# Marong Primary School Newsletter

Volume 28 Issue 17, 9th June, 2023

	JUNE		JULY	
12th	Kings Birthday Holiday	18-21st	Grade 5/6 Camp	
14th	House Sports Day	25th	Curriculum Day	
23rd	Last Day of Term- 2:30 Dismissal	28th	Ring of Rhythm Musical Performance	

### RESPECT RESPONSIBILITY HONESTY

### From the Principal

Dear Parents and Care Givers,

### Grade 5/6 Camp

In term three our Grade 5/6 students have an option to participate in a school camp based in Queenscliff. The venue is the "Cottage By The Sea" in Queenscliff at the entrance to Port Phillip Bay. We have been visiting this camp regularly over the last 15 years The camp will depart Marong on Tuesday July 18th and return on Friday July 21st. The cost for the camp is \$165 per student. "The Cottage by the Sea' is able to provide significant subsidies for this camp and consequently we are able to offer the camp to students at this heavily reduced price. A camp such as this would normally cost \$450 per student. Enrolment forms have been sent home. It is important that we receive these forms back as soon as possible as we need to provide them to the camp before the end of Term.

### **Staffing News**

Following a successful application, Jack Wardell, has been appointed to the position of Acting Principal at Kerang Primary School for Terms 3 and 4. Congratulations on your appointment Jack!

I am pleased to announce that Alice Thorn will be resuming duty at Marong Primary School in Term Three, Welcome back Alice.

A warm welcome is extended to Jobe Thompson who commenced working at our school today as an Educational Support Staff member. Welcome Jobe!

Announcements re staffing arrangements to cover the absence of Bridget Gallagher (family leave) and Jack Wardell will be confirmed as soon as possible.

From the Principal Cont'd
Curriculum Day
Parents and carers are advised that the school will be closed on Tuesday July 25th. Staff will be participating in day2 of the Berry Street training program.
Ring of Rhythm
On Friday July 28th students will be able to attend a Musical Performance entitled Ring of Rhythm. The presenter is Andy Jones. From a simple beat, Andy guides students through the process of layering up the sounds by adding Rhythmic Chants - Body Percussion - Vocalized Sounds and Words to produce their own, truly original Tribal Sound. Throughout this memorable process Andy Jones' cheeky boyish sense of fun is ever present and there's plenty of fun and laughter to be had.
This performance will take place in the PAC. The cost per student will be \$6.00.

### Grade Prep/One

This week has been very busy indeed.

In maths we continued to explore time including features of an analogue clock, o'clock times, events during the day and even half past times. We also enjoyed creating patterns and exploring all the different kinds of patterns. The preps completed activities where they had to make and continue patterns and the ones explored different kinds of number patterns. In writing we continued to look at repetition and loved looking at writing prompt pictures and writing many different sentences about things happening in the pictures. With only two weeks to go until the end of term we are becoming exhausted, and unfortunately there are quiet a few germs around. Have a wonderful long weekend everyone. Prep Team





### **Grade 2/3!**

We have another busy week in the 2/3's! On Monday we got to further practise our volleyball skills with coach Aiden and played an actual game within our grades. During reading this week we have been exploring different reading skills such as summarising and using song lyrics to help us summarise the meaning of words. We have also been looking at non fiction text and their features such as a glossary and how these help us. Our writing sessions have continued with a focus on information reports and we have been linking this with transport of the past and present. We have been researching a form of transport and learning how to write a paragraph using the information that we have discovered. During numeracy we began the week with a focus on linking division and multiplication and using strategies to help us solve problems. After this we have continued to learn how to count money and give the correct change. At the end of the week we were exploring 3D shapes and their features.

Have a good holiday on Monday for the King's birthday!





### Grade 4/5/6!

Grades 4/5/6 have continued on their winning ways this week!

For reading this week we have continued on with our script writing, working on the use of expression and tone alike. Its been great to see a few amazing performances by the students.

In math we have been steaming along with our Taco Truck project. This weeks focus has been on setting out a floor plan and using our knowledge of perimeter and area as we go along. The trucks are certainly starting to take shape and its great to see!

Integrated this week has been much the same! Students are working hard on their projects as we begin to enter the week four phase. We've seen some impressive pieces of art and crafts such as dot paintings, tool crafting and dreamtime art.

A special mention this week to Chase and Myah who have both completed 100 nights reading. Great work legends!

Have a happy and safe long weekend and we will see you all next week!

