



May 19th, 2022

OVERPORT NEWS

From the Principal's Desk.

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Reconciliation Week 27th May to 3rd June.

Be Brave—Make change!

Dates to remember:

3rd June—**Virtual** Whole School Assembly

6th June— Book Club —Final Orders due.

6th June— **Curriculum Day—no students on site.**

7th-10th June— Year 2 Swimming.

10th June— Year 6 Lightning Premiership Day

13th June—**Queen Birthday Public Holiday—no students on site**

14th June— Year 1 Science Incursion

15th June— Year 3 Science incursion

15th June— Regional Cross Country for Qualified Students.

17th June— Year 5 excursion to Scienceworks

20th-23rd June— Year 1 Swimming.

DON'T FORGET

JUNE 24TH IS THE LAST DAY OF TERM

PLEASE MAKE SURE YOU HAVE MADE ARRANGEMENTS TO HAVE YOUR CHILD/REN PICKED UP

UP 2.30pm

Reconciliation is a journey for all Australians – as individuals, families, communities, organisations and importantly, as a nation. At the heart of this journey is the relationships between the broader Australian community and Aboriginal and Torres Strait Islander people. We all have a role to play when it comes to reconciliation and in playing our part we collectively build relationships and communities that value Aboriginal and Torres Strait Islander people and their histories, cultures and futures. 2021 marked twenty years of Reconciliation Australia and almost three decades of Australia's formal reconciliation process. I wish to acknowledge the Bunurong people of the Kulin nations who were the original owners of the land on which we are gathering and offer my respects to their elders, past, present and emerging. Our assembly this week will be recorded and our students will acknowledge Reconciliation Week. We are all stronger together. Be brave—make change.

Get Moving

At a school level, we do specialised HPE in addition to class sport as well and lunch time activities such as 'Let's Dance' and Dodgeball to name a few. As winter sets in, it's a good time to remind ourselves that even though it is cold, we need to get moving and keep moving! A few ideas could be to rug up and walk to or from school (which is much better for parking and the environment!), a walk down the beach after school or discover our beautiful local areas such as Sweetwater Creek. The Australian Physical Activity and Sedentary Behaviour Guidelines recommend that children aged 5-12 and young people aged 13-17 do **60 minutes of physical activity each day**. To help make this easier to achieve they recommend breaking this down into 15 minutes, 4 times a day.

Physical activity is anything that gets your body moving, makes you breathe faster and speeds up your heart rate. Physical activity makes happy, healthy, resilient kids and young people who develop healthy habits for life. Getting your move on every day has many social, emotional, intellectual and health benefits, that include:

- improved physical and mental health
- improved quality of life
- increased energy
- reduced risk of many health conditions, diseases and unhealthy weight gain
- maintaining or improving blood pressure, cholesterol and blood sugar levels.
- the chance to have fun with friends and family



To all students celebrating their birthdays this week and next week

Zak PC,
Mali 3B,
Matias 3B,
Ellard 3B,
David 4C,
Tully 4D,
Sage 5A, Savior 5E,
Oriana 6A,
Aston 1E, Brianna 4B,
Ella 1E, Isabella 2A,
Jobe 2D,
Milla 3D, Oliver 4C,
Aston P,
Bella-Rose 6A,
Alphons 6C,
Aliya 2A, Merin 5C,
Alexa 5E, Alex 4A,
Xavier 6C,
Isla 1B,
Sophie 6C,
Xavier PA, Evie PB,
Henry 4A,
Kyden 1B, Lily 4D,
Darcy 5A,
Zoe 5C

Winning and losing isn't everything. Sometimes the journey is just as important as the outcome.

Alex Morgan.

Principals Report (cont)

continued from previous page.

- reduced antisocial behaviour
- stronger cooperation and teamwork skills
- better self-esteem and confidence
- lower anxiety and stress
- better concentration
- healthy growth and development
- strong muscles and bone
- improved fitness, including coordination and movement skills

This website has some great ideas. <https://www.vic.gov.au/get-your-move-on>

Division Cross Country.

