



# Baringa School

learning - caring - achieving

Newsletter 15, 03 December 2021

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Baringa School is excited to inform our families that we have recently updated our schools vision, mission and values statement to reflect Baringa's current philosophy of teaching and learning.

## VISION

At Baringa School we share a commitment to create a safe, respectful and inclusive environment that supports students to reach their full potential.

## MISSION

Baringa School's mission is to create resilient and independent lifelong learners.

To facilitate the achievement of all learners, we provide:

- A quality inclusive learning environment that is responsive to student voice and agency
- Differentiated, in-depth and individualised learning plans, aligned to the Victorian Curriculum
- Highly effective teaching, focused on improving student outcomes.
- Enriching, engaging resources that support student's physical, social and emotional development
- Strong community partnerships to assist students in their engagement in work and future pathways
- Opportunities for parents to participate in learning and decision-making partnerships

Networks that promote and support student achievement, wellbeing and engagement

## OBJECTIVE

Baringa School's objective is to ensure all students leave our school having achieved their individual potential

## VALUES

Baringa School's values are Be Safe, Be Respectful and Be a Learner. Our matrix provides an explanation of how these values are implemented throughout the school.

	Always, Everywhere	Inside	Outside	Toilets	Buses	Community	Technology
Be Safe	Show I am listening Follow instructions Keep hands, feet and objects to myself	Walk inside Have permission to leave the classroom	Use equipment in the right way Stay in my area	Wash my hands with soap and water	Wear my seatbelt Stay in my seat	Follow the road rules Be on time	Keep my personal information to myself Tell an adult if there is a problem
Be Respectful	Use Right: Words, Right Place Walk away from trouble Look after people, property and equipment	Use an inside voice Let others learn	Go straight to class when the music starts Be a good sport	Keep the toilets clean One toilet - One person	Keep the bus clean Use a quiet voice	Be aware of what is around me	Hand in my device in the morning Treat others online how I would like to be treated
Be a Learner	Be honest Ask for help Let others have their space Wear my uniform	Have a go at classroom activities Keep trying	Take turns Support and encourage others	Tell teachers if there is a problem in the toilets	Line up quietly Wait my turn	Ask questions Learn new things	Use technology for learning Wear headphones

# Baringa Wellbeing

## Tips For Managing Holiday Stress

From <https://www.janiemcmahan.com/blog/2017/11/28/5-tips-to-manage-holiday-stress>

### 5 Tips To Manage Holiday Stress

- 1 Keep It Simple**
  - Do Less and Enjoy More
  - Establish a Budget for Gift Giving
  - Make Homemade Gifts
  - Start a Family Gift Exchange
- 2 Forget About Perfection**
  - Stick to Your Daily Routine as Much as Possible
  - Plan Ahead
  - Make Lists of Tasks and Errands
  - Prioritize What You Want to Accomplish
  - Keep Old Holiday Traditions That You Enjoy
  - Add New Holiday Traditions to the Old Ones
  - Slow Down and Enjoy the Season
  - Don't Fret if You Can't Do It All!
- 3 Attend to Your Self-Care**
  - Don't Overindulge on Food and Alcohol
  - Maintain a Healthy Diet
  - Exercise - Even a Short Walk is Helpful
  - Take 10 Minutes for Quiet Time When Needed
  - Get Enough Sleep
  - It's Okay to Say "No" to Requests
  - Ask for Help When You Need It
- 4 Acknowledge Emotions & Feelings**
  - Holiday Time Can Make You Happy
  - Holiday Time Can Make You Sad
  - Holiday Time Can Bring Frustration
  - Holiday Time Can Be Lonely
  - Ride the Wave of Holiday Emotions
  - Reach Out To Friends, Family, or a Counselor For Support
  - ALL EMOTIONS ARE VALID
- 5 Focus on Kindness and Gratitude**
  - Enjoy Time With Family and Friends
  - Pick Your Battles When Tensions Are High
  - Donate Money or Time to Charity
  - Practice Acceptance, Forgiveness, & Gratitude

JanieMcMahan.com

If your child is absent from school please remember to let us know why. Please call the office or send an SMS (0407 880 630) explaining why your child will be absent and how long you expect them to be away. Thank you!

