

NEWSLETTER

Principal: Tamara Halket

Email: gormandale.ps@education.vic.gov.au

Web Site: www.gormandale.vic.edu.au

Tuesday 14th July 2020

Dear Families,

Welcome to Term 3! Although it is a relief to be back to school this term, it is highly important that we do not become complacent about the risks of COVID-19 within our community. As such, restricted access remains in place unless otherwise advised by the Department of Education, the Premier, or Health Officer. While frustrating, these rules are in place for the benefit of our entire region and the safety of us all. We appreciate your ongoing support and understanding about this matter.

School photos:

School photos have been postponed, with no re-scheduled date as yet.

Lunches:

Lunch orders and pie warmer continue to be restricted in most cases. Any families that wish to use a thermos, or other insulated lunch container for warm lunches are encouraged to do so. The school will also endeavor to provide baked beans/ spaghetti, soup, or porridge options as often as possible throughout the term. This will be communicated through the uEducateus app.

Communication:

Teachers will be using email and uEducateus to provide weekly learning “previews” that will help to put your child at an advantage with their learning for the week ahead. These previews will be sent out on Wednesday or Thursday each week. They will briefly outline the reading, writing, maths, spelling and other important concepts for the week. They will also contain writing prompts to discuss as a family. These discussions may be very short, but are a critical part of the writing process and will significantly improve your child’s reasoning, imagination and creativity in writing.

Assembly:

Assembly will continue to be staff and students only. We will continue to film award for viewing on our website. Some weeks these may not appear, due to privacy or technical reasons, but we endeavor to upload these weekly when possible.

Competition!

Children are asked to draw their “Ultimate Classroom”! This may be hand drawn, or using a computer. Labels or explanations of objects in the classrooms will get bonus points! There is not a limit to the number of winners and all winners will get a prize to help their class become the “Ultimate Classroom”.

Have a safe and happy week,

Tamara Halket

Principal

PRE-PAY ENVELOPE

More products and options available - **Order Online!**
www.msp.com.au

Premium Pack

Group Photograph + 2x 20" x 8" + 1x 9" x 3" Black and White Portrait + 1x 5" x 3" + 4x 5" x 3.5" + 4x 1.7" x 1.2" Portrait Download (Print quality)

Classic Pack

Group Photograph + 1x 10" x 8" + 1x 5" x 7" + 2x 5" x 3.5" + 1x 8.5" x 3.5" + 1x 3.5" x 3.5" + 1x 1.7" x 1.2" Portrait Download (Print quality)

Value Pack

Group Photograph + 3x 5" x 7" + 2x 5" + 3x 3.5" x 2.5" + 1x 1.7" x 1.2" Portrait Download (Print quality)

Essential Pack

Group Photograph + 1x 10" x 8" + 1x 5" x 7" + 4x 1.7" x 1.2" Portrait Download (Print quality)

Basic Pack

Group Photograph + 1x 5" x 7" + 2x 5" x 3.5" + 3x 3.5" x 2.5" + 4x 1.7" x 1.2" Portrait Download (Print quality)

Gift Pack*

All 12 Items

*Only available when purchasing one of the packs listed above.

3 x Photo Bookmarks 8" x 2" + 2x 2" x 1.4" + 1 x Book Wreath 10" x 4" + 1 x Photo Calendar 9" x 7" + 4 x Photo Gift Tags 3.4" x 2.5"

Group Only

Group Photograph

See Overview

Individual Photo Pricing:

Premium Pack \$52
Classic Pack \$44
Value Pack \$39
Essential Pack \$36
Basic Pack \$35
Group Only \$29
Gift Pack \$15

Family Packs

Deluxe Pack \$30
Value Pack \$25
Standard Pack \$20
Gift Pack \$15

Reading Awards

25 Nights - Xavier
100 Nights - Hollyanne & Thomas
125 Nights Shanequa



BREAKFAST CLUB

DURING TERM 3 THERE WILL BE MILK AND FRUIT CUPS AVAILABLE AT THE BEGINNING OF THE DAY.

PLEASE TEXT THE SCHOOL IF YOU WOULD LIKE ANY "TROLLEY ITEMS" AND WE WILL SEND THEM HOME WITH CHILDREN

CHAPLAINS CORNER

14TH JULY 2020



About Depression

Depression is more than a low mood – it's a serious condition. While we all feel sad, moody or low from time to time, some people experience these feelings intensely, for long periods of time and often without reason. There are often changes in brain chemistry in someone who is depressed. People with depression find it hard to function every day and may be reluctant to participate in activities they once enjoyed.

