Principal's Reports

Parent Opinion Survey
In last week’s newsletter I spoke about the annual Parent Opinion Survey and informed the school community of the importance of completing this and the procedure for which this is to be conducted. By now parents who have been randomly selected for our Parent Opinion Survey have been contacted via post and email. The survey will be open for completion from Monday 7th August. If you were selected to participate in this survey please take the time to sit down and give us some feedback on what we are doing well and where we need to improve. This assists us in improving our school.

Professional Development
This week, five teachers and myself attended a two day ASIST (Applied Suicide Intervention Skills Training) program. This training was designed to increase our awareness of people at risk of suicide and provide us with the skills to offer assistance and discuss prevention strategies. This opportunity also focused on being more alert to the clues and communications that someone may be thinking of suicide and facilitate links with further help from family, friends and professional members of the community. The two-day program was very intense and at times confronting, but at the same time, we all walked away with a tool kit that we could use to initiate discussions if the need arises.

The workshop was funded through Carer Support Services - Echuca - Bendigo Health. I would like to thank Carer Support for the opportunity for our staff along with other members of the community to be part of this program so that we can take these learnings and use them within our community in the hope of preventing suicide.

Tomorrow I will also be out of school for the whole day. I am part of selection panel searching for a suitable applicant to take up the position of Principal, which has become available in a neighboring town. If you have any pressing, matters please see Gayle Bedford for assistance.

Next Thursday Gayle Bedford and myself will be attending another professional development program in Bendigo where we will be investigating school refusal and the strategies that we can use to re-engage students.

Nude Food Day
I hope many families participated in the nude food day that occurred across the school yesterday. It is always concerning when we have a large number of packaging litter throughout the school grounds on any given day. Thanks to Ms Wright and the Green Team for organizing the day. We look forward to many more nude food days coupled with recycling in the hope of eliminating rubbish in our schoolyard.

Jeans for Genes Day
Don’t forget to wear your jeans, for ‘Jeans for Genes Day’ this Friday the 4th August. This is not an out of uniform day, rather a swap the school pants or shorts for jeans. A gold coin donation is encouraged for participation to help raise money for children with disease & illness. Every dollar raised on the day helps scientists at Children’s Medical Research Institute discover treatments and cures, to give every child the opportunity to live a long and healthy life.

Lynne Flynn
Hello Everyone,

Often parents contact me looking for support as they navigate through the challenges of bringing up children. Today I would like to share some information on a program that has been thoroughly researched to support children and adults in the area of mindfulness – “Smiling Minds”. I have taken some information from the Smiling Minds website and encourage families to explore this further as the benefits both in school and at home have been extremely positive. Some 208 staff are currently undertaking training in the Smiling Minds program with an aim of introducing the program to our children.

The Smiling Mind App has reached more than 1.5 million people worldwide. More than 18,000 educators use the program in schools. That’s at least one million students experiencing the benefit of the program every day. The Smiling Mind Education Program offers a mindfulness-based program to support the development of positive mental health and wellbeing. The program has been designed for primary and secondary aged children and can also support teacher wellbeing. It has been successfully implemented in a wide variety of government and non-government schools with positive results.

The Smiling Mind Education program can assist with:

- managing stress,
- developing emotional resilience,
- enhancing creativity, enhancing decision making and problem solving, and creating a sense of calm, clarity and contentment.

A whole school approach

Research has shown that involving the whole community – teachers, parents and students – is the most effective way to gain the long-lasting benefits of mindfulness.

Smiling Mind makes bringing mindfulness meditation into the classroom as easy and accessible as possible. It provides students, staff and parents with the tools to understand how to cope with emotions and feelings in a world that can be chaotic and overwhelming.

This highly effective program aims to create a culture of caring, compassionate, and mature students, and provide schools with the skills and resources needed for an optimal learning environment.

If you would like to find out more about Smiling Minds please take a look at their website and participate in some of their trial activities or pop in and see me at school.

Have a great weekend everyone!
Echuca Primary School will ensure high levels of learning for all students.

Respectful—Responsible—Resilient

### Student of the Week

#### Junior School

00A Milloo Williams
Milloo is working very hard to improve her reading and writing. Great work, Milloo. Keep it up!

00B Connor Hancock
Connor has been focused on activities with Ms Chandler, and is putting in great attempts on recording the initial sounds in writing.

00C Seth Spacek
What fantastic dedication to his reading at home and in ‘guided reading’, resulting in him being more confident to try more reading strategies to improve.

