



VIRGINIA PRIMARY SCHOOL NEWSLETTER

Learning Together, Learning for our Future

CARING, RESPECT, FAIRNESS, ACHIEVEMENT, DIVERSITY

Issue 15, 2018

27th September

DATES TO REMEMBER

Week 10

Fri 28th September

Last Day of Term

EARLY DISMISSAL

2:15PM

Term 4

Week 1

Monday 15th October

First day back for Term 4

Footsteps for Year 6/7 Students

Week 2

Monday 22nd October

Footsteps for Year 6/7 Students

Friday 26th October

Day for Daniel

Assembly

Week 3

Monday 29th October

Footsteps for Year 6/7 Students

Wednesday 31st October

Governing Council Meeting

ADVANCED NOTICE

Swimming will take place in Week 4 of Term 4 for Rec- Year 5 students

Principal: Ilia Tsoutouras

Deputy Principal: Voula Pounendis

Gov. Council Chairperson: Colleen Sheedy

Park Road, Virginia SA 5120

Phone: (08) 83809292

Fax: (08) 83809576

Email

dl.0455.info@schools.sa.edu.au

Visit our web site

www.virginiaps.sa.edu.au

Download our school app



Dear Parents/ Caregivers - This is the last newsletter of Term 3. There has and will continue to be 'a fair bit happening around Virginia' as we move into the last term of 2018. We would again like to thank you all for your continued support in making our School the best it can be for our children. From all the team at Virginia, we wish you and your families a safe and happy term 3 school holidays.

Staffing

There will be some changes for the beginning of Term 4 as some staff will be taking extended leave;

Ms Laura Alchin will be on leave all of Week 1 and will be replaced by Michelle Warner. Ms Rachele De Fazio will be away in Weeks 1 and 2 as she celebrates her wedding and Pauline will be taking her class. On behalf of all of our school, I am sure you will join me in wishing Rachele and Thanasi all the best for their special day. I will also be taking week 1 as LSL. My wife Cathy has been working in London for the past 5 weeks so I will be meeting up with her, we plan to visit Italy. Voula will backfill me and will be supported by staff stepping up into her role throughout the week

Grow Wellbeing



Hi all Virginia Primary family and friends,

My name is Christine Kaye and I am new to the school community and am looking forward to getting to know you all. I would like to share a little about myself and my background.

I am a psychologist and am employed by a company called Grow Wellbeing (**please read attached information in this newsletter**). I am based here at Virginia PS every Tuesday. I work with children of all ages and with different needs.

Some areas that I support students in are; social skills, emotion regulation, anger management, anxiety, grief and separation, general wellbeing, behavioural issues and many more. When working with students, I would like to work collaboratively with parent/guardian and teaching staff to help achieve the best outcome for each child.

I have recently moved back to Adelaide with my 1 year old daughter after living in the gorgeous sunshine in Brisbane for the last 6 years. I completed my bachelor and honors degrees in Psychology at The University of South Australia and then completed my Masters in Clinical Psychology at The University of Queensland. I have worked as a youth worker, a counsellor for Kids Helpline, a consultant for schools after a critical incident has occurred and in private practice as a psychologist for adults, teens and children.

Please feel free to come and have a chat with me or send me an email (christinek@growwellbeing.com) whether it's to just get to know me or to discuss whether your child might benefit from coming to see me. I love my job because I get to interact with so many different people of all ages and help them to achieve the goals they are working towards.



Grow Wellbeing

As you would have seen on our first page and in an attachment at the rear of this newsletter, our school is involved in a trial period partnership with Grow Wellbeing, an early intervention Mental Wellbeing service committed to supporting School children in the development of positive Mental Health and academic skills. As a school we have recognised the need for parents to be able to access such services and have worked with Grow Wellbeing to be able to offer them here. If you want to know more or feel that your child would benefit from the service, please don't hesitate to organise a time to speak to our Deputy Principal, Voula Pounendis or one of the Grow Wellbeing team. There is a process as a school we need to follow prior to any support being provided.

Swimming

Swimming will take place in Week 4 of next term. We have finalised organisation for swimming, notes will be sent home on the first day of school to give families time to get the forms back. We have absorbed any extra costs as a school so we can maintain last years prices for families. Junior Primary (R-2) will be \$30, Middle Primary (3-5) will be \$32. Swimming is a required part of the curriculum. If you have any questions in regards to swimming, please don't hesitate to ask your child's teacher or the front office.

