

FOR YOUR DIARIES

**MONDAY 16TH—
FRIDAY 20TH
NOVEMBER**

Book Fair

**MONDAY 23RD
NOVEMBER**

School Photos

**FRIDAY 18TH
DECEMBER**

Last day school 2020

Principal's Message

Over the last couple of weeks our school has been going through a Review, which takes place in all schools every four years. I have been reflecting on all the things that have happened and all the things we have improved over this time.

Our enrolments have grown from 67 in 2016 to 301 at the moment. This has enabled us to employ a greater number of teachers and Education Support Staff, add an Office Administration Assistant and an Assistant Principal. We have leaders in all areas of the school and a School Improvement Team to guide the academic progress of our students.

Improvements to the grounds have been an ongoing activity. Over the last four years we have improved the surrounding fences, included Art Work on the buildings, included a Wellbeing Room, included 4 new relocatable buildings and toilets, a Gaga

Pit, improved play equipment and a Soccer Pitch. We have also employed a Handyman for 3 days a week to do all of this work. Garry continues to make the school look amazing and we have many more plans in the pipeline for next year and beyond.

One of the most pleasing improvements at this school has been the focus on academic emphasis. We have minimised disruptions in class and have students working using a differentiated approach to achieve their goals. Teachers analyse data regularly and are starting to include students in gaining an understanding of the learning process and what needs to be done to move to the next level successfully. Students gain an understanding of their progress through goal setting and bump it up walls. When students are able to identify their progress, it helps them to accelerate their learning in all areas.



There has also been a stronger link established with parents through the ILP meeting process, SeeSaw and our other Social Media Platforms and Website.

We will be writing a new Strategic Plan in the coming weeks to guide the next four years. We still have a lot of work to do, but we are well on the way to continuing this improvement.

Enrolments

We encourage anyone who has children coming to our school in 2021 to enrol as soon as possible. We also need anyone who is going to Aintree Primary School to enrol, so both schools can continue to plan successful for 2021.

Have a wonderful weekend.

Darryl Spiteri

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A Word from Wellbeing



Christopher Daxecker

Assistant Principal/
Primary Welfare

Exercise your way to Wellbeing

You already know how good exercise is for your physical health. But you might be surprised by how good exercise is for your mental health.

There are many ways that exercise positively influences your mental health:

- ✓ Promotes the release of feel-good chemicals in your brain, like endorphins and serotonin.
- ✓ It helps you sleep better so you rest fully at night and feel more energised during the day.
- ✓ Gives you a sense of accomplishment as your fitness improves and you start achieving your goals.
- ✓ Exercise is usually a shared activity with others so you get the added benefits of social connection.

It's important to remember that while more exercise is better than less – any exercise is better than no exercise.

At Rockbank Primary School students engage in a variety of exercise in the yard to keep their bodies and their minds healthy. You can see these just to the right.

If you're feeling stuck, here are six tips for starting an exercise routine from scratch.

1. **Find your reason** – you're more likely to stick with a new behaviour if it's linked to something you really value in life. Ask yourself, "why will exercise make my life better in a meaningful way?" It might be to help you overcome depression and get your life back on track, to gain more energy for your kids or to improve your general health for a longer life.
2. **Start small** – and we mean really small. Just add five per cent to what you're currently doing. If you're stuck on the couch, just walking in your street each day is a great start.
3. **Make it part of your routine** – the more decisions you have to make about when to exercise, the closer you'll come to deciding not to. Timetable your exercise into your weekly schedule so you aren't relying as much on willpower.
4. **Do something you enjoy** – exercise doesn't have to be serious. If you hate running or going to the gym, you're unlikely to keep it up. Find an activity you enjoy (or at least don't dislike) and you're more likely to keep doing it.
5. **Set goals and monitor progress** – it's very rewarding to track your progress towards a specific goal. It makes every exercise session feel purposeful.
6. **Make a commitment to others** – you're less likely to opt out if you have a friend or team relying on you to be there.

Treat each day as a fresh start, and remind yourself that it's human to drop the ball occasionally.



