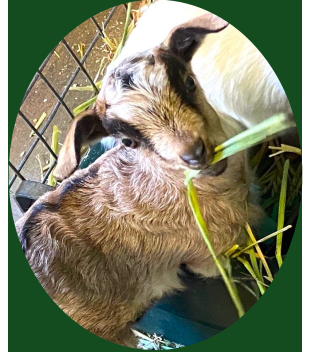


# Carrum Newsletter

It certainly has been a busy time at Carrum PS, particularly with the variety of dress up days to mark different occasions. Last week our Preps enjoyed the opportunity to get dressed in their finest clothes and participate in a high tea with scones and fancy crockery. I certainly hope parents are experiencing great table manners at home as a result of this experience.

## Last Friday was also the 'National Day of Action Against Bullying.'

Students dressed as Superheroes and joined in class activities to highlight



**Carrum Beach  
Patrol  
26 August**



and discuss the impact of Bullying at school and online. For the past two years Carrum PS have been supporting the **"Bullying. No Way!"** initiative. The theme for this year was **"Growing Connections."** This theme supports research findings that strong school community connections and social skills are protective factors in the prevention of bullying and help enable positive, help-seeking behaviours in students. It is those help-seeking behaviours that we have been working on and will continue to work on with our students. The complexity of social





media and online communication means it is even more important we have these connections in the community, so we all work together to keep our kids safe in all environments. We have seen a growing number of incidents involving the safety and behaviour of students online. Whilst these incidents occur outside of school hours, we often find we are dealing with them during the day at school. I encourage all families to work with us at school to ensure the safety of our children in this space. I have attached some links recommended by DET at the bottom of this article that will link parents to some great parenting tips for online supervision at home. At school we will continue to educate our students through our Respectful Relationships curriculum and Wellbeing units of work.

### Finally, on Tuesday we celebrated Book Week.

This is a favourite time of the year



where we celebrate Reading and Australian authors and illustrators. Classes have been enjoying reading the books Shortlisted by the Children's Book Council of Australia. Everyone looked spectacular during their Book Week parade and I am amazed at how creative students and staff get at this time of year. The costumes were outstanding. Thank you to the parents for joining us for the Junior and Senior sessions of the Book parade.

**This term has also been a busy term with excursions.** On Monday, our 3/4s delved deeper into their Inquiry topic, **'Feathers, Fur and Leaves'** and visited



**Father's Day  
Breakfast BBQ  
1 September**





**Moonlit Sanctuary** in Pearcedale. Looking ahead on Friday, The Preps are taking off to **Moorabbin Airport** as part of their studies on Tools. We also look forward to the **STEAM Design and Maker Conference** which will be hosted by Mr Mulcahy, our student leadership and Jane this Friday. This is a fabulous opportunity for local schools to share their learning and is all about kids teaching kids.

**Just a reminder that families have been invited to participate in the 2023 Parent / Caregiver /**

**Guardian Opinion Survey.** Each year the school conducts an opinion survey with the school community. All families are invited to participate in the survey and results will be used to inform and direct our future school planning and improvement. Please see the Compass post for details on how to complete this survey.



**3/4 Camp  
Information  
Evening  
7 September**



Wishing you all a lovely weekend.

*Best Wishes,  
Cassandra Kennedy*

**Better Health - internet safety for children**

**[www.thinkuknow.org.au](http://www.thinkuknow.org.au)**







**Prep Tool  
Expo  
11 September**

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







# SPEECH BITES

## Why use the Zones of Regulation at home?

1. Managing our feelings and regulating our bodies takes time and practice. Practising at school and home helps us to practice and improve these skills.
2. The Zones of Regulation gives everyone a common language to understand and talk about regulation. It also helps to develop our emotional literacy.
3. The Zones helps you problem solve how to support your child when they are dysregulated.

## How Do I Use the Zones at Home?

### Use the Language

An easy way to start using the Zones of Regulation at home is to start using the language.

