

# Carrum Newsletter

## Well done to everyone on your amazing efforts during Term 3.

It is hard to believe that another term is coming to an end. It has certainly been a very different year at Carrum Primary School but with your support we have been able to overcome many challenges and continue to provide high quality learning programs for the students. This term has been a great team effort by our students, parents and teachers and we know that the difficult circumstances of 2020 have helped us work together to strengthen our amazing learning community.



**On a very bright note, I have some very exciting news to share with the school community.** This term we have been through the process of appointing an Assistant Principal after the retirement of Mrs Mandy Carmichael at the end of Term 1. After completing a comprehensive

process, I am excited to announce that Mrs Cassie Kennedy has been appointed to the role. Mrs Kennedy has been doing a magnificent job this year as Acting Assistant Principal and has been a great support for all of our students and staff. I know that this is a great appointment for the



**CKR Live**  
**18 September**  
**at 3pm**  
[Listen Live](#)

**Last Day of**  
**Term 3**  
**18 September**  
**Finish at**  
**2.30pm**

[Click For](#)  
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school and I would like to congratulate Cassie on behalf of our school community.

**Over the past week or so I have received information from the Victorian Government in relation to the 'Road Map' to reducing COVID-19 restrictions.**

Our teachers were excited to hear that while we will continue to provide our Remote Learning Programs during the first week of Term 4, our Prep to Grade 2 students will return to onsite learning from the **12th October**. I know that our teachers are really looking forward welcoming the students back to school on this day.



**At this stage our Grade 3-6 students will have to continue to participate in their Remote Learning Program.** Are still yet to know the exact date the students will return to school and will await further health advice before confirm this with our school community. In the interim, our teachers will continue to support the students with engaging learning programs using Google Classroom to support their development. While we continue to provide Remote and Flexible Learning, it still remains that only students who are vulnerable or whose parents are permitted workers are able to attend on site. We ask that parents who must access this service continue to complete the **On-site Supervision Form weekly** and provide all the required documentation to the school ([carrum.ps@education.vic.gov.au](mailto:carrum.ps@education.vic.gov.au)) **by 4pm Thursday** afternoon to allow us to plan for the week ahead. Thank you for your support with this.



**This week our dedicated teachers have been using their planning time to prepare for Term 4.** They have been working hard to ensure that students are provided with a calm transition back to school with their friends. Over the coming weeks we will provide families with all the relevant information to assist students with the transition back to school via Compass. Please keep an eye out for this information and if you have any questions please contact

me or your child's classroom teacher at the school.

### **Thank you to all the families who have submitted their child's 2021 Prep enrolment forms.**

We are looking forward to welcoming all our new families to Carrum Primary School next term during our Parent Information Sessions and Prep Orientation Program. Today we have emailed parents to confirm their child's enrolment and to provide the relevant information in relation to these sessions. For those families that may have missed this information please find our Transition Program details in this newsletter. If you live within our enrolment zone and are yet to receive the confirmation email for your child please contact our office staff at the school. Further, we are still taking enrolments for 2021 and if you are yet to enrol your child please download the enrolment form on our website ([carrumps.vic.edu.au/enrolment](http://carrumps.vic.edu.au/enrolment)) and return the completed form to [carrum.ps@education.vic.gov.au](mailto:carrum.ps@education.vic.gov.au).

