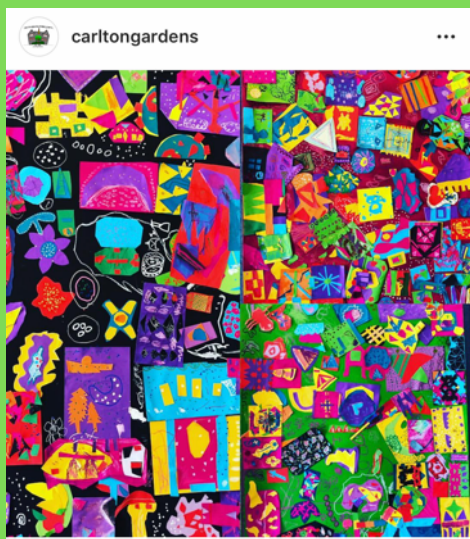




NEWSLETTER



@CarltonGardens



@CarltonGardens



Cyber Safety Evening.

On Wednesday the 6th of March at 6 pm we are holding a Cyber Safety evening for all of our parents. Nick Parissis from Melbourne North Police will give a presentation covering a number of important issues such as grooming, cyber bullying and ghost apps. We advise all parents to come along.

Staffing Update

At the end of Term 1 Rachel Munro will be taking leave until 2020. Hollie Winfield will take her place in the grade 5 classroom for the rest of the year.

Birthdays

We think your child's birthday is special too! Please let your classroom teacher know **well in advance** if you intend to bring something in. A list of ingredients in any food brought in to share will need to be provided to the classroom teacher due to food allergies. Due to class structures in some year levels, some grades are unable to have birthday cakes, please discuss with your classroom teacher the best items to bring and share.

Parent Meet & Greet

It was great to see so many people at our Parent Meet and Greet. We thank you for your attendance and we hope that you found the information sessions useful.

Grade 5/6 Camp Payment.

Just a reminder that the \$310 for grade 5/6 camp needs to be paid by Thursday 14th March. Payment can be made via Compass.

Punctuality

Students who arrive after 8.55am are considered late and will be marked as late on the school roll. Due to our lesson structure, the first 10 minutes of each lesson is the opportunity for teachers to communicate the learning goal, strategies and whole class instruction to their class. Students who miss the start of the lesson find it very difficult to catch up.

Public Transport

The buses around Carlton Gardens Primary School are very unreliable. The buses that arrive at 8:53 and 8:43 are consistently late. We recommend that parents catch an earlier bus to ensure that their children arrive at school on time. Parents are welcome to wait in the yard with their children from 8:30 am.



The Four Rs of Online Safety

By: Julie Inman Grant

Previous generations were taught that the fundamental 'Rs' of education were "Reading, '(w)riting, and '(a)rithmetic.

While these still hold true (despite only one of them being a true 'R'), I have been thinking that today there are a new set of 'Rs' we need to be instilling in our young people—**respect, resilience, responsibility and reasoning.**

In this age of information overload, I often feel that I have too many apps open in my brain—and not enough RAM! So, I often use mnemonics, such as acronyms, alliterations or singular letters to help me remember complex tasks or lists.

When I was working at Twitter, it was all about encouraging people to 'BRIM' in the face of online abuse, depending on their situation. That is, to '**B**lock, '**R**eport, '**I**gnore or '**M**ute.'

Here at the eSafety Office, we are giving a lot of thought to the critical skills young Australians need to help navigate the online world more safely. Ultimately, these come back to some fundamental values that we all need to practise in the offline world too. We have developed the Young & eSafe platform to do just that. Here is a rundown on the revamped 4 Rs and why we believe they are imperative for people—both young and mature—to possess.

Respect—the Golden Rule to "treat others how you would like to be treated" might seem overly simplistic, we need to be reinforcing this mantra across all lines of communication—online and offline—and it should underpin our every interaction. Not only should young people treat others with respect, they need to respect themselves and know and understand that their digital footprint should always be a positive and realistic reflection of themselves.

Responsibility—this should be taught from the first swipe of the iPad! We need to constantly remind young people that they are the most tech savvy generation to date and they have a responsibility to shape the online world positively for generations to come. Let them know they can be the difference between a positive or negative online experience. Instil them with confidence to be vigilant both online and offline and inspire them to take a stand and be the right kind of digital influencer.

Reasoning—it can often be difficult for young people to step back and process whether information they see online is credible or true. Whether it's an out of character Snap, shady advertising on Insta, or an outlandish tweet trending on Twitter, it's crucial that young people stop and question. As AI and machine learning technologies continue to advance, it will only become more difficult for young people – not to mention, adults - to discern what is real and what is not. This is why it's imperative to cultivate these critical reasoning skills now, so they're able to call out the bad stuff (and shout out the good stuff!).

