

Marong Primary School Newsletter

Volume 30, Issue 22, 25th July, 2025

<https://www.marongps.vic.edu.au/>

	July		August
30th	Divisional Football Carnival	6th	Divisional Netball Carnival
30th	Prep 100 Days Celebration	11th-15th	Swimming Program
		18th	Book Week Dress up & Activities
		20th	STEM Incursion

RESPECT

RESPONSIBILITY

HONESTY

From the Principal

Acknowledgement of Country

*On behalf of the staff and students of Marong Primary School, we would like to acknowledge the Dja Dja Wurrung as the Traditional Custodians of the land that we are on and pay our respects to their Elders past and present. We are grateful to learn, play, and grow, surrounded by the **plants, animals & waterways** that the Djaara people have watched over and cared for, over thousands of years.*

Dear Parents and Guardians,

Welcome Back to Term 3

Welcome back to school for another term. I trust you have all appreciated a break from the school routine for a couple of weeks and are ready to enjoy what's in store us over the next 9 weeks. This term we have our swimming program, parent teacher interviews, STEM incursion, book week and some sports days for selected grade levels just to name a few of the highlights. Please keep an eye on Sentral for more information.

Swimming

Our annual swimming program will be held week 4 of this term. Students will attend swimming lessons at Gurri Wanyarra Wellbeing Centre in Kangaroo Flat each day during the week.

Parents are reminded that permissions and payments are due by 8th August, however the online swimming survey for Gurri Wanyarra is due Friday 1st August.

Parent Teacher Interviews

Bookings are now open on Sentral for our Term 3 parent teacher interviews. These interviews will take place in week 4 over three afternoons, Tuesday 12th, Wednesday 13th and Thursday 14th August and will be held in your child's classroom.

This is a great opportunity for parents to meet with their child's teacher and discuss the academic progress and goals for their child.

When making a booking, please be sure to scroll to the bottom of the screen after selecting a time and save your booking. Please contact the school if you need support making a booking.

Glasses for Kids (Foundation to grade 3 students)

The Department of Education is providing funding to State Schools' Relief (SSR) which is a charitable non-government organisation, to manage and deliver the Glasses for Kids program which provides initial vision screening for Foundation – Year 3 students. If required, comprehensive eye testing and glasses will be provided to participating students at no cost. Glasses for Kids will visit our school in week 2 of term 4. Online permission forms are available via Sentral.

Term 3 Staffing

As announced earlier this week, Miss Hayley Squire will be replacing Mr Stacey while he is on leave this term. Hayley is already known to the student as she has been previously employed by our school as an education support staff member for over 12 months.

Mrs Maher and Mrs Eaton will be covering the grade 6 classroom during Miss O's absence. Fraser Stewart will be backfilling our tutoring role for the term while Mrs Maher is in the classroom.

School Council

A reminder to school council members that our next meeting will take place on Wednesday 6th August at 7pm

Grade Prep & 1

We hope all our families had a restful and fun-filled holiday break! It has been wonderful to see all our Prep and Grade 1 students return with big smiles and lots of exciting stories to share.

In Sounds-Write, our Grade 1 students have been introduced to the /ie/ sound and its different spellings: *i*, *ie*, *y*, *i_e*, and *igh*. Our Prep students have been working through Unit 9 and learning about CCVC words – focusing on reading and writing words with two consonants at the beginning, like *stop* and *flag*.

In writing, students have written some fantastic holiday re-counts. They've also had the chance to edit their work and publish a good copy – we're so proud of their efforts!

In Math, we've been reviewing a variety of addition and subtraction strategies, and have started solving worded problems to help apply their skills in real-life situations.

A reminder that our 100 Days of School Celebration is happening next Wednesday! We invite all Prep and Grade 1 students to wear their brightest clothes to help us celebrate this special milestone.

We're looking forward to a fun and exciting Term 3 with lots of learning, laughter, and new adventures!