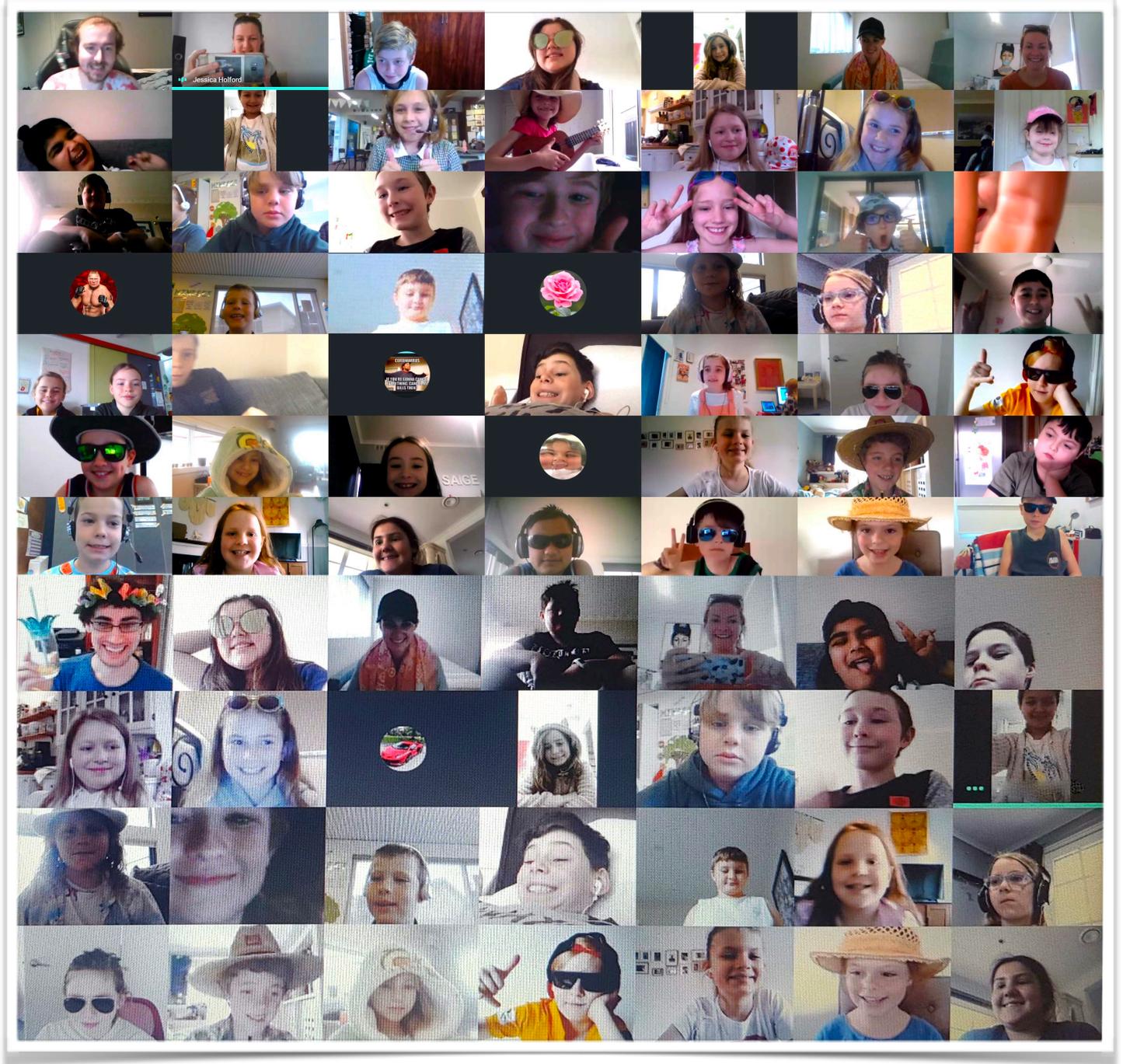


### **Finally, Term 3 ends this Friday 18th September at**

**2:30pm.** Please listen out for **CKR at 2pm** as the children present one last radio program for the term. **TheirCare will be running their program from 2:30pm** for those families who require the service. We hope you all have a restful school holiday and we look forward to seeing all the students on Monday 5th October for the start of Term 4.

*Best regards,  
Clem Langford  
Principal*





# CALENDAR

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## **CKR Live**

18 September at 2pm  
[radiocarrum.org/live](http://radiocarrum.org/live)

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## **Last Day of Term 3**

18 September  
Finish at 2.30pm

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## **First Day of Term 4**

5 October

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## **CKR Live**

9 October at 3pm  
[radiocarrum.org/live](http://radiocarrum.org/live)

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## **Return To Onsite Learning**

**Prep-2**  
12 October

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## **CKR Live**

16 October at 2.45pm  
[radiocarrum.org/live](http://radiocarrum.org/live)

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This Calendar is regularly updated. Please refer to our school website for up to date information - [Calendar](#)



## **CARRUM PRIMARY SCHOOL** **REVISED ORIENTATION INFORMATION FOR PARENTS** **OF 2021 PREP CHILDREN**

We are delighted to welcome all of our 2021 Prep parents to our school community. We are looking forward to meeting you in person and seeing you at our upcoming virtual information and orientation sessions. Please see our updated program below.

