

Marong Primary School Newsletter

Volume 29 Issue 5, 1st March, 2024

	March		April
4th	Curriculum Day (Pupil Free Day)		
5th	Parent Teacher Bookings Open (Sentral)		
11th	Labour Day Public Holiday		
13th-25th	NAPLAN Assessments Grades 3/5		
13th	Royal Australian Naval Band Performance		
28th	Last Day of Term 2:30 Dismissal		

RESPECT RESPONSIBILITY HONESTY

From the Principal

Dear Parents and Care Givers,

Curriculum Day

I wish to remind families that on Monday March 4th the school will be closed as staff will be participating in Day 3 of the Berry Street Education professional development program.

School Council Elections

I have received 3 parent nominations to date and to complete our council schedule we require 2 more parents to join our school council. A reminder that the nomination process will close at 4pm on Monday March 4th 2024. If at the time of closing I have not received enough nominations to fill all vacancies the nomination process will be extended for an additional week. Parents may self nominate or other parents can nominate them. Forms are available from the office from 8:30am on Monday February 26th. If you are interested in joining school council and/or would like to know more about the role of a school councillor please feel free to contact me.

Recourses Contribution

Our school does not issue booklists, consequently each year we request a financial contribution from parents so that we can provide every student with all the necessary items and resources they need throughout the year. I have listed below the financial contributions we are requesting from you.

Grade P-2: \$170 Per Student

Grade 3-6: \$195 Per Student

Royal Australian Naval Band Performance

On Wednesday March 13th our grade 3-6 students will be going to the Ulumbarra Theatre to see a performance presented by the Royal Australian Naval Band. The local excursions permission form will cover students for this event. The cost will be \$7 per student. Please make payment to the office by Friday 8th of March. If you are eligible for the CSEF funding the cost for this event can be deducted from your allocation.

School Camps

The Marong Primary School has granted approval for the following school camps to take place in 2024:

Gr 5/6- Norval Camp Halls Gap (11th -13th, September)

Gr 2- Billabong Ranch (24th-25th, October)

Gr 3/4- Camp Kookaburra (6th -8th, November)

Loddon Calder District Sports Association Term One Event

On the 22nd of March we will join our cluster schools, Lockwood PS, Lockwood Sth PS, Bridgewater PS, Inglewood PS and St Mary's PS Inglewood, for our annual cross country / junior fun day. These events will be held at Malone Park Marong. Students will assemble at the oval from 10am with events commencing at 10.30am. Students in Grades 3-6 will complete in cross country event and the P-2 students participate in a round robin of various fun activities.

We will be seeking parent helpers to assist with the cross country event. The students need to run around a section of the golf course and we need people on the course to assist in directing students and also to be on hand in the event someone requires 1st aid. The volunteers on duty are not required to administer 1st aid . They will be provided with a phone number and they can contact myself in the event a student needs help. Please let Matt Riordan or myself know if you can assist on this day.

Russell Jeffrey

Grade Prep

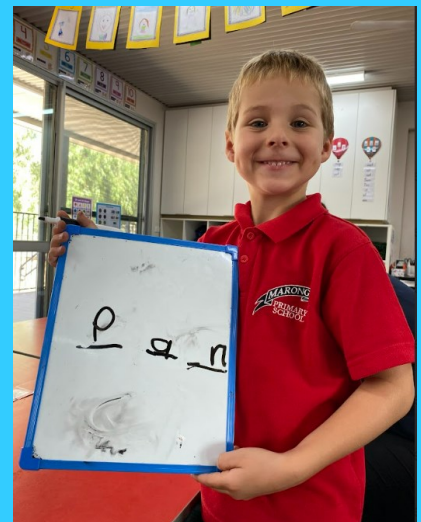
Another busy week in Prep!

In Literacy we have begun unit 2 of our Sounds Write program. We have been focusing on the sounds that n, o, & p make, as well as practising the correct letter formation. We also been learning about verbs. The students written some awesome sentences using both nouns and verbs.

In Numeracy we have continued to focus on the numbers 6-10. We have explored the different number pairs to 10 and experimented with placing the number in the correct order on a 100's chart.

