



Eildon Primary School No. 3931

School Values: Respect-Resilience-Cooperation-Integrity-Achievement

Together we will develop a thriving community of creative, respectful and resilient learners who strive for physical, social and intellectual growth.

45 High Street, Eildon ... 3713

Phone: 03 5774 2074

Fax: 03 5774 2599

E-mail: eildon.ps@edumail.vic.gov.au

Web: www.eildonps.vic.edu.au

Principal: Mr. Jai Harrington

Newsletter 1

29 January 2021

2021 Leadership Team

School Captains: Toby Hall & Ashlyn Newman

Vice Captains: Erica Hodge & Tyrone Seyfang

Goulburn House Captain: Brody Ricco

Delatite House Captain: Lachlan Tatham

SRC Captain: Seth Pilcher

Sports Captains: Hudson Hall & Kaiden Lovett



Reminders

Monday 1st February

Swimming begins every day this week

PLEASE NAME ALL YOUR CHILD'S CLOTHING

Please put your child's name on all items of their school uniform.

Parents are always looking for jumpers etc and when there is no name the article cannot be returned to the owner.

This is VERY important during the swimming program.

Wednesday's in February

Prep students **do not** attend school on Wednesdays. Prep students start full time at the beginning of March

Wednesday 3rd

8:15→8:55am Come & join the staff for an Egg & Bacon breakfast

Friday 5th

2pm EPS Swimming Carnival

Tuesday 16th

Cluster swimming sports in Yea

Thursday 18th

7:30pm School Council Meeting in the MP Room

Our Foundation students, Shayla, Scarlett, Lillian, Charlotte and Hunter were very excited to be starting school.

Appreciations

Thankyou,

☺ Laura , Griffin & Phoenix Kool for putting together the food hampers for all our families at the end of last year.

Our next Newsletter will be sent to families via the School Stream App.

Principal's Report Term 1 Week 1 - 2021

Well it was lovely to see all of the parents back on the school grounds yesterday at our outdoor assembly. We hope you all had a nice break and we look forward to "getting back into the swing of things." Thanks to everyone for adhering to our Covid19 procedures of signing in, carrying a mask, using sanitiser and social distancing. Monday morning assemblies will resume now and be held in exactly the same manner until further notice.

We have a week of swimming lined up starting this Monday 1st Feb. It will be a bit cooler next week by the look of it but we will press on nevertheless as it is such an important program. Any parent helpers are welcome and it has been great to see that many of our students have been practicing their swimming skills over the break. We will hold a carnival next Friday at the Eildon Pool same as last year in order to prepare for the Cluster Swimming in Yea the following week. Parents are welcome to come down and watch.

Monday Night Social Tennis (6pm) will be starting up again next Monday as the Australian Open kicks off the following week. We will also be starting up Junior clinics again next Thursday (4pm) again at the All Eildon Tennis Club.

New players are always welcome. Tennis is a very healthy and social sport and we encourage our families to join in to support sport in Eildon. We will also be supporting the Thornton Eildon Football Club again this year as they plan to run Auskick sessions again with our students. Families are reminded that the Eildon Community Centre is available for hire at \$20 per hour with the key available from the Eildon Service Station. The Eildon Community Centre Committee meets on the first Monday of each month (next meeting this coming Monday @ 7:30pm).

This term we have a new staff member Mrs Bec Lyttle

who is teaching the students Indonesian and PE on Wednesdays. We welcome Mrs Lyttle who is a valued addition to our school community. We also have Mrs Barbara Hartig joining us for Term 1. Barb will be tutoring some of our students to help them catch up from all the remote learning last year.

The buildings and grounds continue to evolve and I am sure many of you have noticed some of the numerous improvements that have recently taken place for the benefit of our students.

Finally, a big congratulations to Hudson Hall who came third in his age group in the recent Victorian Mountain Bike Championships held here at the newly reconstructed Eildon Mountain Bike Track.

Wishing everyone a safe, enjoyable and productive year ahead.

Privacy Statement

Our school collects, uses, discloses and stores student and parent personal information for standard school functions or where permitted by law, as stated in the [Schools' Privacy Policy](#)

Please take time to remind yourself of the school's collection statement, found on our website

<https://eildonps.vic.edu.au/publications>

For more information about privacy, see: [Schools' Privacy Policy – information for parents](#).

This information also available in nine community languages.

Camps, Sports and Excursions Fund applications

The Camps, Sports and Excursions Fund helps eligible families to cover the costs of school trips, camps and sporting activities.

If you have a valid means-tested concession card, such as a Veterans Affairs Gold Card, Centrelink Health Care Card or Pensioner Concession Card, or are a temporary foster parent, you may be eligible. There is also a special consideration category for asylum seeker and refugee families.

Payment amounts this year are \$125 for eligible primary school students. Payments are made direct to the school to use towards expenses relating to camps, excursions and sporting activities for the benefit of your child.

If you applied for CSEF through our school last year, you do not need to complete an application form this year, unless there has been a change in your family circumstances.

If you would like to apply for the first time, please contact the school office on 5774 2074 and ask for an application form.

