

PRINCIPAL'S REPORT – March 17th

School Council

Our new school council will meet for the first time on Monday night. I would like to take the opportunity to publicly thank our outgoing councillor and school council president for the past 4 years, Lisa Lavery, for her time spent leading the council. Her dedication to the role and her support have been wonderful. I look forward to working with the new council in the coming 12 months.

NAPLAN

This week our Year 3 and Year 5 students have taken the national assessments for Writing. The Year 3 students also sat for the Reading assessment.

Next Monday the Year 3 students will sit language Conventions and Numeracy, the Year 5 students will sit for Reading on Tuesday, and Language Conventions and Numeracy assessments on Wednesday.

All testing except for Year 3 Writing is now undertaken on computers. Year 3 Writing is still a paper based, written assessment.

The administration behind the NAPLAN Assessments at the school level is enormous, complex and at times bewildering. I would like to publicly thank assistant principal, Jacque Clement, for the inordinate amount of time and patience she has shown whilst administering behind the scenes to enable the testing to run (relatively) smoothly.

Family Fun Night Returns

It's coming Friday 24th March – stay tuned

Harmony Day next Friday

We have students and families from many different of cultures and nationalities at Birralelee – we are indeed a country made up largely of migrants or descendants of migrants.

Next week we will be celebrating Harmony Day and our diverse backgrounds by dressing up in traditional costumes or clothing from the country of our heritage. I encourage everyone to take part in this wonderful celebration of the diversity in our community.

Nutrition and Sleep

Children are required to concentrate and pay careful attention during their daily lessons. Please ensure that your child has a nutritious breakfast to start the day off well. Research has shown that children who have an inadequate breakfast or no breakfast at all, lack attention, concentration skills, focus and stamina. Their learning suffers directly as a result.

As well as the need for adequate nutrition, adequate sleep (10 to 12 hours per night in primary aged students) is vital for children to perform at their best. Please ensure your child gets a good night's sleep before every school day – it makes a huge difference.

Perennial Problem - Communication

From time to time, I am told by parents that they are not sure what is happening with regard to certain events at school. When told that the event has been advertised in newsletter for several weeks, or there has been an alert via Compass, I am told "Oh, I haven't downloaded the app and I don't read the newsletter" This response makes me very frustrated as it is our primary source for disseminating information. The number of parents who have asked me, "What are you building?" whilst pointing to the building works taking place next to the basketball courts, proves my point!

However, if you are reading this then you do not need to be reminded – "Catch 22!"

Maybe you could gently remind someone you know in the above category that the Compass app is a 'must download'.

Ashley Ryan,
Principal

Quote of the Week

"I attribute my success to this – I never gave or took any excuse." **Florence Nightingale**

Word of the Week

Procrastinate (verb): to [keep delaying](#) something that must be done, often because it is [unpleasant](#) or [boring](#)

Etymology: from the Latin prefix *pro-*, meaning "forward," and *crastinus*, "of tomorrow."

Essential Sleep for Children

While we know sleep is essential for good health, research shows that many children and young people are not getting enough sleep on school nights. This can affect thinking, concentration, memory, reaction times and mood.

Research shows that about 12% of primary school-aged children, 25% of students between 12 -15 years and 50% of students between 16 -17 years, don't get enough sleep on school nights. The recommended amount of time to sleep for primary school-aged children is between 9 to 11 hours per night. For teenagers, the recommendation is between 8 to 10 hours per night. Are your children getting enough sleep?

Signs that your child is not getting enough sleep can include:

- low mood and irritability during social interactions
- reluctance or arguing about closing devices and going to bed
- falling asleep during the day, tiredness and yawning
- difficulties waking up for school, then sleeping in late on weekends to catch up
- changes in communicating or interacting at home.

You can help your child to improve their sleep by:

- establishing a regular sleep pattern and consistent bedtime routine
- supporting them to avoid using electronic devices such as smartphones or iPads before going to bed and whilst in bed (known as 'digital hygiene').
- encouraging your child to exercise and spend time outside in daylight but avoiding vigorous activity in the hour before sleep
- encouraging them to wind-down and relax before going to bed.

