



Koroit & District PRIMARY SCHOOL

I learn • We belong • Together we achieve

NEWSLETTER

TERM 4 - WEEK 1
October 11, 2019

School Agreements

- Mutual Respect
- Attentive Listening
- Appreciations
- No Put Downs
- Right to Pass
- Personal Best

Dates for 2019

Term 4: Oct 7 - Dec 20

MENTOR FOCUS

Setting and checking goals or improvement

- Decide what you need to improve on: learning, behaviour, personal interest.
- Work out how you will know if you have succeeded.
- Think about the goals every day and check how you are going towards achieving them. Do you need to make any changes?
- Celebrate once you have achieved them. Commit to the new skill, understanding or habit.



**NO HAT,
NO PLAY**

**Children are supervised
in the yard from
8:45 until 3:35**

FROM THE PRINCIPAL

We have had a wonderful start to the term on Monday and welcome the Evans family back to our school community – Lola (Grade 6), Adele (Grade 5) and Eli (Grade 1). We also welcome Jaxson (Grade 6) and his family to Koroit and District Primary School.

Theresa McCosh (Business Manager) is back at school after being away in Queensland during term 2 and 3. Theresa has been spending time with her children and beautiful granddaughter Ruby who was born in May.



We hope you all had a wonderful break over the holidays. Unfortunately we had a break in at school which resulted in 2 bikes being stolen and a significant mess left. Police are working on the incident and we are hoping for a successful outcome. The two bikes have been shared on facebook, please continue to keep your eyes open for these bikes when out in the community.

On Monday grade 3-6 students, staff (KDPS and visiting staff from Merrivale, Grasmere, Woolsthorpe, Allansford and Warrnambool SDS) and parents attended a cyber safety information session with Susan McLean. We engaged Susan with our school community in response to the number of concerns expressed to us by parents regarding the use of the internet, apps and gaming. As a school we are also accountable for being well informed and have the best supports in place for our students and families.

The information Susan presented is 'real' and essential to know information by informing all groups (students, parents and teachers) about growing up online, what kids are doing online, cyberbullying, potential online dangers and safety tips, problematic internet use and gaming issues. We will share information with you through the newsletter, school facebook page/website and uploads to XUNO. We encourage parents to visit Susan's website and find the section for parents - <http://www.cybersafetysolutions.com.au/> She also responds to individual queries.

We thank all parents for taking the time to attend and from the feedback it is evident the session was extremely valuable.

Sue Rondando Thanks so much to KDPS for organising such a valuable session in protecting our children. Great school with great values.

Lauren Barker Thank you for hosting such an informative evening. Such an important message for all parents to hear

Petina Walsh Thank you so much for having this cyber safety night with Susan. It's opened my eyes to a whole new cyber world!

Talina Whittington Susan sessions was more than i was expecting. It was a eye opener and very informative for kids and parents. I have to admit I raced home and checked the kids devices. Also went and brought blue tooth speakers and alarm clock, ipads are now out of bedrooms. Gaining back control over these digital devices, they really do take over our lives.

It is school policy and DET requirement to respond to any inappropriate use of the internet regardless of whether it happens during school time or not when it is reported to the school. We will always respond by working with the student and the family for improved cyber use. We encourage families to come and speak to us if you require supports or need additional information.

T: 5565 8332 F: 5565 8812 E: koroit.ps@edumail.vic.gov.au
<https://www.koroitps.vic.edu.au/>



Principal: Marina Milich - School Council President: Jac Monk

From the Principal....

