

Hello Shelley Families

Welcome back to the 2018 school year at Shelley Primary School! A new school year means a fresh start for students. Regardless of your child's performance last year, they start this school year with a clean slate. A break offers your child the chance to begin new habits and adopt new behaviours.



## STAFFING UPDATE

Staffing is difficult in any school and at Shelley PS we have additional Education Department processes to adhere to as we are not yet an Independent Public School. We have indicated that we would like to pursue this option in 2018 as the opportunity has now arisen with the Department.

We would like to welcome **Mrs Louise Bell** to our staff as our new permanent Deputy Principal. Mrs Bell will work also on Wednesdays in the Pre Primary with Mrs Julie Wynn. Mrs Murgia will be fulltime in 2018.

Due to a close family member's unexpected passing, our new Pre Primary teacher Ms Amelia Burnett will not start until the beginning of Term 2, but she will be in to work with staff and students throughout the term. We welcome **Ms Alice McDonell** in her absence. Mrs Jaime Mitheo will work two days a week in Pre Primary Room 15 in 2018 as Mrs Dyer is now at Richmond and Mrs Herbert is on leave for the year.

In Year 2, Room 4 we welcome **Mrs Nicky Richards**, who is well known to our school community. It has now been confirmed that she will continue until the end of the year.

Due to the late movements of several staff members, the staff in Year 4/5 has only just been confirmed this week. Our Year 4/5 class teachers for the full year are Mrs Gail Bowering, Mrs Leonie Meacock and Mrs Christy Ercegovich. Mrs Helen McLeod will work with Mrs Ercegovich on Fridays and Mr Leeuwangh will work with Mrs Meacock on Wednesdays.

Mr Brad Carle is continuing his position as Deputy Principal at Newton Primary for term one and is expected to return to Shelley in term two where he will continue in the science role which is being filled by **Mrs Sandra Jansen** this term. **Welcome to all our new staff members.**

Here are seven ideas to help you make the most of the fresh start and make this year your child's best year ever year at school:

### 1. Commit to your child going to school every day on time

One of the most important things you can do to ensure your child has a bright future is to make sure he or she goes to school every day – and gets there on time! Children spend more time asleep than at school, so we need to maximise every day to get full value. At Shelley we start instruction at 8:45am so please ensure your child is at school and organised for this time. If your child arrives after the 8:45am siren they are required to get a late slip from the office to take to their class teacher.

### 2. Help your child start each day well

A good night's sleep, a healthy breakfast and some words of encouragement from you will help set a positive tone for a day of learning. This may mean that you adjust your morning routine so that your child has plenty of time to get up, eat and get ready for the day. Why not get your child to make their bed each morning which sets the tone for a productive day ahead. We are introducing the 'CRUNCH AND SIP' program this year. Your child will be able to bring a small container of UNPROCESSED food such as fruit or vegetables to eat in the morning. Look out for more information in upcoming newsletters.

### 3. Establish work and study habits

The most successful students are those that develop regular study habits that suit their lifestyle, their study style and their school's expectations. The work expectations from your child will be explained in the upcoming parent meetings over the next few weeks. You can help them establish a work routine that matches their personality, lifestyle and your family style as we appreciate that every families circumstances are different. Be flexible here as one size doesn't fit all when it comes to study routines. Check out our new School Council endorsed HOMEWORK GUIDELINES.

### 4. Make sure your child gets enough sleep

I encourage you to make a big focus as this year as many children and young people are sleep-deprived, which impacts on their well-being and their learning. A good night's sleep consolidates learning, as well as assisting future learning. Children need between 10-12 hours of sleep each day, while teens need a minimum of nine hours. Help your child get sufficient sleep by having a regular bed-time and get-up time each day. Have

45 minute wind-down time each night, and remove screens and mobile phones from bedrooms. This year we are introducing some strategies to support student health and well being including MINDFULNESS.

### 5. Get your child outside more for good physical and mental health

Children today get less exercise than those of past generations, which is an impediment to learning and mental health. Health professionals recommend a minimum of 60 minutes of exercise per day for children of all ages. Encourage your child to play sport; promote free and active play and look for ways to make moving part of their daily lives. Consider increasing your child's green time and decreasing screen time for good physical and mental health. At Shelley Primary we offer many opportunities for physical activity including in term swimming which is scheduled for Term One. More information will come home soon.