Well done on another awesome week in Prep!

Miss Maddern, Mrs Cook, Jess, Fraser and Christine.



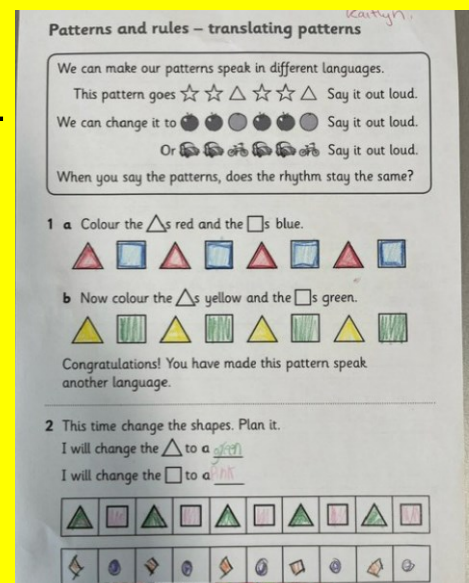
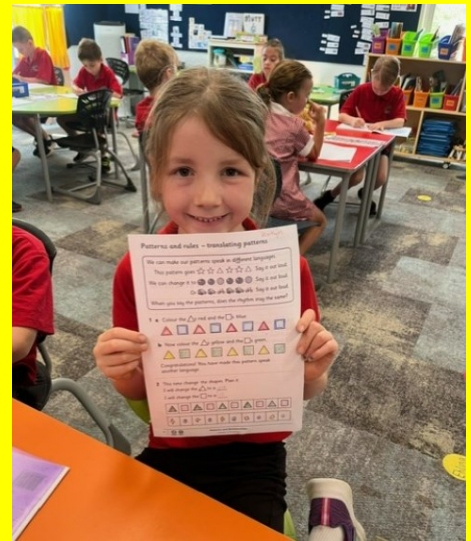
Grade 1/2

The students have really got into the flow of the Sounds Write Program this week. We have continued doing word building, word swap, spelling and reading activities focusing on partner reading. Our handwriting continues to improve and we have loved reading *The Troll* and looking for words to help with our writing development.

In Numeracy, we have loved exploring patterns! Earlier in the week we began with picture and colour patterns and towards the end of the week we explored number patterns. We even worked out that Thursday was the last time we would see the date 29/02 for four years and we worked forward and backwards from the year 2024.

There was plenty of laughter when we calculated how old Mr Fry would be in the year 2040 and we couldn't believe we would be 23/24 years old! During Integrated Studies this week we have continued to explore maps and how they help us and began exploring continents.

Keep up the great work 1/2s!



Grade 3/4

Another great week for our 3/4's and we're already halfway through term 1!

