



# Bungaree Primary School Newsletter

Term 3, Week 8  
4th September, 2020

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*Respect*

*Positivity*

*Determination*

*Creativity*

## From the Principal

Hello everyone

I write this as Victoria waits to hear from the Premier on Sunday about the impending 'roadmap' for the possible easing of restrictions. I appreciate that there are many questions from families around school returning to face-to-face teaching—but I, as with you, will be waiting for an official announcement—who, what, when and how. What I do know is that the sustained effort by our students, families and staff of Bungaree Primary School during Remote Learning has been nothing less than outstanding. The pride that I have for our whole school community is immense.

Ms K and I have been undertaking professional readings together to continually improve our teaching and learning knowledge and implementation here at Bungaree school. We've identified some reflective questions that we're responding to as teaching professionals, but also some that might help you at home elicit how your child/children are working and learning at school—a perfect opportunity to ask during Remote Learning (and beyond!) I've provided these as 'food for thought' here for you. When you use them, I'd love to know how you went and to hear your feedback.

- What did you learn today?
- How did you do?
- What did you do if you didn't understand?
- How can you improve on your learning?
- What are you most proud of?

Although we are still working our way through Remote Learning now, planning is underway for our school next year. The planning process for 2021 has started and we want to ensure that we have considered all present and future students in our planning. If you know of a family with a potential Foundation student (or other year level) who are looking for a school for 2021, please ask them to contact me at the office. We are unable to conduct school tours at this stage with current pandemic restrictions, but please call the school to enquire about your child's 2021 enrolment and request an enrolment pack to be sent. Our "Foundation Fun" kinder-school transition program is also pending, subject to restrictions. This is a time for the kinder kids to enjoy our school in readiness for 2021. I do hope to have some news in this space as soon as I can.

Just as we are planning for school next year, Wallace Kindergarten is also in planning mode with enrolments

now open for 3 & 4 year old programs in 2021. To find out more, please phone Emily on 5334 0268 or email wallace.kin@kindergarten.vic.gov.au and support our local kinder.

Finally, I'd like to wish a very Happy Father's Day to the Dads, grandads, step-dads and special blokes of our school. Enjoy a day of R&R this Sunday with your family!

Keep an eye on our Facebook page for snippets and updates in between newsletters. Have a wonderful week, and always stay grateful, kind and mindful.

Be well and stay connected.

Miss Catherine Barnes, Principal

## Spring Mowing

Weekend commencing ...	Family
Saturday 12th September	Matheson family
Saturday 26th September	Lee family
Saturday 10th October	Cox family
Saturday 24th October	Matheson family
Saturday 7th November	Lee family
Saturday 21st November	Cox family

THANK  
YOU!

## Calendar

### September

Tuesday 15th	Whole School Virtual Excursion. Pack your virtual passport again!
Friday 18th	Last day of Term 3

### October

Monday 5th	First day of Term 4
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# School Council News

School Council met for the sixth time in 2020 this week, via WebEx.

School Council were up front with their praise for the work being undertaken at home and at school to provide the best opportunities for our students, staff and families during this second Remote Learning Period during the COVID-19 pandemic.

A number of policies were ratified at School Council this week. Policies are an integral part of our school operations and governance, and are reviewed periodically in School Council meetings.

The “Homework Policy” was robustly discussed and our parents on School Council were very supportive in the finalisation of this policy. The Homework Policy outlines to our school community the Department’s and Bungaree Primary School’s policy requirements relating to homework. This policy covers both the Junior and Senior ends of the school—and importantly for our parents, the homework details agreed upon are as follows:

## *Prep to Year 2*

In the early years, the objective of homework should be to practise and consolidate the concepts that have been introduced during class time.

Students in Years Prep to 2 will complete daily home reading with a combination of levelled home readers and high-interest books that the students self-select. It is our aim in the home reading program to not only practise reading skills learned at school, but to also develop a strong love of reading with families.

Students may also be asked to complete short, supportive literacy and numeracy tasks.

Prep to Year 2 homework tasks could be (but are not limited to):

- Home reader book. Recording of the title and reading notes, and where possible, The Resilience Project daily reflections in home reading diaries.
- Short literacy/numeracy tasks - may include reading for pleasure, sight word practice, practising weekly spelling words, number knowledge practise.

Students are generally not expected to complete more than 20 minutes of homework per day and no homework tasks will be assigned over the weekends or during the holidays.

## *Year 3 to Year 6*

In the upper year levels, the objective of homework is to build on the concepts of self-discipline, responsibility and initiative. Assigned homework tasks will include daily independent reading. Other tasks will be related to the learning in the classroom.

Year 3-6 homework tasks could be (but are not limited to):

- Independent reading, reading for pleasure and completing home reader/novel study book prior to class discussion. Recording of the title and reading notes, and where possible, The Resilience Project daily reflections in home reading diaries.
- Practising weekly spelling words.
- Preparation/completion of work for a specialist subject unit and/or researching topics associated with set class work.

- Mathematics exercises and consolidation of classroom work.

- Finishing off work not completed in the classroom.

Students are generally not expected to spend more than 45 minutes per day on homework and no homework tasks will be assigned over the weekends or during the holidays.

