



# OVERPORT NEWS

*From the Principal's Desk.*

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## Dates to remember:

### February

**22/2 District Swimming  
Yr4-6**

**OPS Community  
Bush dance—5.30pm**

### March

**6/3 School Photos Day 1**

**7/3 School Photos Day 2**

**8/3 Smart Start Yr 4s  
Incursion**

**12/3 Public Holiday**

**13/3 Pupil Free Day**

**15/3 Term 2 Excursion Levy  
notice sent home**

**16/3 FREE DRESS DAY**

## School Council Elections

School Councils comprise of parents, the principal, staff and at times, community members. Each school council member is also a member of one of its sub-committees and represents the views of the school community. Being on School Council is a wonderful way to contribute to the governance of the school as well as learn about the process and developments that impact on your child and all the students. Information for prospective members can be found at [www.education.vic.gov.au](http://www.education.vic.gov.au) Our sub-committees of Education, Building and Grounds and Special Events are open to all interested parents and you do not need to be voted onto the sub-committees. We enthusiastically welcome your input. School Council elections are held in February and March each year. All parents or guardians of students enrolled at the school are eligible to nominate for positions and to vote for parent members. A timeline for 2018 School Council Elections accompanies this week's newsletter. School Council election nominations open on Monday 26<sup>th</sup> February and close at 4.00 pm on Wednesday 7th March. There are three 2 year positions for parents this year. I encourage parents to consider nominating for Council. Nomination forms can be collected at the school office. If you are interested in nominating for School Council please contact me.

### *Our Mrs Madder!*

It is with sadness and a great sense of appreciation that I announce that Mrs Deborah Madder has decided to retire at the end of this term. Deborah commenced teaching with the Department of Education in 1981 and began working at Overport Primary School in 2002, firstly as a classroom teacher and for the last eleven years as our assistant principal. We have been blessed to have the opportunity to work with Deborah, her genuine care for the Overport Community and leadership of staff and students will leave a lasting impression. I cannot begin to express how grateful we are for the wonderful contribution Deborah has made to our school. We are thankful to her many years of service, to the Department of Education and to Overport Primary School, and wish her all the very best as she takes on this next journey in life.



### *Beat Cyber Bullies*

An article in the Herald Sun by Aleks Devic on 21st January drew my attention to the problem around cyber bullying. With the recent focus and related concerns it is critical that we work together. We all need to take proactive steps to address this society wide concern. The article claims that one in five children were cyber bullied online during 2017. Figures from the Office of eSafety Commission suggest that bullying can take the form of social exclusion, name calling, rumors or lies being spread, unkind things said about someone, receiving continuous unwanted messages, being sent inappropriate content or receiving threats. None of these are acceptable forms of communication. So how do we protect them....

### *Thought of the week:*

*Always forgive others!  
Whether they deserve  
forgiveness or not, you  
deserve peace.*

*-Unknown*

*...continued overleaf*

How do we protect our most vulnerable, our children? Encourage your child to take action including blocking the offender and reporting it to a trusted adult. Report offensive posts to the host site. Parents should take screen shots as evidence. The article states that as parents, when you hand your child a device, discuss with them the importance of respect and responsibility. Help your child build resilience, courage and strength to cope with what they might experience on line. "Just as parents navigate their children through the perils of the real world, they need to do the same for their online lives."



As a school we also focus on respect and responsibility. We do not take bullying of any kind lightly, including cyber bullying. We are confident that our new Resilience Project will assist students to develop these strength to speak up and cope. Therefore, we soundly encourage you to attend the parent information night with Hugh Van Cuylenburg on 23rd April, 6.30 to 8.00 pm.

As part of our new technology program Mr Joyce will touch on this area with the junior students but is fully implementing a Cyber Safety program for our years 3 to 6 during the second semester. We hope to have a further parent session on cyber safety during the year.

1. Ask them to stop. Then walk away or ignore.
2. Report Abuse. Talk to an adult you trust. Have someone help you to report cyber-bullying or assault.
3. Help the person being bullied to go somewhere else.
4. Focus on looking after yourself.
5. Report cyber-bullying to the Office of eSafety Commission at [www.esafety.gov.au](http://www.esafety.gov.au)

**Key phone numbers:**

- **Kids Help Line—1800 551 800**
- **Beyond blue—1300 224 636**
- **Lifeline—131 114**

*Kind Regards,*

*Julie Gleeson Principal.*



Florian 1A, Violet 1B,  
Maria 3D, Brett PA,  
Destiny 1C, Ethan 1E,  
Jackson 6B, Alaya  
PA, Angus 5B,  
Charlie 6C, Logan  
5C, Rebecca 6B,  
Noah 2A, Poppy 3A,  
Matthew 4A, Aleisha  
5C, James 6B,  
William 1D, Mitchell  
6B, Maggie PA,  
Frankie 1B, Punnoose  
4B, Leila 1A, Madeline  
2C, Sydney 2D, Rose  
3D, Michael 5A, Leo  
PE, Lehar 4B,  
Gracie 1F, Daniel 2B,  
Taj 3A & Kai 3C

**Year Level Reminders for this week:**

**Year 1:** Please remember to sign home reading diaries every night as these are checked daily.

**Year 2:** We have our first 'Big Write' this week. Don't forget to talk about this at home.

**Year 5:** Please remind your child to bring their homework every Monday. They should also be completing their talk homework each week for our 'Big Write' each Friday.

