

Seabrook Primary School

83-105 Point Cook Road, SEABROOK 3028 | POSTAL ADDRESS: P.O. Box 1143 ALTONA MEADOWS 3028 Phone: 9395 1758 | Email: seabrook.ps@education.vic.gov.au www.seabrook.vic.edu.au | www.facebook.com/SeabrookPS

NEWSLETTER

FROM THE PRINCIPAL - Tania Hunt

Issue 7 June 4, 2025

Dear parents and carers,

ENROLMENT

Enrolments for Prep 2026 opened at the start of this term. Application numbers continue to exceed places available, with strong demand from families in our local area and beyond.

While our school would love to welcome all those seeking to enrol, enrolments need to be carefully managed to ensure our school can accommodate students within our school zone according to www.findmyschool.vic.gov.au

An offer of a place is made for all students who live in our zone, <u>pending verification</u> of residential address. Our school uses the <u>Department of Education 100-point residential address check:</u> https://www.education.vic.gov.au/Documents/parents/going-to-school/100-point-address-checklist.pdf

Students who live outside our zone are advised that the outcome of enrolment applications will be emailed in early August. Applications are assessed in line with the Department Placement Policy after the July 25^{th close date. In most (possibly all)} instances, these families will be referred to their nearest government school as alternative excellent options.

A challenge is forecasting the likely number of in-zone enrolments in order to maintain sufficient capacity with consideration to the space, staffing, and class sizes at our school.

Parents can assist by:

- Applying now for any younger sibling/s due to start prep next year.
- https://forms.office.com/r/H3XibiyrrY
- Encouraging others to apply now if you know of anyone who lives in our zone and will be seeking a place in prep here next year.

Please refer to the map showing our school zone on the following page.

continued report on the following page

LONG
WEEKEND
THIS
weekend

Friday 6th
of June
Professional
Practice
Day for
teachers
NO
SCHOOL

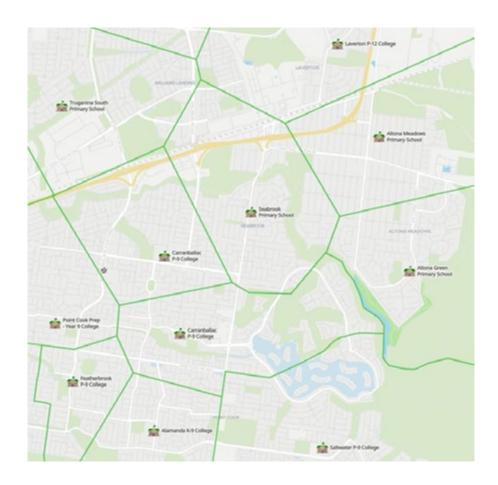
and
Monday
9th of June
King's
Birthday
NO
SCHOOL

Seabrook Primary School has a zero tolerance for any form of child abuse.



GAMES: . Children should never play games outside the legal guidelines. Follow the rating system.

continued report from Tania Hunt



UNIFORM

All students are expected to be in school uniform. Thank you to parents who diligently support their children to wear the correct school uniform.

Just a reminder that black is not an available colour choice in our student dress code.

There should be **no black pants** worn to school. Any pants, trousers, tights, etc. must be **navy**.

We work closely with Noone to ensure there are inclusive options that support students to feel comfortable. There are different fabric options for the burgundy jumper, and several options for pants, including stretchy material to support comfort and active play.

Parents may wish to refer to the Student Dress Code:

https://www.seabrook.vic.edu.au/uploaded_files/media/1738034991dress_code_students_2021.pdf

NAVY (not BLACK)









CHICKENPOX

There have been a few cases of diagnosed Chickenpox reported recently.

The following information has been taken from https://www.betterhealth.vic.gov.au/health/ conditions and treatments/chickenpox

Symptoms of chickenpox can occur within 2 to 3 weeks after exposure to the virus.