NB: Blue light emitted by screens inhibits the production of melatonin, which is the hormone that controls a person's sleep-wake cycle (i.e., circadian rhythm). If melatonin production is affected, it makes it even more difficult to fall asleep and wake up the next day

If your child is still having trouble sleeping, has persistent problems with low mood, excessive daytime sleepiness, restlessness in bed, severe snoring or waking unrefreshed, despite getting adequate length sleep, they should see a doctor.

For more information on sleep health, you can refer to the attachments:

- *Sleep tips for children and Facts about sleep for parents and school staff*, from the Sleep Health Foundation
- *Why sleep is so important*, from the Kids Helpline's: <https://kidshelpline.com.au/teens/issues/why-sleep-so-important#:~:text=It%20gives%20you%20energy%20to,some%2C%208%20hours%20is%20enough!>
- *Sleep explained*, from the Better Health Channel: <https://www.betterhealth.vic.gov.au/health/conditionsandtreatments/sleep>

Jac Clement,

Assistant Principal

Photography, Filming and Recording Students

During the school year there are many occasions and events where staff may photograph, film or record students participating in school activities and events. We do this for many reasons including to celebrate a student's participation and achievement, showcase particular learning programs, document a student's learning journey, at camps, excursions and sports events etc., to communicate with our parents and school community in newsletters and on classroom blogs and apps.

We ask that any parents/carers or other members of our school community photographing, filming or recording students at school events e.g. Concerts, assemblies and sports events etc., do so in a respectful and safe manner, and that any photos, video or recordings (i.e. "images" of students are not

publicly posted (e.g. to a social media account) without the permission of the relevant parent/carer and without identifying the child by name.

Please read the attached 'Annual Consent Form - Photographing, Filming and Recording of Students'.

If you are comfortable with the school using photos, video or recordings of your child as described in the notice, you do not need to take any further action.

However, if you decide that you do not want images of your child to be collected or used by our school, please complete the 'Opt Out' portion and return to school by Friday 24th March (note that this means that your child will not be included in any group photos on photo day).

The notice supercedes any other Photo Consent previously signed.

The Photographing, Filming and Recording students policy can be viewed on our website by clicking [here](#).

Jackets and Hats

Please ensure that your child's clothing and personal items are clearly labelled with their name. Items found around the school are placed in lost property. This is checked periodically and all labelled items are returned to the student. There are a large amount of unlabelled jackets and hats that end up in lost property.

We have parents calling and reporting that an item has been lost. There are just under 600 students in the school. It is unreasonable to expect staff to track these items. Please discuss with your child the importance of taking responsibility for their belongings.

Ride to School Day—Friday March 31st

Birrlee will celebrate National Ride2School Day by encouraging students to ride, walk, skate or scoot to school. National Ride2School Day is the perfect opportunity for students and school communities across Australia to embrace a healthier start and to try riding and walking to school for themselves.

Calendar

March

Monday 20th	School Council Meeting
Wed 22nd—Mon 27th	NAPLAN (Grade 3 & 5)
Thursday 23th	Grade 6 Gala Day
Friday 24th	Harmony Day
	Assembly 2:50pm
Friday 31st	Ride2School Day

April

Wednesday 5th	Grade 2 Excursion
Thursday 6th	End of Term 1—2:30pm dismissal
Monday 24th	Start of Term 2
Tuesday 25th	ANZAC Day Public Holiday
Wednesday 26th	School Cross Country

May

Thursday 4th	School Photos
Thurs 11th— Fri 12th	Grade 3 Camp
Monday 15th	School Council Meeting
Mon 15th—Wed 17th	Grade 4 Camp
Tuesday 16th	Young Rocketeers
Thursday 18th	Grade 6 Excursion
Friday 19th	District Cross Country
Tuesday 23rd	Starry Night
Monday 29th	Division Cross Country

June

Wednesday 7th	Curriculum (pupil free) day
Monday 12th	Kings Birthday Public Holiday
Tuesday 13th	Grade 3 Excursion
Monday 19th	School Council Meeting
Friday 23rd	End of Term 2—2:30pm dismissal

July

Monday 10th	Start of Term 3
Monday 24th	School Council Meeting

August

Tues 15th—Fri 18th	Grade 5 Camp
Monday 21st	School Council Meeting

September

Friday 15th	End of Term 3—2:30pm dismissal
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October

Monday 2nd	Start of Term 4
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Extracurricular Activities

We have various tutors and organisations who provide private tuition and programs before, during or after school. New programs are advertised via flyers or in the community news section of the newsletter. Enrolment forms may be available at the office or directly from the program organiser.

