

Marong Primary School Newsletter

Volume 28 Issue 3, 17th February, 2023

	March		April
13th	Labour day Public Holiday	6th	Last day of Term 1- 2:30 dismissal
31st	Cross Country & Junior Fun Day		

RESPECT

RESPONSIBILITY

HONESTY

From the Principal

Dear Parents/Caregivers,

Parent Teacher Interviews In week 5 of Term one staff will be conducting Parents / Teacher Interviews. These interviews will take place on the 27th, 28th of February and Wednesday the 1st of March. In previous years staff have tried to plan the interview schedule so that families with more than one child at the school would have each of their children's interviews on the same day.

Unfortunately as of this year, this is no longer possible. In 2022 a new industrial agreement was introduced by the Government after contracted negotiations with the teacher's union. Under this agreement teachers who work over and above their normal working hours become entitled to time in lieu. Consequently if we extended the interview times all teachers would be entitled to time in lieu. This would then impact severely on our day to day classes, as we would need to employ additional staff to cover the staff taking time off in lieu. I appreciate that this may make attendance at these parent teacher meetings challenging but I hope parents will understand that as this is now a work place agreement we are obligated to comply with terms of the agreement.

Office Staff

As many people may be aware Loretta is currently on leave. Consequently we have had two relievers covering Loretta in her absence, over the last fortnight. Deanne Sheedy and Danika Twyerould have shared the role and we are most grateful for their time and assistance. Danika works part time at Newstead PS and has managed to help us out around her own regular commitments. Dee Sheedy is currently on leave from her position but kindly put her leave on hold to assist us. On behalf of all our staff, parents and students I wish to thank the two Dees for their contribution to our school.

Please note that Loretta has had to extend her leave and consequently we are seeking a replacement to cover her absence.

From the Principal Cont'd...

Snakes Alive!

On Wednesday of this week during recess we had an unwelcome visitor. A brown snake, approximately 2 foot long decided to take a break from his or her travels on the concrete underneath the PAC covered area. In line with our emergency management plans, staff reacted quickly and all students were moved inside and a snake catcher promptly called. As it turns out she was only 5 minutes away and once on site, caught the snake and removed it from the school to be released in area far away from people.

Pat on the Back

From time to time I award a Pat On the Back to those who deserve recognition for their contribution to our school. I call this the POB Award. This week a POB goes to Jake Saddler who has given of his own time after school to clean up Back of Beyond and other areas. I also award a POB to the parents who helped take down and remove the section of chain mesh fencing in Leslie Street. This was done in preparation for the installation of new fencing. Finally a big POB goes out to all the parents who have joined our 2023 parents club. An extra special mention for Stacey Lakey and Leah Ladson who lead the club last year and have been very proactive in drumming up support for 2023. Well done and thank you to all the POB awardees!

School Council

A meeting of our 2022 school council will take place on Wednesday 22nd of February commencing at 7pm in the staffroom.

School Council Elections.

Next week the process of our annual School Council Elections will commence. The Marong Primary School council consists of 8 parent members, 2 DET members and the principal. Each year 4 parent vacancies and 1 DET vacancy become available. Current members whose term of office expires are welcome to renominate. Full information re the school council election process will be circulated next week.

