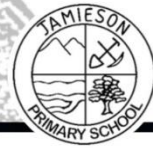


Jamieson Primary School
1 The Sideling
Jamieson VIC 3723
Ph: 03 5777 0535
Jamieson.ps@education.vic.gov.au



Jamieson Primary School Newsletter 18
24th October 2024

Senior Camp 2024

For those who have not yet completed the online enrolment for *Cottage by the Sea*:

- Enrolment Deadline: All camp forms must be submitted by *Monday, October 28th*.
- Forms Required:
 - Online camp enrolment form
 - Student medical form (to be completed and returned to the school)
 - Permission to travel in a private car (to be completed and returned to the school)

Online Enrolment Instructions:

- Link to Form: [Cottage by the Sea Enrolment Form](#)
- All required fields marked with a red star (*) must be filled out; incomplete forms cannot be submitted.

Jamieson Primary School is going cashless

Jamieson Primary School will be going cashless in 2025. All bank details will be on the invoices issued. Payments will be completed using bank transfers.



Tennis

Tennis will be held this Friday, unfortunately, the weather was against us with the tennis lessons last Friday. We will be making this day up with a tennis lesson on Friday 1st November.

Merrijig anniversary

Merrijig Primary School will be celebrating its 150th anniversary this Saturday. It promises to be a fantastic family day with a range of activities being provided. See the attached flyer for details.

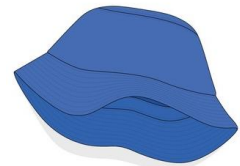
School Uniforms 2025

An order for school uniforms will be placed in mid-December. Please inform the school of the uniform items that your child requires for 2025.



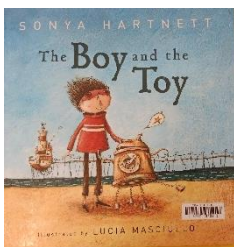
Drink Bottles and Sun Hats

As the weather warms up, students are required to wear their bucket hats in line with our Sun Safe School Policy. Do not forget to send a drink bottle with your child each day.



Lice

A reminder that students' hair should be checked on a regular basis. If lice are found, please treat the hair and notify that school. Students with long hair *must* wear their hair tied up.



MARC Van

The students read *The Boy and the Toy*. This is a reminder to return all library books each fortnight. A notice has been sent home with those students who have overdue books. Please return at your earliest convenience.



HORSE RIDING

The students enjoyed horse riding on Wednesday. In the morning, they received lessons on grooming and horse care and enjoyed a trail ride in the afternoon. Thank you to Mrs De Santis, Mrs Wetmore, Pauline and Elaine for supervising and providing transport.

I rode a horse named "Sasha" she is a beautiful horse. – **by Jackson**
 My horse was named "Phil" he was the biggest horse. I wasn't scared riding the horse.
 - **by Luke**



Mental Health Month:

October marks Mental Health Month, with the 10th of October, being celebrated globally as *World Mental Health Day*.

This year, Mental Health Australia is encouraging families to build healthy habits together with a calendar providing daily tips. The Youth Calendar is featured in this newsletter (See below). By following these tips, you can improve your mental well-being and connect meaningfully with others.

MEANINGFUL CONNECTIONS MATTER 10 10 24

WORLD MENTAL HEALTH DAY

Mental Health Australia

NEED SUPPORT?
 Kids Helpline 1800 55 1800
 Lifeline 13 11 14
 Lifeline text 0477 13 11 34
 Carer Support 1800 242 636
 SANE Australia 1800 187 263
 Open Arms 1800 081 046

SHORT TIPS FOR A MONTH OF MINDFULNESS

01 **JOIN US** Write down a positive mental health goal for this month

02 **STRETCH IT OUT** Start your day with a 5-minute stretch

03 **SENSE CHECK** Connect with your 5 senses and be in the present moment

04 **PAUSE** Before posting, ask yourself who might see it and how could it make them feel?

05 **GOOD VIBES** Send a kind text to a good friend

06 **TO-DO LIST** Write a to-do list for the week ahead to achieve your goals

07 **GLAM UP** Wear your favourite outfit today – the brighter the better

08 **DIGITAL MEDIA MENTAL HEALTH CARE** Get some support with apps such as Meelo or MOST to get you started on your recovery

09 **PRACTICE KINDNESS** Listen to this building kindness meditation

10 **WORLD MENTAL HEALTH DAY**

11 **SHARE YOUR MEANINGFUL CONNECTIONS #WMHD24** Check out the resources from ReachOut au.reachout.com

12 **FEAST** Grab some friends and cook up a feast together

13 **SELF-COMPASSION BREAK** Find a quiet place and listen to your favourite music or podcast

14 **RESET** Take yourself for a walk or a few deep breaths to reset

15 **FURRY FRIENDS** Get some pet cuddles. If you don't have one try to borrow a furry friend