Miss Maddern, Miss Williams, Mrs. Cook, Jess, Mr. Riordan, Christine, Jai, Hayley, Brandi and Seb



Grade 2/3

Welcome back to Term 3!

We've had a great start to the term, and it's exciting to see students continuing to grow in their learning. At the end of last term, some students received their pen licences! As a result, many students have begun practising pre-cursive writing. This includes forming letters with a downstroke and exit hooks that lead into diagonal joins—such as a, d, h, i, k, l, m, n, t and u.



We encourage all students to continue practising their handwriting whenever they have the chance.

In Literacy, students read *Finding Our Heart* by Thomas Mayo, a narrative non-fiction text that explores the Uluru Statement in a meaningful and age-appropriate way. The story helped students build an understanding of Australia's past so that we can work together toward a shared future. Vocabulary explored included: nation, invented, culture, protested, forgive, explorers, Constitution, accept, invited, and First Nations.

In Mathematics, we are learning to represent multiplication and division in different ways, including solving division problems through partitioning. One highlight was the Bakery Activity, where students used cupcake printouts and sprinkles to create equal groups to match question cards and some students seemed a little hungry by the end!

In our Integrated Studies unit, we are learning about Australia's history and how it led to Federation. Students have revisited the states and territories and are expanding their understanding through writing activities about early British explorers, the challenges of early settlement, and the events that led to the creation of the Australian Constitution.

We're looking forward to a productive and engaging term ahead!

The 2/3 Team

Grade 6

Hi families!

We've had such a busy and fun week in Grade 6, so we wanted to tell you all about it!

We've been learning about the London in class! Its such a cool city with lots of amazing places like Big Ben, the London Eye and Buckingham Palace.

This week we also made rumballs—and they were so delicious! We mixed all the ingredients, rolled them into balls and got a bit messy (but that made it more fun!) it was one of our favourite activites so far.

In maths, we've been working really hard on fractions, deciamals and percentages. At first it was a bit tricky, but now we're getting the hang of it!

PJ Day is coming!

STUDENT OF THE WEEK

Prep/1 Maddern

Tom H - Tom has come back from holidays on fire. He has been trying really hard to work towards his writing goals. Tom has produced some great work that he is super proud of! Keep up the awesome effort, Tom!

Prep/1 Cook & Jess

Lachlan R – Lachie has had an incredible start to Term 3 and we are so proud of how hard he is trying. Lachie is settled when sitting on the floor and his independent work has been outstanding. This week Lachie has continued to demonstrate our school values and he has started to show some wonderful leadership skills. Well done Lachie, you re a SUPERSTAR!

Prep/1 Riordan

Kaylee M - For demonstrating all of our school values this week. It has been great to see Kaylee settle back into school routines this week. She has been listening, showing focus and producing some wonderful learning this week. Well done on a great week Kaylee.

Prep/1 Williams

Sam G - Sam has started Term 3 on fire! We're super proud of how hard he has been working in reading and writing. He's really giving it his best, especially when spelling and reading tricky words. Sam has also been showing that he is a great leader by following our school and classroom values each day. Keep up the amazing work, Sam!

2/3 Westcott

Aiden B - Aiden completes his work to a high standard and shows great enthusiasm when reading texts to the class. His friendly nature, positive attitude, and reliability make him a valued member of the 2/3 class. Well done, Aiden, keep shining!

Ashlyn F - Ashlyn consistently displays a positive attitude toward learning and always puts in her best effort. She enjoys assisting adults in the classroom and is always willing to help others, showing care and kindness to her classmates. Amazing effort, Ashlyn, keep up the great work!

STUDENT OF THE WEEK

2/3 Thorn & Gallagher

Max H - Congratulations Max on being selected as student of the week! You've shown greater engagement in your learning by participating actively, asking questions and putting in consistent effort. Keep up the great work!

2/3 Lamb

Dane J - Dane has settled into Marong Primary with ease! He is a kind, respectful and inclusive student which has been recognised by his peers. It is great to have you in 2/3L Dane. I cannot wait to see what you achieve throughout the year!