#### Describe your own Zones:

Describe what Zone you are in, how your body feels, what your energy is like and what emotions you are feeling.

#### Talk about your child's Zone:

Notice which Zone your child is in and describe why you think they're in that Zone. Then check to find out which Zone they think they're in.

If you feel a bit unsure about each of the Zones, get your child to help you.

### What do I actually say?

- Bedtime: "I can see you're in the Blue Zone. You look very tired. I think you used up all your energy today!"
- "You are so focused on that Lego, you are building so many pieces! You must be in the Green Zone. What do you think?"
- "I was so excited and nervous at the footy! I was in the Yellow Zone the whole game! And when we won, I was in the Red Zone. I was so excited!! I had so much energy, I could have run a marathon!"

### Schedule Zones Check Ins

A Check In is a conversation where everyone has the chance to share which Zone they are in, describe their feelings and how their body feels, and talk about any tools they might need to use to help manage those feelings. Each family member takes turn sharing and checking in. Sometimes the check in might lead to other conversations as well, that's ok.

### How can I schedule it into our busy family routine?

- Mealtimes: checking in at breakfast or dinner time is a great time to talk about this.
- Car rides: checking in when you are driving or walking to school, to after school activities, to appointments, to social events is a great time to check in.
- Bedtime routine: If whole family check ins are hard to schedule, try a 1:1 check in at bedtime. This can be a great way to reflect on the day.

Check in for more tips next week!



# CALENDAR

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**STEAM Design & Maker Conference**  
25 August

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**Carrum Beach Patrol**  
26 August (9-10am)

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**Father's Day Breakfast BBQ**  
1 September

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**Prep Father's Fun Day**  
1 September

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**3/4 Camp Information Evening**  
7 September

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**Prep Tool Expo**  
11 September

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**Celebrating 122 Years 1901-2023**





**Our next Carrum Beach Patrol action to remove litter from our beautiful Carrum beach & foreshore is happening on Saturday 26 August from 9-10am. We're meeting near the Carrum SLSC - please bring gloves. See you on Saturday!**



We would like to acknowledge the traditional owners of the land on which our service runs and pay our respects to their elders past, present and emerging



## Sensory Week

In contrast to Week 5, Week 6 investigated sensory elements. The kids had tons of fun exploring kinetic sand, fluffy paint and sensory toys. We also explored how to help people with additional needs and understand their sensory needs.



## Physical Education Week

During week 5 we had tons of exploring the skills that come with so many different sports. We had so much fun running around, bouncing and kicking balls in the sunshine through group games of footy, soccer and basketball.



## Coming Up

Coming up next week is friendship week! We are going to investigate the importance of friendship and how we can care for others around us. Also coming up these holidays is our Science themed holiday program that will be filled with lots of activities and fun. We look forward to seeing you there.



### TIMES

**Before School:** 6:30-8:45am  
**After School:** 3:30-6:00pm  
**Holidays:** 6:30am-6:00pm

### CONTACT HEAD OFFICE

 1300 072 410  
 [info@theircare.com.au](mailto:info@theircare.com.au)

### CONTACT SERVICE

 0447 903 201  
 [carrum@theircare.com.au](mailto:carrum@theircare.com.au)

**Challenge Royale**  
Are you up for the challenge? Test your science skills using magnets, ice, and balloons. Who will be victorious?

**Defy Gravity with Magnets**  
Additional fun: Space mural astronauts, your name in stars, astronaut costumes plus plenty of time to choose your own space adventure.

**Monday 18 September**

From as low as \$5.80 with the maximum Child Care Subsidy. Full fee \$95.98 without the Child Care Subsidy.

**Commando Kids**  
Come prepared with your game face! Put your problem-solving and team skills to the test as we undergo an epic commando course!

**Commando Kids Workshop**  
Additional fun: Pumpkin seed names craft, origami leaves, bug salad game plus plenty of time to choose your own adventure.

