



OVERPORT NEWS

From the Principal's Desk.

Overport Primary School
Towerhill Road,
Frankston 3199.
Telephone: 9783 8777
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Email: over-
port.ps@edumail.vic.gov.au
Website:
www.overport-ps.vic.edu.au

Dates to remember:

February

- 14/2** Book Club Due
- 15/2** Milk & Cookie Day
- 19/2** School council Meeting
7.00pm
- 22/2** District Swimming
Yr4-6
- OPS Community
Bush dance—5.30pm

March

- 12/3** Public Holiday
- 13/3** Curriculum Day—
student free.

*Gratitude makes sense
of our past, brings
peace for
today
and creates a
vision for tomorrow.*

-Melodie Beattie

Welcome to Overport for 2018!

Welcome students and families to the new school year for 2018. I trust that you all had a wonderful holiday and have returned fresh, ready for another fantastic year at Overport. I would especially like to warmly welcome our new families and invite them to take every opportunity to be part of our Overport community.

We now have 711 students enrolled at Overport PS.

We have had an excellent start to the year and it is obvious that the children have missed their friends and are glad to be back at school.

We also hope you enjoy our new-look newsletter and read it each week.

There are some important reminders for our community before we begin:

- 1. “Every Day Counts!”** It is a requirement that all children attend school daily. Essential learning takes place every day and, therefore, regular attendance is critical to allow your child to reach his/her full potential.
- 2.** We have a school bag bell at **8.55am** for children to come inside and hang up their bag. The teaching day commences at **9.00am**. It is **critical** for children to arrive on time ready to start the day to ensure their learning and that of others. Recess is at 10.40am and lunch is at 1.00 pm. Children eat lunch inside at 12.50pm.
- 3.** School uniform is **compulsory**. A copy of the uniform policy can be found on our website: www.overport-ps.vic.edu.au Please note extreme hairstyles and colours are not permitted. Only medical or religious jewellery is permitted and should be worn under uniform for safety reasons. Small ear studs earrings are permitted. Our Sunsmart policy states that students are expected to wear wide-brimmed hats until 30th April.
- 4.** Students riding bikes or scooters to school **must** wear a helmet and must be in grade 4 or above unless accompanied by an adult.. Bikes and scooters must be walked within the grounds. This includes pre-schoolers please. Bikes can be stored behind the black gates at the Bayview Learning Centre.
- 5.** Please discourage children from bringing precious items to school. However, all personal items of students, including bikes, mobile phones, special toys, etc, are brought to school at the student’s own risk.
- 6.** Mobile phones **must** be logged with the class teacher & collected at the end of the day. Level 4, 5 & 6 students who are taking the opportunity to bring their iPads, can take these inside from **8.45 am**.
- 7.** Canteen window sales at recess operate from Tuesday. Lunch orders from Wednesday to Friday. Our canteen will open for window sales on 8th February and for lunch orders from 16th February. The canteen will hold two optional meal deals each term, beginning with a Milk and Cookie day for 15th February. Funds raised through the canteen cover the associated canteen costs.
- 8.** The Department of Education and Training does not offer individual cover for student’s personal injury. Therefore, I recommend parents consider insurance. JUA underwriting agency offer a “Student Health” - Personal Injury & Accident Protection insurance; See link: www.studenthealth.com.au

9. Along with other policies that may be useful for our parents, our “Community Code of Conduct” and “Parent Complaints -Raising Parent Concerns” policies can be found at this following links:

http://www.overport-ps.vic.edu.au/uploads/1/0/8/4/10847507/community_code_of_conduct.pdf

http://www.overport-ps.vic.edu.au/uploads/1/0/8/4/10847507/parent_complaints.pdf If you have any concerns, please speak to your child’s teacher or contact the office. It is essential that we follow the expectations in the Community Code of Conduct to ensure the safety and wellbeing of all.

10. Please do **not** use the staff carpark as a drop or collection point for students. I realise that parking is at a premium in the street; however, this presents safety issues for students. **Please respect this request.** If you have concerns, regarding the parking availability, please contact Frankston Council: 1300 322 322.

11. Please note that we have a pupil free day on 13th March following the Labour Day weekend. Extend will offer a full day service on this day. **Operating hours:** 7:00am - 6:00pm. Please contact them for a booking.

