

Preston West Post

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www.prestonwest.vic.edu.au

Preston West Primary School Newsletter

Thursday 9th May 2019

IMPORTANT DATES

May

Friday 10 th	Grade 1K, 1W & 1B Rippon Lea Excursion
Friday 10 th	Mother's Day Stall
Tuesday 14 th	School Council @ 5.30pm
Wednesday 15 th	Grade 2 Melbourne Zoo Excursion
Tuesday 21 st – Friday 24 th	Grade 6 Waratah Beach Camp

June

Wednesday 5 th – Friday 7 th	Grade 4 Lake Dewar Camp
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Term Dates

Term 2 Tuesday 23rd April – Friday 28th June

Term 3 Monday 15th July – Friday 20th September

Term 4 Monday 7th October – Friday 20th December

Principal's Note

Attitudes to Schooling Survey

Over the upcoming weeks our school is conducting a survey to find out what your child thinks of Preston West Primary School. The Attitudes to School survey is an annual survey that is undertaken by Grades 4 to 12 students offered by the Department of Education and Training. It is designed to assist schools in gaining an understanding of students' perceptions and experience of school. Our school will use the survey results to plan programs and activities to improve your child's experience at school. Over the next few weeks students in Grades 4-6 will participate in this year's survey. All responses to the survey are anonymous. The survey only takes 20-30 minutes to complete and occurs during your child's class time. Please speak to your child's teacher if you would like more information.

First Aid Officers

Special thanks to all the families who elected to make voluntary contributions to staff our first aid officers at Preston West Primary in 2019. Carol and Sandra are doing a wonderful job administering medications, treating on average 30 students per day and maintaining medical folders / records. The employment of our first aid officers has also greatly assisted our office staff in undertaking their key tasks as required by the Department of Education and Training. Thank you to those who have supported this initiative.

NAPLAN

National testing (NAPLAN) will be conducted with Year 3 and 5 students on Tuesday 14th to Thursday 16th May. Please note this year all NAPLAN assessments will be online, with the exception of the Grade 3 Writing test. The students will undertake four assessments in language conventions, writing, reading and numeracy. Students will undertake practice assessments to prepare them for the National testing. If parents have any questions regarding NAPLAN can they please speak to myself, Mark or your child's class teacher. Results will be available to parents next term.

Mother's Day Stall

The Mother's Day Stall will be open again tomorrow morning for students to purchase special gifts. Gifts range between \$2 and \$7. Special thanks to the parents who have coordinated the gifts, participated in gift making evenings and for those who have volunteered to sell items at the stall. I hope all mothers/carers enjoy a relaxing Mother's Day and are spoilt throughout the day on Sunday.

Year 7 Enrolment Applications

In the first week of this term our Grade 6 students received their applications for Year 7 enrolment forms as per Department of Education and Training guidelines. The form must be returned to us by Friday 17th May.

District Cross Country

Yesterday morning, 51 students from Preston West Primary competed in the District Cross Country event. All the students gave it everything they had, doing themselves and their school proud. It's a challenging course with the 10 year olds running 2km and the 11-13 year old age group completing 3km. Special thanks to Ainslee Watkins for the early morning training sessions she conducted to prepare our students for the gruelling event. The following students ran a great race and have qualified for the Division Cross country at Bundoora Park on Wednesday 5th June – Luca Mascioli, Luca Georgiadis, Erica Halge, Lara Sibley, Madison Marino, Noah Robotis, Max Sibley, James Ryan, Niesha Beardsley, Dash Maxwell, Kosta Triantafyllopoulos, Claire Lewis and Lily Sibillin. Special congratulations to Dash for winning his cross country event and to Lily and Luca G who placed second.

Election Day BBQ

Special thanks to the parents/carers who have volunteered to assist at the Election Day BBQ on Saturday 18th May. Please see Parents Club section of this newsletter to offer your assistance on the day.

School Council

Just a reminder to parent representatives, the next meeting of the Preston West School Council will take place on Tuesday 14th May at 5.30pm.