Resilience—unfortunately, young people are bound to witness or experience nasty comments and may come across confronting or inappropriate content online. Blocking or limiting their access is not going to build the strength and resolve they need to withstand this potential online onslaught. In the analogue age, we weren't coddled quite so much as our parents knew that the online way we could cope in the real world was to fall down, brush ourselves off, learn from our mistakes and move on. We need to provide kids with solution-focused coping strategies to ensure they can bounce back from tough situations—online and offline.

We **all** have a part to play in leading the way for our youth—we ourselves need to model good behaviour in order for them to effectively develop the 4 Rs of online safety. But we also need to give young people a voice so they feel empowered to continue these important online safety conversations among their peers, to create a strong culture of mutual respect where bad behaviour is not tolerated.

Young & eSafe is an initiative of the Office of the eSafety Commissioner.

<https://esafety.gov.au/about-the-office/newsroom/blog/the-4-rs-of-online-safety>



Photo of the Week

Playing checkers

Miguel has resigned and will pursue work as a Kinder Teacher. His last day will be the Friday 8th March, Come and join us in wishing him well and saying goodbye at our OSH Club Farewell Party Celebrations. We wish to thank him for his 3 years at OSH Club. He will be missed.

IMPORTANT REMINDERS:

Bookings for OSH Club need to be done online, if you are having difficulties doing so please advise AnnaMarie. If a child is not booked in they cannot attend OSH Club.

Please note when you book online, you will receive an email saying your booking interest has been received. If unsure your booking has been received please sms your child's/children's full name by sms and we check the system.

If your child/children are booked for OSH Club and you no longer require that booking please cancel the booking or let us know via sms OSH Club Mob: 0431 608 071 **. This helps us avoid searching for the child/children when they have not shown up to OSH Club.**

**Thanks
OSH Club**

**Please be aware that OSH Club starts at 7:00 am during the term.*

Dear Parent: About THAT kid...
By Miss Night 10th November, 2014.

<http://missnightmutter.com/2014/11/dear-parent-about-that-kid.html>

Dear Parent:

I know. You're worried. Every day, your child comes home with a story about THAT kid. The one who is always hitting shoving pinching scratching maybe even biting other children. The one who always has to hold my hand in the hallway. The one who has a special spot at the carpet, and sometimes sits on a chair rather than the floor. The one who had to leave the block centre because blocks are not for throwing. The one who climbed over the playground fence right exactly as I was telling her to stop. The one who poured his neighbour's milk onto the floor in a fit of anger. On purpose. While I was watching. And then, when I asked him to clean it up, emptied the ENTIRE paper towel dispenser. On purpose. While I was watching. The one who dropped the REALACTUAL F-word in gym class.

You're worried that THAT child is detracting from your child's learning experience. You're worried that he takes up too much of my time and energy, and that your child won't get his fair share. You're worried that she is really going to hurt someone some day. You're worried that "someone" might be your child. You're worried that your child is going to start using aggression to get what she wants. You're worried your child is going to fall behind academically because I might not notice that he is struggling to hold a pencil. I know.

Your child, this year, in this classroom, at this age, is not THAT child. Your child is not perfect, but she generally follows rules. He is able to share toys peaceably. She does not throw furniture. He raises his hand to speak. She works when it is time to work, and plays when it is time to play. He can be trusted to go straight to the bathroom and straight back again with no shenanigans. She thinks that the S-word is "stupid" and the C-word is "crap." I know.

I know, and I am worried, too.

You see, I worry all the time. About ALL of them. I worry about your child's pencil grip, and another child's letter sounds, and that little tiny one's shyness, and that other one's chronically empty lunchbox. I worry that Gavin's coat is not warm enough, and that Talitha's dad yells at her for printing the letter B backwards. Most of my car rides and showers are consumed with the worrying.

But I know, you want to talk about THAT child. Because Talitha's backward Bs are not going to give your child a black eye.

I want to talk about THAT child, too, but there are so many things I can't tell you.

I can't tell you that she was adopted from an orphanage at 18 months.

I can't tell you that he is on an elimination diet for possible food allergies, and that he is therefore hungry ALL THE TIME.

I can't tell you that her parents are in the middle of a horrendous divorce, and she has been staying with her grandma.

I can't tell you that I'm starting to worry that grandma drinks...

I can't tell you that his asthma medication makes him agitated.

