



UPCOMING EVENTS

- ◆ To Be Advised
Shrek The Musical
- ◆ Thursday 9th September
GAT
- ◆ Wednesday 15th September
Parent Teacher Interviews
12:30 - 7:30pm
- ◆ Friday 17th September
Last Day Term 3
2:30pm Finish

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Principal's Update



I hope you are all doing well during the lock-down period and I encourage you to reach out to the sub-schools and student services if you are having difficulties during this time.

On a more positive note, there seem to be a lot more creativity happening in classes, with staff trying different activities to keep students engaged.

Thank you to everyone for participating. Activities, such as the fitness challenges organized by Mr Greaney and his team, are helping to improved physical and mental wellbeing of our students and staff. Well done to all involved.

I would be happy to hear your feedback on the initiatives staff and students have been engaging in that you have enjoyed over the lock-down period, or any suggestions on how we can improve our efforts to engage students.

Support for our Afghan community

You will see I have sent a communication through Compass offering our thoughts and support to our Afghan community, in light of the current situation in Afghanistan. Please reach out if you need support. It is a very distressing situation and our hearts go out to you all. There is a fund-raiser being organised to donate to an Afghan women's charity group and we would love it if you could support it. Details to follow.

Shrek the Musical

With the uncertainty around the length of the lockdown, it is difficult to be sure of dates to re-schedule the musical. The production team are looking at options and will let everyone know as soon as possible.

Contacting the School

If you need to contact a member of the sub-school, the most efficient method is to email the school at: gladstone.park.sc@education.vic.gov.au, and write "Attention to (insert relevant sub-school or staff member)" in the Subject Box. Put as much information in the email as possible. These are checked daily and will be forwarded to the relevant staff member. The staff member will reply as soon as possible. We ask for your patience in receiving a reply. Alternatively, you can phone the school and select the relevant sub-school, or attendance officer. Phone messages are converted to an email message.

Important Dates

Due to the lockdown, many of our Important Dates have changed. Please check these regularly in the coming newsletters.

Principal's Update Continued

Unexpected Visitor to the School

On a lighter note, with the lack of humans at the school during lockdown, it seems the fauna of the area are taking up the opportunity to seek an education. Mr Centofanti came across this little critter on arrival to school earlier this week. We have had a competition with staff to name him/her and are looking at how we can add him/her to our Compass rolls. Some of the name suggestions:

Lindsay (Fox), Samantha (Fox), Basil Brush, Michael J. (Fox)



Stay safe and well and remember to reach out if you need any support.

Kind Regards

Lynne Gutterson

Year 7 Badminton

Congratulations to the year 7 boys and girls Badminton teams. Both teams have progressed through to NMR later in the term. Great effort. Keep up your training.



Remote P.E. News

During remote learning the P.E department are encouraging students to participate in 30 – 60 minutes of physical activity each day. It can be a family walk, a run, shooting baskets, jumping on trampoline, walking dogs – any form of safe activity in a safe and appropriate manner, and following covid safe guidelines.

A PowerPoint is available on the students compass resources to assist them with ideas and links to online safe activities.

We encourage all students to stay active as much as they possibly can. At the end of the week they must upload a personal reflection of their favourite activity for the week.

Including intensity, duration, where they exercised, with whom etc

Stay safe and support your child.

Thank you

P.E

Health and Physical Activity

Below are some health and physical activity ideas for you and your family to try at home.

Make sure you have your parent or guardian's permission to download and use any apps.

2 x 30sec plank hold	Go for an easy 5 minute jog	Complete a 10 minute Pilates session using YouTube	Practice shooting goals with a basketball or netball	Complete 10 sprints of at least 20 metres	Play a board game	Wash the family car
Write down 3 things you are grateful for today	Complete 30 squats	Challenge a friend who can do the most star jumps in 1 minute	Go for a bike ride with a family member	Download the smiling mind app and complete 1 mindfulness session	Vacuum the lounge room	Complete 30 sit-ups
Do some gardening	Make a healthy snack	Create your own 10-minute circuit and complete it	Complete some challenges on the Homecourt app	1 minute wall sit	Hang out the washing	Stretch for 10 minutes
Read a book	Go for a 30-minute walk with family	Actively play with a pet for 15 minutes	Do a mindfulness colouring in activity	Practice kicking a soccer ball at a wall or goal	Complete 20 lunges	Write a letter to someone you appreciate and tell them why

Student Immunisations

STUDENT COVID VACCINATIONS

As part of the phased COVID-19 vaccination rollout, more Victorian school students are now eligible to receive the Pfizer COVID-19 vaccine.

