

Kalori is an Aboriginal word  
meaning "Message Stick"

Dear Families,

I hope you are managing ok in this lockdown space. I found myself getting quite bored & irritated on the weekend and just mixing things up really helped break the routine & boredom. As well as my usual walk, mountain bike ride, study, latte, cleaning my house and listening to some music, I got outside and fixed something around my house. Fixing something outside – was just a little thing – helped change my routine & made me feel much better. I think as adults we need to model this to children.

One thing we get teachers to do – when they are ‘modelling’ some learning in the class – is to talk out loud and share their thinking, so that students can understand the good ‘thinking’ that goes on. I’m not suggesting that you start talking to yourselves but that you might show your children how to ‘mix things up’. For example, you could say out loud, “Ok, I’ve had enough time on the computer, I think I need to get outside and get some sun on my skin and do something different”... or “A walk would be good to clear my head, then I will feel like finishing my work after lunch”.

Again, the idea is to model how we mix things up so that we can get through the monotony of this lockdown environment. But it’s also about suggestion, not just telling, getting our children to think in proactive ways. One thing we have been working on as a staff is understanding a skill called ‘Metacognition’. Metacognition is when we think about our thinking. When I thought about my boredom and irritation, I was practicing metacognition. I realised my boredom was coming from repeating the same things and I needed a change.

**Cyber Safety Reminder** – Whilst I mention the lockdown environment, and extended periods on computers, can I remind families to be vigilant on what students are accessing on their computers. I understand that we can’t monitor everything, but some random checks might be enough to stop any temptations...

**Return to School** – Still no word on this although it would still seem that the start of Term 4 is a fairly safe bet, at this stage.

Campbell  
0488 443 735





## School Vision

We are a school where...

Students, Teachers and Parents work together to support all students in building the knowledge and skills needed to achieve personal success and reach their academic and social potential.

## School Mission

In our school we intend to...

Create a challenging learning environment that encourages high expectations for success through appropriate instruction. Promote safe, supportive, caring and stimulating environment. Each student's self esteem is fostered through positive relationships with students and staff. We strive to have our parents, teachers and community members actively involved in our students' learning.

## School Bank Details

**Account Name:** Swan Hill North Primary School

**BSB:** 063529. **Account Number:** 10043535

**Bank:** Commonwealth Bank

## Like us on Facebook

Please 'Like' us on Facebook and you will receive reminders of upcoming events, news, photos and other relevant information.

Search for us under: Swan Hill North Primary School

## Would you like the Kalori emailed to you?

Please just send Marty an email and you will be included on the mailing list every fortnight.

[gray.martin.r@edumail.vic.gov.au](mailto:gray.martin.r@edumail.vic.gov.au)

You will even receive the Kalori before your child does!



## ENROLMENT INFORMATION:



## BREAKFAST CLUB NOT RUNNING

With Breakfast Club not currently running, some Breakfast Club items are available from the Front Office during school hours this week.



All 2021 Foundation enrolments submitted  
**by September 30<sup>th</sup>**  
will receive  
**a FREE SHNPS uniform pack**  
and  
**Reading Eggs subscription**

