



**DANDENONG NORTH
PRIMARY SCHOOL
NEWSLETTER**

School Website:
www.dandenongnorthps.vic.edu.au

21st March, 2023

Calendar of Events

MARCH 2023

24th Harmony Day

29th Year 3 Zoo Excursion

APRIL 2023

6th - END OF TERM 1
**SCHOOL FINISHES
AT 2:30 PM.**

24th - START OF TERM 2

25th - ANZAC DAY
Public Holiday

School Pledge

I will do all that I can to make sure that Dandenong North Primary School remains a great school.

I will try my hardest to follow the 4Cs to keep our school a safe and happy place.

I promise to treat others as I would like to be treated.

News From the North

Teachers as Learners

Teachers are learners too! On Thursday 9th and Friday 10th of March, teachers and education support staff attended a two day conference. This was an amazing opportunity for our staff to come together, collaborate, learn and practise skills that can be applied in the classroom to better support all children and help them to achieve their full potential. We are very grateful for this opportunity and thank the School Council and Community for supporting the conference with two back-to-back curriculum/ student-free days.



Harmony Day

This Friday 24th March

Students are invited to come wearing traditional clothing to represent their family's heritage or something orange as the official colour of Harmony Day.

There will be a parade from 9.30-11am

Special Awards

PA - Piper	1C - Aiyunn	2AN - Mukhtar	3P - Ruhetha
PH - Khavinayaa	1F - Zainab	2B - Janisa	3O - Whole Class
PN - Kiana	1H - Hadya	2P - Adam	3V - Thushani
PR - Raheem	1N - Dadfar	2T - Levi	3A - Shivani
	1T - Aco	2NG - Nargis	3J - Farzad



Department of Education and
Early Childhood Development

EVERY MINUTE COUNTS

Just a little bit late doesn't seem much but.....

He/She is only missing just.....	That equals....	Which is.....	over 13 years of schooling. that's....
10 minutes per day	50 minutes per week	Nearly 1.5 weeks per year	Nearly HALF A YEAR
20 minutes per day	1 hour 40 minutes per week	Nearly 2.5 weeks per year	Nearly 1 YEAR
Half an hour per day	Half a day per week	4 weeks per year	Nearly 1 AND A HALF YEARS
1 hour per day	1 day per week	8 weeks per year	Nearly 2 AND A HALF YEARS



Did you know your child's best learning time is the start of the school day?

That's when every minute counts the most!



Harmony Day - Friday 24th March

This week is Harmony Week. At Dandenong North PS, we will be celebrating on Friday 24th of March. Harmony Day (24/3/23) is a great opportunity to celebrate the diverse cultural backgrounds our school community is made up of. All children are invited to come to school dressed in traditional clothes to represent the many nations we come from. Alternatively, children may like to wear something orange as that is the official colour of Harmony Day.

Parade: 9.30-11am

There will be a parade on Friday from 9.30-11 in the Agora to showcase our diverse cultural backgrounds. We warmly welcome parents and carers to come along and help us celebrate.

Sharing Traditional Food

Many Year Levels will also be celebrating the day by sharing traditional food. Further information will come from classroom teachers if your child has been invited to bring food to share (please no food that requires refrigeration).

We look forward to sharing Harmony Day with our school community on Friday and hope to see many parents on the day.



Mobile Phones at School

We would like to remind parents, carers and students that as per our Mobile Phone Policy (a copy can be obtained from the school office), students are not to use mobile phones before, during or after school whilst on school grounds. We understand that some students have mobile phones in order to contact parents after school and request that these be handed in at the office each morning where they will be securely stored during the day and collected each afternoon. If students need to be contacted by parents or carers during the day, this can be done through the school office.

If you believe your child *needs* to have a mobile phone at school, we request that parents and students complete a 'Parent Request for Student to bring a Mobile Phone to School' form. This agreement between parents, students and the school acknowledges the guidelines around which students must adhere to in order to bring a mobile phone to school. Forms will be available in the school office or from your child's teacher.

World Sleep Day—Friday 17th March

Last Friday While we know sleep is essential for good health, research shows that many children and young people are not getting enough sleep on school nights. This can affect thinking, concentration, memory, reaction times and mood.

Research shows about 12% of primary school-aged children, a quarter of 12- to 15-year-olds and half of 16- to 17-year-olds don't get enough sleep on school nights. The recommended amount of time to sleep for primary school-aged children is 9 to 11 hours. For teenagers, it's 8 to 10 hours.

Signs that your child is not getting enough sleep can include:

- low mood and irritability during social interactions
- reluctance or arguing about getting off devices and going to bed
- falling asleep during the day
- difficulties waking up for school and sleeping in late on weekends to catch up
- changes to communicating or interacting at home.

You can help your child to improve their sleep by:

- establishing a regular sleep pattern and consistent bedtime routine
- supporting them to avoid using electronic devices such as smartphones before going to bed and in bed
- encouraging your child to exercise and spend time outside in daylight, steering clear of vigorous activity in the hour before sleep
- encouraging them to wind down and relax before going to bed.

If your child is still having trouble sleeping, has persistent problems with low mood, excessive daytime sleepiness, restlessness in bed, severe snoring or waking unrefreshed, despite getting adequate length sleep, they should see a doctor.

