



# SHEPP EAST SCOOP

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Principal: Mr Trent McCrae



Wednesday 15th July 2020

## 2020 DATES TO REMEMBER

### JULY

- Wed 15th P/T/S Interviews 3.45 - 6.15pm - via Webex
- Mon 20th P/T/S Interviews 3.45 - 6.15pm - via Webex  
Book Fair commences
- Fri 24th School Photo Day  
Book Fair concludes
- Tues 28th School Council Meeting 6pm

### DIRECT BANK DEPOSIT

Account Name: Shepparton East Primary School  
BSB: 063—527 Account number: 00907665

Please ensure you include family name and payment description as reference.

### FORMS CURRENTLY DUE BACK

- All Students - National School Chaplaincy Programme Consent..



Please don't forget to send your child's drink bottle to school.  
**EVERYDAY!!**



**NO**  
**LUNCH ORDERS**  
**THIS WEEK**

## From the Principal's Desk

Dear Parents,

Welcome back everyone to Term 3. Hopefully everyone had a relaxing holiday with their families. This Term we will be continuing with our procedures that we adopted at the end of Term 2 with our drop offs and pick ups. In these difficult times we assure families that stringent hygiene practices are in place to help keep our school community safe. We would like to thank all of our families for their support once again.



### Welcome back Mr Allen

This term we welcomed back Mr Allen into 3/4A. Mr Allen has enjoyed his holiday and is very excited about continuing Miss Bytheway's work in 3/4A for the remainder of the year.

### Compass

We are currently in the process of setting up our new platform called Compass. Compass will allow us to have the same functions as Flexibuzz as well as lots more. It will become our one-stop shop for communication, absences, permissions, reporting, interviews and much more.

Until the new program is ready to use, we will be communicating with families via CareMonkey, See-Saw, paper notes, email and phone.

Contact details: Phone 5829 2426 Email: Shepparton.east.ps@education.vic.gov.au

We thank you for the use everyone has made of Flexibuzz and we are sure you will embrace Compass in the same manner, enjoying all of its wonderful features.

### Parent/Teacher/Student Interviews

Thank you to the parents who have booked interviews for tonight or next Monday. Communication between school and home and vice versa this year has been fantastic, making these challenging times much easier to navigate for all.

### Lunch Orders

A reminder that lunch orders will commence as per usual on the second week of term (next Friday 24th July). There will be NO LUNCHORDERS THIS FRIDAY.

### School Photos

Photo envelopes were sent home at the end of last Term. The preferred method of order is online, however a cash option is also available. Family envelopes are attached to the eldest child's photo envelope.

Special group envelopes (School Captains, Care Team, JSC etc) are available from the office if required.

Please note: All students must return an envelope before photo day—next Friday 24th July.

### Book Fair

This year's Book Fair will be held next week (Monday 20th July—Friday 24th July).

This year will be a little different as parents will be unable to attend with their child to pick out the books.

We will endeavour to take photos of some of the books available to send out for your viewing.

Your child will still be able to attend and pick out any books they would like and let you know the cost.

Payments may be made in cash or a direct deposit to our bank account.

### Breakfast Program

Great news!!! We will be starting up our Breakfast Program again on Wednesday mornings commencing next Wednesday 22nd July. The program will run from 8:00am to 8:30am.

### Wanted

Our secondhand/spare uniforms are running really low on the following:

- Large polo shirts (sizes 10 upwards)
- Small trackpants (sizes 4, 6 and 8)

If you have any uniform your child has outgrown in these sizes, we would really appreciate the donation, thank you.

### Year 5 Camp—Alexandra

Given the increases in COVID-19 cases in Victoria, the Year 5 Alexandra Camp will now be cancelled. Thankyou for families for expressing their interest and we apologise for any inconvenience.

### 2020 Camps

Given the current COVID-19 situation we have made the difficult decision to cancel camps for Year 1/2 and 3/4 students that were scheduled to take place in Term 4. We apologise for any inconvenience this decision may cause our families.

### Preps 2021

Current families with a child who will commence Prep in 2021 are encouraged to return their completed enrolment forms **ASAP**. This will ensure we have not missed your child and are able to make informed decisions about our class sizes.

