

# Marong Primary School Newsletter

Volume 27 Issue 32, 20th October, 2022

	October		November
Wed 26th	Bendigo Cup Holiday	Wed 2nd, 9th & 16th	2023 Foundation Transition (Extra Sessions)
Thurs 27th	Foundation 2023 Information Session	Tues 15th	Grade 5/6 Camp – Halls Gap
		Thurs 17th & Fri 18th	Grade Two Camp – Pioneer Settlement
		Tues 22nd & 29th	2023 Foundation Transition (Core Sessions) (6th & 13th December)
		Wed 23rd, Thurs 24th & Fri 25th	Grade 3/4 Camp – Kookaburra Camp, Corop

***RESPECT***

***RESPONSIBILITY***

***HONESTY***

## From the Principal

Dear Parents/Caregivers,

### Public Holiday

A reminder to all that Wednesday, October 26<sup>th</sup> is a designated public holiday and consequently the school will be closed on this day.

### Warning : Snakes Alive!

A reminder to everyone that at this time of year snakes are starting to move around following their winter hibernation. With the recent floods it is possible that the chances of encountering a snake will have increased as they move to higher ground. A very small snake was sighted within the school grounds this week. Staff quickly isolated the area to ensure everyone's safety. Ultimately the unwanted visitor was removed from the school. There are snake catchers available if you encounter one and wish to have it removed from your property. Contact details are easily located via the internet or Facebook.

### Marong Community Family Fun Day

Due to the impact of the rain and subsequent floods the planned Family Fun Day was cancelled. The organising committee has met and it is hoped that a day can be identified in early 2023 to re-schedule.

## From the Principal Cont'd...

### School Camps

The Department of Education and Training introduced a program this year entitled, 'Positive Start to School.' Through this program eligible schools will have the cost of school camps for grades 3-6 students fully covered. This program was introduced in acknowledgement of the impact of Covid 19 on students and families during 2019/20. The Positive Start program does not cover students in Grades P-2. However the school will subsidise the planned programs for these students in order to reduce costs for parents. I have listed below the dates and costs (where applicable) for the activities.

Grade 5/6	Halls Gap	15-18th Nov	Nil Cost
Grade 3/4	Camp Kookaburra	23-25 Nov	Nil Cost
Grade 2	Swan Hill Pioneer Settlement Camp	17-18 Nov	\$100 per student
Grade 1	Marong P.S. Sleepover		\$5 per student
Prep	End of year activity	To be advised	To be advised

### AFL Grand Final Memorabilia

Are you a Geelong Football Club Supporter? If you are, you may be interested in purchasing a memento of the Cat's AFL Grand Final victory 2022. Greg Wheelahan, the host of our Musical trivia night, is currently offering two items for sale through the school.

**Item One:** 110cm x 76cm Holy Grail framed picture, featuring photos of the players, captain, coach, with the MCG crowd in the background. **The recommended retail price for this item is \$300. For anyone interested copies can be purchased for \$250.**

**Item Two:** 90cm x 60cm framed picture of the Herald Sun's Grand Final caricature plus team photos.

**The recommended retail price for this item is \$150. For anyone interested copies can be purchased for \$125. Multiple copies are available of these items.**

For every item sold via the school a percentage of the purchase price will be paid to the school to support our fund raising program.



## **From the Principal Cont'd...**

### **Melbourne Cup Hat Parade Its Back!**

On Tuesday, November 2<sup>nd</sup> we will hold our Melbourne Cup Hat Parade. Students are invited to wear a theme based hat on the day. They can create their own or wear something that they have at home. There will be different categories for students to enter into. A panel of judges will be present on the day to judge the winning hats from each category. Please see examples of the categories below.

**Biggest hat, Smallest hat, Best Sporting hat, Best Melbourne Cup theme hat, Best floral hat, Best Australian hat and Best Marong Primary School themed hat.** There is also a category for **Best Parent / Community Member Hat**. This year the winners of each category will receive in addition to a certificate, 200 points for their respective houses.

On this day students may wear casual dress, please note as our sun smart policy is now in force, singlet tops and thongs are not permitted.

*Russell Jeffrey*  
*Principal*

### **Woolies Blast Cricket at Marong**

Marong Cricket Club invites all boys and girls aged 5-10 years of age to play the game of cricket.

