

Marong Primary School Newsletter

Volume 28 Issue 6, 10th March, 2023

	MARCH		APRIL
13th	Labour Day Holiday	6th	Last day of Term- 2:30 Dismissal
15th	NAPLAN Commences		
24th	Marong PS Cross Country Event		
31st	LCDSSA Cross Country & Junior Fun Day		

RESPECT RESPONSIBILITY HONESTY

From the Principal

**Dear Parents/Caregivers,
Public Holiday**

As you will all no doubt be aware Monday March 13th is a gazetted public holiday. School will be closed on that day.

Clean Up Australia Day

Sunday the 5th of February was Clean up Australia Day. One of students requested permission to tidy up the school yard on that day. Alby, one of our Grade 2/3 students has always had a passion for keeping the environment clean. With the aid of his sister Eadie, Alby did a fantastic job. I am sure everyone would agree that the initiative shown by Alby to undertake such a task is something quite special. On behalf of all our students and staff I want to thank Alby and Eadie for their time and effort. For the record they collected two bags of rubbish on the day.

NAPLAN

For the 1st time since its introduction the annual Naplan assessments for students in Grades 3 & 5 will take place this term. Previously Naplan was a 2nd term activity. The students will undertake assessments in these areas Numeracy, Reading, Writing and Conventions of Language. Grade 3 will complete the writing assessment on paper whilst all the other assessments for both Grade 3 & 5 students will be undertaken online. Mr Saddler and Mr Wardell have been very busy over the last month preparing for this online process. Parents will receive the results of these assessments later in the year. There is always a large span of time between the assessments and release of results, due to the fact that this is a National Assessment program involving students across Australia.

From the Principal Cont'd...

School Council Elections

Parents and staff are advised that I have received four nominations for the four vacant parent positions on school council and 1 staff nomination for the DET vacancy. As this matches the number of vacancies the nominees are automatically elected to council. I wish to congratulate our nominees and thank them for their interest and support of a very important aspect of school governance. The newly elected councillors are as follows:

Chris Lakey, Dean Carter, Peter Pollock and Dee Munro who are all parent representatives and Jake Saddler DET representative. These councillors join Jason McDonald, Michael Rice, Bree Bentley and Michelle Smith on our school council. Jack Wardell is the other DET representative. As principal I am automatically appointed to council.

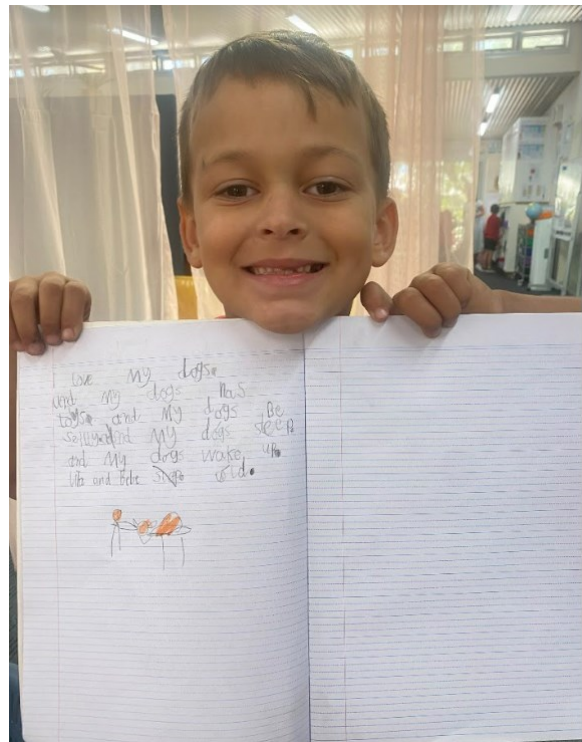
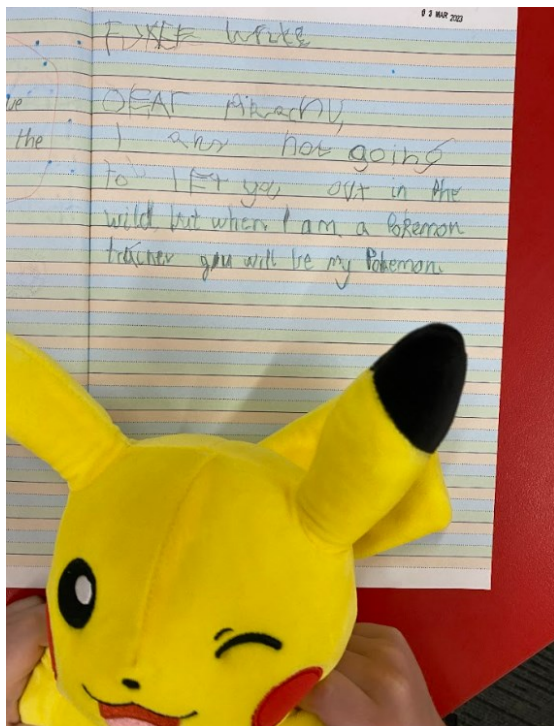
Super Stars

