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**HOURS OF SCHOOL
SUPERVISION FOR CHILDREN
8.45AM TO 3.45 PM
Before and Afterschool Care
is available**

18th August 2022

GREEN & GOLD

Calendar Dates to Remember

August 22nd Mon: Professional Practice Day
Pupil Free Day

August 23rd Tue: Book Week Activity Day
(No Dress-ups)

August 25th—26th: Father's Day Stall

Aug 29th—31st: Grade 3/4 Camp Malmsbury

Aug 31st Wed: Prep Excursion Botanic Gardens

Sept 1st Thu: Review Validation Day

Sept 5th Mon: Review Fieldwork Day

Sept 6th Tue: District Athletics

Sept 8th Thu: Review Final Day

Sept 14th **Whole School Concert**
Karralyka Matinee / Evening
Tickets on sale now

Sept 16th Fri: End of Term - Assembly 2:00pm
Finish 2:30

UNIFORM SHOP

OPEN

MONDAYS

8:30AM—9:15AM

Indigenous Celebration & Holiday Dates

Aug 4th: National Aboriginal & Torres

Strait Islander Children's Day

Aug 9th: International Day of Indigenous
Day

MESSAGE FROM THE PRINCIPAL

**PUPIL FREE DAY
MONDAY AUGUST 22**

WHOLE SCHOOL CONCERT KARRALYKA – 14 SEPTEMBER

Rehearsals are going really well. The students are thoroughly enjoying the classes and are singing and dancing up a storm. Our main characters are taking on the roles with gusto!

Tickets are on sale every morning and afternoon at the deck window.

Matinee 12.30 pm (tickets \$12)

Evening 6.00 pm (tickets \$20) Children under 5 free if they sit on your lap.

It will be a wonderful display of all of the students' hard work and talent. See you there.

MESSAGE FROM THE PRINCIPAL

LAST CALL FOR PREP ENROLEMENTS

Please make sure you have put in your enrolment form for prep next year. Schools are required to confirm places next week.

YEAR 5/6 CERES EXCURSION

The students and staff had a very informative excursion to CERES this week. Students saw the connection between energy production and climate change. They discovered how electricity is generated and the impacts it has on climate change and the important role renewable energy plays.

Through a variety of hands on activities the students:

Investigated, renewable energy, the burning of fossil fuels and working towards zero waste.

FOOD BANK COOKING CLASSES

It was a privilege to offer cooking classes after school to a small group of families over the last 4 weeks. Food bank (who also give us food for Breakfast club and recess snacks), developed the program.

Families cooked together easy, nutritious meals and have received a great recipe book at the end.

The feedback was wonderful and I have asked to be included if the program runs again.

STAFF PROFESSIONAL PRACTICE DAY

Monday August 22 will be a pupil free day to provide staff with their termly professional practice days.

These days are written into the award to give staff time to catch up on administrative duties and other tasks.

To support our staff in these increasingly demanding times we will start the day with Andrew Fuller.

It has been our privilege to work with Andrew over a couple of years in regards to how children learn and also looking after their mental health.

On Monday morning staff will learn about

- increasing energy,
- switching off at the end of the day in order to rest and sleep better
- using their kitchen and pantry to build the neurochemicals that underpin optimal functioning.
- mitochondria and mental wellbeing,
- reviewing life history and a search for ancestral echoes that may play an unconscious role in life,
- proactive planning.

They will then have the rest of the day to complete their identified tasks.

It is important that we all take care of ourselves when life becomes stressful.

I have attached one of his tip sheets on how to stress yourself out (or not!). I hope you find it useful.

Other terrific resources are located at <https://andrewfuller.com.au/>

MESSAGE FROM THE PRINCIPAL

INTERESTING FACTS

Light can travel around the earth at its equator seven and a half times in one second.

A day is the time it takes the Earth to spin round once. A year is the time it takes the earth to go around the sun.

The world's average school year is 200 days (exactly what Victoria has). In the US it is 180 days, in Sweden 170 days and in Japan it is 243 days.

*Kind Regards
Julie Gilbert*

Last week Eden from 5/6 performed a Rock concert for the class, he had them all rocking. Well done!



**MANY HAPPY RETURNS TO
STUDENTS HAVING
THEIR BIRTHDAY FROM**

6th August to 18th August

Glory, Lian Pi, Judy and Zoe



MESSAGE FROM THE PRINCIPAL

Parents Club

Parents club will need some volunteers to help run the Father's day stall in the morning on **Thurs 25th** and **Friday 26th of August**. If you can help then let the front office know or email croydonsparentsclub@gmail.com

If you would like to be involved in parents club, please join our group on Facebook <https://www.facebook.com/groups/croydonsparentsclub/>

Are you or your child an unpaid carer?

Carer Gateway is a national program that provides free support services to unpaid carers to help them manage their caring role and improve their wellbeing.

Any person who provides unpaid care to a family member, partner, friend or neighbor with a mental illness, disability, chronic health issue or age-related condition is a carer.

