

### OUR SCHOOL VISION:

*“Norris Bank Primary School’s Vision is to develop caring, creative, problem solving students who will embrace challenge to reach their personal best, whilst still retaining a strong sense of social justice and kindness.*

**Date:** Wednesday 30<sup>th</sup> October 2019

## Congratulations to our 'School Values Award Winners'



Our School Values Award Winners

Kindness – Iva B, Respect – Cassandra L, Curiosity – Sara M, Honesty – Arta S, and Kindness -Hasan A

## Message from the Principal Team

Hello everyone,

What a great experience Camping is! It builds perseverance, risk taking and independence. All very necessary skills every child needs to grow up confident. A big thank you to all the adults who climbed hills, missed sleep and took care of our wonderful kids. Well done everyone!

Term 4, has begun with a bang! So much happens behind the scenes in Term 4. All in preparation for the following year as well as the celebrations that come with graduating primary school after 7 years.

Our new Prep/ 1 teacher for 2020 has been appointed and we would like to congratulate Mrs Kelli Dalton who will be continuing on with us next year. Kelli will be working alongside Mrs Price during the transition of our new little Preps for next year. Mrs Boicovitis and Mrs McLarty who have done an amazing job this year are needed in another year level. Our "Stepping Stones" has begun, with good numbers coming each week.

Meanwhile preparations are being made in the senior school for the transition of our year 6 students into secondary college. Students have begun thinking about and rehearsing for their graduation ceremony and their visit to their nominated secondary college on December 10<sup>th</sup>. Exciting times!



Last week, we also saw the official opening of Mcleans Road Reserve and the new playground. It certainly has been given the thumbs up by all the students and I know they are really going to enjoy this year's Christmas picnic on the last day of school.

Norris Bank PS held a Chinese lantern Making stall and I think all up we managed to give away nearly 180 lanterns to smiling faces, as well as having dozens of conversations with people in the community about our school.

It was a very proud moment on the day standing up on the stage to see our NBPS Student Ambassadors receive their certificates and handshake from the Whittlesea Mayor and our local member Colin Brooks MP in appreciation for their role in consulting throughout the whole process of rebuilding the playground and facilities. Our students beautiful blue stones they created in Art, will be forever embedded in the water feature on the settlement Road side of the play area.



*Take Care*

*Sandra James (Principal)*

TERM 4 CALENDAR	
Wednesday 30 <sup>th</sup> October	School Council meeting @ 7pm
Monday 4 <sup>th</sup> November	Student free - Curriculum Day
Tuesday 5 <sup>th</sup> November	Melbourne Cup Public Holiday
Wednesday 6 <sup>th</sup> November	Stepping Stones – Prep transition visit
Monday 18 <sup>th</sup> November	Year F -3 RACV incursion
Tuesday 19 <sup>th</sup> November	Cricket Australia visit all day in PE

# Norris Bank

## Message from our School Captains



In these last couple of weeks the Student Leadership Team have been running some sports activities at recess and lunchtime. Some of the activities are ball skills, running club, netball, bat tennis and basketball. The leadership team have implemented these activities to help the students learn new sports. These programs are running very well and all the students are having lots of fun.

On Monday the 20<sup>th</sup> of October the Year 3-6's went to camp. We went to Camp Rumbug. We went for three days and two nights. We did a lot of activities such as the giant swing, flying fox, canoeing, bushcraft, low ropes etc. Two of the special activities we really enjoyed were a disco and a bonfire. We left Camp Rumbug on Wednesday the 23<sup>rd</sup> of October. Camp was a lot of FUN!!!

Kind Regards,

The School Captains

## *What's happening in the Classrooms'*

### Year 1/ 2 Dinner and Sleepover

On Friday night the 25<sup>th</sup> October we had our Year 1 and Year 2 Dinner and Year 2 Sleepover. When we arrived at school we played on the equipment and we played with sports equipment. Mrs Abernethy took us for some dancing and later we went for a lolly hunt. We ate pizza for dinner and had an icy pole. After the Year 1 students went home we played Pass the Parcel and Samuel won a packet of textas. We made Friendship Crowns and got ready for bed. We watched a movie together. In the morning we had breakfast. We had a great afternoon/ night. All the students behaved beautifully and slept well.





