

# Newsletter

**We are all looking forward to the Grade 3-6 House Athletics Sports tomorrow at Seaford Little Athletics (Riviera Reserve, Eel Race Rd Seaford).**

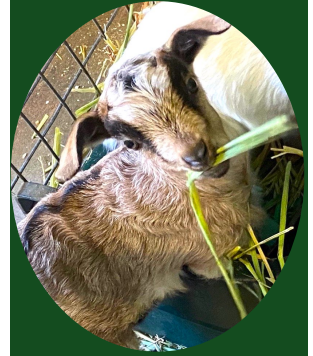
The students will compete for house points in a variety of track and field events. The students will start their rotations at around 9:30pm with students returning to school after lunchtime. Once again, we are fortunate to have a number

of volunteers from Seaford Little Athletics and students from Patterson River Secondary College running each of the activities. These partnerships are an important part of our connection to local government schools and community sporting clubs and we appreciate their help in making this event a success. Unfortunately, this will mean **no Icy Pole Friday or Assembly this**

**week.** They will be back next Friday, the 24th March. We welcome any families who are able to cheer on the students as they compete for their house.

**Congratulations to Mike, Archie and Tayla for making it through to the Division Swimming Sports on Tuesday.** Mr Vansittart said that they all

swam well against very strong competition. Well done to all of our students who took the plunge over the last few weeks as part of our swimming team we are very proud of their



**House Athletics  
17 March**

**Harmony Day  
21 March**



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achievements.

**This week the Department of Education shared information with schools to communicate to families about how to support children to have a good night sleep.** Being a father

of four boys I know how important this is and if we want children to be able to perform at their best they need their sleep.

A few years ago our school invited Andrew Russell, who was at the time the High Performance Manager at the Hawthorn

Football Club, to speak to parents about rest and recovery. He shared with us, that one of the secrets to their success over the past 15 years was consistent sleep routines. It was fascinating to hear that after they completed sleep studies on all their players they realised their best sleepers were their best players. Probably not that big a surprise when you think deeply about it. With this in mind, the information below reminds us that as parents and carers we play an important role in supporting our children to develop sleep routines to maintain positive health and wellbeing.

### Sleep information for Parents

While we know sleep is essential for good health, research shows that many children and young people are not getting enough sleep on school nights. This can affect thinking, concentration, memory, reaction times and mood.



Research shows about 12% of primary school-aged children, a quarter of 12- to 15-year-olds and half of 16- to 17-year-olds don't get enough sleep on school nights. The recommended amount of time to sleep for primary



**House Cross  
Country  
23 March**

**School Council  
28 March**



school-aged children is 9 to 11 hours. For teenagers, it's 8 to 10 hours.

Signs that your child is not getting enough sleep can include:

- low mood and irritability during social interactions
- reluctance or arguing about getting off devices and going to bed
- falling asleep during the day
- difficulties waking up for school and sleeping in late on weekends to catch up
- changes to communicating or interacting at home.

You can help your child to improve their sleep by:

- establishing a regular sleep pattern and consistent bedtime routine
- supporting them to avoid using electronic devices such as smartphones before going to bed and in bed
- encouraging your child to exercise and spend time outside in daylight, steering clear of vigorous activity in the hour before sleep
- encouraging them to wind down and relax before going to bed.

If your child is still having trouble sleeping, has persistent problems with low mood, excessive daytime sleepiness, restlessness in bed, severe snoring or wakening unrefreshed, despite getting adequate length sleep, they should see a doctor.



**This week our Grade 3 & 5 students participated in the NAPLAN testing.** The testing will conclude next Monday when student complete the



**Grade 3/4  
Swimming  
Starts  
28 March**

**Curriculum Day  
(student free  
day)  
24 April**





Numeracy test. Students who have been absent from school and need to participate in NAPLAN will be able to participate in catch up tests up until the 27th March.

Information for parents and carers in relation to NAPLAN can be found at

**Naplan Information**

**Brochure for Parents &**

**Carers**. If parents would like to discuss NAPLAN in greater detail please see your child's classroom teacher.



**Looking ahead, the first day of Term 2 (24th April) will be a Curriculum Day (Student Free Day).** Our teachers will be revisiting our writing teaching and learning practices with Lisa Keskinen. Over many years our teachers have provide engaging writing programs based upon Lisa approaches. This Curriculum Day will be a great opportunity for all staff to have refresher of why we do what we do in writing. Students will commence Term 2 on Wednesday 26th April after the ANZAC Day public holiday.

I hope everyone has a great weekend.