**IT'S NOT OK  
TO BE AWAY**

# What's on in Term 1 2022

## Parents Building Solutions

Learn strategies, share stories and take some time out for you!

Dads Matter: online via Zoom, Fridays 4th March to 1st April, 10:30am - 12:30pm

Let's Talk About Parenting: online via Zoom, Thursdays 3rd February to 3rd March, 10:30am - 12:30pm

Dealing with your Child's Anger: online via Zoom, Mondays 28th February to 4th April (no session 14th March), 10:30am - 12:30pm

Let's Talk About Parenting: online via Zoom, Thursdays 10th March to 7th April, 5:30pm - 7:30pm

## Breaking the Cycle

For parents and carers of adolescents who are violent or abusive in the home

Wednesdays 9th February to 30th March, 10:30am - 12:30pm

Online via Zoom

## Tuning in to Kids

Teaches parents skills to help their children to understand and regulate their emotions.

Tuesdays 8th February to 15th March, 10:30am - 12:30pm

Online via Zoom

## Learning Through Play

Supported play for Latrobe parents/carers and their children under-school-age. Groups run throughout school term from 10:00am - 12:00pm.

Mondays: Outdoor play Matheson Park Churchill

Mondays: Indoor play Buckley St Morwell

Tuesdays: Outdoor play Immigration Park Morwell

Wednesdays: Indoor play Buckley St Morwell

Fridays: Indoor play, Churchill Community Hub

For bookings & enquiries contact: Parentzone Gippsland on  
03 5135 9555 or email  
[parentzone.gippsland@anglicarevic.org.au](mailto:parentzone.gippsland@anglicarevic.org.au)

# What's on in Term 1 2022

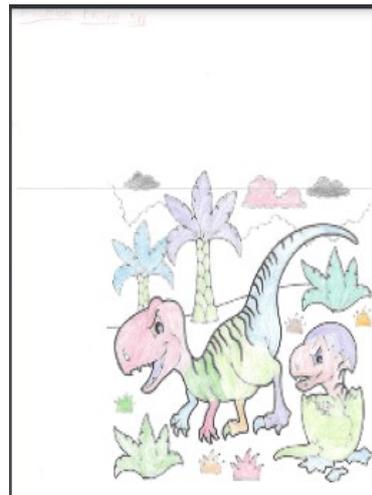
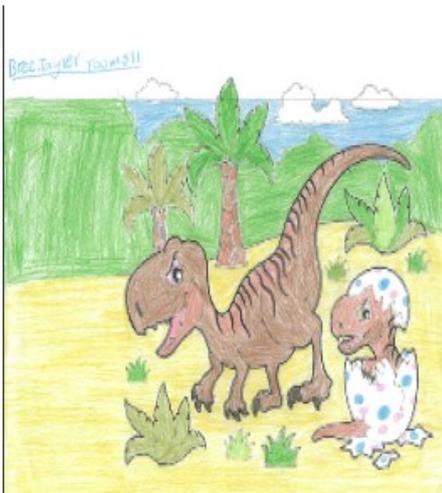
## Single sessions

These 2-hour sessions are based on Parents Building Solutions program and offered online via Zoom

