



BENDIGO PRIMARY SCHOOL

OLD VIOLET STREET BENDIGO VICTORIA

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Wednesday 11th August 2021

We did it again:

Thanks! Well done to everyone for your flexibility and help at home last week and your preparedness to continue to support home learning again. Everyone played a part. We were also very happy here about the return to face to face learning again. We now know we can quickly switch in and out as needed. Changes are not something we can often have control over, but we can control the way we respond to the changes! On behalf of everyone, I wish to also thank our teachers for their enormous efforts and preparation again.

Communicating absences back on site again:

During remote learning we require families to check in daily with class teachers.

BUT upon return to on site attendance , we remind Parents and Carers to use the school absence line (leave a message), text the school mobile or use the Sentral Parent Portal to report an absence from school. **That way your message is processed by Sharon. We have been asked to monitor all absences from school—to make sure everyone stays connected with BVSPS please!

Shelter in Place work:

The DET has been completing work in readiness for next Summer (it will come around quickly!). There has been roof work completed on the upstairs building, new ember proof screens fitted to the windows and plans are in place for vegetation removal and clearance. Our shelter in place site at school is the Multi Purpose Room.

Parent Opinion Survey:

This annual survey provides important feedback for our schools' planning and future programmes. A percentage of parents are selected at random to complete the survey. Please find some time to complete it for us. More information is provided in the letter in this weeks newsletter. If you have any questions, please contact me.

Foundation 2022 Information night:

There is an information session for 2022 Foundation families (via Webex) to be held next Tuesday 17th August at 6pm. In the past these sessions have been held on site/ face to face. It is another example of how we can still hold events and work flexibly. Thanks to Mrs Quarrier and Mrs Lowe for their preparation.

I hope that all families were able to get some time and enjoy watching the Olympics together too—it was great to see the spirit and support with our team of athletes too.

Mandy Costello Principal

Amanda.Costello@education.vic.gov.au

Be Your Best!

Sharon.Frappell@education.vic.gov.au



Calendar of Events

Regular Events

Camp Aust OSHC

Every day, Monday to Friday

3- 6pm

Assembly

Fridays—8:45-9:15

Students and teachers only at this time.

BEFORE SCHOOL CLUBS—8am—8:30

Mondays

Library Club

Tuesdays

Library Club

Wednesdays

Brekky Club

Thursdays

Fun Fit Thursdays

Meet at 8am at Garden Gully

Special Events

Thursday 12 August

Pupil Free Day

Friday 13 August

Interschool Netball Tournament

Monday 23 August

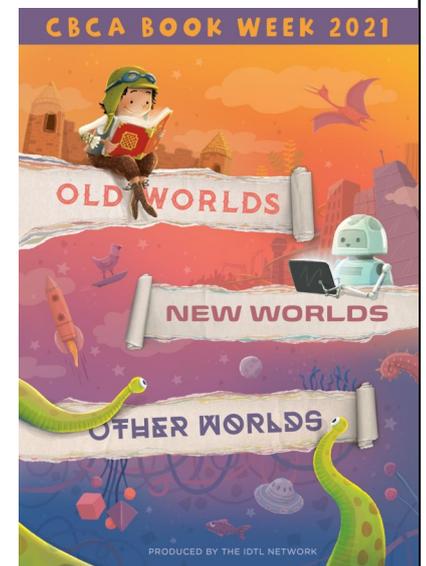
Book Week

Thursday 26 August

Book Character Dress Up Day

Thursday 2 September

Father's Day Stall



PRELOVED
SCHOOL 
CLOTHES 



Pre-loved uniforms are available via click and collect.
Please email Louise Rodriquez to find out
what is available and organise your order. Thank you!

Louise.Rodriquez@education.vic.gov.au

All donations of pre-loved items welcome!



CELEBRATIONS

*Happy Principal's Day,
Mrs Costello!*

Thank you so much for all that you do, Mrs Costello. We appreciate the way you go above and beyond in your role as Principal of Violet Street Primary. You know every student and every family in this school and care about each and every one of us.

