

### Principal's message.....

Dear Parents and friends,

I have been so wonderfully impressed with the way our students have continued to work so well at school. Students have been undertaking assessment in maths, writing, reading and spelling. Some of these assessments have been challenging and have taken a great deal of persistence and resilience on behalf of students to work through the tests to get them done. Well done everyone!



### Principal Awards:

This week we have Principal Awards for each class with a specific focus on the value of 'Being Your Best'. When you are demonstrating your absolute best you show others that what you are doing matters. At school we are being our best when we attempt learning tasks to the best of our ability, demonstrate and monitor our own learning and attentively listen to and follow instructions. Students who are nominated by their classroom teacher for a Principal Award will receive their certificates on Friday. Unfortunately, there will be no assembly to acknowledge these beautiful kids BUT we will announce them over the PA and take a photo of them for the newsletter.



### Footy is back.....

Well after almost 3 months ..... footy is back on our screens and I must say we are certainly thankful in my household! Who would have thought that there would ever have been 11 weeks between Round 1 and Round 2 of AFL football? I must say that to watch Collingwood take to the MCG against Richmond was a glorious sight. What wasn't so glorious was the score line! Why is it that we never feel satisfied with a draw?! For those of you who are into footy I hope that winter feels a little more bearable for you now.

### Incursion:

The Wellbeing Team have organised a special incursion for all classes this Friday as a way of having some fun and enjoying a calm and fun space. Children will attend the animal farm incursion in their neighbourhood groupings and will continue with all hygiene practices. There is no cost to this incursion for families.

### Staggered times:

The staggered times in place at schools are due to the advice from the Department of Education & Training to minimise the numbers of **adults** congregating around the perimeter or onsite at schools. I therefore ask that parents ensure that when you drop off or pick up your child/ren that you adhere to our requests to not remain socialising in groups along the perimeter of the school. We need you to move along promptly. Please remember parents and carers are not permitted to park in the school car-park at any time. We have staff coming in and out at various times and it is becoming a safety concern. Thank you for your cooperation with this request.



### Thank you .....

I wish to thank Banjo, AJ and Amir for their artwork and creative gifts that they presented to me last week. Lots of wonderful activities have been happening in classes and it is a joy to see some of the creations being made. Thanks boys!

### Congratulations

We have some fabulous students who are reaching their 50 Kangas on their personal charts.

Well done to the following students;

William D (Rm 5), Heidi T (Rm 5) Bryson C (Rm 7), Riley J (Rm 7), Albert H (Rm 7), Mia Q (Rm 7), Ava N (Rm 9), Roary P (Rm 9) Izayah D (Rm 9) Marlee D (Rm 9) Ethan Mc (Rm 13), Maeson M (Rm 14), Maree H (Rm 14)

Amazing effort and I look forward to seeing what you might choose as your reward. Let's now work towards 100 Kangas!!

**Canteen:** Our school canteen is open for lunches on Wednesday, Thursday and Friday. We have reduced our canteen menu until the end of Term 2. Rayelene is offering \$5 meal deals only – a choice of 3 options each day. You need to send the correct money in an envelope as we unfortunately cannot provide change.

**Principal's message continued.....**

**Reports:**

Semester one student reports will be made available for families on Friday 17<sup>th</sup> July. Due to COVID-19 restrictions the decision has been made to not hold parent-teacher interviews onsite but rather ask that families request a phone interview or an online WebEx meeting with teachers on Thursday 23<sup>rd</sup> July. School Council last week approved Thursday 23<sup>rd</sup> July as a pupil free day for parent-teacher conversations. We will inform you closer to the date as to how to request a conversation with your child's teachers.

**Absences:** If your child is absent, please phone the school on 54475100 and follow the prompts.

Kind Regards,

Kim Saddler  
Principal

Thought of the week



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## Mindfulness at Kfps

Students across the school are practising mindfulness after each recess break. With regular participation in mindfulness lessons and calming techniques it would be anticipated that the students would learn to recognise and manage their emotions and therefore adopt more social classroom behaviours and self-regulation.

What is mindfulness? **Mindfulness** means paying full attention to something. It means slowing down to really notice what you're doing. Being **mindful** is the opposite of rushing or multitasking. When you're **mindful**, you're taking your time. You're focusing in a relaxed, easy way.