Our Woolworths Blast program is suitable for all abilities from beginners to those who can whack it already and will be on Thursday nights from 4 pm to 5 pm at Silotech Oval - Marong (Malone Park).

#### **Key information**

- \* All equipment will be provided by Marong Cricket Club
- \* All who sign up will receive a hat in your favourite Big Bash League team's colors, your own plastic cricket bat, and a shirt with your name on it
- \* The program will run for 8 weeks on November 10th, 17th, 24th, December 1st, 8th, and 15th and returns on February 2nd and 9th
- \* Cost for 8 weeks is normally \$99 (inclusive of all of the items above)
- \* **The first 30 players who sign up will be refunded \$70 of the cost, subsidised by Marong Cricket Club (you pay \$29 for 8 weeks)**

We need all players to be registered via the link below or by scanning the QR code in the attached poster by **Thursday, November 3rd**.

LINK: <https://play.cricket.com.au/club/marong-cricket-club/f501277d-8ad8-eb11-a7ad-2818780da0cc>

**For more information, please**

Email the club: [marongcc@gmail.com](mailto:marongcc@gmail.com)

Call Duane Anderson - President: 0409182121

We hope to see you as part of this program!

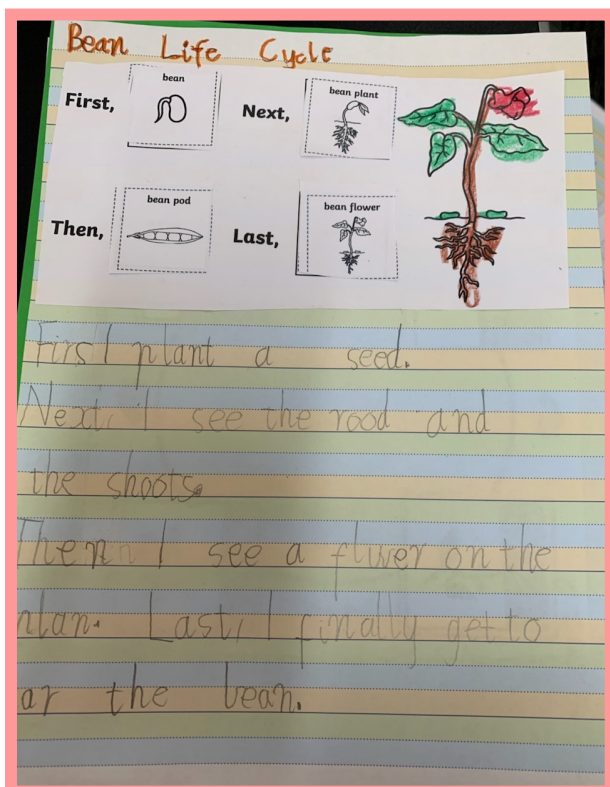
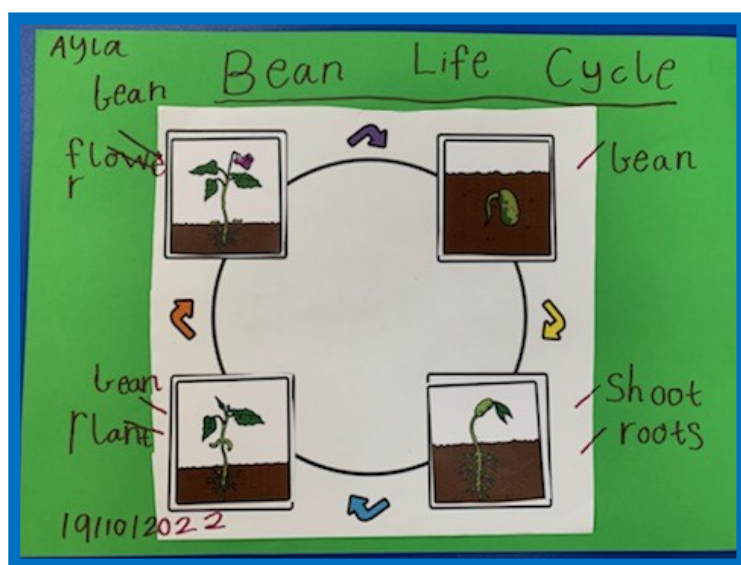
**Marong Cricket Club**



## Grade Prep

This week has been very exciting as we have started our new integrated topic for the term and are learning all about the life cycle of a seed and plant. We started this topic off by painting plastic pots and filling them with soil. We then planted bean and parsley seeds. We are very excited to wait and see what happens next. During writing we learnt all about how a bean grows and what it needs. We created posters about the bean life cycle and wrote step by step instructions. In Maths we revised addition and looked at Bonds of 10 and addition using a number line. The students loved pretending to be a frog and hop forward on a number line to create their addition equation and work out the answer. In reading, we revised the reading strategies Stretchy Snake and Chunky Monkey and looked at different types of books that were all about plants. Thank you for another wonderful week.

