

## From Mrs T's Desk

Welcome to our first newsletter for 2023.

It has been an extremely positive start to the year.

The classrooms look beautiful and the staff have worked so incredibly hard over their holidays to have everything ready for our students.

We are committed to ensuring that the classroom environment provides our students with the tools and supports to maximise their learning experience.

It has also been lovely to welcome so many new students and families into our school community. We would like to welcome all our new families and children to our beautiful school.

**We would like to introduce and welcome to our school community our  
2023 Foundation class:**

- \* Alby
- \* Peyton
- \* Dane
- \* Gillean
- \* Lucas
- \* Frankie
- \* Kelsey
- \* Trinity
- \* Archie
- \* Hallie
- \* Harry



Welcome also to Bella and Cruze, Aliyah and Hunter.

We also welcome to our school community Miss Kinnear.

Our school community continues to grow, and we feel so fortunate to have the support of our families to enable the work that we do, so that we can work together to best support our students.

We look ahead with excitement at what we will achieve together this year. As part of our Annual Implementation Plan (AIP) our focus will be aligned to the DET priority areas of learning and well-being, with a focus for us again on Writing this year.

We want to embed the work which has taken place over the last 12 months and feel confident in where we are at on our learning journey.

We will be communicating throughout the year, in various ways, how we are tracking with our goals.

## Calendar Reminders:



As we receive confirmation of events, our term calendar often evolves. Please find below some calendar reminder dates:

- |                               |   |
|-------------------------------|---|
| ✓ Mon 13th- Fri 17th Feb      | Whole School Intensive Swimming Program |
| ✓ <b>Monday 20th February</b> | School Council Meeting @ 6:00 pm        |
| ✓ Friday 24th February        | House Swimming Carnival                 |
| ✓ Monday 27th February        | Presentation of JSC Badges @ assembly   |

### Whole School Swimming Program:

Our whole school swimming program will begin Week 3—Monday 13th February

Please note, children are asked to come to school in their uniform. Children are not required to wear their bathers to school, as this makes toileting challenging for our younger students. Children change into their bathers at the pool.

Parents are welcome to come and watch their children swim. The first lesson determines which swimming group students will be in for the remainder of the week, so until then, we do not have a specific time when your child's lesson will be.

- We depart from school at approximately 11:20 am
- Lesson #1 will commence at 12:15 pm (first session will be determining student groupings)
- Depart from the pool at 2:15 pm
- Return to Chiltern PS at approximately 2:45 pm

### Please ensure students have the following items:

- ◆ Play lunch (taken to the pool to eat)
- ◆ Bathers
- ◆ Towel
- ◆ Drink bottle
- ◆ SunSmart school hat
- ◆ Goggles (optional)
- ◆ Swimming Cap (optional)



## SCHOOL COUNCIL ELECTIONS:

We have four parent positions open for our school council for 2023. Nominations officially open on Monday 6<sup>th</sup> February and remain open until 20<sup>th</sup> February 2023 until 4:00pm.

We strongly encourage all families including new families, to consider joining our School Council. There is absolutely no requirement to have been a part of the school community for a designated amount of time to participate. Fresh eyes are always a very helpful perspective for input. The time requirement is two meetings per term. We generally meet twice per term in Week 3 and Week 8 in the CPS staffroom at 6:00pm (this time will be decided with the new school council group). Meetings generally run for 75 minutes.

School Council support decision making and school vision, oversee governance and the development of policy.

Members are active in working towards positive outcomes for our school community. Please contact me if you have any questions about what school council involves, as I can email some relevant information which might assist you in making decisions. If we receive greater than four nominations, we will go to a ballot, and I will be in touch if this step is required. Nomination forms will be available from the front office from Monday 6<sup>th</sup> February 2023.

## PRIVACY



Our school collects, uses, discloses and stores student and parent personal information for standard school functions, or where permitted to by law. A copy of the Department Privacy Policy can be found on our website, or a copy obtained by request to the principal.

## PROTECT

Everyone has the right to be safe and be protected from abuse.

No one should behave in a way that makes you feel unsafe or afraid, including anyone in your family, anyone at school or anywhere else in the community.

Tell a teacher or any adult at your school if you feel unsafe.



It's everyone's responsibility.

Adults at school must listen and respond to concerns about child abuse.