00D Ayla Louttit
Ayla is always polite, hardworking and enthusiastic to have-a-go. What more could we ask for? Thank you, Ayla.

01A Makenzie Fayle
Makenzie what a fabulous week you have had! You listen carefully, get started on your work right away, always give everything a red hot go!

01B Levi Duchatel
Levi has been trying hard this week to problem solve on his own and work co-operatively with others.

01C Harry Bryan
What an awesome week Harry! So focused during whole class discussions, answering questions and participating in Show and Tell.

01D Seth Naughton
What a great week of listening and learning Seth! You have tried hard and made good decisions to concentrate on doing your best! Well done Seth.

02A Jacob Brighton
What a champ you are Jacob! Always striving for excellence and raising the bar in everything you do.

02B Zarah Thompson
Well done Zarah, for showing independent working habits. It’s fantastic to see that you are striving to complete tasks on your own. Keep it up.

02C Imogen Leersen
Wow this girl is switched on for learning every day. She is a kind, caring class member who keeps us all smiling. Thanks Imogen.

02D Emily Burgess
Polite, caring, resilient, funny, responsible, awesome, respectful, hardworking, the list could go on and on!

### Student of the Week

#### Senior School

34A Tahnee Jardine
A flying start to the term for you Tahnee. Your confidence is shining through and your willingness to take a risk with your learning has been great to see.

34B Angus Watson
For making fantastic reading choices for his read to self time by selecting texts that are challenging and engaging.

34C Corey Foyster
Corey just goes about his business without any fuss. You have worked hard this week on your memoir writing and perimeter in Maths. Keep up the great work!

34D Jesse O’Brien
It’s been great to see you adding detail to your Seesaw posts this week. What a fantastic helper you’ve been in ICT, assisting others to code their Tynker games.

34E Indiana Phillips
I have been super impressed with your effort and attitude towards your Seesaw posts for home reading.

34F Holly McKenner
What a great week you have had. In writing you have been a superstar! Thanks for being so helpful in class and looking out for your classmates.

56A Grace O’Toole
Love your no fuss attitude. You are always positive and willing to share ideas. A reliable and independent worker.

56B Brady Dickinson
Wow!! What great improvements you’ve made with your times tables. Keep up the practise, it’s paying off.

56C Makayla Armstrong
Well done on a great week Makayla! You have shown great resilience this week and have been doing your work to a high standard. Keep it up!

56D Brandan Batey
Well done Brandan, your information text and graphing work this week has been outstanding. Keep up the great work!

56E Jett O’Reilly
Jett the confidence you have shown this term is amazing. We are so proud of you at assembly last week. You show all the school values in every way, every day!

56F Eliza Thomson
Need to know how twisters are formed? Need to know how earthquakes occur? Need to know anything about natural disasters? Give Eliza a call! She knows everything about natural disasters.
Student of the Week Specialist

Junior Arts Star: Miss Hodgens
Tommy Teasdale-Dohnt 00A
Tommy is the most sincere, friendly little boy who always does his best art work and is quick to help others. A shining star of the art room, well done Tommy!

Junior Rising Sports Star: Mrs Cameron
Charlie Groves 00A
Charlie might be small, but boy does he have some muscles! Charlie has shown his great strength during Shot Put, competing against the 5/6s and giving them a run for their money! Well done Charlie!

Junior Arts Star: Mr Thompson
Noah Thompson 01C
Noah was extremely helpful this week. He created a very nice collage and also swept up the paper scraps off the floor. That's responsible work, Noah.

Senior Rising Sports Star: Mr Campbell
Lenny Griffiths 34C
Lenny showed great resilience in PE this week. He was struggling with his triple jump technique, but he didn't give up and he practised the action over and over again until he got the hang of it! Well done Lenny!

Senior Science Wizz: Mr Trewhella
Kaidyn Ottrey 56E
Kaidyn is an inquisitive science student who is always focused during experiments and investigations.

Indonesian Star: Bu Dixon
Jaxon Hogan 2D
Jaxon is always very switched on during Indonesian lessons, listening hard and participating in a positive way. We love having Jaxon in our class as he learns new words very quickly and is keen to share his learning with others. Bagus Jaxon!

School Values Award
Respectful—Responsible—Resilient

Abby McKenner 00B
Abby always demonstrates the school values, she listens respectfully, shows resilience and works responsibly in the classroom. What an amazing example you set in 00B Abby!