4/5 Johnstone

Ivy B - Congratulations Ivy on a fantastic first week back. She has worked extremely hard this week and demonstrated an ability to work with everyone. Keep up the great work, Ivy!

4/5 Burton

Gweny HD - Gweny has made an excellent start to Term 3! She comes to school each day with a positive attitude and growth mindset. Gweny is really applying herself to her learning and consistently gives her personal best effort to all tasks. Keep up the great work, Gweny!

4/5 Fry

Gen R - Gen has started term three with a bang! She has demonstrated a concentrated approach to her learning and has set the standard for 4/5 F. Gen did a wonderful job of decimals in maths and was able to write numbers accurately using tenths and thousandths. Congratulations Gen, keep up the great work!

6 O'Donoghue

Georgia H—Georgia has come back to school fired up and ready for a great term! She has been laser focused on maths, working hard to learn about all about decimals. She has a never give up attitude and it is showing in her work. Georgia's smile lights up the classroom each morning, well done George on a fantastic first week back!!

Parents Club News

Donut Thursday

Fresh donuts will be available to purchase via Qkr! For \$2.50, in their place on Thursdays in Terms 2 and 3.

Marong Primary School Parents Facebook Page

With many new families joining our school community, the Parents Club would like to invite carers and parents to join our Facebook Page. This resource serves as an online forum for reminders, questions & answers, and linking families within our school.

Please be aware that Sentral is the official school channel for all formal communication, and should be used as a first point of reference.

National Pyjama Day ... A Cosy Success!

Today, our school community came together to support National Pyjama Day, and what a wonderful day it was! Students (and staff!) arrived in their comfiest, cosiest pyjamas, all to raise money and awareness for The Pyjama Foundation, which supports children living in foster care.

This annual event helps fund the foundation's Love of Learning program, which provides vital educational support and mentoring for foster children across Australia. Through gold coin donations, we were able to contribute to this meaningful cause and show our school's commitment to making a difference in the lives of others.

We are incredibly grateful for the generous donations and enthusiastic participation from our students, families, and staff. A big thank you also goes to our Junior School Council (JSC) for organising and promoting the event.
Thank you JSC



SCHOOL BREAKFAST CLUBS PROGRAM

BREAKFAST CLUB



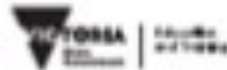
ALL STUDENTS WELCOME

DAYS: Wednesday mornings

TIME: 8:20am-8:45am

ROOM: Big Deck

EAT. LEARN. SUCCEED.





Helping Pre-teens and Teens Manage Emotional Ups and Downs

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

Moods, or emotional ups and downs, are a **part of life for pre-teens and teenagers**, just as they are for adults.

For example, pre-teens and teenagers might feel cheerful and excited some days. At other times, they might feel down, flat, low or sad. And they often want more privacy or time on their own. In the pre-teen and teenage years, these emotional ups and downs can happen more often than they used to, and they can be more extreme.

Moods are a sign that your child is experiencing more complex, mature emotions and trying to understand and manage them. This is an important part of development. You have a big role to play in helping your child with this part of their journey into adulthood.

Why pre-teen and teenage moods happen

Your child's emotional ups and downs might happen for many reasons – physical, psychological, social and emotional – and not for any reason in particular. Often you won't be able to work out why your child feels up or down, and neither will your child.

Physical factors

Pre-teens and teenagers go through many physical changes during adolescence.

Your child's body is changing, which might make them self-conscious or embarrassed – or just make them want more privacy and time to themselves. Pre-teens and teenagers who seem to be developing earlier or later than friends might feel emotional about these physical changes.

Another physical factor is sleep. **Pre-teens need 9-11 hours of sleep, and teenagers need 8-10 hours of sleep.** The amount of sleep your child gets is likely to affect their mood.

