



# BNPS NEWS

Issue No 2 - 10th February

**Term 1 2022**

## FROM THE PRINCIPAL

### Dear Families,

It has been wonderful to see how well students have settled into the new school year after the disruptions of the last two years. Whilst there are clearly ongoing challenges, and heightened anxiety at times, overall the students have been very happy and very focussed on reconnecting to their peers and getting on with the learning. I would like to reiterate the importance of the home-school partnership, and that even though we face restrictions around face-to-face meetings, that the “door” of communication between teachers and parents is always open. Our students can only thrive if we continue to work hand-in-hand with all parents. That extends, also, to Pascale, our Assistant Principal, and I.

### Upcoming School Events

Just a reminder of some events coming up for our school in Term 1;

Prep Reading Virtual Information Session – Tuesday 22<sup>nd</sup> February @ 6PM online

Year 3-6 Athletics Carnival – Monday 28<sup>th</sup> February @ Llanberris Reserve

Meet and Greet Session – Virtual Meetings – Tuesday 15<sup>th</sup> March between 1pm and 6pm

Further information about these events will be forthcoming. I’m hoping Year 3-6 parents received my Compass notification earlier in the week announcing that we can confirm parents are able to attend the Athletics Sports. We just need to ensure numbers are restricted to 1-2 people per family and that social distancing and mask-wearing rules are followed as required. It will be fantastic for our students to get back into these events that have so often been missed recently.

### Reflection Time

This year, we are trialling the implementation of *Reflection Time* at lunchtimes for students who are

having ongoing challenges in adhering to our school values of *Care, Respect, Excellence and Community*. Where student behaviour reaches a high-level or repeated/ongoing medium-level incidents, students will attend reflection time in the library with Pascale or I at lunchtimes. Where a student has attended reflection time, a note will be sent home with them and need to be returned by parents the next day. The point of this time, is for us to work through strategies to support students to be successful in the yard.

### School Council

This year, we will be in a position to have some open parent positions on our School Council. I will officially put a call out to you all in the coming weeks for nominations, but I just wanted to draw this to your attention for consideration. School Council is a vital part of our organisation, and I strongly encourage any interested parents to consider this when I officially announce the positions open. Our meetings typically occur at 7PM on the third Monday of the month (2 per term).

Lastly, I would like to draw your attention to the newsletter introduction on page 2 from our four school captains – Lucy, Lucy, Charlotte and Max. We have four wonderful student leaders here, who are very keen to raise the profile of student leadership and implement some creative ideas in our school. I’m very much looking forward to seeing their leadership evolve this year.

Until I see you in person,

David Garner

**Education is the most powerful weapon  
which you can use to change the world.**

~ [Nelson Mandela](#)

## A NOTE FROM THE SCHOOL CAPTAINS

Hello, we are the school captains for 2022. Our names are Max, Charlotte, Lucy and Lucy. We are very excited to be school captains this year. If you ever need

anything, feel free to come and say hello and talk to us! We hope to make this school a better place. We hope to meet you all soon. Our goal as school captains is to make sure everyone feels safe and happy at BNPS

We can't wait to lead and represent our school this year.

From the School Captains.



# CALENDAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Feb 7th	Feb 8th	Feb 9th	Feb 10th	Feb 11th
		Preps not at school		
Feb 14th	Feb 15th	Feb 16th	Feb 17th	Feb 18th
	Prep Reading Virtual Information Session	Preps not at school Gr 3-6 Lawn Bowls		
Feb 21st	Feb 22nd	Feb 23rd	Feb 24th	Feb 25th
		Preps not at school Gr 3-6 Lawn Bowls		
Feb 28th	Mar 1st	Mar 2nd	Mar 3rd	Mar 4th
Gr3-6 Athletics Carnival	Gr6 Sovereign Hill	Preps not at school Gr6 Sovereign Hill		

### 2022 Term Dates

Term 1 28th Jan - 8th Apr    Term 2 26th Apr - 24th Jun    Term 3 11th Jul - 16th Sep    Term 4 3rd Oct - 20th Dec

# FROM THE OFFICE

## CSEF

The Camps, Sports and Excursions Fund (CSEF) provides payments for eligible students to attend camps, sports and excursions. Families holding a valid means-tested concession card or temporary foster parents are eligible to apply. \$125 per year is paid for eligible primary school students. A special consideration eligibility category also exists. Payments are made directly to the school and are tied to the student. A CSEF application form and information outlining how to apply and eligibility is available at the office.

**You only need to complete the form to claim CSEF if:**

You are a new family to the school with a health care or pension card or existing family with a prep starting this year or have a health care or pension card and have never filled out a CSEF form.

