

Marong Primary School Newsletter

Volume 28 Issue 27, 1st September, 2023

	September		October
4-8	Whole School Swimming Program	2nd	Term 4 Commences
16th	Last Day of Term– 2:30 Dismissal	3rd, 10th, 17th, 24th	P-3 Gymnastics
		5th, 12th, 19th, 26th	4-6 Gymnastics

RESPECT RESPONSIBILITY HONESTY

From the Principal

Dear Parents and Care Givers,

Whole School professional Practice Day

The Department of Education has granted all schools the authority to hold one Whole School professional Practice Day in 2023. This is in addition to annual curriculum days. This decision has been made in recognition of the difficulties facing schools currently, with regard to availability of relief staff, which makes it extremely difficult to release teachers one or two at a time. Consequently subject to school council approval I wish to advise parents and guardians that Marong Primary School will be closed on Monday October 16th 2023 as all staff will be participating in a PP day. Outside school hours care will be available on this day for those who require all day care. Bookings essential as there is a limit to the number of children we can cater for in this program.

End of Term Three Dismissal

Please be advised that students will be dismissed at 2:30pm on Friday September 15th due to this being the last day of Term Three. I wish to also confirm that following a collective decision across the Bendigo Network of government schools, (Primary & Secondary) that schools will be dismissing students on Wednesday the 20th of December at 1:30pm which is the final school day of Term Four. This decision is made to ensure consistency with regard to school bus departure times on that day.

Parent / Guardian Opinion Survey

Following last weeks reminder re this important survey, the number of responses went from 2 to 24 people having completed the survey. This is a great result however this still only represents 16% of those invited to participate. A response rate of between 30 and 40 respondents would be fantastic. So once again 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

A school permission form will need to be signed for students to participate in our gym program. To avoid confusion between the swimming note and gym notes we will send the Gymnastics notes home next week. 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 11.00 am	Group Session Time12.00	Group Session Time 1.00pm
OCTOBER			
3 rd , 10 th , 17 th , 24 th .	1. P/1 O & P/1 CT	2. P/1 M & 2/3 M	3. Gr 2/3 F & 2/3 S
5 th , 12 th , 19 th , 26 th .	4. Gr 4/5/6 DJ	5. 4/5/6 R	6. 4/5/6 TW

Mr J's Maths Puzzle

A large pond contains duck weed. Duck weed grows rapidly and sits on top of the water. Each day the amount of duckweed doubles in amount. After 15 days half the pond is covered in duck weed.

Congratulations!

In this weeks Bendigo Advertiser it was announced that Erin Stewart has won the 2023, B Grade Best and Fairest Award for the Loddon Valley Football/ Netball league. Erin is a former student at our school and plays netball for Marong. Erin's dad Brad and brothers Fraser and Billy are no doubt very proud of her efforts and we all know that her mum Rose would have been absolutely delighted. Well done Erin!

In the very same edition of the paper it was announced that Jimmy Gadsden came runner up in the vote count for the league medal in senior football. Jimmy plays for Marong and was employed for terms 1 and 2 here at Marong PS as a teacher's aide. Congratulations to Jimmy on this great achievement.

As the current basketball, football and netball seasons draw to a close, I want to wish our Marong students who will be involved in finals this weekend all the very best of luck. For those students whose season has already ended I congratulate you on your endeavours throughout the year. As the old saying goes "There's always next year!".

SENTRAL Parent Portal.

The SENTRAL parent portal is now up and running. Parents are able to enter any student absences and be able to view our newsletters via the free app. To date only 60 of our families have accessed the portal. Families received a letter recently outlining the process required to login to our Parent Portal on Sentral. Should you experience difficulties please do not hesitate to contact Mr Saddler for assistance.

Congratulations to Miss Maddern's Foundation/One class for having the most families registered on the app by the end of August. Your class will receive hot chips on the last day of term courtesy of Mr Jeffrey.



Grade Prep/One

What an awesome week in Prep/One!

We absolutely LOVED dressing up for book week on Monday! Everyone looked amazing! We had lots of fun guessing costumes, listening to stories, doing craft activities, and discussing our favourite books.