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This is a COVIDSafe school

This school has a COVIDSafe Plan to maintain the safety of all staff and students during Term 4.

The four pillars of the COVIDSafe Plan are:



Reinforcing COVIDSafe behaviours



Creating COVIDSafe spaces



Promoting COVIDSafe activities



Responding to coronavirus (COVID-19) risk

DRINK BOTTLES

Students should bring their own water bottle for use at school, as students should not drink directly from drinking fountains at this time. Taps may be used to refill water bottles.



Are you wearing your mask correctly?

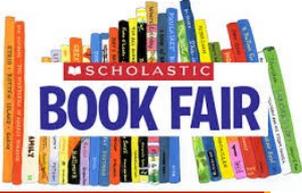


Please remember all visitors entering school grounds must wear a face mask. This includes ensuring you are wearing your mask correctly and covering nose and mouth at all times.

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Book Fair Wish List Prepayments



If your child brings home a Book Fair Wish List and you want to pay for these selections by credit card in advance, please:

1. Go to scholastic.com.au/payment
2. Click 'Book Fairs'
3. Enter amount and pay
4. Record receipt number on back of Wish List
5. Your child then takes this payment record back to school, chooses books at the Fair and takes receipt number to cashier as payment.

SCHOLASTIC BookFairs

SCHOLASTIC BookFairs

YOU'RE INVITED TO OUR SCHOLASTIC BOOK FAIR

SNOW MUCH TO SEE AND READ AT OUR BOOK FAIR



FIND THESE BOOKS AND HUNDREDS MORE AT THE FAIR!

Date 16th - 20th November Time 9am - 3pm
Place office foyer

EVERY PURCHASE YOU MAKE EARNS LEARNING AND LITERACY RESOURCES FOR OUR SCHOOL

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BPay Now Available

BPay now available at Rockbank Primary School



To pay your accounts on line is simple. Use the biller code and reference number listed on your statement.

Each family has a unique biller code and reference number. If you need a copy of these numbers, please contact the office.

If you provide us with details of the invoices you are paying at the time of payment we will allocate it in accordance with your request.



Subway Lunches Are Back!

Subway lunch orders are back from Term 4.

Subway provide lunch orders once per week, each Friday.

Please ensure orders are placed in a sealed envelope containing order form and correct money (no change will be given) and handed to the classroom teacher by each Wednesday morning. Envelopes are to have students names, class, amount and 'subway' written on the front.

Please note that we cannot accept late orders.

Subway order forms are available for download and printing from our school website.

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Scholastic Book Club

SCHOLASTIC

Book Clubs

Every Child Deserves a Good Book

ISSUE 8 2020 ORDERS DUE BACK BY:

Book Club

Bonus Christmas titles INSIDE

001 NEW! Shoe Wars
Rolly and Bear Foot must rescue their inventor dad from his hideous boss Wendy Wedge!
452 pp. AGES 8+
\$29.99 CLUB PRICE \$14.00

002 NEW! Whitney and Britney Chicken Detectives
The feathery divas are back and this time they have a mystery to solve!
22 pp. hardcover. AGES 3+
\$8.99 CLUB PRICE \$12.00

003 NEW! Macca and Al Super Pals
Can Macca and Al learn that heroes don't always need capes?
24 pp. hardcover. AGES 3+
\$9.99 CLUB PRICE \$12.00

004 NEW! The Grimy Granny Donkey
Laugh-out-loud family fun in honor of grandma's sweet yehos.
24 pp. hardcover. AGES 3+
\$9.99 CLUB PRICE \$13.00

005 NEW! The Odd Is Out Collection
Advice on accepting your quirks and growing up in the internet age.
2 books, 224, 240 pp. + 192 pp. journal. AGES 10+
\$39.99 CLUB PRICE \$30.00

006 NEW! Snow Time!
Hotdog accidentally ends up at the snow instead of the beach, will it be a holiday disaster?
128 pp. AGES 6+
\$16.99

007 NEW! The Deep End
Greg and his family hit the road for a cross-country camping trip, a disaster waiting to happen!
224 pp. AGES 10+
\$16.99 CLUB PRICE \$14.00

