

Marong Primary School Newsletter

Volume 29 Issue 2, 9th February, 2024

	February		March
7th, 14th, 21st, 28th	Prep Days Off	4th	Curriculum Day (Pupil Free Day)
		11th	Labour Day Public Holiday
		13th-25th	NAPLAN Assessments Grade 3&5
		28th	Last Day of Term- 2:30 Dismissal

RESPECT

RESPONSIBILITY

HONESTY

From the Principal

Dear Parents and Care Givers,

A Wonderful start to the term!

As I have visited our classrooms every day during the past week I have been super impressed but not the slightest bit surprised, with how calm, settled and hard working our students are. It is such a pleasure to wander through each class while they busily engage with their learning and interact respectfully and responsibly with their peers and their teachers. This calmness is also evident in the yard at lunch and recess times and is a credit to each student with a particular mention to our senior school 'buddies' who are currently taking the time to ensure our foundation students are safe, happy and have someone to play with. I am so proud of you all.

Parent Teacher Conferences

Our term 1 parent Teacher conferences will be held in week 8 across Tuesday 19th – Thursday 21st. This year we will have all our classroom teachers available across the 3 days to maximise access for families to attend. Bookings will be available soon via our Parent Portal on SENTRAL.

Department of Education Filming

Department of Education Filming Last year our school engaged the work of the Department's Inclusion Outreach Coaching initiative.

The initiative supports schools to implement evidence-based inclusive education practices. Coaches work with schools for a time-limited period to identify clear goals for improving inclusion, tailored to the school's specific needs and context.

Due to the work we have done thus far, lead primarily by Mrs White and Ms Patching, Marong Primary School was selected to be involved in filming a case study around the Department's Inclusion Outreach Coaching initiative. Our coaching focus has been, and will be for some time, improving our inclusive practices in literacy. Yesterday, a small film crew visited our school taking footage of the school and conducting interviews with some staff members. This will be a wonderful promotion of the amazing work our dedicated staff and students do within our classrooms each day to ensure learning is maximised.

Parent Portal on SENTRAL.

Our school uses the free app, Sentral for Parents, powered by Sentral. This app links to our main administration platform and will allow parents to keep track of permission slips for school activities, access to academic reports, receive newsletters and even inform the school of future student absences. Families received a letter in term three last year outlining the process required to login to our Parent Portal on Sentral. New families will have only received this information last week. To date, less than 50% of our families have accessed the portal. We are encouraging all families to upload the app so we can continue rolling out the use of it. If you require your family log in details again or you are experiencing difficulties please do not hesitate to contact Mr Saddlier for assistance.

Our brand new fence

I am sure you have all seen our fantastic new fence along the highway side of our school. This is the result of the hard work from local builder and parent in our community, Murray Wearne and his team. We will be forever grateful for Murray taking on this project after it was unable to be completed by a previous contractor. Murray and his team also took the time to complete other little projects for us such as a new pathway down into our 'Beyond' space, a fence along the basketball court area and reinstating our flagpole. A BIG THANK YOU to Murray and his team.

Welcome to the World!

On behalf of the staff, students and wider school community, I would like to extend a big congratulations to Mrs Maher and her husband Jack on the safe arrival of their very first bundle of joy. A son, Harrison Patrick Maher. Born 3.2.24 and weighed 2480g. We are thrilled to hear both Bridget and Harrison are doing well and are enjoying such an exiting time as a family of three.

Jake Saddlier

Grade Prep

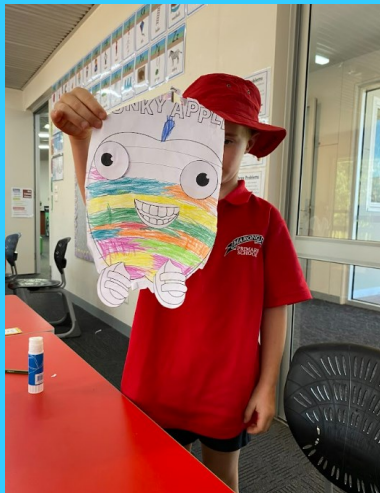
Wow what an awesome start to the school year!

We are so proud of all the Preps for their amazing efforts over the last two weeks. They

have been working really hard, practicing writing their names and learning all about the numbers 1 to 5. Our afternoons have been more on the quiet side as we often feel a little tired by the end of the day. We are loving getting to know all their little personalities and we look forward to a fun year altogether!