### 6. Focus on being friendly

Schools are very social places requiring children to negotiate many different social situations each day. Encourage your child to be open and tolerant; to be friendly; to be involved in plenty of activities and to be a social risk-taker. Some children close down their friendship opportunities through self-centredness, poor attitude and unwillingness to take social risks.

### 7. Develop self-help skills

Successful students are often well-organised, self-directed and self-motivated. You can foster organisational skills and self-direction in your child by developing simple, age-appropriate self-help skills related to their everyday lives. Encourage independence through such skills as making their own lunch, packing (and carrying!!) their own school bag and organising after school schedules.

At the start of the school year children are likely to adopt changes than at any other time. Make the most of the opportunity by focusing on two or three areas to really target and you'll find that the rest may well fall into place.

Have a great week!  
Kind regards,

**Gillian Murgia**  
Principal

2018 SIREN AND SESSION TIMES	
Start of School Day	8:45am
Daily Fitness	8:45am
End of Daily Fitness	9:00am
Session 1	9:00am
Session 2	10:00am
Recess	11:00am
End of Recess	11:20am
Session 3	11:20am
Session 4	12:20pm
Lunch	1:20pm
Finish Eating	1:30pm
End of Lunch	2:05pm
Session 5	2:05pm
<b>End of Day - 3:05pm</b>	
<b>End of Day - Wednesday - 2:40pm</b>	

**SCHOOL BANKING**

School Banking will now be on Monday mornings from 8:30am in the A Block wet area (outside Room 1)



**PARKING**

The school car park is not a kiss and drop. Parents should park and accompany their children to classes. Please consider the following alternatives to using the parent carpark:

- Opt to walk your children to school. There is a crosswalk attendant on Tribute Street.
- Use **Aldam Crescent** as a drop off and collection point for your children. There is also a car park there and a pathway leading straight up to the school.
- Use Monota Avenue and Tribute Streets as street parking and walk your children over the crosswalk provided.

**PLEASE REMEMBER  
TO SIGN IN AND OUT AT THE OFFICE WHEN  
VISITING THE SCHOOL**

**VISITORS**

**WELCOME!**

**PLEASE SIGN IN  
AT OFFICE**

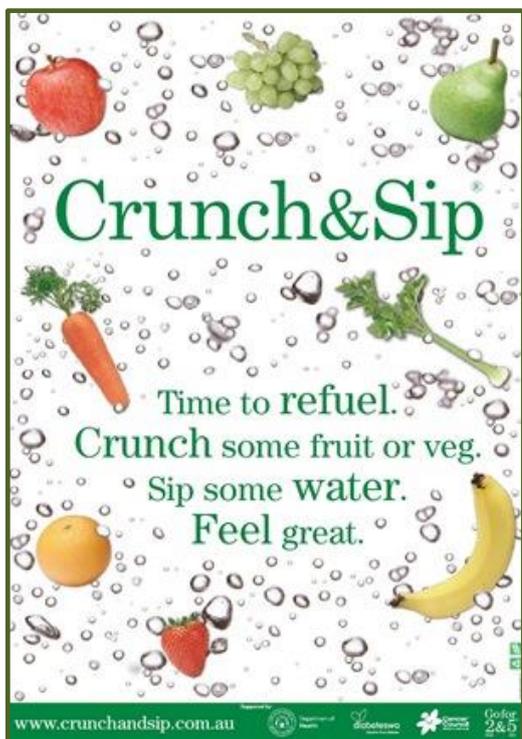
It is Department of Education policy that ALL visitors to the school must sign in and out at the office and wear a visitor badge/sticker to clearly identify them as a visitor. We ask that all parent volunteers who are in the school for canteen, classroom help, banking etc and parents who are delivering items to their children (eg lunch, forgotten items) must sign in and out.

Our Newsletter will be published on our website on Tuesdays in weeks 2, 4, 6, 8 and 10 each term. An email will be sent to parents and carers as a reminder. The newsletter is a means of informing the school community of happenings within the school and coming events as well as informing parents of current educational issues.