### **PARENT INFORMATION EVENING**

**Tuesday 6<sup>th</sup> October                      Welcome 2021 Prep Families                      7pm to 8pm**

*During this session our current Prep teachers will be sharing information about our school and the orientation program. There will be a chance for parents to ask any questions they may have.*

**Tuesday 20<sup>th</sup> October                      Prep Teachers & TheirCare                      7pm to 8pm**

*We are pleased to be able to offer before and after school care with the TheirCare program. They also offer a holiday program at local primary schools during the school holidays.*

**Tuesday 27<sup>th</sup> October                      Prep Teachers & PSW                      7pm to 8pm**

*This evening a representative from Primary School Wear will display our uniform and explain the purchase process.*

**Tuesday 10<sup>th</sup> November                      Prep Teachers & Karin Dudley                      7pm to 8pm**

*Karin Dudley, our Literacy Specialist, will be available with strategies and suggestions to support your child in learning to read.*

### **ORIENTATION PROGRAM**

This program consists of the following sessions. We would love to see your child attend **all** of these sessions.

**Thursday 12<sup>th</sup> November & Friday 13<sup>th</sup> November**

- *Tour with the Prep teachers- families will be able to book a tour with one of our prep teachers to visit the school (restrictions permitting). If this is not possible due to COVID-19 restrictions online meetings will be scheduled instead.*

**Thursday 19<sup>th</sup> November**

- *Orientation Session 1- (Restrictions Permitting)                      9:15am to 11:30am*

**Thursday 26<sup>th</sup> November**

- *Orientation Session 2- (Restrictions Permitting)                      9:15am to 11:30am*

**Thursday 3<sup>rd</sup> December**

- *Orientation Session 3- (Restrictions Permitting)                      9:15am to 11:30am*

**Tuesday 8<sup>th</sup> December**

- *Orientation Session 4- State Wide Transition Day                      9:15am to 11:30am*

**Please contact the office should you have any questions.**

Please note, if you are yet to enrol your child for 2021, Enrolment forms are available on our website [carrumps.vic.edu.au](http://carrumps.vic.edu.au). These can be completed and emailed to: [enrolment@carrumps.vic.edu.au](mailto:enrolment@carrumps.vic.edu.au)

The Department has expert guidance and resources on the [Mental Health Toolkit](#) to promote student mental health and wellbeing, provide early support and refer students to the right services.

### **Mental health and wellbeing advice**

Advice for teachers about how to support their students' mental health and wellbeing as they return to onsite learning:

- [Advice for teachers – supporting students' mental health and wellbeing](#)

Activities for teachers to help build and maintain students' wellbeing through emotional literacy, personal strengths, positive coping, problem solving, stress management and help seeking.

- [Wellbeing activities and conversation starters for teachers of primary school students](#)
- [Wellbeing activities and conversation starters for teachers of secondary school students](#)

### **Curriculum resources**

Curriculum resources for primary and secondary school teachers on:

- [Personal and Social Capability](#): teaching materials for primary/secondary school teachers to develop students' social, emotional and positive relationship skills
- [Physical Activity](#): teaching materials for primary/secondary school teachers on physical activity

### **Assessment**

- [Students at Risk Planning Tool](#) can assist schools to identify students who may be vulnerable and require support to maintain engagement and connection with education.
- [Youth Mental Health – Early Intervention Guide](#) is a practical guide to early intervention in youth mental health. It's designed for teachers, school staff and other staff who work with students in a school setting.

### **Accessing support for students**

Schools will continue to have access to a dedicated Regional Health and Wellbeing Key Contact for the 2020 school year. Schools are able to are able to access support for students through [Student Support Services](#).

