



Howrah News

Issue No. 33 – 2 November



PRINCIPAL'S NEWS

Dear Families

Respect, Growth, Aspiration, Courage, Kindness Our Student Values

Our student values are woven through all we do at Howrah Primary. The teachers regularly discuss these important values with students and unpack what they look like and sound like in our school community. These values are part of our culture of high expectations. We expect all students to come to school ready to interact with others in safe and respectful ways; to be kind; to be respectful of the learning environment and the opportunities provided to them; and to use their growth mindset, courage and aspiration as a learner, to be open to new possibilities. As a parent/carer you can assist with developing a growth mindset and help your child to use language which shows they can and will learn, rather than the language of a fixed mindset which denies growth and development. Here are some suggestions for ways to shift mindset and instill more positive self-talk.

UPCOMING EVENTS

4 November

Bonorong Wildlife Sanctuary excursion – ID, IM, I/2C and I/2SW

7 November

SPSSA Div. A Interschool Swimming Carnival - Doone Kennedy Hobart Aquatic Centre

9 November

SPSSA Div. C Interschool Swimming Carnival – Doone Kennedy Hobart Aquatic Centre **(Starting at an earlier time of 9:30am)**

10 November

Molesworth excursion – 2P and 2PB

11 November

Marimba Mania – Year 5/6 to Salamanca PWI

18 November

Howrah Primary School Year 3 – Year 6 Triathlon

22 November

Bravehearts – Kinder – Year 2
Molesworth excursion I/2LH

25 November

Combined Primary Schools Band and Choir Concert – Mystate Bank Arena

TERM DATES

Term 4

21 December – Last Day Term 4

DEVELOPING A GROWTH MINDSET



INSTEAD OF.....	TRY THINKING....
I'm not good at this	What am I missing?
I give up	I'll use a different strategy
It's good enough	Is this really my best work?
I can't make this any better	I can always improve
This is too hard	This may take some time
I made a mistake	Mistakes help me to learn
I just can't do this	I am going to train my brain
I'll never be that smart	I will learn how to do this
Plan A didn't work	There's always Plan B
My friend can do it	I will learn from them

<https://www.hrzone.com/perform/people/these-words-help-people-develop-growth-mindsets>

The language of 'not yet' is very powerful. "I can't do this yet" allows the possibility of time to develop the ability. We all need time to develop

our skills and talents – it can take ten years of practice to become a master in a chosen area.

On Friday I was thrilled to present certificates to many of our students for achievements in a wide number of areas at our whole school assembly. Our students demonstrate our school values when they put their hand up to engage with these extra opportunities such as debating, online competitions and the National History Challenge. I am so proud of the motivation, aspiration and courage of our students. So many of them go over and above in their endeavours as well as in their daily classroom learning.

Ange Miezitis
Principal
Angela.miezitis@decyp.tas.gov.au

NAPLAN 2023

Students will be sitting NAPLAN between 15 and 27 March 2023.

The National Assessment Program-Literacy and Numeracy (NAPLAN) assesses literacy and numeracy skills that students are already learning at school. On its own, NAPLAN is not a test that can be studied for, and students are not expected to do so.

NAPLAN is just one aspect of a school's assessment and reporting process – it does not replace ongoing assessments made by teachers about student performance; however, students and parents/carers may use individual results to discuss progress with teachers.

This is the first year NAPLAN will be held in March, having previously taken place in May. This change was made so school systems would have access to results earlier in the school year, so they can be used to inform teaching and learning plans for the remainder of the year.

Why NAPLAN is conducted online

NAPLAN online provides a better assessment and more precise results.

One of the main benefits of NAPLAN online is that it uses tailored (or adaptive) testing. This means that students receive questions better suited to their abilities, so they can show what they know and can do.

Online testing also allows us to provide a wide range of accessibility options to support students

with disability to access NAPLAN. Feedback from students is that they find the online test more engaging.

Please note that students in Year 3 complete the Writing Test on paper.

PARENT INFORMATION BROCHURES AND OTHER RESOURCES

Your questions answered on NAPLAN and what it means for your child:

[NAPLAN information brochure for parents and carers](#)

The link will take you to the official National Assessment Program (NAP) website. Please contact the school if you have any further queries.

INTRODUCING EMERGING MINDS FAMILIES: FREE INFANT AND CHILD MENTAL HEALTH RESOURCES FOR PARENTS, FAMILIES AND PRACTITIONERS

Emerging Minds has recently launched [Emerging Minds Families](#) – a brand new range of resources for parents/carers and families looking for information and support about infant and child mental health.