I can't tell you that her mom is a single parent, and so she (the child) is at school from the moment before-care opens, until the moment after-care closes, and then the drive between home and school takes 40 minutes, and so she (the child) is getting less sleep than most adults.

I can't tell you that he has been a witness to domestic violence.

That's okay, you say. You understand I can't share personal or family information. You just want to know what I am DOING about That Child's behaviour.

I would love to tell you. But I can't.

I can't tell you that she receives speech-language services, that an assessment showed a severe language delay, and that the therapist feels the aggression is linked to frustration about being unable to communicate.

I can't tell you that I meet with his parents EVERY week, and that both of them usually cry at those meetings.

I can't tell you that the child and I have a secret hand signal to tell me when she needs to sit by herself for a while.

I can't tell you that he spends rest time curled in my lap because "it makes me feel better to hear your heart, Teacher."

I can't tell you that I have been meticulously tracking her aggressive incidents for 3 months, and that she has dropped from 5 incidents a day, to 5 incidents a week.

I can't tell you that the school secretary has agreed that I can send him to the office to "help" when I can tell he needs a change of scenery.

I can't tell you that I have stood up in a staff meeting and, with tears in my eyes, BEGGED my colleagues to keep an extra close eye on her, to be kind to her even when they are frustrated that she just punched someone AGAIN, and this time, RIGHT IN FRONT OF A TEACHER.

The thing is, there are SO MANY THINGS I can't tell you about That Child. I can't even tell you the good stuff.

I can't tell you that his classroom job is to water the plants, and that he cried with heartbreak when one of the plants died over winter break.

I can't tell you that she kisses her baby sister goodbye every morning, and whispers "You are my sunshine" before mom pushes the stroller away.

I can't tell you that he knows more about thunderstorms than most meteorologists.

I can't tell you that she often asks to help sharpen the pencils during playtime.

I can't tell you that she strokes her best friend's hair at rest time.

I can't tell you that when a classmate is crying, he rushes over with his favourite stuffy from the story corner.

The thing is, dear parent, that I can only talk to you about YOUR child. So, what I can tell you is this:

If ever, at any point, YOUR child, or any of your children, becomes THAT child...

I will not share your personal family business with other parents in the classroom.

I will communicate with you frequently, clearly, and kindly.

I will make sure there are tissues nearby at all our meetings, and if you let me, I will hold your hand when you cry.

I will advocate for your child and family to receive the highest quality of specialist services, and I will cooperate with those professionals to the fullest possible extent.

I will make sure your child gets extra love and affection when she needs it most.

I will be a voice for your child in our school community.

I will, no matter what happens, continue to look for, and to find, the good, amazing, special, and wonderful things about your child.

I will remind him and YOU of those good amazing special wonderful things, over and over again.

And when another parent comes to me, with concerns about YOUR child...

I will tell them all of this, all over again.

With so much love;

Teacher.

FINANCIAL ASSISTANCE INFORMATION FOR PARENTS

Every Victorian child should have access to the world of learning opportunities that exist beyond the classroom. The Camps, Sports and Excursions Fund helps ensure that no student will miss out on the opportunity to join their classmates for important, educational and fun activities. It is part of making Victoria the Education State and the Government's commitment to breaking the link between a student's background and their outcomes.

CAMPS, SPORTS & EXCURSIONS FUND (CSEF)

School camps provide children with inspiring experiences in the great outdoors, excursions encourage a deeper understanding of how the world works and sports teach teamwork, discipline and leadership. All are part of a healthy curriculum.

CSEF is provided by the Victorian Government to assist eligible families to cover the costs of school trips, camps and sporting activities.

If you hold a valid means-tested concession card or are a temporary foster parent, you may be eligible for CSEF. A special consideration category also exists for asylum seeker and refugee families. The allowance is paid to the school to use towards expenses relating to camps, excursions or sporting activities for the benefit of your child.

The annual CSEF amount per student is:

- \$125 for primary school students
- \$225 for secondary school students

MORE INFORMATION

For more information about the CSEF visit
www.education.vic.gov.au/csef

HOW TO APPLY

New applicants should contact the school office to obtain a CSEF application form or download from www.education.vic.gov.au/csef

If you applied for the CSEF at your child's school in 2018, you do not need to complete an application form in 2019 unless there has been a change in your family circumstances.

You only need to complete an application form if any of the following changes have occurred:

- **new student enrolments;** your child has started or changed schools in 2019 or you did not apply in 2018.
- **changed family circumstances;** such as a change of custody, change of name, concession card number, or new siblings commencing at the school in 2019.