**Year 6:** Please remind your children to complete their weekly homework tasks. This includes nightly reading which should be recorded in diaries and accompanied by a parent/guardian signature.

## Assistant Principals Report

What a lovely night for a Bush Dance tonight! Please come along and enjoy some community spirit. This year we will be setting up in our central area, between the admin building, the TLC and the Prep building. Sausages and drinks will be available for purchase: sausages \$2.50 and drinks \$1.50—or bring along your own picnic tea (no alcohol). We would love to see lots of you there.



An email has recently been sent to all of our 'Special Events' volunteers, with a request for some help next Thursday morning 1st March to staple bundles of raffle tickets together in preparation for our Easter Raffle. If there were 6-8 volunteers to assist, we could get this done pretty quickly. Please meet me in the staffroom straight after drop-off and I will set you to work!

Friday 16th March will be a Free Dress Day in return for a donation to our Easter Raffle. Volunteers are also required on this day to collect donations, and bundle up raffle prizes. Lots of helpers

School photos are coming up soon: **Tuesday 6th and Wednesday 7th March**. You will have received your child's individual order envelope yesterday. We do apologise for these being a little later than we would like, however this has been out of our control. The arrangements for photo days are that all children present will have both a group and an individual photo taken. Family portraits can be taken on request. Envelopes for these will be available at the office in the next few days. Orders for those who return an envelope with payment will then be processed by Master School Photography, and returned to the school early in term 2. Photos will be distributed as soon as they arrive.



Thank you so much to our Year 6 families, who have been very patiently waiting for their Year 6 graduation polo shirts. I'm sure they won't be far away. Orders for graduation bomber jackets can now be made through the online process outlined in the note you received this week. These bomber jackets will have all students' names on the back. The online shop has opened today, and will close on Friday 16th March. All orders will be delivered to the school for distribution in the first few weeks of term 2.

Important reminders for MARCH are coming home today. Keep this in a visible place, but always remember to check newsletters, class emails and with class teachers for any alterations to this information.

You will have read in Mrs Gleeson's column that I have recently made a rather big decision, and will be finishing up my teaching career at the end of this term. Overport has been a very big part of my life, but I'm looking forward to a new beginning, and whatever the future holds for me.

Enjoy your weekend everyone,

**Deborah Madder**

**Assistant Principal**

### 'OVERPORT CARES' AWARDS

*These certificates are awarded at assembly each week for children who have excelled in an academic or social endeavour throughout the previous week.*

**12/2/2018**

Sapphire 1A, All of 1B, All of 1C, Talia 1D, All of 1E, All of 1F, Willow 2A, Sophie 2B, Simone 2C, All of 2D, Eli 3A, Sienna 3B, Maddie 3C, Amir 3D, Brodie 4A, Alex 4B, Grace 4C, Catherine 4D, All of 4/5E, Brock 5A, Angus 5B, All of 5C, Shanelle 6A, All of 6B,

Emma 6C & All of 6D

### 'OVERPORT CARES' AWARDS

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**19/2/2018**

All of 1A, Otis 1C, Genevieve 1D, Trent 1E, Neha 1F, Ashton 2A, Mritika 2B, Dieudonne 2C, Saya 2D, Charlie 3B, Isabella 3C, Arianna 3D, Roi 4A, Nate 4C, Chad 4D, Zoe 5A, Jasmine 5B, Bonnie 5C, Ashanti 4/5E, Nick 6A, Mitchell 6B, Chloe 6C & Shae 6D

## Assistant Principals Report

## RESILIENCE... WHY DOES IT MATTER?

- **One in seven young Australians, aged 3-17, experience a mental health condition.** (Australian Bureau of Statistics)
- **One in fourteen young Australians (6.9%) aged 4-17 experienced an anxiety disorder in 2015.** (Australian Bureau of Statistics)

According to the above statistics, approximately 3-4 students in each class at Overport Primary School may be experiencing a mental health condition, and with this number on the rise, it is important that we begin to work with students and families to improve this statistic. Around 40 percent of anxiety disorders can be attributed to hereditary factors (Macquarie University) with the rest related to environmental factors, which means we can make a difference. One way in which we can make a difference is to build the resilience of our students.


Beyond Blue defines resilience in children as, *“a child’s ability to cope with ups and downs, and bounce back from the challenges they experience during childhood – for example moving home, changing schools, studying for an exam or dealing with the death of a loved one. Building resilience helps children not only to deal with current difficulties that are a part of everyday life, but also to develop the basic skills and habits that will help them deal with challenges later in life, during adolescence and adulthood.”*

Through our school partnership with The Resilience Project and an ongoing commitment to building and strengthening relationships through Restorative Practices, we aim to improve resilience of our students. The Resilience Project identifies that practicing gratitude, empathy and mindfulness may contribute to improved resilience. As a school we are committed to helping our students practice these skills through incidental activities and Social Emotional Learning programs.

Over the next few newsletter columns, the schools approach to teaching gratitude, empathy and mindfulness will be discussed along with some ideas that will help parents and families support our programs at home.

**Tess Higgins**

**Assistant Principal**



**SAVE THE DATE**

The Resilience Project

Parent information session

Monday April 23rd

6.30pm - 8.00pm

Overport PS Hall



**EVERY DAY COUNTS**

In primary school, some students **miss** on average **3 weeks** of school **per year**. That's **half a year** of school by the end of **year 6**.

Going to school every day is the single most important part of your child's education.

For more information and resources to help address attendance issues, visit: [education.vic.gov.au](http://education.vic.gov.au)

Department of Education and Training