PRIM

OOOL

## 2019 Camp Rumbug Wellbeing

### Years 3 -6



Last week I went to camp and it was a good chance to see the students participating in various outdoor activities. They were given the chance to participate in team building activities, hut building, canoeing, doing the mud run, going on a flying fox and a giant swing and were highly entertained by the camp leader Callum, around the campfire.

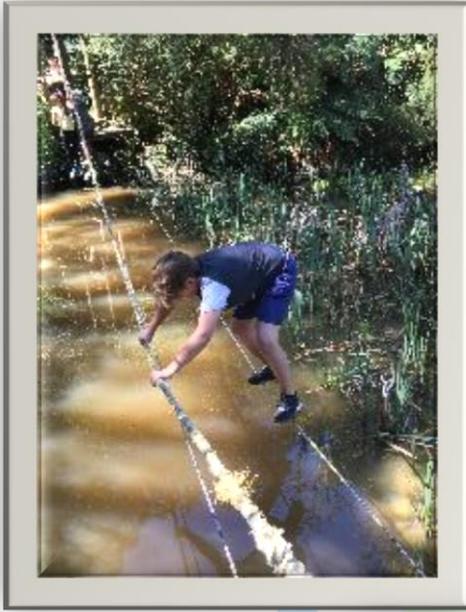
One of the biggest struggles at camp was walking up the beautiful hills (I personally thought they were mountains) of Camp Rumbug, located in the South Gippsland area of Victoria. Some students were able to run the hills, some walked it slow and steady and some were grasping to get their way up the hills.

I think it was great to see the students off their devices enjoying conversations and laughter with each other and the adults that accompanied them. Most students ate the food that was offered and cleaned up after themselves in their cabins.

Camp is a great opportunity for students to work on independence, self-reliance, resilience, respect, decision making, social skills, environmental awareness, sharing accommodation, learning new skills and generally having some great fun.

Ziggy Degenhardt (Acting Assistant Principal)





## Norris Park Reserve PRIMARY SCHOOL

With the new park at Norris Reserve, these skills and time away from screens can continue with both students and parents/ carers enjoying the wonderful outdoors.



respect • curiosity

RY S



## *Garden Grubs Club Season : Spring*

Chris Bank

Spring time in our garden continues and the weather is warming up. Daniel has had to keep up the watering and NSA have done another harvest of the spinach and the beetroot. We have asked the Whittlesea Council to come and mow the grass in the spare block next to our school. With all this rain and sunshine, the grass is growing very quickly. Our mowing people are coming next week. Chris our maintenance man has moved our tables and chairs into the shade for us to sit on.

Mrs Johnson is still away for the next few weeks on Holiday. We will be planting tomatoes when she returns.



## **\*Important First Aid News\***

Last week we sent out information on COMPASS alerting parents/ carers of a reported case of Chickenpox. We now have 2 reported cases. There has been quite a few reported cases in other schools in Nillumbik. We have attached the information again for parents on what signs and symptoms to look out for. If your child is showing any of these, please take them to your doctor so the illness can be managed. This will also allow the doctor to report the illness to the Victorian Health Department.

*Chickenpox (varicella) is a highly contagious viral disease caused by the varicella-zoster virus (VZV). The main symptom is a blistering, itchy skin rash. Outbreaks are more common in winter and early spring. Children and adults can be immunised against chickenpox. Children with chickenpox should not go to school, kindergarten or childcare until the last blister has dried. Tell your child's school, kindergarten or childcare if your child has chickenpox, as other children may need to be immunised or treated.*

*For most healthy people, chickenpox is mild and the person recovers fully without specific treatment. Complications do occur in approximately one per cent of cases. Chickenpox is more severe in adults and in anyone (of any age) with impaired immunity. Immunisation is the best way to prevent chickenpox.*

### **Symptoms of chickenpox**

*The symptoms of chickenpox include: low-grade fever, general discomfort, illness or lack of wellbeing (malaise), intensely itchy skin rash – appears as small blisters surrounded by irregularly-shaped patches of inflamed skin.*

*The blisters first form on the body and later on the head and limbs. They usually burst and develop crusts after about five days, ulcers may develop in certain areas, including the mouth and vagina*