4/5/6 team





# **Outside School Hours Care**

Monday 26/6/23	Tuesday 27/6/23	Wednesday 28/6/23	Thursday 29/6/23	Friday 30/6/23
Sensory day	PJ Day	Excursion – Playground	Excursion- Sports day tennis court near MNH	Art day
Enjoy a day of sensory play. Chelsie will take you through a journey of your senses. Make your own sensory collection to take home at the end of the day.	Welcome to Mrs. Maher's Marong cinema! Wear your PJ's, bring a blankie and enjoy a movie in the Preforming Art Centre here at school.	Make sure you wear your runners, today we are walking to the local park for a play. Today Mrs. White will be your playground tour guide.	Mr. Riordan and the OSHC will put you through your paces with a variety of sport.	Join Annie and the OSHC team for a day full of art fun.
	PAJAMA			
Chelsie, <u>Mrs</u> Wilson, Annie, Barnali	Mrs Maher, Matt, Fraser	Mrs White, Mrs Maddern, Mr Saddlier.	Mr Stacey, Mr Riodan, Mr Jonhstone, Fraser	Chelsie,Mr Saddlier, Annie, Barnali

Monday 3/x/23	Tuesday 4/7/23	Wednesday 5/7/23	Thursday 6/7/23	Friday 7/7/23
Cooking day	Walk around Marong drawing the town	Disco day	Clay day	Excursion
Join Barnali and the OSHC team for some fun in the kitchen.	Go on an adventure with Miss Wilson and the OSHC team around Marong to draw some of our local surroundings.	See Miss Maddern and the OSHC team show off their dances moves at the Marong Vacation Care Disco.	Chelsie and the OSHC team will show you some tips and tricks for working with clay while making a creation to take home.	Board the bus with Chelsie and the OSHC team and explore one of our local attractions, the Great Stupa.
Barnali, Mrs White, Mrs Wilson, Mr Fry	Mrs Maddern, Miss Wilson, Mr Jonstone, Mr Stacey	Mrs Maddern, Mrs White, Mr Saddlier	Mrs. Maher, Chelsie, Barnali	Chelsie,Mr Saddlier,Christine



### Understanding brain development in pre-teens and teenagers

(The following article can be found at www.raisingchildren.net.au)

### Teenage brain development: the basics

Children's brains have a massive growth spurt when they're very young. By the time they're six, their brains are already about 90-95% of adult size. The early years are a critical time for brain development, but the brain still needs a lot of remodelling before it can function as an adult brain.

This brain remodelling happens intensively during adolescence, continuing until your child is in their mid-20s. Brain change depends on age, experience and hormonal changes in puberty.

### Inside the teenage brain

Adolescence is a time of significant growth and development inside the teenage brain.

The main change is that unused connections in the thinking and processing part of your child's brain (called the grey matter) are 'pruned' away. At the same time, other connections are strengthened. This is the brain's way of becoming more efficient, based on the 'use it or lose it' principle.

This pruning process begins in the back of the brain. The front part of the brain, the prefrontal cortex, is remodelled last. The prefrontal cortex is the decision-making part of the brain, responsible for your child's ability to plan and think about the consequences of actions, solve problems and control impulses. Changes in this part of the brain continue into early adulthood.

Because the prefrontal cortex is still developing, teenagers might rely on a part of the brain called the amygdala to make decisions and solve problems more than adults do. The amygdala is associated with emotions, impulses, aggression and instinctive behaviour.

Have you noticed that sometimes your child's thinking and behaviour seems quite mature, but at other times your child seems to behave or think in illogical, impulsive or emotional ways? The back-to-front development of the brain explains these shifts and changes – teenagers are working with brains that are still under construction.

### Building a healthy teenage brain

The combination of your child's unique brain and environment influences the way your child acts, thinks and feels. For example, your child's preferred activities and skills might become 'hard-wired' in the brain.

How teenagers spend their time is crucial to brain development. So it's worth thinking about the range of activities and experiences your child is into – music, sports, study, languages, video games. How are these shaping the sort of brain your child will take into adulthood?

You're an important part of your child's environment. You mean a lot to your child. How you guide and influence your child will be important in helping your child to build a healthy brain too.

### You can do this by:

- · encouraging positive behaviour
- · promoting good thinking skills
- · helping your child get plenty of sleep.

Behaviour strategies for teenage brain development

While your child's brain is developing, your child might:

- · choose high-risk activities or risky behaviour
- · express more and stronger emotions
- · make impulsive decisions.

## Here are some tips for encouraging good behaviour and strengthening positive brain connections:

- · Let your child take some healthy risks. New and different experiences help your child develop an independent identity, explore grown-up behaviour, and move towards independence.
- · Help your child find new creative and expressive outlets for feelings. Your child might be expressing and trying to control new emotions. Many teenagers find that doing or watching sport or music, writing and other art forms are good outlets.
- · Talk through decisions step by step with your child. Ask about possible courses of action your child might choose, and talk through potential consequences. Encourage your child to weigh up positive consequences or rewards against negative ones.
- · Use family routines to give your child's life some structure. These might be based around school and family timetables.
- · Provide boundaries and opportunities for negotiating those boundaries. Young people need guidance and limit-setting from their parents and other adults.
- · Offer frequent praise and positive rewards for desired behaviour. This reinforces pathways in your child's brain.
- · Be a positive role model. Your behaviour will show your child the behaviour you expect.
- · Stay connected with your child. You'll probably want to keep an eye on your child's activities and friends. Being open and approachable can help you with this.
- $\cdot$  Talk with your child about their developing brain. Understanding this important period of growth might help your child process their feelings. It might also make taking care of the brain more interesting for your child.

Teenagers are often passionate about their interests, especially ones that give them opportunities to socialise. You can help your child develop skills and confidence by supporting your child's interests, activities and hobbies.