"I think she is a great principal who takes care of the school and helps us. We couldn't ask for anyone better."

-Scarlet Rowles, Grade 5/6C



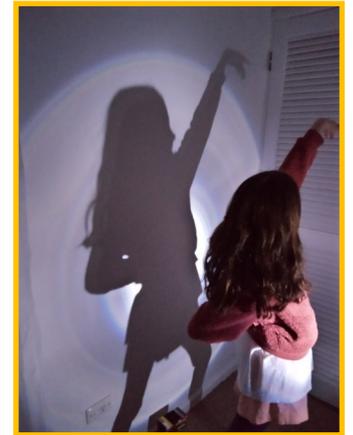
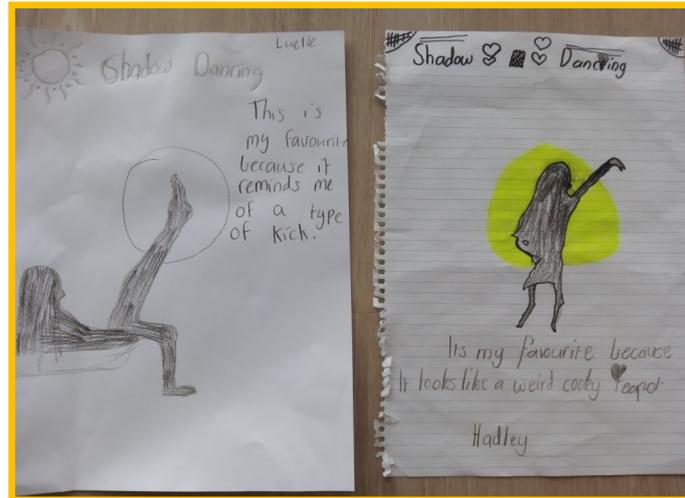
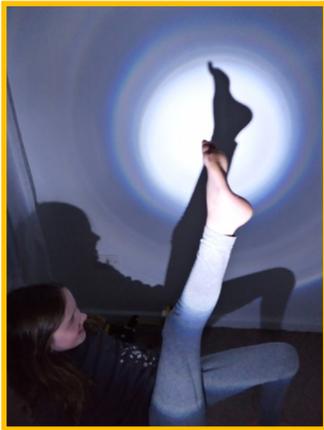
Sadly, our Principal's Day celebratory morning tea had to be postponed due to Lockdown, but hopefully we will be able to have it this Friday instead.

Here is a photo of our on-site staff last Friday, holding down the fort on our first day of this most recent lockdown.

Specialist Corner

Music

SHADOW DANCING Here are some fantastic shapes made by Luelle and Hadley for the at home Music task during the July lockdown. They made great use of different shapes and levels, and illustrated their shapes wonderfully—thanks for sharing your work!



Reading and Playing Rhythms

The grade 3 –6 classes have been warming up in class time by tapping along to rhythm videos with drumsticks. We use the sticks on the floor and have decided that when we all play them together, they make a sound like popcorn popping or bubble wrap being popped—very satisfying!

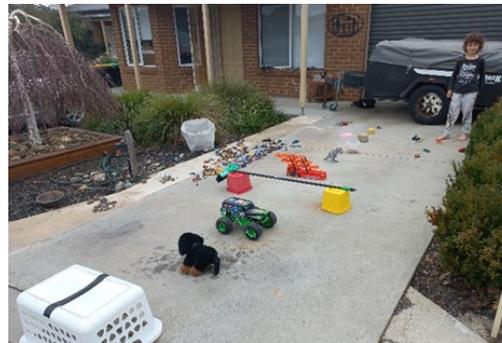
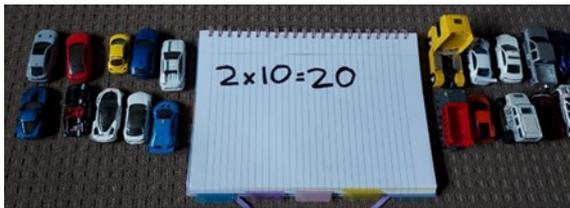