From Monday 9 August, children aged between 12 to 15 years old are eligible to receive a Pfizer COVID-19 vaccine if they:

identify as [Aboriginal and Torres Strait Islander](#)

have a specified [medical condition](#).

People aged 16 years and older continue to also be eligible under these categories, to get a COVID-19 vaccine. The Australian Technical Advisory Group on Immunisation will provide further advice on the broader 12-to-15-year age group in coming months. As more COVID-19 vaccine doses become available more people will be able to get vaccinated.

The free and safe vaccines being used in Australia are very effective at preventing serious illness and loss of life from COVID-19.

Eligible young people and their parents or guardians should speak to their doctor if they have questions about the COVID-19 vaccine and their health.

Booking an appointment

To book an appointment, visit the coronavirus.vic.gov.au website.

Eligible young people are encouraged to get their COVID-19 vaccine at their doctor's clinic or health care provider. They can also be vaccinated at Victoria's vaccination centres.

What to bring:

Bring a Medicare card (if you have one) that lists your child's name, and information about your child's medical history if they have an underlying medical condition. Please refer to Department Health information on [what to bring to your vaccine appointment](#).

More information

Translated advice about the vaccines is available on the coronavirus.vic.gov.au website.

For more information about eligibility, visit coronavirus.vic.gov.au or use the Australian Government's [COVID-19 vaccine eligibility checker](#).

For further assistance, contact:

- the Department of Health Coronavirus hotline: 1800 675 398
- the National coronavirus and COVID-19 vaccine helpline: 1800 020 080.

Change of dates

Year 7 Melbourne Museum Excursions

Due to lockdown the Year 7 Melbourne Museum Excursions planned for the 1st and 2nd of September will be postponed until Term 4. Dates to be confirmed.



Updated Information

Due to the recent lock-downs we have rescheduled the dates of our Musical Performances.

However it is still a wait and see scenario.

Please be patient and we will update you as soon as we are able to.

2021 Important Dates

TBA	Shrek The Musical
Thursday 9th September	GAT
Wednesday 15th September	Parent Teacher Interviews Years 7 - 12 12:30 - 7:30pm
Friday 17th September	Last Day Term 3 - 2:30pm Finish
Monday October 4th	First Day Term 4
Tuesday 12 October	ARTEX - Art, Technology and Digital Media Exhibition 6:00 - 8:00pm
Wednesday 13th October to Friday 15th October	City Experience Group 1
Thursday 14th October	Year 12 T-Shirt signing 1:30 - 3:10pm
Friday 15th October	Year 12 Celebration Day 9:00am - 12:30pm

Office Hours

Monday—Thursday

8:15am to 4:15pm

Friday

8:15am to 4:00pm

Last day of each Term the office
will close at 2:30pm

**The office is CLOSED during all
school holiday periods**

All upcoming dates can also be
found on our Website:
www.gladstoneparksc.vic.edu.au

HAVE YOU CHANGED YOUR DETAILS ?

Please immediately notify the College of any changes to your address or contact details.

ATTENTION YEAR 11 & YEAR 12 PARENTS

Parents are reminded that where a Year 11 or Year 12 student is absent from school due to a family holiday, this will be considered an unapproved absence.

VCE and VCAL have attendance requirements which must be met in order for a student to pass.

STUDENT ACCIDENT INSURANCE

Parents are reminded that the school does not provide personal accident insurance for students. Parents/guardians are responsible for paying the cost of medical treatment for injured students, including any transport costs.

Reasonably low cost accident insurance policies are available from commercial insurers should you require one.