

MPS WELLBEING NEWSLETTER



MAY
2026



TERM 2



Hello! Term 2 has started with students settling back into classrooms smoothly and continuing to embed routines and expectations in our school community.

Last edition we had many resources around healthy eating. This edition we will focus on exercise. Physical exercise improves brain development, mental and physical health. **Do you know how much exercise primary school aged children should be engaging in for health development? Read below.**

EXERCISE GUIDELINES FOR CHILDREN

- at least 60 minutes of moderate to vigorous physical activity per day.
- No more than 2 hours of sedentary, recreational screen time
- 9-11 hours of uninterrupted sleep

Source: aihw.gov.au

Interesting to note, in our 2025 Attitudes to School Survey over a third of our Gr 4-6 students are on a screen 3+ hours day.

Resources/Links for Exercise

The Raising Children [website](#) has a lot of information to help your kids to get more active. Role modelling from parents/carers is a great start!

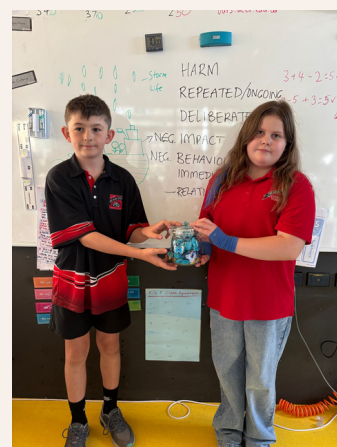
Connect Greater Bendigo - Recreation Clubs

This link will take you to a list of clubs in the Greater Bendigo area. Feel free to add your own club if you are not on the list.

What has been happening?

DO IT FOR DOLLY DAY

Friday May 8th we acknowledged Do it for Dolly Day where Marong changed from a sea of red to a sea of blue. The message was clear to students - bullying is not ok! Thank-you to everyone for their support and making a difference. \$305 was raised and went straight to Dolly's Dream Foundation. Well done to Iszak H and Lily B who were joint winners in guess the lollies in the jar! Well done!



EDUCATION WEEK

Education Week was about showcasing what we do best! Education! From School Tours, Information Night, showcasing student work and all of the curriculum areas we cover. Lots of wonderful things happen at Marong Primary School so we were proud to show the community what we do.

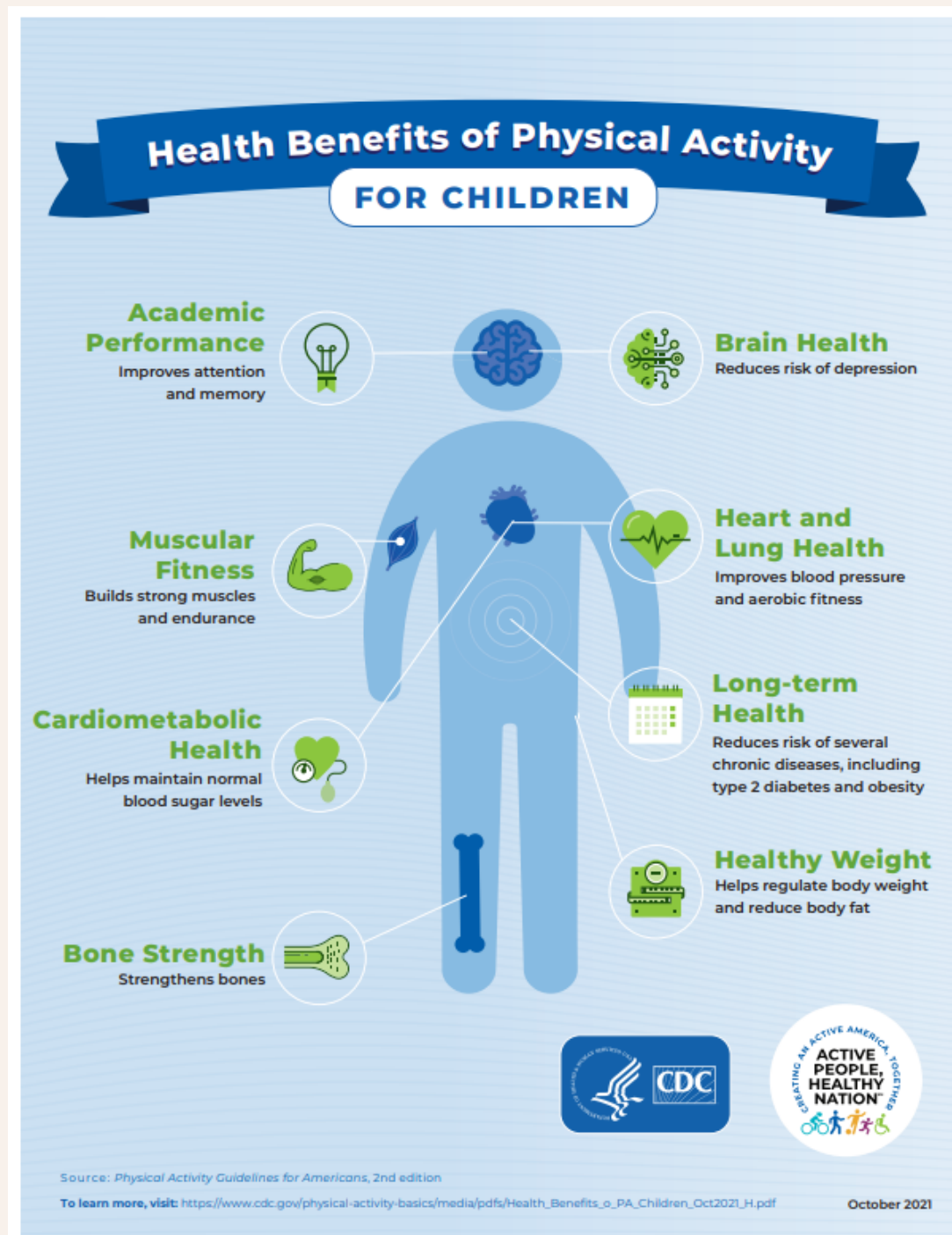


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Marong Primary School
Respect · Responsibility · Honesty

MAY 2026



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

- National Sorry Day May 26th
- National Reconciliation Week (May 27th - June 3rd)
- NAIDOC Week (5th - 12th July)