Miss Maddern, Mrs Cook, Jess, Fraser, and Christine



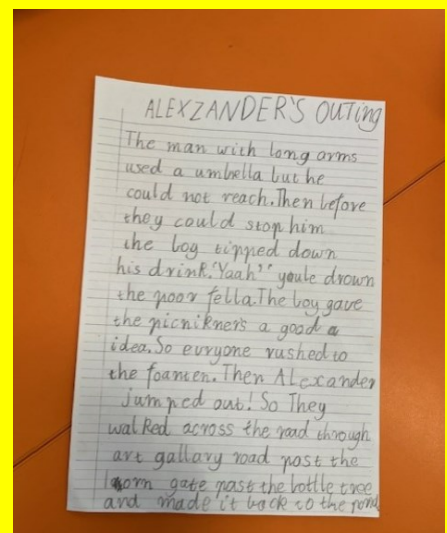
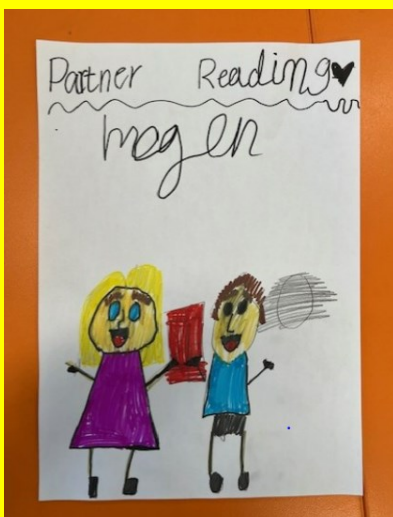
Grade 1/2

The 1/2s have settled beautifully back into school life at Marong P.S. For literacy we have talked about what makes a good reader and worked on our reading stamina in both independent and paired reading. We have also looked at recount and retell and have produced some quality work making sure we had the main idea and what happened in order in our writing.

In numeracy we have exploring numbers to 100 and 1000 and made our own 100's chart to use throughout the year. We have even explored our school values of Respect, Responsibility and Honesty and given our thoughts about what this looks like at school, home and in the community.

Congratulations on an outstanding start 1/2s!

Ms Thorn, Mr Saddlier, Mr Westcott and Mr Fry



Grade 3/4

It has been a busy first week back down in grade 3/4. We have been enjoying getting to know our new students and having a lot of fun together. We have been busy creating avatars of ourselves, doing peer portraits, writing stories about holiday fun, spending time getting to know each other in our new classrooms and creating new goals to work towards for 2024. Next week we are in for another busy week getting back into our school work.



Enjoy the weekend!

Mr Johnstone, Miss Craven, Miss Williams and Macey



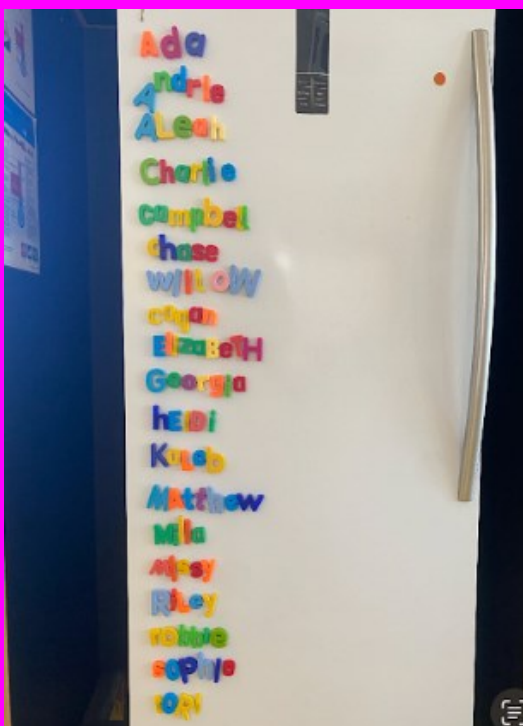
Grade 5/6

Wow I can't believe we are in a new year. Hope 2024 is my year! These are some things we did this week...

- Team building games
- Morning circles
- Buddies
- PE
- Art
- Chinese
- Performing arts
- All about Me posters
- Testing
- Decorate the classroom

I love my new class it's awesome! The best part of the year for me is having 19 students in the class.

