

## Principal's Message

Children will be supervised between  
8.45 am and 3.45 pm each day



Find us on  
[Facebook](https://www.facebook.com/DandenongWestPS)

## Support Is Always Available

We understand that at the moment we are all facing challenges that impact the way we work, learn and live. Many of us are trying to do our own work at home as well as helping our children with their learning. Being a parent is hard work at any time, and at the moment we need to both a parent and a teacher. We want you all to know you are doing a great job and that our staff are able to help at any time during the school day. You have the phone number of your child's teacher, ring them if you have a question or concern. Encourage your children to contact their teacher if they need help to complete their work or contact the school. There are staff at school every day; simply call and we can help over the phone or organise a time for you to come in. The school number is 9792 2868.

***If you are coming to the school, for any reason, please ring first. You will need to enter at the front of the school in Birdwood Ave. All other gates are kept locked.***

### Message of the week

“Learning is never done without errors and defeat.”



## **Establishing routines and expectations**

Start and end each day with a check-in to help your child:

- clarify and understand the instructions they get from their teachers
- help them organise themselves and set priorities for their learning at home.

A healthy daily routine is great for mental and physical health, as well as concentration and learning.

Encourage regular exercise breaks. This might mean going for a walk, using exercise DVDs and apps, dancing, floor exercises or using home exercise equipment.

Encourage healthy eating habits and make sure they drink enough water.



Bev Hansen

## **IMPORTANT DATES**

**Friday 18th September**

End of Term 3

**Monday 5th October**

Start of term 4