cann River
Youth ONLY



WEDNESDAY 2ND OCT
Come try
Sailing Day & Dragon
Boats @
Paynesville Yacht Club BBQ
lunch & snacks provided
10am - 3pm
Swifts Creek & Buchan
Youth ONLY



THURSDAY 3RD OCT
BYS D&D Games Day
lunch & snacks
provided
10.30am - 2.30pm

BYS

Bairnsdale Youth Space
261 Main St, Bairnsdale

Bookings required:
0476 225 013



Follow us
on socials



**GORGEOUS
GIPPSLAND**



PROUDLY PRESENTED BY
ROTARY CLUB BAIRNSDALE SUNRISE



OPEN GARDEN DAY

Native - Productive - Rural

Workshops including tree pruning
& permaculture gardening

Sarsfield Community Hall
20 School Rd, Sarsfield

Lunch available from 12pm-2pm

Tickets \$20 for all gardens and workshop or

\$10 two gardens

Sunday October 13th

10 AM - 4 PM

Tickets available from Bull Botanics

53 Princes Highway, Lucknow

or via Humanitix



Find us on Instagram [gorgeous_gippsland_gardens](https://www.instagram.com/gorgeous_gippsland_gardens)

SCHOOL NURSING NEWSLETTER



FREE HEALTH, WELLBEING & DEVELOPMENT CHECKS FOR PREP STUDENTS

The Primary School Nursing Program is a free health and wellbeing service offered to all Victorian students in their first year of school. The program aims to assist with the early identification of children with potential health, wellbeing or development concerns which may impact on their education and offers screening which may include:

- Hearing
- Vision
- Speech
- Dental
- Motor Skills
- Behaviour & social skills

The Primary School Nurse also provided advice, information & other health & support services



1 FINDING THEIR VOICE: SPEECH DEVELOPMENT

Communication skills are the building blocks for success. Engage in conversations with your child and encourage them to express themselves verbally. Reading aloud together and singing songs are fun ways to boost speech development!

SCHOOL HEALTH PLANS
 DO YOU HAVE YOUR CHILD'S HEALTH PLANS READY FOR SCHOOL?
 Allergies & eczema plans available at: www.austlii.org.au
 Asthma plans are available at: www.austlii.org.au
 Please discuss your plans with your Family Doctor and once completed give a copy to your school.



ASTHMA SPECIALISTS NETWORK
 Sophie Brown
 0428368741
sophie.brown3@education.vic.gov.au

2 CLEAR VISION FOR BRIGHT FUTURES

Healthy eyesight is essential for your child's academic success and exploration of the world around them. As parents, we can support their vision by encouraging breaks from screen time and facilitating outdoor play, giving their eyes the rest they need to thrive. It is recommended for all children commencing school to have an eye check at the optometrist. These assessments are typically free with a Medicare card at any optometrist. To find your nearest optometrist and book an appointment, visit www.optometry.org.au.

3 SWEET DREAMS: THE POWER OF SLEEP:

Did you know that adequate sleep is essential for your child's growth and development? Here are some tips to help your child drift into restful slumber: maintain a consistent bedtime routine, create a calm and cozy sleep environment, limit screen time before bed, and ensure they get plenty of physical activity during the day. By following these simple steps, you'll help your child develop a healthy sleep pattern that will benefit them for years to come. Sweet dreams!



4 EMBRACING EMOTIONS: EMOTIONAL REGULATION:

Help your child understand and manage their feelings in a positive way. Encourage your child to express feelings through words or creative activities like drawing. Teach deep breathing exercises and model healthy emotional responses. Create a safe space for open conversations about their day. With patience and understanding, we can help our children grow into resilient, confident individuals.



5 SAY CHEESE! ORAL HEALTH MATTERS:

Healthy teeth and gums are essential for overall well-being. Make brushing and flossing a fun and interactive experience. Limit sugary snacks and beverages, and don't forget to schedule regular dental check-ups to keep those smiles sparkling bright!

Bairnsdale Regional Health Service Dental Clinics provide dental services for all children ages 0-17 years. Eligible children can also access free dental treatment up to the value of \$1,013 over two years at most community dental clinics. Families receiving Family Tax Benefit Part A, Disability Support Pension or other relevant Australian Government payments are eligible. The Federal Government will cover the cost. For children aged 12 years and below, dental treatment is free.

National Continence Helpline 1800 33 00 86
 BRHS continence nurse: 03 5150 3313
SafeSteps Family Violence support
 1800 015 188 or www.safeplaces.org.au
Food Security: www.foodbank.org.au
Royal Children's Hospital - 9345 5522
The Orange Door: 1800 512 358
BRHS Dental Service: 03 5152 0222
Immunisation Information
<https://www.betterhealth.vic.gov.au/health/healthyliving/immunisation-childhood>

Angicare/Parentzone parenting courses -
Poisons information - 13 11 26 Parentline -
 1300 30 1300
Homelessness assistance: 1800 825 955
www.parentzone.org.au
Gippsland Lakes Complete Health GLCH -
 family and children's services 03 5155 8300