Some of Susan's key messages to parents are;

- Kids need to appreciate and accept that just as in the real world, there are dangers in cyberspace. Parents need to teach kids that cyberspace is permanent. Everything that they write, post and send can be traced and will remain there forever.
- Kids need to think before they click and parents and teachers need to educate them to ensure that where possible, the correct decisions are made in the first instance, not after a moment of madness.
- Young people are often targeted and groomed without the ability to recognise that this is occurring.
- The unprecedented amount of personal information available on these sites makes them a perfect place for people who would happily identify their victims and gain their trust.
- Other identified dangers include exposure to inappropriate content, cyberbullying and harassment, exchange of inappropriate images and identity theft.
- Parents must understand and play the games children are playing.
- Online use in bedrooms or bathrooms must be discouraged.
- Parents must apply all security settings prior to their children using apps or games.
- Understand and know the apps your children are using ensuring they are age appropriate.
- Google your child's name at least twice a year.

Reliable resources highly recommended by Susan.

Family Zone Cyber Safety Software



IWF – Internet Watch Foundation



Niira – Network for Internet Investigation and Research Australia.

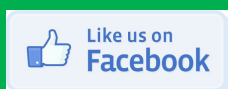


Choose Kind @ KDPS

Choose Kind @ KDPS is a whole school campaign we are beginning this term, with the intention of developing an ongoing project for KDPS. The purpose of the campaign is not only to develop awareness of choosing kind, but to also create a way of being at KDPS. The teachers and students have been working together to brainstorm ideas of how our Choose Kind campaign is going to look and we are impressed with student contributions and motivation to make this happen. We are looking forward to sharing our Choose Action Plan with the school community over the next few weeks.

Marina Milich

Principal



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Breakfast Club

Breakfast Club runs every morning before school from 8.30-8.50am. All students are welcome to come and have some Cheerios, porridge, Vita Brits, fruit or baked beans to charge up their batteries before school.



TERM FOUR - Week by Week Activities

WEEK 2	
Wed 16 Oct	Final instalment due for 3/4 Sovereign Hill Camp - \$50 School Council 6pm.
Thu 17 Oct	5/6 Earth Ed excursion to Ballarat
Fri 18 Oct	11.30-1.30 whole school planting day and BBQ lunch. Parents and friends invited to help out.
WEEK 3	
Mon 21 Oct	
Thu 24 Oct	Nude Food Day @ KDPS
WEEK 4	
Mon 28 Oct	1/2 excursion to Tower Hill and Killarney Beach
Wed 30 Oct	Final instalment due for 5/6 Canberra Camp - \$100 School Concert 6pm @ Koroit Theatre
WEEK 5	
Mon 4 Nov	Canberra Camp information and transition to secondary school information evening for Grades 5 and 6 students and parents/guardians 6pm
Tue 5 Nov	F-2 swimming program begins 12-1.30pm
Wed 6 Nov	F-2 Swimming 12-1.30pm 1st transition day for 2020 Foundation students 2.30-3.30pm
Thu 7 Nov	F-2 Swimming 10.15-11.45am
Fri 8 Nov	Foundation MSO Performance at Lighthouse Theatre
WEEK 6	
Mon 11 Nov	Grade 3/4 Sovereign Hill Camp F-2 Swimming 12-1.30pm
Wed 13 Nov	2nd transition day for 2020 Foundation students 2.30-3.30pm F-2 Swimming 12-1.30pm
Thu 14 Nov	Curriculum Day (pupil free except for Grade 1/2 attending Port Fairy trip.)
Thu 14, Fri 15 Nov	Grade 1 day trip to Port Fairy and Grade 2 overnight camp in Port Fairy
WEEK 7	
Mon 18 Nov	Grade 5/6 Canberra camp F-2 Swimming 12-1.30pm
Wed 20 Nov	F-2 Swimming 12-1.30pm 3rd transition day for 2020 Foundation students 2.30-3.30pm
Thu 21 Nov	F-2 Swimming 10.15-11.45am
WEEK 8	
Mon 25 Nov	Mini Beast Wildlife Incursion F-2 10-1.30pm
Wed 27 Nov	4th transition day for 2020 Foundation students 2.30-3.30pm Whole school parent forum. 6pm.
WEEK 9	
Wed 4 Dec	5th transition day for 2020 Foundation students 2.30-3.30pm

NOTES/REMINDERS

Breakfast Club 2019

Welcome to Breakfast Club 2019! We are fortunate enough to offer this wonderful program to all students and families again this year.

