



AXEDALE PRIMARY SCHOOL

"Excellence Through Endeavour"

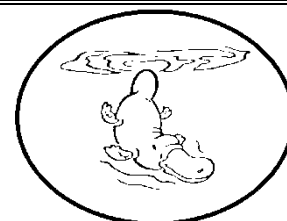
High Street, Axedale 3551

Ph. (03) 5439 7232 Fax. (03) 5439 7575

Principal – Corrina Hartland

Email: axedale.ps@edumail.vic.gov.au

RESPECT, PERSONAL BEST, RESILIENCE, COOPERATION



NEWSLETTER No. 26 19th August, 2021

Important dates:

Aug	18 th - 19 th – Gr 1/2 Camp 19 th – Finance Meeting 20 th – Gr 4/5/6 Hot Lunches 24 th - School Council 31 st – Father's Day Breakfast 31 st - Father's Day Stall	Sept	1 st – Gr 3/4 Camp – Sovereign Hill 7 th – Book Week DRESS UP 10 th - Footy Colours and Hot Dog Day. 14 th – Gr 5/6 Camp – Sunny Stones 17 th – Last Day of Term 3 - 2.30pm Dismissal 18 th & 19 th – PVF Photo Fundraiser
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We will continue to work within the Det and DHHS guidelines to ensure the safety of our community. The current DET Operations guide indicates that parents and carers can only enter the school buildings for **ESSENTIAL** visits. All visitors are asked to enter the school through the office where staff can support your inquiry. Due to strict density limits, parents and carers **cannot** enter any of our learning spaces.

We ask that you please continue to follow the guidelines – wearing a mask, signing in using the QR code (SERVICE VICTORIA APP) or the manual register, hand hygiene, social distancing and following density limits to keep our community safe.

CAMPS UPDATE

We are continuing to organise and finalise details for our grades 3/4 and 5/6 camps.

We ask that you please complete the 3 forms – Camp form, Consent form and Medical (both sides) for both Sovereign Hill and Sunnystones and return them to the office along with a \$50 deposit as soon as possible.

PARENT OPINION SURVEY

Families are asked to complete the survey the Parent Opinion Survey that was sent home tonight along with this newsletter. (Green Letter) Please complete just one even if you have more than one child at our school. Links to the survey and the password have been included in the letter and information provided. Parents/Carers/Guardians have until 3rd of September to complete the survey. If you have any questions, please don't hesitate to contact me.

TREE DRIVE

Thank you to our school community for again supporting our Tree Drive. We have received notification that we raised \$900 from the drive. Thank you to Melissa and Lily for helping to sort the orders out on a very early morning!

FATHER'S DAY and SPECIAL FRIENDS CELEBRATIONS

With the current restrictions in place, we are unable to have parents on site. Sadly, this has implications for our Fathers and Special Friends Breakfast. We had planned to hold our breakfast on Tuesday 31st August but will need to postpone until restrictions allow us to have parents on site. We will still hold our Father's and Special Friends Stall.

NETBALL COURT ROOFING PROJECT

Very exciting news!!! This week we received notification that the roofing project has been approved. We will now work on the required process to have the contracts etc completed so that we can book in a construction date.

VALUES AWARDS

Grade Prep/1

Luke – For being very organised and showing good leadership skills at job times.

Grade 1/2/3

Brock – For demonstrating the values of respect and cooperation in the classroom. Brock always offers to help with jobs in the classroom or to help his classmates when they need it. Keep up the great work Brock.

Grade 3/4

Lachie – For your strength and resilience. You are an amazing person who is always willing to help others. Keep doing what you do and be proud of it.

Grade 4/5/6B

Grace - For giving her personal best to each of the writing sessions. She followed the revising and editing process, accepting feedback from her peers and teacher when making improvements to her final piece.

Grade 4/5/6C

Annie – For showing her PERSONAL BEST in many curriculum areas. Annie uses her class time wisely and has produced some excellent results in Integrated Studies and Maths recently. Well Done Annie!