By Chase Buchan



Performing Arts News

This week we formally welcomed students into our PAC ready for an engaging year of all things Performing Arts. A huge thankyou to our wonderful Parents Club for donating funds to purchase our costume and prop storage racks! This helps tremendously in keeping our space organised. Our P-2 students certainly loved dressing up to get into character. This week we enjoyed singing, dancing and role play. We look forward to developing our confidence in using our voice, changing our facial expressions and moving our bodies to show how a character might be feeling.



WHOLE SCHOOL PRODUCTION

Grade 3/4 have begun rehearsing songs and dances for our next production, CHARLIE AND THE CHOCOLATE FACTORY! The enthusiasm is already infectious. Grade 5/6 students are preparing to audition for lead roles, this will be announced in the coming weeks. Our students will be working incredibly hard both in front of and behind the theatre curtain to ensure a SCRUMMDIDDLYUMPTIOUS performance for all. We will be sure to keep you up to date with all the details of the show times/dates as it becomes available.



COSTUME DONATIONS

Do you have any costumes that perhaps your older children have grown out of? Our Performing Arts program would really appreciate your donations! I will be placing a donation basket near the front office for any suitable items that you may be willing to part with. Dress up hats, jewellery, skirts, capes...anything that would allow our students to 'get into character' or perform small plays.

Miss Whatley

STUDENT OF THE WEEK

Prep Maddern

Varli D- Varli has been on fire during her first week at school. She is showing great confidence and has been actively participating in all classroom discussions and activities. Keep up the awesome work Varli!

Prep Cook & Jess

Max C- For starting his first week of school with incredible confidence and already demonstrating that he is a leader in our class. Max has settled well and tries his best when completing each activity. Well done Max, we are so very proud of your SMASHING start to your first year of school!!

1/2 Thorn

Gracie O- Gracie has demonstrated lots of resilience this week. She is hard working, kind, and caring. Gracie also created a wonderful song during writing last week. Well done and keep smiling!

1/2 Fry

Alya B- Alya had made a fantastic start to 2024! She has come back from the break focused and determined to achieve her best. She has a great attitude to learning and is always a friend to everyone in our class. Keep up the great work Alya!

1/2 Westcott

Aiden B- Aiden has transitioned into Marong PS seamlessly. He begins each day with a smile and consistently demonstrates our school values. He has a fantastic work ethic and regularly volunteers answers in maths. Great work Aiden!

3/4 Johnstone

Tessa F- Tessa has begun this year on fire! She comes into the classroom everyday with a can do attitude and consistently displays all our school values. Keep up the great work Tessa!

STUDENT OF THE WEEK

3/4 Williams

Sienna N- Sienna has had an awesome start to the school year, demonstrating all school values in the classroom. Sienna has warmly welcomed new students to our class and has been working well to help her peers. Keep it up Sienna!

3/4 Craven

Andy D- Andy has made a pleasing start to Grade 4. He listens carefully to instructions and includes others during team tasks. I look forward to watching Andy continue to positively contribute to our classroom. Keep it up!

5/6 Stacey

Alannah B- Alannah is new to our school and has settled in nicely here at Marong Primary School. She quietly goes about her business and has a cheeky sense of humour. She's made many friends already and is well liked amongst her peers. Welcome Alannah!

5/6 Riordan

Oden G- for displaying our school value of responsibility. Oden has worked well this week no matter which teacher was in the room. He completed his 'All About Me' powerpoint and engaged in all set tasks in a manner which will set the tone for himself and his peers this term. Well done Oden!

5/6 O'Donoghue

Ada B- I couldn't be prouder of how Ada has started the year in our classroom. She has been incredibly brave and resilient when facing the challenges of starting a new school. She is a hilarious and confident class member who radiates positive energy. Can't wait to see what you achieve in 2024!

BEEHIVE NEWS

Over the past few weeks we have welcomed many new students into the OSHC family. We have spent our time getting to know each other and explore our space. This year will look a bit different with us now sharing the space with Miss O and her grade 5/6 class. Weather permitting we will most mornings head outside together where I will continue to supervise them until it is time to head to class. In the afternoons we will stay outside or at the PAC until around 4pm. This is a rough guide and may change slightly day to day based on the needs of the children.