Mrs Cook, Jess & Kate





## Grades One/Two

This week in grade 1/ 2 we have been continuing our passion projects and animal study. This week we have learnt about predators and habitats and began creating our end of unit booklets that will display all our beautiful work. Students have worked hard on labelled diagrams and adaptations that their chosen animal has formed. Spelling this term is hyper focused on student's point of need and they are working on sounds that they have struggled on in the past. We encourage all our families to ask students what sound they are working on at school. Math revision has looked at chance and probability with a focus on words like certain, unlikely and impossible. These lovely 1/2's show us how friendly and resilient they are everyday and we are so proud of how they have started back in term four.

Miss O, Ms Whatley, Mr Stacey, Mrs White & Christine



## Grades Three/Four

It is all happening in grade 3/4 at the moment! We are deep into our term four learning with lots of exciting activities pushing us and helping us work towards our learning goals.

In literacy this week we have blurred the lines between fiction and non-fiction, creating picture story books based on the Little People Big Dreams books to tell the story of our lives. Students have created some interesting stories, detailing our families, interests, hobbies, goals and dreams for the future. This work has also allowed us to create our very own books that we can't wait to read to our peers.

In numeracy, we have been tackling fractions. We found some creative ways to represent different fractions this week. We practised paper folding, broke up our names into fractions and drew some pies on the concrete in chalk.

Finally, we finished planning for our Passion Projects this week and got stuck into some research. Each group now has a plan of how they are going to approach the task and have organised the activities amongst themselves. The initial tasks saw us creating concept maps, interviewing our peers about our topics and looking at how our topic impacts the environment. We look forward to seeing these projects come to life in the next few weeks.

Have a wonderful weekend!

Mr Johnstone, Mrs Maher, Chelsie, Fraser and Rose





## Grades Five/Six

Another great week in the classroom after a 'long weekend'. This week, students have been working hard on their Integrated Project, finishing off their research and creating the final pieces to their project using QR codes to display their information reports.

We are loving the warm weather this week and getting to use the oval and hopefully the new basketball court sometime next week.

This week, students have been learning to;

Reading – understand literary devices used by an author such as similes, metaphors and idioms.

Writing – to use descriptive language when writing narrative texts by using adjectives and other devices to enhance their writing.

Spelling – suffixes and adding 'sion' to words ending in d, de and se e.g. erode becomes erosion.

Numeracy – to model and represent fractions using vocabulary such as equivalent, simplifying, greater than, equal to and less than. Students have also learnt about decimals to the thousandths and beyond.

Integrated -completing and presenting their ecosystems project using QR codes to display animals that live in their chosen ecosystem.

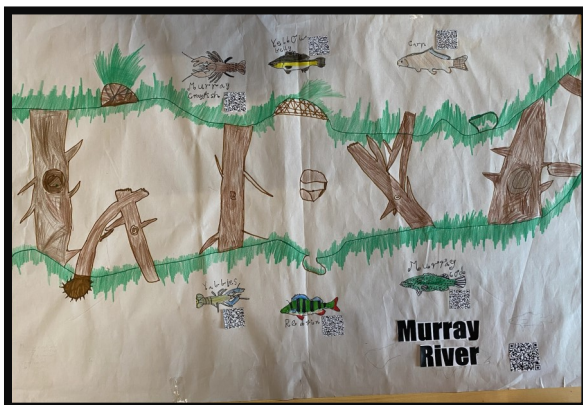
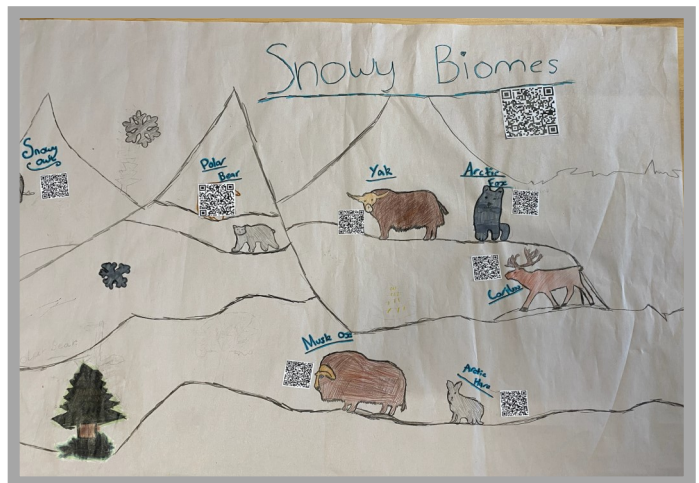
RRRR – Help seeking and identifying those to seek and offer help to.

