



*We learn. We show respect.
We are safe.*

Friday 27th March 2020

"Golden Past, Bright Futures"

Canterbury Street, Vic. 3370

Telephone (03) 5345 3182

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

Clunes Primary School Mini Newsletter

UPCOMING EVENTS

2020

We will check- in with you at the end of the School Holidays in regards to a possible Learning from Home plan. The media will keep you informed of State of Emergency COVID-19 Coronavirus updates and expectations throughout the holidays. However please contact the school/ Sonia should you have any concerns. Please also see the lists included here for emergency support.

*Stay at home *Keep your distance *Practise good hygiene

Dear Parents/Caregivers, It has certainly not been the end to Term 1 2020 that we expected!

With all state Primary Schools unexpectedly beginning School Holidays on Tuesday we have tried to check-in with you to ensure that you have enough of what you need to get you through this very trying time. We have been able to make phone contact with 99% of families and all families should have received Holiday Activity packs via your child/ children on Monday, via a personal drop off to your mail box, or hopefully via post.

Staff have attended school this week and have been busy preparing for a possible Learning from Home model. A Learning from Home model will include Microsoft Teams access for the majority of families and you will receive the necessary explanation / passwords at the beginning of next term. We will have Hard Copy plans/ activities for families without internet access and as a Back Up if needed.

Staff have also been supporting families identified as Essential Service personnel this week. Children of these families have been provided with care and supervision at school.

On a positive note workers will be erecting the shed in the Junior Playground area next Wednesday. Our Inclusive Schools- PlayScape area is nearing completion.

Asbestos removal at Clunes Primary School over the School Holidays!

There are two 'breathe-hole' entry points under the Main Building that have been identified as having an asbestos type attachment lining for the grills/ covers. These will be removed over the school holidays as part of the DET Asbestos Removal Plan.

We have not been given a date for completion yet, but once I know, I will place signs on all entry points to the school and letter drop surrounding residences to inform them.

Please DO NOT enter the school for ANY PART OF THE DAY of the Asbestos removal! If concerned please contact Sonia.

On April 1, Hepburn Shire will be upgrading the footpath from school (Canterbury St & School Rd.) to Angus Street. Traffic may be effected during this time. No specific time- frame has been given.

Best wishes to you all for a healthy, safe and positive School Holidays. Thinking of you! Kind regards,
Sonia & the staff of CPS. ☺ At this *stage* staff begin Term 2 on Tuesday 14th April.

Protect yourself and your family

Wash your hands regularly



1

Wet your hands.

Put soap on
your hands.

2



3

Rub the soap over all
parts of your hands for
at least 20 seconds.



Rinse your
hands under
running water.

4



5

Dry your hands thoroughly
with disposable paper towel
or hand dryer.



Stay germ free and healthy

Protect yourself and your family

Cover your cough and sneeze

**1**

COVER your mouth and nose with a tissue when you cough or sneeze.

Put your used tissue in the rubbish **BIN**.

2**3**

If you don't have a tissue, cough or sneeze into your upper sleeve or elbow, **NOT YOUR HANDS**.

WASH your hands with soap and running water. Dry your hands thoroughly with a disposable paper towel or hand dryer.

4

Stay germ free and healthy

Ballarat food relief information COVID-19 response

Food relief, social connection and other resources

If you are concerned about Coronavirus or have any questions please contact Victoria's Coronavirus hot-line on **1800 675 398**

Victorian Government- emergency relief packages

The program is to support people in mandatory self-isolation, who have little or no food, and no network of family and friends to support them.

Each eligible household will receive a two-week supply of essential goods.

Food packages will include items such as long-life milk, pasta, cereal, canned vegetables and sugar.

Personal care packages will also be distributed to eligible households and include soap, toothpaste and deodorant. Additional items may also be provided depending on the needs of the household, such as nappies or baby formula.

The packages will be delivered door-to-door.

The emergency relief program for those in mandatory self-isolation only

To qualify for support you must answer **yes** to one of these questions

- Have you been diagnosed with the Coronavirus?
- Have you returned from overseas in the last 14 days?
- Have you been in contact with someone with Coronavirus in the past 14 days?
- Have you been advised by a health professional that you must self isolate

(for example has your GP or medical clinic advised by phone you must do so)

Packages can be accessed by calling Victoria's Coronavirus hot-line on **1800 675 398**

The hotline can also refer people to other support services if needed.

Salvation Army - food and vouchers

102 Eureka Street, Ballarat

Emergency Relief- No face to face appointments: Telephone 53370600 to arrange a phone interview and assessment Mon – Fri 9:15am – 2:15pm.

Bread and fruit able to be collected at the front of Reception Mon – Fri 9:15am -2:15pm

Café 102 – Hot takeaway main meal to be collected outside at the front of the Reception area.