Should you have any queries, do not hesitate to contact me. I wish everyone a fantastic start to the year.

Kind Regards, Julie Gleeson Principal.

Turn Off Technology to Turn on Conversation! 7 reasons to unplug.

1. **Powering-down helps remove unhealthy feelings of jealousy, envy, and loneliness.** Researchers recently discovered that one in three people felt worse after visiting social media and were more dissatisfied with their lives.
2. **Powering-down combats the fear of missing out.** ‘Fear of Missing Out’ has been recently recognized as a emerging psychological disorder brought on by the advance of technology.
3. **Solitude is harder to find in an always-connected world.** Solitude grounds us to the world around us. It provides the stillness and quiet required to evaluate our lives and reflect on the message in our hearts.
4. **Life, at its best, is happening right in front of you.** Our world may be changing, but the true nature of life is not. Life, at its best, is happening right in front of you.
5. **Powering-down promotes creation over consumption.** While technology can contribute to creating, most of the time we spend in front of technology is spent consuming.
6. **Addiction can only be understood when the object is taken away.** Through a technological fast, we may learn that we are far more addicted than we might have guessed.
7. **Life is still about flesh, blood, and eye contact.** No matter how much we interact with others through the miracle of technology, there is something entirely unique and fantastic about meeting face-to-face.

If you need help getting started, try one or more of these tips to unplug:



- **Choose to start your day elsewhere.** Henry Ward Beecher said, “The first hour is the rudder of the day.” **Spend it wisely!** Commit to not turning on technology for your first waking hour.
- **Power-down for one period of time each day.** Choose a time each day to power-down.
- **Better manage the time-wasters.** There are a number of Internet tools that can help you better manage your time online. **Freedom** will disable your entire Internet connection for a time period set by you. **Selfcontrol** will allow you to block access to uniquely specified websites (for example: social media) for a period of time, but still have access to the web.
- **Take one extended break on a regular basis.** Choose a number of days each year to power-down unnecessary apps (leaving only phone and text privileges on my phone). Whether it be for one weekend or one week, there is value in taking an intentional break from technology. Learning to power-down technology is an important life skill with numerous benefits. The wisest of us take time to learn this discipline to live fuller lives.

So start now: your life is waiting.



Lily 4/5E, Lucas PA, Jazi PE, Joey 1C, Mikayla 6B, Alisa 4/5E, Evie 1C, Lilly-Jayne 3D, Charlie 6D, Will 3A, Ash PE, Trey 2A, Zac 1F, Rupert 3D, Matilda 5C, Platon PC, Saxon 1C, Taiden 4B, Jesse 4C, Wolfgang PA, Jordana 2C, Isabella 5A, Sai PD, Valentina PE, Oscar 1B, Owen 1B, Elijah 2A, Emily 3D, Mazie 4C, Toby 6C,

Assistant Principals Report

Welcome back to the new school year. Welcome also to the many new families who have joined us at Overport this year. We hope you have settled well, and have enjoyed meeting lots of new friends.

For those families who weren't able to make it to our beginning of year meetings last Tuesday, your child's teachers will be making contact with you soon to arrange a time for you to come in and have a chat. There are also some important handouts for you to collect: the 2018 Information for Families booklet, the February reminders notice, and information about upcoming events such as our Bush Dance night and the Resilience Project parent information session.

The highly recommended bush band, **Bushwhazee**, have been booked to come along to Overport on the evening of **Thursday 22nd February**. We would love to see lots of members of our school community come along and have some fun, and meet up again with families both new and old. Please bring along a picnic tea from 5.30pm, and enjoy some bush music and dancing from 6.00pm. A sausage sizzle will be in operation on the night too for those who would like to purchase on the night. Please note that this is purely an evening event. There will not be workshops for students during the day, as we have done in the past.

Thank you to all families who have made payment arrangements for student supplies and term 1 excursions. With our increased enrolments this year, processing all of these payments has been an enormous task for our office staff. We all thank them for their great effort. Once these payments have been made, that will take care of all of your term 1 expenses. Notification of term 2 excursions and activities will be sent home towards the end of this term.