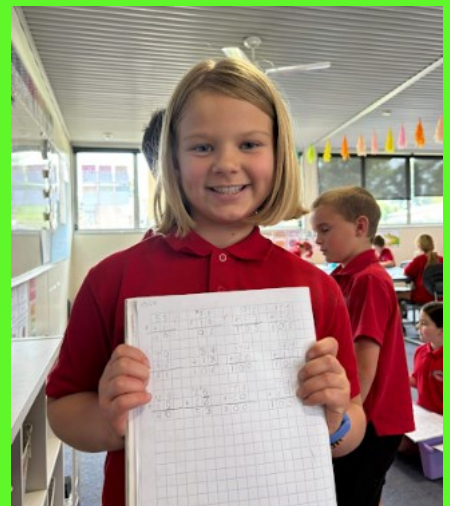
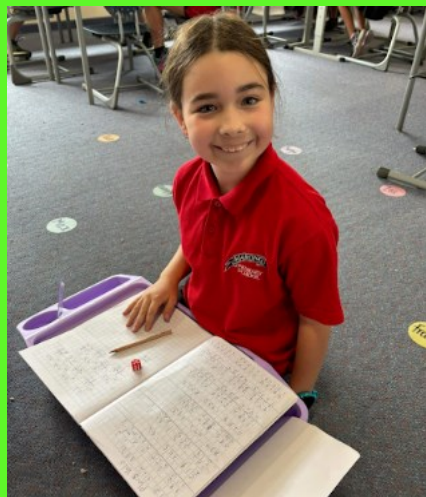
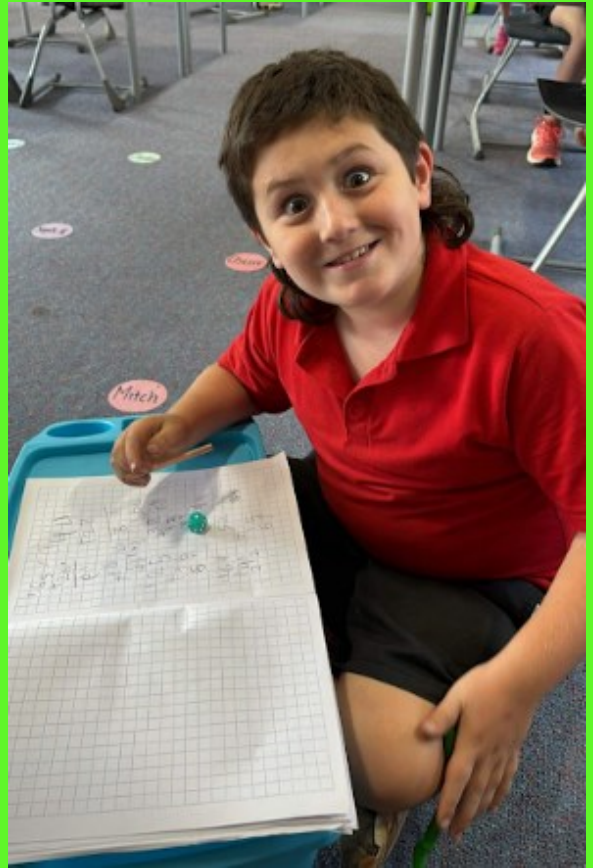
Our writing focus has been around using verbs, conjunctions and creating compound sentences to give our narratives greater detail. With our reading being based around our integrated unit which has been geography.

For geography, we have been focused on continents, and particularly Asia. The 3/4's have picked a country in Asia and are going to create a presentation on the research they collect about their country.

Numeracy has been looking at data and how we show our results, using different graphs!

We hope everyone has a great weekend.

Mr Johnstone, Miss Williams, Miss Craven, Macey and Jimmy.



Grade 5/6

I'm Charlie and I'm from 5/6O and this week we have been writing a narrative about lakes. In numeracy we have been using area model multiplication to solve equations.



I now feel very comfortable with area model multiplication. Something I'm loving about grade five is this classroom and the people in it. Something I'm really looking forward to this year is school camp.

By amazing Charlie Leslie miller



STUDENT OF THE WEEK

Prep Maddern

Remi H- Remi has been super focused during all classroom activities. She has been working hard on tasks and has displayed some amazing listening skills. You are an absolute superstar Remi, well done!

Prep Cook & Jess

Charlotte C- Charlotte has made impressive strides this week. She has demonstrated resilience when arriving at school and is now coming into class with a smile. She has worked hard to concentrate and persist with challenging tasks. Super work Charlotte, keep it up!

1/2 Thorn/Saddler

Ruby G- For working hard during our Sounds Write sessions and staying focussed and on task. She has also transferred skills learnt during these sessions into her writing. Keep up the great work Ruby!

1/2 Fry

Ivy D- Ivy has only begun with us this week and she is a super star! She has settled in beautifully to our classroom, always giving everything a go and demonstrating wonderful work habits. Congratulations Ivy and welcome to Marong Primary School!

1/2 Westcott

Hamish M- Hamish is quick to begin work and completes all tasks to a high standard. He has displayed amazing resilience all week by joining in despite not being one hundred percent. What a trooper! Well done Hamish.

3/4 Johnstone

Izsak H- Well done Izsak on a fantastic week. Izsak consistently shows 'respect' and 'responsibility' and is contributes always to the classroom. His work this week on data and graphing was a highlight of the great week he has had.

