



PRINCIPAL'S REPORT

Scott Burton - *Acting Principal*

The term continues to be full of learning and laughter, both inside and outside of the classroom. When I have been walking through the yard, I have noticed the recent uptick of Basketball being played. It has also been lovely seeing many students remaining at school and playing at the end of the school day.

Basketball court use

As a result of the increased use and in an effort to enable all students equal access we have scheduled time on the basketball courts.

Senior school students will have access on Mondays and Wednesdays recess and lunchtime and also Friday Lunchtime.

Junior school students will have access on Tuesdays and Thursdays recess and lunchtime and also Friday Recess.

District Swimming

Last Wednesday we had 7 students compete in Division Swimming Carnival at Croydon Pool. I heard great reports of how well everyone represented the school, supporting each other, showing great sportsmanship, competing with great zest, and enjoying the day out.

COVID Safety Measures, Visitors & Volunteers

Last week, the Department of Education announced that current COVID-safe measures will remain in place until the end of Term 1. Please note:

- RAT kits will continue to be provided until the end of this term. You will be informed via text message when tests can be collected for the next two weeks.
- Visitors are no longer required to scan in using a QR code.
- We are very keen to have volunteers back in the school, as we know what a positive difference this makes. We will use Compass to let you know when we can invite you back.

Calendar

Thursday 10th March

State School Spectacular - Upwey Sth

Friday 11th March

Curriculum Day - No Students

Monday 14th March

Labour Day Public Holiday

Tuesday 15th March

Preps Attend Full Days

Wednesday 16th March

Free Dress Day

Wednesday 23rd March

EDEC Athletics - Cockatoo

Friday 25th March

Regional Swimming Finals

Thursday 31st March

Welcome to Selby Evening



School Council

The first School Council meeting was held last Tuesday. All positions were up for election, I would like to announce the following positions.

School Council President - Michael Dunstan

Vice President - Sarah Thompson

Treasurer - Christopher Seymour

I would like to take this opportunity to thank Sarah for all her hard work over the past few years as School Council President. I know a lot of the work is behind the scenes but your contribution to Selby Primary School is greatly appreciated.

Compass Calendar

For those of you looking to plan ahead, school events and activities are being constantly updated on the Compass Calendar. By clicking on the calendar icon on your toolbar you can view the calendar. There are options to look at a daily, weekly, or monthly view.

Welcome To Selby Evening

The *Welcome to Selby* evening is back! please pencil into your diaries Thursday 31st March (**See attached flyer**). This is a great opportunity to spend some social time having a picnic in the school grounds. More information will be sent out closer to the date.

Trash2 Treasure Market

The Parents and Friends Association is in the process of organising a Trash 2 Treasure market on Sunday 3rd April. Please see attached flyer for more details.

Student Wellbeing

Whilst it is great that 2022 has been somewhat normal in comparison to the past two years, we are receiving increasing concerns around children displaying signs of anxiety. Later in this newsletter, I have included an article from Unicef about how to talk to your children about conflict. Many of these tips can be adapted for the many global issues that are present in our daily lives. Please reach out if you feel you need extra support when dealing with concerns about your child's wellbeing.