Student Safety / Parking - Before and After School

A priority at Preston West Primary is student safety. I acknowledge that the streets around our school and Preston can become very congested around drop off and pick up times. However, can I please remind parents of the following:

- Please ensure children correctly utilise the school crossings and do not cross between cars.
- Please ensure you do not block our neighbours drive ways and take note of the parking signs – Kiss and Go zone, disable parking bay, bus zone etc.
- Please don't use the crossing or schools front gates to drop child off.

The traffic police regularly patrol the schooling zones in Preston. Thank you for your anticipated cooperation to promote the safety of our students and pedestrians.

Cheryl Bondeson

GENERAL OFFICE INFORMATION

SCHOOL FEES: School Fees were due Friday 22nd February, 2019.

CAMPS, SPORTS and EXCURSIONS FUND (CSEF)

The Camps, Sports and Excursions Fund help ensure that no student misses out on the opportunity to join their classmates for important, educational and fun activities. It is part of making Victoria the Education State and the Government's commitment to breaking the link between a student's background and their achievements.

CSEF will be provided to eligible families to cover the costs of school trips, camps and sporting activities.

The annual CSEF amount per student is:

- \$125 for primary school students

How to Apply: Contact the school office to collect a CSEF application form or download from the CSEF website

All applicants must complete and lodge their submission by 21st June 2019.

Screen time for your child – 7 tips

There is a lot of conflicting advice and emerging research around screen time. But, the right amount of screen time can depend on a range of factors like your child's age and maturity, the kind of content they are consuming, their learning needs and your family routine. It can be easy to focus only on the clock and how long your child is spending in front of the screen, but the quality and nature of what they are doing online, and your involvement are just as important.

Consider your child's screen use in the context of their overall health and wellbeing – for example, is online time getting in the way of their sleep and exercise? Is it impacting on their face-to-face connections with family and friends? The answers to these questions will guide you and help strike the right balance of online and offline activities for your child.



1. Be involved

Sharing screen time and online activities like gaming with your child helps you gauge the appropriateness of what they are doing and manage potential risks. It's also a great way to start conversations with your child about their online experiences.

2. Work with your child to set boundaries for screen use

If you decide that setting screen time limits is right for you and your child, discuss these new rules with your child. Older children are more likely to cooperate if they have been part of the decision-making process. Colourful pictures or charts of daily limits and other important activities is a fun way to get younger children on board.

3. Be clear about the consequences of not switching off

Part of our role as parents is to set clear limitations and boundaries. The same applies to technology limitations so, being clear and consistent about the consequences for your child if they do not stick to these rules is paramount. The [Raising Children Network](#) provides some useful tools and advice.

4. Set device-free zones and times at home

Device-free zones can help you manage your family's digital use. Here are some ideas for setting digital boundaries within your home:

- no devices in the bedroom for younger children
- all screens off in bedrooms after a certain time for older children
- all screens off at least one hour before planned bedtime
- all family members switch off at dinner time
- charge devices overnight in a place your child cannot access

5. Ask your child to explain their screen use

Get your child in the habit of explaining why they want to be in front of a screen or online. It's a great way to get them thinking about their own digital habits and balancing screen time with other activities.

6. Use tech tools to help manage access

There are robust products and device functions which allow you to see which apps are being used in your home and for how long. But try not to use these tools to secretly monitor your child. Instead, be open about the process and check the whole family's usage, including your own. Start with [Google Family Link](#) for Android devices or [parental controls](#) and [Screen Time](#) for iPhone/iPad.

7. Lead by example

Your behaviour is one of the most effective ways to help your child develop a positive digital mindset. Show your child you can put down your device too.



FRESH FRUIT FRIDAY

Fresh Fruit volunteers for Friday 10th May are: **George Markoski, Annie Zanella, Nirmal Kaur, Menaka Kumari and Taria Siourthas.**



SICK BAY BEDDING

Our volunteer for Friday 10th May is **Taria Siourthas.**

#democracy sausage - More volunteers are needed for the election day BBQ

We need a few more volunteers for our #democracysausage sizzle on Saturday May 18th between 10-12 and 12-2. Please help if you can spare a couple of hours between kids' activities.

Parents are also welcome to contribute to a baked good stall.