If you have not yet completed an enrolment form, please grab one from the office or call and we can send one home with your current student.

**Trent McCrae**  
**Principal**

# COVID-19

Keeping safe  
at school



## PROTECT OTHERS FROM GETTING SICK

We can help keep each other safe.

It is important that we show 'Care for Others' and 'Care for Yourself' by following the guidelines.

If you don't feel well, it is important that you stay at home.

Together we can keep each other safe at school.

- When coughing and sneezing, cover mouth and nose with flexed elbow or tissue.
- Use hand sanitiser or wash hands before entering classroom or eating
- Throw tissue into closed bin immediately after use and clean hands
- Be careful not to sneeze or cough near others



## WASH YOUR HANDS

Wash your hands with soap and running water when they are visibly dirty.

Even though your hands are not visibly dirty, frequently clean them by using alcohol-based hand rub or soap and water.

- When working with others
- Before entering classroom
- After coughing or sneezing
- Before, during and after you eat food
- After using toilet
- Before handling classroom resources and equipment



## Chaplaincy Chat!

I thought I would share with you a wonderful article I read today by “**The Big Life Journal**”. It made so much sense to me about the importance of listening to our children and responding in an affirming way. Enjoy.

Have you ever heard your child say, “I am stupid!”, “I can't do anything right!” or “I'm ugly!”? It's extremely hard to hear things like that from our children.

And our immediate reaction is to DENY their statements and say, “No, you're not!” or “You're beautiful (handsome), what are you talking about?”

Unfortunately, when we do that, our children simply feel UNHEARD and not understood.

Instead of arguing with their negative self-talk, **empathize**:

*“I am sorry you feel this way. It must be very hard. I wish you could see yourself just like I do: beautiful, kind, loving, caring child...”*

You can take it further by getting curious and **asking questions** (if you feel like they're in the mood of talking about it).

*“Hmm.. you feel like you're not good at this. Do you want to brainstorm ideas on how you can get better?”*

*“I'm sorry to hear you feel that way, honey. What makes you think that?”*

*“That's a heavy feeling... Can you tell me more about it?”*

Get them talking instead of telling them what they should be thinking and feeling. Validate their feelings instead of pushing their negative feelings away.

### **What else can you do to build up your child's self-esteem?**

Here are a couple of creative, non-traditional ideas to affirm your child and boost their self-esteem.

**Note from Mark\*** when our children were young we would do what we called “Warm Fuzzies”. We would decorate a brown paper bag with their name on it and stick it to the outside of their bedroom doors. This was the “warm fuzzy bag”. Lauri and I also had a warm fuzzy bag on our door. At different times during the week the girls would write small up-lifting notes (warm fuzzies) to each other and to us. I can remember them being so excited when they received a warm fuzzy note or a small gift in their bag. This was such a great way for our family to express our gratitude and love for each other. Give it a try!

### **Create an uplifting environment.**

Surround your children with uplifting and encouraging people, books, movies, and podcasts.

Decorate their rooms with inspirational posters, tape encouraging messages to their bathroom mirror (or use a marker to write an inspiring quote every morning), create a positive family manifesto together.

Remember...**our words become their inner voice.**

There's no such thing as affirming too much, validating too much, or loving too much.

And if you're looking for MORE ideas on how to build your child's self-esteem in creative ways go to <https://biglifejournal.com/>

I hope this was helpful.