**Monday 25 September**

From as low as \$5.80 with the maximum Child Care Subsidy. Full fee \$95.98 without the Child Care Subsidy.

**Ruby Gillman, Teenage Kraken**  
A shy adolescent learns that she comes from a fabled royal family of legendary sea krakens and that her destiny lies in the depths of the waters, which is bigger than she could have ever imagined. Arrive at the service by 8:30 am. Pick Up After 2:30 pm. Wear runners & socks.

**Movie Excursion**  
Additional fun: LEGO ziplines, epic trivia tiggys, hoop gliders, plus plenty of time to choose your own adventure.

**Tuesday 19 September**

From as low as \$11.30 with the maximum Child Care Subsidy. Full fee \$103.06 without the Child Care Subsidy.

**What the Buzz?**  
Bee ready! Construct the ultimate bee mansion, make your own bee finger puppet, and join in a game of ultimate Fris-BEE!

**Bee Hive**  
Additional fun: Ultimate Fris-Bee, Bees and Butterfly tag, kaleidoscope plus plenty of time to choose your own adventure.

**Tuesday 26 September**

From as low as \$11.30 with the maximum Child Care Subsidy. Full fee \$103.06 without the Child Care Subsidy.

**Fantastic Forces**  
3.2.1 BLAST OFF! Join forces with your friends and get ready for an electric science experience. It's going to be intergalactic, interactive and interesting fun for mad scientists of all ages!

**Science Workshop**  
Additional fun: Bee and butterfly tiggys, DIY robotic hand, frog and lily pad craft, plus plenty of time to choose your own adventure.

**Wednesday 20 September**

From as low as \$8.80 with the maximum Child Care Subsidy. Full fee \$95.98 without the Child Care Subsidy.

**High Altitude**  
Feel the pull of gravity as we scale the rock-climbing walls! Use the momentum and take on a challenge as we clip in and climb. Please be at the service by 8:30 am. Pick up after 2:30 pm. Please wear runners and socks.

**Rock Climbing Excursion**  
Additional fun: Lego beyblade spin off, recharge group game, STEM catapults, plus plenty of time to choose your own adventure.

**Wednesday 27 September**

From as low as \$11.30 with the maximum Child Care Subsidy. Full fee \$103.06 without the Child Care Subsidy.

**Silly Science**  
Time to get silly in the name of science! Have a ball making silly string slime, rainbow tambourines and then play asteroid dodgeball!

**String Slime**  
Additional fun: Marbled planets, asteroid dodgeball, rainbow tambourines plus plenty of time to choose your own adventure.

**Thursday 21 September**

From as low as \$7.80 with the maximum Child Care Subsidy. Full fee \$78.54 without the Child Care Subsidy.

**Footy Fever**  
Let's kick off Grand Final week with 2.5 hrs of FUN. Get ready and jump into your footy gear. Kicking, handballing and crafts will put our skills to the test. Unimpired by accredited coaches plus a special guest appearance!

**Footy Carnival Excursion**  
Additional fun: Tail tiggys, bubble paint aliens, plus plenty of time to choose your own adventure.

**Thursday 28 September**

From as low as \$12.48 with the maximum Child Care Subsidy. Full fee \$124.56 without the Child Care Subsidy.

**Chain Reaction**  
Gee-Fizz! You'll mix ingredients to create chemical reactions to make your own homemade fizzy paints! Then explore the magic of electricity by sending your hover plate into orbit!

**Fizzy Art**  
Additional fun: Flower plates, lava lamps, chain tiggys plus plenty of time to choose your own adventure.

**Friday 22 September**

From as low as \$8.80 with the maximum Child Care Subsidy. Full fee \$95.98 without the Child Care Subsidy.