*For chickenpox, the time from infection to the appearance of the rash (incubation period) is around 14 to 16 days. A few days before the appearance of the rash, the person may feel feverish and have a sore throat and headache.*

*The skin may be marked for some months after the rash has cleared.*

# PRIMARY SCHOOL

## OSHC NEWS



Recently at OSHC program we have been doing lots of fun activities. We have been painting & constructing some wonderful imaginative creations with recycled boxes & other materials. Sebastian made a mini-basketball court, Cassandra made a necklace & rainbow fan, Anna made a spell book & Elias made a kite; that hopefully works well when he tries to fly it!

We did some great building & constructions with gears, connector-straws marble-race-game polydron blocks, lego, & other blocks. Elias had some help from Cassandra & Eliza to build a very tall tower; which was a bit of a challenge for them to hold it up steady!

We played group games of monopoly, sea-battle ships, jenga, uno, bowling & connect-4. We played outside on the playground, & played some active games of footy, volleyball, soccer, tennis, frisbees & hooler-hoops. We had double celebrations for Alaleh & Ali's birthdays. They chose carrot cake & choc/banana muffins for us to bake for their special occasions!

We look forward to seeing you at the program for lots of fun!

*Please remember to bring your hats!*

Sharon Tyler

Camp Australia OSHC Mob: 041184760



### Student Banking



Student banking is processed each week on a Wednesday. Students have the opportunity to bank with the Commonwealth Bank, Dollarmites Account. Deposits can be processed here at school, through the student banking scheme. All other transactions and queries must be attended to by parents through the bank. Bank books are to be handed in to the classroom teacher first thing in the morning and they will be returned to classrooms by the end of the day.

For each deposit made, your child will receive a silver token, once you have 10 tokens, you may redeem this for a prize. If you wish to join our student banking program, please see the office for an application form.



## PURPOSE

The purpose of this policy is to encourage behaviours at Norris Bank Primary School to minimise the risk of skin and eye damage and skin cancer.

This policy provides guidelines to:

- support staff and students to use a combination of sun protection measures when UV index levels are 3 or above (generally mid-August – end of April)
- ensure that there are outdoor environments that provide adequate shade for students and staff
- ensure students are encouraged and supported to develop independent sun protection skills to help them to be responsible for their own protection
- support our school's strategies to meet its duty of care and occupational health and safety obligations to minimise harmful UV exposure and associated harm for students and staff.

## SCOPE

This policy applies to all school activities, including camps and excursions. It is applicable to all students and staff.

## POLICY

Excessive exposure to the sun's ultraviolet (UV) radiation can cause health problems including sunburn, damage to skin and eyes, and an increased risk of skin cancer.

UV radiation:

- cannot be seen or felt
- can be reflected off surfaces such as buildings, asphalt, concrete, water, sand and snow
- can pass through light clouds
- varies in intensity across the year (highest in Victoria from mid-August – end of April)
- peaks during school hours

Sun safety is a shared responsibility and staff, parents and students are encouraged to implement a combination of sun protection measures whenever UV levels reach 3 and above (typically from mid-August to the end of April in Victoria). Information about the daily local sun protection times is available via the free SunSmart app, or at [sunsmart.com.au](http://sunsmart.com.au) or [bom.gov.au](http://bom.gov.au).

Norris Bank Primary School has the following measures in place to help reduce the risk of excessive UV sun exposure for staff and students.

## Shade

Norris Bank Primary School will provide sufficient options for shelter and trees to provide shade on school grounds, particularly in places such as:

- outdoor lesson areas
- popular play areas
- assembly areas

When building works or grounds maintenance is conducted at Norris Bank Primary School that may impact on the level of shading available to staff and students, a review of the shaded areas available will be conducted and further shading installed as appropriate.

### Sun protective uniform/clothing

Norris Bank primary School recommends that from end-September to end of April, and whenever UV levels reach 3 and above, students come to school wearing sun-protective clothing such as:

- loose, cool, closely-woven fabric
- shirts with a collar and/or high necklines
- tops with elbow length or long sleeves
- longer style shorts and skirts
- rash vests or t-shirts for outdoor swimming activities.

