

# MEADOW HEIGHTS PRIMARY SCHOOL

## NEWSLETTER



Principal, Margaret Leach



17 JULY 2023

Week 2

*We respectfully acknowledge the Traditional Owners of country throughout Victoria and pay respect to the ongoing living cultures of First Peoples.*



### Dear Parents and Carers

#### PARENT-TEACHER-STUDENT MEETINGS

On Wednesday the 21st of June, we had a very good response from parents at Parent / Teacher Meetings. If you were unable to make the meeting please make an appointment to speak to your child's teacher during the week. At this meeting you will receive a copy of your child's School Report.

#### PLEASE CLOSE FRONT GATE

A friendly reminder that if you enter or leave through front gate during the day, please ensure you close the gate after you.



#### CURRICULUM DAY

The **Curriculum Day** is fast approaching so please make alternative arrangements for children on **Wednesday 26<sup>th</sup> of July**. Students do not attend school on this day. The focus of the learning for the teachers and education support staff will be on the development of Individual Educational Plans and a Mathematics Guaranteed and Viable Curriculum (GVC). The Maths GVC will articulate how each student will receive a comprehensive, equitable, rigorous, and standards-based education across all grade-levels.

#### NAIDOC WEEK CELEBRATIONS

The children have been learning about NAIDOC Week. Celebrations were held across Australia in the first week of July, to celebrate and recognise the history, culture and achievements of Aboriginal and Torres Strait Islander peoples. NAIDOC Week is an opportunity for all Australians to learn about First Nations cultures and histories and participate in celebrations of the oldest, continuous living cultures on earth. The 2023 National NAIDOC Week theme is **For Our Elders**.



Have a great week.

Warm regards

**Mrs Margaret LEACH**  
School Principal

## IMPORTANT DATES

<u>DAY</u>	<u>DATE</u>	<u>ACTIVITY</u>
<b><u>JULY 2023</u></b>		
Tuesday	18	Melbourne Museum & Immigration Museum
Wednesday	19	3 pm Celebration of 100 Days of School for Preps
Thursday	20	Hume Whittlesea LLEN Imagineering Programme
Friday	21	Grades 3 – 6 Assembly in the Hall at 2.40pm
Wednesday	26	NO SCHOOL – Pupil free day
Friday	28	Preps – 2 Assembly in the Hall at 2.40pm



### HAVE YOU CHANGED YOUR DETAILS?

Please immediately notify the School Office of any changes to your address or contact details. Please update your email address for COMPASS information.

## Office Hours

Monday—Friday  
8:30am to 4:00pm

Last day of each Term the office will close at 2:30pm  
***The office is CLOSED during all school holiday periods***



# Stay well this winter

In Victoria, influenza (flu) and respiratory syncytial virus (RSV) infection numbers are high among children aged 5 to 11 years, particularly in those in their first few years of school. The Victorian Department of Health expects more respiratory infections over Term 3.

Most children with flu or RSV have a mild fever, runny nose or cough. Some children, particularly babies and children with underlying medical conditions, may have more severe illness.

## Keeping our school community well

Parents, carers and students are encouraged to:

- wash and sanitise their hands regularly
- avoid touching eyes, nose and mouth with unwashed hands
- cover their nose and mouth when coughing or sneezing
- stay at home if unwell and consult a general practitioner (GP) or NURSE-ON-CALL as needed
- stay up to date with flu and COVID-19 vaccinations.

Our school has masks for staff, students and visitors if they want to wear them.

## Flu vaccinations

Vaccination is the best way to protect yourself and your family from getting the flu.

[Annual flu vaccination](#) is recommended for everyone aged 6 months and older. As part of the [National Immunisation Program](#), it is free for:

- Aboriginal and Torres Strait Islander people aged 6 months and older
- children aged 6 months to under 5 years
- people aged 6 months or older with underlying medical conditions.

Flu vaccinations can be booked through GPs, pharmacies or your local council immunisation service.

## Find out more

For more information about staying safe this winter, refer to:

- [Stay well this winter](#) on the Better Health Channel, translated into 16 languages
- [Influenza](#) and [immunisation](#) on the Better Health Channel
- [Respiratory syncytial virus \(RSV\)](#) on the Better Health Channel
- [Getting vaccinated against influenza](#).



[Some Tips from the MHPs Wellbeing Team](#)

Meadow Heights Primary School is a School Wide Positive Behaviour Support (SWPBS) school. We ask students to follow the school's values by being PROUD, RESPECTFUL, EXCELLENT and RESPONSIBLE.

## Wellbeing News

**We are a School Wide Positive Behaviour School (SWPBS)**

### And we say no to Bullying!

Late last term you were invited to complete a survey about Bullying. Students and staff were asked to do the same.

#### Why?:

- This data will help our SWPBS team to focus on identified areas that need to be addressed.

#### How?:

- Students will be involved in a bullying program to reinforce our school values of Being Respectful and Responsible.
- They will learn how to respond to problem behaviour and how to seek support.