Please contact Kaitlyn or Katrina in the office if you would like further information.

## Centrepay

Ballarat North Primary School is a registered provider for Centrepay. Centrepay is a voluntary bill-paying service which is free for Centrelink customers. You can use Centrepay to arrange regular deductions from your Centrelink payment to help with the costs of camps and excursions and other school expenses.

You can start or change a deduction at any time. The quickest way to do it is through your Centrelink account online or you can call into the Office and fill out a deduction form.

Go to:

[servicesaustralia.gov.au/centrepay](https://servicesaustralia.gov.au/centrepay) for more information.



## Mathletics 2022

At Ballarat North Primary School, our students use *Mathletics*. *Mathletics* is a web-based learning program which integrates home and school learning via the internet. It is used in over 4000 Australian schools and has over 3.3 million users globally.

Normally Mathletics has a fee of \$99 per child, if parents purchase individually. We have been able to access a deal where the cost per child is **\$15.00** for the entire year. This enables the child to have access at any time, both at home and at school by using a unique user name and password.

Please ensure payment is made so your child can access Mathletics at school and at home throughout 2021.

**Mathletics cannot be paid out of CSEF funds.**



# FROM FIRST AID



If your child requires any medication (other than Ventolin) during school hours, this must be stored in the First Aid room or staff fridge. The medication will be given by Lynda Stuttard or another staff member as per written consent by the parent/guardian or doctor. Please ensure your child's name, dose, time to be given and route (ie topical, oral etc ) are clearly marked on the form supplied at the office. If medication from a script, we need to view packaging to ensure we are giving to the correct child.

**(A template is available at the office)**

Children requiring Ventolin need to bring their own puffer to school each day. This can be kept in the classroom for easy access. It is now a requirement of the Asthma Foundation that students using a nebulizer should have their own and not be using a shared one.

We have a supply of disposable nebulizers at school, which will be used if required at a cost to parents of \$7.00.

## School Uniforms

It has been great to see students back at school proudly wearing their school uniform. All students are expected to wear their school uniform every day including footwear that allows them to participate fully in all school activities. Black pants/ shorts need to be plain black with no other colours or patterns. Please ensure hair is not an unnatural colour and that long hair (below shoulder length) is tied back and not covering your child's face.



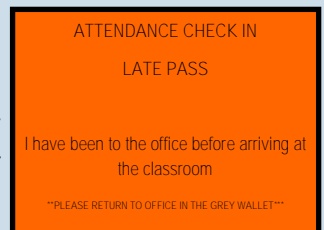
Jewellery is not part of our school uniform so students should not be wearing rings, bracelets and necklaces to school. Students with pierced ears can wear small studs or sleepers only. Make-up and nail polish is also not part of our school uniform and can only be worn on special dress up days.

## Student Attendance

At Ballarat North we highly value regular attendance at school. Frequent absences from school result in students missing valuable teaching and learning time. We believe that more than 10 unexplained absences a year is a concern. If your child is absent for any reason, it is important that you either telephone the office on the day of the absence or put in an attendance note through Compass or our website. As a school we are required to follow up all absences. If you know about an absence in advance, please let your child's class teacher or the office know so this can be recorded.

## Late to School

All students are encouraged to arrive at school by the first bell at 8:50am so they have time to organise their belongings ready for learning to start at 9am. If your child arrives at school after the 9 o'clock bell, they must report to the office first to collect a late pass before going to their classroom.



## Healthy Eating/Nude Food

As in previous years, we encourage parents to provide a healthy, balanced and nutritious lunch and playlunch for their child/ren. All students are also asked to bring a water bottle to school each day.

Our school promotes nude food and encourages students and staff to bring food without wrappers. Any wrappers brought to school must be removed before students leave the classroom. This helps to keep our school grounds clean and tidy for everyone to enjoy.



## Lunch Orders

Lunch orders will be available every Friday via an online ordering system called QuickCliq. To access the lunch order menu and make your order, you will need to register through QuickCliq. A flyer detailing how to do this is attached to this week's newsletter.

At lunchtime, orders will be dropped off at school and delivered to classrooms. The lunch order menu is available on QuickCliq. The menu is also available on our school website and as a hard copy from the school office. If you need any assistance, please contact Katrina in the office.