Check with the school office if you are unsure.





*Order Online up until 8.30am on
the day the Lunch is Required!*

Servicing CARLTON GARDENS PRIMARY in 2019!
A Two Course Lunch is \$8.95 and a Three Course Lunch is \$10.35
AVAILABLE – WEDNESDAY'S & FRIDAY'S!

LUNCH ITEM ONE

SALADS

Greek Style Salad with Feta and Olives (GF)
Brown Rice & Mixed Bean Salad (GF)
Thai Style Noodle Salad (GF)
Quinoa, Tabouli & Tuna Salad (GF)
Pasta Salad (GF)
Pic(k)nic Box – Vegetarian (GF)
Pic(k)nic Box with Ham (GF)

SUSHI

Sushi - Teriyaki Chicken Hand Rolls (2)
Sushi - Cooked Tuna Hand Rolls (2)
Sushi - Avocado Hand Rolls (2)
Sushi - Cucumber Hand Rolls (2)
Sushi – Vegetarian Hand Rolls (2)

BAKERY

Cheese and Bacon Roll
Cheese and Vegemite Scroll
Supreme Pizza Roll
Topped with Only Cheese Roll

PITA PIZZAS

Margherita Pita Pizza
Ham and Pineapple Pita Pizza
Fresh Tomato and Italian Herb Pita Pizza
Spinach & Feta Pita Pizza

SANDWICHES, ROLLS & WRAPS

Ham, Cheese and Tomato Sandwich
Turkey, Cranberry, Lettuce and Cheese Sandwich
Ham and Cheese Roll
Gluten Free Ham & Cheese Sandwich (GF)
Simple Salad Roll
Gluten Free Ham & Cucumber Sandwich (GF)
Vegemite Sandwich
Mild Salami and Salad Roll
Beetroot and Salad Roll
Roast Beef, Fruit Chutney, Cheese and Lettuce Roll
Cheese and Salad Roll
Wholegrain Cheese and Tomato Sandwich
WRAP (GF) Ham and Salad
Chicken and Salad Roll
Wholegrain ROLL Tuna and Salad
Salad with Ham (No Cheese) ROLL

LUNCH ITEM TWO/THREE

FRESH FRUIT & VEG

Fresh Fruit Combo
Freshly chopped Orange Segments
Freshly chopped Strawberries with Green Grapes
Apple with Lemon Juice, Brown Sugar & Cinnamon
Freshly chopped Cantaloupe & Watermelon
Freshly Chopped Watermelon pieces
Chopped Carrot, Cucumber, Red & Yellow Capsicum
Freshly chopped Pineapple with Orange Pieces
Lightly Steamed Corn Wheels & Broccoli
Sugar Snap Peas, Beans & Cherry Tomatoes
Cherry Tomatoes with Tasty Cheese & Rice Crackers

BAKED GOODS

Choc Chip Cookie
Fruit Bun
Hedgehog Slice
Finger Bun with Sprinkles
Banana Cup Cake (GF, DF)
Iced Cup Cake
Choc Cup Cake (GF,DF)
Blueberry Muffin
Apple & Cinnamon Cake

YOGHURT

Chobani Yoghurt - Strawberry
Chobani Yoghurt - Blueberry
Chobani Yoghurt - Passionfruit
Chobani Yoghurt – Plain
Chia, Banana, Coconut and Strawberry Bowl

DIPS & CRACKERS

Tzatziki dip with Rice Crackers
Avocado dip with Rice Crackers
Spring Onion dip with Rice Crackers
Moroccan Carrot dip with Rice Crackers

POPCORN/SNACKS

Cobs Popcorn, Lightly Salted
Cobs Popcorn Slightly Sweet, Lightly Salted
Lightly salted Fav'va Beans

DRINKS

Apple Juice
Orange Juice
Nippy's Chocolate Milk

For more information check out our website

www.classroomcuisine.com.au



**Wing Chun Bing Fa
Kung Fu Academy**

**MASTER JULIAN DE BOERS
&
SI MO SOPHIE ARCHIBALD**

**WING CHUN BING FA
KUNG FU**



法兵春詠

TEACHING CHILDREN FROM CARLTON GARDENS PRIMARY SCHOOL FOR OVER 10 YEARS

After school and weekend classes for children!