*Best regards,  
Clem Langford*



**[Click For  
Calendar  
Dates](#)**



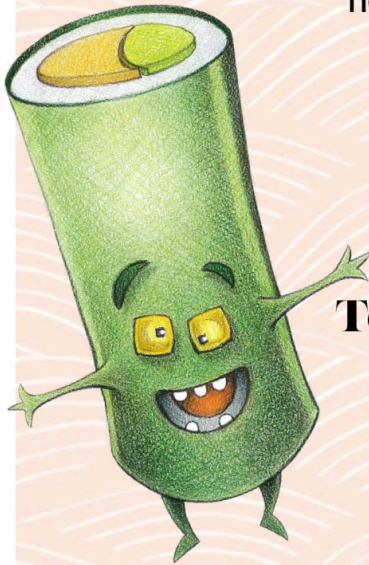


**Carrum Primary School**

**Friday 31st March**

# Sushi Day!

Order fresh, healthy and delicious sushi handrolls and help raise funds for our school!



**\$7.00 TWIN PACKS**

(2 rolls of the same type)

**or \$3.80 SINGLE PACKS**

**- SUSHI HAND ROLLS -**

**Avocado** V GF DF EF

**Teriyaki Chicken** GF DF EF

**Tuna** GF DF

**Crispy Chicken** DF

**- SOY SAUCE INCLUDED -**

**Order online: [www.sushi.net.au](http://www.sushi.net.au)**

Orders must be placed by 10am Thursday 30th March.  
Sorry no late orders accepted.



**sushi@school**

**[www.sushi.net.au](http://www.sushi.net.au)**

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# Book Club LOOP

## for Parents

**LOOP** is the Scholastic Book Club  
**L**inked **O**nline **O**rdering & **P**ayment platform for parents.

To order and pay for Scholastic Book Club by credit card visit:

**[www.scholastic.com.au/LOOP](http://www.scholastic.com.au/LOOP)**



**Book Club Issue 2**

**Orders close 21<sup>st</sup> March 2023**

**<https://mybookclubs.scholastic.com.au/Parent/Login.aspx>**



# ***INTERESTED IN PLAYING NETBALL THIS YEAR?***

**REGISTER OR  
ENQUIRE NOW!**

Our welcoming, friendly and engaging club are looking for some new super stars to join our netball family next winter season!

**SCAN QR  
CODE FOR  
MORE  
INFO**





# 2023 Open Night



**Thursday  
23 March 6pm**

## **School Tours**

Each Tuesday 9.40am  
Bookings essential

For more information on our  
2024 EXCEL Testing visit:  
[prsc.vic.edu.au/learning](http://prsc.vic.edu.au/learning)

## **Excellent Facilities**

- New \$6Million STEM Centre
- New Year 8 Centre
- New food rooms
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- Modern & advanced Design Technology equipment

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P 03 8770 6700

[www.prsc.vic.edu.au](http://www.prsc.vic.edu.au)

**ACHIEVING EXCELLENCE TOGETHER**

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courage & work



mentone girls'  
secondary college

# A DAY IN THE LIFE

*of a Mentone girl*

Year 6 students are  
invited to experience  
a day of high school!



A government school

*For every girl, from everywhere!*

Thursday 30th &  
Friday 31st March



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# Memories of the World Wars