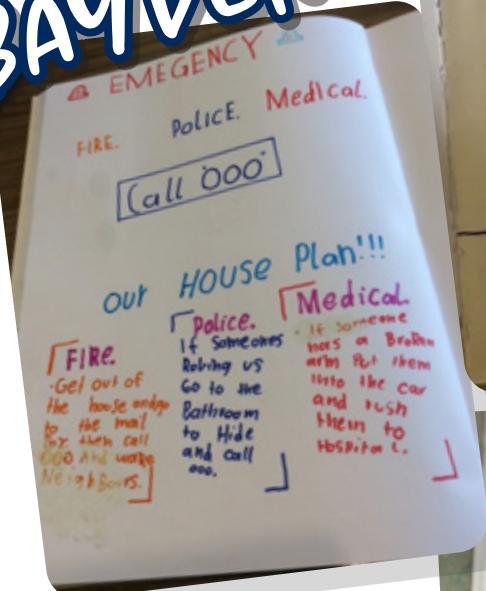
# 5/6 A WRITING

We are learning to create a flow chart emergency plan

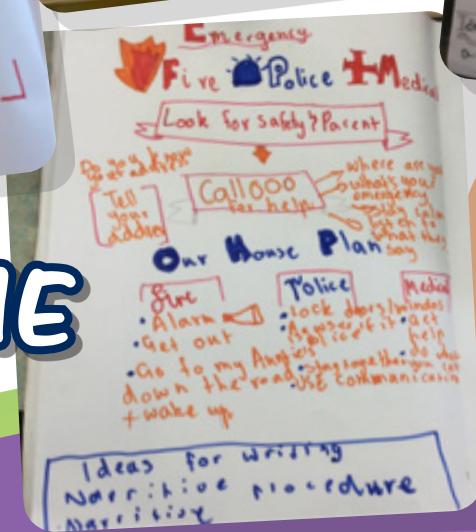
## ANISHA



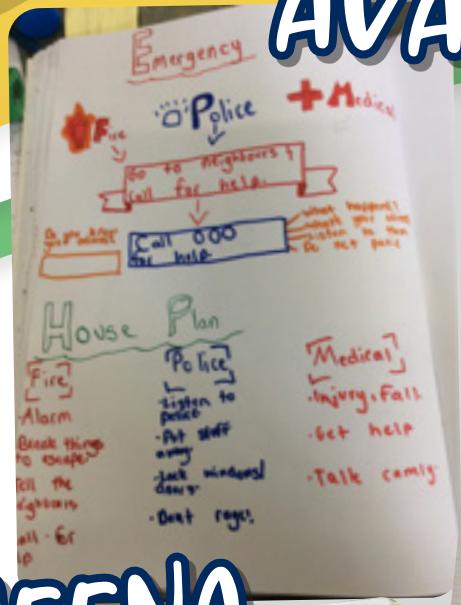
## BAYDEN



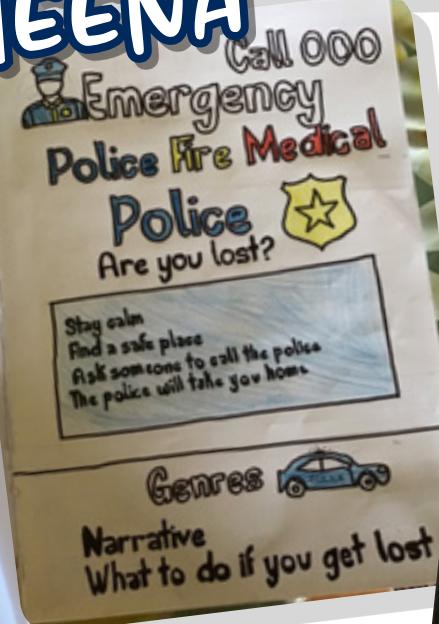
## HOLLIE



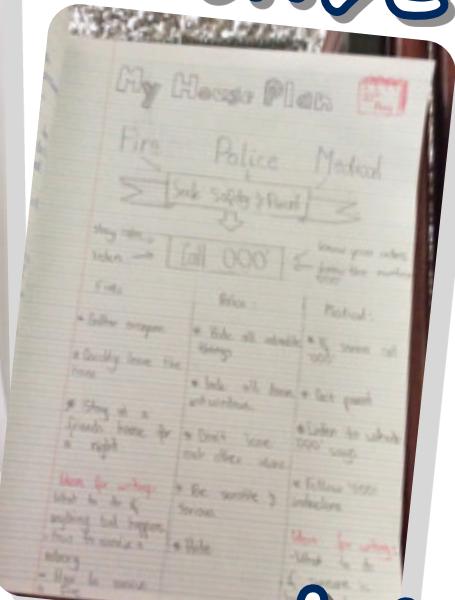
## AVA



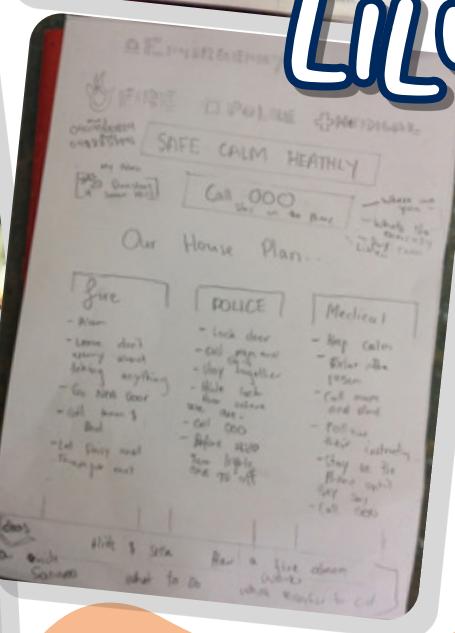
## MEENA



## JADE



## LILY



**\*\*Success Criteria\*\***  
 I can create a flow chart  
 I can list writing topics  
 and genres

# 3/4 A WRITING

## BEE-INSPIRED BIG WRITE

Bees  
Have you ever wanted to learn about bees? Well today you can learn about bees.