The symptoms of chickenpox can include:

low-	-gra	de	<u>fever</u>

□ runny nose

□ sore throat ∫ feeling generally unwell

□ skin rash.

Prevention of chickenpox

People with chickenpox should avoid contact with other people, particularly those at increased risk of serious illness, such as newborn babies, pregnant women and people with a weakened immune system.

Children with chickenpox must not go to school, kindergarten or childcare until all blisters have scabbed. Parents, guardians or carers should inform the school, kindergarten or childcare centre as testing and treatment may be recommended for workers and other children.

Chickenpox be prevented can through vaccination. Two doses of vaccine (varicella-containing vaccine) are recommended. Vaccination helps protect against infection and serious illness.

Further details can be found at: https:// www.betterhealth.vic.gov.au/health/ conditionsandtreatments/chickenpox

HEALTHY SLEEP ROUTINES SUPPORT SCHOOL PERFORMANCE

All children need sleep for growth, learning and development. Poor sleep is linked to mental health problems, poor growth and reduced school performance.

Healthy sleep means getting enough good quality sleep, and having regular sleep routines.

According to https://www.healthdirect.gov.au/ sleep-tips-for-children,

How much sleep do children need?

The amount of sleep your child needs changes as they grow. Everyone is different, but as a guide, children need the following amounts of sleep every night:

ages 3 to 5: 10 to 13 hours (including

□ **ages 6 to 12**: 9 to 11 hours

□ ages 13 to 18: 8 to 10 hours

Tips to help children sleep well

Getting enough sleep is as important for your child as healthy eating and exercising. Here are some tips to help your child fall asleep, stay asleep and get enough good quality sleep:

Establish a sleep schedule: Make sure your child goes to bed early enough to get the sleep they need. Once you have set an appropriate bed time, stick to it even on the weekend.

☐ Establish a bedtime routine: Follow the same routine every day: bath or shower, change into pyjamas, brush teeth, read or spend quiet time in their bedroom, lights out and go to sleep.

- Help your child wind down: Busy children need some time to relax. Consider playing soft music or reading to them.
- Make sure the bedroom is suitable for sleep: Ensure the bedroom is dark and quiet. If your child is anxious or afraid at night, use a night light.
- Avoid stimulants: Make sure your child avoids tea, coffee, chocolate and sports drinks, especially in the afternoon.
- Turn off technology: Try turning off computers, tablets and television one hour before bedtime to help your child sleep better.

Source: https://www.health.gov.au/sites/default/files/documents/2021/05/24-hour-movement-guidelines-children-and-young-people-5-to-17-years-fact-sheet.pdf

Further information and advice about sleep for children is available from:

https://www.healthdirect.gov.au/sleep-tips-for-children

https://www.rch.org.au/kidsinfo/fact_sheets/

SLEEP
Sleep is essential for optimal health.

Children (5–13 years) should have 9 to 11 hours of uninterrupted sleep per night and young people (14–17 years) should have 8 to 10 hours uninterrupted sleep per night.

To establish and maintain healthy sleep patterns, children and young people should have a consistent bedtime routine, avoid screen time before sleep, and keep screens out of the bedroom.

TIPS

- To keep a consistent routine try not to vary bedtime and wake-up times by more than 30 minutes.
- · Avoid screens one hour before going to bed.
- Make bedrooms a screen free zone.

UPCOMING LONG WEEKEND

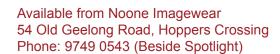
This weekend is an extra-long weekend for our students due to our student-free day this Friday and the King's Birthday public holiday on Monday.

Tania Hunt Principal





Seabrook Uniform Items































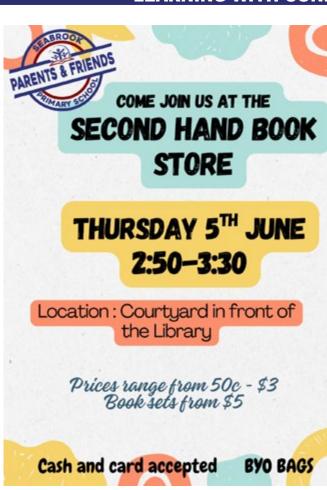


SPORT TOP FOR EVERYONE ON SPORTS DAY AND ON FRIDAYS

RUGBY TOP FOR GRADES 3-6 ON SPORTS DAY









The Parents and Friends is excited to announce a second hand book sale on June the 5th and we need your support if you can assist.