Scott Burton

Acting Principal

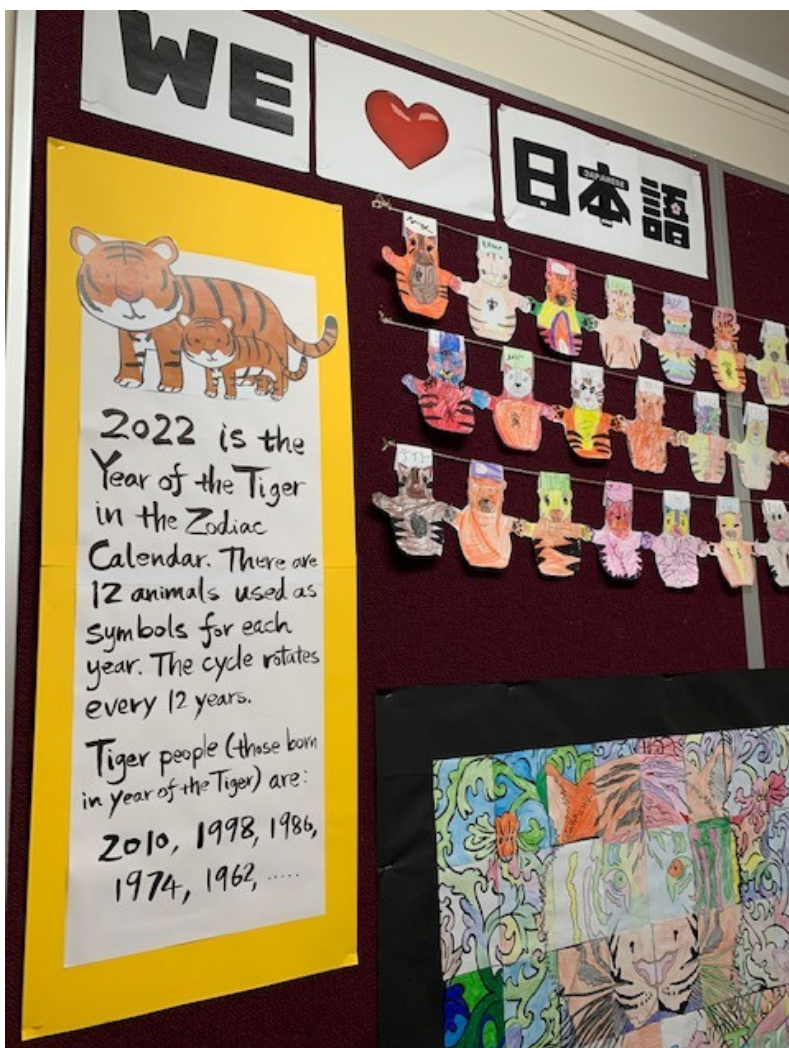
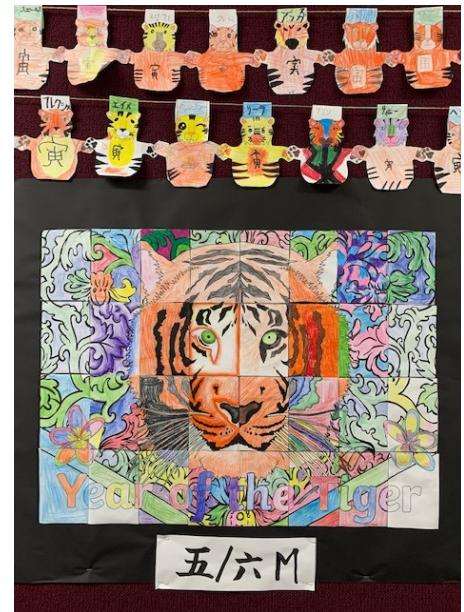


Respect Confidence Resilience Personal Best

Performing Arts



Respect Confidence Resilience Personal Best



Japanese

PREP NEWS

Thank you Mrs Smits for organising Melissa from Bunnings to visit the Junior School on Friday. Bunnings donated lots of plants for our Kitchen Garden as well as gardening tools. The Preps enjoyed cleaning up the garden beds and learning how different vegetables grow.



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Kitchen Garden with Year 1/2



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Good Book Awards

Prep B - Ella E - Personal Best

Ella, it was fantastic to see you working so hard in Investigations this week. You were very focussed and made a sparkling tin city using different 2D shapes and foil. Mrs Phillips and I thought your addition of the diamond for the jewellery shop in your city was very creative and clever. You should be very proud of all your hard work Ella! Keep it up!

1/2A - Isla K - Confidence

What a wonderful gardener you were during our Bunnings planting incursion. You put in such a great effort to plant our seedlings and took care to help others too! What a superstar!

1/2S - Lincoln S - Personal Best

Lincoln, I have been so impressed with your attitude to your learning this week! You have been getting started promptly, producing great work, and taking on feedback. Super effort!

3/4J - Morganna M - Confidence

Morganna, you really impressed me when you wrote your understanding towards the text on J.K Rowlings. You recognised the author's message and showed the connections of how the author wanted you to feel when reading the information. Well Done!

3/4M - Gaspar G - Confidence

Gaspar I loved the confidence you displayed when asked to identify the feelings of people by their facial expression and their body language. You were spot on every time. Well done!

5/6M - Thomas D - Personal Best

Thomas, you have really impressed me with your leadership skills. It has been so lovely to see you so focused and engaged in your learning and teaching! Well done. I can't wait to see what else you do with the role.

5/6H - Harry S - Resilience

Harry, you went above and beyond demonstrating resilience last week when you broke your arm. In particular you really impressed me with how kindly you treated the other students involved. Before being taken to hospital you asked me to make sure your friend knew that you weren't angry and when you left you thanked every teacher who had helped – all while in some pretty extreme pain. What a trooper.