Depression is one of the most common of all mental health problems. At least one in five people experience depression at some stage of their lives.

Everyone has a bad day now and then. There is no shortage of life events that can leave us feeling distressed, disappointed, or just plain lousy. The problem is when these kinds of feelings persist; when long-lasting changes in mood, feelings and behaviours develop into depression. And yet, on occasions, depression just seems to come out of nowhere, at a time when everything appears to be fine.

Many factors may contribute to depression:

- A family history of depression
- Hormonal changes (in men and women)
- Emotional stress (e.g. bereavement, job loss, relationship breakdown).
- Medicines (e.g. some cancer and heart medicines).
- Medical conditions – such as thyroid and other hormone problems, or battling a chronic or terminal illness.
- Personality – the type of person you are and how you respond to life events.
- Social Support – whether you have sufficient supportive people around you. People isolated on rural properties may lack important social support.

Although depression is a serious illness, if treated properly, most people can expect a full recovery in three to four months.

The best place to start on the road to recovery is to talk to your GP. The hardest part is making the first step.

(Source: Taking Care of Yourself and Your Family)

Just a reminder that I am at the school every Tuesday and every second Wednesday. I am here to provide pastoral care to the whole school community, and I am more than happy to discuss how I can support you or your child while they are here. I am very mindful of the impact that the recent COVID-19 restrictions can have, so please don't hesitate to contact me if you think I can assist in any way.

Brian Heath
School Chaplain

Dear parents and carers,

As you would be aware, the Victorian Government has introduced new measures to reduce the spread of coronavirus (COVID-19) in metropolitan Melbourne and Mitchell Shire.

These measures do not apply to schools in regional and rural Victoria, including ours.

Our school will therefore continue to operate as normal from the start of Term 3.

The health advice is that schools can continue to operate while observing health measures recommended by the Victorian Chief Health Officer.

The Victorian Chief Health Officer has confirmed that the use of face masks or coverings by adults or children is not recommended in schools at this time. As has always been the case, adults or students who wish to wear face masks in school and in going to and from school may do so.

If you, your child, or a family member develops symptoms of a fever, chills or sweats, cough, sore throat, shortness of breath, runny nose, loss of smell or taste, you should get tested at a coronavirus (COVID-19) testing facility and stay home.

If you would like health information from the Department of Health and Human Services, you can visit dhhs.vic.gov.au/coronavirus

Learning tasks may be provided upon request for those students unable to attend school. This will be a small number of emailed sheets or activities as isolation rules deem it unsafe for attendance to pick up these resources.

These continue to be challenging times and I will keep you updated on further information as soon as it is available.

Stay well and keep safe.

Tamara Halket, Principal
Gormandale & District Primary School



TUCKER NIGHT TAKE AWAY MEALS

FRIDAY

17TH

JULY

5.30—8PM

PHONE

51977369

or

0429977415

**GORMANDALE
RECREATION
RESERVE**

Please phone
through orders
where possible.

Placing and order
collections will be in
the clubrooms.

| | |
|---|---------|
| Roast Pork & Vegetables | \$14.00 |
| Chicken Schnitzel Chips & Slaw | \$14.00 |
| Chicken Parma Chips & Slaw | \$16.00 |
| BBQ Meat Lover Parma Chips & Slaw | \$17.00 |
| Loaded Baked Spud | \$12.00 |
| (spud, cheese, bacon, braised pork, slaw, sour cream) | |
| Flathead Chips & Slaw | \$15.00 |

1/2 size Roast, Schnitzel, Flathead available \$11.00

| | | |
|--------------|--------|--------|
| Chips | Small | \$3.00 |
| | Medium | \$5.00 |
| | Large | \$9.00 |

Kids Meals - \$5.00

| | |
|------------------------|--------------------|
| Dim sims (3) & Chips | Fish & Chips |
| Nuggets (5) & Chips | Roast & Vegetables |
| Gluten Free— available | |

Currently we are only able to cater for Take Away from our Tucker Night crew.

Eftpos is available.

Please adhere to social distancing whilst placing or waiting for your order.

BAR WILL NOT BE OPEN, however we will have the fire going for those waiting for their orders.

