



Weekly Views EVPS

Issue No. 32
21st October 2021
EVPS Values
Be Respectful
Be Honest
Be Caring
Be Excellent
Be Responsible

School Motto

'From Little Things Big Things Grow'

PLEASE REMEMBER we are an 'egg & nut free' school: no eggs, peanut butter, nuts or nutella spread to come to school at any time. Please assist us to keep our students safe. Thank you.



Principal Views

RETURNING TO SOME NORMALITY

I imagine that your family is similar to mine in that we wait with hope for some positive changes to the road map out of the restrictions we have all been under in Victoria and even Australia wide over the past weeks and months.



It is pleasing to hear that we will welcome students back to school a few days earlier than expected. It is of course everyone's responsibility to keep our students safe. To this end we are following the DET guidelines and adjusting our processes as we are advised of changes.

Please know that our staff are vaccinated as per the DET requirements and will be wearing masks unless given an exemption or their mask removal is required for specific teaching.

We also ask the parents of students in years 3-6 to ensure that they have a mask to wear inside at school each day. If your child has an exemption please forward me a copy so we can upload the data to advise staff that your child has an accepted exemption.

PARENT REQUESTS FOR STUDENT SEPARATIONS IN 2022

Parents are reminded to email me their requests for student separations ASAP. I will reply to your email indicating that we have noted the request. Please do not assume that we will remember requests from previous years or that teachers will remember a verbal request to them. We will start the grade formations 27/10.

2022 PARENT PAYMENTS

The parent payment information with booklists etc will be coming home via a hard copy over the next two weeks. This will also be available via Compass once we send the notices home. Please note that DET has made changes to parent payment arrangements. Please do not hesitate to contact me if you have any questions. As always we rely on the support of our families to pay these charges which allow us to provide the education opportunities that our community values.

Pauline Kubat: Principal
Pauline.Kubat@education.vic.gov.au

CALENDAR DATES

October

Friday 21st: Year 1,2,5 & 6 Onsite Learning
Year Prep,3,4 Remote Learning

Monday 25th: Year Prep Onsite Learning
Year 1,2,3,4,5 & 6 Remote Learning

Tuesday 26th: Year Prep,3 & 4 Onsite Learning
Year 1,2,5 & 6 Remote Learning

Wednesday 27th: Year Prep,3 & 4 Onsite Learning
Year 1,2,5 & 6 Remote Learning

Thursday 28th: Year 1,2,5 & 6 Onsite Learning
Year Prep,3,4 Remote Learning

Friday 29th: Year 1,2,5 & 6 Onsite Learning
Year Prep,3,4 Remote Learning

November

Monday 1st: Curriculum Day Pupil Free

Tuesday 2nd: Public Holiday Melbourne Cup Day
Pupil Free



Subject to change at short notice due to restrictions.

Updates via Compass.

Keep your hands and feet to yourself.

School Mantras

Everyday Counts.

Reduce, Re-use, Recycle, Re-Think
Sustainability: It's our responsibility

We don't swear at Epping Views!

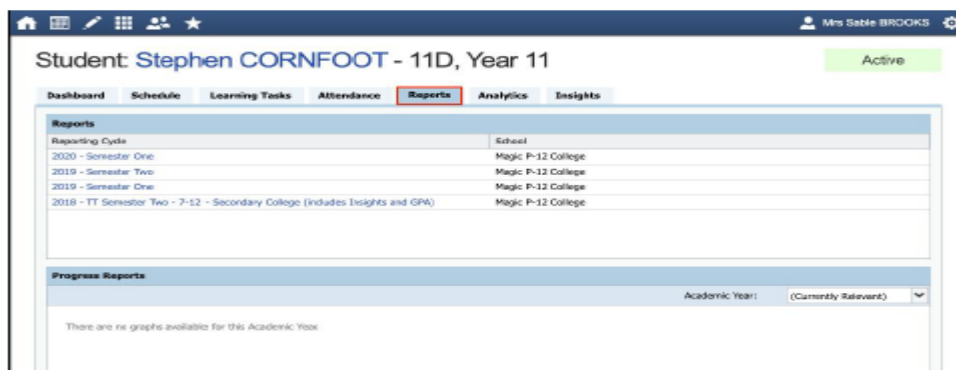
Compass Weekly Tips

How To: View your child's Report

To view your child's report, click the option under their details on your dashboard.



This will take you to the 'Reports' tab of your child's profile. Here you will see any available reports listed. Click the blue title of the specific report you want to access and it will download as a pdf file to your device for viewing.



JUNIOR FOOTY STARS

2021 NOV & DEC PROGRAMS

GROUP TRAINING PROGRAMS

Participate in our small group training with up to 5 players and 1 Junior Footy Stars Coach. Even more exciting is that we come to you to run the program. Email us to find out more:

beau@juniorfootystars.com.au

Total Number of Players	Length of Session	Cost Per Player	Total Cost of Session
5 Players	1 hour	\$12.00	\$60.00
5 Players	2 hours	\$20.00	\$100.00
4 Players	1 hour	\$15.00	\$60.00
4 Players	2 hours	\$25.00	\$100.00

Stars Shine Program

Train with one other family member or friend and we come to you. Email Junior Footy Stars for all program information: beau@juniorfootystars.com.au

- One hour fun footy with a Junior Footy Stars coach
- Training with ONE other player & Coach
- Open to all players 7 - 12 years of age
- Cost of the program is \$29.99 per player



BACK TO SCHOOL AFTER LOCKDOWN

Tips and Tricks for Transitioning Back to School

Lockdown 6 has been difficult for parents and children, and it is no surprise that you and your children may feel drained and tired. The news of the going back to school can bring on feelings of happiness and relief, but it can also lead to feelings of uncertainty, stress, and anxiety.