5/6S - Hope P - Respect

I really could have chosen any of the school values to award you but I couldn't go past Respect. I love the effort that put into your work and your willingness to challenge yourself in all areas of your learning. Most of all you treat your peers and teachers with nothing but respect. Great work Hope.



Wellbeing Wednesday

UNICEF – Tips to talk to your children about conflict and war

<https://www.unicef.org/parenting/how-talk-your-children-about-conflict-and-war>

1. Find out what they know and how they feel

Choose a time and place when you can bring it up naturally and your child is more likely to feel comfortable talking freely, such as during a family meal. Try to avoid talking about the topic just before bedtime.

A good starting point is to ask your child what they know and how they are feeling. Some children might know little about what is happening and not be interested in talking about it, but others might be worrying in silence. With younger children, drawing, stories, and other activities may help to open up a discussion.

Kids can discover the news in many ways, so it's important to check in on what they're seeing and hearing. It's an opportunity to reassure them and potentially correct any inaccurate information they might have come across whether online, on TV, at school or from friends.

A constant stream of upsetting images and headlines can make it feel like the crisis is all around us. Younger children may not distinguish between images on screen and their own personal reality and may believe they're in immediate danger, even if the conflict is happening far away. Older children might have seen worrying things on social media and be scared about how events might escalate.

It's important not to minimize or dismiss their concerns. If they ask a question that might seem extreme to you, such as "Are we all going to die?", reassure them that is not going to happen, but also try to find out what they have heard and why they are worried about that happening. If you can understand where the worry is coming from, you are more likely to be able to reassure them.

Be sure to acknowledge their feelings and assure them that whatever they are feeling is natural. Show that you're listening by giving them your full attention and remind them that they can talk to you or another trusted adult whenever they like.

Use age-appropriate language, watch their reactions, and be sensitive to their level of anxiety.

2. Keep it calm and age-appropriate

Children have a right to know what's going on in the world, but adults also have a responsibility to keep them safe from distress. You know your child best. Use age-appropriate language, watch their reactions, and be sensitive to their level of anxiety.

It is normal if you feel sad or worried about what is happening as well. But keep in mind that kids take their emotional cues from adults, so try not to overshare any fears with your child. Speak calmly and be mindful of your body language, such as facial expressions.

As much as you can, reassure your children that they are safe from any danger. Remind them that many people are working hard around the world to stop the conflict and find peace.

Remember that it's OK to not have the answer to every question. You can say that you need to look it up or use it as an opportunity with older children to find the answers together. Use websites of reputable news organizations or international organizations like UNICEF and the UN. Explain that some information online isn't accurate and the importance of finding reliable sources.

3. Spread compassion, not stigma

Conflict can often bring with it prejudice and discrimination, whether against a people or country. When talking to your children, avoid labels like "bad people" or "evil" and instead use it as an opportunity to encourage compassion, such as for the families forced to flee their homes.

Even if a conflict is happening in a distant country, it can fuel discrimination on your doorstep. Check that your children are not experiencing or contributing to bullying. If they have been called names or bullied at school, encourage them to tell you or an adult whom they trust.

Remind your children that everyone deserves to be safe at school and in society. Bullying and discrimination is always wrong and we should each do our part to spread kindness and support each other.

The sense of doing something, no matter how small, can often bring great comfort.

4. Focus on the helpers

It's important for children to know that people are helping each other with acts of courage and kindness. Find positive stories, such as the first responders assisting people, or young people calling for peace. See if your child would like to participate in taking positive action. Perhaps they could draw a poster or write a poem for peace, or maybe you could participate in a local fundraiser or join a petition. The sense of doing something, no matter how small, can often bring great comfort.

5. Close conversations with care

As you end your conversation, it's important to make sure that you are not leaving your child in a state of distress. Try to assess their level of anxiety by watching their body language, considering whether they're using their usual tone of voice, and watching their breathing.

Remind them that you care and that you're there to listen and support them whenever they're feeling worried.

6. Continue to check-in

As news of the conflict continues, you should continue to check in with your child to see how they're doing. How are they feeling? Do they have any new questions or things they would like to talk about with you?

If your child seems worried or anxious about what's happening, keep an eye out for any changes in how they behave or feel, such as stomachaches, headaches, nightmares, or difficulties sleeping.

Children have different reactions to adverse events and some signs of distress might not be so obvious. Younger children may become clingier than usual, while teens might show intense grief or anger. Many of these reactions only last for a short time and are normal reactions to stressful events. If these reactions last for a prolonged period of time, your child may need specialist support.