008 Ultimate Rocks & Gems Collection
Discover some of the rocks and minerals that cover the surface of our Earth.
AGES 7+
\$24.99 CLUB PRICE \$22.00

009 NEW! Butterfly Quest
Ella and Olivia are on a quest to find as many butterflies as they can.
64 pp. AGES 5+
\$7.99

010 NEW! Blucy Hooley
It's Christmas!
Get into the holiday spirit with lots of Blucy sticker activities.
32 pp. AGES 3+
\$9.99

011 NEW! The Craziest Christmas Crack-Ups Ever!
Over 300 hilarious jokes ready to crack you up!
96 pp. AGES 6+
\$9.99

ANHO HOT DOG! \$9

DIARY of a Wimpy Kid THE DEEP END

EVERY CHILD DESERVES A BOOK

SCHOLASTIC

**Orders Due by:
30th
November
2020**

Visit this link to view the virtual catalogue:
<https://www.scholastic.com.au/media/5754/bc820.pdf>

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Moving Schools?



Let us know as soon as you have confirmed placement at your new school.

We are now planning our classes and structure for next year.

As part of this planning, we need to have a good understanding of our student numbers.

It is important if you are planning on moving your child to another school next year, that you let us know as soon as you can.

Once you have confirmed placement at your new school, please advise us immediately so we can organise transfer of details.



Sun Smart

Excessive exposure to the sun's ultraviolet (UV) radiation can cause health problems including sunburn, damage to skin and eyes, and an increased risk of skin cancer.

We are a SunSmart school and hats are recommended from mid-August to the end of April and are compulsory in terms 1 & 4. Children must have them on whenever they are outside. Students who are not wearing a school hat will be asked to sit in the shade where they are protected from the sun. We also encourage students to bring and apply their own SPF30 (or higher) broad spectrum, water-resistant sunscreen daily.

School hats are available to purchase through our uniform supplier, PSW Quality Apparel in Westwood Drive, Deer Park (click and collect or delivery)



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Announcements



November Birthdays

Happy birthday to the following students who celebrate a birthday in November

Adam Minawieh	Ruby Singh	Braydan Bloor
Reyaanshi Sharma	Fateh Brar	Isam Ali
Elora Ashenafi	Jujhar Singh	Japji Kaur
Livon Selman	Tilat Shah	Jotsaroop Singh
Amelia Pace	Mary Sie Vung	Seerat Gill
Samerawit Birku	Adrielle Apalisok	Maddison Middling
Guneet Grang	Tanveer Bajwa	Anayat Kaur
Sehaj Masoun	Aarav Chouhan	

End Of Year Presentations

For those who have celebrated with us before, you will be aware we normally have a whole school Presentation Night towards the end of term 4. This is an opportunity to come together as a school community and celebrate the great achievements of the year.

Due to restrictions this year, unfortunately we will be unable to host a whole school event. We of course though, still want to acknowledge some great student achievements, so things will be a little different this year.

Each learning community (Grades Prep/1, grades 2/3 and grades 4—6) will be hosting their own event, probably via WebEx. There will be classroom and academic awards across all levels, as well as the announcement of our 2021 school captains.

So keep your eyes out for more information to follow.



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Our Values Focus

As part of our SWPBS model at Rockbank Primary School, we teach our school wide expectations. Teaching is more than the initial instruction alone; we provide frequent opportunities for practice in the relevant context. As part of this focus, we have a concentrated focus on specific expected behaviours each fortnight. **Over the next fortnight, our values focus is:**



**WE ARE
SAFE
Communication**

- Use kind words
- Permission before posting online
- Keep personal details offline
- Speak up if you feel unsafe



We Are Respectful



We Are Learners



We Value Togetherness



We Are Safe

House Points

Following our school values in yard is acknowledged with House Points. Our House Captains tally the results at the end of each week.

Missen	380
Peacock	500
Fisher	570
Harrison	500

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Celebrating our Successes



We are Respectful



We are Learners



We Value Togetherness



We are Safe

Students of the Week

A class member from each class is recognised weekly with our Student of the Week Award. This award recognises students who consistently display our school values.

