

Fishy News

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Principal's Message NAPLAN

Students from grade 3 and 5 completed their NAPLAN testing on Tuesday. Students who participated in the testing should be very proud of their efforts. I just wanted to reiterate that NAPLAN is not a pass or fail test; it just an indication of where our students sit compared with students around the country of a similar age. It is also used as an educational guide for schools who use the results to identify potential strengths and weaknesses in teaching programs and utilize the data to set future learning goals in literacy and numeracy.

Athletic Sports

Tomorrow is our grades 3-6 cluster athletic sports. Students have been busy practicing their athletic skills with Mr Reid. It is a fun day in which students have a go at all of the different athletic events; hopefully discovering a talent they didn't know they had. The top 6 from each event will compete in the district athletics against the top 6 from the Prom Coast cluster (Foster, Toora and Welshpool Primary School). Parents are more than welcome to come and support. Events start from 9:30 tomorrow at the Foster Secondary College. Hope to see you there. (Program for the day included in this newsletter)

Leave

From next week Peta Hamlett will be going on long service leave for the rest of the term. During this time she will be replaced by Mrs King in the classroom. We hope that Peta has a great time on her leave and look forward to her return in term 2.

Hats

Just a quick reminder that wide brimmed school hats are compulsory in term 1 and term 4. Lately I have been seeing a few students without their hats. Even though we are getting towards the end of March, there have still been several hot days and we need to make sure we are all being sun smart.

Last Day of term

Just a reminder that it will be an early finish on **Friday the 4th of April** for the last day of term. Students will be dismissed at **2:30** on this day: I hope that everyone has a safe and fun Easter break.

PnF News

The next PnF meeting is at 9am **next Thurs** the 27th of March. Everyone is welcome. Amongst other things, plans are being made for the Easter raffle and Mother's Day.

The PnF group is running an Easter Raffle which will be drawn on the last day of term, **Friday the 4th of April**. Tickets are \$2 each and we are asking that each family donates an egg to the basket and helps us to sell tickets.



FISH CREEK & DISTRICT PRIMARY SCHOOL

Hoddle Road
Fish Creek VIC 3959
03 5683 2271

IMPORTANT DATES

March:
21st - Cluster Athletics
27th - PnF meeting 9am
(please note changed date)

April:
2nd - District Athletics
4th - Last day of term 1
Easter Egg Raffle Drawn
School Holidays

22nd - Term 2 begins
25th - ANZAC Day

May:
7th - PnF Mother's Day Event

PRIMARY WELFARE

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Events needing to be
actioned on COMPASS:

Grade 3-6 Athletics **URGENT**

School Savings Bonus **URGENT**

*Please remember to check
here and COMPASS regularly*

Student of the Week



Welfare Report

My running mate was injured for a few weeks and there is only so much time I can be with my own thoughts before I tell myself to walk rather than run. To distract myself I listened to an audiobook.

The book I listened to was called 'The Let Them Theory'. It was a ripper for so many reasons. I find it really hard to see someone struggling and will often turn myself inside out to make people happy - this is something I love about myself however, sometimes this does not serve me, or the people I am trying to bring joy to. The book talked about the things we can and can't control for example; we can't control the moods and behaviours of others, but we can of ourselves.

This book was told through stories by the author Mel Robins. One of the stories in the book really hit home to me. It was a story about her daughter who was having anxious thoughts at night and wanting to sleep in with her mum and dad. They felt sad for her and they had her in bed with them for what turned into months and it took ages and a lot of tears for her to feel confident to go back into her own room. The author explained that the more allowances they made for their daughter to sleep in their room, the more anxious she became. This is not because the child was being naughty or manipulative or controlling but because she did not believe that she was capable of sleeping in her own room.

This hit home to me, because that had happened to me. It had happened in various ways with all three of my kids and even with my other relationships. In my desire to keep people happy, to cushion falls - I had actually accidentally sent the message to my loved ones that I don't believe they can deal with whatever challenge it is that they are coming up against. The book also made me reflect on the times when I have stepped back and watched my kids 'do hard stuff' and had to hold my breath and hope for the best and STOP myself from stepping in to "save" them and how, in these situations they have grown in front of my eyes.

It is hard watching our kids do hard stuff, taking on challenges and sometimes we do need to save them, however, often, they are so capable of saving themselves - we can be in arms reach if needed.