This week there are two people who deserve to be recognised for their contribution to the betterment of our school. Firstly there is Alby our environmental warrior whose deeds were mentioned earlier in this newsletter and secondly Moyra O'Donoghue. This week Moyra has introduced a lunch program for students who wish to undertake a range of inside activities. Participation is purely voluntary and it allows opportunities for those students who would prefer alternate activities to those that might be expected to take place in the school yard at lunch and recess times. Entitled the Lunch Bunch it is already highly popular. Moyra is giving of her own time to run this program and I congratulate her for this initiative!



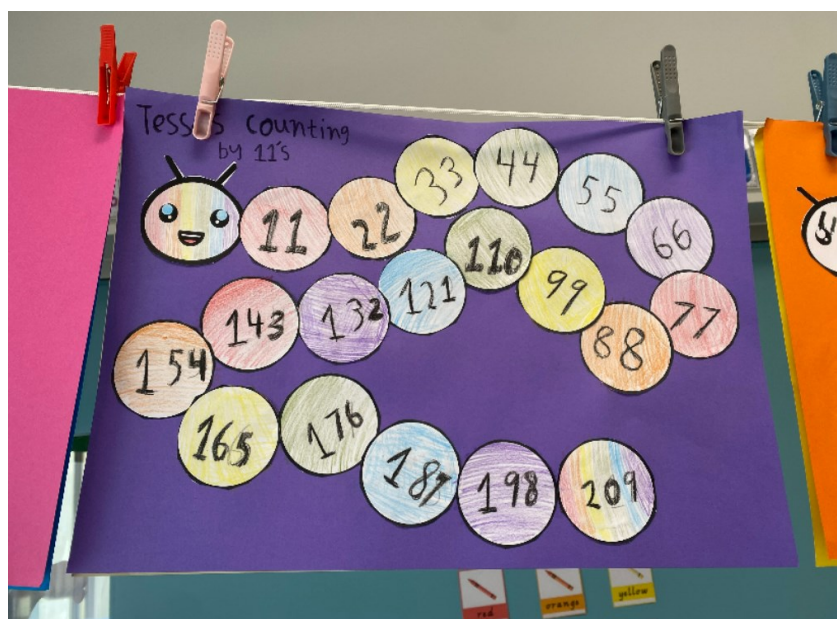
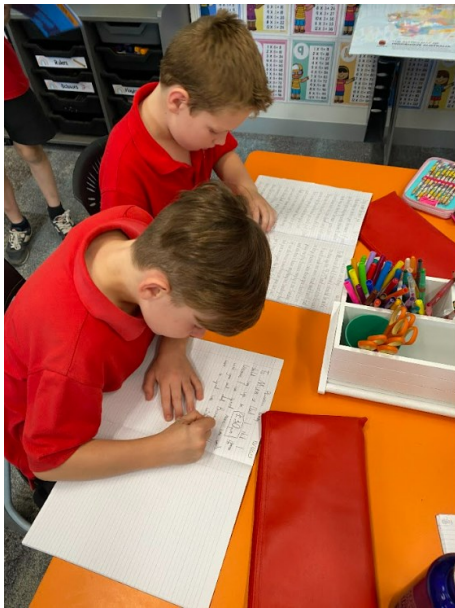
Grade Prep/One