Our grade ½ students are **Tapping in the Classroom**. Tapping is a tool used to address everyday stressors and helps students to calm down and think more clearly about a problem and help them focus on learning. It has been shown that mindfulness helps students;

- Increase motivation, optimism and creative thinking,
- Strengthen resilience & decision making,
- Develop positive social skills such as empathy, compassion, patience & generosity, Bolster enthusiasm for learning,



- Improve self-regulation and self-control skills,
- Reduce peer conflict.



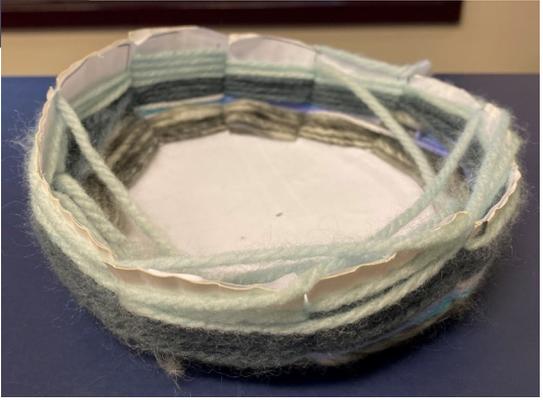
### Resilience, Rights and Respectful Relationships

It is important to help students learning a range of problem solving skills so they are able to cope with the challenges they will face in the future. Problem Solving is a key skill for health. Students across the school are developing their self and social awareness and management in Problem Solving through our RRRR program each week.





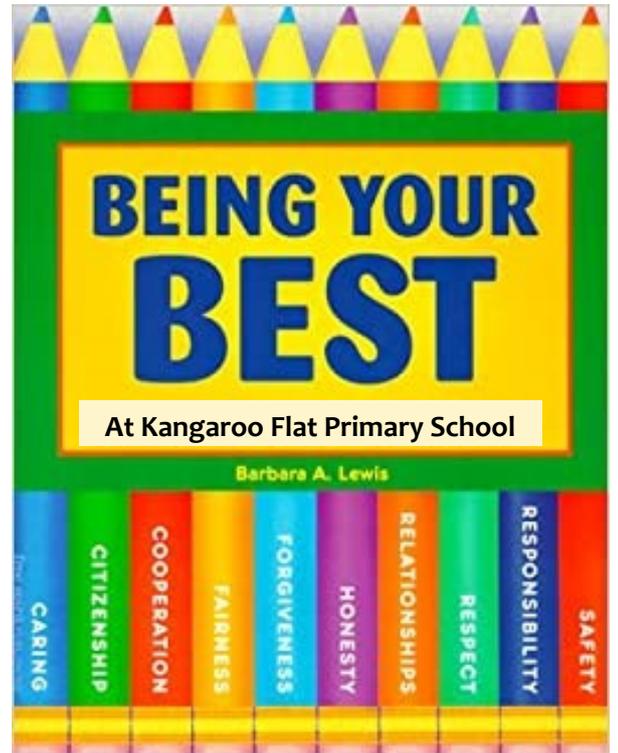
Some of our  
STAR  
Students.





**Principal Awards**  
Congratulations to all of the students  
who will receive a  
Principal Award this week.  
**'For Being Your Best'**

ROOM NO.	Student
18	Shakirra M
19	Riley P
3	Lachlan P & Dylan M
4	Mitchell P
12	Shelby M
13	Ethan Mc
14	Maeson M
5	Briella H
6	Cooper G
7	Jesse L
8	Isabella B
9	Hunter B-D



## GUESS WHOSE LEGS?

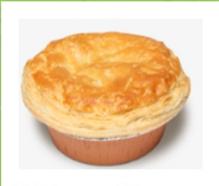


# Canteen News

**\$5.00  
Meal Deals  
Choose Only  
1 from each  
section**

Our Canteen will be opening again from Wednesday 10th June. There will be a few changes. We will be offering \$5.00 Meal Deals Only. No over the counter sales, No change will be given and No late orders accepted. This will be the only menu available until the end of term 2.