We are asking families to donate books that are suitable for students to read. These can be gently used books, in good condition or brand new books. NOVELS PREFERRED.

If you would like to donate, a collection box is located at the office up until this date.

Thank you





Sushi and Subway Day - July 4



The Seabrook Parents & Friends Association have organised a Sushi and Subway Day for the last day of the term, Friday the 4th of July. More detials will be sent out on Compass shortly so stay tuned.

This is a great way to celebrate the end of term before the early dismissal at 2:30pm. (The canteen will be open for over the counter sales for both recess and lunch times.)

How does the day work?

- On the day, parent volunteers set up gazebos, tables, food and drink near the P&F shed.
- 2. At your child's rostered time, they will walk with their teacher and class over to the stall and receive the pre-ordered items.

Thank you











































We're thrilled to announce a very special addition to our school community - a Golden Retriever puppy who will be joining us as our Wellbeing Support Dog!

Golden Retrievers are known for their gentle, friendly nature and strong connection with people, making them ideal companions in school settings. Our puppy will play a valuable role in supporting student wellbeing—helping to create a calm, caring environment, encouraging emotional regulation, and simply bringing joy and comfort to those who need it.

In addition to the cuddles and love that our boy will bring, wellbeing support dogs can have a significant positive impact on students' social-emotional skills and academic outcomes. The Binfet et al. study found that school therapy dog programs were associated with improved student attendance rates and academic performance. The presence of therapy dogs in schools contributed to a more engaging and supportive learning environment. positively influencing students' academic success. If you would like to read more, you can visit the following website: https://caninecomprehension. com.au/the-science-behind-therapy-dogsunderstanding-the-benefits-for-studentsmental-health.

Over the coming weeks, our puppy will begin his training journey with Therapy Dogs Australia and Mrs Dalli! Mrs Dalli is very excited to keep you all updated on his progress and learning. She has met with Dr Brad Rundle (owner of Therapy Dogs Australia) and they are currently working together to plan the best and safest way to introduce our puppy to the school environment. Therapy Dogs Australia is listed on the Department of Education's Mental Health Fund Menu, and this

provider regularly supports schools through the PAWS in Schools Program: https://therapyanimals.com.au/paws-in-schools/.

Although we are all so very excited, Dr Brad mentioned one golden rule when introducing a puppy to a school environment: "You don't come to the dog, the dog comes to you." This helps us ensure we don't overwhelm our gorgeous boy. In time, our puppy may visit your classroom, and we will all become familiar with the behaviour expectations when we're with our puppy. It is important to ensure safe and positive interactions for everyone.

Help Us Choose His Name! We would love our school community to help us name our newest team member. As part of the naming process, we're inviting students to take part in a creative activity.

Each student will receive a Golden Retriever colouring sheet, where they can decorate their own version of our puppy and write their name suggestion. If students don't want to colour a picture, they may wish to draw a Golden Retriever and add a suggested name.

Colouring sheets will be handed out in class and are due back to your child's classroom teacher by Tuesday 10th June. Families can also place name suggestions into the special suggestion box which will be held of the wellbeing office.

We're so excited to welcome this beautiful pup into our school community. If you have any concerns around allergies or your child interacting with or being in the presence of our wellbeing support dog, please email Mrs Dalli at wellbeing@Seabrook.vic.edu. au.







The Junior School Choir performed at the grade 1 assembly last Friday, May 30th. They were all very excited to perform and were amazing!

These group of students give up half of their lunch time on a Friday to come together and sing! We have a wonderful time and once we have practised enough, we then get to perform songs in front of a crowd just like this. Building our confidence and sharing the joy of music is what it is all about!

