



NILMA PRIMARY SCHOOL

Newsletter #1
1st of February
2024

REAL News

We are a Respectful Relationships School

76 Bloomfield Road, Nilma 3821 (03) 56232963 or 0423562379 nilma.ps@education.vic.gov.au www.nilmaps.vic.edu.au ABN 93 378 606 495



WELCOME BACK!

Welcome back to all staff, students and parents. I hope that you all had a restful break and spent time with those you love. I am so excited to work with the Nilma community in my new role as Acting Principal in Term 1, 2024.

The staff are looking forward to an exciting Term 1. During the next couple of weeks, we will focus on our school vision and values to build the new homegroup student relationships and expectations. We already have many activities booked in for this term, including a visit from Questacon and our small school athletics day at the Geoff Watt Track. Please ensure you read the calendar pages and pop the dates in your diary!

FOUNDATION STUDENTS

A warm welcome to all our Foundation students! They have had a busy start to school. Foundation students will not be required to attend school on Wednesdays for the first 5 weeks of Term 1.

The first full week for Foundation students commences on Monday 4th March. All Foundation students will come home with a satchel/diary. The school diaries and satchels are to be brought back to school each day as they are an important part of daily school communication.

General Welcome

We would like to introduce and welcome our new Business Manager, Lee Steenholt. Lee brings with her a wealth of knowledge to the role and she is looking forward to working with the Nilma community.

We also welcome Julie Beckley into the role of Education Support. Julie will be working with students in all Homegroups. Fiona Morrison is our new Yellow Homegroup teacher and is looking forward to meeting parents at the Parent-Teacher discussions.

Student Support Group Meetings

Meetings and Interviews will take place in Week 3, Tuesday the 13th through to Thursday 15th of February.

Parents/ Guardians for whom a Student Support Group (SSG) meeting is required will have received a text message from the school phone with an allocated day and time. Please respond to the text message. There is little flexibility in times however you may request a phone consultation if preferred.

For those who have an SSG meeting for your child you will not need a Parent-Teacher Discussion time. Text messages for SSG times will have been sent out by Friday the 2nd.

'GET TO KNOW YOU' PARENT-TEACHER DISCUSSIONS'

'Get to Know You' discussions are an opportunity for parents and teachers to meet and 'get to know' each other, in an informal setting, establishing connections between families and the school. Discussions will be held on Thursday 15th February from 12.30pm – 5.00pm. Bookings can be made via Sentral. The booking schedule is now open and close on Wednesday at 14th, the day prior to the interviews. If you require your sentral log on details again, please contact the Office.



WHOLE SCHOOL FAMILY GATHERING & Year 6 Leadership Badge Presentation

We would like to invite all families to a school gathering on *Tuesday, 20th February, 5:30 PM-7:00 PM* February. This evening will bring our school community together for a slice of pizza, a chat and to celebrate the Year 6 leaders with the badge presentations. Mark the date in your diary and more detailed information will come next week.

Nilma Primary School acknowledges the traditional custodians of the lands on which we work and learn, the Gunai Kurnai Nation. We pay our respects to their Elders past, present and emerging.



★ Respect, Responsibility & Resilience ★ Environment ★ Achievement ★ Learning



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Welcome to The Resilience Project

PARENTS & CARERS

This year, we are excited to bring The Resilience Project (TRP) into our school community!

WHY?

Current research tells us...

Why mental health matters

THE RESILIENCE PROJECT



One in four Australian adolescents will experience mental health problems this year

Nearly two thirds of them will not seek help.



One in seven primary school students are also likely to experience mental health problems this year.

Source: National Survey of Mental Health and Wellbeing, Australian Institute of Health and Welfare, Australia's Youth: Mental Illness

EVIDENCE-BASED

The Resilience Project's School Partnership Program has been independently evaluated by both The [University of Adelaide](#) and The [University of Melbourne](#). Click the links or scan the QR code to find out more about the impact the program has on emotional wellbeing and behavioral changes.



ABOUT THE PROGRAM

The Resilience Project is committed to teaching positive mental health strategies to prevent mental ill-health and build young people's capacity to deal with adversity.

We will be implementing their evidence-based Teaching and Learning Program throughout our classrooms, staffroom and school community.

Teachers and students will engage in weekly lessons and activities around the key principles of **Gratitude, Empathy, Mindfulness (GEM) and Emotional Literacy** to build resilience.

WHAT CAN BE DONE AT HOME?



To learn more about The Resilience Project and get involved from home, you can start exploring the ideas, activities and resources which bring **Gratitude, Empathy and Mindfulness (GEM)** to life on [TRP@HOME](#).