In Writing this week we have experimenting with acrostic poems. The students have come up with some awesome poems based on their names and family members.

In Maths we revised ordinal numbers and time. We had lots of fun matching number names with numerals and telling the time to the hour/half hour on our own clocks.

Just a reminder that swimming lessons are happening every day next week. If you could please send your student to school wearing their bathers underneath their school uniform and if could they bring a towel, googles and dry underwear in a 'swimming/plastic bag'.

Looking forward to next week!

The Prep/One Team.



Grade 2/3!

Book Week has been a bit hit in the grade 2/3 classrooms this week! We started the week with some fantastic costumes and fun activities related to some of the books from this years shortlist. We then continued this in our classes during the week, creating book reviews and researching some of our favourite authors.



In maths this week we have continued to work on our measurement skills. We learned how to use formal units of measurement and applied these skills to measure how far we could throw a paper plane. We continued our narrative writing as well, looking at descriptive language and the art of 'show, don't tell.' In integrated science we made some predictions for our observational experiment we will be conducting next week. We will be looking at making a compost to see what breaks down easily compared to those that take a long time to break down.

With only 2 weeks left of the term, the grade 2/3s are still working hard and looking forward to swimming next week.

Have a great weekend!

Mr Fry, Mrs Maher and Mr Stacey.



Grade 4/5/6!

Back to a bit of normality for us this week, with camps done and dusted for the year!

For reading this week our focus has been around summarising our own opinions from a persuasive text.

Writing has switched up and begun looking at persuasive writing again. This week it has been about stating our own opinion and including evidence, such as; expert opinions, hyperbole, numbers/percentages.

Our numeracy area has been our final week on tessellations, we have explored, translations, reflections, and rotation. In number and algebra, we have started looking at patterns and number rules.

Next week we have our swimming program running from Monday to Friday and we won't be having lunch orders due to this.

We hope you all have a great weekend,
4/5/6 team.





Prep/One Maddern

Eadie T - Eadie has been working really hard on her reading skills over the last few weeks and her hard work has been paying off. I'm very proud of the way Eadie remembers to use her reading strategies when she comes across a tricky word. Keep up the great work Eadie!

Prep/One O

Imogen G – Imogen has been a standout this week in the way that she has gone above and beyond for her learning and the classroom. She is ensuring our space is tidy by taking on extra roles in clean up duties. Imogen has advanced to a new writing book and has been passionate about using it every chance she gets. Go Imogen!

Prep/One Mrs Cook & Jess

Ehlina M- For working hard to improve her reading and making extra efforts to increase the speed of her writing. Keep up the great work Ehlina!

2/3 Fry

Abi P – Abi has been a superstar this week. She is always willing to help others in any way she can and is an active member of our classroom. Abi puts a smile on everyone's face and has many jokes to share. She is a great role model for others in our grade. Well done Abi

2/3 Stacey

Lizzie L- Lizzie has been quietly producing some great work with her writing, numeracy and integrated studies but it is her group work with her team mates that I am extremely pleased with. She has come such a long way with her confidence to mingle and share ideas with others. Well done Lizzie!

2/3 Maher

Alyson JB—Alyson has been a stand out this week. She is always quick to offer help to her peers and looks for opportunities to provide support. She has given her best efforts to her book reviews and book week activities. Keep up the great work Alyson!

4/5/6 Johnstone

Zac A- For demonstrating 'Confidence' in his learning this week. Zac has been working hard this week showing focus and dedication to his work, especially during our persuasive writing task. Well done on another great week in our classroom Zac!

4/5/6 Riordan

Scarlotte R – For demonstrating all our school values this week. Scarlotte has had another great week at school, showing confidence in her learning. Well done on a great week Scarlotte.

4/5/6 Thorn & Williams

Bel R- Bel has worked hard this week. She has asked for clarification if she is unsure and shown persistence when this get hard. Keep up the huge effort Bel!

September Vacation Care

We are hoping to extend the time of the program to run from 8am- 5:30pm. This will be subject to change based on staffing and demand of longer hours. More information to come in regards to activities once staffing is finalised.

Bookings are now open. Please collect a form from the office or the OSHC room.