2019 Enrolments

We are beginning to look at numbers of children for 2019 so that we can begin looking at our class structures. **As we are zoned and there has been a significant increase in parents wishing to enrol their children here, it would help our planning if you know of any changes for next year (if you are moving etc.) could you let the front office know as soon as you can.**

Also, if you know of any families considering enrolling at Virginia for next year, could you please let them know to contact us as soon as possible.

Thank you for your help.

Lego Club

In Term 3, Danielle, one of our first social work students returned to VPS as a volunteer to continue working with students on the Lego Club. The program is designed to build confidence and teach the children social skills using an everyday toy and building a bond over the shared interest. The focus has continued to build social skills with each child involved working as a valued member of the team. With some practice the children worked together to build their own Lego Village and learned the art of Lego Locomotives. Some of the younger students took on the role of facilitating the sessions and

sharing their skills with their peers and teaching them how to build and operate the train and track.



Notice of Materials and Services Charges 2018

We seek to notify our school community that fees for 2018 are set at the prescribed sum of \$235 approved by Governing Council.

This amount is in line with the School Card payment. Please see below a copy of the DECD approved Watermark for 2018 Materials Services Charge of \$241 for Virginia Primary.

The schedule of fees is an indication of the breakdown of funds received by the school and how these fit into the schools budget (a full page copy has been included on the next page). Parents can provide feedback regarding the fee structure to Governing Council members or attend the next meeting on Wednesday the 31/10/2018.



Virginia Primary School - 0455		
Notice of Materials and Services Charges for 2019		
Notice of Charges for Reception To Year 7		
HEADING	ITEMS AND SERVICES	COST (\$)
Printed and electronic materials related to the educational program and which are provided for the student	Workbooks	\$50.00
	Text Book Hire / E-Book Access	\$0.00
	Photocopied Material	\$0.00
	SUBTOTAL (ZPREM)	\$50.00
Stationery items that are provided for the student	Stationery Items	\$37.00
	Other [please Specify]	\$0.00
	Other [please Specify]	\$0.00
	SUBTOTAL (ZSTAT)	\$37.00
Materials and Services that are provided by the school for the student to consume or use the materials or take ownership of a finished article produced by the student with the materials	Access to Student Information Technology	\$98.00
	Access to Machinery	\$0.00
	Access to Equipment	\$0.00
	Curriculum/Subject Supplies and Services	\$0.00
	Other [please Specify]	\$0.00
	Other [please Specify]	\$0.00
	SUBTOTAL (ZACMS)	\$98.00
Materials for inclusion in the school library and to enable use by the student	Library resources including access to borrowing library resources	\$56.00
	SUBTOTAL (ZACLI)	\$56.00
Total Materials and Services Charge (excluding Subject Charges)		\$241.00

These subject charges are in addition to the Materials and Services Charge above for those students undertaking the following subjects:

Subject Description	Cost (\$)
	\$0.00
	\$0.00
	\$0.00
	\$0.00
	\$0.00



GROW WELLBEING SERVICES

Parent Information

Grow Wellbeing is an early intervention Mental Wellbeing service committed to supporting School children in the development of positive Mental Health and academic skills.

Children can have many positive qualities and strengths but at times may benefit from extra support in Mental Health to help them maximise their academic performance and home functioning.

At **Grow Wellbeing** we work with schools to provide Child Psychologists, Social Workers and Occupational Therapists who have expertise and experience working with children. We work closely with school personnel, and the parent/guardians to provide a quality targeted support for children who receive our in-school support.

What are the benefits of In-Schools Mental Wellbeing services?

Having mental health experts work within the school setting enables a variety of fantastic benefits including the development of skills, cognitive, emotional and social skills; helping the child to improve their ability to manage in-school and at home. It enables the professional to see the issues affecting the student first hand, and increases the chances of maintaining positive skills learnt through our input.

“Children learn skills every day that help them succeed in life. At school, they learn many skills such as numeracy, literacy, artistic, physical and social skills. Some children learn at a fast rate and some at a slow rate. When a student falls behind, schools provide intensive teaching to remediate slow learning rates in literacy and numeracy. Children also learn social, cognitive and emotional skills. If children are not developing these vital skills, Grow Wellbeing staff can help them with intensive skill development activities.”