If you suspect abuse of any child or young person, you have a responsibility to report it, even if you are not sure.

Further information & resources  
[www.education.vic.gov.au/protect](http://www.education.vic.gov.au/protect)

## POLICIES

Our school policies are updated on a cycle (either annually or 3 years).

School Council assists in the development and review of most of these policies and can be obtained from the school by request.

Policies are available on our school website also.

<https://www.chilternps.vic.edu.au/>



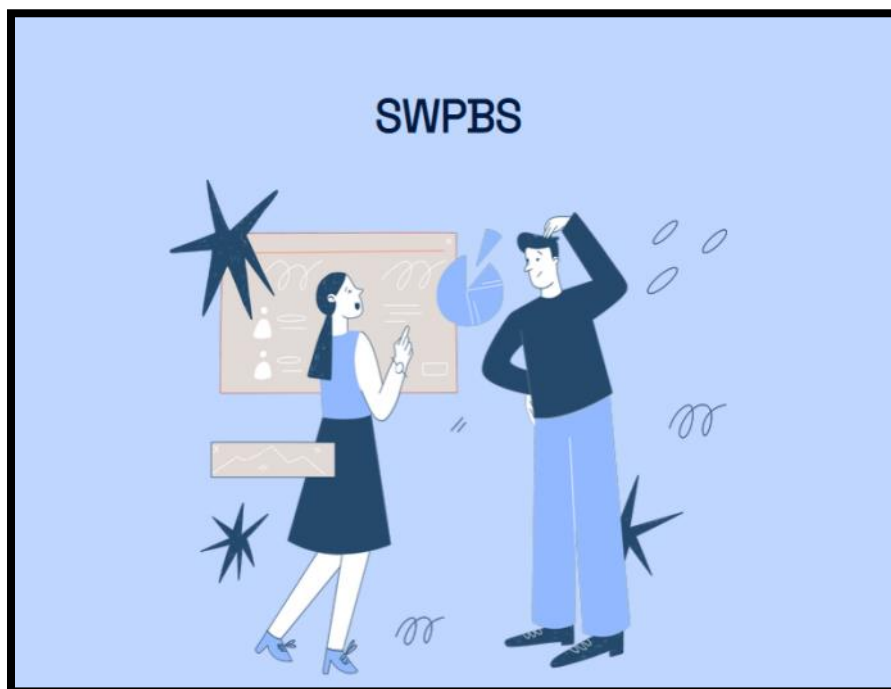
## 2023 School Review:

In Term 2 of this year, our school will be undertaking a School Review, working closely with the Department, parents, carers, students and staff.

School Reviews occur every four years, and the process is a wonderful opportunity to reflect on our achievements over the last five years. More information will become available closer to the date.

We are very excited to announce, we have launched our new School Wide Positive Behaviour (SWPBS) reward system. The format for rewarding great behaviour has been a joint project between staff and students.

Our students have had the opportunity for extensive input regarding what this will look like eg: allocating a points system to achieve rewards, how many points per reward, how we track points etc. Teachers and students will review this process at the end of Term 1, to make sure we have a sustainable, innovative and rewarding system in place.



**HOT FOOD ORDERING DAY IS  
TUESDAY  
IN 2023**



## CONGRATULATIONS— DISTRICT SWIMMERS

Congratulations to our super fish.... Abbie, Flick, Tommy and Brody who swam sensationally at the District Swimming Sports today. It was wonderful to be able to cheer them on this morning, as they gave their best effort in the pool. We are super proud of them for representing our school and what an amazing job they did.

Big shout out to parents and carers and extended family members who took our awesome foursome to the sports.



Congratulations to Abbie who came first in Freestyle, Backstroke and Breaststroke, Tommy who came 1st in Breaststroke and Brody who came 2nd in Breaststroke and 3rd in Freestyle.

## SWPBS—School Wide Positive Behavior System

We have embarked upon our new SWPBS reward system this term, and would like to congratulate Abbie, Flick and Holly who have earned points to redeem prizes for demonstrating our School Values of, Respect, Responsibility, Care & Compassion, and Honesty & Fairness. Our new system has been set up so that each child has a 'goal card' and can earn a maximum of 10 personal points, and 10 House points for demonstrating our School Values. Students can 'cash in their points' each Wednesday afternoon, or save their points for bigger rewards.



