

'Around the Grounds' SPS Newsletter

Our School Vision

For all students to become successful learners; confident, creative and curious individuals who are active and informed citizens

Friday 2nd August 2019

Year 3/4 Showcase of Learning

Our awesome year 3 and 4 students have immersed themselves in showcasing their information reports to the school community. They spent weeks researching and putting together an information report that was interactive, informative and eye catching. Students who viewed the showcase gave written feedback to each presenter.

Currently, the year 3s and 4s are investigating memoirs. They will be writing various types of memoirs over the term. Stay tuned! They may ask you to share a memoir!

In Reading, the focus is inferring. Students are exploring the different character traits and behaviours and are finding direct quotes from the text to support their thinking.

In Mathematics, students are engaging in number games, involving multiplication and division.

With the 150th celebration of Sunbury Primary School, the 3/4s will be investigating students' lives over time and how they spent their free time in the school yard.



DATES to remember

August

- 9/08 5/6 Science Works
Excursion
- 16/08 Curriculum Day
- 19/08—23/08 Book Week
- 26/8—Prep / Prep 1
Bundoora Park Excursion
- 27/08—28/8 Year 2
Lady Northcote Camp
- 29/08 Father's Day Stall
- 30/08 Father's Day Stall
- 30/08 Fathering Project
Father's Day Breakfast
- 13/09 5/6 Science Fair
- 20/09 End of Term
2.30pm Finish
Morning Assembly

Other Future Dates to remember:

- 2020 Prep Enrolments—
Student sibling packs available at the
Office.
- Year 4 Camp Dates:
23/10/19—25/10/19
- Charlie & The Chocolate Factory
Excursion—SOLD OUT
Wednesday 20/11/19
- Year 3 Camp Dates:
02/12/19—04/12/19

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Ms. Najdovski's Bulletin



Welcome back

Welcome back to Term 3! It is wonderful to have everybody back safe and rested, ready to begin a bustling term. This term has many exciting events and activities scheduled. These will be communicated with the relevant families accordingly.

Curriculum Day

Please note that Friday 16 August 2019 is a scheduled student free Curriculum Day for Sunbury Primary School. Curriculum Days are an integral component in educational settings. They provide staff with the opportunity to work collaboratively to improve the teaching and learning of our students. On this day, staff will work on developing the Reading and Viewing program.

Volunteers

I would like to thank our community for their commitment to volunteering at our school. The recent Volunteer Information Sessions held were well attended. Throughout this year 86 members of our community have completed the session, and are volunteering at the school in some capacity. This is invaluable for the staff and a great support for our students. Thank you!

Staffing

I would like to take this opportunity to thank Mr Cameron Nichols, once again, for his unwavering commitment to the students at Sunbury Primary School. Cam has most recently been working in 5/6M, replacing Alex Massaro for the last 4 weeks, but has been a regular relief teacher for the school for a number of years. Cam is a very much loved member of our staff. Cam will be moving on to live in Thailand in the coming weeks. I'm sure the Sunbury Primary School community will join me in thanking Cam for his many years of dedication and service to our students and wishing him all the best on this next new life adventure.

Ms. Najdovski's Bulletin

Professional Learning Communities

For the last two years, we have had a very strong focus on the development of Professional Learning Communities (PLCs) within the school. PLCs bring together teams of teachers and leaders with a singular focus on success for every student. They are characterised by teacher collaboration, shared practice, collective responsibility and pedagogical change to inspire change of practice. The work of PLCs is undertaken through regular cycles of disciplined, collaborative inquiry, and ensure student learning drives teacher learning through targeted professional learning, classroom observation and the support of school leadership.

I recently received the very exciting news that Sunbury Primary School has been selected to be a 2020 PLC Link School, which puts our school at the forefront of this amazing initiative. This has come about after Department of Education and Training (DET) recognition of our rigorous participation and Amanda's leadership of the PLC work in our Sunbury and Diggers Rest Principal's Network. Further information about what this means for us will be provided in the coming months as we work together with DET, to begin preliminary planning. Exciting times ahead!

