

Howrah News

Issue No. 34 – 2 November



UPCOMING EVENTS

10 November
Molesworth excursion – 2P and 2PB

11 November
Marimba Mania – Year 5/6 to Salamanca
PW1

18 November
Howrah Primary School Year 3 – Year 6
Triathlon

22 November
Bravehearts – Kinder – Year 2
Molesworth excursion 1/2LH

25 November
Combined Primary Schools Band and Choir
Concert – Mystate Bank Arena

TERM DATES

Term 4
21 December – Last Day Term 4

PRINCIPAL'S NEWS

Dear Families

Over the last week I have witnessed and experienced the kindness of our students. Kindness is the fifth value for our school in my view.

It is a quality which, as parents/carers and educators, we hope to nurture and develop in our young people so that they are connected, caring citizens.



Patty O'Grady, PhD, an expert in neuroscience, emotional learning, and positive psychology, specialises in education and reports:

“Kindness changes the brain by the experience of kindness. Children and adolescents do not learn kindness by only thinking about it and talking about it. Kindness is best learned by feeling it so that they can reproduce it.”

Ask your child what they have done to be kind at school each day. What have they done for others? What kind words have they said to others? How did it make the other child feel? How did it make your child feel?

These conversations and actions will help to build a kind community at Howrah Primary and create adults who treat each other with kindness and respect.

The following blog post has some interesting information about benefits of teaching kindness in schools.

<https://www.edutopia.org/blog/teaching-kindness-essential-reduce-bullying-lisa-currie>

Move Well, Eat Well

We are a Move Well, Eat Well school which means we promote healthy habits.

There are six healthy messages in the Move Well Eat Well program

- Tap into Water Every Day
- Plant Fruit and Vegetables in Your Lunchbox
- Limit 'Sometimes' Foods
- Move, Play and Go
- Turn Off Switch to Play
- Stride and Ride



PLANNING FOR 2023

We are planning for next year looking at class structures and staffing. Our proposed class structure for 2023 is as below:

Kinder – 4 classes (based on current enrolment numbers)
 Prep - 3 classes
 P/1 - 1 class
 Year 1 - 2 classes
 Year 1/2 - 1 class
 Year 2 - 3 classes
 Year 3 - 3 classes
 Year 3/4 - 1 class
 Year 4 - 2 classes
 Year 4/5 - 1 class
 Year 5 - 3 classes
 Year 6 - 3 classes

Staffing for 2023 is still being discussed with Human Resources at Learning Services and will be confirmed later in the year.

Ange Mieztis
 Principal

Angela.mieztis@decyp.tas.gov.au

END OF YEAR REPORTS

A reminder to families that end of year reports will be distributed on Friday 16 December.

The report will show your child's learning achievement on a 9-point visual scale which replaces A-E ratings for students in Prep to Year 10. The 9-point scale shows more specifically where your child's learning achievement is against the expected standard for their year level.

There will be no teacher comments on the report. For more information about the changes to reports:

- [School Reports FAQs](#)
- [Understanding the 9-point scale](#)
- [Reporting - The Department for Education, Children and Young People Tasmania \(decyp.tas.gov.au\)](#)

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

YEAR 3/4 BASKETBALL TOURNAMENT STUDENT VOICE

Howrah entered three teams in the Southern Schools Basketball Tournament for Year 3/4. Games were either played at Swisherr in Hobart or at Kingston in the Kingborough Sport Centre. Here is what the coaches and students had to say.

Our Year 3 boys played a fantastic weekend of basketball. They played 4 games over the 2 days and won 3 out of the 4 games. It was so wonderful to see the boys contribute to their games in a positive manner and work as a team, sharing the ball and helping each other out to score a point. When opposition players got knocked over, our boys were the first to offer them a hand to get up or check on them. They did Howrah Primary School proud!!!!



Players said:

Thomas #7 - It was really fun to play the school tournament because I got to play with my friends. It didn't matter if we won or lost, it was all about having fun. Plus, I got to block the offensives shots!

Alex #9 - Playing great defence as a team. Our coach makes the best decisions.

Austin #3 - Spending time with my team mates and having fun.

Henri #11 - It was good playing with my team mates, I had fun.

Blake #6 - Playing the game with my friends

Angus #5 - Working as a team and winning some games with my friends.

Marcos #2 - Having a great team, coach and winning our first game.

Charlie #4 - Winning against my cousin and my uncle in the first game and playing with my friends.



The girls had a blast, such a lovely group all from different classes having so much fun together. It did help having a few wins along the way too.



Our team went really well in the basketball tournament. Our team had Jack, Tom, Ben, Sam, Jarvis, Flynn, Angus, Mason and myself. Most of us hadn't played basketball before, but we did really well and won 2 out of 4 games.

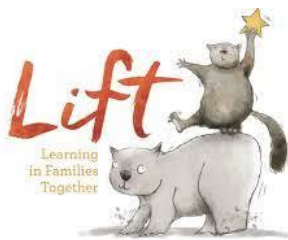


We would like to thank all the parents/carers for supporting our team and a big thanks to you Alison, our manager for putting the teams together. To our amazing coach Rylan for training us. Lastly thanks to Mr Gregg who got every team together in the school.

Archer
Year 4

STUDENT FOCUS PREP AND PREP/I

On the 26 October Prep Cooper/Gardner, Prep Gibbons/Heddle and Prep/I Cordwell/Gardner went on an excursion to Bunnings. Once we got there, we got to wear special vests that said 'Junior Tradie' on the back. We even got to take these home! Next, we looked at the Christmas section and there were very pretty fairy lights and a glowing reindeer. Then we went to the paint section and watched the lady mix colours to make other colours in a special machine. After that we looked at a special room where all the things got unpacked and then put on the shelves. Finally, we went to look at the gardening section and the lady showed us different plants and lawn mowers.