Warmly,  
Alexandra

[Big Life Journal](https://biglifejournal.com/), creator

Blessings, Mark



# MY GROWTH MINDSET STATEMENTS

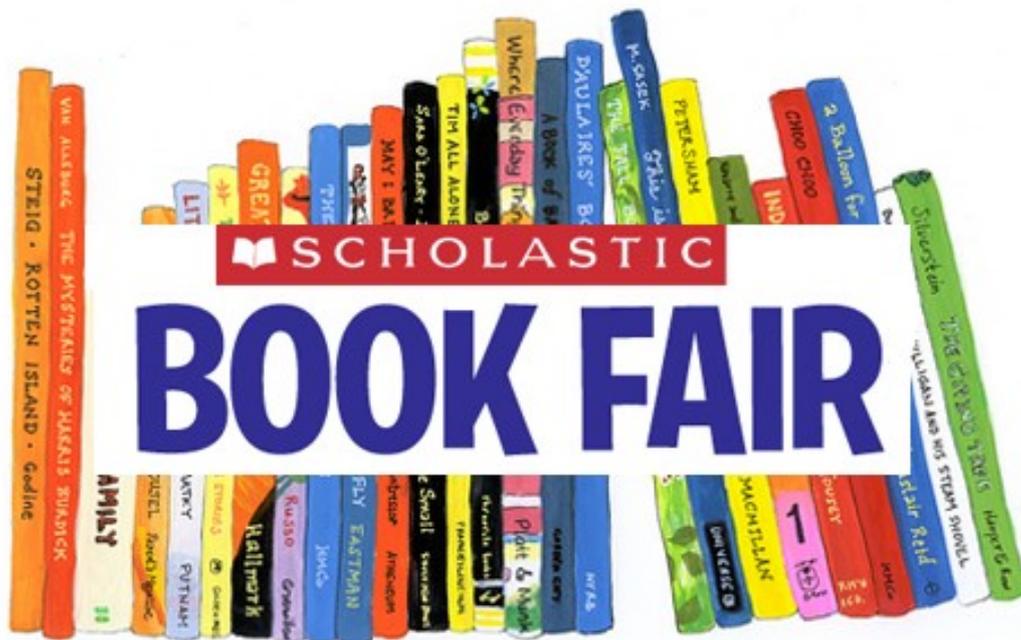
I can CHANGE my MINDSET with my WORDS!



## INSTEAD OF: I CAN SAY:

- I am not good at this.
- I am great at this.
- This is too hard.
- This is too easy.
- I am afraid I will make a mistake.
- I give up.
- I can't do this.
- This is good enough.
- I won't try because I might fail.
- I am not as smart as my friend.
- I am not good at this YET, but I will learn.
- I practiced and learned how to do this.
- This will require effort and finding the right strategy.
- How can I make this more challenging?
- When I make a mistake, I will learn from it and get better.
- I will succeed if I put forth effort and find a better strategy.
- I need some feedback and help from others.
- Is it my best work? Can I improve it?
- If I fail I can try again until I succeed!
- I am in charge of how smart I am because I can grow my brain by learning hard things!

**Term 3 lunch orders commence next Friday 24th February. The new menu will be sent home to families soon. A copy will also be available on the school website. Lunch orders may only be placed using the brown paper bags available from the office for \$2.50 a bundle. The supermarket variety are too small and will not be accepted.**



Book Fair is set for next week. It is going to look very different this year. We will be sending home a flyer to families over the next couple of days to show what is on offer as well as pricing. Parents can place their orders through the office or send money along with the students to purchase at the Book Fair. Keep an eye out for the flyer and start creating your wishlist.

We would like to take this opportunity to thank our families in advance for your support with Book Fair. It enables the school to gain access to lots of valuable books and resources for our school.



Due to the current COVID-19 situation we have made the difficult decision to cancel all remaining camps for 2020. We apologise for any inconvenience caused.

SEPS School Breakfast Program will commence again next Wednesday 22nd July. Unfortunately due to current restrictions parents are not able to attend, however the program will be available to students from 8am on a Wednesday morning.

take time for  
**school**  
BREAKFAST



### **Guitar Lessons with Cliff**

Cliff would like to apologise to his students as he will not be available for guitar lessons at this stage. Due to the current situation with COVID-19 he is still unable to be on-site at school for lessons.

When the situation changes he will be in contact with families to let them know.

Thanks



## BEFORE & AFTER SCHOOL CARE (OSHC)

Welcome back everyone to school for Term 3. Hope you had a fun relaxing holiday. The OSHC staff can't wait to hear all about what you got up to for the holidays.

Cheryl, Katy, & Emma  
Coordinator, Assistant, & Educator



Would you like to see your business here? If so please contact the office about newsletter sponsorship. Cost is \$25 per Term.

**PLEASE  
SUPPORT OUR  
SPONSORS**



Shepparton East General Store  
Jerry 58291070