Secondary school students can access to face-to-face and telephone [counselling services from headspace](#). Students access the service via a referral made by a central contact person within their school.

Schools are also able access support through external services including:

- [Lifeline](#)
- [Beyond Blue](#)
- [Kids helpline](#)

### **Mental health training**

headspace mental health training builds the capacity and capability of government school workforces to support students with mental health issues.

- [SAFEMinds](#): early intervention training focuses on understanding students' self-harm, anxiety and depression.
- [Suicide Risk Continuum Training](#): focuses on identification, support and responding to self-harm and suicidal behaviour in young people.

[Register for headspace SAFEMinds and Suicide Risk Continuum training](#)

### **Managing trauma**

The [Managing Trauma guide](#) supports principals, Student Support Services (SSS) and recovery teams to lead emotional and psychological recovery following a traumatic incident or event.

### **Suicide prevention and response**

Schools play a key role in promoting positive mental health, and for early intervention when students display signs of deteriorating mental health.

- [Guidance on responding to attempted suicide or suicide of a student](#)
- [headspace school support program](#)

### **Identifying and responding to child abuse**

School staff play a critical role in protecting children from abuse. For more information about identifying and responding to abuse, see:

- [Identifying and responding to all forms of abuse in Victorian Schools](#)
- [Protecting Children – reporting and other legal obligations](#)
- [Four Critical Actions for schools.](#)



### **Health and wellbeing advice for students**

This webpage provides students with links to current supports, DHHS health advice and a range of evidence informed and reputable organisations which provide mental health and wellbeing support including:

- Supporting their own mental health and wellbeing
- Getting help and helping someone else
- Staying healthy
- Staying safe online
- Support for Koorie students
- Support for VCE students
- Raising concerns at school
- Mindfulness activities

A series of videos feature students sharing their [experiences of remote learning](#), what students [hope for the future](#), and celebrated their previous [return to school](#).

### **Wellbeing with Melbourne Football Club**

The Department has partnered with Melbourne Football Club on a series of videos to help support student wellbeing. Featuring both AFL and AFLW players, the videos provide students with tips on resilience, managing stress and anxiety, gratitude and staying active.

### **Kick it with Victory**

Melbourne Victory Football Club's 'Kick it With Victory' online remote learning resources have been developed in collaboration with the Melbourne Victory Football Club Department of Education and Training and School Sport Victoria.

### **Accessing Support**

If things are getting too much, or you're worried about someone at home, talk to a trusted staff member or another trusted adult. If the staff member is worried about your safety, or the safety of someone else, they will have to talk to the principal. You can also access external help through:

- [eheadspace](#)
- [Kids helpline](#)
- [Lifeline](#)
- [Beyond Blue](#)
- [ReachOut – getting a mental health care plan](#)



### **Tips to support your child's health and wellbeing**

Advice, tips and resources available for parents and carers to support their child's mental and physical health and wellbeing. It covers a range of topics including:

- [Managing screen time and online safety](#)
- [Looking after your child's wellbeing](#)
- [Looking after your child's mental health](#)
- [Physical activity and healthy eating](#)
- [Taking care of yourself](#)
- [Wellbeing activities for parents of primary school students](#)
- [Wellbeing activities for parents of secondary students](#)

### **Raising Learners Podcast Series**



The Department has partnered with the Raising Children Network on a series of podcasts providing expert advice and information to parents and carers on a range of health and wellbeing topics.

Topics include how to connect with your child's school and community, how to best support your child's learning, what to expect for VCE and VCAL students and how to keep your child safe online.

### **Accessing Support**

If looking after yourself is challenging and you have concerns about how you are coping, support is available. Talk to someone you trust, contact your general practitioner (GP), a counsellor or psychologist or visit a hospital emergency department. You can also access external help through:

#### **Helpline**

- [Parentline](#)
- [Lifeline](#)
- [Beyond Blue](#)

#### **Information and resources**

- [Black Dog Institute](#)
- [Raising Children Network](#)

### **Talking to your child about coronavirus (COVID-19)**

Advice on having a safe and reassuring conversation about coronavirus (COVID-19), available in a range of community languages.

