



Newsletter

Principal: Russel Cowan

1 Dicker Street Gordon, 3345 Ph: 53689223

Email: gordon.ps@education.vic.gov.au www.gordonps.vic.edu.au

1st April, 2021

THANK YOU to all families who have kept children home when they are not well. I know this is a burden, but want to assure everyone that it is essential and much appreciated.

Can you believe it? School holidays start this week 2/04/2021 – 18/04/2021

We know that students who are provided with many opportunities thrive. Some ideas for the holidays may include:

A play date and picnic with friends at the local park if the weather permits

Walk with the family <https://www.theurbanlist.com/melbourne/a-list/best-walks-moorabool-shire>

A trip to the Moorabool or Ballarat library – they have lots on over the holidays

A bike ride in Ballarat (along the Yarrowee River Trail to the Gong, around the lake)

I hope that everyone has a safe and rewarding break. I look forward to seeing all the students back and refreshed on Monday, 19th April.

Assemblies

In Term 2 our assemblies will once again take place with the inclusion of parents who wish to watch. These take place every second Monday at 9am (following the newsletter)

School Council News

Our School Council fundraising committee have organised an amazing Easter raffle – thank you so much to all those families who donated to the raffle. We have loads of prizes. The raffle will be drawn on Thursday 1st April and announced via Compass and Facebook on this day.

We recently held our AGM for 2021 and the council is made up of:

President – Jason Bonar

Vice President – Ashlee Schumann

Secretary – Jo Taylor

Treasurer – Michelle Tenerezza

Parent – Jo Goss

Co-opted – Yvonne Kucz

DET member – Mrs Middleton

Executive officer – Mr Cowan



SCHOOL BELL TIMES

Thank you to all our families who arrive on time for school every day. We know that it can be challenging especially for our larger families. We are always impressed by your ability to get the children ready and off to school, with all they need for the day and with a happy smile on their face.

Our first school bell goes at **8:58am** with followed by the main bell at 9am (start of day). Teaching and learning begins promptly at **9:00am** and children miss important learning time if they are late. No child should be on school grounds before 8:45am. The exception to this is on Breakfast Club mornings where 8:40am is allowed. If your child arrives after **9:00am** they must go the office to let us know they are at school, as the teachers will have already done their attendance roll.

PRACTICE GOOD HYGIENE

All staff, students and visitors to schools should undertake regular hand hygiene, particularly on arrival to school, before and after eating, after blowing their nose, coughing, sneezing or using the toilet. Staff should direct or supervise young students where required.



CANBERRA TOUR 2021—Year 5 & 6

Monday 6th September to Friday 10th September 2021

To enable parents to start planning we have been advised that the cost for the tour this year will be \$767.00 based on 30 students attending. (The cost will increase significantly if we have less than 30 students \$841.00).

Please think about starting a regular payment plan to lessen the burden closer to the tour date.

Year 5 & 6 families received the Tour Itinerary earlier this month. It will be an amazing tour, lots to do and see in our nations capital.

TEXT BOOKS, LEVIES AND STATIONERY PACK PAYMENTS

Thank you to families who have been prompt in paying for these items . If you are having difficulty with payments please contact the office and we can discuss options to assist you. Families on Payment Plans are reminded to make regular payments please.

Russel Cowan

(Principal)

BIRTHDAYS

We would like to acknowledge students who have had birthdays during March and early April.

We will place your birthday bookmarks in your teacher's pigeon hole.

Happy birthday to: Coen Wines, Winter Anderson, Charlie Strachan, Richelle Meiss, Emmerson Strachan, Jaxon Giofches, Eliza Collins, William Burgoyne, and Ameli Hasaj.