The resources – including videos, factsheets, animations and podcasts – are free and have been developed in collaboration with families, practitioners and researchers. They are designed for practitioners to share and use with the parents/carers and families they work with, or for parents/carers and families to access directly.

Topics include:

- Supporting parents and families living with mental illness
- Responding to and managing the impact of natural disasters including floods, bushfire and drought
- Understanding and managing anxiety in children and young people, and
- Infant mental health and wellbeing.

Visit the [Emerging Minds website](#) to access the resources and [subscribe to the Emerging Minds Families newsletter](#) for the latest updates and releases.

COMBINED PRIMARY SCHOOLS BAND AND CHOIR CONCERT

Tickets are now available to purchase for the Combined Primary Schools Band and Choir Concert to be held at MyState Bank Arena on Friday 25 November.

The concert performance will start at 7:00pm sharp, and students are requested to be at the venue by 6.30pm. Student performers do not require a ticket.

Please note, due to copyright and privacy, recording and photography are not permitted during the performance.

Tickets on sale Friday 28 October 2022 (credit card processing and transaction fees apply):		
Online at www.ticketek.com.au Phone Ticketek on 13 28 49 for Credit Card Bookings or on site at the Arena from 9.00am to 4.00pm	Adults	\$30.00
	Concession	\$20.00
	Children	\$20.00
	Family (2 adults, 2 children)	\$70.00

ASSEMBLY INSTRUCTION FOR ONLINE BOOKING – BUDDIES I

Limited seating is available. Please note that the code is changed weekly. Due to physical distancing requirements parents/carers are unable to attend whole school assemblies.

Instructions - Go to www.schoolinterviews.com.au and enter the code: dvr6w

Enter your details. When you click FINISH your booking will be emailed to you immediately. If you do not receive your email, please check your junk-mail, or enter the event code again and check your email address spelling. Update your details if the email address is incorrect. Keep the email you receive. You may need to refer to it at a later date.

Parents/carers do not need to come to the office to sign in but are required to comply with COVID-19 requirements by adhering to physical distancing requirements and we strongly recommend all visitors to wear face masks when indoors. We ask

that parents/carers be seated by 1:50pm. Assembly starts at 2:00pm and runs for approximately 45 minutes.

Please do not collect children during assembly as this is very disruptive. If you have an emergency or an appointment during this time, please ring the office so arrangements can be made for your child to be collected from the office.

ASSEMBLY GROUPS

Buddies 1 – Prep/1C, 3/4B, 1/2LH, 4M, 3W, 2P and 5/6j

4 November

Buddies 2 – 1/2SW, 3S, 1/2C, 5H, 1M and 5/6C

11 November

Buddies 3 – PrepC, 3BT, PrepGH 5/6K and 4S

18 November

STUDENT VOICE

Year 5/6 School Basketball Tournament

Howrah Primary School entered 4 Year 5/6 teams into the Southern Schools Basketball Championship in October. Games were played between Swisherr in Hobart and The Kingborough Sports Centre in Kingston. The Div. A boys team won 3 out of 5 games and have qualified to go to the State All Schools Tournament in Launceston this December. The Div. 2 Boys and Div. 3 boys won 3 out of 4 games. The girls team also won 3 out of 4 games and almost went to finals. We interviewed a few of the participants from each division and everyone really enjoyed getting to play with their school friends and had heaps of fun.

Haidee and Kirby



Division 1



Division 2



Division 3



Girls Team

We would like to thank all parents/carers for transporting and supporting their children, but particularly those that either coached, managed or did scoreboard duties. Without your involvement, it doesn't happen! I was fortunate enough to see many of the students play and the teamwork, attitude and enjoyment was clearly evident! Well done and looking forward to the Year 3/4 reports next week!

Mr Gregg
PE Teacher

YEAR 3 AND 3/4 FOCUS LEARNING

Hanging With Our Buddies

At Howrah Primary we know just how important it is to have 'a buddy'. Whilst our Buddy classes will celebrate their time together over the year in assembly this Friday, we'd like to highlight the Year 3 and Year 3/4 relationships with their Buddy classes.

One of the many benefits of a Buddy program is that the older children learn to take on responsibility, while the younger children know that they have a fellow student they can confidently turn to for support. Regular collaboration between our classes throughout the year has allowed students to create friendships, which in turn fosters a sense of whole-school community. This then increases the likelihood of more positive school behaviour for all students.

3 BODDY TOWNS AND PREP COOPER

We assisted our buddies with their reading, and we recently made posters about friendship and how to be a good friend.

Zoe likes having Buddies because "You get a chance to interact with other classes and go into their classroom and look at everything".

Quinn says she "likes being with our younger buddies and helping them. It's nice when they wave or say hi in the playground".