#### How can you help?:

- Talk to your children about how they can stop problem behaviour occurring to them or to another student.
- Remind them that it's ok to tell someone to stop, to walk away and talk to a teacher. Many of our students become involved in a negative situation only to find it becomes worse. Others don't think it's ok to tell a teacher. With your help we can make sure they respond in a way that will prevent further problems.



**Congratulations!**  
**Share Awards for the Prep Classes**



**CANTEEN NEWS**

**For Term III, the Canteen will only be opened on Monday,  
Tuesday, Thursday and Friday from 9.15am**

**\*\*WEDNESDAYS WILL BE CLOSED\*\***

**The Canteen will NOT be opened prior to school**

Please ensure your child has a packed snack,  
lunch and water on Wednesday when the Canteen is CLOSED  
Thank you!



## Sayın Veliler ve Bakım Sağlayıcılar, VELİ - ÖĞRETMEN GÖRÜŞMELERİ

21 Haziran Çarşamba günü yapılan Veli-Öğretmen görüşmelerine ilgi çok büyüktü.

Görüşmelere katılmadıysanız, hafta içinde çocuğunuzun sınıf öğretmeni ile görüşmek isterseniz, lütfen bir randevu yapınız.

Bu görüşmede, çocuğunuzun Okul Karnesinin bir kopyası tarafınıza verilecektir.

### LÜTFEN OKULUN ÖN GİRİŞ KAPISINI KAPATIN

Gün içinde ön kapıdan giriş veya çıkış yaparsanız, kapıyı arkanızdan kapattığınızdan emin olmanızı hatırlatırız.

### MÜFREDAT GÜNÜ

**Müfredat Günü** hızla yaklaşmakta, bu nedenle **26 Temmuz Çarşamba** günü çocuğunuz için alternatif düzenlemeler yapınız. Öğrenciler bu tarihte okula devam etmeyecektir. Öğretmenler ve eğitim destek personeli için bu seminerin odak noktası, Bireysel Eğitim Planlarının ve Garantili ve Uygulanabilir Matematik Müfredatının (GVC) geliştirilmesi olacaktır.

Matematik GVC, her öğrencinin tüm seviyelerde kapsamlı, adil, titiz ve standartlara dayalı bir eğitimi nasıl alacaklarını açık bir şekilde ifade edecektir.

### NAIDOC HAFTASI KUTLAMALARI

Öğrenciler NAIDOC Haftası hakkında bilgi ediniyorlar. Aborjin ve Torres Boğazı Adalı halklarının tarihini, kültürünü ve başarılarını kutlamak ve tanımak için Temmuz ayının ilk haftasında Avustralya genelinde kutlamalar yapıldı. NAIDOC Haftası, tüm Avustralyalıların, İlk Milletler kültürleri ve tarihleri hakkında bilgi edinmeleri ve dünyadaki en eski, sürekli yaşayan kültürlerin kutlamalarına katılmaları için bir fırsattır. 2023 Ulusal NAIDOC Haftasının bu seneki teması: **Büyüklerimiz İçin**



İyi bir hafta dilerim.

Saygılar, **Mrs Margaret LEACH Okul Müdürü**

### Bu kış sağlıklı kalın

#### Okul toplumumuzu sağlıklı tutmak

Velilerin, bakım sağlayıcıların ve öğrencilerin şunları yerine getirmeleri teşvik edilir:

- Düzenli olarak elleri yıkamak ve steril etmek
- Göze, buruna ve ağıza elleri yıkamadan dokunmamak
- Öksürünce veya hapşurunca burunu ve ağzı kapamak
- Hastayken evde kalmak ve bir aile doktoruna (GP) gitmek veya gerektiğinde HEMŞİRE İLE GÖRÜŞMEK
- Grip ve COVID-19 aşılı konusunda gündemi takip edin

Kullanmak isteyen okul personeli, öğrenciler ve ziyaretçiler için okulumuzda maske bulunmaktadır.

#### Grip Aşılı

Kendinizi ve ailenizi gribe yakalanmaktan korumanın en doğru yolu aşılantır.

[Annual flu vaccination](#) (Yıllık grip aşısı) 6 ay yaş ve daha büyük yaştakiler için tavsiye edilir. [National Immunisation Program](#), (Ulusal Aşı Programı) aşağıdakiler için ücretsizdir:

- 6 aylık ve 5 yaş altındaki Aborijin ve Torres Boğazı Adalı Halkı çocukları
- 6 aylık ve 5 yaş altındaki çocuklar
- Önceden tıbbi sorunları olan 6 aylık veya daha büyük kişiler

,Aile doktoru (GP), eczaneler ve yerel belediye aşı hizmetleri aracılığıyla grip aşısı randevusu yapılabilir.