STUDENTS OF THE WEEK

Congratulations to our students of the week:

P/1 H: Xander, Alex D

P/1 C: Ella, Zariah

Grade 2: Edie, Abby, Hannah, Tyler

Grade 3: Layla, Sage

4/5 W: Spencer, Alana

4/5 M: Charlee, Declan

Grade 6: Diana, Scarlett

STEM / PE: Evie, Alex W



DATES FOR YOUR DIARY:

| | |
|---------------------|--|
| Thursday 1st April | Last day of Term 1 - Easter Raffle Draw |
| Monday 19th April | First day of Term 2 |
| Tuesday 20th April | SCHOOL PHOTOS |
| Friday 11th June | Student Free Day |
| Monday 1st November | Student Free Day |

Grade 2 enjoying Music with Ms. Sexton



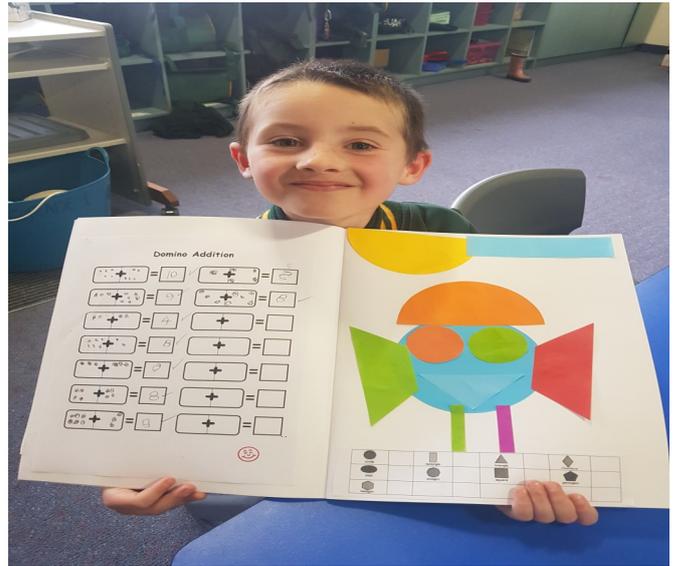
All dates were correct at the time of going to print however they may be subject to change.

Grade P/1C students making amazing shape pictures

Keira



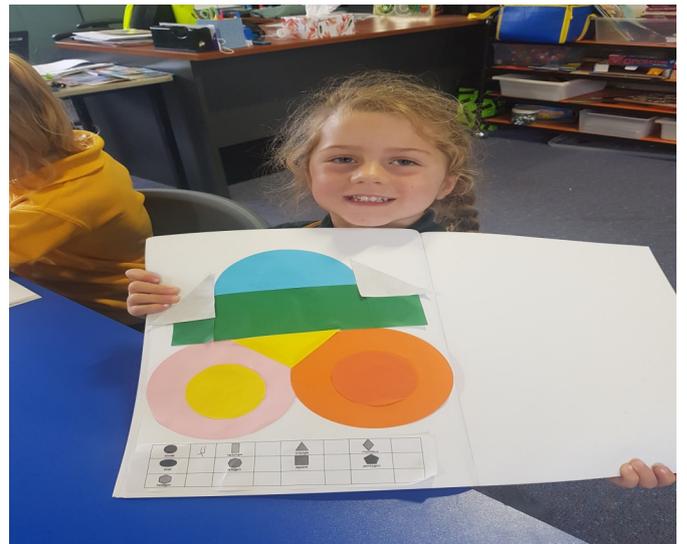
Dayne



Riley



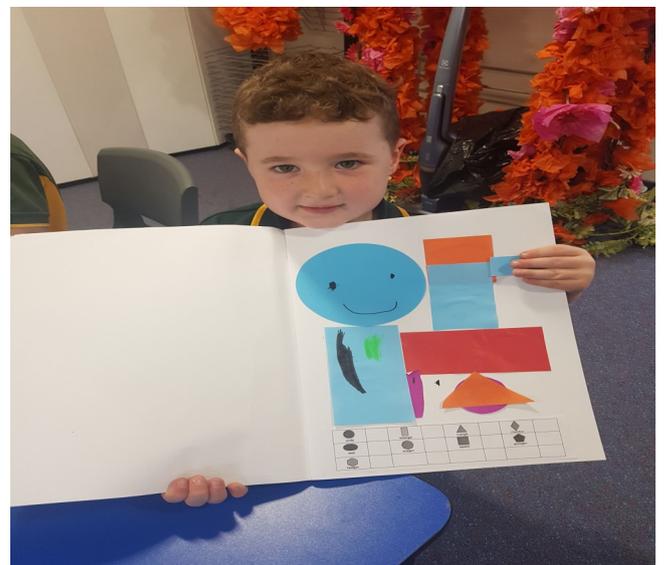
Evie



Zariah



Angus



Respect Resilience Responsibility

Grade 2 Mathematics activities where students are measuring the capacity of containers.