We would love to give a big shout out to the parents club for their very generous donation to buy some new toys for OSHC. So far we have brought cars, dolls, blocks, loom bands and dinosaurs. We are very excited to also have brought a pull along wagon to help with excursions and our transitions in after school care. While we have already brought so much we still have over half our budget to spend. If you have any ideas please let us know or add it to our wish list on the sign in bench.

Chelsie, Annie, Fraser and Barnali





Supporting anxious children

The start of the school year can be a very anxious time for some students; whether it be commencing school for the first time, a change in school, a new class room teacher / class mates or simply returning to school after a long absence. And so, I thought timely to provide parents and care givers with a few helpful strategies that they might use to support their children in managing their anxiety.

(The following article can be found at Beyond Blue; www.healthyfamilies.beyondblue.org.au)

When kids have anxious thoughts or feelings, a common response from the adults in their lives is to step in and solve the problem.

If they're terrified of dogs, it's pretty reasonable to keep them away from the pitbull next door....right?

Well, not really. By helping children avoid scary situations, you're reinforcing and fuelling their **anxiety**. They're also missing out on opportunities to develop coping skills and prove to themselves they can deal with the **anxious** thought or feeling next time it comes up.

The best thing you can do for your child is to help them learn how to cope with anxiety.

10 strategies to try

1. Start by slowing down

Encourage your child to take some slow, deep breaths to calm the physical effects of anxiety. Practice together by breathing in for three seconds, holding for three seconds, then out for three. Once they're feeling a bit calmer, you can talk through what's worrying them.

2. Make time to worry

Setting aside some designated time to deal with worries can stop anxious thoughts from taking over. Try creating a daily ritual called 'worry time', and encourage children to draw or write down whatever's bothering them. You can make the activity a bit more fun by decorating a 'worry box' or building a 'worry wall' out of post-its. When the time is up – after 10 to 15 minutes – shut the worries up in the box or tear them off the wall and say goodbye to them for the day.

3. Climb that ladder

Instead of skirting the scary situation, you could try a technique called 'laddering' – breaking down worries into manageable chunks and gradually working towards a goal.

Let's say your child is afraid of water and swimming. Instead of avoiding the pool, create some mini-goals to build their confidence. Start out by just sitting and watching other kids swimming. As they feel more comfortable get them to try dangling their legs in the water, then standing in the shallow end, and so on.

4. Encourage positive thinking

Kids with anxiety often get stuck on the worst-case scenario or 'what ifs' in any situation. You can help them shift these thinking patterns by:

- reminding them of times they've dealt with similar issues in the past and how things worked out OK

- helping them to challenge the scary thought with facts and evidence. For example, we know that crocodiles can't survive under our bed
- make a plan for how they'll respond if things don't go as they'd like.

5. Have a go

Anxious kids often worry about making mistakes or not having things perfect. This can lead to them avoiding situations or activities – they'd rather sit out than get it wrong. Emphasise giving new things a try and having fun over whether something's a success or failure.

6. Model helpful coping

Don't just tell your child how to overcome emotions – show them. When you get anxious or stressed, verbalise how you're coping with the situation: "This looks a bit scary, but I'll give it a go." And hey, you might even knock off one of your own fears.

7. Help your child take charge

Think about what you can do to make your child feel like they have some control over the scary situation. For example, if your child gets anxious about intruders, make shutting and locking their bedroom window part of their night-time responsibilities.

8. Be upfront about scary stuff

Lots of kids have worries about death, war, terrorism or things they see on the news. This is all really normal. Talk through their fears and answer any questions truthfully. Don't sugar-coat the facts – try and explain what's happening in a way that puts their fears in perspective.

9. Be BRAVE

Check out BRAVE <https://brave4you.psy.uq.edu.au/> a free online program to help kids cope with worries and anxiety. There's a tailored version for younger kids (eight-12), one for teens (12-17) and an accompanying program for parents.

10. And finally, check your own behaviour

Kids pick up all sorts of signals from the adults in their lives, so have a think about the messages you're sending. Over-protective family members can inadvertently reinforce children's fears that the world is a dangerous place where everything can hurt you. Similarly, parents who 'over-help' are subconsciously telling their kids that they can't do anything without adult support.

If you're prone to 'helicoptering', try taking a step back and waiting next time before you jump in. It can be hard seeing your child distressed, but figuring things out for themselves is an important step in building resilience.

Remember, the goal for most kids isn't to eliminate anxiety completely. It's really about giving them the skills to manage anxiety so it doesn't get in the way of enjoying life.