102 Eureka Street, Ballarat Tuesdays & Thursdays 12noon

Uniting Care- food and vouchers

105 Dana Street, Ballarat

Emergency Relief for those on low income or immediate financial crisis.

Book in person or phone 5332 1286 at **9am** at reception for an appointment (appointments fill fast)

Monday - Friday

BreezeWay Meals Program – for collection of a take away hot meal and sandwich/cold packs

105 Dana Street, Ballarat

7 days a week 11.30 to 1pm. One of each available per person

Meals for Change (No new referrals at this stage)

Support young people (aged 15-25) to access affordable meals in local cafes

(Some cafes due to COVID-19 may have limited service at this time)

Contact Jen on 0407 814 126

St Vinnies - food and vouchers and funding for medical scripts and MYKI top-ups

6 Dawson Street South, Ballarat. 10am – Midday Closed till further notice

15 Violet Grove, Wendouree 9.30am- 11.30am Closed till further notice

To organise a home visit for assistance call and leave a message on 5334 2844 someone will contact you.

Food Security: (thanks to Philippa Caine from Ballarat Community Health)

Anglicare Victoria- community breakfast is now take away
49 Lydiard Street South, Ballarat Monday – Friday 8.30am - 10am

Emergency Relief - food and vouchers

□ 14 Victoria Street, Bakery Hill. Monday – Thursday 10.30am –Midday

□ 227 Albert Street, Sebastopol Closed till further notice

□ 103 Napier Street, Creswick Closed till further notice

Please phone for assistance. 5333 0600

Hilltop Church – lunch and food bank

503 Mair Street, Ballarat 3350

(03) 5331 5957

□ Free lunch on Thursdays Closed till further notice

Free bread alternate weeks and free men's haircuts last Thursday of the month. Closed till further notice

□ Food Bank – fresh produce Friday 1.30pm – 2.30pm Open at this stage, contact first to confirm

The Seventh Day Adventist Good Samaritan Centre- food pantry

Cnr Learmouth & Grevillea Road, Wendouree

Thursdays 12pm -1pm

\$5 donation for a bag of groceries (pantry staples and fresh food)

Available to everyone, no registration required.

Ballarat Community Health- food

Second Bite food swap – fresh produce Closed till further notice

Lucas site- 12 Lilburne st Monday, Wednesday and Thursday 11am – 5pm

Sebastopol site- 260 Vickers st Friday 11am – 5pm

Available to everyone, no registration required.

Food with Thought - Home cooked, frozen meals

Peel St Nth, Black Hill

Catering for families and individuals in Ballarat and District 7 days a week.

Pick up can be weekly, fortnightly or monthly.

To order meals and all enquiries contact Tina on 0427 844 312

Ballarat On Track Foundation Soup Bus - free hot dinner (reduced hours)

124 Armstrong St South, Ballarat. (Cameron's Welding and Industrial Supplies)

Monday – Thursday 7.30pm-8.30pm

Sunday 5 pm – 7.30pm

Registration is not required

One Humanity Shower Bus - shower and clothes washing facilities Closed till further notice

White Flat Oval, Moyle and Hickman Streets, Ballarat

YMCA Delacombe Community Garden

16 Nandiriog Drive Delacombe

For people to obtain fresh fruit, vegetables and herbs, the garden is open all year round

Food is Free Laneway

Corner Ripon St South & Warrior Place, Ballarat

Food is Free Laneway is a space for people to drop off or collect veggies, fruit and herbs and connect with the neighbourhood. www.foodisfree.com.au

Details will change without notice. Best advice, contact organisation to confirm they are open and have food.

Mental Health and Wellbeing Supports:

Smiling Mind

A non-for-profit web and app-based meditation program developed by psychologists and educators to help bring mindfulness into your life. The Phone app for Smiling Mind is Free, and they have a COVID 19 Support page.

<https://www.smilingmind.com.au/>

<https://www.smilingmind.com.au/covid19-support-page>

Butterfly Foundation

Butterfly Foundation for eating disorders offers a multitude of services and programs that provide support, treatment, prevention, early intervention, education and training.

<https://thebutterflyfoundation.org.au/>

National Help Line on **1800 33 4673**

headspace

headspace supports young people 12 - 25, with mental health, physical health, drug and alcohol support, and educational and vocational support.

<https://headspace.org.au/>

Ballarat Office:

<https://headspace.org.au/headspace-centres/ballarat/>

Our drop in service is open from 9-4 Monday to Friday. It will be running via telehealth measures. The number to contact us on is 5304 4777.

- headspace is still taking referrals. You can complete a referral here <https://form.jotform.com/headsp.../new-headspace-referral-form> or contact us on 5304 4777.