The Imperfects podcast, led by Hugh van Cuylenburg, Ryan Shelton and Josh van Cuylenburg, is all about how perfectly imperfect we all are. Hugh, Josh and Ryan chat to a variety of interesting people who bravely share their struggles and imperfections, and we all learn some valuable take-aways we can apply to our own imperfect lives.



(03) 9113 9302 | theresilienceproject.com.au





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SCHOOL COUNCIL—Decision Making at NPS

The culture of Nilma Primary School is to work in partnership with parents for the benefit of all students and families. We have been very fortunate to have such a positive and engaged parent body for Council.

We thank all 2023 School Councillors for their commitment to the school. I would like to thank parents, [Laura Gorenko](#), [Sam Cross](#), and [Angela Tumino](#) for their contributions to council in 2023. There will be many opportunities for parents to have some input into decision making for the future of the students at NPS. One avenue of input is involvement at a School Council level.

The final 2023 School Council meeting will be held on [Tuesday 13th February 2024 at 7.30pm ONSITE](#).

School Council for 2024 has three parent positions open for nominations. Any parents wishing to apply for a position please complete the appropriate form. Self-Nomination Forms are available from the Office. Outing going parent representatives are able to renominate. Please contact the Office if you require a nomination form to be emailed.

Nominations [close on Thursday 16th February 2023](#). LATE NOMINATIONS CANNOT BE ACCEPTED.

Once all nominations are received the final processes, if required, will be advertised in the newsletter. The list of candidates and nominations will be posted and a ballot may be necessary. Nilma Primary School's Annual General Meeting (AGM) will be held on [Tuesday 12th March 2024](#), welcoming in the new School Council representatives.

If you are interested in becoming involved in school council, please contact the Office for further information. I am also available to chat with, please leave a message at the Office and I will return your call if I am unavailable. Please do not hesitate to contact any of our current school council members, including our President, Shannon Gibbons.

Regards Kirsti Farr
Acting Principal

SCHOOL PHOTOS

School Photographs for 2024 - Nilma Primary School Annual school photos will be taken on Thursday, [22nd of February 2024](#). Students are to be in full school uniform. Flyers with access codes and ordering instructions will be sent home with the eldest in the family, prior to photo day. Individual and family photos are available for families and should be ordered online by 5pm the day prior, with sibling photos must be requested [by 5pm on the 21st of February](#). If you have any inquiries, please make contact with Spargo Photography on (03) 5942 5234.

Book Club

Issue 1 of Book Club will be on its way to you at the moment. Access the online LOOP platform to place your orders and make payment. Every order placed helps earn rewards for the school to purchase books for the school library. The close off date for this issue is [Friday 16th February](#).

For digital copies of the catalogues see the link below:

https://issuu.com/scholastic_australia/docs/bc_1-24_issuu?fr=xIAE9_zU1NQ

SPOTLIGHT

Book Club ISSUE 1

Tips to KICK-START READING for 2024!

- **Choose engaging books:** Choose books to read about your interests. Whether it's adventure, animals, fantasy, or humour, find books that capture your imagination.
- **Create a reading routine:** Just 10 minutes every day will kick-start your reading habits. One easy way is to read with a family member each night before bedtime.
- **Start a series:** The fun doesn't end with just one book. Get hooked on a series to continue the fun!
- **Create a cosy reading space:** Set up a comfortable and inviting reading nook with pillows, blankets, and good lighting.
- **Explore different formats:** Don't limit reading to just books; consider comics, graphic novels, or magazines.

AGES 5+

MY FIRST ATLAS ITEM 063

This brightly illustrated atlas contains over 20 maps, provides an introduction to world geography, enabling readers to explore and discover with the help of colourful artwork. Engaging text, fun facts and features to help children's confidence to grow in using an atlas.



AGES 7+

DRAGON GIRLS: HANA THE THUNDER DRAGON ITEM 003

Hana, her twin sister, Mina, and their cousin Zora are the best of friends. They share something more than a fierce family bond: They are also Storm Dragons! As the Thunder Dragon, Hana has a roar louder than any storm. She'll need all her powerful abilities to confront the Magic Forest's newest villain, the Chaos Queen, she is creating dangerous weather that only the Storm Dragons can defeat.



AGES 8+

THE ANIMAL BOOK ITEM 030

The Animal Book is the ultimate encyclopedia, exploring the majesty and drama of the animal kingdom. Packed with hundreds of awe-inspiring photographs and mind-blowing facts, children will be pulled in and engrossed from start to finish. The Animal Book looks at amazing natural events such as the life cycle of the Emperor penguin.



AGES 10+

SPI ACADEMY: THE PEAK ITEM 009

A brand-new series from Jack Heath! After thwarting a robbery, Nolan Hawker is invited to the world's most dangerous school. At THE PEAK, he learns to crack codes, fly planes and deceive enemies so he can infiltrate the deadly anarchist group SWARM. But someone at the Peak secretly works for Swarm, and they have a plan—the kind no one walks away from.