I would also like to remind parents and guardians that myself and Lindsay White (Student Inclusion Coordinator) are both available to talk with and provide confidential advice, support and information to students and their families.

Marc Cowan

School Chaplain & Student Wellbeing Officer

Library News!

This year we are very excited to have refurbished our school library and it is looking amazing. All students will get the opportunity to borrow books every week and bring them home if they choose. Could you please ensure they return on their borrowing days.

These are the following allocated days for grades.

Monday 5/6

Tuesday 3/4

Wednesday Prep

Thursday 1/2

Bookclub:

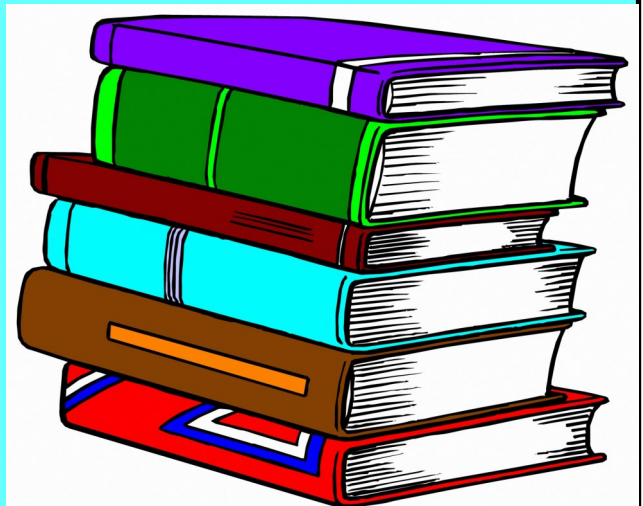
Last week all students had the opportunity to take home a Scholastic Bookclub catalogue. If you are interested in purchasing anything either drop in your order and money to the front office or complete the order online through Loop. All orders must be in by Friday the 16th of February.

Book Donations:

The Library is always needing new books if you have any books that are no longer read by your family and they are school appropriate we would love to give them a be home. We have a donation box at the front office.

If you have any library enquires please come and see me.

Christine





AUSTRALIAN
CAMPS ASSOCIATION
PEOPLE OUTDOORS®
Adventure for all

CAMPS FOR PEOPLE LIVING WITH DISABILITY

Adventure for All!



2024

Expression of Interest Day!

JUNIOR TEAMS

Under 6's Through to Under 18's

COME AND TRY DAY
SUNDAY FEBRUARY 18TH 2024
@ 9.30AM - 12PM



Contact FC Eaglehawk
For More Information

Email : admin@fceaglehawk.com.au
Attn- Mick McKechnie
Or contact our Facebook page

HUNTLY FAMILY FUN DAY



Proudly sponsored by Agnico Eagle Fosterville

**FREE
ENTRY**

**SUNDAY
FEB 25, 2024**

**10AM
TO 1PM**

FREE ACTIVITIES:

THE ZONE JUMPING CASTLE AND INFLATABLE WATER SLIDE
WATER FUN WITH HUNTLY CFA ♥ ART AND CRAFT
SPORTING ACTIVITIES ♥ FACE PAINTING ♥ FREE GIVEAWAYS!
RENEGADES FAN VAN - INFLATABLE CATCH MAT

*Don't forget
a towel!*

FOOD/DRINKS:

BBQ (MEAT AND VEGETARIAN OPTIONS) AND DRINKS
- ALL \$2 EACH ♥ FREE FRESH FRUIT ♥ COLIBAN WATER
REFILL UNIT (BYO DRINK BOTTLE)

*Limited shade - bring
along your hat and chair.*



**STRAUCH RESERVE
14 GUNGURRU ROAD, HUNTLY**



PLAY FOR KICKS



Superkick is next level fun for 7 to 12 year olds who are new to footy, or want to continue to grow their skill levels.