A reminder that Wednesday will be a public holiday for Bendigo Cup so students are not required to attend school on that day.

Students were given their permission note for the grade 5/6 Camp to Norval Lodge in Halls Gap this week. This is a free camp for all students. Could parents and students please bring back their notes by Friday 28<sup>th</sup> October.

Have a great week.

Ms Gallagher, Mr Wardell, Mr Riordan, Jasmin and Abby.



## Wellbeing



As many of us know raising children can be extremely challenges at times; particularly with the competing priorities many parents /care givers find themselves facing. With that in mind, I will be including a series of articles in the school's weekly newsletter over the next seven weeks. The articles will be focusing on helping children learn to self-regulate their emotions.

The series of articles is aimed at providing parents and care givers with helpful information and strategies that will assist you raise confident, independent, and healthy children.

Building self-regulation skills plays an important part in a child's social and emotional development and has been linked to positive mental and physical health and their capacity to learn.

### **Helping children learn to self-regulate their emotions (& why it is so important).**

The following articles have been obtained from Raising Children; who's focus is providing free, reliable, up-to-date and independent information to help families grow and thrive together. They are funded by the Australian Government.

<https://raisingchildren.net.au/toddlers/behaviour/understanding-behaviour/self-regulation>.

### **Part 1:**

#### **What is self-regulation?**

Self-regulation is the ability to understand and manage your behaviour and your reactions to feelings and things happening around you.

It includes being able to:

- ♦ regulate reactions to strong emotions like frustration, excitement, anger and embarrassment
- ♦ calm down after something exciting or upsetting
- ♦ focus on a task
- ♦ refocus attention on a new task
- ♦ control impulses
- ♦ behave in ways that help you get along with other people.



## Wellbeing Cont'd...

### **Why self-regulation is important**

As your child grows, self-regulation helps them:

- ◇ learn at school – because self-regulation gives your child the ability to sit and listen in the classroom
- ◇ behave in socially acceptable ways – because self-regulation gives your child the ability to control impulses
- ◇ make friends – because self-regulation gives your child the ability to take turns in games and conversation, share toys, and express emotions in appropriate ways
- ◇ become more independent – because self-regulation gives your child the ability to make appropriate decisions about behaviour and learn how to behave in new situations with less guidance from you.

### **How and when self-regulation develops**

Children develop self-regulation through warm and responsive relationships. They also develop it by watching the adults around them.

Self-regulation starts when children are babies. It develops most in the toddler and preschool years, but it also keeps developing right into adulthood.

For example, **babies** might suck their fingers for comfort or look away from their caregivers if they need a break from attention or are getting tired.

**Toddlers** can wait short times for food and toys. But toddlers might still snatch toys from other children if it's something they really want. And tantrums happen when toddlers are overwhelmed by strong emotions.

**Pre-schoolers** are starting to know how to play with other children and understand what's expected of them. For example, a pre-schooler might try to speak in a soft voice if you're at the movies.

**School-age children** are getting better at controlling their own wants and needs, imagining other people's perspectives and seeing both sides of a situation. This means, for example, that they might be able to disagree with other children without having an argument.

**Preteens and teenagers** are better at planning, sticking with difficult tasks, behaving in socially appropriate ways, and considering how their behaviour affects other people. For example, your teenage child might think about your perspective when they're negotiating with you about their curfew.

Children who typically feel things strongly and intensely find it harder to self-regulate. It isn't as hard for children who are more easy-going. Even older children and teenagers sometimes struggle with self-regulation.