"It would be great if we could go on an excursion with our Buddies, like to a park. That way we could play and help them with their fears of climbing and heights."



3 WING AND KINDER PHILLIPS AND BIRCH

We were unable to get together with our Buddies at the start of the year, due to COVID regulations, so we wrote letters to each other instead. We also have had a comedy festival via Zoom. When we finally got together we read our narratives that we made into books and invited them to be our audience when we performed plays based on our Guided Readers. We visited the Kinder and worked collaboratively on numeracy activities in Kinder Phillips and went on a scavenger hunt in Kinder Birch.

Isla "Our buddies enjoyed our plays. They laughed and didn't mind when I said the wrong word. I think they liked seeing fairytales come to life."

Joel "I liked getting a letter from my buddy, Archie. He drew a picture and signed his name".



3 SULTAN AND 1/2 STANLEY WILLIAMS

Our Buddies sessions have allowed students to increase their social skills to enable them to get along with others. They also develop feelings of compassion and empathy with others.

What do you enjoy the most about buddy class?

"I like getting to know my buddy and working on activities together" – Lomani

"I like being a role model for my buddy to look up to" – Samson

" I like that we get to share ideas together" - Lucas

" I enjoy finding out interesting facts about my buddy" – Charlotte

" I like that we get to do activities together such as the Walkathon!" – Jay

3/4 BROWN AND PREP CORDWELL

In our last buddy session, we designed and made spooky houses for Halloween.

"It was good! My buddy was semi-independent and was figuring things out on his own" – Zac W

"I like that Jacob was concentrating really hard on what he was supposed to do" – Olly

"I liked making a spooky house with my buddy because it took time and was fun" – Flynn

"I liked doing the spooky house with Zoe because she was really funny and we had lots of fun making it" - Arabella



WARATAH WINS HOUSE SWIMMING CARNIVAL

The Howrah Primary School Swimming Carnival was run at the Doone Kennedy Hobart Aquatic Centre on 24 and 25 October. It was a very busy and a very exciting event, with a range of competitive and fun novelty races. Students over both days just kept turning up at the start line, ready to give all races a go and the quality of swimming was high. It really was a great show of all our school values in one place!

We would like to congratulate the 86 students selected to represent the school in November's SPSSA interschool Swimming Carnivals and wish them luck. We know they will do themselves and the wider school community proud!

There were many parents/carers that attended the event. We thank them for continued support of their children's sporting endeavours. A special thanks to those who made themselves available to help the school out with some officiating duties.

After two days of racing and participation...
CONGRATULATIONS to WARATAH house for taking out this year's Inter-House Carnival!

Waratah = 1481pts Banksia = 1309
Acacia = 1318

Darren Gregg
PE Teacher

STUDENT VOICE

Our swimming carnivals – Years 5 and 6
#1 Waratah #2 Banksia #3 Acacia

It was a super close finish between 2nd and 3rd, with Banksia finishing with just 4 more points than Acacia! We can firmly say that Howrah has some very strong swimmers, and our inter-school teams are going to be great! But even the less confident swimmers still did an amazing job competing. Even though it was boiling, it was still a very fun day.

Years 3 and 4

#1 Waratah #2 Acacia #3 Banksia

As House Captains, we are very proud of everyone for participating in events. Even though they weren't confident swimmers, they still tried and earned points for their house. We believe that almost everyone, whether confident or not, competed in at least 2 or 3 races! And the chanting was excellent!

Overall:

#1 Waratah #2 Acacia #3 Banksia

By Lachie and Levi



Move Well Eat Well

We are an Award school!

Our school has achieved the *Move Well Eat Well* Award!
This means we ...

- Make water available as the preferred drink
- Enjoy fruit and vegetables everyday
- Make 'everyday' foods available at school
- Provide equipment and space for active play every day
- Make time for regular physical activity
- Enjoy walking or riding activities each term
- Have positive school policies about healthy eating and physical activity for everyone

For more information and for family ideas on healthy eating and physical activity visit www.movewelleteatwell.tas.gov.au

Department of Health
Department of Education

Tasmanian Government

MOVE WELL EAT WELL

We are very pleased to advise that Howrah Primary School has been successful in earning its Move Well Eat Well Award! Your school has demonstrated its commitment to embed healthy eating and physical activity into daily school life so that it becomes a normal, positive part of every child's day.

Your school is to be commended for its integration of strategies to promote healthy eating and physical activity into the curriculum which are also reflected in policy. Howrah Primary School has shown an excellent understanding of a whole school approach to health and wellbeing, and what it means to be a health promoting school.

Stay tuned for regular ideas and updates!

