



Halls Gap Primary School



* **EXCELLENCE**
STRIVE TO BE THE BEST THAT WE CAN BE

* **COMPASSION**
GIVE CARE AND CONSIDERATION TOWARDS OTHERS

* **RESILIENCE**
HOW STRENGTH OF CHARACTER AND A POSITIVE OUTLOOK

Just a reminder – we have a child at school with an allergy to nuts (anaphylaxis)



Halls Gap PS is a Child Safe School

Newsletter – Tuesday 22nd of October

Dear Halls Gap PS families,

The response that we have had to the State Schools Spectacular for next year has been really pleasing. I have registered our interest and, fingers crossed, they will find us a spot.

Our tickets are booked for *CHARLIE AND THE CHOCOLATE FACTORY!* We have, once again, been supported by Matt and Mary-Ann Humphries with a very generous donation. Our School Council have also matched this so, once we have finalised travel and food arrangements, we will be able to let families know what the final cost will be. Very exciting!

The next market is coming up very quickly. It is on Sunday the 3rd of November. The roster is attached. If you haven't been available for a market roster yet, now is the time. Our fundraising is vitally important – supporting educational resources, camps, excursions and grounds maintenance. ALL children benefit so we ask that ALL families volunteer in some way.

There are many different jobs that can be done and we'd love to share the load.

HEADLICE! We have had a couple of cases of headlice in the last day or two. Please be vigilant about checking your children's hair regularly, tie back longer hair and notify us if you find live headlice or eggs. We do our best to ensure that our school hats are kept separate from all others and that students have their own hat. We will send home the hat for a wash if headlice is found.


Just a reminder that we need lots of feathers for our end of year concert. The tub is in the foyer.



This week Euan is grateful for being able to come to school.

*Have a lovely week,
Ja-San Trimble - Principal*

FIRE DANGER RATING TODAY



TOTAL FIRE BAN - NO FIRES

- **SEVERE DAYS** – school continues as usual
- **EXTREME DAYS** – we re-locate to STAWELL WEST PRIMARY SCHOOL



HALLS GAP MARKET DATES 2019

- Melbourne Cup Weekend – 3rd November



TERM 4

OCTOBER 2019

| Monday | Tuesday | Wednesday | Thursday | Friday |
|-----------------------------|---|--------------------|----------------|---|
| 21 School Council 5.30pm | 22 Student Banking NGSC Children's Week event in Stawell | 23 LUNCH ORDERS | 24 MARC VAN | 25 SSV Primary School Golf Tournament |
| 28 | 29 Student Banking | 30 LUNCH ORDERS | 31 | |

NOVEMBER 2019

| Monday | Tuesday | Wednesday | Thursday | Friday |
|-----------------------------|-----------------------|---|----------------|--------|
| 4 | 5 Student Banking | 6 LUNCH ORDERS Gr 5/6 T20 cricket | 7 MARC VAN | 8 |
| 11 | 12 Student Banking | 13 LUNCH ORDERS | 14 | 15 |
| 18 School Council 5.30pm | 19 Student Banking | 20 LUNCH ORDERS | 21 MARC VAN | 22 |
| 25 Gr 3/4 T20 cricket | 26 Student Banking | 27 LUNCH ORDERS | 28 | |

DECEMBER 2019

| Monday | Tuesday | Wednesday | Thursday | Friday |
|-----------------------------|----------------------|--|----------------------|----------------------|
| 2 | 3 Student Banking | 4 LUNCH ORDERS | 5 MARC VAN | 6 |
| 9 | 10 | 11 LUNCH ORDERS | 12 School Concert | 13 |
| 16 School Council 5.30pm | 17 | 18 Charlie & the Chocolate Factory | 19 | 20 Pupil free day |

Screen time for your child – 7 tips

There is a lot of conflicting advice and emerging research around screen time. But, the right amount of screen time can depend on a range of factors like your child's age and maturity, the kind of content they are consuming, their learning needs and your family routine. It can be easy to focus only on the clock and how long your child is spending in front of the screen, but the quality and nature of what they are doing online, and your involvement are just as important.

Consider your child's screen use in the context of their overall health and wellbeing – for example, is online time getting in the way of their sleep and exercise? Is it impacting on their face-to-face connections with family and friends? The answers to these questions will guide you and help strike the right balance of online and offline activities for your child.



1. Be involved

Sharing screen time and online activities like gaming with your child helps you gauge the appropriateness of what they are doing and manage potential risks. It's also a great way to start conversations with your child about their online experiences.



2. Work with your child to set boundaries for screen use

If you decide that setting screen time limits is right for you and your child, discuss these new rules with your child. Older children are more likely to cooperate if they have been part of the decision-making process. Colourful pictures or charts of daily limits and other important activities is a fun way to get younger children on board.



3. Be clear about the consequences of not switching off

Part of our role as parents is to set clear limitations and boundaries. The same applies to technology limitations so, being clear and consistent about the consequences for your child if they do not stick to these rules is paramount. The [Raising Children](#) Network provides some useful tools and advice.



4. Set device-free zones and times at home

Device-free zones can help you manage your family's digital use. Here are some ideas for setting digital boundaries within your home:

- no devices in the bedroom for younger children
- all screens off in bedrooms after a certain time for older children
- all screens off at least one hour before planned bedtime
- all family members switch off at dinner time
- charge devices overnight in a place your child cannot access



5. Ask your child to explain their screen use

Get your child in the habit of explaining why they want to be in front of a screen or online. It's a great way to get them thinking about their own digital habits and balancing screen time with other activities.



6. Use tech tools to help manage access

There are robust products and device functions which allow you to see which apps are being used in your home and for how long. But try not to use these tools to secretly monitor your child. Instead, be open about the process and check the whole family's usage, including your own. Start with [Google Family Link](#) for Android devices or [parental controls](#) and [Screen Time](#) for iPhone/iPad.



7. Lead by example

Your behaviour is one of the most effective ways to help your child develop a positive digital mindset. Show your child you can put down your device too.



We Need *Your Help*

MELBOURNE CUP MARKET ROSTER

DATE: SUNDAY 3rd NOVEMBER

SOCIAL MEDIA

Justine Hyde
Tess Tepper
Ja-San Trimble

BOOKING AND ENQUIRIES

Aidan Leahy
Ja-San Trimble

MARKET ROSTER

Tess Tepper

FOOD AND DRINK ORDERING

Tracey Erkelens

FOOD HANDLING AND KITCHEN REGISTRATION

Lee-Anne Lovett

MARKET SIGNS HUNG

Stacey Hewitt

CLEAN KITCHEN PRIOR TO MARKET (can be done any day in the lead up)

1.

COLLECT BAKERY ORDER (early market day)

1.

SITE MARKING (Saturday)

1.

2.

SITE MARSHALS: 6.45am – 9.30am

1.

2.

3.

8am to 11am – SET UP & CLEAN KITCHEN / COOK BBQ / SERVICE

1.

2.

3.

4.

11am to 2pm – COOK BBQ / SERVICE / CLEAN UP

1.

2.

3.

4.

It would be greatly appreciated if you could please fill your family name into one or more of the gaps and return to the school ASAP

Any help at any time in relation to the BBQ will be of great value to your child/ren and their schooling at Halls Gap Primary School.

Please,
help me!



Many thanks to all volunteers