**\*\*Lunch orders will commence tomorrow Friday 4th February**

**REGISTER TODAY!**  
FREE, QUICK & EASY

**WE ARE NOW A QUICKCLIQ MEMBER!**  
By supporting QuickCliq you are supporting your school.

**REGISTER TODAY AT**  
[www.QuickCliq.com.au](http://www.QuickCliq.com.au)

**How to get started:**

- Visit [www.QuickCliq.com.au](http://www.QuickCliq.com.au)
- Sign up by completing the registration form
- Receive a confirmation email with activation link
- Activate your account and login to the website
- Add a student and nominate their school
- Order whenever you like

**How to order meals:**

Select a student | Select date | Add items | Confirm

*It is that simple! It is our job to make your life easier.*

Using QuickCliq helps you stay organised, order up-to 4 weeks in advance.

SAFE & SECURE | SUPPORT LINE: 1300 11 66 37 | ORDER 24/7

**REGISTER TODAY!**  
FREE, QUICK & EASY

**QuickCliq**

**Congratulations!**

Your school has made an important decision to join the digital revolution of online ordering. The QuickCliq ordering system is so simple even a child can use it, which means that the service is easy and convenient to use.

Created by schools and parents, QuickCliq is your one-stop shop for everything your school and students need. What used to take hours to process can now be done in one place, with a simple click of a button.

**It is free, safe, and secure.**

**Why is my school using an online ordering system?**

It enables your school to be more efficient with school bookings and purchases. QuickCliq offers a large range of services with one central support hub. We like to call it hassle-free shopping. You can now say goodbye to runners from shop-to-shop to fill your school orders, and hello to getting the job done quickly and easily in one online store.

**Is the website safe and secure?**

QuickCliq is a department of education approved and all your information is hosted in Australia. QuickCliq also has an SSL certification and is PCI/DSS approved for secure financial transactions. This means that your one-cent transaction information is protected.

**How can I pay for my order or add credit to my account?**

You can use Paypal or Credit Card for immediate payment. You can also use Direct Deposit, which is free.

**What if I need help?**

Just give our friendly, experienced team a call on 1300 11 66 37 from 7:30am Monday-Friday, or email us at [info@quickcliq.com.au](mailto:info@quickcliq.com.au)

By supporting QuickCliq you're supporting your school.

Using QuickCliq helps you stay organised, order up-to 4 weeks in advance.

SAFE & SECURE | SUPPORT LINE: 1300 11 66 37 | ORDER 24/7

## Instrumental Music Teachers

We are pleased to announce 'SoundCheck Studios Ballarat' will begin offering private or small group music lessons at Ballarat North Primary School this term.

Lessons in guitar and singing will be provided.

Instrumental Lessons are available for students in Grade 3-6.

'SoundCheck' teachers will come to school during the week, and in consultation with Mrs Macdonald, a timetable will be arranged for students to attend lessons during the school day. The schedule will be rotating, so students do not miss the same 30 mins of their classroom program each week.

Families will be engaging 'SoundCheck' privately. Information about booking and the fees are attached at the end of today's newsletter. All bookings and payments need to be arranged with 'SoundCheck' directly. When filling out the 'SoundCheck' registration form, be sure to select you are interested in the Primary School Program.

Mrs Macdonald is still investigating options for a keyboard teacher; more details will follow as they become available.

*If you have further questions, please see Mrs Macdonald.*

## WE'RE BRINGING THE MUSIC LESSONS TO YOU!

SoundCheck Studios are excited to announce that we will be conducting singing and instrumental lessons in schools.

### Solo Lessons:

One on one singing or instrumental lessons with one of our wonderful coaches. \$38.50 for 30 minutes.

### Group Lessons:

Sing, play instruments, learn how to play in a band and work together as a team. \$12 per student. (Minimum 3 students required)

By signing up to lessons you are committing to one lesson each week on the agreed upon day.

### How do payments work?

Invoices will be emailed through to you. You have the option to pay weekly, fortnightly, monthly or upfront for the term. Payments can be made by direct debit or online.

### How do I sign up?

To enquire, please sign up using our online form and under what classes are you interested in, please select 'Primary School Program' <https://www.soundcheckstudios.com.au/book>



## Book Club

Book Club Catalogues for Issue 1 were sent home this week. Could all orders be placed online at [scholastic.com.au/LOOP](https://www.scholastic.com.au/LOOP) by Wednesday **16<sup>th</sup> February**. No cash sales. Online orders only. Thank you for supporting Book Club. Ms Lee



## Senior School Athletics

When: Monday 28<sup>th</sup> of February

Where: Llanberris - Ballarat Regional Athletics Centre

Who: Grade 3 – 6 students

Our senior school athletics are coming up quickly. Students will catch the bus to Llanberris from school on Monday the 28<sup>th</sup> of February.