Nominated by Mrs Locke

Ella Rose Cook & Emily Burgess 02D
Everyday these two girls demonstrate the 3 school values but on Wednesday this week they took it to a new level by showing respect for our school environment and taking care of our school grounds. Well done girls you should be very proud of yourselves.

Nominated Mrs Gregg

Cooper Groves, Jude Phyland & Bodhi Griffiths 34A
Who do you call? Code busters! If you need any help with solving your coding problems, these boys are here to help. Not just a great help in their own class, but have been taking other classes - even grade 5/6, to show them how to code.

Nominated by Mr Cartwright

Claudia Moon, Brandi-Jane Graham 56B & Olivia Denholm 56A
Well done on responsibly organising and leading the lunch time dance activity each week. Keep up the good moves.

Nominated by Kerrie & Mrs Thomson

Kodi Clifford 56F
Kodi was very responsible in PE this week, he spent most of his lesson this week taking care of prep students and helping them stay on track with their learning. Well done Kodi

Nominated Mrs Cameron & Mr Campbell
The SAT would like to say thank you to those students who have come along to the lunchtime activities over the past few weeks and have been displaying our 3 school values and being resilient, responsible and respectful.

We are loving running the activities for all students across the school as well as helping you all feel included at our lunchtime play.

The SAT have made sure that there are a variety of activities on each week to include all students. Remember to check the daily tablet to see what is on each day.

If you don’t have something to do at lunchtime or find yourself sitting on your own look for the SAT members wearing the orange vests and that is where the activities will be.

Tomorrow the 4th of August is ‘Jeans for Genes Day’. Remember to wear your jeans to support the Children’s Medical Research Institute. (Reminder, this is not an out of uniform day, swap your school pants or shorts for jeans.)

Jeans for Genes Day is a very special organisation and all funds that we raise go towards supporting research to cure genetic childhood diseases including cancer.

Over 12,000 children are born in Australia each year with a genetic problem.

So remember to give you gold coin donation to your teacher to show your support to a very important charity

Thank you
Mrs Gregg and Ms Hogan

Aisha Shebani
I joined the SAT because I wanted to do more interesting things and I wanted to be a good leader throughout the school community.

Teagan A’Beckett
I joined the SAT because I want to do canteen and play at lunch times doing activities with kids I haven’t met. I would also like to help out the junior students at mini Olympics

Jack Paterson
I wanted to join the SAT because I think that it would be good for High School having these opportunities. I bring help and support to the team and I will contribute to every activity.
Regional Soccer – Thursday 3rd August

Today we have both our Boys and Girls Soccer teams competing in the Regional Soccer Finals in Swan Hill. The soccer teams have been completing extra training sessions at lunchtime, so hopefully they can perform well today.

Regional Football – Tuesday 8th August

Next Tuesday we have both our Boys and Girls Football teams travelling to Swan Hill to compete in the Regional Football Finals. Our Girls team were very dominant on our local District day last week, so we hope they can be very competitive against the stronger opponents. Our Boys team didn’t qualify for Regionals, losing to St Mary’s on our local District day, but luckily gained a wildcard entry and an invitation to go along and compete. Hopefully our Boys can make the most of this great opportunity. Go 208!

Interschool Sport Grand Finals – Friday 11th August

With all 6 rounds of Interschool Sport complete, it’s Grand Final time. Almost all of our 208 teams placed in the top 2 positions on their respective ladders, and will play off in the Grand Finals so to hopefully win the trophies. All Grand Finals will be held at the Echuca South Football and Netball complex (Echuca United’s home ground). See below for the exact teams who made a Grand Final.

- Boys Football 208 vs St Mary’s
- Boys Softball 208 vs St Mary’s
- Girls Softball 208 vs South/West
- Mixed Softball 208 vs St Mary’s
- A Netball 208 vs St Mary’s
- B Netball 208 vs East
- C Netball East vs St Mary’s
- D Netball 208 vs St Mary’s
- E Netball South/West vs St Mary’s
- Euro Handball South/West vs St Mary’s

House Athletics Carnival – Wednesday 16th August

In only two weeks, we are hosting our annual House Athletics Carnival here on our school oval. In Physical Education and Sport lessons, the students have been practising all of the Athletics events in preparation for this event. On the day, everyone will complete a rotation between all eight individual events, and in the afternoon we will hold our house relays. As this is such a huge day, we would love as many parent helpers as possible who would be willing and able to pop down on the day and help. If you are available to assist, could you please let your child’s teacher know.

