

# Marong Primary School Newsletter

Volume 28 Issue 26, 25th August, 2023

|      | AUGUST           |         | SEPTEMBER                     |
|------|------------------|---------|-------------------------------|
| 28th | Book Week Parade | 4th-8th | Whole School Swimming Program |
|      |                  | 16th    | Last Day of Term              |
|      |                  |         |                               |
|      |                  |         |                               |
|      |                  |         |                               |
|      |                  |         |                               |
|      |                  |         |                               |
|      |                  |         |                               |

**RESPECT**

**RESPONSIBILITY**

**HONESTY**

## From the Principal

Dear Parents and Care Givers,

### Parent Guardian /Carer Opinion Survey

The 2023 Parent Opinion survey is now open online. Of the 150 possible participants invited to participate this year we have only received 2 completed surveys to date. I wish to encourage as many people as possible to complete the survey as the data helps guide us for future directions and informs school improvement plans. To access the survey go to

<https://www.orima.com.au/parent>

Enter the following details- School Name: Marong Primary School and Campus Name: Marong Primary School and finally enter this pin number 827181. Once logged in you will be able to complete the survey. Please note that the survey is open until Friday September 8th. Only one person from each family should complete the survey. If you have any questions please contact me at the school. I thank you in anticipation of your willingness to participate in this important activity.

### School Swimming Program

Our swimming program is rapidly approaching so a reminder to all that in the week 4th September to the 8th September we will conduct our annual swimming program at the Gurri Wanyarra complex in Kangaroo Flat. Transport will be by bus to the pool.

The cost per student for this program will be \$10. Parents and carers with any funds held in credit by the school will have this amount deducted from their credit balance. Permission forms being sent home today and need to be returned by Friday 1st.

## Gymnastics

Each year we take our students to the YMCA Gym in Munday St Bendigo for a 4 week gymnastics program. This year our program commences in the 1st week of term 4. I have listed below the costs for this program per student. In addition I am including a draft timetable so that parents and carers are aware of the Gym schedule. Transport will be by bus. Please note students need to dress in shorts or track pants and school shirt. Shoes and socks are removed whilst at the gym so it is preferable for students to have footwear that they can readily take off and put back on with minimal assistance if required. Jewellery is not permitted for safety reasons. Students with pierced ears need to remove earrings or sleepers. If this is difficult tape can be used to provide protection. The cost for this program including transport is \$30 per student. Once again a subsidy has been applied to reduce costs to parents.

| Dates  | Group Session Time<br>11.00 am | Group Session<br>Time12.00 | Group Session Time<br>1.00pm |
|--|--------------------------------|----------------------------|------------------------------|
| OCTOBER  |                                |                            |                              |
| 3 <sup>rd</sup> , 10 <sup>th</sup> ,<br>17 <sup>th</sup> , 24 <sup>th</sup><br>. | 1. P/1 O & P/1 CT              | 2. P/1 M & 2/3 M           | 3. Gr 2/3 F & 2/3 S          |
| 5 <sup>th</sup> , 12 <sup>th</sup> ,<br>19 <sup>th</sup> , 26 <sup>th</sup><br>. | 4. Gr 4/5/6 DJ                 | 5. 4/5/6 R                 | 6. 4/5/6 TW                  |

## Mr J's Maths Puzzle

Imagine you had a money jar and you decided to see how much money you could save in a year. Your challenge is to – Place \$1.00 in the jar in week one of January, in week 2 place \$2.00 in the jar, In week 3 place \$3.00 in the jar. Using this system, you would need to place \$52 in the jar in the last week of the year. Therefore how much money would there be in the jar by the 31st of December? The answer to this problem is \$1378. To work it out there are various strategies available. Many people most likely opt to tally it up week by week. Eg \$1 + \$2 =+ \$3 + \$4 + ..... all the way to \$52.

A simple way to get the answer is to add the 1st number: \$1 to the last number \$52 which equals \$53. If you add \$2 to \$51 this also equals \$53. So does \$3 + \$50 = \$53. This pattern repeats - Consequently by working out that there are 26 pairs of numbers between 1 and 52 that equal \$53 you can then multiply 26 x \$53 which equals \$1378. Boom Boom! This strategy can be used to add up any sequence numbers rapidly providing there is an even number so that you can pair them up. Eg To add up all the numbers between 1 and 10 we choose the 1st and last numbers in the sequence, work out how many pairs there are and do a quick multiplication sum.