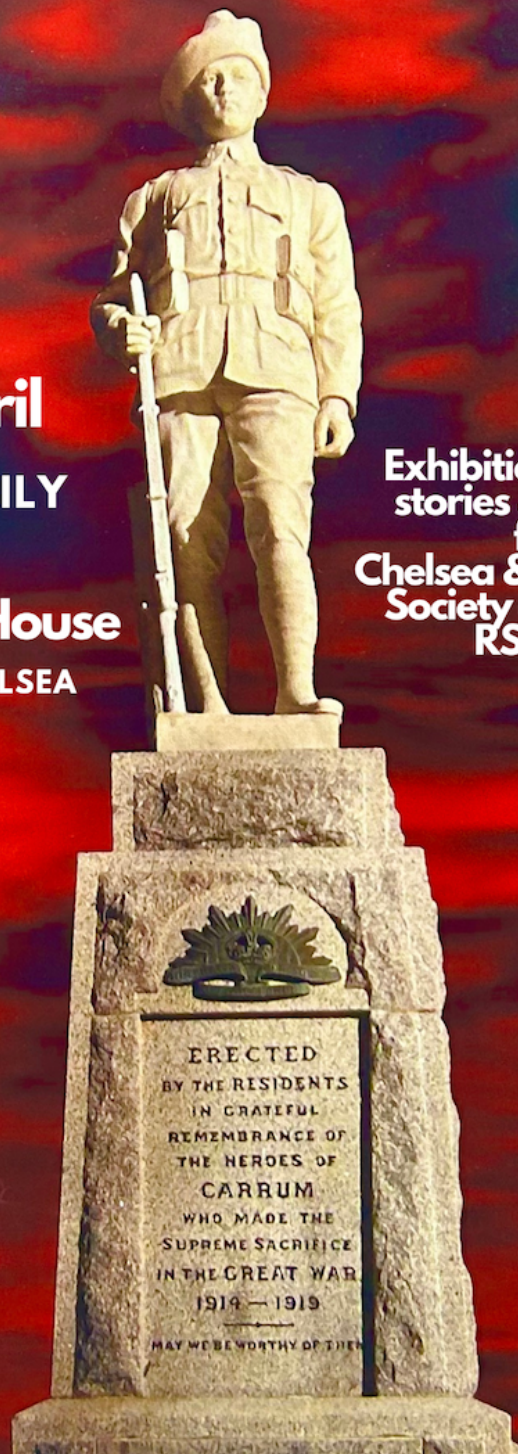
**22-24 April**

**10AM-3PM DAILY**

**Chelsea Court House**

**6 THE STRAND, CHELSEA**

**Exhibition features local  
stories & memorabilia  
from the  
Chelsea & District Historical  
Society and the Chelsea  
RSL collection**



ERECTED  
BY THE RESIDENTS  
IN GRATEFUL  
REMEMBRANCE OF  
THE HEROES OF  
CARRUM  
WHO MADE THE  
SUPREME SACRIFICE  
IN THE GREAT WAR  
1914 — 1919  
MAY WE BE WORTHY OF THEM



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JOIN THE CALISTHENICS  
VICTORIA 'CLUB OF THE YEAR'



AGES 3+

ACRO, BALLET, DRAMA, DANCE



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1/11 Industry Blvd, Carrum Downs

Scan for your  
chance to win a  
free term

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# BEAST GYM

TO ALL PARENTS AND CARERS

## COME TRAIN WITH US!

### BEAST FIT

*CARDIO CIRCUIT CLASS*

**2 WEEK FREE TRIAL**

ATTEND 2 CLASSES A WEEK FOR YOUR TRIAL  
AND GET

## 50%

OFF YOUR FIRST MONTH MEMEBERSHIP  
*NEW MEMEBERS ONLY*

ALL LEVELS OF FITNESS WELCOME

19-263/271 WELLS ROAD  
CHELSEA HEIGHTS  
[WWW.BEASTAUSTRALIA.COM.AU](http://WWW.BEASTAUSTRALIA.COM.AU)  
0487 888 737



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**REGISTER  
NOW!**



# SCHOOL HOLIDAY PROGRAM

# PEARLS, PIGS & PARTIES

**FOR PRIMARY STUDENTS**

**WEDNESDAY 19TH -  
FRIDAY 21ST OF APRIL**

-----  
9 am-12 pm  
\$5 per day

12 Thames Promenade  
Chelsea at  
St Chad's Church Hall

**Storytelling | Puppets | Games  
| Crafts | Music and a lot more...**

To register head to [www.longbeachanglicans.org.au](http://www.longbeachanglicans.org.au)

**For more info:**

**Call:** Bec Featonby on 0439 080 994

**Email:** [rebeccafeatonby@gmail.com](mailto:rebeccafeatonby@gmail.com)



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**nab AFL Auskick**

# JOIN THE FUN!



NAB AFL Auskick is for everyone and is one of the best, first experiences for kids aged 5-12, wanting to learn all about Australian Football.

Find your closest centre today.

[play.afl/auskick](https://play.afl/auskick)







# Church Fete



Saturday 18 March  
9am ~ 1.30pm

Auction @ 11.30am



**St Chad's Anglican Church**  
**12 Thames Promenade**  
**Chelsea**

Auction, Books, Cakes & Preserves, Devonshire  
Tea, Crafts, Mystery Bottles, Pies, Plants, Sausage  
Sizzle, Sri Lankan Food, Tacos and MORE

**Plus 3 Great Raffles: Easter Hamper,  
i-Pad & Handmade Quilt**

*We are proudly supporting our community through  
our community meals, food distribution and  
hampers to families in need*

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**LIGHTHOUSE**  
FOUNDATION *for youth*

# WIN



Total prize pool value over \$100k

## ENTER TO WIN AN AUDI Q5 AND HELP *end youth homelessness*



[lighthouseaffle.org.au](http://lighthouseaffle.org.au)

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