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BUCHAN PRIMARY SCHOOL

IS A BARR SCHOOL. (BUSHFIRE AT RISK REGISTER)

This means our school will be closed and unstaffed on Code Red Days as well as other days deemed

unsafe. Families will be given as much warning as possible. Safety is our first priority.

**Week 6 Term 2
Thursday 2nd June 2022
Edition 8**

We acknowledge the Gunai Kurnai people as the Traditional Owners of the land on which we work, learn and play. We pay our respect to Gunai Kurnai elders past, present and emerging and extend our respect to Aboriginal and Torres Strait Islander students and families of Buchan Primary School.

Wuman Njinde Parents, Students and the School Community,

Welcome to this fortnight's newsletter where we share our school's journey and achievements.

Thank you to Mr Johnston who attended the 5 day Lakeside camp at Coolamatong last week to help supervise our Grade 5 and 6 students (Roman, Skye and Luca), as well as the students from Swan Reach, Bruthen and Nungurner Primary Schools. Thank you also to the staff from Swan Reach and Nungurner Primary Schools who assisted on this camp to ensure all students experienced a variety of activities they normally would not partake in.

This week, we see the same students and Mr Johnston attend a 9 day camp at Somers which has a big reputation as being one of the most memorable camps in the primary school calendar and is only available to selected schools each year, with a cap on the number of students who attend from each school. We are sure this camp will live up to its name.

This week I had the privilege to attend the Education State Principals Conference in Melbourne at the Melbourne Convention and Exhibition Centre. The theme was Stronger Together: Every Student, Every School. I attended workshops relevant to our school's needs and listened to inspiring guest speakers which included Prof John Hattie.

In Term 3 we are looking at introducing electives students can participate in in addition to their specialist subjects. If you have a hobby you would like to share with our students and can spare an hour of your day one day per week, I would love to hear from you. The school will pay for any supplies needed.

Enjoy the rest of your week and stay warm.

Until next time,

Sarah.

SCHOOL CROSSING

THEIR CARE (Out of Hours School Care)

ASSEMBLY AND OUTDOOR LEARNING FURNITURE

MAINTENANCE SHED

100 LONE PINE SEEDLINGS

SCHOOL VALUES AND BULLYING POSTERS

MID SEMESTER REPORTS TERM 2

Staff are doing a fantastic job testing and writing Semester 2 reports despite the challenges associated with COVID-19, flu, camp and student and staff absenteeism. Aidan and I are working within the boundaries of the Departments Curriculum Assessment Report Framework to provide an on-balance judgement.



THURSDAY HOT LUNCH / MILO / ICY POLES

Hot dogs — 9th June.

Steamed Dim Sims — 16th June.

Hot dogs — 23rd June.

IMPORTANT DATES IN JUNE

Somers Camp Grade 6 with Mr Johnston—Tuesday 31st May to Wednesday 8th.

Queens Birthday—Monday 13th.

MARC Van—Wednesday 15th.

Curriculum Day—No students required at school—Friday 17th.

Staff Professional Practice Day—No students required at school—Monday 20th June.

Wayupa Cultural Expo—Tuesday 21st.

Red Cross Pillow Case Project senior class—Wednesday 22nd.

Reports mailed out—Thursday 23rd.

Last day of Term 2—Friday 24th. Term 2 finishes at 1pm.

PARENT PAYMENTS FOR 2022

Thank you to those who have enquired about parent payment for 2022. These payments are always welcome and can be paid at any time. The schedule was sent home at the end of 2021. If you have any questions please contact Julie.

PROFESSIONAL PRACTICE DAY

A professional practice day has been scheduled for teachers on Monday 20th June 2022. Teachers will spend this time planning undertaking professional learning which will include data analysis and choice theory. There will be no classes for students on this day.

EMERGENCY MANAGEMENT DRILL

Last Wednesday our students practised a lock down drill. The purpose behind the drill was shared with all students prior to the drill taking place and then all students were debriefed afterwards. Well done to all of our students who behaved sensibly and calmly throughout the drill.

READING AT HOME AND AT SCHOOL

We are proud of our students and the reading support families are continuing to provide at home. Please keep this vital routine up over Term 2 and encourage your child to read fiction and non fiction books and take the time to read with them and give them uninterrupted time to read independently. Reading underpins success at school and supports general knowledge, focus and well-being. **Our classroom doors are open to parent and family members to listen to children read daily. Please speak to your child's classroom teacher to make this happen.**

JUNE BIRTHDAY

A happy birthday shout out to Fletcher who is celebrating his birthday very soon. We hope you have a fantastic and fun filled day.

2022 PREMIER'S READING CHALLENGE

The Premier's Reading Challenge has commenced and it runs until 2nd September. The Challenge invites students to read regularly and to log the books they read. All successful participants will receive a certificate at our assembly later in the year. Please speak to Julie if you require further information. Last year we had only 1 student participate and that was Tom when he was in Grade 1. It would be a terrific achievement if we could have more than 80% of our students participate, as weekly reading is part of our homework routine.

THE IMPORTANCE OF SLEEP FOR OUR LEARNING AND OVERALL WELLBEING.

When people go without sleep, the first thing that suffers is the ability to focus attention. There is a significant deterioration in memory (up to 30%), reaction times and ability to carry out relatively simple tasks without error. Studies by show that the average child has lost an average of 85 minutes of sleep, per night, since 1942 (study by National Sleep Foundation as cited in the journal 'Sleep Medicine Reviews', 2012). This sleep deprivation is having a range of impacts on children's learning and wellbeing.

Unlike adults, when children are sleep deprived, they generally respond by becoming hyper-active. They display serious attention problems and often go into a 'manic' state. Lack of sleep means that the brain has less time to clean itself of metabolic waste and toxins that form across each day. Without sleep, your brain literally becomes clogged up with toxins and is less able to concentrate. The prefrontal cortex or judgment area of the brain also seems to be especially sensitive to sleep loss, impairing one's ability to make good decisions.

So, what can we do about this?

Try and limit your child's access to technology devices in the hour or two prior to bedtime to help them sleep and improve their attention. Even better, remove temptation by charging these devices in another room. Aim for your child to receive the recommended 11-12 hours of sleep per night. The kids will grumble, but their wellbeing, attention and overall learning should improve if they sleep more.

Source: 'Stolen Focus - Why You Can't pay Attention' - Johann Hari (2022)

STUDENT LED CONFERENCES

This was our first time trialling this process and whilst some of the conferences went longer than the 15 minutes time frame, we didn't want to interrupt the sharing and powerful learning that was taking place. Mr Johnston and I will enact on the observations we saw on both nights and refine the sessions in readiness for Term 3.

