

MURRABIT GROUP SCHOOL



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NEWSLETTER

- 8th 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:

17th Sept Last Day of Term 3

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

Hello Everybody,

Father's Day

I hope you managed to have a wonderful Father's Day and spend some time together as a family. COVID has certainly reminded us of the importance of family and the support they provide, and Father's Day was a great chance to say thanks to the dads who do an amazing job supporting their children in so many different ways. A huge thank you to Parents and Friends, and in particular Michelle Mathews (and her family of helpers), who provided and wrapped the gifts for our school community. It was greatly appreciated by everyone.

Remote Learning

The decision made by the Premier and Chief Health Officer last week was to take Remote and Flexible Learning until the end of term. This is frustrating for everybody but again, we thank our whole school community for your amazing efforts in supporting the student's education during this challenging time. The students are doing a wonderful job completing tasks and staying engaged; all staff are working together to provide programs that are appropriate and enjoyable to the students as well as connecting with students and parents; and parents are doing a sensational job supporting their child's/ren's learning and staying in touch with staff to ensure that learning and well-being is paramount.

This Friday at 1pm we are having a Whole School Lunchtime Catch Up. This will be an opportunity for the whole school to get together and hear what has been going on in each other's grade, and any other special news as well!! A Webex link has been sent to every student by me. For a bit of fun, we are going to have a dress up theme – as your favourite book character if you like. We thought you may have the outfit still there from our parade which was cancelled two weeks ago.

As well the following Friday there will also be a Whole School Lunchtime Catch Up to finish the term. The dress up theme will be “Footy Colours”. Who do you think will make the Grand Final?

Naplan

All parents should have received their child's NAPLAN results by now. If you would like to discuss the results with your child's teacher please make an appointment to do so.

School Council

School Council met last week. Among the decisions made were:

- \$10000 to be spent on new computers for the students
- School Reunion to be cancelled. However students to make a contribution at Murrabit Market and Paver Fundraising to go ahead
- School flag pole to be erected with funds donated by Murrabit Lions Club

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

A very Happy Father's Day to all the Dads for last Sunday. Hopefully you all enjoyed a special day with the kids and the kids had some fun and excitement sharing the special gifts 📺

A big thank you to everyone who has collected and donated cans for the 5/6 kids. Unfortunately, the Canberra camp has been cancelled due COVID and the kids are unable to attend this year. All money collected will still be allocated to the kids with a decision yet to be made exactly how. This is an easy fundraiser and will be continued to help with future camps and activities for the kids to enjoy.

Lockdown and restrictions remain and isolation and home learning can be challenging to all. Hopefully everyone is doing ok, getting out and enjoy some lovely spring sunshine. We hope to reconnect as soon as we can early in Term 4 😊

Be Happy, Stay Safe, The P&F Team 😊

Market Morning Teas



The following families are on duty for the Market Morning Teas on **Saturday 2nd October** are:- **Gurnett, Murray, Danson and Heffer**

Bus Timetable

The term 4 bus timetable is attached.

Curators

September – 1st Half – **Edgley**

- 2nd Half – **Heffer**

October – 1st Half – **Hein B&N**

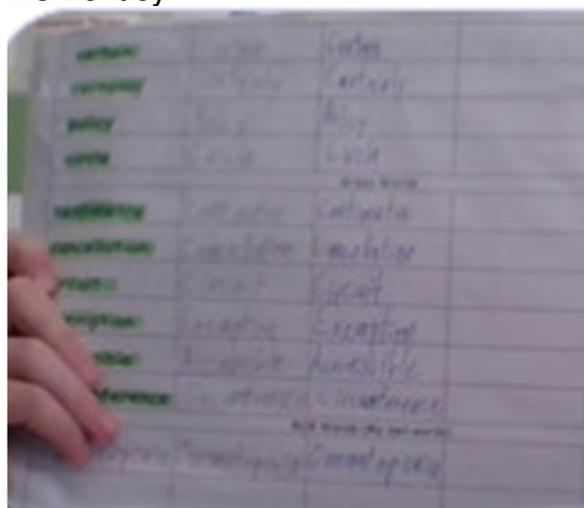
- 2nd Half - **Shea**



Remote Learning



Pippy and Lyla completed an Art activity for Ms Bentley



Callum shared his spelling



Emily and Kiera doing a video check in with Miss Wren



Jorja completed her cake artwork

Themes of Remote Learning Art works –
Artists around the World, The Sun, Mini
Art Gallery



Onsite Learning



Sophia sharing her dog's information report

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



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

In an emergency Dial 000



Self-Care for Parents and Carers

This workshop gives participants the opportunity to explore their current level of self-care. This practical and fun session provides effective strategies for reducing stress levels while keeping up with the demand of caring for others.