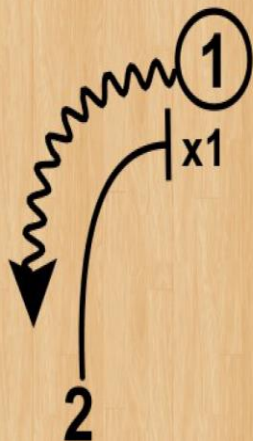
Please email Bo on bo.li3072@gmail.com if you can volunteer for the sausage sizzle or contribute to the baked goods stall.

Community News

Winter Basketball

Preston Piranhas have limited spaces remaining in the following age groups U10, U12, U14

Season : 27 April-21 September
Cost: \$190 + Uniform
Contact: membership@prestonpiranhas.com.au
Training : at Preston West Primary Gym



PRESTON WEST PRIMARY SCHOOL

Your uniform is available at the **PSW STORE IN CAMPBELLFIELD**



Unit 2, 283 Rex Road, Campbellfield VIC. 3061
Phone: (03) 9768 0337

REGULAR TRADING HOURS**

Tue to Fri: 9:00am - 5:00pm
Sat: 10:00am - 1:00pm

EXTENDED TRADING HOURS**

WED 7 NOV 2018 TO SAT 9 MAR 2019

Mon to Fri: 9:00am - 5:00pm
Sat: 9:00am - 1:00pm

www.psw.com.au Save Time, Shop Online!



** No new lay-bys in January. Lay-bys require a 20% deposit. Lay-bys available in-store only. Extended lay-by for 'Back to School 2019' must be placed between Mon 5th Nov and Fri 21st Dec 2018. Lay-bys must be paid for and picked-up by Fri 25 Jan 2019.
*** Store trading hours are subject to change, please refer to www.psw.com.au for all store trading hours, holiday trading and public holiday information, or call the customer service team on (03) 9768 0333.

* School Price Lists are subject to change throughout the year.



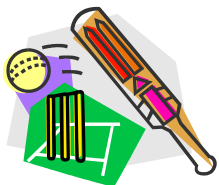
STUDENT OF THE WEEK – Week ending 5/4/2019

Congratulations to the following students, who were presented with their awards.

GRADE	"LEARN"	BOUNCE BACK
Prep D	Louisa Kuiper	Mansi Agarwal
Prep L	Jonah Magalotti	Milly Mavis Bosworth
Prep H	Louie Agius	Krish Jhala
Prep V	William Lin	Lara Barca
Prep C	Maya Umina	Nicole Lin
1W	Danica Stojanoski	Aadya Sood
1K	Wayne Wang	Brian Thai
1B	Joey Feng	Isaac Stent
1N	Leonard Manojlovski	Yash Patel
2P	Emma Serratore	Levi Boyle
2B	Amelia Chen	Yusuf Moosa
2M	Youssef Shaalan	Samantha Dennis
2J	Emaan Ather	Polly Ho
2A	Zack Fahour	Freddy Margetic
3F	Ruben Harwood	Erica Semple
3M	Luka Cindric	Samuel Pingitore
3B	Hue Dwyer	Marcus Wang
3I	Jacques Ryan	Tina Lin
4H	Angelina Zervoudakis	Ahmed Saghar
4M	Eno Zhang	Ruby James
4E	Nikita Coseski	Andy Ye
4K	Cooper Stanley	Xanthe Stothers
5V	Baxter Morris	Lennox Parker
5J	Annalise Pingitore	Xavier Marino
5W	Holly Grbac	Abdullahi Atosh
6T	Tiger-Jane Cleary	Alex Kolivas
6R	Zoe Tzouroutis	Claudia Patsalas
6N	Zac Speechley	Giacomo Bell
6O	Stephanie Francis	Aritra Guhu
MUSIC	Lara Sibley	3M
ART	Meerah Sehgal	5V
PE	Akshaya Matcha	1W
ITALIAN	Lennox Parker	5V



INTERSCHOOL SPORTS



Interschool Sports results from Friday 3rd May, 2019

SPORT	PWPS	Preston A
Netball A	5	15
Netball B	8	14
Soccer Girls	2	0
Soccer Boys	0	15
AFL	76	12

Interschool Sports this week will be played at HOME against Preston N.E. on Friday 10th May – Football at Park, Soccer (boys) to be played at B.T. Connor Reserve, Netball and Soccer (girls) at Preston West. Good Luck.