



**VERNEY ROAD SCHOOL** All students enrolled at VRS have a right to feel safe and be safe. The wellbeing of children in our care will always be our first priority and we have zero tolerance to child abuse. We aim to create a child safe and child friendly environment where children feel safe and are free to enjoy life to the full without any concern for their safety.

## NEWSLETTER

**ISSUE #12 July 30th , 2021**

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### UPCOMING EVENTS

**MYs Camp—has been rescheduled to September—more information will be sent home soon**  
**SYs—Work Experience—going ahead next week**

### HELLO AND WELCOME TO OUR NEWSLETTER

Welcome back to all our students, families and staff after lockdown 5.0. We did it! Yes, despite the challenges of this most recent lockdown, we all got there. Thank you to our whole school community who again came together to support each other.

Just a couple of **reminders** now that we have returned to on-site learning

- Please advise the Office if your child is unwell. It is very important that families do not send unwell children to school
- We ask no visitors, including parents, enter the school buildings or grounds for the next two weeks at least.
- Masks need to be worn by all parents and carers collecting students also.

### SCHOOL PHOTO DAY-

At this stage school photos will be postponed until further notice. All payments will be held over until then.



School



Photo



Day

### NEW PLAYGROUND—UPDATE

The new playground is in! What a great way to celebrate the return to school with the new

playground being ready. It was fantastic to see the students' smiling faces and they have enjoyed being able to explore the new play area.



### PLANNING FOR THE FUTURE

Last week we received the news that the vision put forward for our future school had been approved.

This means that we have moved to AMP 2 stage; a project officer and architect have been appointed and they will support our school to plan for a future upgrade and broader specialist provision across Shepparton.

Thank you all so much for your input so far. There will be many opportunities for further consultations in the future. As soon as we can have visitors onsite again, we will begin a series of coffee mornings and other information sessions so that you can all 'have your say'.

### CAR PARK

To ensure the safety of every student the following arrangements for pick up times are in place:

There are two parent pick up times in the afternoon 2:45pm or 3:15pm please advise your child's teacher which you prefer.

Also there is a **Left Hand Turn ONLY** onto Verney Road. This helps to avoid traffic congestion in the carpark and hence promotes safety for all.

### Term Dates - 2021

Term 3 -12th July to 17th September

Angela Buxton - Principal

Carolyn West—Assistant Principal

Jesse Whittaker—Assistant Principal



## **WE WANT OUR PARENTS/CAREGIVERS/GUARDIANS TO TELL US WHAT YOU THINK!**

It's time for the annual Parent/Caregiver/Guardian Opinion Survey. By completing it, you will help us gain an understanding of your family's perceptions of school climate, student behaviour, student engagement and experiences of remote and flexible learning. Our school will use the survey results to help inform and direct future school planning and improvement strategies.

All responses to the survey are anonymous. This year, the Parent/Caregiver/Guardian Opinion Survey will be conducted from **Monday 2<sup>nd</sup> August to Sunday 22<sup>nd</sup> August.**

Parents will be randomly selected and notified via **EMAIL**. The survey will be conducted **online**, only takes **20 minutes** to complete, and can be accessed at any convenient time within the field-work period on desktop computers, laptops, tablets or smartphones. The online survey will be available in a range of languages other than English. These include: Arabic, Vietnamese, Mandarin, Chin (Hakha), Hindi, Japanese, Somali, Turkish, Punjabi and Greek.

Please speak to our Family Engagement Officer Dani, if you would like more information.

# Helping your child transition back to school

It has been quite a disruptive year this year and hard to gain momentum with so many changes. As students and staff return to school it can be a time of upheaval and uncertainty around 'how long till the next one?' Anxiety or nervousness, fear, excitement, the difficulty of getting back into routine.

Today's blurb is short and sharp to support a pain free transition back to school.

Here are some ways you can support your child:

- **Get back into routine.** Routines are safe and familiar which can help reduce anxiety.
- **Focus on what you can control.** It's hard getting caught up in the unknown and 'what-if's'? Helping your child identify what they can control and practical things they can do can help them be more in the present moment and reduce anxiety. Practical strategies can include getting organised, making plans for the weekend, preparing their school bag, etc.
- **Revisit social distancing rules and good hygiene practices.** Reviewing these can help your child feel more at ease about their safety when in public spaces.
- **Provide reassurance.** Sometimes we can't solve all our children's problems, but they don't always need solutions – just to feel understood and supported.
- **Explore the positives.** Even if they are worried about returning to school, there may be some things they are looking forward to. It can be helpful to chat through these together if they seem open to this.

Remember that you can always reach out for help and support.

The Wellbeing Team.



# Weather Massage



Once upon a time, there was a big yellow sun

With one hand on the shoulder, take the other hand and make a circle clockwise back+

that warms the whole world

Make the rays of the Sun with your whole hand

But some clouds started to appear...



Small circles with your fingertips

And then comes the wind!



Sway your hands from side to side

The wind blows harder and harder

Strike with hands from side to side



Then comes the lightning and the thunder!

Karate chop actions

And it started to rain

Gentle Pitter Patter movements with fingertips



And it rained and it poured!

Stroke down from shoulders to base of the spine

The rain made big splashy puddles

With your hands flat on the back, make big hand prints



Then it began to snow! Everything was white and beautiful

Make a picking movement with your fingers like you were picking snow from the child's back



Then there was fog and all is still

Hands flat and still on your child's shoulders

Until the Sun came out again

Slowly take away your hands



**PROUD IN CULTURE,  
STRONG IN SPIRIT**

**4th August 2021**

**Lets come together to celebrate our proud,  
strong and deadly kids!  
Activities, stalls, giveaways, BBQ lunch and much  
more!**

**Kidstown, 7287 Midland Hwy, Mooroopna  
Wednesday 4th August 2021  
10am - 1pm**

For further information or to confirm your  
attendance, please contact:  
Lulla's Children & Family Centre - 4800 5295  
Or  
Communities for Children - 0437 625 705  
[jessie.barnes-hill@ccds.org.au](mailto:jessie.barnes-hill@ccds.org.au)