REMINDE STUDENTS WHEN TO
HAVE THEIR ORDERS PLACED BY:

★ Respect, Responsibility & Resilience ★ Environment ★ Achievement ★ Learning



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Homegroup Learning Term 1

We would like to welcome our students back to school and hope you have all had a re-energising break. A special welcome is extended to our new Foundation students and families who are new to Nilma.

English

At Nilma we implement a Phonological Awareness and Synthetics Phonics Program involving explicit teaching and learning practices. Reading and Viewing remain a focus, with comprehension skills; thinking within, about and beyond the text, modelled and practised by students. Reading is thinking - making connections, predictions and monitoring what is read. Students build comprehension strategies and respond to texts by contributing to discussions, listening to others and recording their thinking with pictures and words - 'making tracks' of their thinking.

Rich literary discussions are planned for and implemented to support and extend students comprehension of texts experienced. Students Speaking and Listening skills are improved through rich discussions and the implementation of common protocols that are inclusive and provide students with 'think time'.

Developing writers at Nilma, students are encouraged to experience a variety of mentor texts, looking at text structures and the use of language and literary devices. Through planning, conferencing and regular opportunities to write, students receive feedback on their writing, developing and refining their style. This term students are focusing on writing recounts and narratives.

Mathematics

Our whole school focus for Mathematics this term will primarily be Place Value and Measurement. Students will complete a pre-assessment to identify student knowledge and determine their next stage of learning, identifying and developing their own learning goals. Students will work on differentiated tasks to develop the skills to attain their Mathematics learning goals with explicit teaching. In order to motivate and engage our students a range of opportunities will be presented for students to apply their skills through rich learning tasks. Students will participate in discussions to clarify understandings and share their learning. They will continue to utilise the computer program Essential Assessment to assess their individual learning needs and access differentiated tasks to consolidate their understanding.

History

Students in Foundation will investigate the concept of a family. They will learn to identify different members of a family and how they are connected. They will identify the people in their immediate family and investigate the country of origin of their family. Students will investigate the different structures of families today, families in the past and how families from different places differ from one another.

Students in Years 2/1 will be investigating the difference between the past and present, comparing artefacts such as photographs, videos and interviews. They will also be looking at different historical places, people and natural environments and consider how these can tell stories from the past.

Students in Year 4/3 will learn about the history and longevity of Australia's First Nations people and will discover the significant ways that Aboriginal and Torres Strait Islander peoples are connected to Country and Place (land, sea, waterways and skies). Students will explore stories of the first fleet, including the reasons for their journey and their experiences upon arrival.

Students in Year 6/5 will examine colonial Australia in the 1800s, including the expansion of the British colonies and why they developed. They will use a range of resources to develop a historical narrative which includes an understanding of chronological sequencing of events, analysing sources, use of historical terms and recognising cause and effect. Inspired by the theme of 'choice and challenge', the students will be encouraged to identify questions, form an historical inquiry and share their research tasks to invoke critical thinking skills such as questioning, application and analysing.



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Homegroup Learning Term 1

Health and Physical Education

Term 1 will have students develop their athletic skills in the lead up to the **West Gippsland Rural Small Schools Athletics Day** to be held on **Thursday the 29th of February** at the Geoff Watt Track, Burke Street Warragul. Further information and permission forms will be sent out to families.

Incursion

A Qwestacon Science Circus Incursion is to take place on Monday the 26th of February. This incursion is at no cost to families. What a great opportunity for our students to have this travelling Circus visit.

Brain Food

Students are given the opportunity to have a brain break/fruit break at 10:00am and 1:45pm. Students are encouraged to bring along fruit which is easy to eat. For example, a cut apple, grapes, strawberries or mini cucumbers. Please avoid sticky and large items that take too long to consume as this is only a short 5 minute break. It is helpful when students bring their fruit to school in small containers that are easily accessible.

Student Wellbeing

Nilma Primary School fosters respectful relationships and supports students with developing positive coping strategies. We will maintain the Respectful Relationships program covering eight topics; Emotional Literacy, Personal Strengths, Positive Coping, Problem Solving, Stress Management, Help Seeking, Gender Identity and Positive Gender relations. Each homegroup works through activities related to their levels. This year we will also become familiar with and implement The Resilience Project, an evidenced based project that presents as emotionally engaging with a focus on practical wellbeing strategies to build resilience.

Home Learning

Students are to record their nightly reading and bring their student diary in daily to be checked off. Recording students' nightly reading in the Student Diary enables tracking and for Reading Night certificates to be awarded. During the term students have weekly opportunities to borrow through MARC Van Library, with continued access to school books. Parents are asked to support their child/ren with reminders, regularly checking and signing the diary. It is important that you support your child with the Learning Activities Under the Guidance of Home (LAUGH) tasks, negotiating a work space and time to attempt set tasks and practise skills.