Did you know that bees have five eyes and six legs. Male bees are called drones and they don't have a stinger, unlike the female bee.

The honey bee is the only

insect that makes food to be eaten by humans.  
Fun fact about bees, bees can fart.

Don't wear bright colors because bees are drawn to them, especially white and yellow. If you see a bee, don't try to hit at it, just keep still.

I think bees play a very important role in nature.

There is a lot more facts you can learn about bees. If you would like to find out more about bees go into safari and type up FACTS ABOUT BEES FOR KIDS.

BY HOLLY DATE



The legend of  
  
Bees

One delightful day the Queen bee was taking a nap, until a loud bang woke her up. The hive started to break apart by a bear wanting honey. The Queen Bee told her soldiers to attack the intruder! The bear could not suffer anymore stings so he ran with a large block of honey, the bees didn't notice until they seen the trail of honey on the

ground. The soldier bees flew as fast as they could to catch up to the Bear, while other Bees repaired the hive. The soldier Bees continued to attack the Bear until he came to a river and jumped in. The Bear didn't realise that he was so close to a waterfall until he went over the edge, the honey fell on the the river bank. When the soldier Bees returned to the hive with the stolen honey the building could now be made stronger than before.

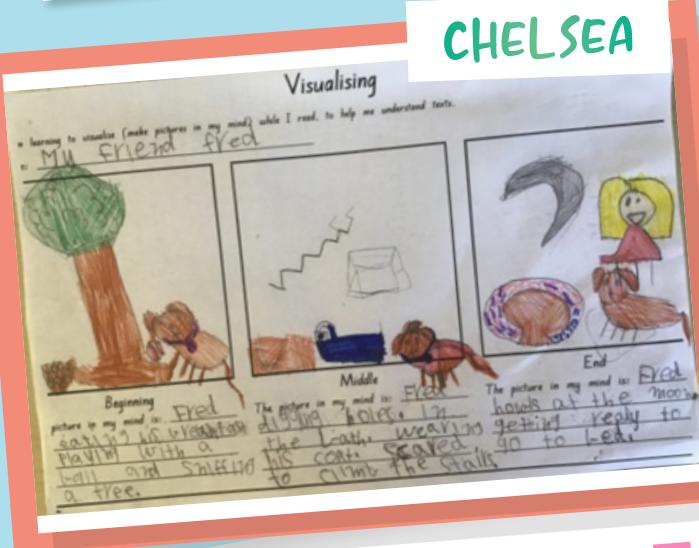
BY TONY FISHWICK

# 1A VISUALISING

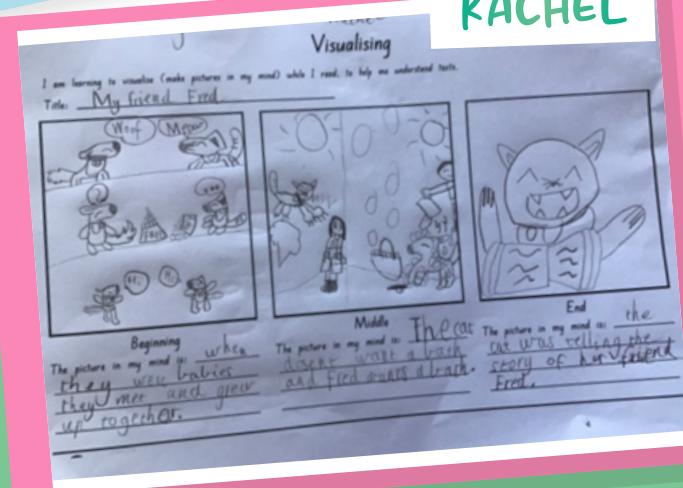
This week we have been learning about the reading strategy VISUALISING. Visualising is when you paint a picture in your head using the clues and words from the text as you read or listen. It's like making a movie in your brain!

**CHELSEA**

We read 'My Friend Fred' by Frances Watts. Here is what we visualised...