CROSS COUNTRY 2021 – Congratulations to everyone on doing an awesome job! Everyone showed our school value—Resilience.

Not even a broken arm could stop Hamish!



Smiling faces at the end of the course



CROSS COUNTRY WINNERS



CROSS COUNTRY WINNERS



CROSS COUNTRY WINNERS



EASTER RAFFLE



THIS WEEK'S STUDENTS OF THE WEEK

Congratulations to our students of the week:



EASTER RAFFLE

A huge thank you to all of our families for supporting the Easter Raffle by donating all sorts of goodies and buying and selling tickets. We had 37 prizes in total and lots of happy winners within the school community as well as friends of families from our school.

We wish you all a Safe and Happy Easter break.



SLEEP AND TECHNOLOGY

SLEEP – something so many people desire more of or an improved quality nights rest. All over the western world, people are suffering from chronic sleep deficiency.

In terms of brain function and productivity sleep is really important. A lack of quality sleep lowers a person's focus, impedes decision making and increases mood swings. And that is just the start!

The first 3 basic needs of humans (in order of importance for the body & brain) are good quality air, natural water for hydration and sleep. Your brain and body perform amazing feats while you sleep.

These include: physical repair, burning off fat from the day's activities, fighting inflammation, infection and trauma, digestion, sorting of the day's memories, creation of long-term memories, memory enhancement, memory integration, problem solving, ridding toxic waste, cell repair, energy is recharged (almost like a battery)

The brain works on approximate 90 minute cycles (circadian rhythms) throughout the day and night. At night, as an adult, it is recommended to get 5 full cycles of sleep, while teenagers may require 6-7 cycles for great body and brain function. This may involve going to bed earlier to fit all these cycles in. Dr Greg Wells and Dr Daniel Amen, both prolific brain researchers, talk about the first three cycles being when the brain processes the learning from the day, memory enhancement and memory integrations. The last two cycles are when creativity and problem solving happens. Have you ever woken up with clarity about a troubling problem? Your brain was working on it while you were asleep.

There are many reasons people may not be getting enough sleep and one key factor is increased use of technology and phones.

Here are 3 tips, in relation to technology use, to achieving a better night's sleep.

Tip 1: No technology in the bedroom:

To ensure a great night sleep remove all technology from your bedroom. Your bedroom should be a relaxation zone, a time for the brain to unwind, calm and switch off. The last thing your brain needs is more input or the suggestion of more information. Your brain spends its day consuming information, making decisions, creating and thinking and it needs time to recharge. Remove the TV, computers, laptops and phones from the bedroom to create a calm and nurturing space.

Tip 2: Turn your phone/technology off 30 minutes before sleep:

The key reason for this is because phone, TV and computer manufacturers design these devices to emit a blue light. This blue light keeps your brain awake and alert.

Tip 3: Leave your phone in another room at night:

Being woken in the night by an alert, a bright light, or call not only interrupts your sleep cycles, it also makes it more challenging to get back into a deep sleep.



The Community Leadership Program is designed to develop and strengthen you as an emerging leader and to increase your potential to influence your community.

Become a leader in your community

2021 Community Leadership Program

Free 18-week course open to all people with a Moorabool community connection.

Wednesday nights online and Saturday afternoons face-to-face at the Darley Civic Hub Pavilion from 5 May to 17 September.

To hear more about this amazing program come along to our online information session on Wednesday 31 March 6pm-7pm. Applications will be accepted from 31 March – 19 April.

For more information and to apply, visit: <https://www.moorabool.vic.gov.au/residents/community/community-leadership-program-2021>

For all enquiries please call 03 5366 7100



Moorabool Shire Community Leadership Program 2021



Online Information Session



Do you want to develop your leadership skills and contribute to the Moorabool Shire community?

Applications for the 2021 Community Leadership Program are open from 31 March to 19 April.

Want to know more?

Register for our Online Information Session:

31 March 2021
6pm – 7pm

<https://www.moorabool.vic.gov.au/residents/community/community-leadership-program-2021>

Or contact the Connected Communities Team on 03 5366 7100