A delightful week in our juniors with all of our students showing their best stuff yet. Our preps have been making posters this week displaying their subitising skills and knowledge of number while our grade 1's have been blowing us away with their subtraction strategies. During writing our preps have continued with developing our understanding of sounds and letter whilst the ones have been creating their own rhyming book-lets. We are loving the Wednesday zooper doopers and enjoying our weekly Kimochis lessons. Our preps are smashing through their full weeks and were loving every second. Miss O'Donoghue, Miss Maddern, Mrs Cook and Jess.



Grade 2/3!

2/3 are the best group of students because we have been working very hard on our persuasive writing in preparation to NAPLAN. We have also completed some practise tests to become familiar with the questions and multi choice answers, breaking down ordered problems with our CUBE strategies. In integrated we have looked at our levels of government and their responsibilities they have for the country and communities. Enjoy the long weekend and remember to bring your diaries Tuesday.



Grade 4/5/6!

The 4/5/6 classrooms have been busy exploring many topics this week.

In reading we are continuing to focus on building comprehension strategies through reading a text and answering multiple choice questions.

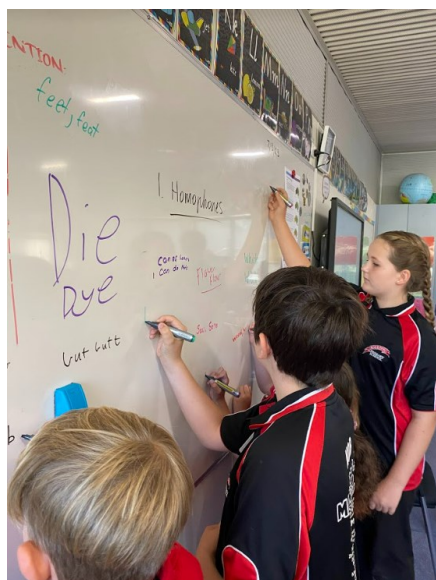
In writing students have put their knowledge they have learnt over the term into writing a narrative piece from the planning stage, drafting, editing and publishing. At the end of the week we switched our focus to persuasive writing where we debated whether pineapple should be placed on a pizza.

In math we have continued our focus of exploring the connection between fractions, decimals and percentages. Students have explored equivalent and simplifying fractions as well as the strategies involved in doing so.

In integrated, students have continued their group project researching the colonisation of Australia, particularly the states and territories. Students have included timelines of important events and what the country looked like during their colonisation. They have determined whether the population was determined from convicts or free settlers, as well as their colony flag, emblem and coat of arms.

We have hit the jackpot this week and diaries have finally arrived. YAY!!! A reminder that students are required to read five nights per week with the name of the book and pages read recorded. Parents are also required to sign their diary.

We hope all families have an enjoyable long weekend and we look forward to welcoming you all back to school on Tuesday.



Outside School Hours Care

This week in OSHC we have been really enjoying getting creative! As always Annies art club has been very popular with everyone participating. We started to make a note book with a squishy pouch filled with glitter on the front. Even though we spent the whole of after school care on it, it was tricky for us to get it done before our adults started to come to get us. This will be a task we can finish next week. In colouring club we did some mindfulness colouring with the gel pens. In sensory club we made some super squishy stress balls with balloons and playdough.

We have decided to change the community puzzle over to a bigger piece puzzle so we can see the pieces better. Can you find a piece?

As per last weeks newsletter we no longer have spots on Wednesday. Please let me know if you would like to be added to the waiting list

Chelsie



WELLBEING!



Following on from the theme of previous weeks I would like to bring your attention to the practice of Mindfulness and its benefits for parents, care givers and children alike.

Many of you may have heard of the practice of Mindfulness. Mindfulness is not only a proven therapeutic technique but can also be extremely beneficial in helping us manage our day to day lives.