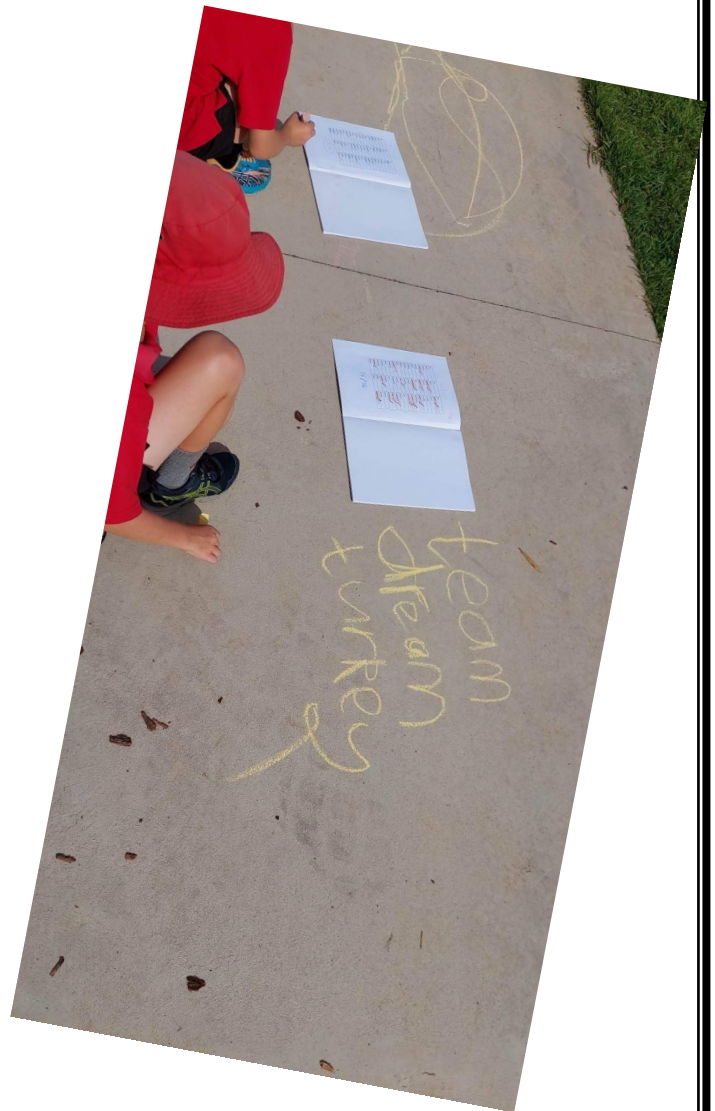
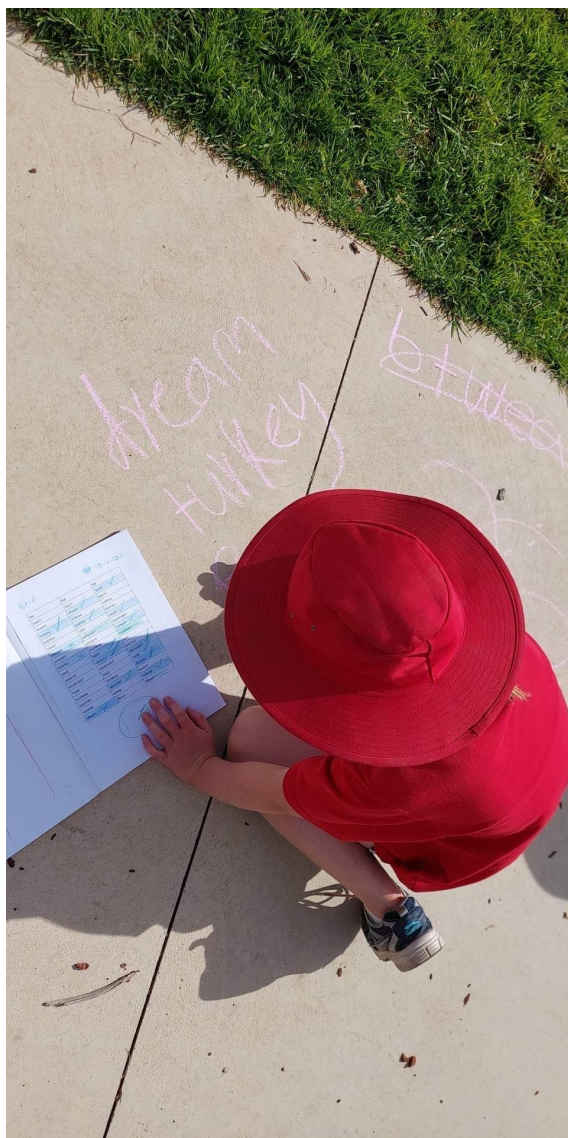
Grade Prep/One