Name	Program	Contact
Lala Music	Music lessons and band for grade 3 - 6	Olivia 0419 131 868 lalamusic2@yahoo.com.au
Jill Scholfield	Piano	Jill 0401 972 664
Violin Program	Violin	Trent 0413 207 689 trentbunston@gmail.com
Kelly Sports	Multi-Sports & Basketball	Gary Hoskin gary@kellysports.com.au kellysports.com.au/events
Slamin Tennis	Tennis	Vicky 0403 129 648 https://slamin.com.au/
Sporty Stars	Dance, Soccer, Basketball (flyer below)	Russ 0422 043 853 info@sportystars.com.au
Team Kids	Out of school hours care	1300 035 000 https://teamkids.com.au/
Digimaker	Coding (flyer below)	https://www.digimaker.com.au/enrol
Chess Education	Chess Club (flyer below)	Nick info@chesseducation.com.au
Bricks 4 Kidz	Lego building	Derek 0402 945 599 hychong@bricks4kidz.com Bricks4kidz.com.au/mm

2nd Hand Uniforms

Contact Ida on 0478 083 589 to arrange an appointment.

Canteen

Lunch orders are available Tuesday to Friday. Orders can be placed in advance and need to be in by 9:00am for same day processing. To place an order download the Qkr! App. [Click here for instructions on how to download and use Qkr!](#)

BIRRALEE TEAMKIDS NEWSLETTER



WHAT'S BEEN HAPPENING

We have been doing lots of fun and engaging activities that help in the development of gross and fine motor skills, social skills and teambuilding.

We have been including a lot of cooking activities in the session plan, we make pancakes for breakfast weekly. We have also made sushi, cupcakes, cookies and many more yummy creations.

On the 3rd of March we had the TeamKids goes wild party where we celebrated world wildlife day. We decorated animal cupcakes, painted animal statues and made animal balloons.

Our STEM days have been a hit! We have created an exploding volcano, stress balls and slime.

IMPORTANT DATES



 **Tue 14th March**

Pupil free day

 **Mon 20th March**

International day of happiness

TEAMKIDS CLUBS ASC WEEK: 6 -10



MONDAY



Mindful Mondays and Lego masters

TUESDAY



Epic games club and super sports club

WEDNESDAY



Motor skill mornings and mini masterchef

THURSDAY



Thankful Thursdays and STEM club

FRIDAY



Feel good Friday and art attack



Service Mobile: 0484 300 079

Office Phone: 1300 035 000

Service Email: birraleeps@teamkids.com.au

Office Email: info@teamkids.com.au

Community News

TERM 1 WRAP UP

Team
Kids

AUTUMN HOLIDAY FUN!



TeamKids went WILD for World Wildlife Day. We had a BLAST! Now, we're set for heaps of Autumn Holiday FUN!

Let the fun begin!

AUTUMN Holidays

Team
Kids

N°48

★ ★ ★
**BEST
HOLIDAY
PROGRAMS
IN AUSTRALIA**

BOOKINGS OPEN!

AUTUMN FLASHBACK

Snaps



NEW TO TEAMKIDS?



Did you know TeamKids has a book and e-book? Charlie's First Day at OSHC is here to answer all your questions and help ease any first day jitters.

➔ bit.ly/FirstDayAtOSHC

Community News

WHAT'S YOUR BIG DREAM?



IT'S A FUNDRAISING/PAY AS YOU FEEL CREATIVE WORKSHOP

Join Creative Write-it for a fun-filled dream writing workshop and to contribute to our dream tree! This is to help raise funds to get Julie and team Australia to the World Dwarf Games in Germany later this year.

Attend our short story writing workshop where we'll assist your child to write a story about their or their character's biggest dream. They'll even get to take the story template home so they can write more stories!