Vintage Fair

I'm guessing you would have all seen our amazing boards, advertising our upcoming Vintage Fair. This event is scheduled for Saturday 19 October 2019 and celebrates 150 years of Sunbury Primary School. Planning is well underway for this extremely exciting event, with many rides, attractions and stall holders having already been confirmed. Signage has been placed up at the entrances to Sunbury and the front and back gates of the school property. Invites have been sent out on our social media platforms with a 600+ attendance response, already. Further information to follow.

Thank you

I would like to take this opportunity to thank the staff, students and families for their support during my time in the Acting Principal role, throughout the 9 weeks of Amanda's absence. I'd also like to thank Kim Sharpe for doing an outstanding job in the role as Acting Assistant Principal throughout this time. Amanda is returning on Monday 10 August and I know she is very much looking forward to her return, and to seeing you all.

Shana Najdovski

MENTAL HEALTH AND WELLBEING



The Importance of Sleep

We spend around a third of our lives asleep; it's a time when our bodies do lots of growing, repairing and restoring. The early years of life are a peak period for growth and development, and quality sleep is essential.

Supporting kids to get the amount of sleep and the sort of quality sleep they need can help them to be healthier and happier.

Helping your child to get the sleep they need

As a parent, you will know that when your child hasn't had a good sleep they can be moody, irritable and cranky. When your child is moody and grumpy, it can make you pretty grumpy too!

A lack of sleep can also affect your child at school. A tired child will struggle to concentrate or follow instructions, and might behave in a restless and disruptive way or just doze off in the middle of the day.

Not getting enough sleep also impacts on your child's ability to remember, pay attention, react in a timely way, make decisions and act creatively – all essential parts of life and learning.

Supporting your child to get the amount of sleep and the sort of quality sleep they need can help them to be healthier, happier and better learners.

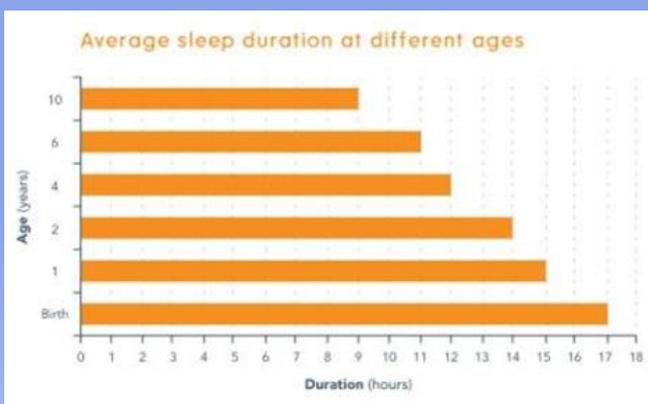
Getting good quality sleep

Lots of different things can make sleep difficult: children can feel anxiety and worry, or they might only fall asleep with a particular person nearby, or with the television on.

Establishing a good bedtime routine and sleep habits is known as *sleep hygiene*. For children to get the quality sleep they need for learning and development. Some ways we can help establish and maintain good sleep habits include:

- Having a **regular bedtime**: for 5 and 6-year-old children, 7.30pm is a good bedtime
- Having a **regular wake-up time**: having the same or similar bedtime and wake-up time on school days and weekends is important. You can help this time to become part of your child's routine.
- **Avoiding caffeine**, especially after 3pm. Not many children drink tea and coffee, but cola drinks, Milo and chocolate also contain caffeine and can have a big effect on your child's ability to go to sleep and stay asleep.
- Ensuring your child's bedroom is **cool, quiet and relatively dark**
- **Avoiding all stimulating activities** for the hour before bed, such as TV and computer games – both console and handheld devices. It's a good idea to keep TV and computer games out of the bedroom too.

How much sleep do kids need?



At different ages, we need different amounts of sleep. Take a look at the graph on this page. You might be surprised by how much sleep the average child needs for healthy development. Some children will have sleep problems that go beyond putting a good sleep routine in place. If you have particular concerns about your child, there are resources available on the Raising Children Network to help you to start to [manage your child's sleep problems](#), or you can talk with your GP.

School Of Rock Performance

Congratulations to all the students who performed at The School of Rock. Your passionate and impressive performance of the 'Dokkoi Sa' and 'Taiko Shuffle' did our school proud! Well done everybody!