In extreme wintery conditions, our Overport students pulled off an epic performance at the Division Cross Country. Please congratulate Annabel C year 6 for not only making it through to Regional Cross Country but finishing in 1st place at Division, an amazing achievement! Sam B and Saya P year 6 both finished in 8th place and also made it to Regional. Mia T in year 5 also put in a super performance finishing 22nd.



We certainly want them to know how proud we are of all their efforts to get there and how proudly and how well they represented our school at an elite sporting competition. Congratulations to every student who competed. You are all champions!

Annual Report to Community.

Please see attached to our newsletter the 2021 Annual Report. The annual report provides a view of various elements in the section 'About Our School' and highlights our student progress through the 'Performance Summary'.

Kind Regards,

Julie Gleeson

Principal

Privacy Note: The Department of Education and Training (which includes all Victorian government schools, central and regional offices) values the privacy of every person and is committed to protecting information that schools collect. Please view the Overport Privacy Policy and all other policies on the Overport website.

SPORT NEWS



On the 19th of May, we had a great group of students compete at District Cross Country. There were amazing efforts on the day and it was a fantastic opportunity for the students, some for the first time, to experience the elite competition that turns out on the day. We have a very tough district to compete with so they should all be very proud of their efforts. Four students placed in the top 10 and qualified for Division Cross Country.

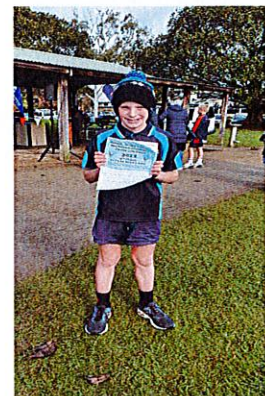


On Tuesday this week in freezing, wet and windy conditions, our Overport students got to work and had a fantastic performance at the Division Cross Country.

Please congratulate Annabel C year 6 for not only making it through to Regional Cross Country but she blitzed the field with a 1st place at Division, an amazing achievement!

Sam B and Saya P year 6 both finished in 8th position and also made it to Regional. Mia T in year 5 also put in a fantastic performance finishing 22nd in the 10 year old age group.

Please show them support and let them know how proud we are of their effort to get there and represent our school at an elite sporting competition.



Sustainability News and Nude Food Week 6—10 June

Sustainability News

Nude Food Week (from 6th to 10th June)

Some of the year six students who are keen to investigate environment issues formed the Climate Council and decided to run the whole school Nude Food Week from 6th to 10th June.



The Council members will run Nude Food related game activities on Wednesday lunch time. Our environment leader, Audrey is working with some of the year five students to organise an assembly presentation for Nude Food Week. Our aim is to encourage the students to eat healthy food and reduce our rubbish (such as plastic wrappers). We fully understand that using reusable containers to put food in instead of using zip bag or purchasing individually wrapped food will require extra time and effort, but the environment will thank us for every



little bit of difference we can make. In addition, I must admit that the fresh food price keeps going up. Nevertheless, we truly appreciate many parents' and guardians' understanding and support for our Nude Food Week.

Soft Plastic Recycle Bins

In addition to running Nude Food Week to reduce our rubbish, Mr. Freeman and myself are currently working on organising soft plastic recycle bins in the year five and year six areas. Soft plastic is something we can easily squeeze to make it very small. Some year five students told me that soft plastic is so light that they blow away very easily and cause serious environment issues. Further information regarding soft plastic recycle will be found in the following website: <https://redcycle.net.au/what-to-redcycle/>

Colgate Oral Care Recycling

Thanks to Mrs. Dunkley's great support, our school participates in Colgate Oral Care Recycling Program, Community Garden Challenge this year. If you have any Colgate oral care items with plas-

tic (such as tooth brushes, toothpaste and tooth brush containers), please drop them in the office. If you have any children in year three and above, they could drop off the items in Japanese room.