Breakfast club runs every school day from 8:30am until 8:50am. We have toast, Cheerios, Vitabrits, toasted Muesli, porridge, Two fruits and apples.

Breakfast club is for all students, even if they have already eaten at home and want something extra before school begins.

We also have food available for any of our families, so please feel free to contact the office if you would like any of the above foods mentioned or long life milk.



A reminder to parents to please let us know if there are any changes of contact details that may have occurred as soon as possible, eg. New phone numbers, addresses, email addresses, etc.

XUNO

For your information, the code for the KDPS XUNO app is
26i4wr



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TERM FOUR - Week by Week Activities cont.....

WEEK 10	
Mon 9 Dec	Marine Community Action Day @ Warrnambool Foreshore Grades 3-6
Tue 10 Dec	Statewide Transition Day
WEEK 11	
Mon 16 Dec	Family picnic and final assembly 1.45pm Grade 6 Graduation 5pm dinner - 6pm presentations
Tue 17 Dec	Whole School EOY Celebration Day
Wed 18 Dec	No formal classes
Thu 18 Dec	No formal classes
Fri 18 Dec	No formal classes



Massive congratulations to Mitchell McCosh, G4, who won the 80 metre hurdles event today at the Primary Schools' Regional athletics carnival in Ballarat.

Hudson Downes placed 3rd in the 200 metres and 6th in the 100 metre sprints.

As we go to print, we are unsure of Mia Lumsden's success.

Congratulations to all three students for their achievements so far.

Upcoming Camps at KDPS

Grade 5/6 Canberra Camp

18-22 November

Final Payment due: 30 October \$100



Grade 3/4 Sovereign Hill Camp

11-13 November

Second instalment due: 16 October \$75



Grade 2 Overnight camp to Port Fairy

14-15 November

First instalment due: 18 September \$40



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Coming back to school term

4

What have you enjoyed so far in the first week of term four?

Audrey:
Seeing my friends and
enjoying lunch times with
them.

Hendrix:
Learning about time
and clocks in class.

Neve:
Writing persuasives to
convince people.

Charlie:
Coming to school and
playing with my friends.

Dominic:
Playing with
friends at lunch.

Bella:
Seeing teachers
and friends.

Jake:
Going to the spring
music festival.

Alesia:
Doing activities with
my class.

Harry:
Seeing friends and playing
at lunch.

Bailee:
Seeing teachers
and learning.

Adele:
Seeing friends.

William:
Art, hands
on learning.



KINDNESS HEALTH FACTS

DID YOU KNOW?

KINDNESS IS TEACHABLE

"It's kind of like weight training, we found that people can actually build up their compassion 'muscle' and respond to others' suffering with care and a desire to help."

Dr. Ritchie Davidson, University of Wisconsin

KINDNESS IS CONTAGIOUS

The positive effects of kindness are experienced in the brain of everyone who witnessed the act, improving their mood and making them significantly more likely to "pay it forward." This means one good deed in a crowded area can create a domino effect and improve the day of dozens of people!

KINDNESS INCREASES:

THE LOVE HORMONE

Witnessing acts of kindness produces oxytocin, occasionally referred to as the 'love hormone' which aids in lowering blood pressure and improving our overall heart-health. Oxytocin also increases our self-esteem and optimism, which is extra helpful when we're in anxious or shy in a social situation.

ENERGY

"About half of participants in one study reported that they feel stronger and more energetic after helping others; many also reported feeling calmer and less depressed, with increased feelings of self-worth"

Christine Carter, UC Berkeley, Greater Good Science Center

HAPPINESS

A 2010 Harvard Business School survey of happiness in 136 countries found that people who are altruistic—in this case, people who were generous financially, such as with charitable donations—were happiest overall.