The “Attendance Policy” was ratified this meeting as well. The purpose of this policy is to ensure all children of compulsory school age are enrolled in a registered school and attend school every day the school is open for instruction; ensure students, staff and parents/carers have a shared understanding of the importance of attending school; explain to school staff and parents the key practices and procedures Bungaree Primary School has in place to support, monitor and maintain student attendance, and record, monitor and follow up student absences.

The school “Concerns and Complaints Policy” was reviewed and updated at School Council. The purpose of the policy is to provide an outline of the complaints process at Bungaree Primary School so that parents and members of the community are informed of how they can raise complaints or concerns about issues arising at our school; and to ensure that all complaints regarding Bungaree Primary School are managed in a timely, effective, fair and respectful manner.

Finally, the “Asbestos Management Policy” was discussed and ratified. The purpose of this policy is to make sure Bungaree Primary School is aware of health and safety obligations relating to asbestos management and comply with regulatory and Department requirements for asbestos management by implementing a School Asbestos Management Plan for the school site. It should be noted by our school community that all *known* asbestos has been safely removed from our school.

A copy of the new and updated policies are available from Miss Barnes; and will soon be available on our school website.

We are heading into a period of Strategic Review, as all public schools in Victoria undertake every four years. We look forward to continuing to be our best as a school community and supporting our students, staff and families during this review in 2020/21. Remember, if you would like to contact a School Councillor, please be in touch—we’re here for you.

David—President & Parent Representative

Andrew—Vice-President & Parent Representative

Wendy—Parent Representative

Ange—DET Representative

Catherine—Principal & Executive Officer

*David Lee, School Council President & Miss Barnes, Principal*

## Everyone Welcome



■ Respect ■ Positivity ■ Determination ■ Creativity

### Enrol now for 2021

- One big school family with friendly and caring kids and staff
- Strong family values with a welcoming community spirit
- Small school, small class numbers—a quality education
- Personalised learning and support for every student
- Strong academic, social and emotional learning for all
- Specialist programs including The Resilience Project, creative art, sport, STEAM, MARC Van and Auslan
- 1:1 access to digital devices
- Partnership programs with local small schools
- We love where we live, learn and play!



Our enrolment application can be found ONLINE at [www.bungareeps.vic.edu.au](http://www.bungareeps.vic.edu.au) or please contact the school. Reserve your place for 2021 now!

## Sleep tips for kids

*A positive parenting article from Michael Grose.*

Regularity and routine are the agents of sleep. It takes discipline to adhere to and commitment to making sleep a high priority. Helping kids understand how their body clock works, assisting them to work out their optimal bedtime and putting lifestyle habits in place can help them get the sleep they need to maximise their learning, wellbeing, development and overall performance. Here are some tips to help:

### Understand the body clock

Sleep is regulated by a 24-hour body clock that manages the secretion of melatonin to send us to sleep and cortisol to wake us up. This amazing body clock is reset every day when light first hits our retinas. Sleep in late and the clock goes out of synch. When your child works with the rhythms of their body's 24-hour clock they will give themselves the optimal chance for sleep success.

The sleep-wake cycle for teenagers is delayed by up to two hours. That is, they are sleepy later and awake later than when they were children. Melatonin, which makes them sleepy, is secreted as late as 11.00pm for some young people, which makes the time before bed-time a sleepless zone. Cortisol, the chemical that wakes them up is released at close to 8.00am for many teens. If this is the case, your young person's brain wants to be asleep when they need to be awake for school.

### Stick to sleep recommendations

The Raising Children's Network recommends between 11-13 hours sleep per night for young children, 10-11 hours for primary school children and 8-10 hours for secondary school-aged kids. As every child is different, you may notice that your child needs more or less sleep than is recommended.

### Develop good sleep hygiene habits

- Start a regular bedtime routine at least 45 minutes out from bedtime to help kids get ready for sleep.
- Eat and exercise at the right time. Sleep likes a relaxed body and a calm nervous system, so schedule exercise and active movement before mealtimes.

- Create a sleep sanctuary. Restrict bedrooms to sleep and relaxation quarters and find other places in the house for time out and reflection, school work and active play.
- Keep bedrooms cave-like. A child's bedroom should be cave-like - that is, dark, cool and free from electronic devices. Darkness encourages melatonin, which regulates sleep-wake patterns.
- Get up at a regular time. For optimal sleep, bed and wake up times need to be as regular as possible.

### Lifestyle habits that promote sleep

- Teach your child or young person to put away digital devices at least ninety minutes before bed-time.
- Minimise weekend sleep-ins and limit them to an hour more than usual, to keep the sleep clock operating on a regular basis.
- Encourage your child to go outside every day - take a walk, meet a mate (subject to COVID restrictions) or do an errand.
- Keep homework out of bedrooms, or at least out of beds. The brain associates activity with location, so if kids work while on their beds, it will be hard for them to mentally switch off from their schoolwork when the light finally goes out.
- (And one for our Mums and Dads) Confine caffeine to mornings. Consuming caffeine in any form close to bedtime is like throwing a wrecking ball through regular sleep patterns. The brain needs to calm down rather than be artificially stimulated if sleep is to occur.

Sleep is a critical component of enhancing a child's wellbeing, learning, development and overall performance. Helping your child to get enough quality sleep will ensure that their brain and body are being used at full capacity.

# Mathematics Learning in Action—3D Objects

Both the Juniors and the Seniors have been exploring the properties of three-dimensional objects this week. Check out some of their learning on WebEx and from home!