STUDENT OF THE WEEK

3/4 Williams

Zac W- Zac has been of fire this week! He has been working really hard to improve his handwriting and has smashed all goals set for him this week. We have loved this positive approach towards your learning Zac. Keep it up!

3/4 Craven

Gen R- Gen has been a friendly student in our class this week. She tries hard during literacy and numeracy sessions and was able to reflect on her learning and set new goals. Keep it up Gen!

5/6 Stacey

Tadhg C- Tadhg has had a terrific week, producing high quality work but has also been really honest when self assessing his writing and setting individual goals to better his work. Well done Tadhg!

5/6 Riordan

Myra C – For demonstrating all our school and classroom values this week. Myra shows dedication to her learning, always putting in her best. She takes care in her work, displaying wonderful bookwork. Well done Myra.

5/6 O'Donoghue

Andrie C- I am loving the vibe that Andrie brings to our classroom. He is the kindest student who has us all laughing our heads off most days. Andrie has nailed the balance of working hard and still having fun! Love your work, keep it up!

PERFORMING ARTS NEWS



PRODUCTION NEWS!

This week our Charlie & The Chocolate Factory cast were announced to staff and students. Congratulations to all of those Grade 5 & 6 students with lead roles. I am excited to watch your acting skills grow over the next term in preparation for our big show! We look forward to introducing members of the cast to you each week. Stay tuned!



RYTHM STICKS

We have been focusing on reading basic music notes to show when to complete a half note, quarter note and rest. After building our knowledge through practice, we came together as a whole class to play along to popular songs from Bluey and Trolls. It was great to play together as a group!



STAGE PROP LEGENDS!

Performing Arts is such a wonderful subject. Not only do we have the opportunity to build our confidence through acting, students are also given the opportunity to develop their STEM skills through the design and construction of stage props. A huge thankyou to these 5/6 legends for working on our giant chocolate block stage props!

Beehive News!

Collection of children

If someone is collecting your child from OSHC that hasn't been in before or hasn't been in for a while please make sure they bring some ID. If we are unsure or haven't met someone before we will check their ID against the student's enrolment form. We understand this may cause a 2-3 minute interruption in your day however we do this in the best interest of all children. For this process to run smoothly I request you to make sure all details are correct on your child's enrolment form. If you need to update any details please let me know.

Bookings

Please ensure you are letting OSHC staff know of any absences. If your child is absent from school you will still need to let OSHC know to prevent us looking for them at the end of day. You can do this in Xplor or message me through Dojo. Where possible please mark your child as absent as soon as you can to assist with staffing and catering. If we know in advance a child will be absent we can then offer that spot to someone else.

Curriculum day 4/3/24

OSHC will run from 8:30-5:00 on Monday 4th. Please request a booking via Xplor. Bookings will close next Thursday the 29th of Feb. Annie and Barnali will be working OSHC as I will be involved in the training day at the school.

Thank you

Chelsie Nickson
OSHC coordinator





[This week we continue to explore the benefits of mindfulness and specifically how it can build resilience in our lives and those of our children.

The following article can be found at www.psychcentral.com

Mindfulness: The Art of Cultivating Resilience

Mindfulness practice has a variety of benefits. Helping you build resilience is one of the key benefits to developing a day-to-day mindfulness practice.

When dealing with stress or anxiety, it can be hard to cope. Your emotions may feel unmanageable or overwhelming.

Mental health conditions may make it hard to get through times of crisis or healthily handle stress. But mindful coping strategies are available to help you relax and find a state of peace in your life.

If you seek to become more self-aware and handle stress better, mindfulness practice may be something to consider.

How does mindfulness build resilience?

Mindfulness is about living in the present moment and being intentional. Resilience is defined as bouncing back from adverse life events or recovering quickly from difficulties.

Resilience also is related to the characteristics that allow you to thrive after an adverse event. Mindfulness and resilience often go hand and hand.

Research from 2021, evaluated the impact mindfulness-based practice and physical activity have on the development of resilience.

Findings indicated that mindfulness-based practice could lead to greater levels of individual resilience.

Types of resilience

There are various types of resilience. Understanding the four different types of resilience may be essential to building resilience.