**Choose  
1  
from  
this  
box**

Meat Pie with Sauce 	Hotdog with Sauce 	Chicken Nuggets 
--	--	--

**And  
1  
from  
this  
box**

Banana 	Pop Corn 	Sultanas 
--	--	--

**And  
1  
from  
this  
box**

Juice Box 	Warm Milo 	Bottle Water 
--	--	---

Name: \_\_\_\_\_ Room: \_\_\_\_\_

Circle your choice. Remember one item from each list.

I'd like-

- |                     |                   |                 |
|---------------------|-------------------|-----------------|
| Meat Pie with Sauce | Hotdog with Sauce | Chicken Nuggets |
|                     | And               |                 |
| Banana              | Pop Corn          | Sultanas        |
|                     | And               |                 |
| Juice Box           | Warm Milo         | Bottle          |
| Water               |                   |                 |

Wednesday

Thursday

Friday

**CORRECT MONEY  
ONLY**

I have enclosed \$ \_\_\_\_\_ in my envelope.

Please ensure correct money as No change will be given. No late orders will be

# Let's Cook Bread & Butter Pudding @ Home

By Rayelene

## **Ingredients:**

- 6 slices old bread
- butter (enough to butter bread slices)
- 5 eggs
- 1 litre milk
- 1/4 cup sugar
- Squeeze and zest of 1 orange
- 1 teaspoon vanilla essence
- sprinkle of nutmeg
- 1/3 cup sultanas
- Sprinkle of raw sugar



## **Method:**

Preheat oven to 160 degrees C.

Lightly grease a large baking dish.

Cut the crusts off each slice of bread and then cut into triangles.

Lay the triangles in an oven proof dish.

(you can be decorative but make sure the whole base is evenly covered).

In a large mixing bowl beat 5 eggs on a medium speed and add milk gradually.

Add vanilla essence, orange juice, zest and sugar until thoroughly combined, add sultana's.

Pour the mixture over the bread.

Sprinkle nutmeg and raw sugar on top.

Place in the oven and cook for 60 - 90 minutes).

Let stand for 10 minutes before serving with vanilla ice-cream.



## CONTACTS

@  
kfps

**Principal:**  
Kim Saddlier

**Assistant Principal:**  
Faye Martin

**Business Manager:**  
Maree Wayman

**Administration:** Ange Jobe

**Music:** Jessica Dellow

**Art Studies:** Sue Gloury

**First Aid Officer:**  
Tania Riddick

**Library Hub:** Julie Holt

**Neighbourhood Leaders:**  
Gumnut– Melissa Cusack /Brooke Cole

Grevillea– Kate Novak  
Ironbark– Felicity Creighton  
Whirrakee– Carryn Hendy

**Wellbeing Officer:**  
Wendy Donaldson

**School Chaplain:** Rose Amy

**Sports Program:**  
Travis Colley

**Canteen Manager:**  
Rayelene Burns

**School Council:** (School Council meetings held every second Tuesday of the Month)

**School Council Members:**  
Kim Saddlier (Executive Officer)

Faye Martin  
Corey Gilmore  
Sally Coburn  
Jess Dellow

Leticia Laurien (President)

Brad Gould  
Amanda Hooley  
Lauren Marron  
Kristen Miller  
Verna Greenhalgh

David Hunter  
Victoria Curnow

**Parent Club :**

Vice President: Amanda Hooley  
Secretary: Lauren Marron  
Treasurer Sharyn Holmes  
Parent Club meeting on the First Monday of the Month at 2.30pm in the Parent Clubroom near the Canteen.

**After School Care: YMCA**  
Bendigo Central Booking:  
5444 6666

**Breakfast Club**  
Tuesday, Wednesday and Thursday mornings commencing at 8.15am– 8.35am

**Help Lines:**

Nurse-On-Call (1300 60 60 24)  
Lifeline (Ph 13 11 14)  
Parentline (ph 13 22 89)  
Kids Helpline (Ph 1800 55 1800)  
Beyond Blue (Ph 1300 22 4636)

**FINAL REQUEST**

## Phillip Island Camp

At the moment camp will be going ahead and booking have been made. All deposits and the expression of interest forms are required immediately. Deposit of \$100.00 is payable via EFT or Bpay. Alternatively contact the office as soon as possible on Ph: 5447 5100.



