

# Little Grove PRIMARY SCHOOL

*A Proud Independent Public School*

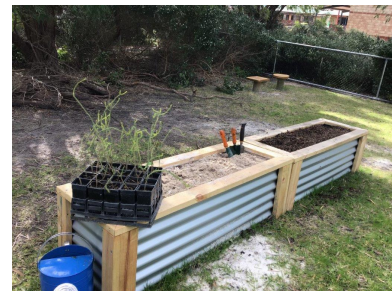
## E-News 14 August 2020

Good afternoon **Subscribers Name**

On Monday 10 August 2020, the Kindy children planted out the first of our Bush Tucker Garden beds. The bed has fine sand and was planted with Youlk, or Ravensthorpe Radish. As it is the root that is eaten, it needs the sand to grow. It tastes a bit like a carrot/potato and can be used as an ingredient for salads, stews, pies, cakes and other dishes. It can also be eaten raw. It has a crisp, crunchy, apple-like texture and stays firm when cooked.

The children helped dig the holes, hold the plant steady and then back filled. The rain has certainly helped and they are all standing up straight. We look forward to seeing how well they grow and harvesting them next year.

A big thank you and acknowledgement to Dr Geoff Woodall, a local Native Plant Agronomist, who has been offering his professional advice to our school and also donated the Youlk plants to start our Bush Tucker Garden.



### Uniform Shop News

A big thank you to our Uniform Shop volunteer Mrs Bradshaw who has been working behind the scenes to keep everyone in school uniform during the Covid restrictions.

The Uniform Shop will be open to parents on Monday 17th and 24th August - for those wishing to purchase a Faction Shirt (for the upcoming Faction Carnival) or other uniform items and to check sizing etc. EFTPOS payments are preferred and social distancing measures will be in place and need to be observed.

If you can't make it on these days - orders can be placed at anytime via [littlegroveuniform@gmail.com](mailto:littlegroveuniform@gmail.com)

[Click here for more information](#)

## New Parents & Citizens Committee Team Members

We are very pleased to announce that our P&C Committee is back up and running at full steam, thanks to some of our new parents stepping up to take on crucial roles within the committee.

A huge thank you to our outgoing members for their time and commitment to Little Grove Primary School. Thank you to former President - Gemma Sandy, Vice President - Samantha Dennison and Secretary - Jennifer Coffey. Your contributions have been greatly appreciated.

Welcome and congratulations to our 2020 P&C Committee :

President	<b>Ben Killey</b>
Vice President	<b>Stephanie Capelli</b>
Secretary	<b>Caris van der Plas</b>
Treasurer	<b>Sheree Anderson</b>
Executive Members	<b>Jennifer Coffey, Jane McTaggart, Skye Sluiter</b>
Canteen	<b>Sheree Anderson</b>
Uniform Shop	<b>Natalie Bradshaw</b>

The next P&C meeting will be held on 8 September 2020 in the school staffroom at 7pm - everyone is welcome and encouraged to attend.

## Honour Certificates

Today's Honour Certificate recipients had their names and accomplishments read out over the PA system today. Congratulations, keep up your great work.

<b>Clare</b>	<b>Heidi</b>	<b>Jed</b>	<b>Rachael</b>	<b>Ruby</b>	
<b>Eryn</b>	<b>Rhyda</b>	<b>Chevy</b>	<b>Rose</b>	<b>Zane</b>	<b>Jett</b>

Fitness Club certificates were also handed out today to the following students - well done.

**Jindy Kai Saxon Flynn**





Helping your child cope with COVID-19 and reduce anxiety.

Here are some small tips to help your children cope in these unprecedented times.....

**What is your child experiencing during COVID-19?**

- Seeing global pandemic and worrying news from Victoria.
- Feeling a big change in schedule and normal life.
- Hearing parents, trusted adults and world leaders expressing alarm or worry.

**How does this impact on your child's behaviour and health?**

- Increasing worry and stress.
- Acting out or holding feelings inside.
- Expressing fear in the form of anger or arguments.
- Causing sleeping problems.
- Changing eating habits, which can lead to stomach aches and headaches.
- Provoking tears easily in some children.

**What does your child need?**

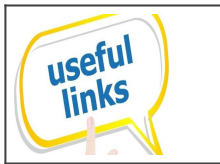
- To feel safe.
- To belong.
- To have a feeling of control.

**How can you help?**

***Manage moods. Maintain a consistent routine. Connect. Grow.***

- Focus on staying calm.
- Help your child cope in a healthy way - play games, be active, draw, listen to calming music.

- Give your child control by giving choices – clothes, foods, chores.
- Set a regular bedtime and turn off devices one hour before.
- Create a daily schedule with your child.
- Spend time together as a family.
- Help your child chat virtually with friends and family if not allowed to visit them.
- Do something new and different.
- Give them something to look forward to. Eg. Canteen lunch, playing sport on a week end, go to the beach for a picnic.
- Create a warm, loving environment - use calm voices and share kind words.



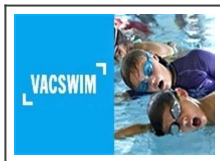
## Useful Links

Find all your useful links in one spot for lunch and uniform orders .....

[Uniform Orders](#)

[Lunch Orders](#)

[Lunch Volunteer Roster](#)



## VacSwim Now Open for Enrolment

**Enrolments are now open for VacSwim swimming lessons during the October and December/January school holidays**

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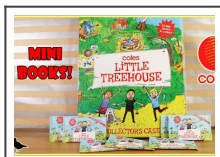
**Enrolments are now open for VacSwim swimming lessons during the October and December/January school holidays.**

**October is a great time to get your children ready for summer and January offers fun lessons at beach or pool locations during the long break.**

**Your children can start as young as five years old.**

**Enrol your children in VacSwim now**

[Click Here](#) to find out more information or to enrol in [VACSwim](#)



## Coles Mini Treehouse Books

**We are collecting any spare Coles Mini Treehouse Books that you may have at home - please drop them into the office !**

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## Event Quick View

**Tue 18th August**  
**ICAS Testing - Science**

**Tue 18th August**  
**Year 6 NASHS Orientation morning**

**Tue 25th August**  
**ICAS Testing - Digital Technology**

**Wed 26th August**  
**ICAS Testing - English**

**Tue 1st September**  
**ICAS Testing - Maths**

**Wed 2nd September**  
**ICAS Testing - Spelling**

**Tue 8th September**  
**P&C Meeting**

**[Click here to go to our Events Calendar](#)**