Even though we have been yearning to come out of lockdown it's important to remember that transitions can use up a lot of energy and effort as we adjust to new routines. Even though returning to school might be a familiar routine, this transition can cause a lot of strain and stress for kids. Here are some tips to support you and your family:

Before Returning to School

- **Re-establish Routines:** Begin to re-introduce school routines such as bedtimes and morning routines or limits on screen time as early as you can.
- **Use emotion coaching:** Returning to school can be a very difficult time, through using emotion coaching and checking in with how your child is feeling it can help to validate and normalize their feelings. Let them know it is ok to have mixed feelings about returning to school. To find out more, watch our video <https://www.thesparkts.com.au/education>
- **Use our social stories:** Read through our back-to-school social stories to help them talk through what returning to school might look like. Find them here: <https://www.thesparkts.com.au/ot-social-stories>
- **Talk to your school about a transition plan:** If your child has experienced difficulties engaging in school, talk to your child's education team about a specific transition plan to help them re-engage.
- **Reassure them they are safe:** Children have been told they must stay home from school to stay safe. Some children may worry about their safety when returning to school. Have a conversation with your children to let them know they will be safe.
- **Visit the school:** Take your child to visit the school before returning. This could be an opportunity to walk them past their new classroom or play on the playground together.
- **Re-connect with their teacher:** Encourage your child to write a letter or complete a drawing for their teacher. If beneficial for your child, you could request a brief 1:1 video or phone call.
- **Talk through the timetable:** If known, print off and talk through the timetable for the school week.





Back to School

- **Keep the first weeks simple:** Simplify your home and weekend timetable during the first few weeks to help your child (and you) ease back into the school routine.
- **Try not to overbook yourself when more social experiences open back up:** As schools reopen so may lots of other social opportunities. Whilst these activities can be refreshing and exciting, transitioning back to a social calendar whilst also re-adjusting to school may be difficult and take more energy.
- **Battery checks in:** Your child's battery will be low as they adjust to school life, be prepared for more emotional children who need extra love and support.
- **Use emotion coaching** to hold space for difficult emotions. Your children may need you to talk them through and explain what they are feeling. You can try some of these phrases:
 - *"There have been lots of changes, and this can feel really stressful and hard"*
 - *"You are finding it difficult being back at school"*
 - *"You miss being at home, and find it hard going to school all day"*
 - *"Your teacher wasn't there today and so you had a new teacher, this change was really tricky and made you feel uncomfortable".*
 - *"You miss how I used to walk you to class, this change is really difficult"*
 - *"I can see that you're feeling really drained after school today"*
 - *"You feel sad that you have to go back to school, because you will miss being with your family"*
- **Introduce connection time at the end of the day:** Schedule in some 1:1 time with your child so that you can re-connect and acknowledge the recent changes. Perhaps you could chat informally while playing a game together or use journaling to talk through any emotions or fears. Use this time to hold space for any of their worries and to answer any questions they might have about recent or future changes.
- **Gratitude Practice:** Introduce gratitude practice and reflect on what went well during the school day. This could be introduced into your afterschool routines such as at the dinner table or before bed.
- **Practice self-compassion:** This is a very difficult time and children may express their emotions in different ways including tricky behaviors. Remember to practice self-compassion and remember you are doing your best. Seek time for self-regulation if you can and reach out to those around you.

Committee of Management Members x2 (voluntary)

Creeds Farm Living and Learning Centre



WHO WE'RE LOOKING FOR

- Are you passionate about community?
- Would you like experience in governing a not-for-profit?
- Do you have experience in one of: Community development | Advocacy | Marketing and Communications | Governance | Risk management | Grant writing or Fundraising? (This is desirable and not-essential. Willingness to contribute and be involved is just as important!)

We have two vacant positions on our volunteer committee: Secretary and general member.

ABOUT CREEDS FARM

Creeds Farm Living and Learning Centre works with communities in Melbourne's high growth suburbs of Epping North and Wollert in the City of Whittlesea. We provide opportunities for people to build community connections, for life-long learning, skills development, information sharing, social and recreational activities and community development. We are a charity and an Incorporated Association in Victoria and receive funding from State, Federal and Local governments, other charities and businesses. We employ staff, supervise volunteers, provide community programs and we own the building and land where Creeds Farm is situated. We are part of local, regional and state neighbourhood house networks.

OUR VALUES

Connection: We connect with each other and connect people to opportunities, support, learning and community.

Empowerment: We enable community participation and support self-awareness and people taking action to meet their needs.

Diversity: We celebrate people's strengths, skills and potential, learn from each other and promote inclusiveness.

Welcoming: We are positive, kind and bring good will and good humour to all we do

WHAT'S INVOLVED?

The Committee of Management ensures Creeds Farm fulfils its purpose, operates well as a neighbourhood house, remains solvent and complies with all legal, financial and ethical obligations. Committee members ensure sound governance and clear strategic direction for Creeds Farm.

Your commitment:

- Prepare for, attend and contribute to regular committee meetings (meetings are two hours every six weeks).
- Actively participate on at least one subcommittee or working group.
- As needed, participate in consultation processes or liaise with MPs, local councillors or government officers.
- Attend governance training as needed.
- The Secretary is also responsible for preparing the agenda and taking minutes for each committee meeting, ensuring policies are reviewed and liaising with regulators (Consumer Affairs and ACNC)

Currently, the committee meets online on Tuesdays at 6.30pm. We're located in Epping North.

WANT TO KNOW MORE

Please call Christina, Creeds Farm Chairperson on 0402 295 167 or go to creedsfarm.org.au.