Maths

1/2 Douglas Room 8



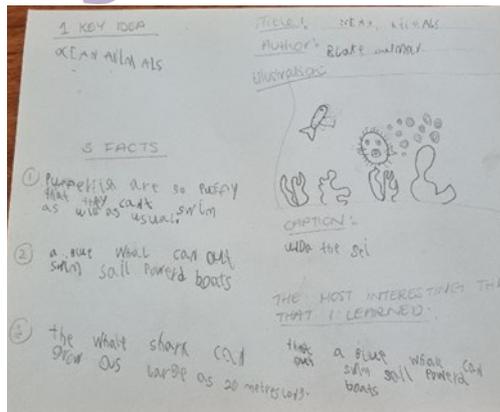
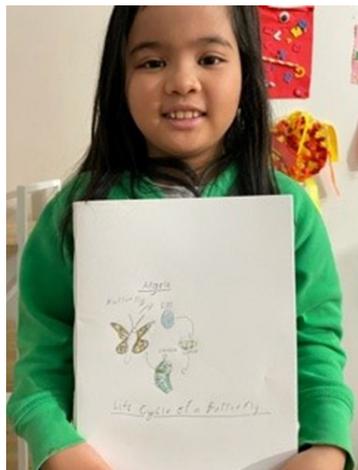
There are lots of ways to do maths at home. Did you do any of these when you were learning at home?



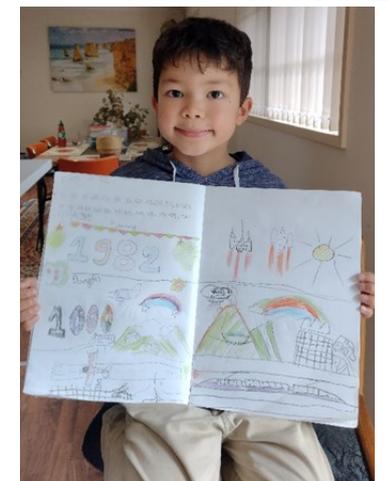
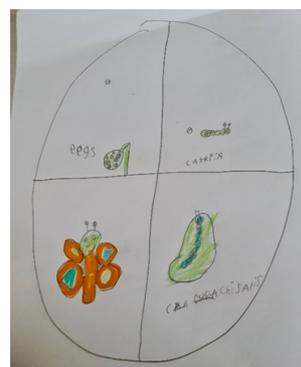
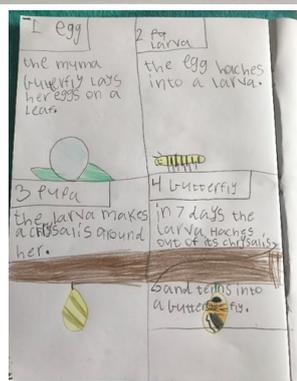
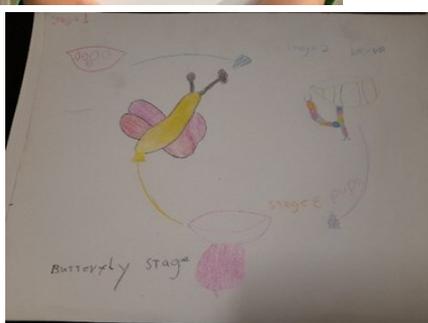
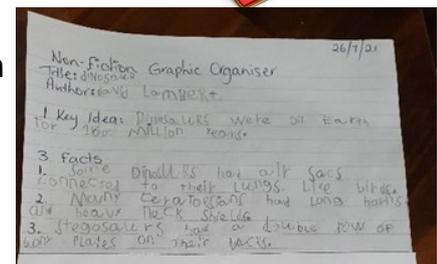
Remember you can access Mathletics at home at www.mathletics.com.au and Mathseeds at <https://mathseeds.com>

Literacy

1/2 Douglas Room 8



We have been drawing life cycles and writing about them.



