



# Newsletter

Issue 15 — Friday 2nd June 2023

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## PRINCIPAL'S REPORT

The national school-based immunisation program is currently being delivered by The City of Greater Dandenong's Immunisation team to Emerson School. This is an elective service whereby parents (of Year 7 and Year 10 age equivalent students) can choose to have their children receive free vaccinations against a variety of diseases. The program that is being offered covers the areas of Meningococcal, HPV vaccine and Boostrix (vaccine for Whooping Cough, Diphtheria and Tetanus). Some of our Middle School students (Year 7 equivalent) have already taken up the program and our Senior School students (Year 10 equivalent) will have an opportunity in the coming months.

I encourage all parents to consider these immunisation programs when they are offered by the City of Greater Dandenong. World Health Organisation statistics show that some diseases have been eradicated by immunisation programs.

*John Mooney*  
*Principal*

## VALUE OF THE FORTNIGHT

We will be studying the value, Enthusiasm for the next fortnight.

Enthusiasm is doing things with zest and excitement. It is really looking forward to doing something. Enthusiasm comes from having a positive attitude about the things you do. It makes boring things fun.

*Dianne Wright*  
*Campus Principal—Middle School*

## RESPECTFUL RELATIONSHIPS

### *Topic 6 – Help-Seeking*

Learning activities in this topic area are designed to help students discuss the importance of seeking help and providing peer support when dealing with problems that are too big to solve alone. This helps to normalise and destigmatise help-seeking behaviour. Scenario-based activities help students identify situations in which help should be sought, identify trusted sources of help, and practice seeking help from peers and adults.

## SCHOOL CARPARKS

Parents and carers are reminded to drive safely and park cautiously within the school grounds. The safety of our students and staff is very important to us. We thank you for your assistance.

## DIARY DATES 2023

<b>FRIDAY 9TH JUNE</b> - Casual Dress Day (gold coin donation)	<b>MONDAY 10TH JULY</b> - Term 3 Commences
<b>MONDAY 12TH JUNE</b> - King's Birthday Holiday (no school)	<b>TUESDAY 15TH AUGUST</b> - Curriculum Day (no school)
<b>FRIDAY 23RD JUNE</b> - Last Day of Term 2 (early finish)	<b>FRIDAY 15TH SEPTEMBER</b> - Last Day of Term 3 (early finish)

## JUNIOR SCHOOL NEWS—THE ZONES OF REGULATION

The Zones of Regulation approach develops awareness of feelings, energy and alertness levels while exploring a variety of tools and strategies for regulation, prosocial skills, self-care, and overall wellness.

Developed by Michelle Addamo and her colleagues in 2019, the Zones of Regulation approach uses four colours to help children identify how they are feeling in the moment based on their emotions and level of alertness. They are:

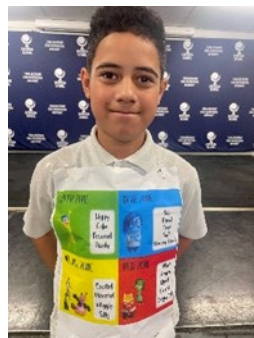
- Blue (Slow) Zone - when your body is running slowly, such as when you are tired, sick, sad or bored
- Green (Go) Zone- when you are ready to learn and “good to go.” You feel happy, calm and focused
- Yellow (Caution) Zone- when you feel your engine beginning to run high, such as when you are frustrated, overwhelmed, silly, wiggly, excited, worried, anxious, or surprised
- Red (Stop) Zone- is when you have “flipped your lid” and you have extreme feelings such as terror, uncontrolled anger, aggression, or elation



At last Tuesday’s Junior School assembly, JSI and JSJ performed a wonderful act called ‘Mood Walk’. The performance was based around the Zones of Regulation. We use this curriculum approach throughout Emerson School with all our students – Seniors, Middles and Juniors.

Thank you JSI and JSJ for teaching us about the ‘Zones’ through dance and rhyme.

**Leanne Russell**  
**Head of Junior School**



## BOOK CLUB NEWS

Issue 4 of Book Club is out now! Students will be bringing home the latest brochure in the next few days.

Unfortunately, this is the last issue for the year, as I have taken the difficult step of cancelling for the remainder of 2023. This is due to the very small number of orders that we have received this year.

Thank you to all the families who have supported Book Club over the last eight years. Our school has earned valuable points, which we have used to buy many new books and resources.

If you would like to purchase anything from Issue 4, please return your orders by

**Thursday 8<sup>th</sup> June 2023.**



**Judy Moutsakis**  
**Book Club Organiser**

## KINDNESS AWARDS

- ◆ Mrs Jacobs has nominated Ali (MSK), Brandon (MSL) and Eric (MSC) for the wonderful job they did at last week’s sausage sizzle.
- ◆ Mr Silverwood has nominated Candiz (MSD) for helping a classmate on an excursion earlier this week.

**JUNIOR SCHOOL STUDENT OF THE WEEK AWARDS**

**OUTSTANDING EFFORT**

**Victoria JSD  
Blayden JSI**

**RESPECT**

**John JSB**

**BEST BEHAVIOUR**

**Zayd JSE**

**MATHEMATICS**

**Mohamed JSG**

**STAR HELPER**

**Benyamin JSJ**

**LOL**

**Storm JSC  
Casey JSF**

**OUTSTANDING  
PARTICIPATION**

**Thomas JSH**

**BEST DANCER**

**Kingsley JSA**

**TOP SPELLER**

**Isaac JSK**

**SPORTS STAR OF THE WEEK AWARDS**

**Qaireena  
JSH**

**Jarno  
JSJ**

**Aaliyah  
JSK**

**Cameron  
MSC**

**Isa  
MSC**

**Tamsyn  
MSK**

**Kayelia  
SSC**

**Mathew  
SSH**

**Pervez  
SSM**

**CONGRATULATIONS MIA**

Congratulations to Mia W (SSF) who has travelled over to Vichy, France this week to represent the Australian Pearls Basketball team in the 2023 Global Games.