Week three has been so calm in grade prep/one. Our students have completed work to high standards and are showing how they demonstrate and understand the school rules. Our prep sentence of the week is 'That ant had a hat' and we are shocked with how quickly they are picking up reading and writing skills. Our grade ones have been writing about their homes and their favourite rooms practising sentence structure and adjectives. We made it to double digits in Numeracy with the preps this week focusing on 10 while our grade ones were sequencing within 100 and filling in missing numbers. We are so proud of these little legends!



Grade 2/3!

A fantastic week of writing for the 2/3s, focusing on detail and descriptive writing in our narratives, using our five senses to depict the setting of our story. Some very creative pieces! We also looked at paragraph structures and quotation marks to add dialogue to our characters. In Spelling we studied the long 'e' sound as key, tree and beach. In maths we looked at place value, warming up with Wishball, an online game we encourage kids to play at home. The students were very active and creative in P.E. and Art today and borrowed books from the Library for the first time this year. Keep an I on your child's portfolios on Dojo in the coming weeks as we will be uploading some of their work throughout. Have a great weekend!



Grade 4/5/6!

What a solid week the 456's have been putting in.

We started on a high with some North Melbourne footballers visiting morning, sharing stories and having a kick with us. The three people that barrack for NM and Ms Patching's day was made, but for everyone else it was pretty cool too. Well done to the lucky people that were able to earn themselves a bit memorabilia.

In reading this week students have been extending their comprehension skills through synthesising, finding key words and summarising key information. It's wonderful to see all student engrossed in their reading and utilising the MPS library with borrowing books. We have quite a few students that are borrowing a couple of times a week which is pleasing to see.

In writing students have been fine tuning their narratives by focusing on sentence structure. Students have been improving their sentences by including clauses and conjunctions. Handwriting has also been a major focus, with lots of students revisiting correct letter formation and sizing, with some even improving their cursive writing focusing on where to join letters correctly.

In math students are continuing the focus on the four operations, with a major focus on subtraction and using balanced equations to check for accuracy. We have such a wide spread of ability with subtraction and it is great to see students sharing strategies and working alongside each other to gain success. Student have demonstrated enjoyment with warm up games and consolidated knowledge with online math games, in particular Sheppard Software fruit splash which has seven levels of ability for students to pick their own entry level and sharpen up their strategies and automatic recall of facts.

In integrated, students have continued looking into rules and laws, and why they are important in all facets of our lives. Students are beginning to look into how a bill is made in parliament. This will all prepare us for an incursion we are having next Friday from Parliament Victoria.

A reminder for any grade six students that would like to order another black grade six top to see Mr Riordan.

Also, we are sorry for the lack of diaries thus far. We are still struggling with the book order making its way to us in full, but we are looking at alternate options.

Also, parent/teacher interview timetables are being circulated on Dojo at the moment. If you haven't booked a spot, please see your teacher ASAP. The proposed day for PT interviews is Wednesday 1st of March with interviews running for 10 minutes from 12 midday.

Thanks for a wonderful week everyone



Outside School Hours Care

This week in OSHC Barnali did a cooking activity with the children. They made their own rumballs. For those who chose to do the activity this was great fun. On Tuesday in art club Annie and the students decorated their own coffee aka hot chocolate mugs! The dolls house has been having some work done. We have not only laid some fresh carpet we have also painted the furniture to give it a new fresh look. Next week we will have Monica from the department of education come out to visit and give us some feedback and support if needed. She will visit on Tuesday for most of after school care.
Chelsie



Wellbeing



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.

(This 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 good-bye 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

Wellbeing Cont'd

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.

