

Marong Primary School Newsletter

Volume 28 Issue 7, 10th February, 2023

	MARCH		APRIL
24th	Marong Cross Country event	6th	Last day of Term 1- 2:30 dismissal
24th	Working Bee- 4PM	17th-21st	Vacation care
31st	LCDSSA Cross Country and Junior fun day	24th	Term 2 Commences
		25th	ANZAC Day Holiday

RESPECT

RESPONSIBILITY

HONESTY

From the Principal

Dear Parents and Care Givers,

Outside School Hours Care Vacation Program

Last year our school received additional funding in order to assist us in establishing a Vacation Service as part of our current Outside School hours Care Program. Chelsi and I have been working through a number of factors and I am now able to announce the timing of our 1st Vacation Care Program. Our vacation care program will commence on Monday April 17th and will run until Friday April 21st. This is the second week of the forthcoming school holidays. This decision has been approved by the Marong Primary School Council.

Bookings are now being accepted for this program. We are able to cater for a maximum of 25 students. This will be a trial program and consequently we are offering a special rate of \$50 per day per child for this program. This is an introductory offer and will only be available for Term One vacation bookings 2023. From the beginning of the Term Two vacation our charges will increase to a figure commensurate with other programs across Bendigo. Our research has indicated that the average fee for all day vacation care is \$110 per child.

Child Care Subsidies- As our program is an accredited child care service, parents can apply for subsidies via Centre Link. The subsidies are quite generous and will in the majority of cases reduce parental costs.

After School Care

For parents who use our After School Care program I wish to remind you that we have an enrolment cap of 25 children per day. We are currently experiencing a high demand for placements. Therefore it is important that you confirm bookings in advance. We cannot guarantee that a place will be available for students whose parents call in on the day requesting childcare. Exceeding the maximum of 25 placements per day would be a breach of the regulations and this could lead to a loss of licence. If warranted, we will consider applying for an amendment to our licence, to facilitate an increase in the number of childcare places at our service.

From the Principal Cont'd...

Marong Primary School Bus Service

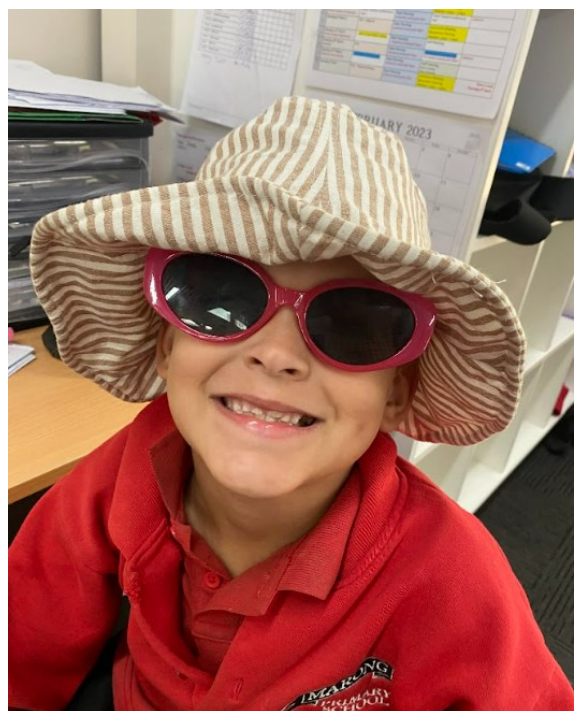
Parents of students who access Andrea's bus are advised that if your child is not going to catch the bus after school on any given day, that you must notify the school. Under the regulations we cannot accept a verbal message passed on from the parents, by the students to our bus coordinator or office staff. Your cooperation with this matter will be greatly appreciated.

Working Bee

Next Friday we will be conducting a working bee starting at 4pm. Our main area of focus will be re-filling soft-fall under our spider climbing frame and a general tidy up of our 'Back of Beyond' play space. If you are able to help and could bring along shovels, rakes and a wheelbarrow it would be greatly appreciated.

Grade Prep/1

Cannot believe that week 7 is over! It all just happens so quickly. This week has been about developing the skills that we learnt over the last few weeks. The big math focus for our prep students is counting to 20 so we have been working hard this week using lots of fine motor activities to consolidate. Our grade 1s have been sharpening their subtraction skills and getting quicker with their mental strategies. Our prep students have begun to read decodable books within guided groups and our ones have powered on working on their individual reading goals. We have begun e-safety lessons looking at how to balance devices as well as continuing the theme of community in intergrated studies! Our writing has been coming along really nicely and the formation of letters has really improved. Have a great weekend!



Grade 2/3!

Big week for the grade 3s with NAPLAN this week, taking part in multiple literacy tests and numeracy. They should all be very proud of their efforts. The grade were busy as well, continuing on with persuasive writing and looking at multiplication strategies including making arrays as well as grouping. In reading we looked at connecting our text to our own experiences as well text to text in relation to other books. We are also continue with our E-Safe program, looking at online safety and appropriate behaviours such as private information and what's ok to share.



Grade 4/5/6!