# F-1 News

We have had a fantastic start to the year in the F/1 Class. It has been great to see our returning Year 1's and our new Foundation students settle into the classroom routine and expectations so smoothly.

In Reading, students have been learning all about letters and the sounds that they make, with our foundation students working on sounds and identifying words that begin with their focus sounds and our year 1's working on word building and rhyming. Our year 1 student's have also been working on making connections between themselves and the characters that they see in books.



It has been great to see so many of the students keeping up with their home readers.

In Writing, students have been excited to create their own mini books based on the familiar text 'Dear Zoo'. Students have been working hard to develop ideas, illustrate and publish their own books.

We look forward to sending these home for families to enjoy.

During Maths, we have been focusing on our number knowledge with our foundation students working on their careful counting and number recognition and our year 1's challenging themselves with some skip counting.

Congratulations to all our Foundation and Year 1 students on their fabulous start to the year, Keep up the great work!

**Miss Kinnear.**



## Year 2 - 3 News

I would like to extend a very warm welcome to all of our 2/3 students, parents and carers. I'm very excited to be working with the Year 2/3s this year and share in each of their learning journeys. We have had a wonderful start to 2023 with everyone settling back in very smoothly. Please feel free to come in and have a chat if you have any questions or just want to say hi.

Some snippets from the last two weeks...

**Hockey Clinic:** On Monday students were fortunate enough to participate in a Hockey Clinic run by the Albury Magpies Hockey Club. The 2/3s learnt how to correctly hold a hockey stick and manoeuvre the ball. They played mini one-on-one games to practise taking on an opponent, as well as playing a whole team game. The aim of the session was to give students a taste of the game and develop some key skills of the sport. If your child has taken a particular interest in the sport, the Albury Magpies are hosting a 'Come and Try' session on Tuesday 28<sup>th</sup> February from 5:30pm at the Albury Hockey Centre (Field 1, Cadell Street).



**Growing with Gratitude:** On Wednesday we took part in our first Growing with Gratitude session. Students were introduced to the Five Habits of Happiness that encourage students to think, act, reflect and appreciate. We then participated in some mini-games and activities to practise applying these habits in a fun and engaging way. These sessions will continue throughout the year with Ash returning for another visit later in the term.



**STEM:** Last week the 2/3s worked in small teams to take on some paper STEM challenges. Both challenges involved using only paper, scissors and a glue stick. Students needed to apply teamwork along with their mathematical and engineering skills to create the longest paper chain and the tallest tower. As you can see from the picture below, there were lots of different design approaches to the paper chain challenge which saw large differences in chain lengths. This was a great opportunity for some analysis and reflection on how they could have best used their piece of paper.

Mrs. Naomi Brown.

# Year 4/5/6 News

What a fantastic start to the school year! Our 'Dream Team' has settled in so beautifully and I predict we are going to have an absolutely magical year in the 4/5/6 room. We have started off the year creating our classroom agreed norms and expectations. We have such a mature bunch of students in the senior room who have stepped up to their new responsibilities wonderfully.

In Reading, we have been exploring the classroom library and working on self-selecting appropriate independent reading books. Our students have a lofty reading challenge set for the year and so far they have all stepped up to the challenge, devouring books at an impressive pace. We have been using 'reading menus' to analyse and dig deeper into our independent reading books, showing a deep understanding of what we are reading. Students have really been enjoying using 'Epic' during their technology reading rotation to listen to audio books and expand their reading horizons with new and interesting texts.

In Writing, the 4/5/6's have started the year off with a recount of their exciting holidays. We are starting to learn about the 6+1 writing traits to help improve our writing. This past week we have focused on the trait of ideas and students have been brainstorming topics for their next big recount writing pieces.

In Maths, students have gotten into the rhythm of their Maths group rotations, practicing their maths facts, revising multiplication strategies, as well as completing some initial testing. We have begun our tables ladder which the 4/5/6's are really enjoying, begging daily for an opportunity to battle their way to the top.



We had the amazing opportunity earlier this week to participate in a Hockey clinic run by the Magpies Hockey Club. It was so great to see everyone participating, getting in there and having a go. Even Mrs Mac had a hit of the stick!