In short “Mindfulness is the basic human ability to be fully present, aware of where we are and what we’re doing, and not overly reactive or overwhelmed by what’s going on around us. When we’re mindful, we reduce stress, enhance performance, gain insight and awareness through observing our own mind, and increase our attention to others’ well-being.” (www.mindful.org)

The following article can be found sat <https://raisingchildren.net.au/school-age/health-daily-care/mental-health/mindfulness>

Mindfulness for parents, kids and teenagers

Our minds are constantly active. You might be watching television – but also thinking about the past, or worrying about the future, or wondering what you’re going to have for dinner.

Mindfulness is focusing your complete attention on what’s happening right now. It’s also letting your thoughts and worries come and go without judgment.

You can be mindful of your internal world – for example, what you’re thinking, how your breath makes your chest rise and fall, or how an emotion feels in your body. Or you can focus on what’s around you – for example, the sun on your skin, the smell of your coffee, or the sound of a bird.

You can be mindful anywhere and with anything. For example, you can be mindful while you’re eating, walking, listening to music or sitting.

When you practise mindfulness, you’ll feel generally calmer, more focused and better able to concentrate. And in moments of stress, you’ll be able to pause, relax, see things more clearly and make better decisions. For children and teenagers, mindfulness can be a way to deal with the stress of study, work and play as they get older.

Everyday mindfulness

You can use everyday moments to build and practise everyday mindfulness. The more you practise, the more benefit you’ll get.

You can also encourage your child to build mindfulness. In many ways, this is simply about getting your child to do what they naturally do. Young children are naturally mindful because every new experience is fresh and exciting for them. Older children and teenagers can learn mindfulness.

There are many ways to help your child build and practise mindfulness. For example:

- Colouring in is a great way to get your child focused on a task.
- Walking through nature with the family can get your child interested in exploring the beauty of nature. Your child could collect and examine autumn leaves, or feel the sand beneath their toes during a walk on the beach.
- Taking photographs or drawing something interesting or beautiful – like a sea shell or an insect – encourages your child to look closely at details.
- Looking after a vegetable patch encourages your child to notice how plants grow.
- Listening to music and focusing on the instruments or lyrics is a great way for your child to focus on the present without distraction.

When you practise mindfulness, you'll feel generally calmer, more focused and better able to concentrate. And in moments of stress, you'll be able to pause, relax, see things more clearly and make better decisions.

Mindfulness meditation

Mindfulness meditation is a highly focused type of mindfulness. It combines meditation, breathing techniques and paying attention to the present moment to help you notice the way you think, feel and act.

You can do mindfulness meditation with an instructor, or you can use a guided mindfulness meditation app.

If you or your child is trying mindfulness meditation, you might sometimes find that you or your child is focusing on negative or upsetting thoughts. It could be worth trying mindfulness with an experienced practitioner. They can help you understand your thoughts and focus on positive things.

Mindfulness: the evidence

There's clear evidence that practising mindfulness can have health benefits for adults.

For example, studies suggest that mindfulness-based stress reduction (MBSR) can reduce stress and improve other mental health issues. Mindfulness-based cognitive therapy (MBCT) can help people with depression stay well and stop them from getting depressed again. It can work just as well as an antidepressant.

Being 'present' and less anxious can boost social skills and academic performance. It can also help people manage emotions. Mindfulness can also reduce anxiety and depression.

There's growing research into mindfulness for children and teenagers, including both school-based mindfulness group programs and individual practice. The research suggests that regular mindfulness practice and programs:

- work best at helping children and teenagers reduce stress, anxiety and panic

- appear to improve attention and reduce low mood
- can boost children's and teenagers' empathy and self-compassion.

Children and teenagers seem to enjoy and appreciate mindfulness activities, and schools are introducing mindfulness-based exercises into their day-to-day routines.

5 Mindfulness Apps for Children

· **Smiling Mind.** This app has great body scan meditations to help children develop the awareness of what's happening in their bodies. Learning about what's happening in your body is one of the first steps of an authentic mindfulness practice.

Headspace (for Kids). This app teaches parents and children together about meditation for different age levels. They focus on Calm, Kindness, and Bedtime.

Calm. This app provides mindfulness and sleep stories for children of varying ages. Several parents I know use the app to help their children relax and restore themselves after a full day of running around.