Gnome Hunt Prize Winners

Congratulations to all our families who participated in the annual Gnome Hunt, overall we had 5 families who won prizes.



Girls Soccer Finals

The Sunbury Primary School Girl's Soccer Team recently competed in the Woodlands Division.

It was perfect weather for playing soccer, and our team held up the values of the school, displaying good sportsmanship, good attitudes and laughter throughout all our games.

Unfortunately we didn't come away with a win, however we all played well and made our school proud.



SUNBURY PRIMARY SCHOOL
150 YEARS CELEBRATION
VINTAGE FAIR

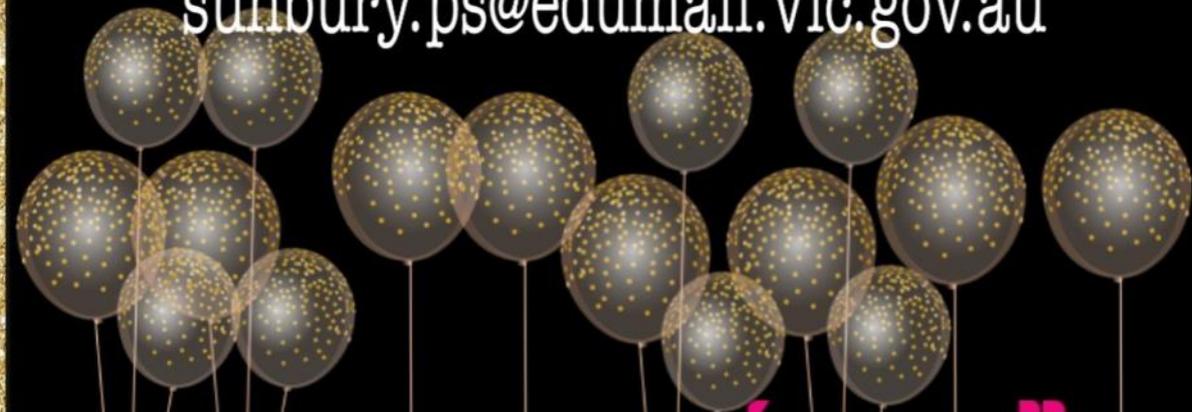
SATURDAY 19TH OF OCTOBER
4.00PM TILL 9.00PM

Fun
Rides

Live
Music

Food Trucks
& Stalls

The Heights, Sunbury PH 9744 9744
sunbury.ps@edumail.vic.gov.au



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Father's Day Breakfast

The aim of The Fathering Project is to encourage fathers and father figures to strengthen ways in which they are engaged with their kids, share the enjoyment in their lives and most importantly, have fun with them.

We realise that strong role models play a critical part in a child's upbringing and is directly linked to improved development outcomes. As fathers and father figures we have a profound impact on kids, thus it is of great importance to create opportunities to interact with our children as effectively as possible and connect with other dads in this journey. Our vision is to ensure every child has an effective father or father figure for the benefit of the children in the school community.

When: Friday 30th August 2019

Time: 7:30am

Where: Sunbury PS - 41 The Heights, Sunbury 3429

Who: Dads/Grandads/Uncles/Male Role Models

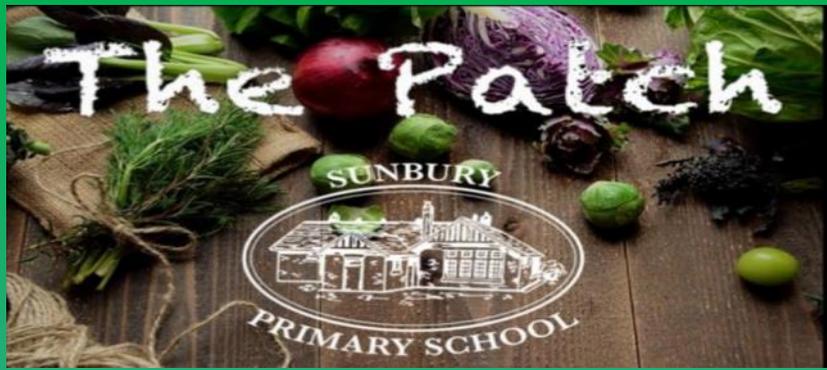
Cost: Gold Coin Donation

RSVP: Friday 23rd August 2019

Future Events:

- **Outdoor Adventure Day – Woodlands Historic Park - Sunday 23/11/19**
- **2019 End of Year Celebration – Sunbury Bowling Club – Friday 13/12/19**
 - **Creepy Campout – Friday 13/03/20**
 - **Brimbank Park Cycle Day – Sunday 3/05/20**
 - **Father's Day Breakfast – 4/09/20**
 - **Billy Kart Derby – Sunday 11/10/20**

If you would like to become involved in suggesting and organising fun filled events, feel free to contact us via our Facebook Page: -
Search for "Sunbury Fathering Project - Sunbury Primary."



Welcome to The Patch monthly update!

THE PATCH MARKET STALLS

Friday the 30th of August, 3:30pm - 4:30pm

The Patch

We're back and preparations ahead of the growing season are in full swing. The Garden Warriors have been caring for our six chickens, Henrietta, Chicken Nugget, Henny Penny, Hen Solo, Princess Layer and Master Yolka by clearing out and replacing the hay in the chicken's chicken run. The chickens were very pleased with their freshly cleaned chicken run as they started to lay again. Yay!

The tribe enjoyed some rare winter sun, potting up some succulents to care for at home. They also worked together as a team to help Colin construct 2 new composting bays by repurposing free timber pallets from Bunnings. The new composting bays will help The Patch turn some of the food scraps collected during War on Waste Wednesday in to rich compost.

The Garden Warriors got grubby mixing compost, flour, water and seeds with their hands to create seed spheres. Unfortunately, due to the cooler weather the seed spheres did not dry out, so we'll have to try that activity again in the warmer months.

July's School's National Tree Day has inspired us to create our very own indigenous bush tucker garden. 30 native plants were generously donated by Hume City Council through their 'Hume Seedlings for Schools' initiative. The plants are tube stock (very young plants), so they will need to be potted up into larger pots so that we can care for them until they are big enough to be planted directly into the ground. The Garden Warriors painted up the pots that were left over from last year's Horticultural Day. They used indigenous colours and cotton buds to create indigenous inspired dot designs.

The Patch has purchased a set of the Stephanie Alexander Kitchen Garden Syllabus for Primary Years Prep – 6. This means Volunteers and the Sunbury Primary School Teaching Team now have access to this fantastic resource giving our volunteers and teaching team everything they need to plan and run a successful kitchen garden program including, preparation advice, full sets of seasonal garden activities and recipes, curriculum links and much more. Mrs Gatt presented this fantastic new resource to the teaching team just before the school holidays. The teaching staff were very impressed and excited, so we hope to see more classes utilising The Patch as a learning space more often.

Keep up to date with all of the latest news from The Patch including War on Waste Wednesdays! Join the SPS Green Thumbs Facebook Group by searching: SPS Green Thumbs then send through a request to join.

War on Waste Wednesday

War on Waste Wednesday is a huge success with over 30 families (and counting), diverting their food scraps away from landfill each week. This means that The Patch's two volunteers clean and dry A LOT of buckets. If you'd like to help us out, we start cleaning and drying the buckets 3:00pm every Wednesday and finish just in time for school pick up.

We welcome new families to take part and have increased the number of buckets over the school holiday break so if you would like to take part grab yourself an empty bucket during War on Wednesday, every Wednesday during school terms, 8:30am-9:00am.

Some lovely feedback from two of our WOW Families;

"I'm loving the War on Waste Wednesday set up as it's great teaching the boys how to sort through the scraps, showing them what you can compost and what goes in the bin. The option to drop off soft plastics as well is great as I feel it's even less waste going to the tip! The boys even bring home their popcorn packets for me to put in the soft plastics bag!" - Angela A

Asha and I have loved being involved in War on Waste Wednesday ... I thought I knew a fair bit about recycling my scraps but have learnt a lot more! Like no bread in the compost! I've also noticed that we were wasting food and the process has made me more conscious of what I buy and when. It's been so great watching this initiative grow and people carrying their white buckets into the school on a Wednesday morning. Great work team.