Marc Cowan– School Chaplin and Student Wellbeing Officer

PARENTS CLUB

YOUR 2023 COMMITTEE-

President - Leah Ladson

Secretary - Jamie-Lee Grant

Treasurer - Stacey Lakey

Newsletter - Shell Smith

Lunch Orders - Erin

General Members -

Jessie Wardell, Emma Cook, Dani, Elizabeth Aisbett, Jess
Wearne, Lacey Gough, Lauren Collins, Marg Becker,
Stacie Jones

- Grade 6 Polo's: QKR will be open for sales up until 17th
Feb for another run. After this, we won't be able to do
another order so if your child is wanting another shirt,
please order now.

Zooper Doopers: Starting next week (Wed 22nd Feb) we
will be doing \$1 zooper doopers at recess. All money to
be handed to front office on/before Wednesday (money
will only be accepted at the office from now on - teachers
won't be handling money)



Prep/One Maddern

Angus M- Angus has settled into school beautifully. He has taken an enthusiastic approach to all his schoolwork and has been showing kindness towards everyone in the classroom. Keep it up Angus!

Prep/One O

Layla G- Layla has set the standard for how to start the year with success! She has been a reliable leader for the preps and has been achieving her best so the grade 1 requirements. I am so happy to see Layla working hard and also helping others! Go Layla

Prep/One Mrs Cook & Jess

Charlotte H - Charlotte has returned to school this year with a newfound confidence and ready to learn. She is showing fantastic leadership in the classroom and is a wonderful role model for our new preps. Charlotte has also been helping our new preps settle into the yard and making sure they are ok during lunch and recess. Keep up the AMAZING work Charlotte. We are super proud!!!

2/3 Fry

Eleanor O – Is a quiet and respectful who consistently displays our school values. She is always ready to learn and enjoys sharing her ideas with the class. Eleanor always produces work to a very quality and is a great role model for others. Well done Eleanor!

2/3 Stacey

Mitch W- Mr Consistent, Mitch can be relied upon to do his absolute best work in every subject and selflessly give his time to help others as well. He supports and respects every single one of his classmates, in and outside the classroom. Love having him back in my classroom, well done Mitch!

2/3 Maher

Max C- Congratulations to Max for an outstanding week. Max has impressed this week with his contributions to class discussions and dedication to completing all tasks to a high standard. He has cooperated with all peers in group tasks and is a helpful classmate. Keep it up Max!

4/5/6 Johnstone

Tori H- Well done Tori on a fantastic week. This week Tori has worked hard on her writing and incorporating subordinating clauses to enhance her writing. She has had a great start to year, keep it up Torza!

4/5/6 Riordan

Koa H – For demonstrating an amazing first few weeks at school. Koa is a super worker in our classroom, working hard in all she does, She is kind, helpful and a great role model for others. Koa exhibits of classroom values each and every day. Koa always finishes her work to a very high standard. Well done Koa!

4/5/6 Gallagher & Wardell

Myra C. – Myra is starting the year with a bang. She comes into the classroom with a big smile on her face and is a friend to everyone. Myra always exhibits the school rules in the classroom and school yard, and we love the way she is always focused during the instructional stage of the lesson, asking clarifying questions and sharing her knowledge with the grade. A wonderful start to the year Myra! Keep up the great work



FIRST SESSION IS FREE!

**CALL OR EMAIL FOR DETAILS!
ALL EQUIPMENT PROVIDED!**



Club: Hockey Central Victoria

Venue: Bendigo Hockey Complex, 14 Ashley Street, Ironbark, VIC, 3550

Program 1 Start Date: Saturday 25th February, 2023 Time: 9.00am to 9.50am No. of Weeks: 6

Program 2 Start Date: Monday 27th February, 2023 Time: 5.10pm to 6.00pm No. of Weeks: 6

Price: \$90 – (includes annual Hockey Australia and Hockey Victoria fee and insurance.)

Coordinator Name: Dale Boyd

Coordinator Email: hcv.pathways@gmail.com

Coordinator Phone: 0419 382 053

TO REGISTER GO TO:



<https://www.revolutionise.com.au/hockeycentralv/events/>