You can help them reduce stress through doing activities like belly breathing together:

- Take 5 deep breaths, spend 5 seconds breathing in and 5 seconds breathing out, breathing in through your nose and out through your mouth
- Explain that when your child inhales, they are blowing up their tummy softly like a balloon, and when they exhale the air is going slowly out of the balloon again.

Be ready to talk to your child if they ever bring up the subject. If it's just before bedtime, finish up with something positive such as reading a favourite story to help them to sleep well.

7. Limit the flood of news

Be mindful of how exposed your children are to the news while it's full of alarming headlines and upsetting images. Consider switching off the news around younger children. With older children, you could use it as an opportunity to discuss how much time they spend consuming news and what news sources they trust. Also, consider how you talk about the conflict with other adults if your children are within hearing distance.

As much as possible, try to create positive distractions like playing a game or going for a walk together.

8. Take care of yourself

You'll be able to help your kids better if you're coping, too. Children will pick up on your own response to the news, so it helps them to know that you are calm and in control.

If you're feeling anxious or upset, take time for yourself and reach out to other family, friends and trusted people. Be mindful of how you're consuming news: Try identifying key times during the day to check in on what is happening rather than constantly being online. As much as you are able, make some time to do things that help you relax and recuperate.

FREE DRESS DAY

Wednesday March 16th

TO RAISE MONEY FOR



PLEASE BRING A GOLD COIN DONATION

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WELCOME TO SELBY

EVENING

4-6PM
THURSDAY
31ST MARCH

BBQ * ICY POLES * DRINKS * ORIGAMI
MUSIC * DANCING * GAMES

SELBY PRIMARY SCHOOL OVAL

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Late Photo Orders 2022

Dear parents and students of Selby Primary School,

IT'S STILL NOT TOO LATE TO ORDER 2022 SCHOOL PHOTOS BEFORE LATE FEES ARE INCURRED

Your school photo day was held on 04/03/2022 and all students are photographed regardless of purchase. If you did not place an order but would like to, it is not too late to order online.

ONLINE ORDERING Your child's photos are now available for secure online purchase

4 EASY STEPS TO ONLINE SCHOOL PHOTO ORDERING

Step 1:

Go to www.advancedlife.com.au and enter your school code [M8B AH3 TRN]

Step 2: Enter your student's details

Step 3: Choose the package that best suits your needs (all orders will be returned to the school for collection)

Step 4: Pay for the photos via the shopping cart (upper right corner of the page)

****Online Orders have a 1.5% merchant fee applied when using Visa, Mastercard or PayPal.**

Please Note: Online ordering is available up to 7 days after photo day and after this time, processing fees of \$15 will apply to all orders.

Place your order on or before 11/03/2022 to avoid the processing fees!

PFA News

There is one major thing that sets one school apart from another and that is the community. Our families always benefit from an active community that knows each other and is involved in what is going on.

We have live music and food trucks booked and plenty of kids' activities. So come along and get involved. We need plenty of volunteers for a range of things on the day.

We would love volunteers to help with some organisational tasks beforehand. Please sign up at the office! Do you have or know a business that could donate a service or goods towards our silent auction? Put the date in your diaries and we will see you there!

HELPERS WANTED!!!!

PFA helpers needed for upcoming events including, Mothers Day. Please contact the office to register your interest.



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KARATE CLASSES

UPWEY-SELBY DOJO

SELBY PRIMARY SCHOOL- 2 MORLEY STREET, SELBY VIC 3159

COME JOIN US ON WEDNESDAY NIGHT CLASSES!

7.00pm – 8.30pm (Seniors & Juniors)

► Now Members are most welcome (First CLASS FREE + 4 WEEKS HALF PRICE)



MIXED MARTIAL ARTS • KARATE (NON-CONTACT)

Contact: Sempai Jaicob Barrot; Selbyjfp@gmail.com or Dai Sempai Holly Schwind; 0412 055 258

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SUSIE PARRY & ART STUDENTS

BOTANICAL ARTS EXHIBITION 2022

Exhibition Opening:

Tuesday 8th March, 12 - 1pm

(High tea & Bubbles provided,
alongside music by local harpist)

Exhibition Dates:

8th March - 4th April

(Open during office hours)



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WINTER 2022

REGISTRATIONS NOW OPEN

GIRLS AND BOYS U8-U23

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please register via PlayHQ**



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devil...**

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