

MURRABIT GROUP SCHOOL



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NEWSLETTER

- 1st September, 2021

School Values:

- Respect
- Honesty
- Teamwork
- Learning
- Persistence

*Murrabit Group School respectfully acknowledges
the traditional custodians of the land.*

We pay respect to their ongoing living culture.

Dates to Remember:

1st Sept. School Council Meeting
Via Webex

***“Good communication is the bridge
between confusion and clarity.”***

Hello Everybody,

Remote Learning

As I write this we await the decision regarding whether or not Remote Learning will be extended. Whatever decision the Premier and Chief Health Officer make, I would like to thank students, staff and parents for their efforts during weeks 7 and 8. Everyone continues to show remarkable resilience and adaptability as we continue to ensure the students manage their learning.

I will be in contact, as will classroom teachers, once we are notified by the Department, of what is happening on Friday and next week.

It is fantastic to see students join the Webex set up by class teachers. These are a crucial part of the learning program and support your child's learning. Remember to communicate with your child's teacher as this is another important support in ensuring your child is making progress.

Naplan

The school received individual Naplan results this week and I will be posting these in the mail to parents shortly. Naplan provides parents and schools with an understanding of how individual students are performing at the time of the tests. It is important to remember that NAPLAN is just **one aspect** of a school's assessment and reporting process – it does not replace ongoing assessments made by teachers about student performance. Please contact your classroom teacher if you would like to discuss your child's results.

NAPLAN also provides schools, education authorities and governments with information about how education programs are working and whether young Australians are achieving important educational outcomes in literacy and numeracy.

School Council

School Council meets at 6pm tonight via Webex.

Have a great week, Greg

Pavers

If you would like an order form, please contact Judi at school or email judith.ficken@education.vic.gov.au for it to be sent home or emailed to you.

Please share this with friends and family.

Parents and Friends

Unfortunately, lockdown continues and we are separated and learning from home. Hopefully all the kids, parents and families are staying positive and all doing ok.

Don't forget Fathers Day this Sunday! To help lift the spirits of the kids and provide a little excitement, P&F will be funding a special Father's Day Lucky Dip. 📺 Each child is able to select 1 gift to share with their Dad / special person. Gifts are wrapped and ready for collection from school Friday 3rd September. If you are unable to collect, special bus delivery can be arranged - thanks Murray! Please contact us to arrange delivery if required.

Many things have been cancelled again this year due to Covid. Luckily we are still able to conduct our Mango Fundraiser and ordering is super easy through trybooking.com Be sure to spread the word and get your orders in. 🍷

Hopefully restrictions ease and the kids are all back at school together again soon. Be happy Stay Safe

The P&F Team 😊



Curators

September – 1st Half – Edgley

- 2nd Half – Heffer

October – 1st Half – Hein B&N

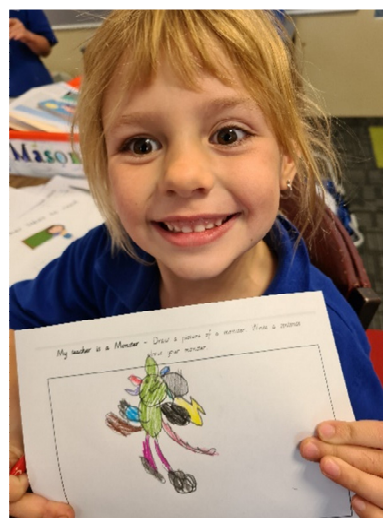
- 2nd Half - Shea



Market Morning Teas



The following families are on duty for the Market Morning Teas on **Saturday 4th September** are:- **McDonald, Morton, Kennedy and Larkin**



Onsite Learning



COVID-19 VACCINATION

CLINICS

Check your eligibility for COVID-19 vaccination
covid-vaccine.healthdirect.gov.au/eligibility
 1800 675 398

Speak to your GP about any medical concerns

- | | |
|--|---|
| Kerang COVID-19 Vaccination Clinics
Kerang District Health
WD Thomas Activity Centre, Burgoyne St, Kerang
By Appointment Only
Call the KDH Vaccination line on 5450 8099 | Bendigo Health
113-133 Mollison St, Bendigo
bendigohealth.org.au/registerforvaccine
By Appointment Only
1800 675 398 |
| Cohuna COVID-19 Vaccination Clinic
NDCH, 33 King Edward Street, Cohuna
By Appointment Only
5451 0200 | Kerang Medical Clinic
47 Victoria St, Kerang
By Appointment Only
5450 8060 |
| Echuca Regional Health
Vivid Building, 238 High St, Echuca
erh.org.au/covid-19-vaccinations
Pfizer By Appointment Only. AstraZeneca walk in
5485 5000 | Terry White Chemmart
Kerang 28/32 Victoria St, Kerang
Cohuna 63-67 King George St, Cohuna
terrywhitechemmart.com.au/health-services/covid-19-vaccination
By Appointment - limited walk in available |
| Boort District Medical Centre
2 Courts St, Boort
By Appointment Only
5451 5220 | Ochre Medical Centre Cohuna
111 King George St, Cohuna
Pfizer & AstraZeneca By Appointment Only
5456 2609 |
| Swan Hill District Health
26 High St, Swan Hill
www.shdh.org.au
hotdoc.com.au - Swan Hill Respiratory Clinic
By Appointment Only
5033 9968 | Mallee District Aboriginal Services
Kerang 9 Nolan St, Kerang
Swan Hill 70 Nyah Rd, Swan Hill
Mildura 120 Madden Ave, Mildura
By Appointment Only
1800 183 593 |

To view all clinics within the local area visit
www.murrayphn.org.au/vaccinationclinics/

Information correct as of August 31 20



KIDS HELPLINE

support young people aged 5 - 25.

