



**#ispsstayactive**

We are here to support you all and work together during this time of remote and flexible learning and stage 3 COVID-19 restrictions.

Staying active and taking part in healthy activities is vital for building positive wellbeing.

Now more than ever we need to support our students to stay active. I know our teachers are really feeling the effects of extended periods in front of a screen.

We are actively promoting the importance of a break from devices and the importance of staying active. We want to support you to build positive wellbeing for your children and your family.

Starting today we are embarking on a promotion of staying active which involves the whole family. We have a launch on our social media platforms today for students and families to be active daily. All information will be posted to SeeSaw daily.

We want you to take a photo and post it on social media on any day or days next week with #ispsstayactive

We are privileged to have Melissa Hickey help launch this initiative. Melissa is an ex Irymple South student and a former Australian Rules footballer who played for Melbourne Football Club and Geelong Football Club in the AFLW. She served as Geelong captain in the club's first two AFL Women's seasons. We are grateful for Melissa's support and proud to call her a member of the ISPS community.

We will have several members of our community post inspirational videos during the week to keep you all motivated.

There are so many ways to stay active and promote time away from the screen and we look forward to seeing your daily pictures and posts.

There will be a daily prize for one family who post their photos #ispsstayactive

I encourage everyone to join in the Irymple South Primary School community event.

<https://youtu.be/PCgH2pC7rUw>

**We have been educated that staying active is one of the key ways to staying healthy.**

**Robyn**

**CURRICULUM DAY**

We will be holding a Curriculum Day on **MONDAY 31st AUGUST**. Staff will participate in professional learning on this day. NO students will be required to do any classes on this day. No students will be able to attend onsite on the day.

**REMOTE LEARNING PULSE CHECK SURVEY**

We are interested to find out how you are going during this period of Remote Learning. Click on the link or scan the QR code to complete the survey. There are only five questions to answer!

We look forward to hearing your feedback.

<https://www.surveymonkey.com/r/6KTBMdH>



**Be Your Best**

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## STUDENTS OF THE WEEK

### Prep G

Ariana Karallis

### Prep M

Lucy Batchelor

### 1T

Israel Milne

### 1M

Amelia Kimerlis

### 1C

Mietta Madigan

### 2W

Marli Sutton

### 2R

Orlando Costantino

### 2B

Beau Pitt

### 3V

Shyla Caristo

Lewis Sleep

### 3M

Zac Miller

### 4R

Cassie Van Schaik

### 4C

Charlotte Hocking

### 5A

Willow Shirnack

### 5R

Joel Garlick

### 6S

Meg Knight

### 6H

Jye Porker

### Art

Jorja Englefield

### PE

Cooper Thwaites

### Music

Julia Tabacco

## Happy Birthday

### AUGUST

Nate Currie (17th)

Ollie Mewburn (17th)

Shyla Caristo (18th)

Max Bell (21st)

Rocky Cavallo (22nd)

Lianna Sweet (22nd)

Charlotte Hocking (23rd)



### Webinars for parents and carers to help build family resilience

On Tuesday 25 August, the Department of Education and Training is presenting a free webinar for parents and carers by renowned child psychologist Dr Michael Carr-Gregg, on building family resilience during coronavirus (COVID-19).

Parents and carers play a vital role in helping children feel safe through uncertain times.

Dr Carr-Gregg's webinar is aptly named Managing the Coronacoaster – Tips for building resilient families in the coronavirus era.

In this webinar, Dr Carr-Gregg provides tools and strategies for parents and carers to help manage the lockdown and remote learning. Topics include:

- your supportive role
- setting the emotional tone
- focusing on what you can control
- how to deal with disappointment

further resources and where to get help.

Dr Carr-Gregg's presentation will run for 45 minutes. This will be followed by a 15-minute question-and-answer session in which parents and carers can ask Dr Carr-Gregg questions.

#### Webinar details

- **When:** Tuesday 25 August
- **Time:** 7:30pm
- **Duration:** 45-minute presentation followed by 15-minute questions and answers session
- **Format:** online via Webex

**Cost:** free

#### How to register

To register and for more information visit the [Managing the Coronacoaster – Tips for building resilient families in the coronavirus era eventbrite page](#).