**Public Holiday!**  
NO SERVICE

**Friday 29 September**

## Holiday Program Important Information!

### What to bring

- ☐ A healthy morning tea and lunch
- ☐ A labelled drink bottle for water
- ☐ Suitable clothing for an active day – closed toe shoes and jacket if wet/cold
- ☐ SunSmart hat for Spring and Summer holidays
- ☐ Medical Management Plan & Medication if applicable – see below for details

### Don't forget!

- ☐ Keep your lunchbox nut-free to keep everyone safe
- ☐ Do not include food items that need to be reheated
- ☐ Label all items with child's name!
- ☐ Bus departure and arrival times are indicative only. For an accurate estimated time of arrival and departure please contact your service directly.

### Personal belongings

Electronic devices, money and other valuables should be left at home.

If brought to the service, these items remain the responsibility of the family. TheirCare does not accept responsibility for loss or damage.

### TheirCare provides

- ☒ Breakfast and afternoon tea snack
- ☒ Sunscreen
- ☒ Water to refill bottles

### Child Care Subsidy

Please note that subsidised hours are calculated and allocated by Centrelink on a fortnightly basis. Check Centrelink for eligibility.

### Unexpected changes to activities

In the unlikely event that an activity is unable to run, an alternative activity will be provided.

Activities and times are subject to change due to unforeseen circumstances such as severe weather or provider availability. If an alternative cannot be sourced we will update your invoice to reflect this.

### Serious stuff!

#### Medical Management Plan & Medication

All children who have been diagnosed with a medical condition including allergies, food/chemical intolerances, anaphylaxis, asthma, epilepsy will need to provide:

- ☐ a completed Medical Management Plan with a colour photo
- ☐ necessary medication

Please note it is a legal requirement under the Education & Care National Regulations and the Terms and Conditions for booking that these are provided.

In the interests of child safety, care may be refused on the day should the appropriate documentation or medication not be supplied.

### Changes to your booking

Simply log into your account anytime to make the relevant changes or call us between 6:30am – 9:00pm weekdays on 1300 072 410.

### Fees for changes to your booking

More than 5 days	Less than 5 days*	On the day
No Charge	\$10.00	Full Fee

\*Less than 5 days from the start of the booking (120 hours from the start of the session).

When making additional bookings, the \$10.00 fee is eligible for the Child Care Subsidy, which means you may only need to pay the gap, depending on your families' circumstances.

If you have any questions, please speak with one of our friendly Educators or call Customer Support on 1300 072 410.