Seeking help from Grow Wellbeing in these situations can be of great benefit to parents and their child.

Areas our Mental Health Professionals provide support In-School

Social skills development; help to deal with conflict, make friends and improve the child's ability to communicate effectively

Cognitive and concentration skills; support the child with minor to severe ADHD, attention difficulties, hyperactivity

Organisational skills

Motivation to engage in School work and intrinsic learning

Self-esteem, image and confidence skills building

Anger management

Sleep difficulties

Depression

Behavioral issues at School and/or at home

Fears, phobias and/or anxiety

Self-regulation and helping to manage emotions

Grief/loss

Dealing with bullying and conflict

Divorce and other issues affecting the child in the home environment

How we fund our service?

Grow Wellbeing In-school services are funded by the federal Government; Medicare's Better Access to Mental Health. This funding entitles Australian residents 10 individual and 10 group rebates per calendar year.

What are the costs associated with Grow Wellbeing services?

The provision of wellbeing services within the school setting is free of charge at all times. If there is a need for more detailed psychological assessment and reporting we provide such service free of charge on a case by case basis.

How do you access Medicare Better Access to Mental Health funding?

If you feel your child could benefit from Grow Wellbeing's services or maybe your teacher may feel your child could benefit from our services, you will need to complete the consent form which is available from your child's teacher, and take one of the following actions:

1. Take your child to your local GP to complete a Mental Health Care Plan.
2. Or communicate directly to Grow Wellbeing staff member or your child's school that you would like Grow Wellbeing consulting GP to visit you and your child on the school grounds typically in the afternoons from 3pm-4:30pm.

The process Grow Wellbeing's Mental Health Professional follows to support your child:

1. Grow Wellbeing staff member will make contact with you to discuss how they aim to support your child In-school and the types of goals that could be worked towards (For example; manage anger, improve concentration skills, improve social skills).
2. The Mental Health Professional will work with key school personal to identify the best times during school hours to support your child. During the first few sessions the professional will try to develop a clear understanding of your child's needs and then start to set therapeutic goals with your child.
3. Grow Wellbeing Mental Health Professional will make regular fortnightly contact with parents/care givers to keep you fully informed and to actively work together in supporting your child's wellbeing. Involving the parent/care givers in the child's therapeutic goals is extremely important.

For further information please email us info@growwellbeing.com or call administration on (08) 8234 2562 or 0487 119 231.

Or for Virginia Primary School staff contact person email voula.pounendis519@schools.sa.edu.au or call the school on 8380 9292.

Warm Regards,
Jon Morton
Director Grow Wellbeing

VPS Term Planner (Term 4, 2018)

****Please note, times are subject to change, any changes will be communicated ASAP**

WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
DATES	15/10/2018	16/10/2018	17/10/2018	18/10/2018	19/10/2018
1	Footsteps		Staff meeting		
	22/10/2018	23/10/2018	24/10/2018	25/10/2018	26/10/2018
2	Universal Children's Week Footsteps		Staff meeting		DAY FOR DANIEL
	29/10/2018	30/10/2018	31/10/2018	1/11/2018	2/11/2018
3	Footsteps		Governing Council		ASSEMBLY Room
	5/11/2018	6/11/2018	7/11/2018	8/11/2018	9/11/2018
4	Swimming	Swimming	Swimming	Swimming	Swimming Remembrance Day
	12/11/2018	13/11/2018	14/11/2018	15/11/2018	16/11/2018
5	Footsteps		STUDENT YARD SURVEYS (these are to track how students have felt their playtime in the yard has been)		ASSEMBLY Casual Clothes Day Kids Against Poverty
	19/11/2018	20/11/2018	21/11/2018	22/11/2018	23/11/2018
6	Footsteps				Staff Vs Students Netball
	26/11/2018	27/11/2018	28/11/2018	29/11/2018	30/11/2018
7			Staff meeting		Annual School Improvement Process Pupil Free Day
	3/12/2018	4/12/2018	5/12/2018	6/12/2018	7/12/2018
8	International Day of People with Disability		International Volunteer Day (5/12) Governing Council		End of Year Concert
	10/12/2018	11/12/2018	12/12/2018	13/12/2018	14/12/2018
9		Yr 7 Farewell assembly		Yr 7 Graduation	