LIFESPAN

"People who volunteer tend to experience fewer aches and pains. Giving help to others protects overall health twice as much as aspirin protects against heart disease. People 55 and older who volunteer for two or more organizations have an impressive 44% lower likelihood of dying early, and that's after sifting out every other contributing factor, including physical health, exercise, gender, habits like smoking, marital status and many more. This is a stronger effect than exercising four times a week or going to church." Christine Carter, Author, "Raising Happiness: In Pursuit of Joyful Kids and Happier Parents"

PLEASURE

According to research from Emory University, when you are kind to another person, your brain's pleasure and reward centers light up, as if you were the recipient of the good deed—not the giver. This phenomenon is called the "helper's high."

SEROTONIN

Like most medical antidepressants, kindness stimulates the production of serotonin. This feel-good chemical heals your wounds, calms you down, and makes you happy!

KINDNESS DECREASES:

PAIN

Engaging in acts of kindness produces endorphins, the brain's natural painkiller!

STRESS

Perpetually kind people have 23% less cortisol (the stress hormone) and age slower than the average population!

ANXIETY

A group of highly anxious individuals performed at least six acts of kindness a week. After one month, there was a significant increase in positive moods, relationship satisfaction and a decrease in social avoidance in socially anxious individuals. University of British Columbia Study

DEPRESSION

Stephen Post of Case Western Reserve University School of Medicine found that when we give of ourselves, everything from life satisfaction to self-realization and physical health is significantly improved. Mortality is delayed, depression is reduced and well-being and good fortune are increased.

BLOOD PRESSURE

Committing acts of kindness lowers blood pressure. According to Dr. David R. Hamilton, acts of kindness create emotional warmth, which releases a hormone known as oxytocin. Oxytocin causes the release of a chemical called nitric oxide, which dilates the blood vessels. This reduces blood pressure and, therefore, oxytocin is known as a "cardioprotective" hormone. It protects the heart by lowering blood pressure.

RANDOM ACTS OF KINDNESS

FOR MORE INFORMATION, VISIT WWW.RANDOMACTSOFKINDNESS.ORG

Nicole Farrelly
Wellbeing Officer



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What's happening at KDPS....

Nude food day at KDPS is happening on Thursday 24th October.



WHAT IS NUDE FOOD?

NUDE FOOD is simply food that is not wrapped in foil, plastic or commercial packaging.

The best type of nude food consists mainly of fresh food, so that it is healthy and nutritious PLUS environmentally friendly.

Promoting Nude Food empowers students to make conscious choices about what they eat, and encourages them to think about their impact on the environment (and their health). You might be amazed with how enthused your child can become on this...

✓ TO PACK A NUDE FOOD LUNCH OR SNACK, YOU WILL NEED:

- Cutlery from home is better than throwaway plastic ones
- Plastic or metal drink bottles are recommended for refilling with water
- Reusable containers for putting all of your food, snacks and drinks into
- Lunch boxes that have lots of separate sections can be useful to avoid lost lids or containers

TIPS FOR PACKING NUDE FOOD LUNCHES:

- Try to involve the kids in helping decide what to take. This will help to avoid uneaten foods being thrown out, plus will save your family money as well. Also, remember to praise your child if they do eat something healthy which is new for them.
- Try to pack the lunches the night before and store in the fridge overnight to avoid the mad rush in the morning.
- If your child normally enjoys chips, yoghurt or other prepackaged snacks, buy these in a larger format and you can decant these into smaller reusable containers or lunchbox.
- If your child does enjoy chips, why not try making your own veggie versions using sliced beetroot, parsnip or sweet potato and baking in the oven?
- Try to use fruit and vegetables that are in season. Seasonal produce is friendly to the environment as well as to your budget, as less fuels are used to transport it into your supermarket.
- Go to www.nudefoodday.com.au/resources for Nude Food recipe ideas.