## Wellbeing Cont'd...

### **Helping children and teenagers learn and practise self-regulation**

Here are some practical ways you can help your child learn and practise self-regulation:

- \* Work on your child's skills for understanding and managing emotions.
- \* Use calming down strategies for toddlers, calming down steps for pre-schoolers and school-age children and calming down steps for pre-teens and teenagers.
- \* Plan for challenging situations where it might be hard for younger children to behave well. For example, 'The shop we're going to has lots of things that can break. It's OK to look, but please don't touch'. Give your child a gentle reminder as you enter the shop. For example, 'Remember – just looking, OK?'
- \* Involve pre-teens and teenagers in problem-solving and negotiating difficult situations. For example, 'I'm working all weekend, so I know it'll be boring for you. Let's figure out how you can make the most of the time'.
- \* Praise your child when they show self-regulation and manage a tricky situation. For example, 'You were great at waiting for your turn', or 'I liked the way that you shared with Sam when he asked'.
- \* Try to model self-regulation for your child. For example, 'I'd really like to keep gardening, but if I don't clean up now I won't get you to soccer on time'. Or 'Let me write that on the calendar so I don't forget'.

It's important to match your expectations of behaviour to your child's age and stage of development. This can help your child avoid the frustration that comes with not having the skills or understanding to do what they're asked.

### **Problems with self-regulation**

From time to time, different things can affect your child's ability to self-regulate.

For example, **tiredness, illness and changes to your child's routine** can all affect your child's ability to regulate their reactions and behaviour. Also, some children have great self-regulation at child care, school or sport, but find it hard at home. Other children struggle in busy, noisy places like shopping centres. And as children get older, self-regulation might be challenging if they have a lot of assessment tasks or relationship difficulties.

Although these problems with self-regulation are fairly typical, it's a good idea to **speak with a professional if you're worried** about your child's behaviour or you're having trouble with your child's behaviour as they get older. For example, you could talk to your GP, your child and family health nurse, or your child's child care educator or teacher.

Consider seeking professional help if your child:

- ◆ seems to have more tantrums or difficult behaviour than other children of the same age
- ◆ is behaving in difficult or out-of-control ways more often as they get older
- ◆ is behaving in ways that are dangerous for themselves or others
- ◆ is difficult to discipline and your strategies for encouraging positive behaviour don't seem to be working
- ◆ is very withdrawn and has a lot of trouble interacting with others
- ◆ doesn't seem to have as many communication and social skills as other children of the same age.



## MANGOES! MANGOES! MANGOES!

It's that mango time of year again! Fresh North Queensland mangoes delivered direct to us in December! Anyone who has got them before, know how good they are 😊 Split a tray with friends, or keep them all to yourself!

They are back to full harvest, which means full trays again, and cost has gone back up.

Delivery will be sometime early December; we will know more closer to the date and will let you know on Facebook and in the newsletter. Any questions, yell out! 🥭🥭🥭

Orders can be made from **NOW** on Qkr!

Orders close at 11.59pm on Friday 21 October 2022.

**\$27 Per Tray**

## GRADE 6 POLO' S

Please keep an eye out in the coming weeks for information about our 2023 Grade 6 shirts. Parents Club will be paying for 1 x shirt per grade 6 for next year (you'll be able to order extras if you want) and we'll be organizing sizing and orders in the next couple of weeks.





## Pre Christmas Summer Hockey

Up to 10  
divisions  
(subject to  
participants)

### 7 Rounds Social & Competitive Competitions

Starting 31  
October  
2022

From 5.30  
Monday,  
Thursday &  
Friday

Individual Registrations  
\$40.00 per person per  
competition  
(\$30.00 Masters Women  
– 5 rounds)

➤ SOCIAL COMPETITIONS

- Under 10 & Under 12 Mixed
- Masters Men and Women
- Open Mixed (Family)
- Womens

➤ COMPETITIVE COMPETITIONS

- Under 14 & Under 16 Mixed
  - Open Women
  - Open Mixed

Junior Hockey (Social & Competitive) will be played on a Monday night from 5:30  
Senior Competitive Hockey will be played on a Thursday night from 6:00  
Senior Social Hockey will be played on a Friday night from 6:00  
*Registrations close Wednesday 26 October 2022*

COMPETITION RULES AND REGISTRATION CAN BE FOUND AT:  
<https://www.revolutionise.com.au/hockeycentralv/events/>



**Community**

# PILATES WITH LEIGH

## Marong Community Hall

**THURSDAYS - 9.00 am & 7.00 pm**

First come and try class \$15

Class packs 5 for \$85 (\$17 per class)

10 for \$150 (\$15 per class)

Casual \$22 per class



Please message via "Maiden Gully Pilates & Wellbeing" Facebook page  
or text Leigh on 0417530628 for bookings and more details.