- **Physical resilience.** The ability of your body to maintain stamina and face challenges while recovering quickly. Physical resilience often declines with age.
- **Emotional resilience.** The ability to regulate your emotions when faced with stressful or unexpected events.
- **Mental resilience.** The ability to handle crises and learn how to deal with challenges in your life.
- **Social resilience.** The ability of social systems to handle and recover from events such as political, social, and economic problems.

How do you build resilience?

5-4-3-2-1 Grounding techniques

Grounding techniques are one method of building resilience. Grounding techniques are a steady physical and emotional presence supported "by the ground".

One grounding technique that is helpful for many is the 5-4-3-2-1 grounding technique. Consider taking time to notice your surroundings in the present moment by naming:

- 5 things you can see
- 4 things you can feel
- 3 things you can hear
- 2 things you can smell
- 1 thing you can taste

This calming technique can help you reduce anxiety and build emotional regulation skills.

Mindfulness meditation

Mindfulness meditation is supported in research as a method of resiliency training.

For example, a 2019 study Trusted Source that used a mindfulness meditation-based intervention compared the effects of a 4-day intensive meditation to a control group. Findings indicate that mindfulness meditation improved resilience up to three months after the intervention.

1. Body scan meditation

The body scan meditation is a brief meditation that allows you to gain awareness of different body parts and the present sensations. Body scan meditation works by mentally tuning into awareness of your body from feet to head.

The purpose is to connect with your body and reduce stress. A large 2021 study Trusted Source found that this can be done virtually with mindfulness facilitators, effectively reducing stress and anxiety.

2. Progressive muscle relaxation

Progressive muscle relaxation (PMR) is a technique that aims to relieve tension and stress in the body. It involves you tensing and relaxing each major muscle group from your feet to your head.

Research from 2021 Trusted Source indicates that PMR can alleviate stress, provide a more relaxed state, and improve overall well-being.

Using this technique can help you build resilience to stress in the future.

Another review suggests cognitive behavioural therapy for insomnia, which includes muscle relaxation, can help you fall asleep, and it has shown positive effects on individuals with insomnia.

3. Mindful breathing exercises

Deep breathing exercises are another way you can reduce stress. There are many different breathing techniques; many involve breathing through your nose, holding your breath, and exhaling.

How long you hold your breath is dependent on the type of breathing exercise you do.

Research Trusted Source that examined the impact of a six-week deep breathing practice daily for a short duration suggests that deep breathing techniques can improve cognitive processes.

I would encourage parents and care givers to practice these exercises with their children regularly (perhaps in bed prior to going to sleep) so they are familiar and easier to implement when needed. As mentioned last week the Smiling Mind app has great body scan meditations to help children develop the awareness of what's happening in their bodies.

And a reminder that myself and or Ms White are available to provide confidential advice and access to support for you and your child. Please don't hesitate to contact the school to discuss how we might be able to best help you.

Marc Cowan
Chaplain & Student Wellbeing Officer



Parents Club have teamed up with Maiden Gully Bakehouse Blitz to offer you the yummiest Hot Cross Buns for Easter, all while raising money for the school! You can choose from Traditional Fruit, Raspberry & White Choc or Salted Caramel & White Choc flavours! Orders can be made via the QKR app from now until Monday 25th March. Pick up will be from the PAC on Wednesday 27th March after school.



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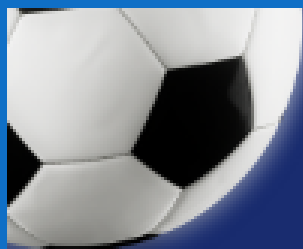


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REGISTRATIONS OPEN



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No experience necessary - we offer
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Non-Competitive Juniors
Under 6's, 7's, 8's, 9's & 10's

Competitive Juniors
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Senior Competitive
Youth, Women, Men's