### Quick Links



### Recent News



**PREP ENROLMENTS 2020**  
"School Transition Program"  
Pre-schoolers are invited to attend four sessions in our Foundation classrooms. A parent information session and morning tea will be held during the last of these sessions.



**Foundation (Prep) Students**  
Click through to see A Day in the Life of a KFPS Foundation Student.

Event Calendar



Subscribe To Email



Sun Smart



**SUBSCRIBE  
HERE**

## UP COMING EVENTS:

Friday 26th June, Last Day of Term 2—School Holidays  
Monday 13th July, Return to school for all students



**Year 6 – 7 transition information**

Log on to <http://www.crusoecollege.vic.edu.au/>

Wednesday May 13 from 7:00pm

Click on **Enrolment** then click on **Year 7 2021**

**60-80 Olympic Parade, Kangaroo Flat 3555**  
**Phone: 5447 5100 (Absence Message Service: 5447 5100 Press 1)**  
[www.kangarooflatps.vic.edu.au](http://www.kangarooflatps.vic.edu.au)



## Could \$500 help you with school costs?

Join Saver Plus and we'll match your savings, dollar for dollar, up to \$500 for school costs.

- laptops & tablets
- lessons & activities
- uniforms & shoes
- books & supplies
- sports fees & gear
- camps & excursions

To join Saver Plus, you must be at least 18 years or over, have a child at school or starting next year, or attend vocational education yourself, have regular income from paid employment (you or your partner), have a current Health Care or Pensioner Concession Card and be in receipt of an eligible Commonwealth social security benefit, allowance or payment\*

**Contact**  
your local Saver Plus Coordinator  
**Phone**  
1300 610 355  
**Email**  
saverplus@bsl.org.au  
**Online**  
saverplus.org.au  
Find us on Facebook



\* many Centrelink payments are eligible, please contact your local Coordinator for more information. Saver Plus is an initiative of the Brotherhood of St Laurence and ANZ, delivered in partnership with Berry Street, The Benevolent Society and The Smith Family and other local community agencies. The program is funded by ANZ and the Australian Government Department of Social Services. Go to [www.dss.gov.au](http://www.dss.gov.au) for more information.



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Join Saver Plus and we'll match your savings, dollar for dollar, up to \$500 for school costs.

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This week (15<sup>th</sup> – 21<sup>st</sup> June) is Men's Health Week. Below is a link to the Men's Health Week website which contains some relevant info. It has a video featuring Gus Worland who did the 'Man-Up' series and started 'Gotcha4life' and some others speakers.

<https://www.menshealthweek.org.au/#:~:text=Men's%20Health%20Week%202020%20%2D%20June%2015%20%2D%2021,health%20of%20men%20and%20boys.>

Hello everyone,

I have been asked by Christians Bus Company to inform schools that students cannot top up MyKi passes on the buses. Top ups can be made online or at the Bendigo Station.

Additionally, with COVID-19 drivers are not taking cash on the buses.

Would you please communicate this out to your school community?

Regards,

**Josie Caruso**  
**Bendigo SBP Administrator**  
**On behalf of Glen Donald, Principal**  
**Coordinating School,**  
**Bendigo South East College**



## Winter Warmers For Sale

Hand knitted Scarves, Beanies and Fingerless Mittens.

2 items for \$5.00

Correct money in a named envelope please.

No change will be given.

**2 for \$5.00**

## THINGS YOU CAN DO DURING MEN'S HEALTH WEEK

15-21 JUNE

### SHARE

a positive message about men in your life on your social media and tag #Men'shealthweek



### HOST

an online event (e.g. virtual coffee meet)



### GET IN TOUCH

with your 3 best mates to avoid social isolation

### ASK FOR HELP!

If you need help, check out these resources:

- [headtohealth.gov.au/supporting-yourself/support-for/men](http://headtohealth.gov.au/supporting-yourself/support-for/men)
- MensLine Australia (online counselling and forum for men) **1300 78 99 78**
- Dads In Distress (peer support for separated dads) **1300 853 437**
- SANE Australia (people living with a mental illness) **1800 187 263** or chat online at [sane.org](http://sane.org)



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