## Balance the box

Healthy Lunchbox Week

Help kids to **go**, **grow** and **glow** by including food from each food group in the lunchbox.



Go foods for energy	Glow foods for vitality	Grow foods for growing bodies
<b>1</b> Grains foods <ul style="list-style-type: none"> <li>Wholegrain breads and rolls</li> <li>Wraps and pita pockets</li> <li>Focaccias and Turkish bread</li> <li>Fruit bread</li> <li>English muffin</li> <li>Pasta, noodles and rice</li> <li>Quinoa and cous cous</li> <li>Wholegrain crispbreads and crackers</li> <li>Bagels</li> </ul>	<b>2</b> Vegetables <ul style="list-style-type: none"> <li>Cherry tomatoes</li> <li>Celery, capsicum, cucumber or carrot sticks</li> <li>Corn cob and baby corn spears</li> <li>Green beans, snow peas and sugar snap peas</li> <li>Mixed lettuce</li> <li>Leftover cooked vegetables</li> <li>Lentils, chickpeas and kidney beans</li> </ul> <p><small>The evening variety recipe with tomatoes, beans or peas</small></p>	<b>4</b> Milk, yoghurt and cheese <ul style="list-style-type: none"> <li>Tub of yoghurt</li> <li>Cheese stick, slices or cubes</li> <li>Custard</li> <li>Milk popper/tetra pack</li> <li>Calcium fortified soy or other plant-based milks</li> </ul>
<b>3</b> Fruit <ul style="list-style-type: none"> <li>Whole fresh fruit</li> <li>Fresh fruit salad</li> <li>Frozen fruit</li> <li>Tub of diced fruit (in natural juice)</li> <li>Fruit puree</li> <li>Dried fruit such as apricots and sultanas</li> </ul>	<b>5</b> Meat and alternatives <ul style="list-style-type: none"> <li>Lean chicken, beef, lamb, pork or turkey</li> <li>Hardboiled egg</li> <li>Canned tuna or salmon</li> <li>Hummus dip</li> <li>Lentils, chickpeas and kidney beans</li> <li>Baked beans</li> <li>Falafels</li> <li>Tofu cubes</li> </ul>	

Healthy Lunchbox Week is an initiative of Nutrition Australia  
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## Five Days of Sandwiches

Graphics by @fneprintfood

**Step 1: Choose Whole Grain Bread**

**Step 2: Choose Your Favourite Fillings**

## The uneaten lunchbox

Healthy Lunchbox Week

Are you a victim of the boomerang lunchbox - what goes in the lunchbox, comes back untouched or barely eaten? There are many reasons why children may not eat their lunchbox foods. Consider these next time you pack your child's lunchbox.

### TOO MANY NEW FOODS

- Include foods your child is familiar with and comfortable eating.
- If trying something new, be sure to also pack something you know they will eat.
- Remember it can take up to 15 times of exposure before children will accept a new food.

### TOO MUCH FOOD

- A lunchbox full of food can be very overwhelming for young children.
- Be realistic with what your child can eat and include them in packing their own lunchbox.

### CAN'T ACCESS THE FOOD

- Some lunchbox containers and packages are tricky for little fingers to open.
- Check they can open containers before using them for school.
- Remember to pack a spoon or fork for some meals and snacks.

### TOO BUSY PLAYING

- For many children, playing is much more important than eating.
- Schools can help by providing designated sit-down eating times with no pressure to eat.

### REMEMBER

Children's internal sense of hunger, appetite and fullness is stronger than adults. Trust they will eat the right amount to grow well whether it be at school or home.

Most packaged foods have an ingredient list and Nutrition Information Panel (NIP). Know what to look for to choose the healthier product.

### INGREDIENT LIST

Ingredients are listed in order of most weight to least. If a source of sugar, salt or saturated fat is listed in the first three ingredients, it may not be the healthiest choice.

### HOT TIPS

- Sugar may be listed as syrups, sucrose, maltose, glucose, fructose, honey.
- Salt may be listed as sodium, sea salt, sodium bicarbonate, rock salt.
- Saturated fat may be listed as palm oil, coconut oil, tallow, butter, cream, copha, lard.

### NUTRITION INFORMATION PANEL (NIP)

When reading the NIP always compare similar products, for example compare one brand of yogurt with another brand of yogurt.

