

# Fishy News

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[www.fishyps.vic.edu.au](http://www.fishyps.vic.edu.au)

## A message from the Principal

Hi everyone,

I have again communicated today to all families/carers via Signmee and Facebook regarding our latest Remote Learning situation, updated by the Education Department yesterday. If you have not received these communications, please contact us at the school so we can forward them to you ASAP.

It isn't the smoothest of returns to school that we would've liked, that being half of our school, and it being a Friday, however, **all prep to grade two students should return tomorrow**. This is a fantastic start for us to have kids back on site. The teachers have been brilliant in their efforts to adjust and prepare for this to occur and I applaud them in their efforts. Just a reminder, if any of the junior students returning tomorrow took laptops home for remote learning, could they please bring them in.

Those students in grades 3-6 who are currently attending onsite under the categories of vulnerable or essential services students remain and they will continue to be supervised by staff as they continue their remote learning journey.

When and how the Grades 3-6 are to return, we are yet to hear and will always aim to update you when things are confirmed by the Education Department, not necessarily when it's announced on the news from the government, as we often have a lag time to know what this means exactly for us in the Education sector. I thank you all for your patience and understanding with this process.

With next week being the last week of Term 3, hard to believe, we will still aim to finish the last day at 2:30pm. Buses will pickup at this adjusted time and if there are any concerns, please contact the office.

I look forward to meeting many new faces tomorrow and know that everyone here will be doing their utmost to help settle your child/ren back into the norm of everyday school life.

Regards

Anthony Collins



## FISH CREEK & DISTRICT PRIMARY SCHOOL

Hoddle Road  
Fish Creek VIC 3959  
03 5683 2271

### IMPORTANT DATES

#### SEPTEMBER

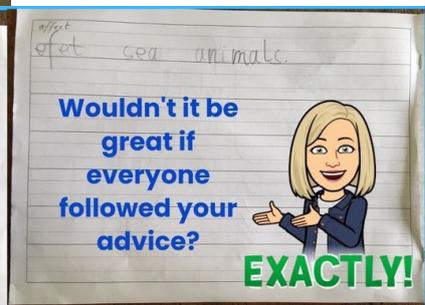
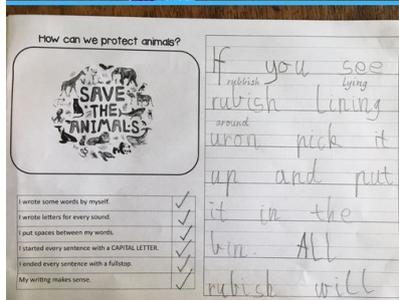
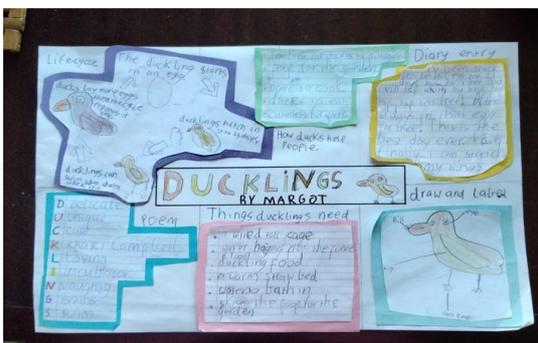
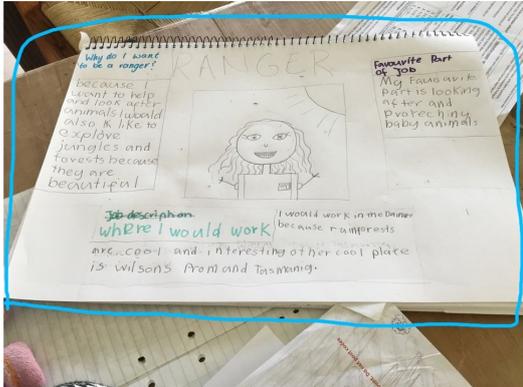
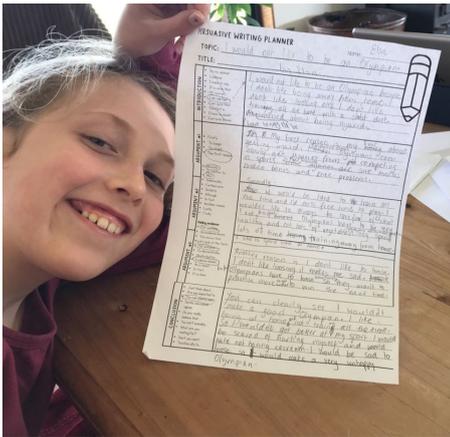
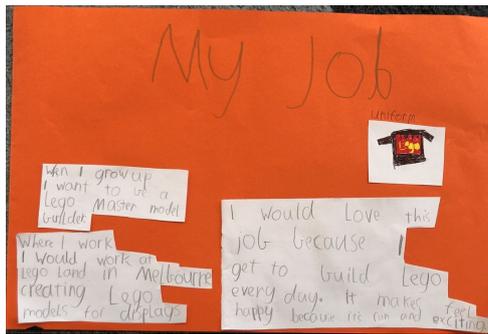
|          |                                    |
|----------|------------------------------------|
| Fri 10th | Prep - Grade 2<br>Return to School |
| Tue 14th | School Council                     |
| Fri 17th | Last day Term 3                    |

### PRIMARY WELFARE

Phone: 03 9080 1881  
email:  
[donna.giliam@education.vic.gov.au](mailto:donna.giliam@education.vic.gov.au)



# Remote Learning



## Primary Wellbeing



Today is RUOK? Day and I thought I would share with you one of my RUOK? Stories.