<p><b>Raising Resilient Kids</b> Friday 25th February, 10:30am - 12:30pm</p> <ul style="list-style-type: none"><li>• How you can help your child cope in a chaotic world</li><li>• Improving your child's confidence and self esteem</li><li>• Helping your child to cope with change</li></ul>	<p><b>Bullying</b> Monday 21st February, 10:30am - 12:30pm</p> <ul style="list-style-type: none"><li>• Understanding what is bullying</li><li>• Recognising the signs your child is being bullied</li><li>• Knowing how to support your child</li><li>• Helping your child build resilience and learn protective behaviours</li></ul>
<p><b>Parenting Anxious Kids</b> Monday 7th February, 10:30am - 12:30pm</p> <ul style="list-style-type: none"><li>• How to respond when your child gets overwhelmed</li><li>• Helping your child to regulate their emotions</li><li>• Supporting your child with their challenges</li></ul>	<p><b>Making Time for Self Care</b> Tuesday 29th March, 10:30am - 12:30pm</p> <ul style="list-style-type: none"><li>• Strategies for feeling less overwhelmed</li><li>• Improving your confidence and self esteem</li><li>• Building resilience for yourself and your family</li><li>• Taking time out for yourself</li></ul>
<p><b>Understanding Your Child's Behaviour</b> Friday 11th February, 10:30am - 12:30pm</p> <ul style="list-style-type: none"><li>• Do you want to understand why some behaviours occur?</li><li>• Learn strategies to deal with behaviour?</li><li>• Communicate better with your child?</li><li>• Stay connected to your child?</li></ul>	<p>For bookings &amp; enquiries contact: Parentzone Gippsland on 03 5135 9555 or email <a href="mailto:parentzone.gippsland@anglicarevic.org.au">parentzone.gippsland@anglicarevic.org.au</a></p>

**PARENTZONE**

# M5 colouring competition winners



## Bus awards



*Congratulations!*

CHURCHILL BUS Isaac

WARRAGUL BUS Liam

MORWELL BUS Max

TRARALGON BUS Anthony

Students who receive this award get a free lunch order and go into the draw to win a prize at the end of each term!

*Congratulations!*

**Zyan B**

**Alex T**

**Andrew K**

**Bianca K**

**Tobin M**

**Hayden B**

**Decklan H-G**



# M8

Students have enjoyed being back together. We have been busy bees making the best possible use of our learning time before the end of the year. Hands on Numeracy, Literacy, Science and Art learning activities as well as the challenge day have helped us make a smooth transition from Home learning. M8 students have impressed us with their resilience and ability to adapt to the constant changes they have faced. Well done everyone!



**Friday**

**December 17th**

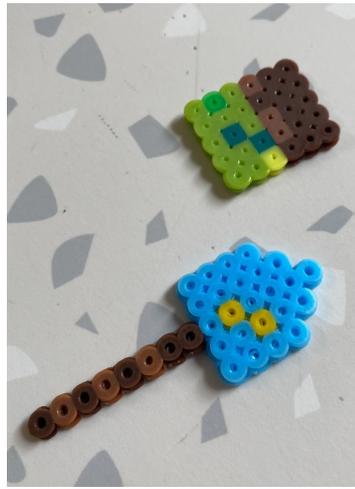
End of term, students finish at **12.45pm**

Buses will arrive at stops **two hours** earlier for end of term.



This term in ILS we have been trying our hand at kitchen crafts.

We have worked on developing skills in measuring, cooking and ironing while making a range of fun things including play dough, Christmas (bicarb.) dough and designs with iron beads.



# S15

We have been busy this term by getting creative. Dylan crafted a Bird out of Play Doh and Lillian turned her ball into another class member. We have also been utilising Wednesday to complete a 'We Choose Wednesday' in which students select a topic of their choice for each week. Lillian's was Halloween and we did spooky biscuit decorations. Well done S15.