For more information on sleep health for students, refer to:

[Sleep tips for children](#) & [Facts about sleep for parents and school staff](#), from the Sleep Health Foundation

[Why sleep is so important](#), from the Kids Helpline

[Sleep explained](#), from the Better Health Channel.

Sentral App for Parents

Thanks you to those parents who have registered and are regularly using the Sentral App to connect with school. We currently have 597 families using the Sentral App to notify school if their child will be absent, view notes from the school, pay school fees and read the newsletter.

We would like EVERY family to be connected via Sentral. If you would like support, please see the helpful ladies in the office.



Empowering parents to track their child's education

The logo for the Australian Red Cross Lifeblood, featuring a red cross icon above the text 'Australian Red Cross Lifeblood' in black.

Give life. Give blood in Dandenong.

3 to 7 April

An illustration at the bottom of the poster shows three people (two men and one woman) holding large letters that spell out 'Dandenong'. The background is a stylized landscape with a large orange location pin icon, a small house, and trees.

Dandenong
Pop-up Blood Donor Centre
St Mary's Community Centre
New Street
Open 8am until 8pm

give blood

Got a bit of time next month?

Time to give blood and change lives?

1 in 3 people in Dandenong will need blood, and they need people like you to give it. We're popping up in town from 3 to 7 April.

Don't forget to pre-book your spot at lifeblood.com.au, on our app or on 13 14 95.

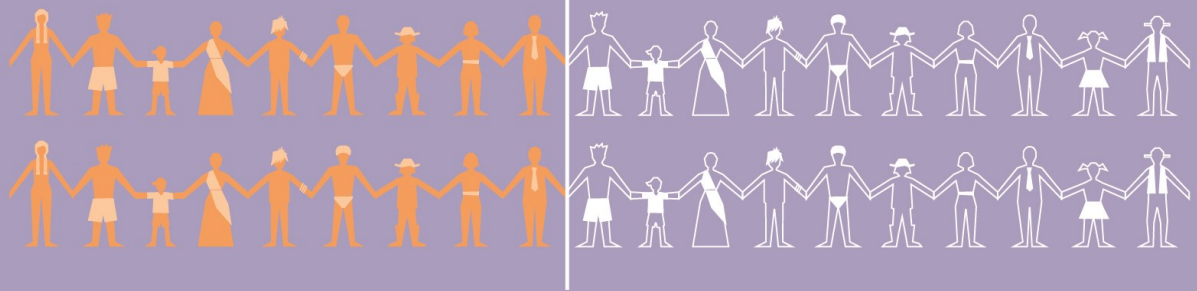


HARMONY WEEK

CELEBRATES HOW ALL
OF OUR DIFFERENCES
MAKE AUSTRALIA A
GREAT PLACE TO LIVE!

CELEBRATE WITH US
FRIDAY 24th MARCH
9:30am IN THE AGORA





Almost half of Australians were either born overseas or have a parent who was



More than 7.5 million people have migrated to Australia since 1945



We identify with around 300 ancestries



WORLD ORAL HEALTH DAY 2023

Information for New Migrants, Refugees
and People Seeking Asylum



ARE YOUR TEETH IMPORTANT TO YOU?

Come and learn how you
can look after your teeth
properly to reduce mouth
problems!

BE PROUD OF YOUR MOUTH

Let us know you're coming !



25th March 2023, 11am
Noble Park Community Centre
Ross Reserve, Memorial Dr,
Noble Park VIC 3174

Come get some free
toothpastes and toothbrushes!

****FREE AND OPENED TO ALL AGE GROUPS****

contact us at contact@dhaa.info



Could \$500 help with next year's back to school costs?

Learn tips and tricks to grow your budget and saving skills. Save for 10 months. Get up to \$500 of matched savings for school expenses. Just in time for 2024.

Must meet all eligibility criteria:



Have a current Health Care or Pensioner Concession Card AND an eligible Centrelink payment*



Be studying yourself OR have a child in school (can be starting school next year)



Have regular income from work (either yourself or your partner)*



Be 18+ years old

*Many types of income and Centrelink payments are eligible



For more info, visit [saverplus.org.au](https://www.saverplus.org.au) or call 1300 610 355.
To fill in an online enquiry form, [CLICK HERE](#).

Saver Plus – helping take the stress out of back to school time

The Saver Plus community program has helped over 55,000 Australians take the stress out of back to school time. It's free for eligible people to join.

At Saver Plus, we pair you with a savings coach while you budget and save over the next 10 months. You attend online workshops to learn tips, tricks and information to grow your budgeting and savings skills. Once you reach your agreed savings goal, ANZ matches your savings dollar-for-dollar, up to \$500. You can use that money towards education costs such as uniforms, text books, laptops or extra-curricular activities such as sport or music.

You could be eligible to join Saver Plus if you:

- have a Centrelink Health Care Card or Pensioner Concession Card
- are at least 18 years old
- have some regular income from work (you or your partner) including casual, part-time, full-time or seasonal (we also accept child support and carer's payment as income)
- have a child at school or attend vocational education yourself.

If you're eligible, start now and we'll help take the stress out of next year's back to school.

To find out more, or to apply, go to www.saverplus.org.au or call 1300 610 355