Carers can be providing full-time, part-time or even occasional help to others such as helping with grocery shopping, transport, washing, cooking etc.

Carers can be any age – where we have tailored support for young carers as well .

To access the program please head to the Carer Gateway website [Home](#) | [Carer Gateway](#) or contact the team on 1800 422 737.



An Australian Government Initiative

ADULT ENGLISH CLASSES

Every Tuesday
2.45pm – 3.30pm

Meet Mrs Savory (Jenny)
at the office!

Fresh Eggs For Sale

Due to popularity we are selling our eggs by the 1/2 Dozen \$3.00.



Please place your order at the office.



Breakfast Club



Tuesdays & Thursdays
8.30am to 8.50am
Come and enjoy a free breakfast.

There is cereal, toast, canned fruit and more.



How to stress yourself out

Getting stressed is pretty easy really. Most of us can manage it all by ourselves without any outside assistance. Just in case you need help in increasing your stress levels here are a few sure-fire tactics you can use.

Sleep less

Not getting enough zzzs will make you cranky and wired. You need at least eight hours of sleep to function well. At times of pressure you may even need more. Sleep resets our hormone levels and protects us against stress and depression.

Drink energy drinks

Just one of these drinks elevates your levels of adrenaline (a stress hormone) to five times the normal level for five hours after drinking. These drinks are often high in caffeine, aspartame and sugars all of which increase your stress levels. Add to that eating a lot of junk food that is full of carbohydrates and you'll have a brain that is not only stressed out, it will also feel sludgy and tired.

Be inactive

Sitting around doing nothing can be great but if you are already a bit stressed, it will help the worries to build and circle like vultures.

Isolate yourself

You're a big powerful person right? You don't need help from anyone else. Pretend that:

- no one else on earth has ever felt this way and they have no useful ideas that could help you in any way; and
- even if you did ask them they wouldn't care enough about you to help.

When you are really stressed you can't think straight so to rely on yourself alone to sort things out is one of the best ways to make sure your worries continue.

Thinking about the outcome not the process

Focusing and worrying about final exams, upcoming performances or future social situations will not only increase your stress it will fill you with dread as well.

Work Harder

The logic here is that if working harder got you into this state, it is going to take even more hard work to get you out of it. Especially crazy, but if it's feeling stressed that you want, this is a good way of getting it.

Escape into computer games

Playing computer games can be a good distraction. Play them for a long time and you will end up feeling wired and listless.

Talk about being busy

We can talk ourselves into being stressed. Telling everyone how busy and tired you are becomes a way of increasing your own sense of being wired and exhausted.

Facebook Fretting

Once you are feeling stressed go on Facebook and check other friends' Facebook profiles. Seeing all the fun stuff they've been doing while you've been worry should help you to feel much, much worse.

How to calm yourself down

We can get so used to feeling stressed that it can feel weird to wind down and relax. As soon as we start to chill out we get jumpy and feel worse. If this sounds familiar, it's a sure sign you do need to stress less but know it is going to take a bit of time and few practice runs before you'll notice any changes.

Don't think about the end result, focus on the steps you have to take today to get to that outcome

Lots of anxiety is thinking about how future events will turn out. Will I pass this test? Will they like me? Do I have enough friends? Try to tame your mind so that you stop thinking about questions you can't know the answer to. Instead practice narrowing your attention to what you can do right now.

Exercise

Being physically active lowers our stress levels. Exercise increases blood flow to the smart parts of our brains where problems can get solved. When we sit or lie still for too long the more primitive parts of our brain kicks in and our thoughts go around and around.

Movements where you move rhythmically are especially good for reducing stress. Dancing, surfing, drumming, roller-skating, table tennis, swimming, juggling, down ball, volleyball, boxing and gymnastics are all rhythmic movements.

Write it out

Get your worries out of your head. Write them down on a sheet of paper. Map them out using Inspiration or Kidspiration. Make a note or a voice memo on your phone.

Know that everyone has worries.

All human beings worry at times so don't feel strange or odd or different. Just learn that you can find yourself worrying at times, just like everyone else.

Talk to someone you trust

Now you know everyone gets stressed at times, tell someone you can rely on about feeling worried. Even if they don't have any suggestions for you, just telling someone makes a difference.

Breath deeply

When you feel stressed, take a moment to breathe deeply. Put your hand on your belly and take a big breath. Then slowly breathe out as you count to yourself, "one thousand, two thousand, three thousand". Slowing down your breathing resets your body.

Drink water

Drinking water lowers the level of cortisol (a stress hormone) in your body.

Stop mind juggling start doing

Lots of people when they get stressed freeze up and feel like they can't start anything. Start somewhere. Your first attempt doesn't have to be the perfect answer. Getting started builds momentum and confidence.

Use a mood shift playlist

Music is a powerful way of lessening stress. Make a playlist of your best feel good songs and play when you find the worries are creeping in.