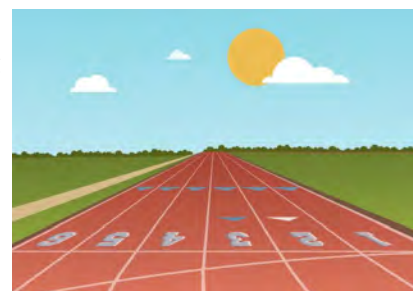
We are currently looking for volunteers to help with events and chauffeuring age groups between different events.

Due to the regulations in place at the moment any volunteers will need to have a Working With Children Check and be **triple** vaccinated.

If you would like to volunteer please contact me through Compass or let your child's teacher know that you are interested.

In order for this event to go ahead we will need to limit the amount of people moving in and out of the area meaning unfortunately spectators are not encouraged.

Kind regards,  
Mr. Shaun Allen.



## AFTER SCHOOL CARE

An Afterschool care program is provided to students by the OSHC (Outside School Hours Care) team from the Y Ballarat. This service offers families a leisure based program for children to attend after school hours. Children engage in a variety of activities, based on children's interests accessing both indoor and outdoor spaces.

The OSHC program is licensed by the Department of Education and Training and Commonwealth funding has been approved to provide families the option of applying to receive a government rebate on all attendances. All educators have current working with children checks, police checks and current first aid qualifications.

### How to enroll your child:

Families have the option of permanent and casual bookings, but please note the places are limited to 30 and are filling up fast. Enrolment can only be completed online through accessing the Y website on [www.yballarat.org.au](http://www.yballarat.org.au). Select 'what we do' tab then the 'children's services' tab, on the left hand side select 'Ballarat venues- Enrolments & Bookings' then simply select Ballarat North and commence your enrolment. A Family handbook is available and outlines in detail the steps and provides more information regarding the operations of the service. This can be emailed to you from the school office or directly from the service. The service coordinator Danni is onsite from 1.30pm each day to answer calls until 6pm.

Outside these hours please email the service at [ballarat.northoshc@ymca.org.au](mailto:ballarat.northoshc@ymca.org.au) or leave a message on the phone 0492 890 932 to receive a return call after 1.30pm



### TERM 1 PROGRAM

### MULTI-SPORTS (90 MINUTES)

Wednesdays After-School 3:35pm - 5:05pm  
(2nd of Feb) to (6th of April)

Tennis, Soccer, T-Ball, Basketball and Cricket  
Preps to Grade 4

\$220 for the 10 week program

Enrol online [www.kellysports.com.au](http://www.kellysports.com.au)

Any queries call or text Dom on 0417 967 621

## Before and After School Duty

Yard supervision commences at 8:45am each morning with Mrs Cooper-Kennington and Mr Garner alternating between the front and back of the school. If students arrive at school before this time and they are not with their parents, they need to wait in the courtyard area until 8:45am. The first bell goes at 8:50am. This is when students are able to come inside. There should be no students inside the main building or classrooms before the first bell.

After school there are three teachers on yard duty, one in Walker St, one in Ligar St and one out the front in Landsborough St. Supervision finishes at 3:45pm. Any students who have not been collected by this time will be taken to the office to wait until they are picked up.



**Coronavirus (COVID-19)**

# SIMPLE STEPS TO HELP STOP THE SPREAD.

**Cough or sneeze into your arm**

**Use a tissue**

**Bin the tissue**

**Wash your hands**

**HELP STOP THE SPREAD AND STAY HEALTHY**

**TOGETHER WE CAN HELP STOP THE SPREAD AND STAY HEALTHY.**  
For more information about Coronavirus (COVID-19) visit [health.gov.au](http://health.gov.au)

Australian Government

# happy families®

## Lighten The Load

with Dr Justin Coulson



One particular parenting advisor is famous for his idea that strictness is essential for children to "learn" to grow up. He advocates giving children regular doses of Vitamin "N" (No)!

Consider how regularly you say "no" to your children compared to how often you say "yes". Studies indicate young children are prevented from doing something they want to do every few minutes. While this may be understandable for safety reasons, the most common reasons we say no relates to what is convenient for us, as parents, rather than our children's protection.

**Vitamins should promote good health. "No" often fails this test. The best vitamin "N" needs to be "Nurture". It is nurture, rather than "no" that leads to resilient, happy children.**

Researchers have found a pervasive "nurture" culture is one of thoughtful involvement between parent and child. When children ask a question they are not dismissed with a shrug and a "no." Instead, parents see requests as an opportunity for connecting and teaching. This nurturing - response fosters responsibility, -accountability and ownership.

This week, focus on nurture more than no. And when no is required (which it will be, often!), cushion it on the seat of nurture and watch how your child responds. Nurture lightens the load - for our children and for us.

Dr Justin