You can also download the form, and find out more about the program and eligibility, on the Department of Education and Training's CSEF web page.

Check with the school office if you are unsure, and please return completed forms to the school office as soon as possible.

Swimming Program

Swimming will commence next Monday and will run all week. Please make sure that your child has his/her bathers and a towel with him/her every day. All children are encouraged to wear a swimming top. If you want your child to stay at the pool after lessons please be at the pool by 3pm before the children change to come back to school.

We need Parent helpers, if you are able to help at any time please contact the office.

PARENT PAYMENTS 2021

Parent Payments are set by School Council and currently stand at \$155.00. This charge covers all class consumables e.g. books, pens, pencils, folders, reader covers etc. and also extra-curricular charges which include Life Ed, cultural visits and swimming.

In order to attend camps, school and camp fees must be paid in 2021. Please start making payments early.

Funding for children's needs is met partially by the Department of Education and Training and from contributions by parents.

If you have any queries, you are asked to discuss this arrangement with the Principal. If you have difficulties with making your contribution to the cost of your child's requisites, please contact the school so that suitable arrangements can be made.

There is also a Voluntary Charge for Curriculum \$50 and Grounds Beautification \$50.

Payments can be made by cash, Cheque, BPay or by Direct Deposit. A lump sum of \$155.00 can be paid at start of term or quarterly payments of \$38.75 at the beginning of each term.

Conveyance Allowance:

Conveyance Allowance is available to eligible families who drive their children to school and live **further then 4.8km** from their nearest school, by the shortest practicable route. The allowance is paid each term. Forms are available from the office for eligible families.

School Hats

School approved hats will be worn by all children during term 1 and 4. School hats are available to purchase from the office for \$14.50

Swimming Bags

Swimming bags are available to purchase from the office for \$5.00. Children will be able to keep their swimming gear together and can be used later as library bags.

BOOK CLUB

Dear Parent,

The best gift any parent can give a child is the love of good books and the joy and benefits of good reading. Children who read at home, or are read to, have a head start on reading success in school.

Our school is participating in Scholastic Book Clubs this year. Twice a term during the school year the school will send home a Club flyer with a different selection of books offered. You'll find award-winning books, as well as old and new favourites. The books span a wide range of children's reading levels and interests. There are many inexpensive titles to choose from (some books cost as little as \$1 and \$2) to build your Home Library.

Just look over the flyer with your child, select the books you want, and go to:

<http://parentpayments.scholastic.com.au/>

or download the Scholastic Book Club App found in the iTunes Store or GooglePlay. For ease of use and to ensure families are placing correct orders and making secure Credit Card payments, we are offering Linked Online Ordering and Payments (LOOP). We are also accepting payments by Cash or Cheque (made payable to Eildon Primary School) for Book Club Orders at the office.

The books will arrive around two weeks after the Book Club LOOP is submitted. Upon closing orders, they are submitted to Scholastic and will be delivered to the school and given to the Class teacher for distribution. Each order helps earn free books and teaching materials for our school, however there is never any obligation to place orders. I know of no better way to encourage reading than to allow children to choose the books they want to read.

I hope you enjoy Book Club in 2021!

We will be holding our Book Fair from **Wednesday 10th to Monday 15th March** this has been very successful for our school in the past and is great for the children to see the books before they buy.





When children eat well they behave better, are able to listen well and concentrate for longer. Packing a healthy school lunchbox will help children to learn and play well and be happy at school.



Steps to planning a healthy lunchbox

1. Make time to prepare. Have fresh fruit and vegetables, milk and yogurt, bread and crackers all bought in advance.
2. Shop wisely and save money. Buy fresh fruit and vegetables in season to ensure good quality and value for money.
3. Make your own snacks. For example snack packs from fresh ingredients which you can buy in bulk.
4. Look after the environment. Put sandwiches and other items in reusable containers. This uses less packaging and creates less rubbish.
5. Choose a variety of foods from the 5 food groups (see table below).
6. Include a bottle of water. No need for sweetened drinks such as juice, cordial or soft drink as these contain too much sugar which is not good for teeth. Non-water drinkers usually start drinking water with the example of other children. Freeze a small quantity each night and top up with cold water in the morning for a cool summer drink.
7. Keep food cool. In warm weather freeze a water bottle or put a small ice pack in the lunchbox.



IN THE KITCHEN

- Select easy lunchbox recipes to cook up on weekends
- Share simple tasks such as cracking eggs, stirring and measuring ingredients
- Help kids build their own lunchbox by keeping a selection of healthy grab and go items
- Encourage kids to fill their drink bottles with water

Set healthy lunchbox rules that include choosing a food from each food group

AT THE SHOPS

- Allow kids to choose their own fruits and vegetables
- Avoid the junk food aisles and set limits on highly processed foods
- Ask kids to help look for products with the most stars

Look for four or more stars on packaged snacks



IN THE GARDEN

- Set up a vegetable patch or pot with some easy to grow vegetables and fruit
- Let children plant and pick their own vegetables, for snacks.
- Set garden tasks such as weeding and watering



Easy grow ideas are cherry tomatoes, snow peas, baby cucumbers, and strawberries



www.healthylunchboxweek.org



<https://www.healthylunchboxweek.org.au/recipes>

Follow the link for some terrific recipe ideas



Lunches can be kept in the school bag for many hours and are likely to get warm. This increases the risk bacterial growth and food poisoning.