Your child's eating and nutrition and their physical activity levels can affect moods too. **Healthy eating and plenty of exercise can often help your child to regulate moods.**

For example, brain changes cause your child's body to make sex hormones. These hormones trigger physical changes, as well as sexual and romantic feelings. **These new feelings can be powerful and sometimes confusing for your child.**

Also, your child's brain will keep changing into their early 20s. The section of the brain that's the last to develop, the prefrontal cortex, is closely connected to the areas responsible for regulating and managing emotions. This means your child might find it harder to manage stronger emotions, and it might seem that they react more emotionally to situations than they used to. They're still learning to process and express their emotions in a grown-up way.

Social and emotional factors

New thoughts, emotions, friends and responsibilities can affect how your child is feeling.

Your child is learning how to solve more problems on their own as they move towards independence. Your child is also living in their own head more than they used to and is busy thinking about challenges like friendships, school and family relationships.

Stressful family situations can affect your child's mood too.

Helping pre-teens and teenagers have more ups than downs

There are things you can do to help your child have more ups than downs.

The first is **recognising the things your child already enjoys**. These might be playing a favourite sport, spending time with old friends, listening to or playing music, drawing, creating their own digital content and so on. Keeping up with these activities will help your child feel secure and give your child a base for exploring new interests.

You can also **help your child find new activities** that challenge them and that help them set new goals and meet new friends. These might be learning a new musical instrument or joining a new social group. Rather than choosing these activities for your child, you might get ideas by listening to your child talk about what they like and dislike.

And it's important to **encourage your child to be active**. Physical activity can boost your child's mental health and wellbeing. This could be playing sport, walking the dog, going to the gym or doing an online workout.

Helping pre-teens and teenagers manage emotional ups and downs

You can't stop your child from feeling flat or low. But there are many things you can do to help your child manage the ups and downs.

Helping your child accept ups and downs

It can help your child to know that emotional ups and downs are a part of life. It's OK for your

child just to accept negative emotions rather than trying to change them. You can encourage your child to do this by letting them know that sometimes you feel low or flat too.

It's also important for your child to know that you'll be there for them when they're feeling flat or having a tough time. You don't need solve your child's problems. Instead, it can help just to say, 'I can see you're having a difficult day. That's natural'.

Staying connected with your child

Staying connected and actively listening to what's going on in your child's life will help you pick up more easily on the triggers for their emotional ups and downs. Sometimes casual, everyday activities like driving your child somewhere or watching TV together are the best times for your child to share things with you.

Giving your child space

Your child is developing independence and tackling new things. While this is happening, try to give your child space or time alone to think about new emotions and new experiences. Let your child know you'll be there if they want to talk.

Holding off on solutions

If there's a problem, discussing solutions with your child can be great, but your child needs to contribute to the solutions and feel that they 'own' them. Your child is also more likely to try the solution if they feel it has come from them.

Also, problem-solving is a valuable life skill, which your child will get better at by practising. By helping your child develop problem-solving skills, you're sending the message that you value your child's input into decisions that affect their life.

Working together on coping strategies

Learning to cope with and manage emotional ups and downs independently is one of the big jobs of adolescence. And you can help your child develop this important life skill.

One way to do this is by making a list of 'mood busters' with your child.

These are things that your child can do to feel better. For example:

Listen to an upbeat or favourite song.

Spend time with a friend.

Go for a brisk walk.

Pat the dog.

Get a hug from you.

Watch a movie with you.

It's good for your child to have a few options on their list, so they can try different things to see what works best.

Being a role model

You're still your child's most important role model. Your child will look to you to see how you cope in tough times. Think about how your child sees you working through problems, managing your emotions and using coping strategies.

More than moods: when pre-teens and teenagers feel down all the time

Sometimes, continually feeling down or flat can be a sign of something more serious.

Pre-teens and teenagers can feel down for minutes, hours, days or much longer. If your child seems down, flat, irritable or sad for more than 2 weeks, or if you notice moods are stopping your child from getting on with their usual daily activities, this could be a sign of a more serious mental health problem.