Date/time: Saturday the 25th of March 2023, 2pm-4pm

Location: Greythorn Hub front lawn, 2 Centre Way, Balwyn North Vic 3104

Price: Pay as you feel (recommended price \$15)

Donate on the day or via the QR code!

No bookings required.

For any enquiries, contact Julie on 0459 586 523



While you're here, drop by our Dream Tree to write the biggest dream you dare to dream or the biggest wish you dare to wish and add it to our Dream Tree.



Here is the link
to donate





DONCASTER
SECONDARY COLLEGE

2023 Open Night

Wednesday, 22 March

5pm - 7pm

Principal's address followed
by a student-led tour

JUNIOR • MIDDLE • SENIOR

Discover how the vision and approach
of each sub-school will target and
maximise your child's
learning outcomes.

Bookings
are essential

To secure your spot,
visit doncastersc.vic.edu.au



P 03 9848 4677

E doncaster.sc@education.vic.gov.au

www.doncastersc.vic.edu.au

Working together, learning together

Community News

MANNINGHAM FAMILY FESTIVAL at FINNS

Fun for the whole family

Craft and Food Stalls, Children's Rides,
Animal Farm, Camel & Pony Rides,
Entertainment

Sunday 26th March 2023

9:00am - 4:00pm

Finns Reserve, Templestowe Road

Enquiries: Keith Anderson - 0412 558 066
Email: festival@templestowerotary.org.au

Rotary
Club of Templestowe



Sponsors for this event:
Supported by The Manningham City Council



Community News



MARCELLIN COLLEGE **OPEN DAY** *Explore, discover, learn*



Sunday, 26 March 2023 | 11am – 2pm

Principal's Address 11:30am and 1pm

SCAN QR CODE TO REGISTER YOUR ATTENDANCE

For more information visit marcellin.vic.edu



160 Bulleen Road, Bulleen VIC 3105 | +61 3 9851 1589

Whitehorse Colts

Junior Football and Netball Club Inc. (A0029084C)



Registration Open 2023



Auskick Junior Boys & Girls 8 - 18

Contact: President Sam Benson 0418 320 156
or Vice President Brian Cullen 0430 224 940

or go to our web site for further information

www.whitehorsecolts.teamapp.com

Our home ground is Springfield Park Box Hill North. We play on Sundays between April - September.

Community News



FRIEND STREET KINDERGARTEN

Limited places available for three and four year old programs for 2023 and enrolments being taken for 2024.

Some features of our programs include;

Free kinder

Hours that suit working parents

Specialist programs

Personal tours offered by
appointment.

Email:

friend.st.kin@kindergarten.vic.gov.au

Phone:

9857 6583

Website:

<https://www.friendst.kindergarten.vic.gov.au>

Community News

About Us

State Schools' Relief is unique. No other Australian state or territory has a similar organisation.

Since 1930, State Schools' Relief has been providing anonymous support so that students receiving our assistance can do so with dignity. It's our belief that every student deserves the opportunity to participate in their education without barriers.



Who are we?

State Schools' Relief is a Victorian not-for-profit organisation that supports the needs of disadvantaged government school students by providing new school uniforms, school shoes and a host of other essential educational resources, including learning devices.

Our simple and practical service ensures that all students can attend school in warmth and comfort with a greater sense of belonging and improved self-esteem, which in turn assists students to engage in their learning and strengthen their educational outcomes.



How we help

Issues such as poverty, neglect, unemployment, health issues/ illness, financial hardship, bereavement, domestic violence, homelessness, and natural disasters continue to affect many Victorian families. We work side by side with all Victorian primary, secondary, specialist and language schools to ensure that any students facing hardship have the necessary items they require for school.



Do you need assistance?

State Schools' Relief provides support to any Victorian student attending a government school, on the advice of the school.

If you are a parent or carer and you need financial assistance with your child's government education, please make an appointment with the school principal, assistant principal, or welfare/wellbeing coordinator to discuss your situation.