Brought to you by NDCH

What is Kids Helpline?

Kids Helpline is Australia's only free, confidential 24/7 online and phone counselling service for young people aged 5 to 25.

How do I access the service?

- Call- 1800 55 1800
- Email: counsellor@kidshelpline.com.au
- Webchat: apps.yourtown.com.au/apps/webcounselling/live/chat

How does counselling help?



Want more information? kidshelpline.com.au

Resources for Students and Parents

Headspace www.headspace.org.au

- **E-headspace** - eheadspace provides free online and telephone support and counselling to young people 12 - 25 and their families and friends
- **Information about Life Issues, Alcohol & Other Drugs, Health & wellbeing, Mental Health, Work & study, Yarn Safe** (resources for Aboriginal young people)
- **Headspace work & study programs** - headspace work and study Programs support 15-25-year-olds to plan a career, find employment or work towards further education - in a highly accessible, confidential and youth-friendly environment.

Reach Out <https://au.reachout.com/>

- **Information about Bullying, Challenges and Coping, Identity, Mental Health Issues, Mental Wellbeing, Relationships, Study, Work & Money, Coping during Corona Virus**
- **Tools & Apps** - here you'll find professional-reviewed mobile apps and tools to help you look after your health and wellbeing.
- **Reach Out Community** - is a supportive, safe and anonymous space where people care about what's happening for you, because they've been there too

Some apps that Reach Out recommends are (many more on website):

Calm Harm Calm Harm provides tasks that help you resist or manage the urge to self-harm. You can add your own tasks too and it's completely... User rating: ★★★★★ Health Pro Rating: ★★★★★ Cost: Free Goals: Achieve balance, Embrace challenges, Manage anxiety, Relax Available on:	Headspace Headspace is meditation made simple. The app takes you through the basics of meditation, with progress pages to track you... User rating: ★★★★★ Health Pro Rating: ★★★★★ Cost: Free Goals: Control panic attacks, Manage stress, Manage anxiety, Relax Available on:	The Check-in The Check-in is for anyone who wants to check in with a friend but is concerned about saying the wrong thing or making the... User rating: ★★★★★ Health Pro Rating: ★★★★★ Cost: Free Goals: Be kinder, Help others Available on:
Breakup Shakeup Breakup Shakeup provides ideas for fun, easy things to do to help you cope after a breakup. The app teaches you that planning... User rating: ★★★★★ Health Pro Rating: ★★★★★ Cost: Free Goals: Improve relationships Available on:	Chats For Life The Chats for life app will help you to plan a conversation with someone that you may be concerned about, who may be struggling... User rating: ★★★★★ Health Pro Rating: ★★★★★ Cost: Free Goals: Be kinder, Help others, Improve relationships Available on:	Daylio Daylio is a diary app that allows for goal setting, mood tracking and routine notifications. The app uses this data to create... User rating: ★★★★★ Health Pro Rating: ★★★★★ Cost: Free Goals: Stay positive, Increase happiness, Manage stress Available on:



Knowing your Teen

Parenting teenagers is not easy, it requires creativity, determination, and patience! It is a tough phase for everybody, but you are not alone.

Join other parents and carers in this workshop that aims to provide information, improve understanding and explore strategies that focus on the strengths and challenges of this stage of development.

✓ Strategies ✓ Problem Solving ✓ Growth

Workshop dates & locations:

Location Name - Zoom Online

Dates:

Day Session

Wednesday 8th September @ 12pm - 1:30pm

Night Session

Thursday 9th September 2021 @ 7:30pm - 9pm

Please note this is a single session workshop on

There is no charge for this workshop.

Groups are subject to maximum and minimum number determined seven working days prior to the commencement date. Early registration is encouraged.

RSVP:

Reception | CatholicCare Victoria
 PH 5438 1300 | E email@ccds.org.au

Please remember your mask. We ask that all participants follow social distancing and face mask regulations.



Knowing your Teen
 176 - 178 McCrae Street, Bendigo VIC 3550
 T (03) 5438 1300
www.ccds.org.au

It's okay not to be okay!

NDCH has counselling and support services to help you.

There are other services out there too:

Beyond Blue

Anyone feeling anxious or depressed

beyondblue.org.au
1300 22 46 36

Kids Helpline

Counselling for young people aged 5 - 25

kidshelpline.com.au
1800 55 18 00

MensLine

Men with emotional or relationship concerns

mensline.org.au
1300 78 99 78

LifeLine

Anyone having a personal crisis

lifeline.org.au
13 11 14

Head to Help

Support from experienced mental health professionals

headtohelp.org.au
1800 595 212

Orange Door

People experiencing family violence

orangedoor.vic.gov.au
LODDON: 1800 512 359
MALLEE: 1800 290 943



NDCH

(03) 5451 0200 www.ndch.org.au ndis@ndch.org.au

In an emergency Dial 000

Music:



Angie Jones

