

MPS WELLBEING NEWSLETTER



**MAR
2026**

Welcome back!

Hello! We are now onto our second Wellbeing Newsletter with a focus on the theme 'Healthy Lifestyles'. Miss Gallagher is being a big driver of healthy lifestyles through her PE program with nearly a 100% participate rate, running, high energy activities and loads of fun! If you hear a disco during school hours, it's probably DJ Gallagher!

Ride2School: The bike rack is overflowing, (even on that super wet day), lots of students are walking to school and the parents/carers are joining in too! It's a great vibe in our community. Even though the weather will cool right down next term, we can still be active with the right clothing!

We had A LOT of raffle tickets collected since 16th February! Well done to the students who stepped up to this initiative. Congratulations to the winners of the raffle and thank-you Miss Gallagher for organising this community event.

What has been happening?

HARMONY WEEK 16TH - 22ND MARCH

Harmony Week - it was great to have our first dress up day for the year and classrooms having great conversations or activities celebrating diversity, culture and belonging. Lots of displays have been made in the classrooms. Make sure you check them out!



What are staff learning?

THE MARONG WAY - STAFF PROFESSIONAL LEARNING COMMUNITIES

Staff have completed and celebrated their findings from our Term 1 Professional Learning Communities. Some of the biggest take aways were:

- Understanding the vestibular system and how it links to sensory regulation.
- Importance of cross brain activities
- Changing our Morning Circle to a new title 'Group Huddle' so they can be held at any part of the day.
- Different type of brain breaks and how to use them effectively.

Puberty Education

Bendigo Community Health Services (BCHS) conducted a series of lessons for our Grade 5/6s called 'Introduction to Puberty'. The spectrum for prior knowledge is always broad, but it is important for students to know the facts from experts, rather than reading/viewing content online. Thank-you to the 5/6 Team for organising BCHS. A resource link for staff and parents is available [here](#).

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Marong
Primary School
Respect | Responsibility | Honesty

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SWPBS (School-Wide Positive Behaviour Supports)

To start the new year, we have our School Wide Positive Behaviour Matrices which are paired with visuals to support students' understanding of expected behaviours. You can find these matrices on our [school website](#) and explore with your child/ren at home.

Lining Up - it has been great to see students lining up respectfully, in their line order and moving appropriately around the school. This calm and predictable routine helps students be ready for learning and less disruptive for others.

Toilets - expectations are clear for students with how we behave in and around the toilets.

Visuals for these routines have been placed around the school to remind students what is expected.

Resources/Links for Healthy Eating

This [website](#) has a link to many websites and resources for you to explore to help build healthy eating habits in your home and at school.

Picture Story Books

[The Magic Lunchbox](#) (PDF)

[Little Parachutes List](#)

The Hungry Caterpillar by Eric Carl



Podcasts

The Nourished Child (Apple Podcasts)

Crunch & Sip Podcast (website)

Kids Nutrition Podcast (Spotify)

2026 Wellbeing Team

Mrs Lindsey White (Mental Health Wellbeing Leader)

Miss Moyra O'Donoghue (Wellbeing Support)

Chelsie Nickson (Wellbeing Support)

Mrs Melissa Patching (Disability Inclusion)

Miss Bridget Gallagher (Health & PE Teacher)

Marc (Chaplain)

Wellbeing Diary Dates

Term 2

- Cross Country/Junior Fun Day April 22nd
- Mother's Day May 10th
- Education Week 18th - 22nd May
- National Sorry Day May 26th
- National Reconciliation Week (May 27th - June 3rd)
- NAIDOC Week (5th - 12th July)