Community News



Wear a shade of Green and Walk for Youth Mental Health



SUNDAY 26 MARCH 2023

Unity Walk 10.00 - 11.30 am

Finns Reserve, Templestowe Lower

Free Inclusive Event, Open to All

Free t-shirt for first 100 registrations. Collect on the day

Lucky Lap Prizes

Pet-friendly Event

Free Parking

Register and support Youth Mental Health

<https://events.humanitix.com/walk-4-youth-mental-health>

This project was supported by Manningham City Council's Community Grant Program



CHESS CLASSES BIRRALEE PS

CHESS IS ONE OF THE MOST POWERFUL EDUCATIONAL TOOLS AVAILABLE TO STRENGTHEN A CHILD'S MIND. MOST 6-7 YEAR OLDS CAN FOLLOW THE BASIC RULES AND SOME CHILDREN AS YOUNG AS 4 OR 5 CAN PLAY. WHATEVER A CHILD'S AGE, CHESS CAN ENHANCE CONCENTRATION, PATIENCE, AND PERSEVERANCE, AS WELL AS DEVELOP CREATIVITY, INTUITION, AND MEMORY. MOST IMPORTANTLY, CHILDREN CAN DEVELOP THE ABILITY TO ANALYSE AND DEDUCE FROM A SET OF GENERAL PRINCIPLES, TO MAKE TOUGH DECISIONS AND TO SOLVE PROBLEMS FLEXIBLY.

DETAILS

Wednesdays – 9 classes

8/2, 15/2, 22/2, 1/3, 8/3, 15/3, 22/3, 29/3 and 5/4.

Lunchtime Classes: 1:00 – 1:50pm

In Room 1L or in the Mandarin Room if it is a wet-day timetable.

BOOKINGS

Please go to www.chesseducation.com.au to book your child in for chess each Term. If you don't already have one you can use an email address to create an account to book and pay for classes.



**TERM 1, 2023
CLASSES
START
WEDNESDAY
8TH FEBRUARY**

COSTS

Term 1: \$108

For all 9 classes.

Pro-rata options are available if you know of classes you will miss.

CONTACT

Nick Speck

0402 339 600

info@chesseducation.com.au



Community News

Sporty Stars

DEVELOPING POSITIVE FUTURES

TERM 1
2023

Birralee Primary School

All our qualified instructors encourage opportunities for cognitive, social and emotional development through and during movement activities within all our programs



Basketball Stars

Learning to play basketball in a fun and safe environment. The curriculum involves warm-up games, skill activities and modified games to assist in the development of the basic skills including: Passing, dribbling, shooting, team play, offensive and defensive strategy

Day: Thursday
Time: 3:40-4:40pm
Start Date: 9th Feb
Finish Date: 6th April
Who: Prep-Grade 4
Cost: \$162 (9 sessions)

Soccer Stars

Learning introductory soccer skills including: Passing, shooting, heading, ball control, running with the ball and turning. The focus is on inclusion more than competition – we want every child to join in and have fun

Day: Thursday
Time: 3:40-4:40pm
Start Date: 9th Feb
Finish Date: 6th April
Who: Prep-Grade 4
Cost: \$162 (9 sessions)

Dance Stars

Fundamentals of dance, movement, space & energy. Teaching posture, technique, extension and building strength, balance and co-ordination. Focus on integrating isolations, rhythmic exercises, floor patterns, improvisation & dance routine combinations choreographed to different styles of music.

Day: Monday
Time: Lunchtime
Start Date: 6th Feb
Finish Date: 3rd April
Who: Prep-Grade 4
Cost: \$120 (8 sessions)

ENROL ONLINE: www.sportystars.com.au

Enquiries



info@sportystars.com.au



0422 043 853

Community News

MULTI-SPORTS PROGRAMME

TERM 1 2023



Have heaps of fun in the sun with your friends while playing a range of dynamic and active sports over the term.



BOOK ONLINE NOW AT

KELLYSPORTS.COM.AU

BASKETBALL PROGRAMME

TERM 1 2023



Have fun learning how to play Basketball with your friends in the Kelly Sports Basketball Clinic. Learn all the basic skills required to play the game in a safe and challenging environment.



MULTI-SPORTS PROGRAMME

TERM 1 2023 INFORMATION

Programmes run weekly on one day a week for one hour.

