



## Principal's Message

### Book Week Dress Up and Parade

Our students have all been engaged in the Glendal Olympics recently and this week we are celebrating Book Week. The traditional Book Week dress up day is tomorrow and Foundation, Year 1 and Year 2 students are invited to dress up as a character from a book or something related to the 2024 Book Week Theme of **'Reading is Magic'**. Year 4, Year 5 and Year 6 students are also welcome to dress up.

A **Book Week Parade** is being held on the basketball courts starting at 9.10 am on Thursday 22 August for all students in Foundation to Year 3.

### Being safe online

A new research report from Telstra has found almost half of all Australian children aged 10-17 spend more than two hours a day on TikTok; and that Australian children are among the highest users of the internet in the world.

*Telstra's general manager of digital inclusion, Jill Riseley, says with so many children now online it is important for parents to teach them how to be good "digital citizens".*

*Ms Riseley says the latest research shows the major concerns for parents of children using the internet are protecting personal information, exposure to inappropriate content and cyber-bullying.*

*"We found that three quarters of parents have rules for their children's internet use with access to certain websites, use of certain apps or games and limits on the amount of online time spent each day all being regulated in some way," Ms Riseley said.*

*"While these rules will help protect children from inappropriate content and create a balance between participating online and being active during the day, these days online safety is more than just using security software and passwords, it involves the actual ethics of being online and respect for others."*

*Ms Riseley says the best way for parents to teach their children respect for others and protect them against cyber-bullying is to find out what they do on social media sites and be involved in their online world.*

*It is also important to remind children that saying things online is the same as saying things in real life.*

## What's On...

### August

Wednesday 21	Year 2 Production – Forest Hill College – Kel Watson Theatre
Thursday 22	Book Week Dress-Up Day
Friday 23	9:30-11:00am Foundation Fire Education Foundation-2 Heidi McKinnon Author Visit Year 6 Snow Trip 2
Monday 26	District Athletics – qualifying students 2:45pm Junior Assembly
Thursday 29	Father's Day Stall Year 5 Elephant Ed Session 1
Friday 30	Father's Day Stall Year 6 Elephant Ed Session 1

### September

Monday 02	2:45pm Senior Assembly
Wednesday 04	Year 5 and 6 Badminton Day – selected students 9:30am-3:00pm Year 6 Students Leaders Network Day
Thursday 05	Foundation Chesterfield Farm Excursion Year 5 Elephant Ed Session 2
Friday 06	Year 6 Elephant Ed Session 2

### Please Remember

Thursday 29<sup>th</sup> and Friday 30<sup>th</sup> August is the Father's Day Stall. Don't forget to bring money to purchase a pressie for Dad.

### Term Dates

Term 1, 2024 – 30 January – 28 March
Term 2, 2024 – 15 April – 28 June
Term 3, 2024 – 15 July – 20 September
Term 4, 2024 – 7 October – 20 December



The Federal Government safety web site contains information for parents and children relating to safe internet use. See:

<https://www.esafety.gov.au/parents>

<https://www.esafety.gov.au/kids/be-an-esafe-kid/being-safe-online>

## Attendance is fundamental, every day counts

Regular attendance is crucial to educational achievement. Absence from school flows on to negative effects like leaving school early, poor academic achievement, and social isolation. Even short absences can make it more difficult for children to keep up. Non-attendance affects student outcomes and learning.

The effects are cumulative. Each further absence makes things harder for the student.

**Being late for school** is being absent from school for a short period – children miss learning. We start school at 9.00 am.

Having holidays or going overseas during school term times affects learning. We teach from day 1 of each school term. It is particularly damaging for children to miss the first week or weeks of a school term, especially Term 1.

Research shows that early education is pivotal in a child's long-term academic, social and personal development. It's a time when they learn some of life's most important skills, including critical thinking, literacy, and numeracy.

It is important that children build a strong foundation of learning and social skills in the primary school years.

Primary school education provides a strong base for lifelong learning abilities, including cognitive and social development.

## Why going to school is important

Going to school every day is the single most important part of your child's education.

Students learn new things at school each day. Attending and participating in school will help your child develop:

- important skills and knowledge to help them learn
- social and emotional skills such as good communication, resilience and teamwork.

Children who attend school every day and complete Year 12 have:

- better health
- better job opportunities
- higher income across their lives.

There is no safe number of days for missing school. Each day a student misses puts them behind.

Deborah Grossek  
Principal

## School Hours



School commences at 9:00am & concludes at 3:30pm. The arrival of children at school will be supervised from 8:45am. Children will also be supervised while they are leaving school until 3:45pm.

**Please ensure your child arrives with enough time to get to their class. Late arrivals are a disruption to everyone.**

## Attendance



Parents are requested to use the Compass Parent Portal to notify of any child absences, preferably on the day before 9:30am or prior to the day/s.

## New Address



如果您的住址和联系电话有变，  
请告知我校办公室。

### Have your circumstances changed?

Update your contact details at the School Office as soon as possible.

Please ensure you let the school office know if you have changed address or updated mobile phones with new numbers.

This information alleviates stressful situations on students when they are ill and we cannot contact parents.

## We are open...



Open Mondays  
8:45 am to 9:30am  
outside the MI cafe.

Please donate your  
quality uniforms!  
Place donations in the  
blue bin outside the  
staff room.