Three Good Things. A Happiness Journal. This app is simple and easy-to-use, helping children focus on the positive and recognizing what went well today. (Ages 6 and up.) Every child gets to list three things daily that went well, which begins to train their mind to look for things to appreciate and begin a gratitude practice.

Insight Timer. This app is free with meditations for parents and children. They focus on relaxation, managing stress, concentration, and sleep, as examples.

I would also like to remind parents / guardians that myself and Ms White are both available to talk with and provide confidential advice, support and information on the various services and support available to students and their families.

Marc Cowan

Chaplain & Student Wellbeing Office



Prep/One Maddern

Makadie G- Makadie has been a quiet achiever this week! She has tried extra hard to get all her work done during class time and she has been a super friend to all her classmates. Well done Makadie!

Prep/One O

Max C- Max has been such a go getter this week! I am so impressed with his progress in writing and reading. I am impressed by the changes he is already making and how motivated he is to learn. You can do anything you put your mind to Max, keep up the good work!

Prep/One Mrs Cook & Jess

Iszak D- Iszak has had a wonderful week and been very settled both in the classroom and in the yard. Iszak is beginning to make new friends and showing kindness towards others. Within the classroom, Iszak has been a respectful listener and has tried really hard this week when completing his work independently. Keep up the hard work Iszak, you are a superstar!

2/3 Fry

Gemma T- Gemma has had a terrific week in our grade. She enjoys learning, and has fun solving different maths strategies. Gemma is a keen athlete and loves cross country practise. She is an amazing artist and has excellent drawing skills! Well done Gemma

2/3 Stacey

Riley L- Another new student at Marong Primary, Riley has been a an excellent learner and a very responsible and independent worker. He has made many new friends and can be seen making the right choices and playing well at lunch and recess. Welcome Riley!

2/3 Maher

Skyla W- Skyla has had a fantastic week this week. She has been working hard on her persuasive writing, coming up with interesting and engaging ways to convince her audience. Keep up the fantastic work Skyla!

4/5/6 Johnstone

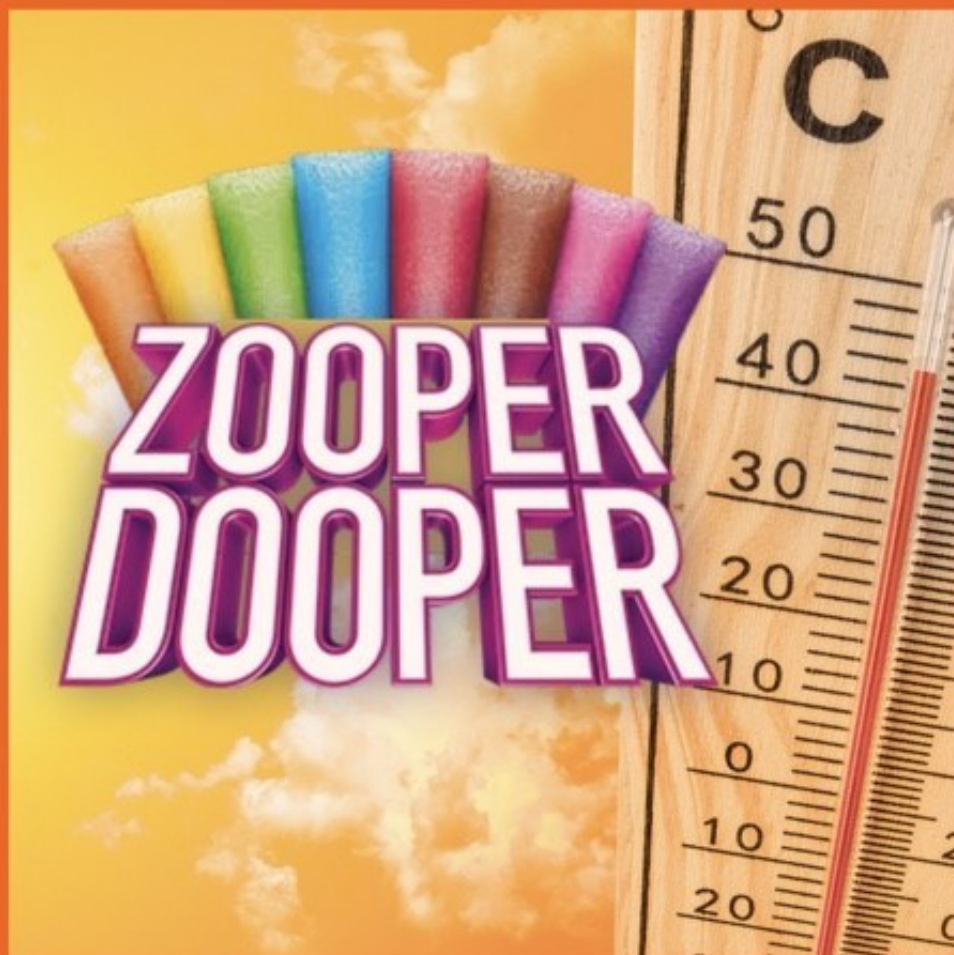
Lainey J- Lainey has had a great week and has applied herself to all tasks. Her work on fractions, decimals and percentages has been a real standout. Keep up the great work Lainey!