WING CHUN develops :

- * Self defence skills * Self Confidence * Discipline * Respect * Focus
- * Balance & Posture * Fitness * Coordination * Improved strength

Location (Open 6 days/week):

WING CHUN BING FA KUNG FU ACADEMY

Level 1, Number 1 Lygon Street Carlton 3053

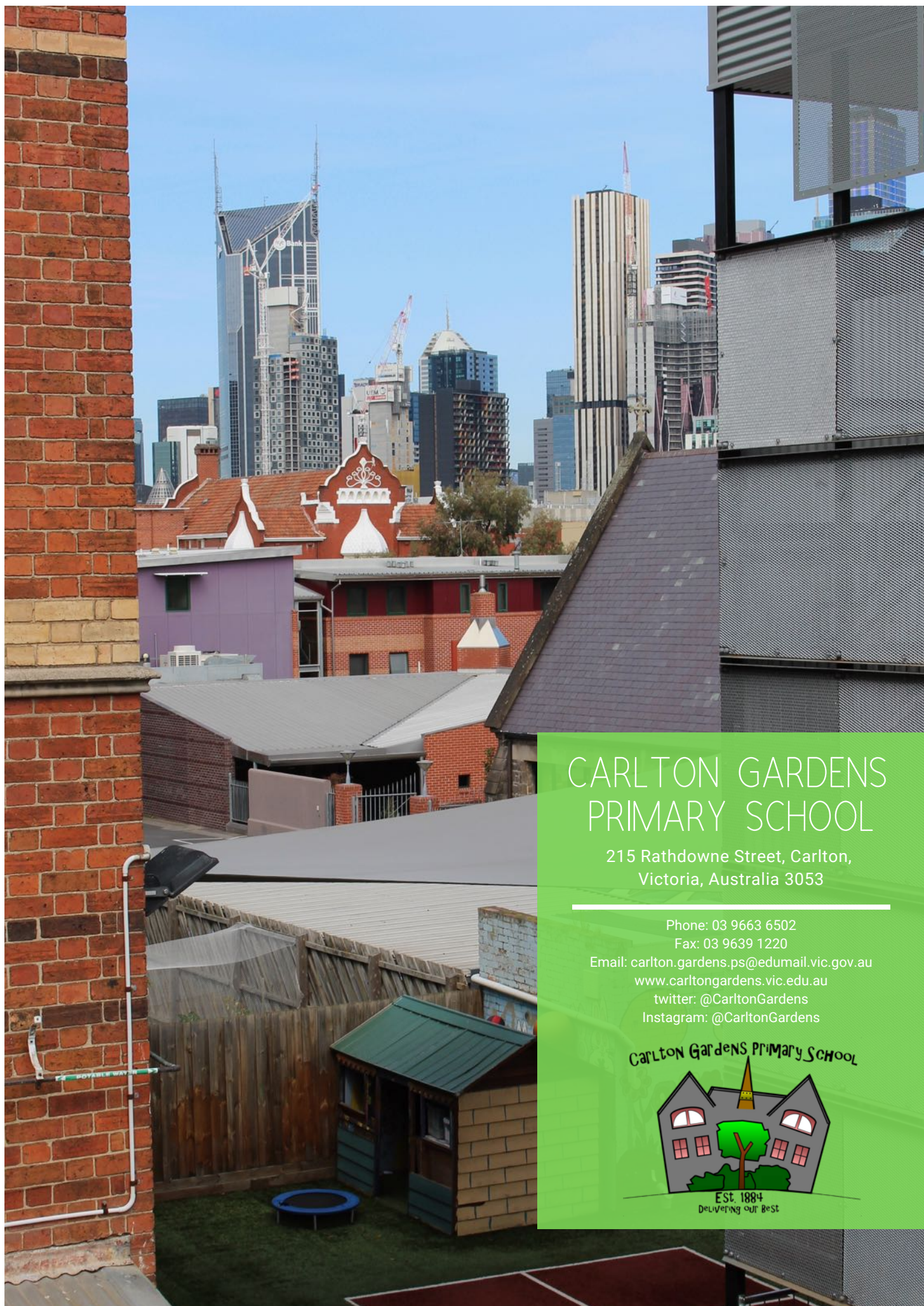
Price: \$40.00 per month.

Contact: Phone: 0421 809 462

Email: wingchunbingfa@gmail.com

Website: wingchunbingfa.com





CARLTON GARDENS PRIMARY SCHOOL

215 Rathdowne Street, Carlton,
Victoria, Australia 3053

Phone: 03 9663 6502

Fax: 03 9639 1220

Email: carlton.gardens.ps@edumail.vic.gov.au

www.carltongardens.vic.edu.au

twitter: @CarltonGardens

Instagram: @CarltonGardens

Carlton Gardens Primary School



Est. 1884
Delivering our Best