**It is NOT great to be LATE.**



## WHO WANTS TO BE AN OLYMPIAN? #GOINGFORGOLD

For the past five weeks the Year 4 students have immersed themselves into the lifestyles of our amazing Olympic athletes.

Students have focused on creating incredible sales pitches for a range of Olympic sport athletes. To understand and identify what is required for an athlete to reach the Olympics, the students divided themselves into three different roles. These included a dietitian, strength and conditioning coach and wellbeing coach. Through these roles, the Year 4 students examined the benefits of physical activity and physical fitness to health and wellbeing. They also incorporated these benefits into their own lifestyles by proposing changes to their daily routines to reduce sedentary behaviour and increase physical activity levels.

Here are some quotes from the students about their health projects:

*"I have enjoyed working collaboratively with my group to research all the aspects that are required to be an olympic athlete." Felix 4J*

*"The health project was fun because I was given student agency by being able to choose my own role when creating the group presentation. I enjoyed learning about how different athletes require different programs to be successful." Tanisha 4J*

*"The health projects were fun to make and I enjoyed thinking of a catchy slogan: 'Unleash your Olympic potential with our help. Benefit from our world class training, expert dietitians and 1 on 1 mental support. Together we'll create a winning formula.'" Pablo 4K*

*"I really enjoyed working with my team to try to persuade the USA athletics teams to work with us." Dinaya 4K*

*"I think the Health project allowed me to socialise, and it helped people practise resilience and being creative." Medha 4L*

*"It was interesting using the website called CalorieKing. We had to enter a type of food and it told us how many kilojoules it had." Jimmy 4L*

*"I enjoyed the Health project because we worked in groups and with our teammates, and we had the opportunity to hear each other's opinions." Varun 4N*

*"I enjoyed working with my group and listening to their ideas to make a wonderful presentation for our sales pitch. I enjoyed completing the dietitian meal plan using the CalorieKing website to find out the amount of kilojoules there are in everyday foods." Ruwanmi*



## Outside School Hours Care Newsletter

21/8/2024

Glendal Primary School OSHC -042 794 695



## Book Week Activities in After School Care



19-23 August

Book now

Dear Students and Parents,

We are excited to announce that this week is Book Week and we have a variety of engaging activities planned for the children to use their imagination and explore their curiosities. Father's Day celebration is coming up on the 26<sup>th</sup>- 30<sup>th</sup> August. Let's celebrate by making special gifts for dad! So book soon as possible at CA OSHC!



### Activities coming up

- Book week Story time
- Fairy Jelly Cups
- Sand Art creation

### Make a booking

Join in the fun of Outside School Hours Care activities and experiences with Your OSHC and Rocketeers.

Book now

## Register free and book in 24/7 via our app

To attend our program, you must register your child. You can register an account with us at [pp.campastralia.com.au](http://pp.campastralia.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.



Find out more and book now at [www.campastralia.com.au](http://www.campastralia.com.au)



**Your  
OSHC.**

# First Day Free in Term Three!

Don't miss out! Come and try our Before  
and After School Care absolutely free!



New Family Offer!

Join in the fun at our OSHC program, the first session is FREE!\*  
Register an account, make a booking and we will remove the charge.

## What can I expect in Your OSHC?

- Activities designed for your child
- Delicious snacks & food
- Art & Craft
- Sports & Games
- Life Skills
- Construction
- Imaginative Play
- Confidence Boosting
- Plus, time back for you to finish work, study or even going to the gym.



You can even use  
your free session  
on Big Art Fridays!

Every Friday, Your OSHC  
turns into a bustling art  
studio where your child will  
connect with friends and  
express their creativity all  
afternoon!

On Fridays, we pARTy!

Register free and book now at  
[www.campastralia.com.au](http://www.campastralia.com.au)

by Camp  
Australia

\*Terms and Conditions: Valid for Before or After School Care. This offer is available for a limited time only; to receive their free session/s, valid customers must register with Camp Australia before the end of Term 3, 2024. This offer is only valid for Before or After School Care sessions during Term 3, 2024. This offer is only eligible for new customers that have not attended a Camp Australia session before. Due to licensing capacities, there are limited spaces available each day, so we recommend our customers to always book in advance. To avoid exceeding capacity, some days may not be selectable. For more information visit your school's page at [www.campastralia.com.au](http://www.campastralia.com.au)

# KIDS YOGA

Every Wednesday 4.45

and Friday 4.15

Ages 5-12

FIRST CLASS FREE

SCAN BELOW



[info@yogacave.com.au](mailto:info@yogacave.com.au)

0481 611 693

1/51 Wadham Parade, Mount Waverley  
(Opposite Mount Waverley Library)

YOGA CAVE



The Cave To Be



**Special Offer**

**BOOK  
IN FOR  
A TRIAL  
TODAY!**

**We don't just teach Drama,  
we teach life!**

**Drama classes that will make the world their  
stage!**

Public speaking, confidence, communication skills,  
critical thinking, creativity, social awareness,  
resilience, problem solving, leadership, teamwork.



**STUDIO  
LOCAIONS:  
Forest Hill  
Glen Waverley  
Mount Waverley  
Wheelers Hill**

**Contact Principal Tamara White  
0411 100 538**

**[melbournesoutheast@ogradydrama.com.au](mailto:melbournesoutheast@ogradydrama.com.au)**

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