Remember you can access Reading Eggs at home at www.readingeggs.com

Wellbeing at home

Supporting Children's Wellbeing and Mindfulness



As we all move through these challenging times together, parents, carers and teachers have the added responsibility of supporting the children in their care to deal with rapid change and uncertainty. Mindfulness is an active, practical and helpful tool to help adults and children alike manage the challenges many of us are currently facing.

Typical development and challenges:

At this age, children are full of curiosity. Friendships become more important, which can make being away from school and their peers difficult. With increasing learning expectations and less structured home learning environments, they may find it challenging to regulate and express how they are feeling.

Signs of distress:

During times of adversity, it is common for children to express feelings of worry or stress as anger or frustration, behaving younger than their age. Children may also experience physical symptoms in response to stress (e.g. unexplained headaches and stomach aches).

How to support them:

Do your best to maintain routines and support social connections for your children. When talking to children about COVID-19 try to strike a balance between being transparent and honest and protecting children from excessive worry about uncontrollable events. Provide opportunities for children to express themselves through drawing and symbolic play.

(Emerging Minds, 2020)

Integrating mindfulness into everyday life with the children in our care can have profound benefits for both adult and child.



Academic research shows that when we pay attention to what is happening in the present moment, with openness and curiosity, and without judgement, we activate many wellbeing benefits. These include:



Higher self awareness



Higher emotional regulation



Reduced stress

Through regular mindfulness practice we can also improve our:



Focus



Concentration



Creativity



2021 Parent/Caregiver/Guardian Opinion Survey

WE WANT OUR PARENTS/CAREGIVERS/GUARDIANS TO TELL US WHAT THEY THINK!

Our school is conducting a survey to find out what parents/caregivers/guardians think of our school. The Parent/Caregiver/Guardian Opinion Survey is an annual survey offered by the Department of Education and Training that is conducted amongst a sample of randomly selected parents/caregivers/guardians (previously known as the Parent Opinion Survey). It is designed to assist schools in gaining an understanding of families' 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.

Approximately 30 per cent of parents will be invited to participate in this year's survey. All responses to the survey are anonymous. This year, the Parent/Caregiver/Guardian Opinion Survey will be conducted from **today** to [Friday 3rd September](#).

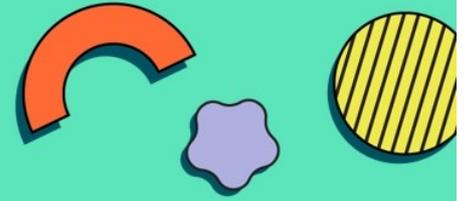
The survey will be conducted **online**, only takes **20 minutes** to complete, and can be accessed at any convenient time within the fieldwork period on desktop computers, laptops, tablets or smartphones. The online survey will be available in a range of languages other than English. These include: Arabic, Vietnamese, Mandarin, Chin (Hakha), Hindi, Japanese, Somali, Turkish, Punjabi and Greek.

The survey results are available in our school's Annual Report. Last year we used the survey results to plan for broader school programmes for our students and support for families.

Please speak to your child's teacher if you would like more information.

Regards- Mandy Costello- Principal – Bendigo (Violet St) PS.

Newsletter



National Science Week in Your OSHC

16th - 20th August, 2021

Join us for a week filled with exciting experiments.



Win a cookbook featuring your very own recipe!

Find out more at campaustralia.com.au/cooking-comp



A message from your Coordinator

Hi families,

Next week we will be celebrating National Science week! We have a fun filled week of activities planned that will encourage the children to get creative and hands on whilst learning the science behind the activity.

From Kaitlin and Amy your OSCH staff

Activities coming up

- Self inflating balloons
- Fizzy sherbet
- No cook playdough

What's on the menu

- Banana bread
- Biscuits, cheese and salsa
- Fizzy lemonade

It's free to register

To attend our program, you must register your child. You can register an account with us at pp.campaustralia.com.au or by downloading our Camp Australia smartphone app from the Apple App Store or on Google Play. Once registered, it's easy to make bookings and manage your account.



Visit our blog

New articles are added each week for parents and cover various topics to help families.

[Visit our blog](#)