Donna Giliam

Mental Health Wellbeing Support

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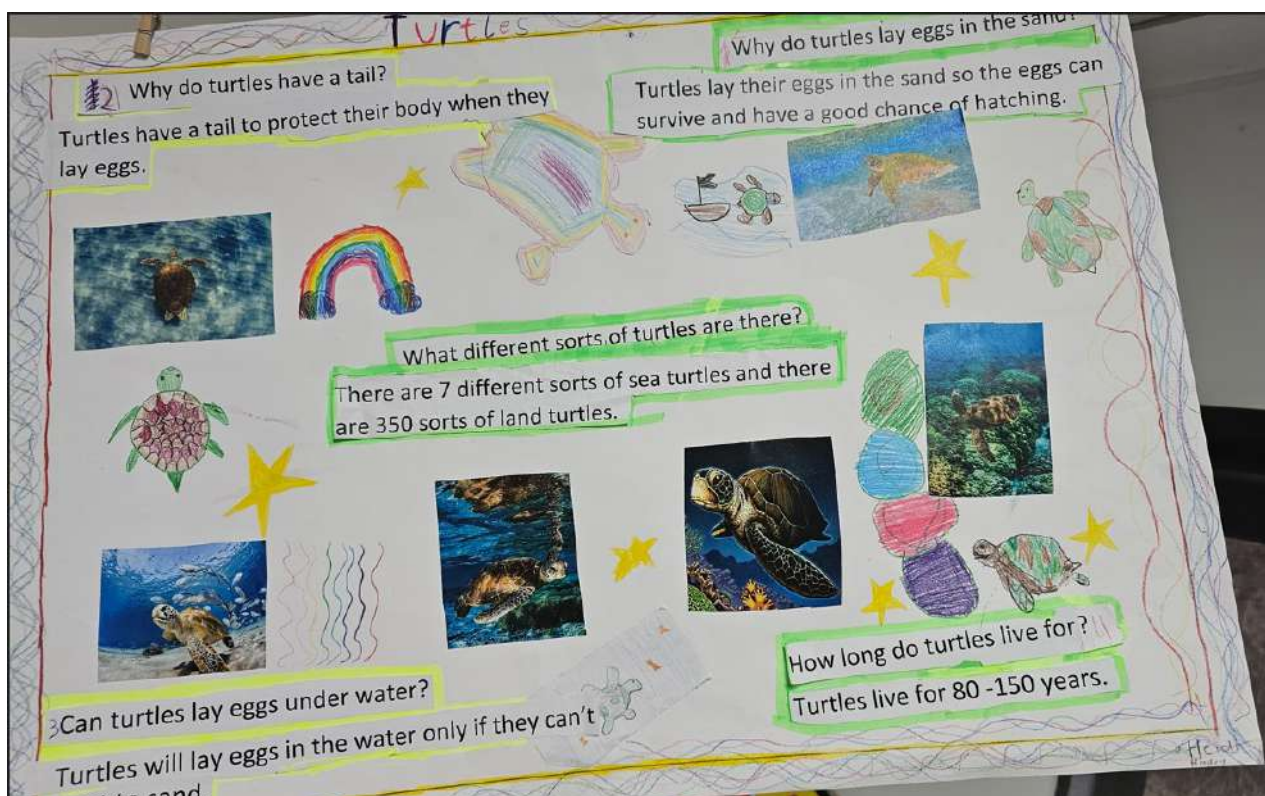
Student Work

Grade 4s are currently designing their ideal theme parks. Some of the artwork is presented here. They will follow up with a persuasive piece of writing that will hopefully have the reader choosing their theme park over others.



Theme Parks

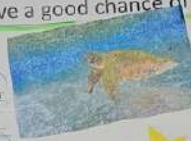
Grade 3 students have been enjoying making and presenting research projects about a topic of their choice. They had to come up with some questions that they didn't know the answers to, then present their poster to the class and be judged by two of their classmates on how well they performed.



Research

Why do turtles have a tail?

Turtles have a tail to protect their body when they lay eggs.



What different sorts of turtles are there?

There are 7 different sorts of sea turtles and there are 350 sorts of land turtles.



How long do turtles live for?

Turtles live for 80 -150 years.

Can turtles lay eggs under water?

Turtles will lay eggs in the water only if they can't get to sand.

School Savings Bonus

We still have nearly 30 families that need to allocate the funds from the School Savings Bonus to the school through the parent portal. It would be appreciated if you could please action the Compass news feed that was sent mid February as soon as possible. If you have any problems, please see Irene.

School Lunches

Children should have sufficient nutritious food during the day to keep their energy levels high. Please make sure that a fruit snack, play lunch, lunch and a suitable drink are sent along each day. Children are permitted to eat fruit in the classroom during lessons.



News from Fish Creek before and after School care

Hello, dear Fish Creek community,

This week we decided to take a break from our spice journey, setting aside exotic dishes to enjoy some delicious pizzas that turned out amazing.

We've also kept up with our tennis training, and of course, we're still playing chess.

What's your favourite piece in the game? Mine are the knights because they jump and can be quite surprising, often leaving your opponent completely caught off guard.

Let's play!



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CONTACT SERVICE

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TIMES

Before school: 7 – 9 AM

After school: 3:20 – 6 PM