Student Diary

Our personalised Nilma Primary School Diary is a fabulous resource and reference point for parents and students. In the front of the diary are pages specifically created for Nilma Primary School students and parents. School organisational and procedural information is included. Word lists, teaching and learning approaches and mathematical strategies are part of the resources available to support learning between school and home.

It remains essential that students bring their diary with them to school each and every day. Student diaries will be safe keeping their logins and passwords for various online learning platforms. The diary is also an organisational and communication tool between home and school. In the case of a lost or damaged diary, replacement diaries are available for purchase through the school office.

Regards,

Helen Brown, Meg De Jong, Georgia Gardiner & Fiona Morrison



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From the Office



Hello Nilma Primary School families. I am very excited about joining your community and look forward to getting to know you all over the next few months.

Please don't hesitate to contact me anytime you have any queries. I am in the office:

Mondays, Tuesdays and Thursdays

8.30—4pm.

PARENT PAYMENT CONTRIBUTIONS 2024

Parent payment contribution for 2024 is \$225 per student. Please see the Office if you are yet to make payment or need a payment plan set up.

2024 Student Permission Booklets

Were sent out in preparation for commencing 2024 school year, late term 4 of 2023. It is essential that these booklets completed and returned. Thank you for those booklets returned already.

Lunch Orders

Tuesday is the day for school Lunch Orders, with orders logged through the Flexischools App.

Nilma Primary School's **first day of lunch orders** for the new school year will be on **Tuesday, 6th February 2024.**

If you have not already done so please download the app. For those that have already used the app, please ensure you change your child/children's Home-group if necessary. Any questions around the menu or orders placed are to go through flexischools as this is outsourced and independent to the school.





flexischools

Quickly place canteen orders online and make cashless payments

Flexischools is our school's online ordering and payments partner. You can use the Flexischools app to easily place school orders online!

Getting started is easy!

Download the Flexischools app for iPhone or Android and create an account.

Happy Birthday

Mrs Farr, Blair, Crystal, Hudson, Ada, Seb, Lee, Maddie, Landon, Harrison, Jase, Sonny



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COMMUNITY NEWS

Speech Pathology Capacity

Little Fox Children's Therapy is excited to welcome Speech Pathologist Courtney Shears to the team. In 2024, Courtney will be accepting new speech pathology referrals in the postcodes 3818 & 3821 for young children between the ages of 5 - 12 who need speech pathology support. Please get in touch with us if your child or student requires support with any of the areas listed below.

Understanding Spoken Language

Verbally Expressing their Thoughts & Ideas

Social Communication Skills

Clarity of Speech

Phonological Awareness

Learning to Read & Spell



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Articles, videos and interactive resources are available, tailored to different ages and stages, from nurturing a newborn to raising a confident, resilient teen – and helping you to look after yourself as a parent too.

raisingchildren.net.au

Little Fox Children's Therapy

Contact us now at: www.littlefoxchildrenstherapy.com
or via email: admin@littlefoxchildrenstherapy.com





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What's On @ Nilma!

FEBRUARY

Monday	Tuesday	Wednesday	Thursday	Friday
			1 <i>Newsletter</i>	2 Breakfast Club
5	6 First School Lunch Orders—for 2024	7 Breakfast Club Foundation Students Individual Time Assessments Scheduled	8 MARC	9 Breakfast Club
12	13 School Lunch Orders SSG Meetings School Council	14 Breakfast Club SSG Meetings Foundation Rest Day	15 MARC Parent Teacher Discussions / SSG Meetings	16 Breakfast Club
19	20 School Lunch Orders Year 6 Badguation Ceremony	21 Breakfast Club Foundation Rest Day	22 MARC <i>Newsletter</i> School Photo Day	23 Breakfast Club
26 Questacon Incursion	27 School Lunch Orders	28 Breakfast Club Foundation Rest Day	29 MARC WGSSAS Small Schools Sports Day	

MARCH

Monday	Tuesday	Wednesday	Thursday	Friday
				1 Breakfast Club
4	5 School Lunch Orders	6 Breakfast Club	7 MARC	8 Breakfast Club
11 LABOUR DAY Public Holiday Student Free	12 School Lunch Orders School Council	13 Breakfast Club NAPLAN	14 MARC <i>Newsletter</i> NAPLAN	15 Breakfast Club NAPLAN
18 NAPLAN	19 School Lunch Order NAPLAN	20 Breakfast Club NAPLAN	21 MARC	22 Breakfast Club
25	26 School Lunch Orders	27 Breakfast Club	28 MARC End of term 1:15pm Finish	