- Julie H

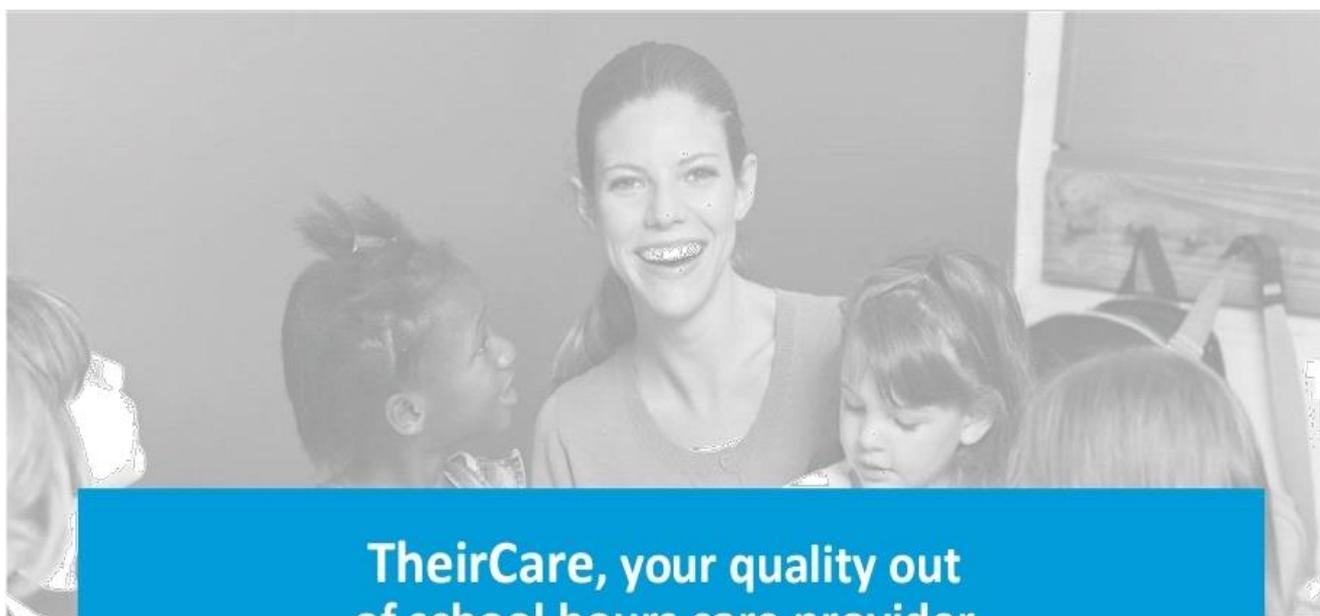
War on Waste Wednesday's Dos and Don'ts

Do

Line your WOW Bucket with newspaper. Lining your WOW bucket with newspaper helps to soak up any nasty juices to keep your WOW bucket smelling fresh(er). It also helps us add more brown matter into our compost and makes the WOW buckets much easier to clean.

Don't

Put bread into your WOW bucket our composting systems are open composting bays and bread attracts vermin.



TheirCare, your quality out of school hours care provider

Sunbury Primary School

About the program

TheirCare provides a stimulating and safe environment for all children and an environment where children come and enjoy their time in their program. During sessions children develop life skills, friendships, confidence and creativity through play.

Sunbury Primary School has partnered with TheirCare to provide quality care, flexibility and commitment to deliver on our promise to your school community.

Operation Times		Fees	Out of Pocket	Average
Before School Care	7:00am – 8:45am	\$20.50	\$6.72 - \$20.50	\$7.53
After School Care	3:30pm - 6:30pm	\$24.00	\$5.64 - \$24.00	\$6.72
Holiday Program	7:00am - 6:30pm	\$70.00	\$16.45 - \$70.00	\$19.60
Pupil Free Day	7:00am - 6:30pm	\$70.00	\$16.45 - \$70.00	\$19.60
Casual/cancellation Fee	Within 48 hours	\$5.00	\$5.00	
Cancellation fee	Same day	Full Fee	See BSC / ASC	

Service Phone Number: 0447 003 879

Your service coordinator will be available during session times.

TheirCare support is available during office hours if required on 1300 072 410

How to Enrol

Visit TheirCare website: www.theircare.com.au/registration