- ✓ Explore
- ✓ Reduce Stress
- ✓ Self-Management

Workshop dates & locations:

Where: Online via Zoom

Dates: Monday 11th October @ 10.30am – 12.30pm
Arrival @ 10.20am

Please note this is a single session workshop only.

There is no cost for this workshop.

Open to everyone!

HOSTED BY:



RSVP:

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



Self-Care for Parents and Carers
176-178 McCree Street, Bendigo
VIC 3550
T (03) 5438 1300
www.ccds.org.au

SHOW YOUR TRUE **COLOURS** FOOTY **COLOURS** DAY!

K! THURSDAY 16TH SEPTEMBER

Dress up in your favourite FOOTBALL COLOURS!
Fun and Exciting Kahoot Activities
Prizes will be given out for Top 3 in Kahoot and Best Dressed!

Download the Kahoot APP on a device
Click the Webex Link! Join and have some Fun!

GRADES 2-4

TIME: 10 AM

LINK:

<https://afimeetings.webex.com/afimeetings/j.php?MTID=mc42215890120a977b94a4e57b2df9ee9>

GRADES 5-6

TIME: 11 AM

LINK:

<https://afimeetings.webex.com/afimeetings/j.php?MTID=m8110e656b3ee21fe6a9f8fd5a5f86a39>



R U 😊 K?



SELF CARE COUPON BOOK



R U 😊 K?

THIS COUPON IS GOOD FOR:

1 bubble bath

To: Me

From: Me



R U 😊 K?

THIS COUPON IS GOOD FOR:

To:

From:



R U 😊 K?

THIS COUPON IS GOOD FOR:

To:

From:



R U 😊 K?

THIS COUPON IS GOOD FOR:

To:

From:

NATIONAL ASTHMA WEEK

1-7 September

Brought to you by  NOCH

About 1 in 9 people have asthma, so it's important to know what to do if someone is having an asthma attack.

Step 1: Sit the person upright



Step 2: Give 4 separate puffs of blue or grey reliever puffer

Make sure you shake the puffer, put 1 puff into the spacer and get the person to take 4 breaths from the spacer.

Repeat this until the person has taken 4 puffs.



Step 3: Wait 4 minutes

If there is no improvement, give the person 4 more separate puffs as in step 2



Step 4: If there is still no improvement dial triple zero (000) for an ambulance

Keep giving the person 4 separate puffs every 4 minutes until emergency assistance arrives



Want more information?

www.betterhealth.vic.gov.au/thunderstormasthma

4 STEPS OF ASTHMA FIRST AID



1 Sit the person upright



2

Give 4 separate puffs of blue/grey reliever puffer

- Shake puffer
- Put 1 puff into spacer
- Take 4 breaths from spacer

Repeat until 4 puffs have been taken

Remember: **shake, 1 puff, 4 breaths**

OR give 2 separate doses of a Bricanyl Inhaler (age 6 & over) or a Symbicort Inhaler (over 12)



3

Wait 4 minutes

If there is no improvement, give 4 more separate puffs of blue/grey reliever as above

OR give 1 more dose of Bricanyl or Symbicort Inhaler



4

If there is still no improvement dial Triple Zero (000) for an ambulance

Keep giving 4 separate puffs every 4 minutes until emergency assistance arrives

OR 1 dose of Bricanyl or Symbicort every 4 minutes - up to 3 more doses of Symbicort

Call emergency assistance immediately. Dial Triple Zero (000):

- If the person is not breathing.
- If you are not sure if it's asthma.
- If the person's asthma suddenly becomes worse, or is not improving.
- If the person is having an asthma attack and a reliever is not available.
- If the person is known to have anaphylaxis - follow their Anaphylaxis Action Plan, then give Asthma First Aid. Blue/grey reliever medication is unlikely to harm, even if the person does not have asthma.

Protect yourself this pollen season. Managing asthma and allergies matters. Visit betterhealth.vic.gov.au or call 1800ASTHMA (1800 278 462) for more information.

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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
bendigo.healthdirect.gov.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**
28 High St, Swan Hill
www.shdhl.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



MENTAL HEALTH

Resources for Students and Parents

Brought to you by  NOCH

- **HeadSpace** www.headspace.org.au
- **Beyond Blue** <https://www.beyondblue.org.au/>
- **Black Dog Institute** <https://www.blackdoginstitute.org.au/>
- **Emerging Minds** <https://emergingminds.com.au/>
- **Kids Helpline** <https://kidshelpline.com.au/>
- **Reach Out** <https://au.reachout.com/>

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

*These are professionally-reviewed mobile apps by Reach Out to help you look after your health and wellbeing.



Music:



Angie Jones