4/5/6 Riordan

Rachel C- for demonstrating 'Respect' and "Honesty" in her learning this week. Rachel has been a super worker in our classroom, putting in her best effort in all she does. Rachel has show some wonderful mathematical thinking and produced some wonderful writing. Super work Rachel.

4/5/6 Gallagher & Wardell

Zayde W - Zayde brings great enthusiasm and energy to the classroom. He is a bright spark that tries hard in all activities. We have loved the effort he has put into his narrative writing piece, with examples of correct punctuation and dialogue. Keep up the great work Zayde! You put a massive smile on our faces.



Zooper Doopers \$1

Wednesday Recess

**Money to be handed to child's teacher
on Wednesday morning**

We want you!



UNDER 12 & UNDER 14 JUNIOR GIRLS FOOTBALL



TRAINING NOTICE

15th March 2023 at 4:15 til 5:30pm
East West Oval, Malone Park, Marong

*Contact Brett Rogers on 0408 534 981
for further information.*

A decorative border of various colorful Easter eggs with different patterns like zig-zags, polka dots, and stripes, surrounding the central text area.

EASTER EGG RAFFLE

It's that time of year again!

Calling all families to please donate an egg, bunny, craft or anything Easter themed.


Items can be dropped into the plastic tub at the office from Tuesday the 14th of March till Monday the 3rd of April.

All items will go towards our Easter Raffle.

Tickets will be sent home next week.

Raffle will be drawn on the last day of term.

Thankyou for your continued support!

An illustration of a wicker basket filled with colorful Easter eggs and a small white daisy flower on the left, and a grey cartoon bunny holding a green carrot on the right, both positioned at the bottom of the central text area.



This year Marong Primary will be doing the Recycle, Earn and Play with Wonder White to earn us some sports equipment.

This starts in Term 2 when we will have a special box available to drop off bread bags too.

But we are letting people know early so that everyone can start collecting those bread bags now and get a head start!!!

They can be any brand! They don't have to be Wonder White bread bags, they just have to be bread bags. If it contained bread of any kind, then please start collecting them for the school!!!

They don't need to be washed, just shake the crumbs out. Don't include the bread tags.

More information will be given at the beginning of Term 2!!!



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/>



MARONG FOOTBALL NETBALL CLUB

McLardyMcShane

INSURANCE BROKERS

IN PARTNERSHIP WITH THE MARONG COMMUNITY ACTION GROUP

EASTER FAIR

THURSDAY 6th APRIL
MALONE PARK 3-7PM

McLARDY McSHANE
EASTER EGG HUNTS

LIONS CLUB BBQ

LIVE MUSIC BY
MARONG JAZZ BAND

FACE PAINTING

JUMPING CASTLE

BUCKING BULL

LONGEST KICK

HAND CRAFTS

PETTING ZOO



EGG HUNT TICKETS \$10, SCAN QR CODE FOR TIMES & AGE GROUPS