## CRUNCH AND SIP AT SHELLEY PRIMARY SCHOOL

Our school is committed to promoting healthy eating habits and so we will be launching Crunch & Sip this year at our school. What is Crunch & Sip? The Crunch & Sip program is an easy way to help kids stay healthy and happy!

Crunch & Sip is a set break to eat fruit or salad vegetables and drink water in the classroom. Students re-fuel with fruit or vegetables during the morning or afternoon, assisting physical and mental performance and concentration in the classroom. This gives kids a chance to refuel, a bit like putting petrol in a car.



Each day students bring fruit or salad vegetables in a small plastic container to school to eat in the classroom. Each child has a small clear bottle of water in the classroom to drink throughout the day to prevent dehydration.

The objectives of the Crunch & Sip break are to:

*Increase awareness of the importance of eating fruit or vegetables and drinking water every day*

*Enable students, teachers and staff to eat fruit or vegetables during an allocated Crunch & Sip break in the classroom*

*Encourage students, teachers and staff to drink water throughout the day in the classroom, during break times and at sports, excursions and camps*

*Encourage parents to provide students with fruit or vegetables every day*

*Develop strategies to help students who don't have regular access to fruit and vegetables*

The Crunch & Sip website address is [www.crunchandsip.com.au](http://www.crunchandsip.com.au)

### WASTEWISE

Shelley PS is a WASTEWISE SCHOOL and is committed to reducing our environmental footprint through the reduction of waste. We have asked students at break times for the first couple of weeks to put their rubbish etc back into their lunchboxes so that parents can initially see what their child is or is not eating during the school day.

When on duty, staff are noticing many students saying they do not like their lunch or that there is too much. Our cleaners and staff report an abundance of still wrapped uneaten food being placed in school bins. We are in the process of setting up compost bins for suitable food scraps and students will be involved in managing these for use on our school gardens.



# PAYMENTS TO SCHOOL

**Please note: All payments are to be made through the school office  
no payments will be collected by classroom teachers**

School Office	Collection boxes in the School Office	Directly to the Supplier
Pre-Payments (Accounts)	Excursions	Bookclub (online)
Voluntary Contributions	In-school Activities	School Photos
Camps	Swimming	Canteen
Instrumental Music	Sausage Sizzles	P & C
	Discos	Uniforms

## Qkr App

The new Qkr (pronounced 'quicker') app is now live for families of students at Shelley Primary School. Qkr by MasterCard can be downloaded for free from Apple's app store for iPhones (for iPads download the iPhone app) or from Google Play for Android phones and tablets. After downloading the app and registering, simply select Shelley Primary School from 'Nearby Locations' on Qkr or type **Shelley** after tapping the magnifying glass in the top right of the home screen on Qkr. You can pay voluntary contributions and account prepayments right now on Qkr and there will be more and more items available for payment on Qkr over time, so download it today and take a look at our school on Qkr. All feedback to the school office is very welcome.

Preferred Payment Method



## Credit Card and EFTPOS Payments

The school has EFTPOS and credit card facilities. There is a \$50 minimum payment which can be made at any time at the school office.

## Cash or Cheque

We encourage parents and carers to use one of the above methods of payment, however if this is not possible, payments can be made by cash or cheque remembering the following important points:

- All cash payments should be placed in specially marked boxes in the school office in a sealed envelope with your child's full name, room number and the purpose of the payment. Please avoid using too many coins as this takes a lot of time to count.
- All cheques should be made payable to Shelley Primary School.

## Pre-Payments

To assist parents we offer the option to make a lump sum pre-payment towards school costs at the beginning of the school year or at the beginning of each semester. For example, you might like to pay \$100 into your child's account in term 1 and another \$100 at the beginning of Term 3. This amount will be applied to the student's account as a credit and as each excursion occurs, the amount payable will be deducted from the student's credit balance. When the upfront payment is made parents are not required to send in money throughout the year for individual events. At the end of the year if a credit remains on the student's account, parents may either request to have the amount refunded to them or opt to rollover the amount into the student's account for the following year. Should a student leave the school, credit balances can be refunded.

Pre-payments must be made on a per child basis and:

- cannot be transferred between students
- cannot be used for Bookclub, tennis, uniform or canteen.

***Should you have any financial difficulties, you are more than welcome to contact our Manager Corporate Services, Mrs Deb Pettit.***