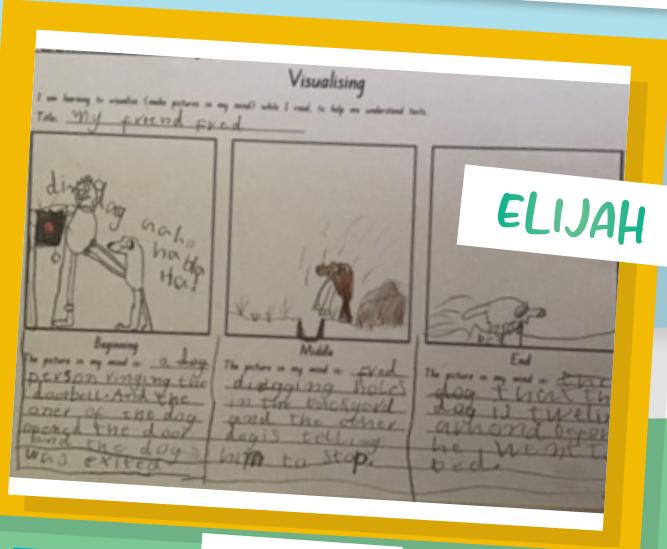
**RACHEL**



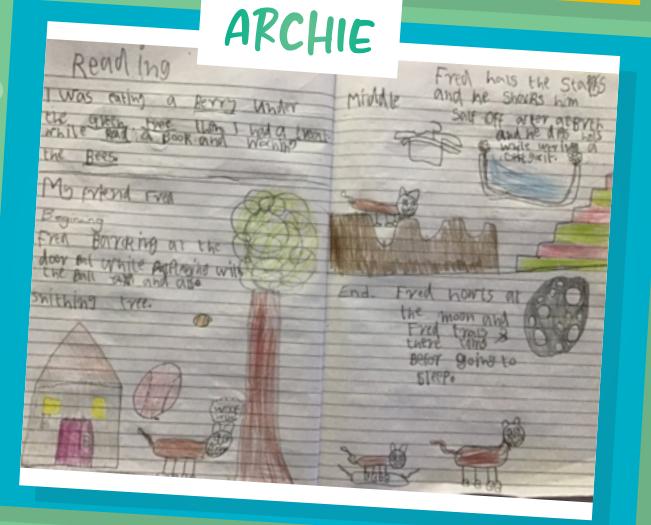
**EVIE**



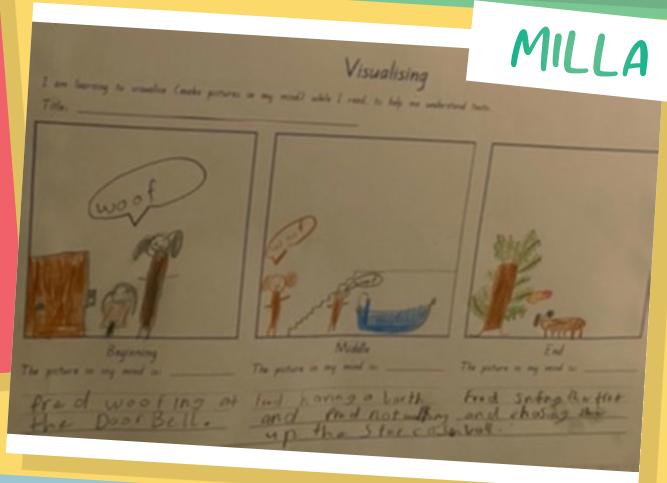
**ELIJAH**



**ARCHIE**



**MILLA**



# 4 Ways to Use The Power of Gratitude

by @inner\_drive | [www.innerdrive.co.uk](http://www.innerdrive.co.uk)



## 1 DON'T ASSUME YOUR GRATITUDE HAS BEEN RECOGNISED

Sometimes we do not express our gratitude as we believe the recipient is already aware of it. This is an assumption. Your gratitude will quite often be a welcome much needed surprise

## 2 KNOW THE VALUE OF YOUR GRATITUDE

Showing gratitude does not have to be awkward. Expressing gratitude often leads to numerous positive benefits for both of you

## 3 MAKE A LIST OF THE EVENTS THAT YOU ARE GRATEFUL FOR

Use the power of gratitude to increase your sense of wellbeing. At the end of each day take a few moments to reflect and list experiences you were grateful for.

## 4 WRITE LETTERS

Make your gratitude count. Take time to write letters to loved ones expressing the meaningful impact they've had on your life.