This term we will focus on the following sports:

- ✓ Cricket
- ✓ Soccer
- ✓ Hockey
- ✓ Crazy Games

This weekly programme gives children skills and confidence in a fun and enjoyable environment. It also encourages their enthusiasm for sport and the life skills that such involvement brings – giving them confidence to join sports clubs and teams in the future.

For Prep – Year 4 students.

PRICES - \$16/SESSION, PRO RATED. PAYMENT IS MADE FOR AN ENTIRE TERM OR TERM REMAINDER (IF ENROLMENT OCCURS AFTER PROGRAM STARTS). NO SINGLE CLASS BOOKING. REFER TO WEBSITE FOR UPDATED PRICE

Birrlee Primary School – Tuesdays 3.40pm - 4:40pm
Starts 7/2/23
Concludes 4/4/23

Parents, at Kelly Sports we are continuing to follow the guidelines set out by the school, we will keep you updated if anything changes.

BASKETBALL PROGRAMME

TERM 1 2023 INFORMATION

Programmes run weekly on one day a week for one hour.

This term we will focus on the following skills:

- ✓ Dribbling
- ✓ Passing
- ✓ Shooting
- ✓ Game awareness

This weekly programme gives children skills and confidence in a fun and enjoyable environment. It also encourages their enthusiasm and participation and the life skills that such involvement brings – giving them increased confidence in the future.

For Prep – Year 4 students.

PRICES - \$16/SESSION, PRO RATED. PAYMENT IS MADE FOR AN ENTIRE TERM OR TERM REMAINDER (IF ENROLMENT OCCURS AFTER PROGRAM STARTS). NO SINGLE CLASS BOOKING. REFER TO WEBSITE FOR UPDATED PRICE

Birrlee Primary School – Wednesdays 3.40pm - 4:40pm
Starts 8/2/23
Concludes 5/4/23

Parents, at Kelly Sports we are continuing to follow the guidelines set out by the school, we will keep you updated if anything changes.

GET IN TOUCH

Contact: Cody Remington

Phone: 0413 930 218

Email:

Website:

Facebook:

blackburn@kellysports.com.au

kellysports.com.au/events

#KellySportsBlackburn

BOOK ONLINE NOW AT

KELLYSPORTS.COM.AU

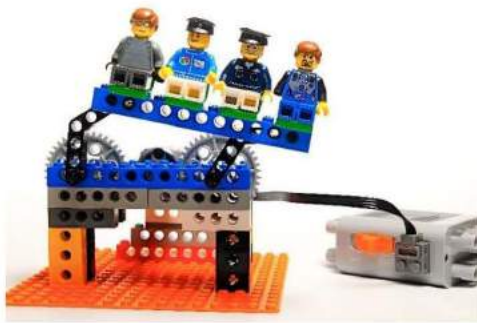


乐高课后班

Tap into your child's potential by *encouraging their passion, curiosity and creativity* with

BRICKS 4 KIDZ®

Kids learn and grow with our fun-filled models using **LEGO®** bricks, designed just for us by our own architects and engineers!



Educational and Developmental Benefits:

- Fine motor skills
- Social/emotional skills
- Teamwork and cooperation
- Process-oriented thinking
- Abstract thought
- Sequencing
- Follow step-by-step directions
- Visual and kinesthetics learning styles
- and more ...

BIRRALEE PRIMARY SCHOOL

MONDAY 3:45PM – 5:15PM

COST : \$192 (8 SESSIONS)

DATE : 6 Feb – 3 Apr

Places are limited - Enrol Online at

<https://www.bricks4kidz.com.au/BND>

For more information

Contact Derick Chong

p.0402 945 599

hychong@bricks4kidz.com



We guarantee your money back if your child doesn't LOVE their first Bricks 4 Kidz session

we **LEARN**. we **BUILD**. we **PLAY**. with **LEGO®** Bricks



* Birthday Party * School Holiday Programs *

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Community News

BIRRALEE
COMMUNITY
HUB

**GET
LISTED
on the
HUB!**

www.birraleepfa.wordpress.com

Free business listings available to...

- current parents, carers and staff
- businesses who contribute to PFA fundraising efforts

Supporting the community that supports us!

BIRRALEE

Parents & Friends Association

pfabirralee@gmail.com

VOLUNTEER