Nutrition Information		
Servings per package: 1		
Serving size: 30g		
	Per Serve	Per 100g
Energy	432kJ	1441kJ
Protein	2.8g	9.3g
Fat	0.4g	1.2g
-saturated	0.1g	0.3g
Carbohydrate	18.9g	62.9g
-sugars	3.5g	11.8g
Fibre	6.4g	21.2g
Sodium	65mg	215mg

**Energy:** For packaged snacks look for less than 600kJ per serve


**Fibre:** Not all labels include fibre. For breads, cereals & crackers look for more than 5g more per 100g

**Saturated Fat:** Aim for the lowest per 100g, less than 3g is best

**Sugar:** Aim for less than 15g per 100g

**Sodium:** Foods with less than 400mg per 100g are good, but less than 120mg are best

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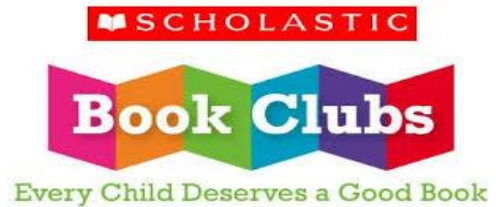


## Reading food labels

Healthy Lunchbox Week

## Book Club

Book Club catalogues went home last week. If you wish to purchase any items please have your order and payment finalised by Friday 17th February. Orders and payment can be sent to school or paid online.



Our first fundraising event for the year is a Bulb Drive.

Today you will have received a bulb catalogue. Please ask your family and friends if they would like to purchase some bulbs to make our first fundraising venture of the year successful.

If you have any questions please contact the office.

Please do not return orders or payment to school.

It is all ordered and paid for online.



During these challenging times please note the following contacts should children need further support:

Kids helpline	1800 55 1800
Lifeline	13 11 14
Police (Rutherglen)	0260 329 612
Police (Chiltern)	0357 261222

 **1800 55 1800**  
Anytime. Any Reason.



## Birthday This Week



Frankie P - 6th February

## House Sports Progressive Total

**Anderson - 710**

**Bartley - 80**

**Conness - 60**





# ★ STUDENT AWARDS ★

	Class	For....
<b>Elwood</b>	<b>F/1</b>	Elwood has really stepped up so far this year. With all the new comers in the classroom Elwood has show so much care and compassion. He is always willing to help any of his fellow classmate that are in need. Elwood has shown some great leadership skills this week and begun the year with a positive attitude. Keep up the fantastic work!
<b>Jack</b>	<b>2/3</b>	Jack has begun the school year with a positive attitude and willingness to learn. Every morning he enters the classroom with a big smile and greets his teachers and classmates with a cheerful "Good Morning." Jack has returned to school with an eagerness to learn and has applied himself to put 100% effort into all of his learning tasks. He has demonstrated our School Value of Responsibility by completing his daily reading program and homework activities to further consolidate his learning at home. Well done on a tremendous start to the year. Keep up the great work!
<b>Flick</b>	<b>4/5/6</b>	Flick, you have had a brilliant start to the school year. You have shown our School Value of Care and Compassion to all students and staff, new and returning. I have been blown away by your kindness many times this week, especially in helping our newest students as they settle into life at CPS. Thank you Flick and keep up the great work!



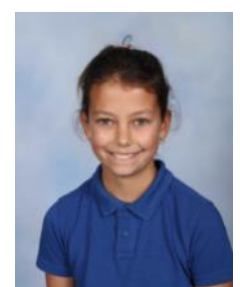
## PRINCIPAL'S AWARD

### Lahni

You are receiving this award because you are caring and compassionate towards other students. I noticed you taking the new Foundation students under your wing, and offering them guidance and assistance both in and out of the classroom. Thank you for modelling our School Value of Care and Compassion and being a role model to other students. Keep up the fantastic attitude.

### Ruby

You are receiving this award for the fantastic way you have begun the 2023 school year in a responsible and mature manner. You have demonstrated a wonderful and responsible attitude to all areas of the classroom and playground. Thank you for being a wonderful role model to others.







# CHILTERN PRIMARY SCHOOL

**SCHOOL, FAMILY & COMMUNITY WORKING TOGETHER**

*Respect   Responsibility   Care & Compassion   Honesty & Fairness*