Another great week in the classroom with only a short week due to our public holiday on Monday. This week, grade 5 students have been working hard, completing their writing, reading, language conventions and numeracy NAPLAN assessments. Well done grade 5 on giving these tasks your best, showing great persistence and resilience throughout the week. Super work!

This week, students have been learning to;

Reading – author study project, looking deeper into their texts.

Writing – student choice writing, using a range of structures to demonstrate their knowledge including narrative, persuasive and informational texts.

Numeracy -symmetry and optical illusion Art, creating their own examples using pattern, line and shape.

Spelling – homophones e.g. pour, paw, pore

Integrated – completing and presenting their Colony mini project.

E Safety – Media balance – Making healthy media choices.

We look forward to our own Cross Country event at Malone Park next Friday with our LCDSSA event the following week, Friday 31st March.

A reminder to keep up the nights of reading. We will be acknowledging reading milestones at assemblies in the future.



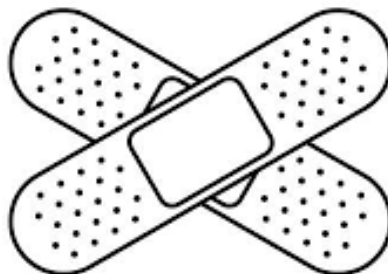


As we are completing our annual updates of the First Aid register, it has come to our attention that some students are still listed as being asthmatic or having a medical condition that may not be relevant any-more.

If your child no longer identifies under their medical condition, can you please update details with the ladies in the office.

Thank you for your continued support.

Miss Gallagher and Mr Fry



Outside School Hours Care





This week we continue to explore the benefits of mindfulness and specifically how it can build resilience in our lives and those of our children.

The following article can be found at <https://psychcentral.com>

Mindfulness: The Art of Cultivating Resilience

Mindfulness practice has a variety of benefits

Helping you build resilience is one of the key benefits to developing a day-to-day mindfulness practice.

When dealing with stress or anxiety, it can be hard to cope. Your emotions may feel unmanageable or overwhelming.

Mental health conditions may make it hard to get through times of crisis or healthily handle stress. But mindful coping strategies are available to help you relax and find a state of peace in your life.

If you seek to become more self-aware and handle stress better, mindfulness practice may be something to consider.

How does mindfulness build resilience?

Mindfulness is about living in the present moment and being intentional. Resilience is defined as bouncing back from adverse life events or recovering quickly from difficulties.

Resilience also is related to the characteristics that allow you to thrive after an adverse event. Mindfulness and resilience often go hand and hand.

Research from 2021, evaluated the impact mindfulness-based practice and physical activity have on the development of resilience.

Findings indicated that mindfulness-based practice could lead to greater levels of individual resilience.

Types of resilience

There are various types of resilience. Understanding the four different types of resilience may be essential to building resilience.

- **Physical resilience**- The ability of your body to maintain stamina and face challenges while recovering quickly. Physical resilience often declines with age.
- **Emotional resilience**- The ability to regulate your emotions when faced with stressful or unexpected events.
- **Mental resilience**- The ability to handle crises and learn how to deal with challenges in your life.
- **Social resilience**- The ability of social systems to handle and recover from events such as political, social, and economic problems.

How do you build resilience?

5-4-3-2-1 Grounding techniques

Grounding techniques are one method of building resilience. Grounding techniques are a steady physical and emotional presence supported “by the ground”.

One grounding technique that is helpful for many is the 5-4-3-2-1 grounding technique. Consider taking time to notice your surroundings in the present moment by naming:

- 5 things you can see
- 4 things you can feel
- 3 things you can hear
- 2 things you can smell
- 1 thing you can taste

This calming technique can help you reduce anxiety and build emotional regulation skills.

Mindfulness meditation

Mindfulness meditation is supported in research as a method of resiliency training.

For example, a 2019 study Trusted Source that used a mindfulness meditation-based intervention compared the effects of a 4-day intensive meditation to a control group. Findings indicate that mindfulness meditation improved resilience up to three months after the intervention.

1. Body scan meditation

The body scan meditation is a brief meditation that allows you to gain awareness of different body parts and the present sensations. Body scan meditation works by mentally tuning into awareness of your body from feet to head.

The purpose is to connect with your body and reduce stress. A large 2021 study Trusted Source found that this can be done virtually with mindfulness facilitators, effectively reducing stress and anxiety.

2. Progressive muscle relaxation

Progressive muscle relaxation (PMR) is a technique that aims to relieve tension and stress in the body. It involves you tensing and relaxing each major muscle group from your feet to your head.

Research from 2021 Trusted Source indicates that PMR can alleviate stress, provide a more relaxed state, and improve overall well-being.

Using this technique can help you build resilience to stress in the future. Another review suggests cognitive behavioural therapy for insomnia, which includes muscle relaxation, can help you fall asleep, and it has shown positive effects on individuals with insomnia.

3. Mindful breathing exercises

Deep breathing exercises are another way you can reduce stress. There are many different breathing techniques; many involve breathing through your nose, holding your breath, and exhaling.

Research Trusted Source that examined the impact of a six-week deep breathing practice daily for a short duration suggests that deep breathing techniques can improve cognitive processes.