# ISPS VIRTUAL ATHLETICS SPORTS

As next week was going to be our ISPS Athletics Sports Day for years 3 to 6, we have decided to run an ISPS Virtual Athletics Sports for all year levels on each classes specialist day as their P.E. task.

Next week when your child has their specialist subjects they will participate in modified Athletics sports for P.E.

Monday – Year 2

Tuesday – Year Prep and year 1

Wednesday – Year 5 and year 6

Thursday – Year 3 and year 4

***If you have more than 1 child at school, they can do their virtual events on the same day so the family can do it together. Then just put up their result on the PE SeeSaw Activity when it is their specialist day.***

On these days, your child is asked to;

- Dress up in their house shirts or colours (if they are at school on this day they can wear them to school)
- Take a photo of themselves in their HOUSE colours
- Watch the video of how to do each event in the PE SeeSaw Activity
- Then compete in each of the 7 events at home
- Record your results on the template in PE SeeSaw Activity

***House points will be awarded to each student who competes.***

***Each event that a student records their results in is worth 1 point to their HOUSE.***

***1 extra point is given if the student dresses in their house shirt or house colours and puts their photo on the template sheet.***

All the virtual athletics events are using objects that can be found at home. The only extra thing they will need is a tape measure and a timer (the students iPads can be used for the timer).

The 7 virtual athletics events are;

- Standing Broad jump (prep-2 only) Standing Triple jump (3 to 6 only)
- 30 second Shuttle Run (sprint)
- 4 minute Marathon
- High Jump (vertical jump)
- Welly (shoe) Toss (shot put push)
- Hurdles (towel jump)
- Target (sock) Throw

***It would be great to have all families join in with the virtual athletics not just the students. There will be 1 extra bonus HOUSE point awarded to student who have their family join in with them.***

***A photo of your family doing the sports can also be added to the template on SeeSaw to get this extra HOUSE point.***

***Attached to the newsletter is a copy of the recording template that will go on SeeSaw so if families want to do the sports on a day altogether, they can simply print out the sheet from the newsletter to record on, take a photo the completed sheet and upload that to the students SeeSaw page on each child's specialist day.***

Let's All Have Fun and Get Active Together!

Mrs Branson (Physical Education Specialist)

# ISPS VIRTUAL ATHLETICS SPORTS

## Record Card

1. Photo in HOUSE colours (Add your photo here)



1 point

2. Standing Jump Prep to Yr 2 (Broad) Yr 3 to Yr 6 (Triple)

1 <sup>st</sup> Jump _____cm	2 <sup>nd</sup> Jump _____cm	3 <sup>rd</sup> Jump _____cm
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Best Jump: \_\_\_\_\_

1 point

3. 30sec Shuttle Run (sprint)



No. of laps in 30sec \_\_\_\_\_

1 point

4. 4 Minute Marathon (long distance)



No. of laps in 4 mins \_\_\_\_\_

1 point

5. High Jump (vertical jump)

Standing Reach _____cm	1 <sup>st</sup> Jump _____cm	2 <sup>nd</sup> Jump _____cm	3 <sup>rd</sup> Jump _____cm
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Best jump - Standing reach = Jump Height

\_\_\_\_\_ - \_\_\_\_\_ = \_\_\_\_\_

1 point

6. Welly (shoe) Toss (Shot Put Push)

1 <sup>st</sup> Throw _____cm	2 <sup>nd</sup> Throw _____cm	3 <sup>rd</sup> Throw _____cm
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Best Throw(Push): \_\_\_\_\_

1 point

7. Hurdles Towel Jump



Time for 3 laps over & back

Time \_\_\_\_\_sec

1 point

8. Target Sock Throw

Round 1 Throw 1 ____+ Throw 2 ____+ Throw 3 ____+ Total of throws = _____	Round 2 Throw 1 ____+ Throw 2 ____+ Throw 3 ____+ Total of throws = _____	Round 3 Throw 1 ____+ Throw 2 ____+ Throw 3 ____+ Total of throws = _____
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Best Round: \_\_\_\_\_

1 point

TOTAL NUMBER OF HOUSE POINTS

You can also take photos of you and your family completing the Virtual Aths Sports and upload them to SeeSaw for a bonus House Point!!