1,2,3,4,5,6,7,8,9,10 = 10 + 1 = 11 9 + 2 = 11 8 + 3 = 11 etc 11 x 5 = 55 .

Next challenge: Can you quickly add up all the numbers between 1 and 20, 1 and 100, 1 and 1000.?

## Marong Primary School Swimming Program 2023 Permission Form



Dear Parents and Care Givers,

As previously advised our annual swimming program will be conducted daily at the Gurri Wanyarra complex in Kangaroo Flat in the week beginning Monday September 4<sup>th</sup> and concluding on Friday September 8<sup>th</sup>. Transport will be by bus . Please complete the attached permission form and health check and return it to the school office by Friday September 1<sup>st</sup>.

What to bring: Bathers, Towel,

Russell Jeffrey

Principal Marong PS

FAMILY NAME \_\_\_\_\_

I give permission for my child \_\_\_\_\_ to participate in a swimming program at the Gurri Wanyarra complex Kangaroo Flat on the following days September 4<sup>th</sup> , 5<sup>th</sup> , 6<sup>th</sup> , 7<sup>th</sup> and 8<sup>th</sup> .

Name: \_\_\_\_\_

Signed and Dated: \_\_\_\_\_ / / 2023

Where the teacher in charge of the excursion is unable to contact me, or it is otherwise impracticable to contact me, I authorise the teacher in charge to:

- consent to my child receiving such medical or surgical attention as may be deemed necessary by a medical practitioner,
- administer such first-aid as the teacher in charge may judge to be reasonably necessary.

Signed \_\_\_\_\_ Date: \_\_\_\_\_

| Medical Information        |        | Additional Information |
|----------------------------|--------|------------------------|
| Allergy                    | Yes/No |                        |
| Breathing                  | Yes/No |                        |
| Ear Disorder               | Yes/No |                        |
| Epilepsy                   | Yes/No |                        |
| Fainting/Dizzy Spells      | Yes/No |                        |
| Other relevant information |        |                        |

## Grade Prep/One

Another great week in Prep/One!

In Maths this week we have learnt about 2D and 3D shapes, as well as directional language. We made some awesome pictures using different 2D shapes and we tested out our new vocabulary by giving each other directions around the playground.

In Writing, been looking at our high frequency words and we have had lots of fun coming up with some silly sentences and drawing little pictures to match.

Looking forward to seeing everyone dressed up on Monday as their favourite characters for book week!

The Prep/One Team.





## Grade 2/3!

What a week it has been! Grade 3's have returned after an amazing camp experience at the Log Cabin camp in Creswick. It was three days full of fun and excitement. On the first day after we got settled in, we got straight into our first activities. We went Possum Gliding where we were lifted into the air by our friends on a pulley. We also went on an animal scavenger hunt which helped get our bearings on the camp. We then went three meters up in the Clip and Climb course and practiced our team work skills in initiative games. We finished the day with a disco and limbo!

Day two greeted us with some Zip Lining and we had to throw balls through the fork of the tree and we also learned how to shoot an arrow in archery. A big hit with the students was the Giant Swing which saw us hoisted 12 metres into the air! We were very tired after the swing and had some yummy damper and billy tea. We finished day two with a night hike and we got to see a possum!

On the final day we got to use the Flying Fox which was heaps of fun. After that we did some Hut Building and had a surprise visit from our guest judge, Mr J! After lovely chicken wraps for lunch, we then boarded the bus back to school and got a lovely welcome from the Grade 2's when we got back.

We are very proud of our Grade 3 students and their behaviour on camp was outstanding.



## Grade 4/5/6!

This week, students have been busy engaged in a lot of activities in a range of areas.

In reading this week, students have been making predictions when reading. We have read multiple texts, with students predicting from the beginning and during the text. Students enjoyed reading the texts *Go Go and the Magic Shoes* and *Beware the Deep Dark Forest* and making predictions on their text. In writing, students have finished off their own procedural texts, and this week started to create their own narrative text.

In Maths this week, students have been working with the concepts of translation, reflection and rotation using regular and irregular shapes. This week, students have manipulated shapes to help their understanding. They also created a maze to move their character through using translation and rotation instructions. Students have also been working with decimals, fractions and percentages using a deci-mat activity.