Class	Week Ending:	
	6th November	13th November
F1A Miss Lane	Rihaan Singh	Japjit Kaur
F1B Miss Andrews	Harkirt Singh	Erfan Ahmed
F1C Miss Bull	Abigail Smith	Avinoor Kaur
F1D Miss Bencich	Ekam Singh	Lukas Drozd
F1E Miss Donoghue	Davinder Guraya	Olivia West
23A Mrs Lehane	Seerat Gill	Yuvraj Banga
23B Ms Healy	Imogen Silva	Xavier Ramsay
23C Ms Ninkovic	Maddison Wellington	Andrea Ulutui
23D Miss Magnano	Monique West	Luke Kim
46A Miss Zemunic	Saif Nayani	Tripjot Saini
46B Miss Brne	Aekam Bal	Parisa Hussaini
46C Miss West	Tyler Kennedy	Anneliese Kolak

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It's Not OK To Be Away

**EVERY
SCHOOL DAY
COUNTS**



If your child is sick or absent, you are required to notify the school as soon as possible on the day of absence by phone.

Come to school every day, and on time, and be recognised for your great achievement!



2020 term 4 stats at 13/11/2020

<p>Our Goal:</p> <p>All students will have at least 95% in term 4 .</p>	<p>Current school wide student average:</p> <p>87% </p>
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Number of students with 100% attendance so far in term 4

70

Names of students to go into a raffle for a prize to be announced at the end of term.

Term 4 Classroom statistics

F1A—Miss Lane	91%
F1B—Miss Andrews	83%
F1C—Miss Bull	86%
F1D—Miss Bencich	90%
F1E—Miss Donoghue	85%
23A—Mrs Lehane	88%
23B—Ms Healy	87%
23C—Ms Ninkovic	86%
23D Miss Magnano	87%
46A—Miss Zemunic	85%
46B—Miss Brne	92%
46C—Miss West	87%

Class with highest attendance at the end of term will be recognised with a class celebration .

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Community News



**CURRENTLY RECRUITING FOR
2021**

**JUNIOR FOOTBALLERS AND NETBALLERS
AGE GROUPS: U9, U11, U13, U15, U17
For further info: westernramsfsc@gmail.com**

Junior Coaches Needed @ Western Rams



Under 9's/ Under 11's/ Under 13's/ Under 15's and Under 17's

Junior Football

Junior Netball



Contact Lyn on 0423 083 949 or Gavin on 0450 947 109 for more information

www.westernramsfsc.com.au

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11 NOV - 9 DEC

OUTDOOR FUTSAL

DEVELOPE NEW SKILLS!

Learn:

- Passing
- Shooting
- Dribbling

Who:
Ages 5-16

Location:
Hannah Watts Park, Melton

Message:
0431 368 631

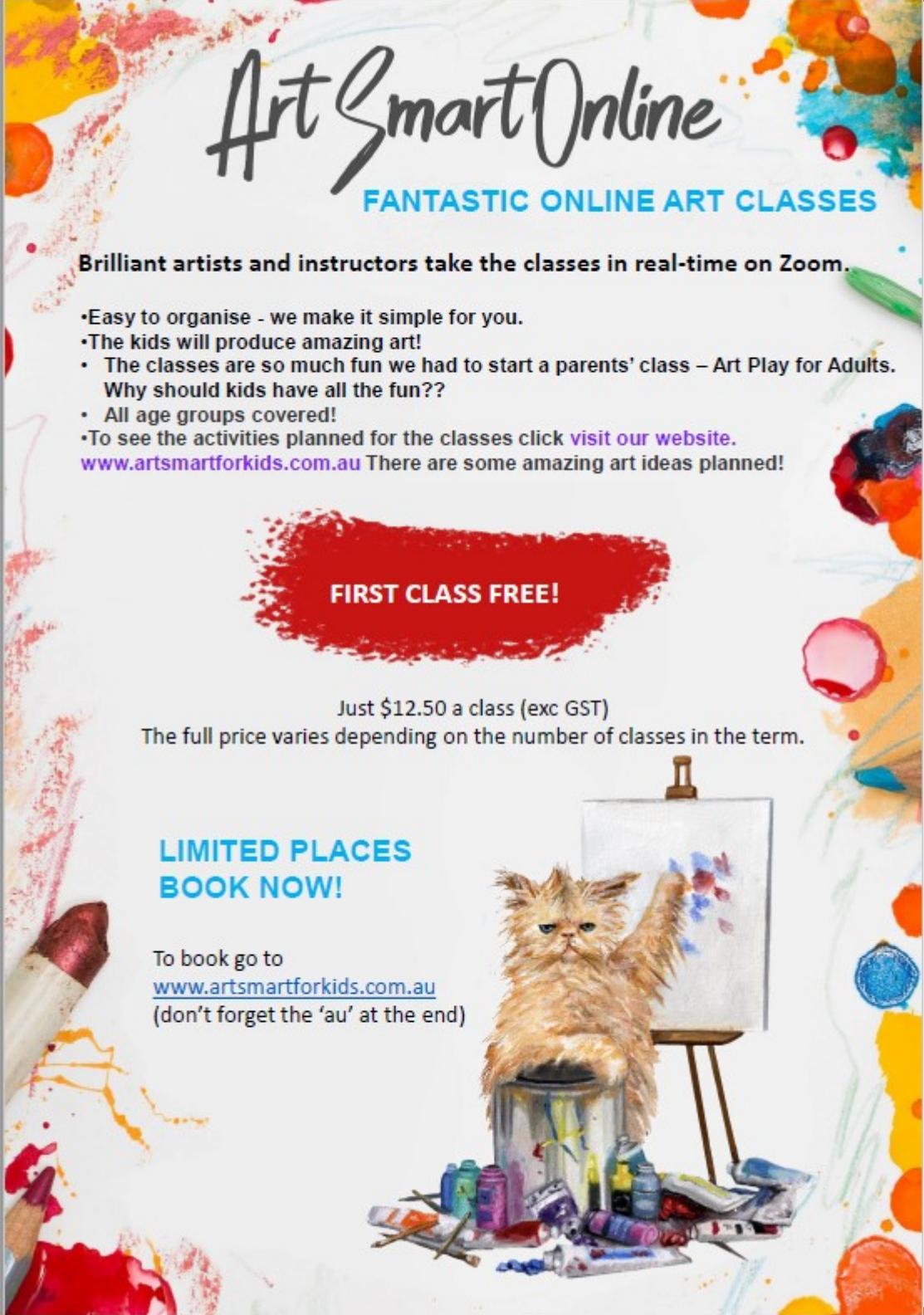
Website:
centralvictorianfutsal.com

Find us on facebook

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Art Smart Online
FANTASTIC ONLINE ART CLASSES

Brilliant artists and instructors take the classes in real-time on Zoom.

- Easy to organise - we make it simple for you.
- The kids will produce amazing art!
- The classes are so much fun we had to start a parents' class – Art Play for Adults. Why should kids have all the fun??
- All age groups covered!
- To see the activities planned for the classes click [visit our website](http://www.artsmartforkids.com.au).

www.artsmartforkids.com.au There are some amazing art ideas planned!

FIRST CLASS FREE!

Just \$12.50 a class (exc GST)
The full price varies depending on the number of classes in the term.

**LIMITED PLACES
BOOK NOW!**

To book go to
www.artsmartforkids.com.au
(don't forget the 'au' at the end)

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Our Learning This Week



F1A have been practising how to be safe when they are outside in the school yard. During recent values lessons we have spoken about how we can stay safe during play times. Our discussion included the following:

- Be where staff can see you.
- Hands and feet to self at all times.
- See a Yard Duty staff member if you get hurt or injured.

As part of our brain breaks we have also been practising how we can be safe when we are playing a game outside. Here is F1A being safe while enjoying playing Duck, Duck, Goose 😊



We Are Safe



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