If you're concerned about your child's emotions and behaviour, it's important to talk with your child and to **seek help from a mental health professional**. Your GP can help you find the right person.

Most pre-teens and teenagers with mental health problems recover well if they get treatment, particularly if they're treated early.

Your child might like to call Kids Helpline on 1800 551 800. It's a free, confidential and anonymous telephone counselling service for young people aged 5-25 years. Kids Helpline also offers webchat counselling and email counselling services. Or your child could call 13YARN on 139 276 to speak with an Aboriginal and Torres Strait Islander counsellor.

Children's Book Week is Coming!



Monday 18th August

★ Whole School Dress-Up Parade

Join us in the PAC at 9.15am for a fun-filled Book Week Parade to kick off the day! This will take the place of Monday morning assembly.

★ Dress-Up Fun for Everyone

Students are encouraged to come dressed as their favourite book character. Costumes don't need to be elaborate—a hat, accessory or casual dress is perfect! We want every child to feel included and enjoy the celebration.

Activities All Day Long

After the parade, students will enjoy a day full of engaging and creative activities based on the CBCA short-listed books in their own classrooms.

★ Questions?

Please see your classroom teacher for more information.

Let's celebrate the magic of stories and the joy of reading together!

Happy Book Week!

FUN FOOTBALL ACTIVITIES

FEMALE COACHES

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5 WEEKS FOR \$20

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4-7 YEARS OLD



7-12 YEARS OLD

BENDIGO ALL GIRLS PROGRAM

COMMENCES THURSDAY 7TH AUGUST

4PM TO 5PM

WEEROONA OVAL



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MAIDEN GULLY TENNIS CLUB

CARDIO TENNIS

FOR MUMS!

+ KIDS PROGRAM

**A feel-good fitness session for Mums - with Tennis, tunes, and time for you
(While the kids have fun learning tennis too!)**

- 9.30AM WEDNESDAY'S (From Wed 23rd July)
- Maiden Gully Tennis Club, Beckhams Rd
- 1 HOUR Sessions: Adult Cardio Tennis PLUS Kids Lesson at the same time
- Social morning tea to follow
- Racquets available to borrow
- All tennis and fitness abilities welcome!
- *FREE for MGTC Members, otherwise \$20
- Become a member here:
- Register interest here:



gianttennis.com.au





KIDS LOVE BEING OUTDOORS? THERE'S GOLF FOR THAT.

BELVOIR PARK GOLF CLUB

Time: Thursdays 4pm-4:45pm (5-9 year olds) 5pm-5:45pm (10-14 Year olds)

Dates: 14th August – 18th September (6 Sessions)

Cost: \$60

Registration: <https://tinyurl.com/fxc6z2fw>

Enquiries: Dave Griffin – 0407 422 845

MyGolf powered by Ripper GC is Australia's beginner golf program that introduces kids to golf through games-based activities in a safe and friendly environment. Participants learn new skills, make new friends and most importantly, have fun!

Sessions are run by PGA Professionals and National Program Deliverers Australia-wide.

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Find your nearest MyGolf powered by Ripper GC program at golf.org.au/mygolf

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SATURDAY 16TH

AUGUST

Dress Ups
Giveaways
Treasure Hunts
And More!

FREE FOR ALL

10AM TO 2PM

9 Mitchell Street,

Bendigo



KFJFC Junior Girls Pathway Night **OPEN TRAINING SESSION**

Wednesday 23rd July

4:30pm @ Dower Park

*Are you interested in playing
junior girls football next season?*

If the answer is "YES", you're invited to attend and participate in an open training session with our reigning premier U15 girls team!!!

Join our Head Coach Danny Benaim and his team for a fun night of activities, skill building and interactions with other girls playing football at Kangaroo Flat.

*Post session, join us in the social rooms for
some pizza and drinks to finish off the night.*



fresh fruit friday



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10 years

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1,000kg of free
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