**TheirCare**  
Where Kids love to be!

**Weird Science**

**Spring Holiday Program**

**Silly Slime** **Movie Magic** **Build a Bot** **Footy Fun**

**Book now at [theircare.com.au](http://theircare.com.au)**  
Save up to 90% with the Child Care Subsidy





**RayWhite.**

**CARRUM'S PROPERTY EXPERT.**

**SHANE O'SUGHRUE**

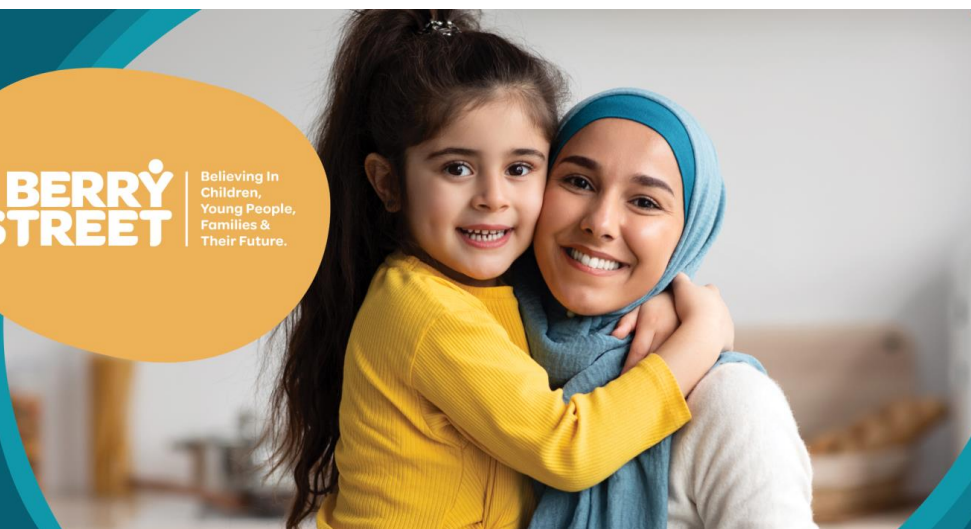
**0401 119 911**

**Call me for all your property needs.**

**Celebrating 122 Years 1901-2023**



Believing In  
Children,  
Young People,  
Families &  
Their Future.



## Foster Care

### Nurturing who they are and who they want to be

As a parent, you know that every child and young person is unique, resilient and has abundant potential.

**Childhood is one of the most important times in life. It's a time for discovery, growth, exploration, and learning—a time for making connections that shape who we become.**

Berry Street foster carers play a vital role in supporting a child's journey and in nurturing their uniqueness. With your time and care, you can encourage and empower a child or young person who has experienced trauma to grow, develop and feel safe.

Whether it's supporting a child to feel safe and build their trust in adults, exploring their interests and developing new hobbies, or encouraging a young person that their dreams are valid, being a Berry Street foster carer is a deeply meaningful and crucial role. And one which each carer brings their unique life experience and skills to.

**Join our community of foster carers and help make a positive impact on a child's life.**

**Phone:** 1800 816 037

**Email:** [fostercare@berrystreet.org.au](mailto:fostercare@berrystreet.org.au)

**Website:** [berrystreet.org.au/fostercare](http://berrystreet.org.au/fostercare)





# HAVE A BLAST



## Get into Woolworths Cricket Blast

It's a fun and active program for kids of all abilities, whether it's your first time with a bat or you're a backyard Cricket star!

**Registration Morning Saturday 26th August 9-11am**  
**Come down and have a go at some fun activities**  
**New members welcome. See you at the nets!**  
**Enquiries to Bec - Junior Coordinator 0439 374 373**



## JOIN YOUR NEAREST CLUB

 **Play Cricket**

**PROUDLY  
PRESENTED BY**



**Celebrating 122 Years 1901-2023**





# PLAY CRICKET

**More runs. More wickets. More fun!**

Get involved in all the Junior Cricket action at your local club this Summer.

**Registration Morning with some fun activities  
Saturday 26th August 9am - 11am  
New members welcome. See you at the nets!  
Enquiries to Bec - Junior Coordinator 0439 374 373**



**JOIN YOUR NEAREST CLUB**

**Q Play Cricket**

**PROUDLY  
PRESENTED BY**



**Celebrating 122 Years 1901-2023**





Girls just want to  
**PLAY  
CRICKET**

**Make new friends and get active playing all girls Junior Cricket**  
It's a fun competition for girls aged 11-17 - come and join us!

**Expression of Interest for girls to play at Carrum CC**  
**Girls competition played on a Tuesday evening,**  
**Modified rules, 8 players in a team**  
**Enquiries to Bec - Junior Coordinator 0439 374 373**



**JOIN YOUR NEAREST CLUB**

**Q Play Cricket**

**PROUDLY  
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**MathsOnline** is the perfect online maths program for families. It consists of over 1,400 video tutorials and 50,000 interactive questions developed by experienced maths teacher, Pat Murray. MathsOnline helps guide your children lesson by lesson allowing them to pause, rewind and repeat all or part of any video tutorial until they fully understand it.

Covering Kindergarten through to Year 12, MathsOnline is a comprehensive, current curriculum based tool ideal for all families.



**MathsOnline features:**

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- ✓ Interactive questions and worksheets to test understanding
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- ✓ Automatic marking and progress reports to highlight areas needing support

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