Junior registrations close 8 March

Late registrations will only be accepted pending team availability

For enquiries contact secretary@epsomfc.com.au

Visit www.epsomfc.com.au or www.facebook.com/EpsomSoccer

SGUSC

FAMILY FUN DAY

FEBRUARY 25

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✓ **UNIFORM SALES**

✓ **SMALL SIDED GAMES**

✓ **REGISTRATION ASSISTANCE**

UNDER 6 TO UNDER 10: 10 AM - 12 PM

UNDER 12: 10 AM - 11 AM

UNDER 14 TO UNDER 16: 11 AM - 12 PM

GOLD COIN DONATION - BBQ LUNCH SERVED AT 12 PM

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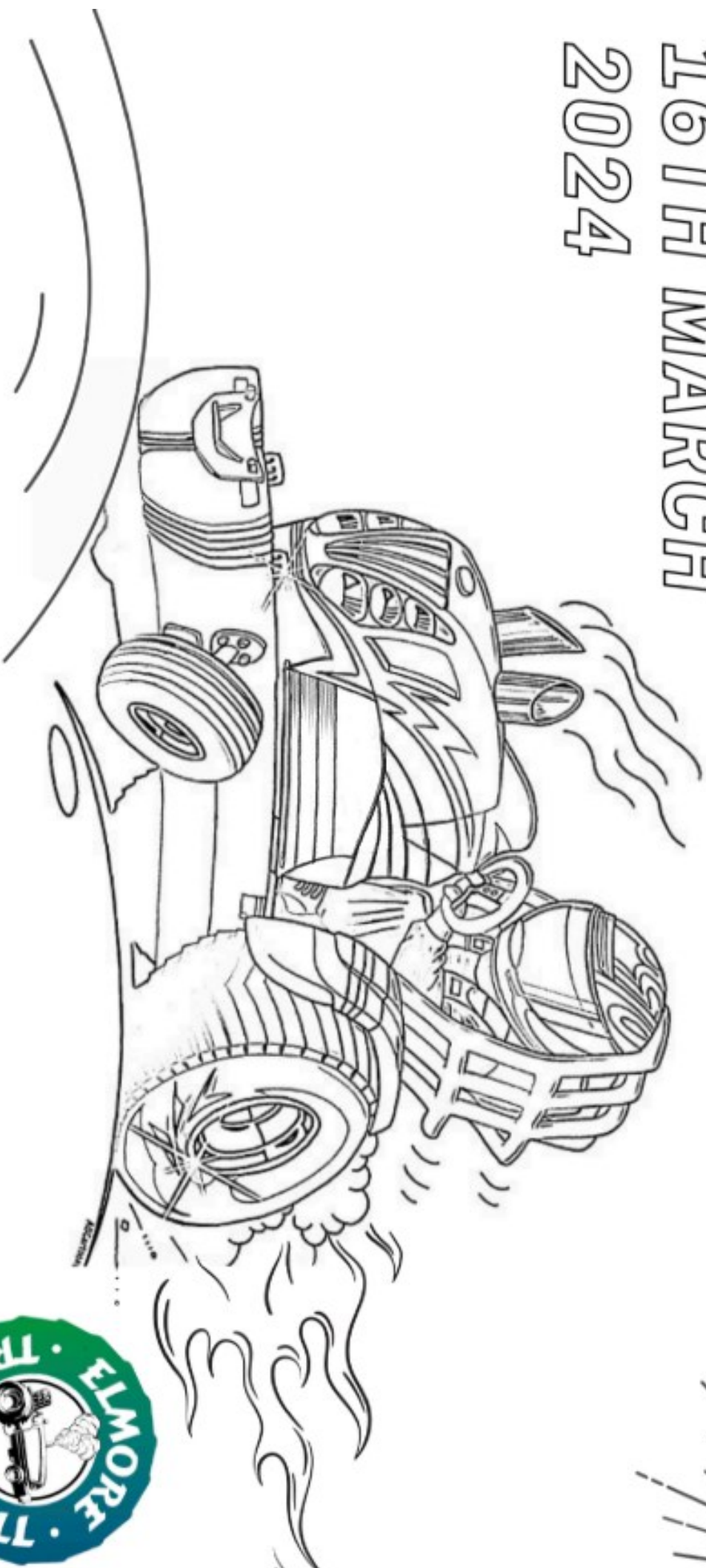
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