Spelling this week has been around prefixes, in particular ill, pre, non and anti prefix. Students have been involved in creating words individually and in a group.

We look forward to hear all about the grade 4's camp experience when the get back on Friday. Students at school enjoyed seeing some photos on Class Dojo about their time away at camp.

A reminder of Book Week on Monday, with students to come dressed as their favourite book character. We look forward to seeing everyone dressed up in our annual Book Week Parade after 9am.

Mr Riordan, Ms Thorne, Mr Johnstone and Ms Williams.





#### **Prep/One Maddern**

Makadie G- Makadie has been a superstar reader this week. She has been an awesome contributor in her guided reading group, and she has been working hard to achieve her goals. Well done Makadie, all your hard work is paying off!

#### **Prep/One O**

Whole class- WOWOWOWOWOW! What a week! These students have been unbeatable and I am such a proud teacher. The work quality and standard has been second to none and I am overwhelmingly impressed!!! These learners have been kind, hardworking listeners that deserve a pump up! I'm the luckiest teacher in the world.

#### **Prep/One Mrs Cook & Jess**

Kyaw Eh Thu has begun Prep with confidence and has had a fantastic start to Marong Primary School. He has demonstrated resilience and persistence during class and has loved playing with the other children during break times. We are so proud of Kyaw Eh Thu and welcome both him and his family to our school!

#### **2/3 Fry**

James W- James has had an outstanding week and his behaviour on camp was excellent. I was proud of his efforts and the way he pushed through nerves to challenge himself at all activities. James was a great friend to others and displayed terrific leadership skills at the Log Cabin camp. Congratulations James.

#### **2/3 Stacey**

Gen R- For being brave, confident and simply enjoying camp so much. Gen pushed herself beyond her comfort zone with many of the activities during camp and no doubt taken away some valuable life skills.

#### **2/3 Maher**

Rheef S- Rheef was an absolute superstar at camp this week! He embraced all the camp experiences and gave everything a go. He really challenged himself and was a great campmate to his peers. Great work Rheef!

#### **4/5/6 Johnstone**

Willow N- Willow has absolutely smashed her week at camp and been a superstar! She's taken on all challenges, helped out when needed and always has a positive attitude! Great work Willow.

#### **4/5/6 Riordan**

Milla L - For demonstrating all three school values consistently each week. Milla has again been super in the classroom, working hard both individually and in a group. Super work Milla.

#### **4/5/6 Thorn & Williams**

Dion H- Dion is a hard working class member. He always tries his best and gives everything a go and has demonstrated all our school values whilst being on camp this week. Keep up the great work Dion!



# Wellbeing

## **Children and Gratitude**

By Leonardo Rocker (The following article can be found at [www.childpsychologist.com.au](http://www.childpsychologist.com.au))

Gratitude is a positive way of thinking and viewing the world. Raising a grateful child is a hard thing to accomplish in a culture that wants everything now and is quick to move onto the next best thing but gratitude is an important life skill. By learning gratitude, children learn to become sensitive to the feelings of others, developing empathy and other life skills such as the ability to view situations positively. Grateful children begin to learn to look outside their one-person world. When a child does not learn gratitude, there is a risk that the child may end up feeling entitled and perpetually disappointed.

Research suggests that gratitude is something that many adults have not yet developed and find difficult to practice. Children who are encouraged to be grateful throughout childhood will typically be more appreciative later in life. A 2003 study at the University of California in Davis, showed that grateful people report higher levels of kindness, happiness and optimism. A little sacrifice causes us to miss things that we take for granted

## **Strategies to Develop Gratitude**

The research tells us that 'gratitude' is not an inherent natural behaviour, rather it is a learned behaviour. It is also important to remember that each developmental stage impacts the capacity the child has to think 'outside themselves' and consider others.

We can begin to teach our children gratitude from a young age through modelling. Parents have to model the behaviour they hope their children adopt as their own. A simple, sincere expression of gratitude when your child does something they were asked to do is always appropriate. On the contrary, demanding 'thanks' from your children does not assist nurture the growth and development of gratitude.