We wish Mia and the Pearls the very best at the games.





## BE THE VOICE OF GENERATIONS

On Tuesday, May 30, MSD were invited to join the City of Greater Dandenong Youth and Family Services BE THE VOICE OF GENERATIONS Reconciliation week event. It was held at Springvale Town Hall and was a wonderful day. The students participated in a Welcome to Country, traditional smoking ceremony and three different cultural workshops.

The workshops were the hit of the day as students learnt a few dance moves from Indigenous Outreach Projects. Their motto of 'no shame, be proud, respect' enabled the students (and staff) to put their fear of dancing in front of others to the side and give it a go!

Students were also given the opportunity to have a go at some rock carving using traditional designs or their own.

Finally, we were led through a mindfulness and narrative meditation, highlighting the importance of connecting with the earth and nature for health and wellbeing.

Students found the day educational as well as fun! Hopefully we will all continue to learn more about our history together and move towards a more respectful and understanding society.



## **BUS AWARDS**

DANDENONG	PAKENHAM	NOBLE PARK	NARRE WARREN	CRANBOURNE	ENDEAVOUR HILLS
FRESHTA K	ABULFAZAL A	ANTHONY L	MIA W	CESARAE A	JAI W

## GLASSES FOR KIDS PROGRAM 2023

The State Schools' Relief program is providing our **Junior School students** the opportunity to have their eye sight checked. Optometrists will be conducting the screening and testing at school on June 15 and 16. This service is free. Most children have returned the Consent form to Jenny La'Brooy, Student Services.

## INFORMATION FOR FAMILIES GLASSES FOR KIDS PROGRAM 2023

Glasses for Kids (GFK) will visit 340 targeted schools between 2020 and 2023 to offer vision screening (and further testing and glasses if required) to approximately 40,000 Prep to Year 3 students. The Department of Education and Training (DET), which includes all Victorian government schools, central and regional offices, is providing funding to State Schools' Relief (SSR) to support this program. GFK is managed and delivered by SSR, a charitable non-government organisation, and several program partner optometrists who will be conducting the screening and testing at your child's school.

As stated by Vision Australia, "children are often unaware or unable to express the fact that their vision is blurry. Sixty per cent of children identified as 'problem learners' are challenged by 'poor vision'. Studies show that over 60 per cent of people with 'poor vision' only need glasses to improve both their vision and quality of life. There is also a link between poor vision and falls among older Australians" (Mae Chong, Vision Australia, 2022).

For information on how to maintain eye health, please visit [www.visionaustralia.org/services/eye-conditions/eye-health](http://www.visionaustralia.org/services/eye-conditions/eye-health)

### WHY IS THE GLASSES FOR KIDS PROGRAM IMPORTANT?

- GFK aims to remove vision impairment as a barrier to accessing education and achievement.
- If left unaddressed, a vision impairment can affect the lifelong learning capabilities of a child. GFK helps alleviate this problem by providing an onsite service to children at their school, to address vision impairments in children which otherwise may have gone undiagnosed.
- GFK contributes to achieving the Government's Education State targets including Learning for Life; Happy, Healthy and Resilient Kids; and Breaking the Link.
- Watch the GFK video here: <https://stateschoolsrelief.org.au/programs/glasses-for-kids-program/>

### HOW DOES THE PROGRAM WORK?

- Prep to Year 3 or ungraded students are invited to participate in the program.
- Qualified optometrists will be onsite to conduct the screening, testing and prescribing of glasses if required.
- The screening and testing sessions will be completed class by class, during school time.
- All vision screenings (and further testing if required) are undertaken by a registered optometrist or by a practitioner under the supervision of a registered optometrist. Testing may be bulk billed through Medicare.
- Glasses, if needed, will be chosen by the student then dispensed at no cost to the school or student.

### WHO CAN PARTICIPATE?

- GFK is delivered to targeted schools that are allocated by DET.
- Prep to Year 3 age groups from targeted mainstream and specialist schools are invited to participate.

### CAN CHILDREN WHO CURRENTLY WEAR GLASSES BE PART OF THE PROGRAM?

- Yes they can, the glasses provided by GFK can be for an updated prescription, or used as a spare.

### DO I HAVE TO RETURN SEPARATE FORMS FOR EACH CHILD?

- Yes, each individual student must have a signed Consent Form and a completed Optometrist Questionnaires if they are to participate in the program. Please ensure eligible siblings have their own forms.
- The questionnaire is designed to help inform students' initial screening and if needed, further testing.

### DO I HAVE TO PROVIDE MEDICARE DETAILS?

- Yes, any further testing that may be required on the day of the visit is bulk billed through Medicare.
- If the initial screening indicates that further eye testing is required, families may have to cover testing costs if the previous eye examination was bulk billed by Medicare in the last 1-3 years.

### ARE GFK STAFF COVID19 VACCINATED AND HAVE WORKING WITH CHILDREN CHECKS?

- All staff are fully vaccinated against COVID19 and follow strict hygiene protocols
- All staff have valid Working with Children Checks which are presented to schools upon arrival

### WHAT HAPPENS IF THE GLASSES ARE DAMAGED?

- In accordance with SSR's replacement policy, we will cover the cost of new glasses where appropriate.
- Consistent with the consumer rights under Australian Consumer Law, standard returns policy applies.

Lisa MacKinven  
Program Manager, Glasses for Kids  
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