Any students from prep to grade 2 are welcome to join the choir during Friday lunch time 12:20pm -12:50pm, come along to the music room where Mrs Hodgson will welcome you.











Grade 1 Greater Western Water Incursion



















On Wednesday the 21st and Thursday the 22nf of May, the Grade One students took part in an exciting incursion, by Greater Western Water. The program used role play to teach students about the water cycle, including precipitation, clouds, the sun and rain. We heard the story of Donna the Water Droplet and her journey through the different stages of rain.

The Grade One students learnt about the important job Western Water has which is to give us fresh, clean and healthy water. Kirsten made us reflect on the water cycle in terms of our usage and how we can save

water. We understood that we need water EVERYDAY but it doesn't rain everyday.

We met Sammy the garden hose and played a game with different actions to identify the different forms of watcher (liquid, solid or gas). Finally, we leant the water cycle song!

Water goes round in a cycle, yes it does Water goes round in a cycle, yes it does It goes up as evaporation and makes clouds and condensation then falls down as precipitation, yes it does

The Grade Team

Inter-House Basketball Competition - Grade 6



Over the past few weeks the grade six students have been taking part in the Inter-House Basketball Competition at lunchtimes. Orange, Purple, Cobalt and Jade are the School Houses. The eight House Captains have done a great job with the subbing, scoring, time keeping and refereeing of the games.

Each team played three games against each other and received three points for a win, one point for a draw and zero points for a loss. If there were two teams on the same amount of points at the end of the competition then it would go down to goal difference. Funnily enough, that is exactly what happened between Orange and Cobalt. Orange were declared the champions due to their between goal difference.

Below is the final table for the games that were played. Our next Inter-House Competition will be played in weeks 8-10 but it has not yet been decided by the students.

Thanks

Mr. Burns

Inter-House Basketball Competition Table

Team	Games Played	Wins	Losses	Draws	Goals For	Goals Against	Goal Difference	Total Points
Orange	3	2	0	1	38	20	+18	7
Cobalt	3	2	0	1	41	30	+ 11	7
Purple	3	1	2	0	44	39	+5	3
Jade	3	0	3	0	22	56	-34	0

Round One (Week 3) Draw and Results:

Monday: Jade 8 vs Cobalt 14

Wednesday: Purple 8 vs Orange 10

Round Two (Week 4) Results:

Wednesday: Jade 2 vs Orange 18 Friday: Cobalt 17 vs Purple 12

Round Three (Week 5) Results:

Monday: Cobalt 10 vs Orange 10 Wednesday: Jade 12 vs Purple 24



Well done to our 17 representatives who competed in the Hobson's Bay Divisional Cross Country Championships last Thursday at Werribee Racecourse.

It was the first time we have raced at this venue and the longer grass was an interesting experience for some students.

We were lucky to have two students who came in the top 12 (which was the qualifying standard to achieve).

continued report on the following page

Great effort by Dane (50D) who came 3rd with a great run. It was only 1 spot worse than the district competition and this time we had 3 other districts to compete against. Kent (4AK) also performed strongly, coming 7th (which was the same place he came at the district competition a few weeks ago). There were 34 students in their race.

Well done to both boys and good luck to you both at the Regional Championships at Keilor Park on the 19th of June!

We haven't received the final results for all of the events, so these placings are based on what we counted (as best we could) on the day. So they should be within 1 or 2 of the actual result, if not exact.

In the 9/10 girls, Veronika (3KM) came 19th and Vaanya 25th out of 44 competitors. In the 11yr boys, Patrick (5AH) was 20th and Edmond (5AH) mid 24th out of 41 runners. In the 11yr girls, Stella (6TT) finished in 26th place and Penelope (5LL) was 28th out of 38 competitors. In the 12yr boys, Lachlan was 20th, Andre came 25th, Reese was 31st and Jacob 37th out of the 37 who competed.