Reminders:

- ◆ Bush Dance night—Thursday 22nd February 5.30pm—8.00pm.
- ◆ School Photo days will be 9th and 7th March. Information regarding how to place an order will be sent home very soon. These orders will need to be returned to the school prior to photo day. Full school uniform is to be worn on the day please.
- ◆ Dates for our last 2 pupil free days for 2018 will be as follows: Tuesday 13th March and Monday 5th November.

Have a lovely weekend everyone,

Deborah Madder

Assistant Principal

Canteen News Important Dates

Term 1 2018 Important Dates

**Open for Counter sales only
from Thursday February 8th**

**Morning Munchies Milk &
Cookie Day Thursday
February 15th**

**[Orders to be returned by
Monday February 12th]**

*****Lunch orders resume Friday
February 16th*****

New Absence Procedures

Dear Parents and Guardians

Due to new Education Department regulations, Overport Primary School will contact parents in the event of any unexplained absence from school. If your child has **not** arrived at school by 9.15 am and the school has **not** been notified you will receive an email or SMS message by 10.00am on the same day stating the following:

Overport Primary School: Your son John S was marked absent from school Monday 5th February. Please contact the absence line on 9783 8777 to explain this absence. Thank you.

Please remember to inform your child's teacher or contact the schools' absence line on 9783 8777 on the day, or prior to, your child being absent from school.

****Please remember to check your emails daily in case you have received an absence email from the school and please notify the school of any changes to your email address.****

Assistant Principals Report

We have officially begun our 2018 school partnership with The Resilience Project. On Monday Overport staff attended a staff information session at the Frankston Arts Centre. There was a magnificent buzz among the teachers following this session with Hugh van Cuylenburg, the founder of The Resilience Project. In an engaging narrative style, Hugh spoke of the mental health issues facing our students and the evidence based strategies we as teachers use to build resilience with our students. This term, teachers will begin using The Resilience Project Curriculum and student workbooks to teach resilience-building skills through games and activities. On **March 21st**, all students will take part in a session with Hugh to complement what they are learning in the classroom and parents will have an opportunity to hear about the project and partnership from Hugh on **April 23rd**. We are very excited to be collaborating with The Resilience Project in 2018. Please chat to your child's teacher or contact the school if you have any questions about the partnership. See you all at the parent session on April 23rd.

THE
**RESILIENCE
PROJECT**

SAVE THE DATE

The Resilience Project
Parent information session

Monday April 23rd

6.30pm - 8.00pm

Overport PS Hall

About Hugh van Cuylenburg

Founding Director/Facilitator

Hugh has been working in education for over 13 years. Starting out as a primary school teacher, he then moved into a position working in a secondary setting with disengaged adolescents. The highlight of his teaching career was the year he spent in the far north of India volunteering and living at an underprivileged school in the Himalayas. It was here that he discovered resilience in its purest form.

Inspired by this experience Hugh returned to Melbourne and commenced working on his own programs for schools. 'The Resilience Project' was born. Having completed his post grad. studies into mental health and resilience, Hugh has developed and facilitated programs for over 300 schools Australia wide. In 2015, the National Rugby League asked Hugh to design and implement a program for every club in the competition. He has also worked with the Australian Cricket Team, the Australian Netball Team, 10 of the AFL teams and the Australian women's soccer team.

Hugh is now working closely with schools, corporate and non for profit organisations to help promote positive mental health strategies in a variety of sectors.

Extend OSHC at Overport Primary School

Welcome back

everyone! At extend we have had a great start to 2018 and are looking forward to the year ahead. We have had lots of new faces attend OSHC and we look forward to meeting many more in the coming weeks! We have played lots of fun games to help children get to know one another and work together as a team. One of our favourite activities has been the mosaic tiles that we made which turned out absolutely fantastic and the craft table has been a great hit all week. We look forward to exploring more fun and exciting activities in the coming weeks.

Our Extend Superstar is:

Ethan 1D because he has gone out of his way to make his new friends at before and after school care feel very welcome and helped with anything they need.

What's on next week?

Monday 13 November: Colourful collages

Tuesday 14 November: Cooking

Wednesday 15 November: Personalised paper chains

Thursday 16 November: Ball games/ Outdoor soccer

Friday 17 November: Making playdough

PARENT PORTAL:

extend.com.au



CALL OUR OFFICE: 1300 366 437