### Thinking strategies for teenage brain development

### Brain growth and development during these years means that your child will start to:

- · think more logically
- · think about things more abstractly and understand that issues aren't always simple
- · pick up more on other people's emotional cues

- $\cdot$  solve complex problems in a logical way, and see problems from different perspectives
- · get a better perspective on the future.

You can support the development of your child's thinking with the following strategies:

- · Encourage empathy. Talk about feelings yours, your child's and other people's. Highlight the fact that other people have different perspectives and circumstances. Reinforce that many people can be affected by one action.
- · Emphasise the immediate and long-term consequences of actions. The part of the brain responsible for future thinking (the prefrontal cortex) is still developing. If you talk about how your child's actions influence both the present and the future, you can help the healthy development of your child's prefrontal cortex.
- · Try to match your language level to the level of your child's understanding. For important information, you can check your child has understood by asking your child to tell you in their own words what they've just heard.
- · Help your child develop decision-making and problem-solving skills. You and your child could work through a process that involves defining problems, listing options, and considering outcomes that everyone is happy with. Role-modelling these skills is important too.

### Sleep and teenage brain development

During adolescence, sleep patterns change because of hormonal changes in the brain. But children still need plenty of sleep for their overall health and development, including their brain development.

These tips can help your child get they sleep they need:

- · Ensure your child has a comfortable, quiet sleep environment.
- · Encourage 'winding down' before bed, away from screens including phones.
- · Encourage your child to go to bed and wake up at regular times each day.
- · Encourage your child to get 8-10 hours of sleep each night.

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



### Prep/One Maddern

Charlotte W- Charlotte has transitioned into our class beautifully. Charlotte works hard during all class-room activities and has produced some great writing pieces. She is also a very kind and caring friend towards everyone. Well done and keep up the great work Charlotte!

### Prep/One O

Audrey H – Audrey has persisted with challenges this week and showed how resilient and hard working she can be.

Audrey is a happy student who has shown some great friendly behaviours this week. I am proud of her this week and am happy to celebrate her success

### Prep/One Mrs Cook & Jess

Delaney K – Delaney has had a wonderful week and has really been applying herself in all task. Especially during Smart Spelling, Delaney is trying really hard and making sure she completes her work on time. SUPERSTAR efforts Delaney well done!!

### 2/3 Fry

Zac W- Zac has had an outstanding week with his positive attitude towards his learning. He has been demonstrating our school values both in the classroom and out in the yard. I have been impressed with Zac's willingness to give everything a go with a smile on his face. He loved showing his ability to add money during maths lessons and also giving the correct change. Awesome job Zac!

### 2/3 Stacey

Airlie F- Airlie has had a solid week with her numeracy and writing, she has lead from the front in terms of her focus and enthusiasm towards each task and has shown tremendous growth in these areas. Airlie is slowly but surely coming out of her shell and showing more and more confidence each day. A great week!

### **2/3 Maher**

Scarlet P- Scarlet has been fantastic this week! She is really working hard to improve and has challenged herself with her reading and multiplication. She has been a kind friend this week, supporting her peers in the classroom and out in the yard. Well done Scarlet!

### 4/5/6 Johnstone

Chase B- Chase has been brilliant this week in terms of his effort and enthusiasm towards tasks. He's smashed out over 100 nights of reading at home and has been working on his reading goals in class and at home. Well done legend, super effort!

### 4/5/6 Riordan

Lana M- For demonstrating confidence and persistence this week in her work. Lana has been working super hard, always showing focus in her learning, and producing some great work along the way. Keep up the great work Lana!

### 4/5/6 Gallagher & Wardell

Myra C- for showing all the school values this week. This week we have had a classroom focus on being kind and Myra has stood out with her kindness to everyone. She works well with anyone and is always happy to lend a helping hand. Well done on another great week Myra!

























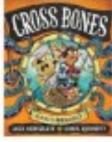
















On Monday we had local illustrator Chris Kennett visit the Prep and Grade 1 students. Chris is a digital illustrator and has nearly 50 books to his name. He talked to us about how he started on his journey (drawing, drawing and more drawing!). He read 2 of his School of Monster books with us and then we created our own monsters. We all started with a circle for the head, and ended up with a room full of unique (and sometimes slightly scary!) monsters.

Thanks Chris for coming out to Marong and sharing your awesomeness!







# DONUTS DONUTS DONUTS THIS WEEK!

yum!

ORDER ON QKR APP BY WEDNESDAY 9AM FOR DELIVERY THURSDAY

(GLUTEN FREE OPTION





**Every Sunday 2-4** 

Pool/Spa

Pump Track

**✓** Table Tennis

**√** Jumping Pillow

BBQs

\$5 PER CHILD \$15 PER FAMILY OF 3° CHILDREN

EXTRA FEES FOR: PEDAL CARTS, X-GOLF AND POOL TABLE



### **BENDIGO MARONG**

\*Excluding holiday periods and long weekends Enquiries - 5435 2329 1449 Calder Highway Marong

# LUNCH ORDERS



There will be NO lunch orders available the last week of school 23/05 as the shop are understaffed