LEARNING IN FAMILIES TOGETHER (LIFT)

Reading at home with your child every day is vitally important to your child's reading development. Coming home soon are some ideas that you can do to support your child with their home reading. We will also be sending home a bookmark with comprehension questions that you can ask your child to check their understanding when they have finished reading.

A link to a family survey will also be sent soon - please take the time to fill out the survey to help us gather important data for future parent/carer information.

If you have any questions, then please contact your child's teacher or myself.

Judy Cordwell
LIFT Coordinator

ASSEMBLY INSTRUCTION FOR ONLINE BOOKING – BUDDIES 2

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: edpcx

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, 5/6C, 5A and 2PB – **11 November**

Buddies 3 – PrepC, 3BT, PrepGH 5/6K and 4S - **18 November**

THE FOLLOWING STUDENTS WERE AWARDED MERIT CERTIFICATES IN ASSEMBLY ON 4 NOVEMBER 2022

Student	Class	Student	Class
Liam	P/1C	Tyler	3/4B
Thomas	P/1C	Parker	3/4B
Piper	P/1C	Piper	3/4B
Sebastian	1/2LH	Abbie	4M
Ned	1/2LH	Lily	4M
Lilly	1/2LH	Lylah	4M
Sophie	2P	Eshaan	4M
Sunny	2P	Ben	4M
Eloise	2P	Max	5/6J
Hazel	2P	Asher	5/6J
Eva	3W	Bom	5/6J
Lachlan	3W	Leo	5/6J
Ellie	3W	Evana P/1C	Music
Angus	3W	Annie 1/2LH	Music
Arya	3W	Amelia 5/6J	PE
Ryan 5/6K	Science	Sasha 1/2LH	PE
Finn 5/6J	Science	Zac 3/4B	PE
Samson 3S	Science	Skye 2PB	Art
Lucas 4M	French	Isaac PGH	Art
Goldie 1/2LH	French	Thomas 3/4B	French

SRC UPDATE

The SRC have identified that there continues to be a lot of plastic waste being placed in our bins during lunch and recess. We discussed new and creative ways to reduce this waste while promoting healthy eating. One idea which got our vote was, **The Howrah Home Baked Day**, which will be held each Monday until the end of the year. We know that we have so many home cooks here at Howrah so why not put your skills to the test and bake a healthy treat for your lunch boxes. Each week for

the next 4 weeks Grace will publish a new healthy recipe for lunch box fillers and each week classes who take part in **The Howrah Home Baked Day** will go in the draw for a 15-minute play session in an area of their choice. Get baking Howrah and share your recipes with your class!

Attached to this Newsletter is a recipe for Healthy Chocolate.



MOVE WELL EAT WELL

In this week’s newsletter we look at, “Planting fruit and veg in your lunch box”. All students are encouraged to eat fruit and vegetables while at school. Classrooms have a daily fruit and vegetable break. Fruit and vegetables are promoted for inclusion in lunchboxes. Our school does this by including ideas in the newsletter, promotion of litter free lunches by our SRC and information to new parents/carers. Included is an short list of ideas to increase fruit and vegetables at home as well.

The SRC are supporting healthy eating by promoting **The Howrah Home Baked Day** each Monday for the next 4 weeks. Classes who take part will go in the draw for 15 minutes of outdoor play time in our wonderful outdoor spaces.

Nat Wickham
AST/Teacher

YEAR 6 TALK

One of our parents, Anja Zimmermann, has kindly offered to address the Year 6 students on Friday about their transition to high school. She will be discussing the following.

- Transition from primary school to high school - the worries/fears/changes that come with it.
- Peer Pressure
- Brain education on what anxiety is and how to use coping techniques in managing stressful and uncomfortable feelings.

We hope our students take some helpful messages away after this talk and thank Anja for her time.

Nat Wickham
AST/Teacher



DITTO'S KEEP SAFE ADVENTURE SHOW

Kinder - Year 2 students will experience Bravehearts personal safety education program Ditto's Keep Safe Adventure Show on Tuesday 22 November. Sessions will be run in the Multi-Purpose Hall at 9:15am and 10:00am. There is a parent/carer information session in the Multi-Purpose Hall at 8:45am for interested parents/carers.

If you have any questions about this program, then please contact your child's teacher or myself.

Judy Cordwell
Teacher/AST/ELLA Co-ordinator

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.



SCHOLASTIC BOOK CLUB

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

SUN SMART

Being SunSmart in Tasmania means using sun protection when UV levels reach 3 and above, this occurs from September to April. This means implementing sun protection measures from the beginning of the school year until the end of April and again from the beginning of September until the end of the school year. Please send your child with their named hat and own sunscreen. Students who don't have a hat must stay in the covered gazebo at recess and lunch times. Staff give time before recess and lunch for students to self-apply sunscreen. Thank you for your support of this important health policy.



PARENTS AND FRIENDS – DISCO

Thank you to the teachers, staff and parent volunteers who contributed to the success of the Kinder and Silent Discos on 27 October. We enjoyed seeing so many creative costumes and fun moves on the dance floor. The disco was anything but silent with Kombi Krew encouraging the crowd to sing along and Principal, Angela Mieзитis doing the Y-M-C-A!



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