I went to three universities to get my degree. I was so busy having adventures but still at the same time I had this burning desire to become a teacher. Where most people would take 4 years to complete a teaching degree, I took forever. I would move states and enroll in uni, battle to keep the credit I had earned, study then move again.

My favorite uni was James Cook University in Cairns. I studied among the palm trees and the green tree frogs. I would stumble into lectures in my thongs, hand me down fisherman's pants armed with a huge bag of toys and my wild 3-year-old. On the way home, we would swim in the rivers and drip mangos all over the car.

I often reflect on this time as magic, with youth and fearlessness on my side but there was a sadness and darkness to this time too. My relationship with my daughters' father had come to a not so pretty end and it was often lonely and scary.

BUT I often, usually looked ok. I looked like a free and happy 27-year-old floating around with a big smile on my face. I put a huge amount of pressure on myself to seem that way too. People would ask how I was and I would tell them all the great things in my life and how lucky I was.

It was really hard for me to learn that it is 'ok not to be ok'

Pretending started to get really tricky, I booked an appointment with a counselor, the first thing he said to me was "how are you?" I burst into tears and sobbed out the list of things I was doing to distract myself from not being ok, from dealing with the things out of my control. He listened, without judging me, he empathized and he just let me talk. Finally, he said "what if you need to let yourself feel this stuff so you can heal?"

We made follow up appointments and a plan to teach me to be kinder to myself. Those 6 free appointments changed my life.

The most powerful thing that counselor did was ask me if I was ok and listen. I still feel overwhelmed with emotion when I remember the comfort of someone asking how I was and the release of being heard. The most powerful thing I did was to become vulnerable and seek help.

We do not need to be trained counselors do to this, to check in with our friends and family. We know and love them the best and all we need to do is ask and listen. Sometimes their problems need further support and we can encourage them to seek further help and continue to check in with them. This is powerful and can change someone's life forever.

My phone is always here should anyone ever need to talk. I may be hiding in the bathroom but if you need to talk please call!

Donna Giliam PWO 0493 131 403

## Prep Home Learning Pack

Could parents please ensure that these packs are sent back in to school tomorrow, along with any written work that your child has done at home.

## Anyone for Tennis?

The Mirboo North & District Junior Tennis Assoc. tennis season starts in Term 4; Saturday 9 October.

Fish Creek Tennis Club has had teams playing in this association for many years is looking for new players for the 2021-22 season.

The season runs from Oct - March with a break over the summer holidays. Games are played in Fish Creek, Mardan, Mirboo North and Leongatha and kick off at 9am on a Saturday morning and are typically over by 10am.

Tennis is a great social game. If your child is interested in playing or you would like more info, contact:

Rachel Sands  
0428873192





## About the program

**TheirCare** provides a stimulating and safe environment for all children and an environment where children come and enjoy their time in their program. During sessions children develop life skills, friendships, confidence and creativity through play.

**Fish Creek Primary School** has partnered with **TheirCare** to provide quality care, flexibility and commitment to deliver on our promise to your school community.

| Operation Times             |                 | Fees*    | Out of Pocket     | Average <sup>A</sup> |
|-----------------------------|-----------------|----------|-------------------|----------------------|
| Before School Care          | 7:00am – 8:45am | \$19.00  | \$3.13 - \$19.00  | \$3.13               |
| After School Care           | 3:30pm – 6:00pm | \$26.00  | \$3.90 - \$26.00  | \$3.90               |
| Pupil Free Day              | 7:00am – 6:00pm | \$70.00  | \$10.50 - \$70.00 | \$10.50              |
| Cancellation / Late Booking | Within 48 hours | \$5.00   | \$5.00            |                      |
| Cancellation Fee            | Same Day        | Full Fee | See BSC/ASC       |                      |

**Service Phone Number: 0457 555 261** Your service coordinator will be available during session times. TheirCare support is available during office hours if required on 1300 072 410.

### How to Enrol

Visit **TheirCare** website: [www.theircare.com.au](http://www.theircare.com.au) and click on 'Book Now' in the top right-hand corner to register your child's details.

\*Standard fees excluding incursion / excursion costs

<sup>A</sup>Based on ABS published average family income for the suburb the school is located