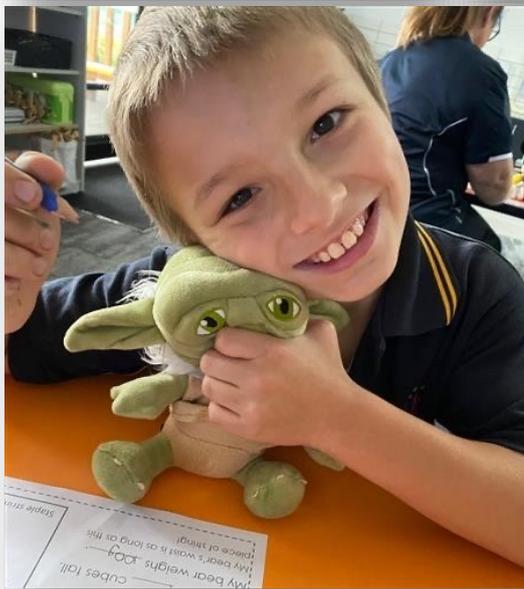
# PE

Students in PE are learning about social skills (asking for help, getting a peer's attention, taking turns), invasion games, striking and fielding games and moving their bodies in various ways. All classes have worked hard to build their teamwork skills and should feel proud of their achievements!





# Teddy Bears Picnic



## FRIDAY'S BARINGA SCHOOL CANTEEN ORDER FORM 2021

NAME: \_\_\_\_\_

ROOM: \_\_\_\_\_

ITEM	PRICE	QUANTITY	SUB TOTAL
<b>CHICKEN NUGGETS (3 per serve)</b>  <input type="checkbox"/> Tomato Sauce <input type="checkbox"/> No Sauce <input type="checkbox"/> BBQ Sauce	\$2.00		\$
<b>PIE (1 per serve)</b>  <input type="checkbox"/> Tomato Sauce <input type="checkbox"/> No Sauce <input type="checkbox"/> BBQ Sauce	\$3.50		\$
<b>SAUSAGE ROLL (1 per serve)</b>  <input type="checkbox"/> Tomato Sauce <input type="checkbox"/> No Sauce <input type="checkbox"/> BBQ Sauce	\$3.50		\$
<b>STEAMED DIM SIMS (2 per serve)</b>  <input type="checkbox"/> Soy Sauce <input type="checkbox"/> Tomato Sauce <input type="checkbox"/> BBQ Sauce <input type="checkbox"/> No Sauce	\$2.50		\$
<input type="checkbox"/> NACHOS (SALSA AND CHEESE) <input type="checkbox"/> Sour Cream <input type="checkbox"/> Cheese <input type="checkbox"/> Salsa	\$4.00		\$
<b>SNACKS</b>			
TWO FRUITS	\$1.50		\$
POPCORN	\$1.00		\$
<b>DRINKS</b>			
BOTTLED WATER	\$2.00		\$
CHOCOLATE MILK	\$2.50		\$
STRAWBERRY MILK	\$2.50		\$
APPLE JUICE PRIMA	\$2.00		\$
ORANGE JUICE PRIMA	\$2.00		\$
<input type="checkbox"/> Vegemite roll	\$2.00		\$
<input type="checkbox"/> Cheese & Vegemite roll	\$2.50		\$
<input type="checkbox"/> Salad Roll (choose from fillings below)	\$4.50		\$
<input type="checkbox"/> Salad Bowl (choose from fillings below)	\$4.50		\$
<input type="checkbox"/> Salad Wrap (choose from fillings below)	\$4.50		\$
<input type="checkbox"/> Butter <input type="checkbox"/> Mayo <input type="checkbox"/> Salt <input type="checkbox"/> Pepper <input type="checkbox"/> Beetroot <input type="checkbox"/> Ham <input type="checkbox"/> Chicken <input type="checkbox"/> Egg <input type="checkbox"/> Sweet Chilli Sauce <input type="checkbox"/> Cucumber <input type="checkbox"/> Lettuce <input type="checkbox"/> Cheese <input type="checkbox"/> Tomato <input type="checkbox"/> Carrot			
<b>TOTAL COST</b>			\$
<b>AMOUNT ENCLOSED</b>			\$
<b>CHANGE GIVEN</b>			\$