Melton Office:

<https://headspace.org.au/headspace-centres/melton/>

Level 1 / 16 Brooklyn Road, Melton, Victoria 3338

Phone [\(03\) 8065 5600](tel:(03)80655600)

info-headspaceMelton@orygen.org.au

Be You

<https://beyou.edu.au/>

Be You provides educators with knowledge, resources and strategies for helping children and young people achieve their best possible mental health.

Be You has developed a resource to help educators respond to the mental health impact of the coronavirus (COVID-19) outbreak.

Safeminds

The Victorian Government has partnered with headspace, the National Youth Mental Health Foundation to develop SAFEMinds: Schools And Families Enhancing Minds, a comprehensive learning and resource package that will enhance the capacity of school communities to effectively identify children and young people with early signs of mental health issues, offer school-based interventions and refer appropriately when needed.

Information available for schools and for families.

<https://deecd.tech-savvy.com.au/course/view.php?id=6§ion=2>

Disability Supports:

Pinarc Parent Support Program

The Pinarc Parent Support Program will continue to operate! For now I am working from home. My work hours remain as Monday to Wednesday 9.15am to 2.45pm (although I do have some leave days planned next week). Messages from my work phone are being sent through so call anytime on 53291361 and I will get back to you during my work hours. Email is always a good option, and if you include your phone number I can respond by phone if you prefer.

Please contact:

Rebecca Paton

Parent Support Program Coordinator

Pinarc Disability Support

Ph: 5329 1361 Fax: 5333 4743 Days of work: Mon – Wed

The Unknown – By Isaac Sacco, Alastair Kenna and Campbell Handley

One horrendous day Razor was running around the world cuddling all his friends. He had super rocket boosters with wings to help him.



Suddenly, his mind turned pure red, and he started to invade the world with his best friend, Shooty McShootface.



Before he could take over the world he couldn't think what to do next. All of a sudden, Shooty McShootface fired his flame gun at razor and stopped him from taking over the world.



Purple Day

Friday 20th of March we had a day called Purple Day. As we got into our 6 groups I saw a sea of purple fill the courtyard. We had 6 activities, one for each class they were: Cow puppets in the prep room, Jigsaw hearts in the 1/2 B room, Nimo dragons in the 2/3 LM, Hand posters in the 3/4LJ room, Mopokes in the 5/6D and Chatterboxes in the 5/6AT room. At the end of the day we raised just over \$130. We also had Jeremy (Shannon's Dad), visit all rooms and thank us. He took photos of me with my the School Captain colleagues.

The Big Chop

On Monday the 23rd of March I had to change the date of getting my hair cut because the holidays were brought forward due to the coronavirus. At Recess Ella said to me "enjoy the last hours with your hair". At Lunchtime I had my hair braided into 4 parts by Mum and the younger kids watched me like a hawk. After Lunch the entire school met on the basketball court. The whole school watched from a safe distance. I was so nervous I blocked my ears. Veronica the Hairdresser from Clunes cut my hair, with Mum, Ella and Jo from Shannon's Bridge. I couldn't bear hearing my hair getting chopped off. It made a ck, ck, ck sound... and when I blocked my ears I could still hear the scissors chop my hair.

It was a successful fundraiser! We raised \$4560.80! (and there's still more \$ coming in) I was awarded a teddy bear from the Maryborough Lions Club. The Lions Club gave us over \$1000! I also got a certificate from Shannon's Bridge. Later The Advocate, The Courier and The Advertiser came and took some photos of me for their newspapers. I'd sincerely like to thank the Clunes Primary School community in particular for your wonderful support! I can't believe that we raised so much money for Shannon's Bridge. Jeremy has thanked us for our amazing commitment!

You will see a big display at school when you return. (display made by Sienna, Ella, Tom and Xaiden-Lee.

Written by Sienna with help from Xaiden-Lee.





Term 1 in the 5/6 Classrooms

In Reading we were learning about nouns, proper nouns, common nouns and abstract nouns. We have also done something called Reciprocal Reading which is where we have roles like Predictor, Clarifier, Questioner and the Super Summariser. Our classes enjoyed Reciprocal Reading because of the different non-fiction texts.

In Writing we started learning about similes and metaphors. Students enjoyed the song on YouTube that we watched on our whiteboards. Earlier in the term we made our own 'Choose your own adventure' stories- it was really fun! We also did story starters where we would grab a story starter and write a story about it. I did a partner write about a police man and a robber. My partner was the robber and I was the police officer. "Falling to his knees..." was the opener we used.

In Math we have been learning about fractions and although we didn't get to finish the topic but it was still fun. We also learnt about elapsed time, converting between 12 hour and 24 hour time, telling time on an analogue clock, and constructing a timetable showing real life events.

We have been cruising around Australia in our rally cars that we designed in Integrated Studies. We're in the middle of making our rally cars in STEM.

Written by Xaiden-Lee