We can begin to teach our children, and ourselves, how to think gratefully, by practising the following skills;

- Teach our children to focus on the positive and find gratitude. This can be done by creating a gratitude journal and can be done as a family. Reflect together on the best parts of the day. This teaches children to pause and think about the good things in their day. Also, redirecting children's attention to all that they currently have, rather than 'what they want'.
- Celebrate the 'small' things. Help your child focus on the things they have achieved, whether big or small. Sharing successes with family members and friends, keep a special folder or box and collate 'keepsakes' which help the child remember what they have achieved, the positives in their lives and the happy experiences and memories.
- Teach through example. If you notice a lack of a gratitude attitude, consider teaching through example. Responding in a grateful way, and labelling this 'gratitude' behaviour will assist your child to learn the 'how to' of gratitude.



- Establish family rituals. By having family rituals that centre around gratitude, children learn to express thanks. Examples of family rituals include, each family member listing one thing they were grateful for during their day, or, writing thank you notes to each other once a week.

- Try going without. From time to time, consider a family project that involves going without something important. For example, try making bread for a week rather than buying it, or try walking in your local area, rather than using a car. A little sacrifice causes us to miss things that we take for granted and helps us be more humble and grateful when the thing is restored.

Please don't hesitate to contact myself and or Ms White if you or your child are in need of support. We can provide you with confidential advice, support and information on the various services and support available to students and their families.

Marc Cowan

Chaplain & Student Wellbeing Officer



CBCA Book Week Celebrations at Marong are on

**Monday August 28<sup>th</sup>**

We will have a parade in the morning followed by a day of book fun! Dig through the dress up box and come as your favourite character 😊

**PS:** The Library is seeking any donations of good quality books.

If your family has any picture story books, fiction, non fiction books that are appropriate for junior students we would love to take them off your hands. Please bring in undamaged suitable books to the donations box at the front office to be donated.

Many thanks!

Christine, Sue and Abby.

BUNJIL

# NETBALL CLUB

Want to get back into Netball or keen to learn?

**BUNJIL NETBALL CLUB WANTS YOU!**

Any Players wanting to play -

**Gr3, 11U, 13U, 15U, 17U & Open age groups**

Contact AMANDA 0429 944 457





Book Week will be over for most schools when they read this, and what a fabulous time we have had! It is always so wonderful to see students dressing up and celebrating books. Above are the CBCA 2023 winners and honour books. The MARC van has all of these (excluding the older readers category).

Thank you to all the people at home who have helped make this years Book Week a memorable time for us all.

I will be on Long Service Leave for the last 2 weeks of Term 3, so I will see you all in Term 4! Mrs G 😊



# Father's Day Stall



**Come along and buy a gift for the best dad/granddad in your life!!!**

**TUESDAY 29<sup>TH</sup> OF AUGUST**

**ALL GIFTS \$5**

**CASH ONLY**

**One gift per child, until every child has shopped and then if any children have money left to buy for someone else special in their life they can come back and shop what's left!!**



To ALL Grade 6 Students  
attending **Crusoe College** in 2024.

You are invited to our...

# Big Day Out

**When:** Tuesday, September 5th  
**9:20 am – 11:30 am**

**Start Place:** JB Osborne Theatre  
(front of Crusoe College).

On the day, you will meet the teachers, take some classes, tour the school, make new friends, and participate in fun activities!

Be in your Primary School's uniform; bring a drink bottle and a 'Can Do' attitude!

Please contact your Grade 6 teacher or the Transition Coordinator: Ms McGrath, from Crusoe College, if you want more information.



$$a^2 + b^2 = c^2$$





## 2023/2024 JUNIOR SEASON REGISTRATION



U11—U18



ALL GIRLS CRICKET



Master  
Blasters

Junior  
Blasters

All Inquires can be made via our JUNIOR COORDINATOR:

MICK SMITH 0427219940

Michael.smith2@education.vic.gov.au

Online Registrations visit: [play.cricket.com.au](https://play.cricket.com.au) and search Kangaroo Flat CC

New players welcome. All NEW  
players receive a FREE playing  
shirt and bucket hat.

MAJOR SPONSOR:





**STRIKERS**  
NETBALL CLUB

# Players Wanted

## 2023 Twilight Season

Are you an experienced netballer? Perhaps you would like to learn, or you would like to make friends in a supportive club?

We would like to hear from you.

Taking expressions of interest and questions for all genders between 9-13 (under 11, under 13).

[strikerball@gmail.com](mailto:strikerball@gmail.com)

0475915450



@strikersnetballclub