16 **JOURNAL** Connect with yourself by writing down what's on your mind

17 **DANCE IT OUT** Put your favourite song on and shake off any bad vibes

18 **HAVE FUN** Take time today to do one of your hobbies or try a new one

19 **SCREENS DOWN** Put your screens down for at least 30 minutes before bed

20 **SCREEN BREAK** See the #chatsafe advice (@chatsafe_au) for tips on how to control what you see online

21 **SCRUB UP** Take a shower and wash off your worries

22 **GRATITUDE ATTITUDE!** Write down or think of 3 things you're grateful for

23 **SUPPORTIVE CIRCLES** Keep in regular touch with supportive people

24 **HELP A FRIEND** Reach out, check-in, be present and listen

25 **SCHEDULE WORRY TIME** 15 minutes of worry time lets you deal with your troubles

26 **HIGH FIVE** Celebrate a small achievement today

27 **ME TIME** Grab a hot drink and get lost in a good book

28 **OLD CONNECTIONS** Reach out to a friend you haven't talked to in a while and share a funny memory

29 **SOCIAL DETOX** Unfollow toxic people and accounts on social media

30 **GET OUTDOORS** Go outside and feel the sun, rain or wind on your face

31 **FUTURE YOU** Which tips can you keep practicing for good mental health?

worldmentalhealthday.com.au

This is a collaborative project developed with contributions from: ReachOut Youth Ambassadors and Peer Workers Kelli, Jenna, Kate, Emily, May, Henry, Chase, Chaitralli and Maddi, and the research team at Oxygen.

gen REACHOUT

Visit worldmentalhealthday.com.au to find out more and access a range of helpful resources.

Let us prioritise mental health together.



Youth social media ban - have your say

The Victorian Government wants parents, teachers and young people to share their experiences with social media. You can have a say and help inform national laws that will be developed to help protect the mental health and social development of young Australians and reduce the risk of online harm.

Parents roundtable

Victorian parents are invited to attend a roundtable to discuss these issues, hosted by the Parliamentary Secretary for Education, Nina Taylor MP, and Parliamentary Secretary for Children, Nathan Lambert MP.

Details

Time: Monday 28 October, 1 - 2:30pm, with refreshments afterwards.

Venue: [35 Collins Street, Melbourne](#)

RSVP

If you would like to attend the roundtable, please contact socialmediareforms@dpc.vic.gov.au to register. Participants will be reimbursed for the costs of transport and/or parking.

The consultation will consider the positive and negative impacts of social media on young people's lives and ensure the voices of Victorians are represented in the reforms. The findings will also be used to develop a new resource for schools to keep young people safe online – *Safe Socials*.

Online feedback

If you can't make the roundtable, you can also provide feedback online – either individually, or as a group by hosting a self-guided discussion using the online guide on the Engage Victoria platform.

Find out more information and complete the survey at <https://engage.vic.gov.au/SafeSocials>

Background

The controversy continues over Federal Government plans to enforce a minimum age for access to social media platforms. Even before PM Anthony Albanese [announced the plan](#) on 10 September, the idea was debated extensively in the media, and the debate has only intensified since then.

Among the arguments in favour of a ban are:

- There is now strong evidence that social media cause great harm to young people
- A ban supports parents who want to prevent harm to their children from social media
- Social media companies are motivated by profits, they manipulate young people to encourage excessive use of social media

Arguments against include:

- A ban will not be effective; young people can easily get around it.
- A ban will drive young people to hide their social media use from parents and carers, making it harder to control and minimise the harms.
- Social media have positive benefits for young people too.

Go ahead and complete the survey to have your say: <https://engage.vic.gov.au/SafeSocials>

KIDS CORNER

Joke of the Week:

Question: What do you call a moose with no name?

Answer: Anony-moose.



Micah, Grade 6

Student Photo of the Week:

"I took this photo because I love sport. I had fun playing tennis, basketball and vortex with Corey and Luke."

Micah, Grade 6



Highlights in Junior Room:

"The best part of my week was bringing the big mat outside to jump on. It is fun because you can jump onto the mat from the play equipment. I am excited for horse riding too because I can sit on a horse!"

Corey, Grade 1.



"The best part of my week has been making the sea mural. I liked doing it because I love under the sea stuff and we used lots of pretty colours and glitter."

Belle, Grade 1.



Highlights in Senior Room:

My favourite activity last week was playing with the rope. We used it to climb a tree and for tight-rope walking. - **Mason**

My favourite part of the week has been playing sports. I have enjoyed throwing the vortex, and playing basketball, soccer and tennis. - **Micah**



IMPORTANT DATES

25 th October	Tennis
28 th October	Line dancing
4 th November	Curriculum Day – student free day
5 th November	Melbourne Cup Day – Public holiday
7 th November	Marc Van
8 TH November	Tennis
11 th November	Remembrance Day / Line Dancing
12 th November	Prep transition day
15 th November	Tennis