Nat Wickham.
AST/Teacher

BREAKFAST CLUB

UPDATE! Thank you for all of the support of the Breakfast Club which is due to commence on Thursday 10 November at 8:30am outside the Kitchen in J Block. We are always on the lookout for extra volunteers so let me know if you are able to assist. natalie.wickham@decyp.tas.gov.au

This program is available to all; however, our main priority is to provide breakfast for those students whose families may not be the position to provide a healthy start to the day.

Bread is donated by Shoreline Banjos and fruit and spreads by Woolworths. We are exploring gluten free options with these businesses.

NEW SOCIAL WORKER

Hi! My name is Katrina. I am excited to be part of the Howrah Primary School community as a School Social Worker.

In my spare time I enjoy getting outdoors for a nice walk or swim on warm, sunny days and playing boardgames or watching "Rom coms". I have a friendly pet cat called 'Alvie'.

I look forward to getting to know the wonderful students and their families at HPS!



CANTEEN VOLUNTEERS

Our Canteen is managed by Judy Harrison and is open 3 days a week - Wednesday, Thursday and Friday. If you are able to volunteer for an hour or two just one day per month, please contact Judy on:

Phone: **6246 6333** or **0409 442 832**

No experience is necessary and your contribution to the school community would be greatly appreciated! Lunch is provided to all volunteers!

A registration to work with vulnerable people is required.

IMPORTANT INFORMATION FOR OUR SCHOOL COMMUNITY

We have a number of vulnerable members in our school community, including students, staff, parents, carers and other family members. Please help by keeping your children home when they are unwell. If your child contracts any contagious disease the office **MUST** be notified immediately so that we can put in place protective processes for our most vulnerable people.

STUDENT ABSENCES

If your child is absent, it is important that you notify the school on the day by calling the absentee line.

6246 6366

or

SMS 0418 159 088

We need you to provide - the child's name, your name, your relationship to the child and a detailed reason for the absence.

If you are unable to do this, we require a short note explaining the reason for the absence.

RAPID ANTIGEN TESTS FOR STUDENTS AND COVID-19 INFORMATION

Kits are available at the school office. Please ring or email to request these and they will be sent to your child's classroom to go home at the end of the day.

If your child has tested positive to COVID-19 positive, it is important they stay home if they are unwell or have symptoms.

If your child is well and not displaying any

symptoms, they may attend school. Primary school students are not expected to wear a face mask, however they will be encouraged and supported if they choose to do so.

Please inform the school office if your child has COVID-19.



PARENTS AND FRIENDS MEETING

Our next P&F meeting is tonight at The Shoreline Hotel at 6:45pm.

All parents/carers and friends of the school are welcome. We'll be doing some planning for 2023.

SCHOOL ASSOCIATION – SEEKING TWO PARENT / CARER REPRESENTATIVES

The next meeting will be held on **Monday 7 November**.

If you have ever been interested in nominating to join the School Association Committee, we would love to hear from you! We know nominating and taking on an extra role can feel daunting - the information below may be helpful.

- All parents / carers and staff automatically make up the Howrah Primary School Association.
- The School Association Committee is a group of elected parents / carers and staff who work with the Principal to perform administrative tasks, such as the review and endorsement of policies, provide input to make decisions and raise concerns on behalf of the school community.
- The School Association Committee provides a Chairperson and Treasury support to the Parents and Friends (P&F) which is a sub-committee of the School Association Committee. The P&F work with the Principal to identify opportunities to support the school through fundraising.
- The School Association Committee meet at least once per term, in the evening, using a

mixture of face-to-face and online meetings. Rarely, additional meetings are needed and arranged ad-hoc.

- Usually, an election is held prior to the Annual General Meeting in Term 2 to elect new members to the committee. Because we have vacancies now, we may be able to directly appoint to the positions until the next AGM.
- We think we're a friendly bunch and would love to chat with anyone who is interested in nominating to join!

Our next meeting is scheduled for **Monday 7 November at 6:30pm**. It will be face-to-face, in the meeting room in the main foyer of the school. Any parent/carer or staff member is welcome to attend. The School Association Committee currently has two parent/carer vacancies. We are particularly seeking people with accounting skills to nominate to fill the role of Treasurer. Below is a list of the parent/carer representatives on the committee now. Feel free to catch one of us at school or leave your details at the office and one of us will contact you for a chat.

Current Parent/Carer representatives:

Kate Crawford, Ian Sampson, Tania Pengilly and myself, Amy Genford.

We hope to hear from you!

Amy Genford
HPSA Chair

SCHOLASTIC BOOK CLUB

Orders due by Thursday 10 November 2022, to ensure we receive our orders before the end of Term.



CONTACT DETAILS

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