CLASSROOM ACHIEVEMENT AWARDS

Grade Prep/1

Indi – For bringing along interesting things to share and making a determined effort to speak loudly and clearly when presenting her news.

Grade 1/2/3

Lily – For her fantastic work in all areas of learning. Lily has been working hard to show her personal best at everything she does and is demonstrating her growing understanding of multiplication in maths. Well Done Lily, keep up the great work.

Grade 3/4

Cale – For demonstrating your understanding of multiplication and division when completing maths tasks and assessments. Your ability to use number facts to solve problems is excellent and you are starting to develop a strong language to describe how you solve them.

Grade 4/5/6B

Charlie - For his outstanding results on his multiplication post test. He is able to apply his skills to solve complex problems. Well Done Charlie.

Grade 4/5/6C

Shania – For a brilliant Olympic Games Project. Shania answered all the questions in detail and presented her work neatly – congratulations on a fine job Shania.



25 NIGHTS READING

Well done Ada on 25 nights of reading for this term.
What a Fantastic effort.

GOLDEN BRUSH

Well Done Gr 1/2/3 Miss Halls class for keeping
Your class room and learning space the cleanest last
week!



HOUSE TROPHY

Congratulations to Campaspe winners of this week's House Award.

MAGIC WORDS

Congratulations to all our Magic Word readers this week. Keep up the great work.



HORSE RIDING SUPERSTAR

Congratulations to Taylah on her success at her Pony competition over the weekend. Taylah can be seen wearing her ribbons and shared the details of her awards with the school at assembly on Monday.



DISTRICT NETBALL



Well done to all netballers who represented Axedale PS at the netball on Friday. The team demonstrated excellent sportsmanship and our school values. The girls worked well together as a team giving each other encouragement and guidance.

The girls were happy to give new positions a go and came together well as a team as they had never played together before. It was a successful day with Axedale finishing 3rd with a couple of wins under our belts. Well done girls.

LATE ARRIVALS

Could I please remind parents and carers that it is important to sign students in if they are arriving late at school. We understand that appointments may need to be made during school hours but ask that a parent please come to the office and sign a student in if they are arriving late.

BREAKFAST CLUB

The current DET guidelines indicate that our school breakfast program is an essential service and therefore can continue to be delivered. We look forward to the students sharing breakfast with their friends next Tuesday!

Week 6 Tuesday 17th August

Laraine Leask and Mel Doak

Week 7 Tuesday 24th August

Hannelie Schutte and Mel Doak

Thank you to our wonderful volunteers for assisting with the running of this program. Please contact the school if you can offer any assistance or would like to be put onto the roster.



PVF PHOTO FUNDRAISER

PVF have organised a Mini Sessions Photoshoot fundraiser with Chris Epworth Photos on Saturday 18th and Sunday 19th September. When held in the past, these have been extremely popular, with sessions booked very quickly.

“Mini Sessions are our way of giving back to the community. Our sessions are \$50 with most of that going straight back to the group we are supporting that day.

The sessions are fun, relaxed and we hope to get the best out of the kids and the family. After the session you will get a link to a private online gallery where you get to choose your images, 5 digital images come as part of the package but there are options to purchase more digital images.”

Please follow the link below to make your booking – under the Axedale Primary School Tab.

<https://www.chrisepworth.com/minisessions>

JOKES:

What types of animal flies around the school?

Answer: An alphabat (thanks Clementine)

What is a maths teacher’s favourite animal?

Answer: a death adder (thanks Paddy S)

Corrina Hartland
Principal

FORMS TO BE RETURNED OR ORGANISED AT SCHOOL

Grade 3/4 & 5/6 Camp Permission and Medical Forms.

Prep School Nursing Questionnaire – New forms available from the Office

GR 1/2 CAMP – CAMP GETAWAY

(more photos next week!)



INSIGHTS

Prioritising mental health in the digital world



Whilst there may not yet be conclusive evidence linking digital media use to poor mental health outcomes there's no denying that it's one of the chief concerns facing parents and educators of children and adolescents, growing up in a digital world. The contradictory research findings confirm that this is a complex topic.