✗ TRY TO AVOID:

- Zip lock or plastic bags, plastic wrap or aluminium foil
- Tetra packed drinks, single serve yoghurts and cheese
- Single use plastic forks and spoons
- Prepackaged food, i.e. biscuits, snack bars and chips



Like us on
Facebook

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What's happening at KDPS....



Transition into secondary school

Information session for parents in years 5 and 6.

An evening providing parents with information for a smooth transition into secondary school in a small, friendly environment.

- Attendance from secondary school coordinators and principals sharing information about their schools' requirements.
- Ex-students will be sharing their concerns and how they overcame them, their achievements throughout the years and ways you can help your child/ren.
- Parents of secondary school students will share their tips of things to buy and not, where to get items, ways to possibly handle your child's anxiousness and general parent information.

Monday 4th November 2019

6:00pm – 7:30pm

At Koroit and District Primary School Hall.

Nibbles will be provided.



Koroit and District Primary School Transition Program 2019

We are looking forward to getting to know all Foundation 2020 students and parents.....

Wednesday 6th November 2.30-3.30
Wednesday 13th November 2.30-3.30
Wednesday 20th November 2.30-3.30
Wednesday 27th November 2.30-3.30
Wednesday 4th December 2.30-3.30
Tuesday 10th December (statewide transition day) 9-1.30 - please bring a snack and lunch to this session.



Tuesday 10th December **Parent Information Session** and morning tea in the school hall 9.15-10.15 am - we look forward to seeing you all!

All transition sessions will be held in the Foundation classroom.

Please bring a hat and drink bottle to every session.

The Transition Program is designed to introduce your children to school life so that each student has the best possible start at Koroit and District Primary School.

55658332
<http://www.koroit.vic.edu.au>



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What's happening at KDPS....



I Learn • We belong • Together we achieve

COMBINED SINGLE / DOUBLE NAME PAVER & HAND DRAWN IMAGE TEMPLATE

Koroit & District Primary School

Please support KDPS to raise funds for our new front garden. The bricks will be used in the 'front of' our new front garden. We are giving families an opportunity to have their names engraved on the pavers. If you have already ordered a paver, please contact the office for your order form and return the end of the year. If you have not, please contact the office for your order form and return the end of the year. Thank you.

We need 4 more orders of pavers before we can go ahead!
Please contact the office for your order form and return
ASAP so we can get them ordered. Thank you.

OFFER 1: \$40 SINGLE PAVER

Your donation of \$40 entitles you to have your name engraved into a paver as a permanent record of your valued support. The paver will be permanently installed in our new front garden proudly showing your support.

See page 2 for paver forms.

OFFER 2: \$80 DOUBLE PAVERS

Your donation of \$80 or more entitles you to have your names engraved into two pavers as a lasting record of your valued support. The pavers will be permanently installed in our new front garden proudly showing your support.

See page 2 for paver forms.

OFFER 3: \$40 HAND DRAWN PAVERS

Your donation of \$40 entitles you to have your hand drawn image engraved into a paver as a lasting record of your valued support. The paver will be permanently installed in our new front garden proudly showing your support.

See page 3 for hand drawn template.

KDPS Socks

Available for purchase from the
office.

Will suit grades 4,5,6
students.
\$5 pair.



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TOWER HILL CHALLENGE

DEC 7TH

TOWER HILL CHALLENGE 2019

Early Bird Registrations from 1st September to October 30th
Early Bird Rates: 15km Event \$75pp • 6km Event \$55pp

Rates beyond October 30th:
15km Event \$85pp • 6km Event \$65pp • Kids 3km Event \$25pp (must be of school age)

Team Registrations: 15km (8 People) \$550 • 6km (8 People) \$450

Can you conquer the volcano? A great pre-season or company team building opportunity

Registrations towerhillchallenge.com.au • Inquiries koroitps@outlook.com

f @

FREE TENNIS DAY!