I would encourage parents and care givers to practice these exercises with their children regularly (perhaps in bed prior to going to sleep) so they are familiar and easier to implement when needed. As mentioned last week the Smiling Mind app has great body scan meditations to help children develop the awareness of what's happening in their bodies.

I would also like to remind parents / guardians that myself and Ms White are both available to talk with and provide confidential advice, support and information on the various services and support available to students and their families.

Marc Cowan

Chaplain & Student Wellbeing Officer



Prep/One Maddern

Seth Hercus - Seth has been on fire this week. He has been very focused during all classroom activities and has been trying his best to improve his writing skills. Keep up the super work Seth! Well done.

Prep/One O

Zara P- Zara has been a stand out in her counting this week. She has improved so much and working hard at school and at home! Her name writing and sounds have also skyrocketed! Very impressed with this Zara, keep it up!

Prep/One Cook & Jess

Willow M- Willow has had an incredible week in the classroom. She completes her work independently with confidence and always tries her best. Willow is beginning to show leadership among her peers and is respected by her classmates. You have had a fantastic start to the school year Willow. Keep up the awesome work, you are a SUPERSTAR!

2/3 Fry

Abbie S – Abbie has had an outstanding week. She has pushed through nerves during NAPLAN assessments and has given everything a “red hot go”. Abbie loves learning and reading her Dog Man chapter books. Abbie enjoys having a joke and sharing her singing skills with others. Well done Abs!

2/3 Stacey

Molly B- Molly has been very impressive this week with her numeracy, her smile on her face says it all when she knows she's done well, taking great pride in her calculations and use of new strategies. Nice work Molly!

2/3 Maher

Marlo P- Marlo has been a superstar this week! She has put in her best effort with NAPLAN and has continued this hard work in our class activities. She has impressed with her Array City and teamwork in this task. Keep up the great work Marlo!

4/5/6 Johnstone

Willow N- Willow has had an outstanding week and is always displaying our school values. This week, Willow has showed a strong understanding of information reports and has completed some great work on symmetry during our maths lessons. Well done dude, keep up the great work!

4/5/6 Riordan

Finn N- For demonstrating all our school and classroom values this week. Finn has been recognised by his peers as the 'Student of the Week' this week. Finn always demonstrates our values and consistently works well in the classroom, no matter what the task in. He actively participates in classroom discussions, sharing his ideas and knowledge with the class. Well done Finn on being selected by your peers.

4/5/6 Gallagher & Wardell

Kobei B- for showing the values of respect and responsibility this week. Kobei worked hard this week and gave NAPLAN his all. He is a quite achiever who continues to give his best in all areas of his learning. Well done Kobei!



Zooper Doopers \$1

Wednesday Recess

**Money to be handed to child's teacher
on Wednesday morning**

A decorative border of various colorful Easter eggs with different patterns like zig-zags, polka dots, and stripes, surrounding the central text area.

EASTER EGG RAFFLE

**It's that time of year again!
Calling all families to please donate an egg, bunny, craft
or anything Easter themed.**

**Items can be dropped into the plastic tub at the office
from Tuesday the 14th of March till Monday the 3rd of
April.**

**All items will go towards our Easter Raffle.
Tickets will be sent home next week.
Raffle will be drawn on the last day of term.
Thankyou for your continued support!**





This year Marong Primary will be doing the Recycle, Earn and Play with Wonder White to earn us some sports equipment.

This starts in Term 2 when we will have a special box available to drop off bread bags too.

But we are letting people know early so that everyone can start collecting those bread bags now and get a head start!!!

They can be any brand! They don't have to be Wonder White bread bags, they just have to be bread bags. If it contained bread of any kind, then please start collecting them for the school!!!

They don't need to be washed, just shake the crumbs out. Don't include the bread tags.

More information will be given at the beginning of Term 2!!!

COME & TRY

FOOTY 4 FUN



Experience Australia's most loved sport through AFL Victoria's FREE Footy 4 Fun events delivered across Victoria! A footy experience full of fun activities, modified games & memorable moments to take home with you!

Footy 4 Fun 'Come & Try' is an opportunity for kids aged 5-12 years to experience an introduction to the basics of football in through fun activities.

WHERE:

MAIDEN GULLY OVAL,
BECKHAMS ROAD

WHEN:

TUESDAY 4TH APRIL
4:15PM - 5:15PM



REGISTER HERE!



JOIN THE FUN!

Marong Auskick Centre

Malone Park

Sunday's 10:00am starting April 30th

Belinda Atkinson - 0407 698 762

bel.atkinson@yahoo.com.au

Scan the QR Code to register!





NAB AFL Auskick is one of the best, first experiences kids aged 5-12 will have learning Australian Football.

In weekly sessions, Auskickers and their families will run, jump, kick, laugh and create their own special moments playing footy.

No matter their skill level, ability or knowledge of the game, Auskick is for everyone!

Registration is this simple!

1



Visit
play.afl

2



Select
'Where to play'

3



Enter your
suburb

4



Find your local
club and register!

play.afl/auskick