BENDIGO ALL GIRLS

SUPERKICK CENTRE

MONDAY'S STARTING 26TH FEB

4 WEEKS

4:30PM - 5:30PM

SHADFORTH PARK, NORTH BENDIGO





GIANT *Tennis*

COACHING PROGRAMS

HOT SHOTS 3-12YRS
JUNIORS & ADULTS
GROUPS & PRIVATE LESSONS
HOLIDAY PROGRAMS
CARDIO TENNIS
SQUADS
MATCH PLAY



BENDIGO • MAIDEN GULLY • MARONG • SOUTH BENDIGO

PLAY PARK

5 YRS & UNDER
10-11AM SUNDAY'S
STARTING 18 FEB
REGISTER ONLINE:

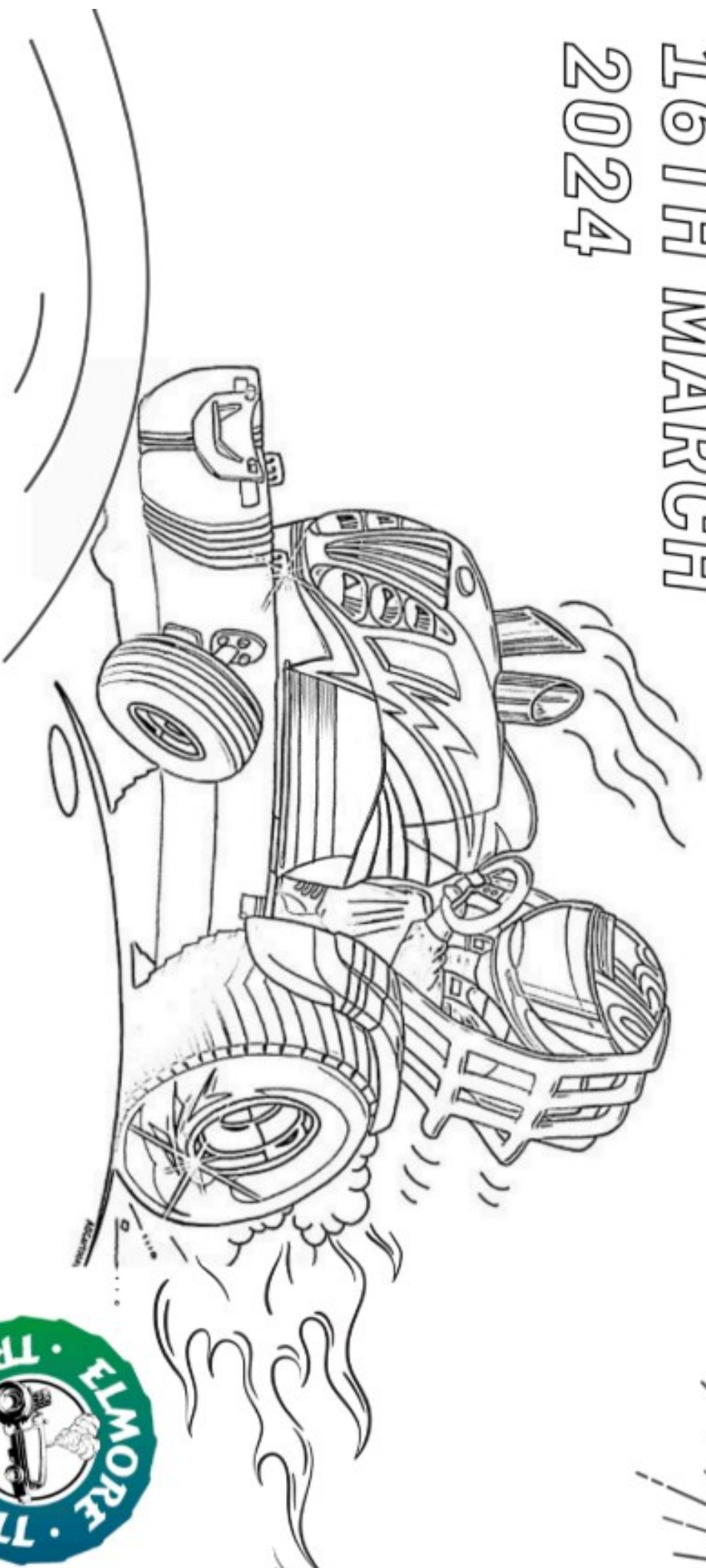


gianttennis.com.au  

ELMORE TRACTOR PULL

16TH MARCH

2024



PRIZES FOR WINNERS: FAMILY PASSES AND CHILDREN'S PASSES!
ENTRIES CLOSE 8TH MARCH 2024.

Name:

Age:

School:

Phone:

Please post to:

Elmore Events Centre

PO Box 27, Elmore VIC 3558

Or scan to:

info@elmorefielddays.com.au



McKEES
Garage and Engineering Pty Ltd