WARRNAMBOOL LAWN TENNIS CLUB Inc

beachside TENNIS ACADEMY

DISCOUNTED MEMBERSHIPS!

FREE COACHING CLINICS!
Raquets will be provided
Be sure to book your spot

KIDS: 11-11:45am and 12:30-1:15pm
ADULTS: 11:15-11:45am and 12:45-1:15pm

COME & ENJOY...

Games, Prizes & Giveaways
Jumping Castle
Free Sausage Sizzle 12-1pm
Wilson Racquet Demo
Speed Serve
Free Court Hire
30% Off All Wilson Raquets
& Free Junior Racquet
For All New Enrolments

ALSO COME & TRY...

Pilates Barre 4 U

SUNDAY 20TH OCTOBER 2019

PLEASE CALL TO REGISTER

P 0431 791 256
Retrobe Road
Warrnambool Lawn Tennis Club
www.warrnamboollawnstennis.com.au
info@beachsidetennisacademy.com.au
www.beachsidetennisacademy.com.au

Let's shine a light on blood cancer

Sign up now:
lightthenight.org.au
1800 500 088

Koroit Railway
Friday 18 October 6:30pm
Adele - 0437 121 466

SPONSOR PARTNER
 BRIDGESTONE

SALES PARTNER
 PHILIPS

ENDORSEMENT PARTNER
 SIMON National Carriers

ACT PARTNER
 KOJO

Morne Shire

playgroup

KOROIT KINDERGARTEN
Front Room
60 High Street, Koroit

10am-12pm
Tuesdays Term 4

Spend some time playing with your child in a supportive, fun and non-judgmental environment

Children 0-5yrs welcome
Supports parents as their child's first educator
Lots of messy play for busy toddlers
Free weekly sessions including snacks!

To register your interest contact:
Bianca Schultz Playgroup Facilitator 0418 081 976

SATURDAY 26th OCTOBER

Warrnambool Show

\$33 Family Pass

1000 FREE SHOWBAGS

Novelty Costume Competitions

Pet Show

Cool 4 Kids

Face Painting

Fun Farm 2 U

South West Brick Club

Jamie & Kims Mobile Zoo

Yellow Brick Road

BIGGER & BETTER

*Master & Miss Show Girl *Horse and Showjumping *Beef Cattle *Sheep *Dog High Jump
*Kate Clancy Horsemanship *Cattlemans Bar *Woodchop *All Day Music Stage *Kids Zone
*Poultry *All Day Sheep Shearing *Animal Nursery *Arts & Crafts & Horticulture
Email: warrnamboolshow@bigpond.com Ph: 5562 4644
warrnamboolshow.com.au

Portland Aluminium & Glass

COUNTRY FAIR

WOOLSTHORPE IN WONDERLAND

SPONSORS

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Arboreal Tree Services

Professional Teaching Services

Landmark Warrnambool

Darrian Office Choice

Simon Lucas Electrical

G & B Richardson Bobcat & Tip Truck Hire

Moynie Shire

Shields Transport Woolsthorpe

Coles Coaches

Warrnambool Bus & Motor

Warrnambool Vet Clinic

The Midfield Group & The Meatbarn

Kavanagh Fuel Services

* Fresh Local Produce & Food
* Local Home Made Jams & Slices
* Food Stalls - home made food, curries, cakes, coffee
* BBQ & Our Famous WPS Pancakes
* Giant Plant Stall including WPS Heritage Apple Trees
* Kids Tent With Showbags
* Major Draws and Spinning Wheel
* Live Local Entertainment
* Agricultural & Community Displays
* Display Showcasing Students' Artwork
* Historical Society & CWA Displays
* Famous Student Great Adventure
* Rides - \$25 unlimited rides ticket available

Sunday 20th October 2019
10am - 2pm

For Details Please Contact
Front Office 5569 2241

 **WOOLSTHORPE**
PRIMARY SCHOOL

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