## Community



### **JUNIOR TENNIS COACHING MARONG Malone Park Courts**



**Starting: Saturday 5<sup>th</sup> November 9.30am**

**5 weeks (60-minute lessons)**

**\$15 per lesson**

**(1st lesson will be paid for by Marong & District Tennis Association)**

**GIANT Tennis**  
TENNIS COACHING

*Coming to Marong!*

Tennis Coaching for players of all ages & abilities

*Group Lessons*

- BLUE BALL (3-5 YRS)
- RED BALL (5-7 YRS)
- ORANGE BALL (7-9 YRS)
- GREEN BALL (9-12 YRS)
- YELLOW BALL (11+ YRS)

CARDIO-KIDS  
9.30AM MON/FRI @SBTC  
\$15/60MIN SESSION

*Find out more...*  
**gianttennis.com.au**  
Axedale Tennis Club - Malden Gully Tennis Club - South Bendigo Tennis Club

### **For more information - contact**

DARREN TURNBULL (Marong & District Tennis Association)

[knackers43@hotmail.com](mailto:knackers43@hotmail.com)

0448 458 931

OR

BRANDT FLEMING (Giant Tennis)

[brandt@gianttennis.com.au](mailto:brandt@gianttennis.com.au)

0409 518 510



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- School Holiday Camps



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**Ballarat - 0455 514 879**

[www.peopleoutdoors.org.au](http://www.peopleoutdoors.org.au)





# HAVE A BLAST



## Get into Woolworths Cricket Blast

It's a fun and active program for kids of all abilities, whether it's your first time with a bat or you're a backyard Cricket star!



Scan to register at Marong



PROUDLY  
PRESENTED BY







#### **Prep - Chase N**

Chase has blown us away with his fantastic attitude and effort in the classroom this term. Chase has been a class leader modelling how to listen and wait for your turn in class discussions. He has been helpful and kind. We are super proud of you Chase, well done!

#### **Grade One/Two Stacey - Andy D**

Andy has been very responsible and respectful, can be trusted to work independently and in group work and is mindful of other's feeling and thoughts. He is a dependable worker and is well liked amongst his peers, getting along with everyone.

#### **Grade One/Two Whatley/White - Mya B**

Mya has put her heart of gold on display this week by showing extra care and support to her peers. She is consistently one of the first students to hand in her reader diary and reads regularly at home. Mya also completes all tasks to a high standard that her peers look up to. Super week Mya!

#### **Grade One/Two O'D - Ebony P**

Ebony has been smashing her learning lately and showing her best self in all areas of the classroom.

I am proud of her efforts in maths and reading seeing her growth is super exciting. Ebony has the best attitude and finds a way to make most tasks fun! GOOOO EBONY!

#### **Grade Three/Four C - Jayla B**

I have been so impressed this week with the way Jayla has listened and worked hard to improve her writing. She has created a very interesting and unique story about her life, going above and beyond to add adjectives and imagery, appealing to and engaging her reader. Congratulations Jayla, keep up the tremendous efforts!

#### **Grade Three/Four J - Andrie C**

Congratulations Andrie! This week has been a fantastic week for Andrie and he's been producing some real high quality work, especially in his writing. Andrie has blown me away with how creative and well thought out his autobiography is. His use of descriptive language, humour and his sentence structure has been a real standout from him.

Super work Andrie!

#### **Grade Five/Six R - Acacia R**

Acacia has been demonstrating 'Confidence' in her learning this week and has shown greater dedication to her work, putting in the effort to show her full understanding of the topic and complete her tasks. This has been great to see. Keep up the great work Acacia.

#### **Grade Five/Six G/W - Zali B**

Zali has been working up to this award all term. She is continuing to amaze both teachers and Abby with her commitment to completing work, her willingness to help others and the kindness she is showing her peers. We are super impressed with this version of Zali and hope she continues to set her sights high for the remainder of the term. Great work Zali!