Bookings close Tuesday 12th of September



Seven Ways to Foster Gratitude in Kids

(The following article can be found at www.greatergood.berkeley.edu Please note this article contains reference to sororities; which are student clubs found at most American Universities).

Many parents and educators worry that today's children are ungrateful. But new research suggests ways to turn the tide.

Research has shown that gratitude plays a major role in an adult's well-being and success, but there has been little corresponding research addressing its development and enhancement in children's lives.

In fact, until 2005, we know of no studies that examined gratitude and well-being in young children. Then, in 2006, psychologists Nansook Park and Christopher Peterson conducted an analysis of parents' descriptions of their children's strengths—and found that gratitude had the strongest relationship to life satisfaction.

In more recent years, two long-term studies have shown why gratitude may be particularly beneficial to youngsters.

One study linked gratitude to greater social support and protection from stress and depression over time. A second study, involving gift-giving in sororities, showed that beneficiaries (new pledges) were most grateful when they felt understood, valued, and cared for by a benefactor (veteran sisters), and that this predicted a sense of connection to each other and to the sorority overall.

These results suggest that gratitude not only helps people form, maintain, and strengthen supportive relationships, but it also helps people feel connected to a caring community.

Evidence from our own research suggests that grateful young adolescents (ages 11-13), compared to their less grateful counterparts, are happier and more optimistic, have better social support, are more satisfied with their school, family, community, friends, and themselves, and give more emotional support to others. We've also found that grateful teens (ages 14-19) are more satisfied with their lives, use their strengths to better their community, are more engaged in their schoolwork and hobbies, have higher grades, and are less envious, depressed, and materialistic.

Knowing the benefits that practicing gratitude bestows on kids begs the question: How can we foster more gratitude in children? From our experience as researchers and as parents ourselves, we believe that gratitude is born of a loving connection and grows from a loving connection. When parents tune into an infant's needs and curiosities and satisfy the infant patiently with love, they're planting the seeds for gratitude to grow.

Our book, *Making Grateful Kids*, contains 32 concrete, scientifically-based strategies for encouraging gratitude in children—that is, appreciation for when somebody has done something kind or helpful for them or recognition of the good things and people they have in their lives. While each strategy is important in isolation, here are seven essential themes that underlie the strategies.

1. Model and teach gratitude

Our children want to be like us. We provide the blueprint for what to say and what to do and in what contexts. Expressing gratitude through words, writing, and small gifts or acts of reciprocity are all ways to teach children how to become grateful. Doing this will help make your appreciation for the goodness in your life more public, showing your kids that blessings abound and that being thankful is a valued attitude. Adults can promote gratitude directly in children by helping them appraise the benefits they receive from others—the personal value of those benefits, the altruistic intention of people providing them, and the cost to those people. This helps kids think gratefully.

2. Spend time with your kids and be mindful when with them

Another way to spell love is T-I-M-E. Believe it or not, children and, yes, even adolescents, like being with their parents. Giving a child a lot of quality time with you teaches them the language of love—life's greatest gift. Savor every moment together, big and small, and rid yourself of distractions at such times, including your smartphone. Being mindful helps you maintain empathy toward a child, and this provides important modelling of empathy, the most important emotion for developing gratitude and moral behaviour. It will also give you and your child a heightened sense of appreciation for the things both of you love and for your relationship.

3. Support your child's autonomy

Using an authoritative or democratic parenting style, which is firm, yet flexible, supports children's autonomy. This will enhance family relationships, improve the atmosphere at home, and help bring out their strengths and talents, all good for making grateful kids. By taking ownership over their skills and talents and being responsible for developing them, children gain things to appreciate in life and make it easier to attract support from others, thus inviting gratitude into their daily life. Also, limiting children's media consumption and guiding them to use media in prosocial ways protects them from commercial influences that discourage the development of the authenticity, self-development, and social interaction necessary to grow into positive, purposeful, grateful individuals.

4. Use kids' strengths to fuel gratitude

After you've identified your children's top strengths and you know their unique strengths profile, you should encourage and help them to use those strengths whenever possible. Not only does this open up opportunities for others to contribute to the things your children love, but it also enables your children to strengthen their ability to be helpful and cooperative toward others, which will make them more grateful. To directly promote gratitude, encourage and help your children to use their strengths to thank and be kind to others.