Follow these simple steps to keep lunchbox food safe.

STAY CLEAN

- Wash your hands before and after preparing food.
- Keep food benches and chopping boards clean and dry.
- Ensure lunchbox and utensils are washed before use.



STAY COOL

- Use an insulated lunchbox.
- Pack an ice brick, frozen water bottle or frozen yoghurt pouch to keep the lunchbox cool.
- Refrigerate the lunchbox where possible.
- Keep the lunchbox out of the sun

HIGH RISK FOODS

Be extra cautious of the following foods, as they are most likely to spoil:

- meat
- poultry
- soft cheese
- egg
- dairy products
- seafood
- cooked pasta or rice



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www.healthylunchboxweek.org.au



February 2021



Eildon Primary School
45 High Street
Eildon VIC. 3713
Principal: Mr. Jai Harrington

Phone: 03 5774 2074
Fax: 03 5774 2599
E-mail: eildon.ps@education.vic.gov.au
Web: www.eildonps.vic.edu.au

| Mon | Tue | Wed | Thu | Fri | Sat | Sun |
|---|--|--|--|---|-----------|-----------|
| 1 Swimming every day this week  | 2 | 3 8:15→8:55am Breakfast  No Foundation Students Attend school Today | 4  Cooper | 5 2pm Eildon PS Swimming Carnival | 6 | 7 |
| 8  | 9 | 10 No Foundation Students Attend school Today | 11  Jake | 12  Seth | 13 | 14 |
| 15 | 16 Cluster Swimming Sports in Yea  | 17 No Foundation Students Attend school Today | 18 7:30pm School Council Meeting in the MP Room | 19 | 20 | 21 |
| 22 | 23  Tristan | 24 No Foundation Students Attend school Today | 25 | 26 | 27 | 28 |



MEN'S PARENTING PROGRAM REAL MEN MAKE GREAT DADS

Being a dad can be a tough job. Join us and other dads to explore the daily challenges of being a dad in today's world.



**4 Feb - 25 March
2021
(8 sessions)**



**Thursdays
5:30pm to 7:30pm**

Our Real Men Make Great Dads group program will help you to do the following:

- build on your parenting skills
- gain a better understanding of your children as they grow
- manage your emotions and the stresses of parenting.

Parenting does not have to be a mystery! It takes creativity and consistency, blended with a lot of patience and love. Let's find the answers together.



It's not easy being a Dad at times and knowing other Dads are dealing with similar issues helps me understand and appreciate being a father and dealing with the day to day challenges - Program participant.

For more information or to register call **FamilyCare**



Find us on
Facebook



03 5823 7000



This is a free and confidential service.

www.familycare.net.au

Stay in touch



Please download the App today!

We have replaced Flexibuzz with School Stream, to communicate with our whole school community. This is a free app and we ask all families to download it onto their mobile phones, to receive all notifications that we send out.

School Stream enables teachers and staff to deliver information, instantly and directly to parents on their mobile device. Without using phone numbers or emails they can share the classroom daily activities, photos, meeting times and reminders.

PLEASE DOWNLOAD TODAY!!



TUNING IN TO KIDS

Emotionally intelligent parenting

A six session parenting program for parents

Would you like to learn how to

- be better at talking with your child?
- be better at understanding your child?
- help your child learn to manage their emotions?
- help to prevent behaviour problems in your child?
- teach your child to deal with conflict?

Tuning in to Kids shows you how to help your child develop emotional intelligence. Children with higher emotional intelligence

- have greater success with making and keeping friends
- have better concentration at school
- are more able to calm down when upset or angry
- tend to have fewer childhood illnesses

Thursdays 1pm-3pm

4 February - 11 March 2021

Online

Emotional intelligence may be a better predictor of academic and career success than IQ!

Call Liza on 0429 908 731 to register your place or [register online here](#)



THIS WORKSHOP IS FOR PARENTS AND/OR CARERS IN THE GOULBURN REGION (GREATER SHEPPARTON, MOIRA, STRATHBOGIE, MITCHELL AND MURRINDINDI) WITH CHILDREN AGED BETWEEN 2-10 YEARS ONLY.

WWW.FAMILYCARE.NET.AU



PARENT CHILD PROGRAM

CONTACT US: 03 5823 7000

The Parent Child Program helps parents who are struggling with children from newborn to 4 years of age

Our Services offer assistance with:

- Feeding - breast, bottle, food refusal
- Sleep - Disturbances, routines
- Toddlers - Behaviour.

Staff offer support for:

- Multiple births
- Premature infants
- Isolation / Sole parenting
- Adolescent parents
- Emotional & Anxiety issues



Staff work in conjunction with MCHN, GP, Paediatrician, Maternal & Paediatric Wards and other universal agencies.

Our program can work with you in the family home or in one of our Day Stay venues for newborns to 1 year olds which are situated in Shepparton, Cobram and Kilmore.