In the 12yr girls, Paige (6SM) wasn't far off the top 12, with about a 15th placing, Milla (6SM) 19th and Ava (6SM) came 25th from the 35 who ran in the race.

Well done to everyone for their efforts on the day amongst strong competition and good luck to Dane and Kent on June the 19th.

Mr Ganley

PE Department









Our SWPBS Focus for Week 7 and 8







Week 7 (JUNE 2 - 6) focus:

Expected Behaviour: BE RESPONSIBLE

Setting: PEOPLE & ME

Expected behaviour to learn:We are resilient and seek support if needed

Week 8 (JUNE 9 - 13) focus:

Expected Behaviour: BE RESPONSIBLE

Setting: LEARNING SPACES

Expected behaviour to learn:
We listen and follow teacher instructions



Family Task (Optional) Coping Skills Activity

Coping skills help you tolerate, minimise, and deal with stressful situations in life. Having a set of coping skills and learning to choose one, will assist in managing your stress and this can then help you feel better physically and mentally. Click on the link above, use the examples of coping skills on the first page to help you think of your own ideas for positive coping skills and negative coping skills. Then add them to the thought bubbles on page 2. You're welcome to bring the completed 'Thought Bubble' task to share with your class.

Mrs Linda Barakat Inclusion & Wellbeing Leading Teacher



SEABROOK PARENTS AND FRIENDS ASSOCIATION ARE RAISING FUNDS TO UPGRADE OUR OUTDOOR BINS

Have you thought of donating your 10c containers to Seabrook?

Receive your recycling refunds digitally with the free CDS Vic West App. The fast, secure, and convenient payout of Victoria's Container Deposit Scheme.

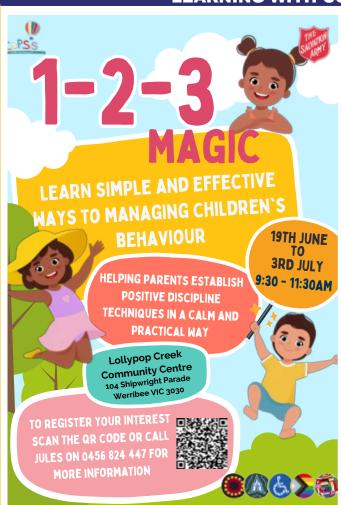
\$595 raised thus far with a goal of \$1000

- 1 Download the app via iTunes or Google Play
- 2 Click "charities" and search Seabrook Primary School
- 3 Click "Set as payout"

Thank you









- Helping individuals with ASD achieve daily balance.
- Effective, compassionate approaches to discipline and behaviour management.
- 'Behaviours of concern' and Coping Strategies
- Tools and techniques to enhance communication and interaction

FOR MORE INFORMATION, CONTACT **CASSIE ON 0409 608 551** OR SCAN THE QR CODE **TO REGISTER YOUR INTEREST**









25th July - 29th August

11AM - 1PM

QUANTIN BINAH COMMUNITY CENTRE

61 THAMES BLVD, WERRIBEE

BRINGING UP GREAT KIDS IS A HELPFUL PROGRAM AIMED AT SUPPORTING PARENTS AND CARERS:

- BUILD RESPECTFUL RELATIONSHIPS WITH CHILDREN
- RECOGNISE CHILDREN'S EMOTIONAL AND **DEVELOPMENTAL NEEDS**
- REFLECT ON PARENTING STYLE AND COMMUNICATION
- **DEVELOP MINDFUL RESPONSES TO** CHALLENGING BEHAVIOR















CSEF IS NOW OPEN FOR 2025

CSEF is provided by the Victorian Government to assist eligible families cover the costs of school trips, car sporting activities.

card or are a temporary to submit parer may be eligible to relating to activiti ncession 🧾 parent, you The allowance is paid to the see towards expenses relating to see, excursions or sporting activities for the benefit of your child.