5. Help focus and support kids to achieve intrinsic goals

It's very easy for people, especially youth, to pursue extrinsic—or materialistic—goals such as desiring or having possessions that show wealth, status, or convey a certain image. This usually leads to less fulfilling social relationships and forecloses prospects for developing deep connections with others and genuine gratitude. It's our job to steer them away from pursuing extrinsic goals and toward pursuing intrinsic goals, such as engaging in activities that provide community, affiliation, and growth. Not only will successfully achieving these goals fulfill children's fundamental human needs of competency, belongingness, and autonomy, but their personal development, happiness, success, and gratitude depend on it. To amplify their gratitude even more, remember to savour their accomplishments with them along the way, and encourage them to thank those who've helped them meet their goals.

6. Encourage helping others and nurturing relationships

Helping others and being generous are two key ingredients for making grateful kids. When children lend a hand, especially while using their strengths, they feel more connected to those they're helping, which helps them to develop and nurture friendships and social relationships. A great way to do this is by teaching them through your actions that other people matter and that tending to relationships should be a priority. To help children strengthen their relationships, you should encourage them to be thoughtful of others, to thank others regularly, and to be cooperative, helpful, and giving.

7. Help kids find what matters to them

Having a sense of purpose in life gives youth a compass for creating a meaningful life. As adults, it's our job to help kids discover their passions and to find a path to purpose that resonates with them—with their values, interests, and dreams. This starts with feeding their interests in the social issues they care about and pushing them to learn as much as they can about those issues and discover ways they can make a difference. The deepest sense of gratitude in life comes from connecting to a bigger picture, to an issue that matters to others and doing things that contribute to society down the road.



Join us!

FOR SEASON 2023-24

MARONG CRICKET CLUB IS CALLING OUT FOR NEW PLAYERS AND RETURNING PLAYERS FOR JUNIOR AND SENIOR TEAMS

Junior teams

Woolies Blast (6-10 yo)

Under 11*

Under 12*

Under 14*

*Dependent on sufficient registrations

Senior teams

Division 1

Division 2

Division 3



Scan here to see

- Play HQ Registration
- Our socials
- Our club store

Senior training starts on
Wednesday August 16 from 6:00pm at
Major League - Kangaroo Flat

FOR MORE INFORMATION PLEASE CALL DAVID BLUME - SENIOR COACH: 0447 573 969

Marong Emergency Preparedness and Resilience

The City of Greater Bendigo has joined with Marong Neighbourhood House, Marong Community Action Group, the CFA and the SES to engage our community to raise awareness and understanding of emergency risks and how to be prepared for them.

Please register and join us for a workshop and free lunch.

If you are unable to register online or have any questions, please give us a call on 54352486.

Join us and help build resilience in Marong and district

You are invited to attend an interactive workshop that focuses on emergency preparedness and adaption.

Join us to play 'The Adaptation Game', a solutions-based game that connects people to real action in Greater Bendigo.

WHEN Saturday September 23, 2023

TIME 10am - 1pm

VENUE Marong Neighbourhood House

Join us for a lunch with Emergency Services from 1pm-3pm

The workshop is part of the Safer Together Program, led by the City of Greater Bendigo, the CFA and Bendigo Community Health Services. The project aims to identify gaps and barriers to emergency preparedness and develop resources to reach those most vulnerable. It is a community approach to emergency preparedness, and will identify what resources are missing, and identify achievable solutions and actions.

What you'll do at the workshop

- Get prepared and build resilience in contexts that are realistic for Greater Bendigo, based on local and global science
- Connect with your community and get creative in how you respond to current and future climate challenges
- Experience gripping imaginary scenarios where you enact change through real solutions and programs
- Gain an understanding of the emergency warning system and some useful tools in being prepared in fire and flood events

This is a fully catered and free event. Bookings are essential and can be made by registering at <https://letstalkgreaterbendigo.com.au/building-resilience-city-forest> or via the QR code.

CITY OF GREATER BENDIGO



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



CRICKET
AUSTRALIA

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 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

0475915450



@strikersnetballclub