1 unit of oral care waste received for recycling = 10 Garden Points

1 online vote = 1 Garden Point

1 Chemist Warehouse bonus vote = 15 Garden points

If we get into the top 7 schools, we will receive community garden kits! You can find the further information on <https://www.terracycle.com/en-AU/contests/colgategardenonline-au>



- | yes | no |
|---|---|
| <input checked="" type="checkbox"/> Toilet paper rolls and cores | <input checked="" type="checkbox"/> Cardboard packaging |
| <input checked="" type="checkbox"/> Press containers | <input checked="" type="checkbox"/> Broken toothbrushes |
| <input checked="" type="checkbox"/> Toothbrushes | <input checked="" type="checkbox"/> Electric toothbrush handles and bases |
| <input checked="" type="checkbox"/> Electric toothbrush heads | <input checked="" type="checkbox"/> Hair-shaver heads |
| <input checked="" type="checkbox"/> Colgate ReadyClean toothbrushes | |

Japanese lessons for sustainability

Year four students are learning Japanese through a gardening theme. In addition to learning about the benefits of mulch and the characteristics of their materials, they have helped me to add more mulch under the fruit trees. I hope this will increase fruit production from each tree so more students can enjoy picking fresh fruits in the near future. Students also created recycle paper pots for planting snow pea seeds. Whenever students told me that they do not like the vegetables we will plant, I emphasised that they are doing kind work for the wildlife; we will let the plants flower to attract beneficial insects to our vegetable garden!

Year five students are learning about rubbish in Japanese lessons. Students have deepened their understanding of the negative impact from soft plastic rubbish through discussion and viewing videos. Students made a record of how many types of rubbish (such as food waste and wrappers) from our lunch boxes. Hopefully, during Nude Food Week, many students reduce their rubbish, eat healthy food and continue reducing their rubbish throughout the year.

Year six students are learning about United Nation Sustainable Development Goals (SDGs) by looking at some of the real situations to judge whether they are following the Sustainable Development Goals. Students are creating a presentation and activities in order to educate other students regarding Nude Food and the importance of reducing our rubbish. In future Japanese lessons, students will analyse the connection between their work for Nude Food Week and Sustainable Development Goals.

Tomoko Yamashita (Japanese teacher)

LOST PROPERTY



It is getting very, very cold and there are many, many unnamed bomber jackets in lost property. If you put your child's name on their tops and hats, Nikki will return them to the classroom for you! If everyone names their uniform, there will be no lost property and more spare cash for a hot coffee on these chilly mornings!!

There are also plenty of hats, drink bottles and puffer jackets! The lost property tub is located at the front of the office building. Please feel free to come and see if your child's belongings may be there.



Book Club **LOOP**

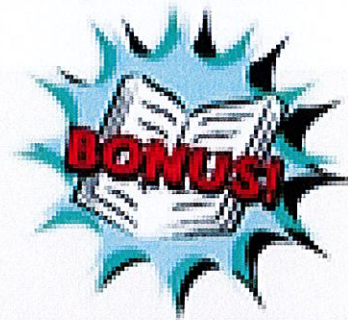
The **EASIEST** way for parents to order and pay for Book Club!



Parents: Are you registered for LOOP?

LOOP is the easiest way for you to order and pay online for your child's Book Club order, if you wish to pay by credit card.

Parents who are registered for **LOOP** receive exclusive sneak peeks, downloads and offers throughout the school year—don't miss out!



Head to [scholastic.com.au/LOOP](https://www.scholastic.com.au/LOOP) and register today!

 SCHOLASTIC

**Important
Information**



**ONLINE
ORDERS ONLY
NO CASH ORDERS**

(Cash orders will be returned to students
and not processed)

DUE DATE: 6th June 2022