#### Daha fazla bilgi için

Kışın güvencede kalmak için daha fazla bilgi için aşağıdakilere başvurunuz:

- Better Health Channel'da (Daha iyi Sağlık Kanalı), [Stay well this winter](#) 16 dilde
- Better Health Channel'da [Influenza \(grip\) and immunisation \(aşı\)](#)
- Better Health Channel'da [Respiratory syncytial virus \(RSV\)](#) Solunum Sinsityal Virüsü(RSV)
- [Getting vaccinated against influenza](#). Gribe karşı aşılantma

## أولياء الأمور ومقدمي الرعاية الأعزاء اجتماع أولياء الأمور - المعلم - الطلاب

يوم الأربعاء 21 حزيران ، تلقينا استجابة جيدة جدًا من أولياء الأمور في اجتماعات الآباء / المعلمين. إذا لم تتمكن من إجراء الاجتماع ، فيرجى تحديد موعد للتحدث إلى معلم طفلك خلال الأسبوع. ستلقى في هذا الاجتماع نسخة من تقرير المدرسة الخاص بطفلك.



### الرجاء إغلاق البوابة الأمامية

تذكير ودي أنه إذا دخلت أو غادرت من البوابة الأمامية خلال النهار ، فيرجى التأكد من إغلاق البوابة بعدك.

### يوم المنهج الدراسي

يقرب يوم المنهج الدراسي بسرعة ، لذا يرجى اتخاذ ترتيبات بديلة للأطفال يوم الأربعاء 26 تموز. الطلاب لا يذهبون إلى المدرسة في هذا اليوم. سيكون تركيز التعلم للمعلمين وموظفي دعم التعليم على تطوير خطط تعليمية فردية ومنهج مضمون وقابل للتطبيق في الرياضيات (GVC). سوف يوضح Maths GVC كيف سيحصل كل طالب على تعليم شامل ومنصف وصارم وقائم على المعايير عبر جميع المستويات التعليمية.

### احتفالات أسبوع NAIDOC

تعلم الأطفال عن أسبوع NAIDOC. أقيمت احتفالات في جميع أنحاء أستراليا في الأسبوع الأول من شهر تموز، للاحتفال والتعرف على تاريخ وثقافة وإنجازات السكان الأصليين وسكان جزر مضيق توريس. يعد أسبوع NAIDOC فرصة لجميع الأستراليين للتعرف على ثقافات وتاريخ الأمم الأولى والمشاركة في احتفالات أقدم الثقافات الحية المستمرة على الأرض. موضوع الأسبوع الوطني 2023 NAIDOC هو **لشيوخنا**.



أتمنى لكم أسبوع ممتع.

أطيب التحيات

السيدة مارغريت ليتش

مديرة المدرسة

### حافظ على صحتك هذا الشتاء

في فيكتوريا ، ترتفع أعداد عدوى الإنفلونزا (الأنفلونزا) وفيروس الجهاز التنفسي (RSV) بين الأطفال الذين تتراوح أعمارهم بين 5 إلى 11 عامًا ، لا سيما في السنوات القليلة الأولى من دراستهم. تتوقع وزارة الصحة الفيكتورية المزيد من التهابات الجهاز التنفسي خلال الفصل الثالث. يعاني معظم الأطفال المصابين بالأنفلونزا أو الفيروس المخلوي التنفسي من حمى خفيفة أو سيلان في الأنف أو سعال. قد يعاني بعض الأطفال ، وخاصة الرضع والأطفال الذين يعانون من حالات طبية أساسية ، من أمراض أكثر خطورة.

### الحفاظ على مجتمع مدرستنا جيدًا

يتم تشجيع الآباء ومقدمي الرعاية والطلاب على:

- غسل اليدين وتعيمها بانتظام
- تجنب لمس العينين والأنف والفم بأيدي غير مغسولة
- تغطية أنفهم وفمهم عند السعال أو العطس
- البقاء في المنزل إذا كان مريضًا واستشر طبيبًا عامًا (GP) أو ممرضًا عند الاتصال حسب الحاجة
- البقاء على اطلاع بأحدث لقاحات الأنفلونزا و COVID-19.
- يوجد في مدرستنا أقنعة للموظفين والطلاب والزوار إذا كانوا يرغبون في ارتداؤها.

### لقاحات الأنفلونزا

التطعيم هو أفضل طريقة لحماية نفسك وعائلتك من الإصابة بالأنفلونزا.

يوصى بالتطعيم السنوي ضد الأنفلونزا لكل من يبلغ من العمر 6 أشهر وما فوق. كجزء من برنامج التحصين الوطني ، فهو مجاني من أجل:

- السكان الأصليون وسكان جزر مضيق توريس الذين تتراوح أعمارهم بين 6 أشهر وما فوق
- الأطفال من سن 6 أشهر إلى أقل من 5 سنوات
- الأشخاص الذين تبلغ أعمارهم 6 أشهر أو أكثر يعانون من حالات طبية أساسية.
- يمكن حجز لقاحات الأنفلونزا من خلال العيادات أو الصيدليات أو خدمة التطعيم بالمجلس المحلي.
- تعرف على المزيد

لمزيد من المعلومات حول البقاء بأمان هذا الشتاء ، يرجى الرجوع إلى:

- **حافظ على صحتك هذا الشتاء** على قناة Better Health ، مترجمة إلى 16 لغة
- **الأنفلونزا والتحصين** في قناة الصحة الأفضل
- **فيروس الجهاز التنفسي (RSV)** على قناة صحة أفضل
- **التطعيم ضد الأنفلونزا**.