Norris Bank Primary School's school uniform and dress code includes sun-protective clothing, including:

- loose, cool, closely-woven fabric
- shirts with a collar and/or high necklines
- tops with elbow length or long sleeves
- longer style shorts and skirts
- rash vests or t-shirts for outdoor swimming activities.

From end - September to 30 April, all students **must** wear a sun protective hat that shades the face, neck and ears for all outdoor activities. Hats may also be worn for all outdoor activities outside of the August to April time period, by parent or student choice.

Staff and students are encouraged to wear hat styles that protect the face, neck and ears when outdoors, for example broad-brimmed, legionnaire or bucket.

Students are required to wear a school hat or another hat style that protects the face, neck and ears when outdoors, for example broad-brimmed, legionnaire or bucket. Students who are not wearing appropriate protective clothing or a hat may be asked to play in the shade or in a suitable area protected from the sun.

### Sunscreen

Norris Bank Primary School encourages all staff and students to apply SPF30 (or higher) broad-spectrum, water-resistant sunscreen daily whenever UV levels reach 3 and above. Sunscreen should be applied at least 20 minutes before going outdoors, and reapplied every two hours according to [manufacturer's instructions](#).

Staff and families should role model SunSmart behaviour and are encouraged to apply SPF 30 (or higher) broad-spectrum, water-resistant sunscreen when outside.

### Sunglasses

Where practical Example School encourages students and staff engaged in outdoor activities to wear close-fitting, wrap-around sunglasses that meet the Australian Standard 1067 (Sunglasses: Category 2, 3 or 4) and cover as much of the eye area as possible.

### Curriculum

Students at our school are encouraged to make healthy choices, and are supported to understand the benefits and risks of sun exposure. Norris Bank Primary School will address sun and UV safety education as part of their Health and PE Curriculum

Staff are encouraged to access resources, tools, and professional learning to enhance their knowledge and capacity to promote sun smart behaviour across the school community.

### Engaging students, staff and families

SunSmart behaviour is regularly reinforced and promoted to the whole school community through newsletters, school website/intranet, staff and parent meetings, school assemblies, student and teacher activities and at student enrolment/new staff orientation.

### FURTHER INFORMATION AND RESOURCES

- School Policy Advisory Guide:
  - [Sun and UV Protection Policy](#)
  - [Duty of care](#)
- [SunSmart](#)

### REVIEW CYCLE

This policy was last updated on 30<sup>th</sup> October and is scheduled for review on [October/2020].



## DO YOU LOVE TO PLAY BASKETBALL?

Come along & have some fun at Watsonia Warriors  
Boys and girls teams from U8-U16 and we are growing!!  
A family friendly club with experienced coaches to help  
develop your child's basketball skills.

## REGISTRATIONS OPEN NOW

Discounts for multiple family members available.

\*\*FREE uniform for all NEW girl registrations

Enquire at [www.watsoniawarriors.com.au](http://www.watsoniawarriors.com.au)



# Our School Holiday Programs

AFL Footy Day  
MCG Tour  
Body Balance  
Arts & Crafts  
...plus much  
more!

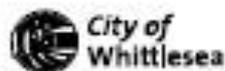
Fun, Educational, Safe School Holiday Programs  
that foster a sense of Identity & Belonging

- School Holiday Program Children aged 5 - 8 years
- Junior Leadership Program Children aged 9 - 12 years
- Dates: 23 September – 4 October 2019

For more information, please contact Lauren Belot

Phone: 9463 0700

Email: [lauren.belot@ymca.org.au](mailto:lauren.belot@ymca.org.au)



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f: [facebook.com/trac.com.au](https://www.facebook.com/trac.com.au)

t: [twitter.com/ilovetrac](https://twitter.com/ilovetrac)

[www.childrensprogram.whittlesea.ymca.org.au](http://www.childrensprogram.whittlesea.ymca.org.au)

\* Price depends on your entitlement to Child Care Subsidy, as assessed by Centrelink. If you know your CCS rate, feel free to contact us to discuss how your fees will be reduced. If you have not been assessed for CCS, please contact Centrelink on 13 61 50. Multi-lingual helpline 13 12 02. Prices for excursions may vary - please refer to the program for the set price.