Indonesian News

We have been learning simple greetings and sentences about ourselves.

- Selamat pagi - Good morning
- Selamat siang - Good afternoon/day
- Selamat malam - Good evening
- Sampai jumpa! - See you later!
- Nama saya Bu Dixon - My name is Mrs Dixon
- Nama teman saya Lisa - My friend’s name is Lisa
- Apa kabar? - How are you?
- Baik-baik saja - Very well
- Biasa saja - Ok
- Kurang baik - Not well

Bu Dixon
**Earn & Learn—Started 26th July**

Anyone from the community - staff, parents, grandparents, neighbours and friends - who shop at Woolworths can collect stickers for our school.

If your community sticks together and earns Earn & Learn stickers at Woolworths, you can earn your choice of educational equipment & resources.

This year we are proud to be partnering once again with Modern Teaching Aids, Australia’s biggest supplier of educational equipment. This means our school can choose resources based on their unique needs across every category possible including: S.T.E.M, Science, Mathematics, English, Sport and Arts and Craft.

It’s easy, below is how it works:

![Earn & Learn sticker image]

**Shop**

Earn one sticker for every $10 spent at Woolworths.

**Stick**

Complete a Sticker Sheet.

**Give back**

Drop the Sticker Sheets at your school or local Woolworths.

Or simply, drop your stickers into the Earn & Learn Box at the office. Extra Sticker sheets are also available from the office.

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**Administration**

**Student Charges**

Just a reminder to the families who have chosen to pay Student Charges per term instalments the 4th instalment is due on the 11th of August.

**School Camps**

**Grade 5/6 Camp Melbourne Camp**

- Grade 5D,E,F 16th - 18th October
- Grade 5A,B,C 18th - 20th October

**Grade 3/4 Cave Hill Creek**

16th - 18th October

**Full Payment for all camps are due on Friday 8th September**

Unless you have arranged a payment plan all Student Charges must be paid in full for students to attend camp. If you have any queries regarding student charges please do not hesitate to contact the office.

**Medical Conditions**

If your child/ren has a medical condition that requires an Action Plan, please ensure that plans are up to date. All plans must be signed by a doctor & a copy is kept at the office. Children with medical conditions must have up to date Action plans to attend camp.

**Duty of Care**

To help us ensure the safety and care of your children please inform the office of:

- Changed addresses, phone numbers or emergency contacts
- Please advise your child before school their pick up arrangement. If this changes please contact the school prior to 3pm to ensure messages can be given to your child and the teacher in time. Calling at 3.20, bell time is too late but in emergencies we will do whatever it takes.

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**Parents & Friends Meeting**

Monday 28th August @ 9.30am

Staffroom—All Welcome
## What’s Happening at 208

### Term 3

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<tr>
<th>Wk 1</th>
<th>July</th>
<th>17th</th>
<th>Pupil Free Day</th>
<th>18th</th>
<th>First Pupil Day of Term 3</th>
<th>19th</th>
<th>20th</th>
<th>State Cross Country</th>
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<th>Interschool Sports Wk 5</th>
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<tr>
<td>Wk 3</td>
<td>July/August</td>
<td>31st</td>
<td>Parent &amp; Friends Meeting 9.30 Staffroom</td>
<td>1st</td>
<td>BOOK CLUB DUE Somers Camp</td>
<td>2nd</td>
<td>Nude Food Day Somers Camp</td>
<td>3rd</td>
<td>Regional Winter Sports Soccer &amp; Netball Swan Hill 100 Days Of School Prep Somers Camp</td>
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<td>Wk 4</td>
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<td>Somers Camp</td>
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<td>Regional Winter Sports Football &amp; Hockey Swan Hill Somers Camp</td>
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<td>Wk 5</td>
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<td>Gr - 3 to 6 House Athletic Sports Somers Camp</td>
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<td>P - Grade 2 House Mini Olympics Somers Camp</td>
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<td>Wk 6</td>
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<td>Prep Kyabram Fauna Park Excursion</td>
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<td>24th</td>
<td>25th</td>
<td>Book Character Parade</td>
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<td>Wk 7</td>
<td>August/Sept</td>
<td>28th</td>
<td>District Athletics 11/12 Years</td>
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<td>District Athletics 9/10 Years</td>
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<td>Grade 1 Melbourne Zoo</td>
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<td>Wk 9</td>
<td>Sept</td>
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