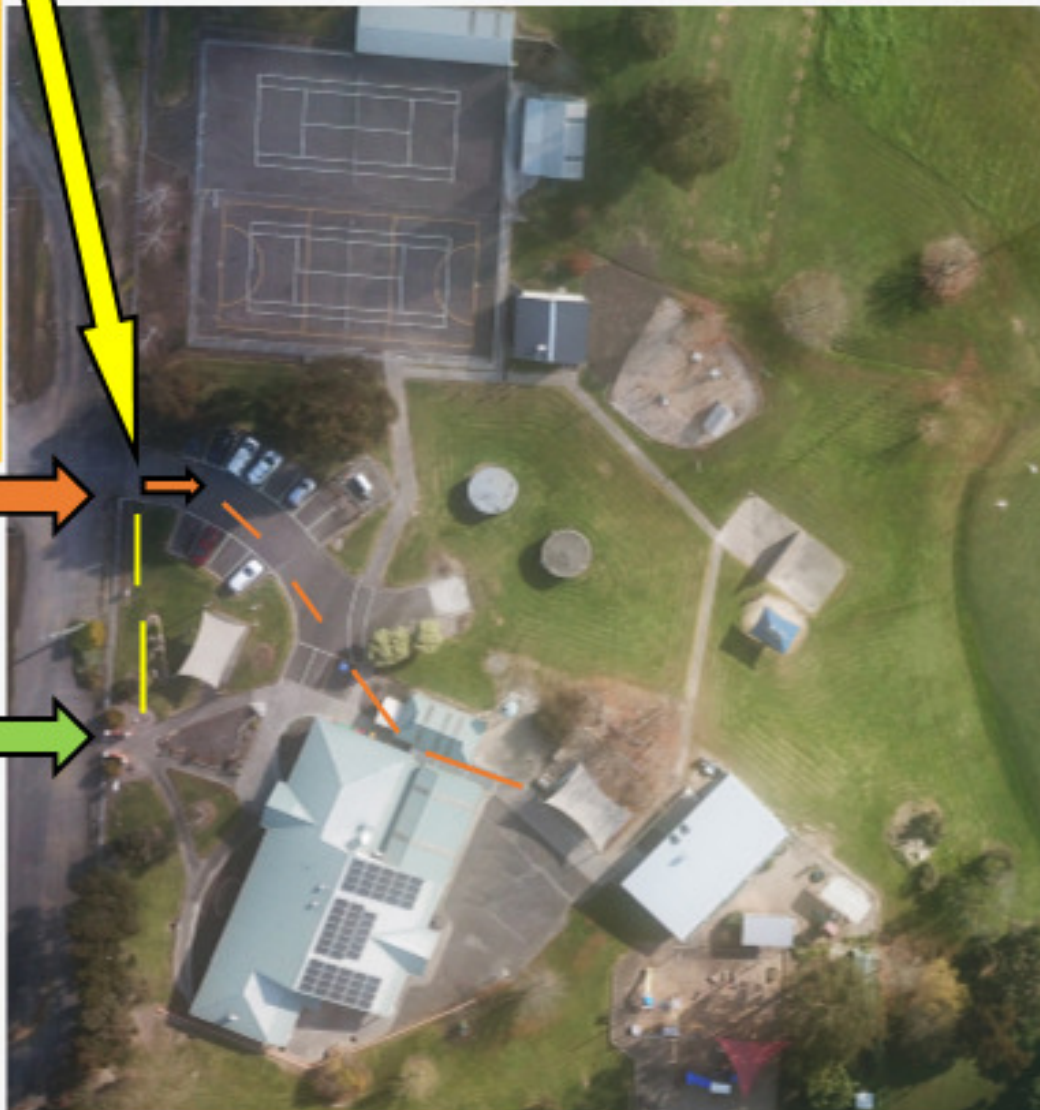
STRICTLY NO EATING IN THE CLUBROOMS

For the safety of our community during the COVID-19 Pandemic

Bus travelers and children being walked to school
may enter here

All kinder drop off and
pick ups*

All school students being driven
to school—no adult access



It is in the best interests of our community to follow guidelines. All persons with cold like symptoms must be tested for COVID-19.

*Adults must leave the route outlined to meet COVID-19 restrictions
and safety measures

Please note that these measures are not the choice of the school or kinder. These are state wide measures to prevent the spread of infection within our community.

Safety patrols have been monitoring all areas to ensure compliance by all.

If school access is required, this MUST be by prior arrangement for the safety of all parties. Any adult or child may choose to wear a mask and will not be judged for choosing to do so for their own safety.