There's certainly consensus in the research that young people are heavy technology users, which comes at a cost of their psychological and physical needs. Their digital behaviours eat into the time that was once available for three pillars of mental health – sleep, relationships and exercise.

Minimising sleep disruption

Sleep is vital for mental wellbeing and emotional regulation in childhood and adolescence. Inadequate amounts or poor-quality sleep can cause mental health issues. Studies consistently show that Australian children and teens aren't getting enough sleep. Digital device use is also linked to sleep disruption, impacting the sleep-wake cycle. The Lancet study suggested that nearly 60% of the impact of young people's psychological distress could be attributed to disrupted sleep and exposure to cyberbullying.

Parents need to remind children and young adolescents about the critical role sleep plays in their psychological wellbeing. Parents can help adolescents foster healthy social media habits by establishing a digital curfew, keeping devices out of bedrooms and discouraging teens from 'bookending' their day with social media as it can easily trigger the stress response at these times.

Maintaining healthy relationships

Positive relationships are fundamental to a young person's psychological wellbeing. Adolescents are biologically wired for relational connection. They want to be part of a tribe. Whilst teens and pre-teens may insist that technology connects them and caters for their relational needs, if used excessively or inappropriately, technology use can compromise their relationships and deteriorate their mental health.

Parents need to encourage and sustain opportunities for real interactions amongst adolescents. When we connect in-person the brain releases oxytocin, the social bonding hormone, which isn't replicated online. The need for keeping a balance between digital and face-to-face interactions is paramount.

Ensuring sufficient exercise

Sedentary social media and digital consumption frequently replaces physical movement on weekends and after school, which are the opportunity times for kids' sport, free play and outdoor activities. Brain science now informs us that physical exercise boosts serotonin and neurotransmitters such as dopamine and norepinephrine that play a critical role in regulating adolescents' mood. Lack of exercise is now being linked to the current anxiety epidemic that we are seeing in young people.

parenting * ideas

Parents need to ensure that children experience a minimum of 30 minutes exercise, and teens a minimum of 60 minutes. "Go outside and play" is a term that this generation needs to hear as frequently as children in past eras.

In closing

The research into the links between kids' digital technology use and their mental health presents a complex picture that defies simplistic conclusions. Blanket statements and headlines that suggest screens and social media are to blame for kid's poor mental health aren't helpful as technology is now a part of all our lives. However, there is enough evidence to suggest that the key pillars of mental health outlined above can be severely impacted by the overuse of digital technology. All things in moderation, a common guideline for healthy living, is best when considering kids' social media and digital technology use.

SPRING 2021 HOLIDAY PROGRAMME

379 EAGLEHAWK RD, EAGLEHAWK 3556

A timetable and full programme information is available online or at the programme venue.

Who can attend: Boys & Girls aged 4-12 yrs

General information: We believe in giving children opportunities to do the things they love and enjoy in a supportive and encouraging environment. Our friendly staff are passionate about working with children. They are provided with training on behaviour management techniques, first aid and activity planning/delivery.

What do you need to bring: Appropriate clothing, jacket or sweatshirt, hat, drink bottle and food for morning tea, lunch and afternoon tea.

Payment details: Payment is required up-front within 2 hours of your booking. A receipt will be issued when a completed booking is received. All details will be included on the receipt.

Please note: Every care will be taken to ensure the safety of your child/ren and their property. However, organisers of Kelly Sports accept no liability for any injury sustained to your child/ren or any loss or damage to his/her property whilst on the programme.

Prices: (Including GST) **Half day:** \$35
8:30am - 12:30pm or 1:00pm - 5:00pm

Five-Day Discounted Price: \$195 **Full Day:** \$50
Mon-Fri, 8:30am - 5pm

EARLY BIRD DISCOUNT: Sign up online before September 10th to receive a 10% discount on your full day booking

Website: www.kellysports.com.au
Contact: Beau Cross
Email: Beau@kellysports.com.au
Phone: 0428 326 924
Facebook: Kelly Sports Bendigo
Address: 9 Barnbuckle Place, Eaglehawk, 3550



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