The annual CSEF amount per student is:

• \$154 for primary school students.



ore information about CSEF visit:

https://www.vic.gov.au/camps-sports-andexcursions-fund

Send your application along with proof of concession card to seabrook.ps@ education.vic.gov.au or bring the forms to the front office.





SECONDHAND UNIFORM SHOP LOCATED IN ROOM 28

The shop is run by our dedicated Parents & Friends members. Proceeds of the sales contribute towards Parents and Friends fundraising.









Advertisements are included in this newsletter for a nominal payment made to the school by each provider, and the inclusion of such marketing does not necessarily imply a recommendation or endorsement by Seabrook Primary School.



VU school holiday sport program

7-11 & 14-18 July 2025

Ages 5-12

Multi-sport

Netball

Soccer

Basketball

Play, swim & craft

AFL

Scan for more info



Early bird prices end June 9!





VU school holiday sport programs

7-11 & 14-18 Julu 2025

Week 1

7/7 - multi-sport

8/7-soccer

9/7- multi-sport

10/7- multi-sport

11/7 - play, swim & craft

Week 2

14/7- netball & basketball*

15/7 - play, swim & craft

16/7 - AFL

17/7 - play, swim & craft

18/7 - multi-sport

book online today!



*separate programs

Early bird prices end June 9!









Look no further than the Australian Girls Choir because we encourage, challenge and inspire girls as they learn to sing, dance and perform.

> Join us at our NE OPEN DAY









Useful links for parents

We encourage parents to visit our website and discover the benefits of our programs, such as how they can support their child to be healthy, confident, and resilient. Parents can find all the information they need about outside school hours care on our website:For parents who want to enrol at your school's service, they can register online HERE.

For parents that are currently enrolled; they can book online, anytime HERE.

For parents who want information about our Child Care Subsidy (CCS) they can learn more HERE.



Newsletter Term 2 Weeks 5-

Coordinators Corner!

Hello again, the past couple of weeks have been really exciting here at OSHClub we been doing a lot of weaving and woollen play here making frames and roses by weaving,

The Children have also been crafting houses with popsicle sticks too which they have been enjoying putting the sticks together and designing their walls to how they please.

Coming up on Tuesday the 17th of June we are having a "Mad Science" incursion running from 4p[m-5pm one day only if you would like your child to attend feel free to book them in or any quiries feel free to contact us.

OSHClub Staff update,

We are excited to announce that we have a new permanent staff member to add to the team. Charlie.

Hope you all have a great next couple of weeks and looking forward to seeing you guys around

Coming up.....

Reconciliation Week

Smith Family

Mad Science - 17th June

photos of the week













oshclub.com.au 1300 395 735

Monday-Friday Rise then Shine 7:00-9:00am Stay and Play 2:30-6:30pm

seabrook@oshclub.com.au 0411302879







JUNE / JULY 2025 SEABROOK TIME LINE

refer to the Compass calendar

Monday	Tuesday	Wednesday	Thursday	Friday
JUNE 2 Grade 5/6 Assembly 9am - 9:30am	3	4	District Soccer, AFL & Softball Grade 6 Sport	PROFESSIONAL PRACTICE DAY FOR TEACHERS
Gam G.GGam			2nd Hand Book Sale outside the library 2:50pm - 3:30pm	NO SCHOOL TODAY
JUNE 9	10	11	12	13
KING'S BIRTHDAY				District Netball & Volleyball
NO SCHOOL TODAY				Grade 6 Sport
16	17	18	19	20
Grade 3/4 Assembly 9am - 9:30am				Grade 2 Assembly 2:30pm - 3pm
23	24	25	26	27
Grade 5/6 Assembly 9am - 9:30am				Grade 1 Assembly 2:30pm - 3pm
30	July 1	2	3	4 9am Assembly
Student LED	Student LED Conferences			ALL WELCOME
Conferences 3:30pm - 5pm School Council	3:30pm - 4:30pm			Last day of term 2:30pm finish for the holidays
6pm - 7pm				SUSHI & SUBWAY LUNCH