

Marong Primary School Newsletter

Volume 29 Issue 4, 23rd February, 2024

	February		March
28th	Prep Day Off	4th	Curriculum Day (Pupil Free Day)
		5th	Parent Teacher Bookings Open (Sentral)
		13th-25th	NAPLAN- Grades 3/5
		13th	Royal Australian Navy Performance Grades 3-6
		18th	Working Bee- 4-5pm
		19th-21st	Parent Teacher Interviews
		28th	Last Day of Term (2:30 Dismissal)

RESPECT RESPONSIBILITY HONESTY

From the Principal

Dear Parents and Care Givers,

Mobile Phones at School

A reminder that the Department of Education has in place a mobile phone ban that requires students who bring mobiles phones to school to have them switched off and handed to their teachers for safe keeping during school hours. The department is requiring all schools to ensure this ban is in place and enforced from the start of the 2024 school year. The ban applies equally to all government schools right across the state. This helps ensure that school is a learning environment free from unnecessary distractions and disruptions. By ensuring mobile phones are kept away at recess and lunch times, students can interact with each other face-to-face, without the distractions and social pressures that mobile phones can cause. I ask for the support of all our families, staff and students in continuing to support the implementation of this policy in our school.

More Information-

Emergencies: In the event of an emergency or if you need to immediately contact your child, I ask that families contact the school office who will pass on a message as required.

School mobile phone policy: A copy of our school's local mobile phone policy, which implements the government's mobile policy in line with our local context, is available here: <https://www.marongps.vic.edu.au>

Parent support: The Mobile phones in schools webpage provides links to resources for families to help them balance their children's time using mobile phones. If you have any further questions, please contact the office.

First Aid – Asthma

It is a DET requirement for us to update our Asthma and Anaphylaxis Care/Action Plans annually. I have sent home a letter for students identified as asthmatics to please get their action plan updated by their doctor. I am hopeful for all plans to be completed and returned to school by Monday 11th of March. If you have any questions, please contact Kristan Fry. Thank you for your continued support.

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

Parents and guardians are advised that the 2024 School Council Election process will commence on Monday February 26th. I will be inviting nominations for vacancies on our school council on this day. The nomination process will close at 4pm on Monday March 4th 2024. The Marong Primary School council consists of 8 parent members and 3 DET members. The following parent council members terms of office expire this year- Michael Rice and Michelle Smith . Michael and Michelle are however eligible to renominate for council if they so wish. In addition We also have two full term vacancies and one casual vacancy available in the parent category. These vacancies are due to council members who are ineligible, as their children are no longer enrolled at Marong PS.

In summary we have 5 parent vacancies on council, 4 x 2 year terms and 1 casual 12 months vacancy.

Parents may self nominate or other parents can nominate them. Forms will be 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.

Recourse 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.

Students in Grade P-2 - \$170 student.

Students in Grades 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.

ANZAC Day Schools Service: Advance Notification

Each year Legacy conducts an ANZAC day service at the Shrine of Remembrance, Melbourne for Primary and Secondary school students. The Bendigo Legacy branch provides free transport for schools in the Bendigo area, who wish to send students from their school to this special event. This year we are able to send our student leaders: School Captains and Vice Captains, House Captains and House Vice Captains to this ceremony. The students will be accompanied by Mr Jeffrey and Ms O'Donoghue. The service will be held on Friday April 19th, permission forms will be circulated closer to that date.

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

Health Matters!

Gastroenteritis

We have recently received reports of people within our school community contracting gastroenteritis. If your child contracts gastro the Department of Education expectations are as follows: The student should remain at home until the symptoms have ceased completely, this can be for a period of time between 24 and 48 hours as a minimum.

Covid

I have also received some reports of people testing positive to Covid in recent days, within our school community. Should anyone develop Covid like symptoms we recommend that tests be undertaken as soon as possible and if positive follow the current Health Department advice as follows: The Department of Health recommends that staff and students who test positive for COVID-19 isolate for a minimum of 5 days and do not attend school until their symptoms resolve.

Fresh Fruit Fridays!

Each week our school receives a mixed box of fruit to be distributed to the students free of charge. The program entitled "Fresh Fruit Friday" is an initiative of the McKern Steel Foundation Eaglehawk. In conjunction with a number of other sponsors the McKern Foundation provides fruit to a number of schools in the Bendigo area. This is greatly appreciated and the generosity of the foundation definitely deserves public acknowledgement. On behalf of our students we extend our thanks to McKern Steel!

Russell Jeffrey

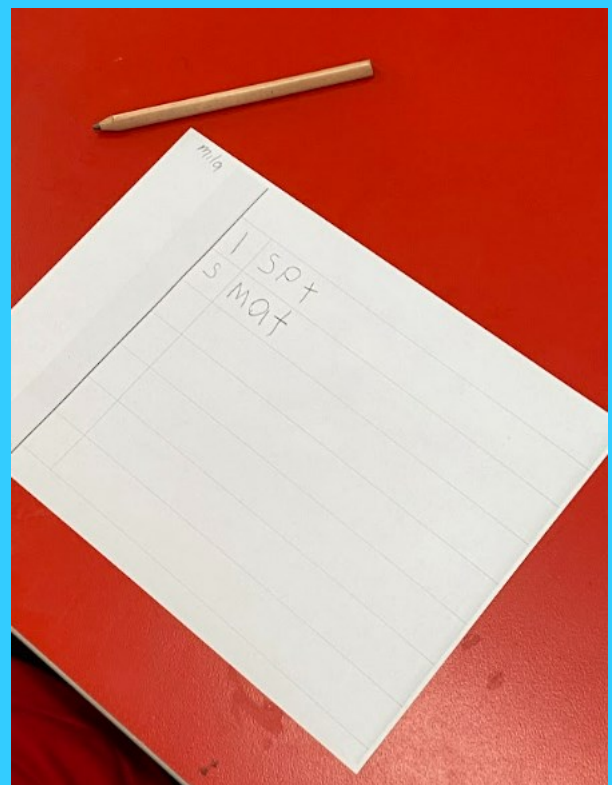
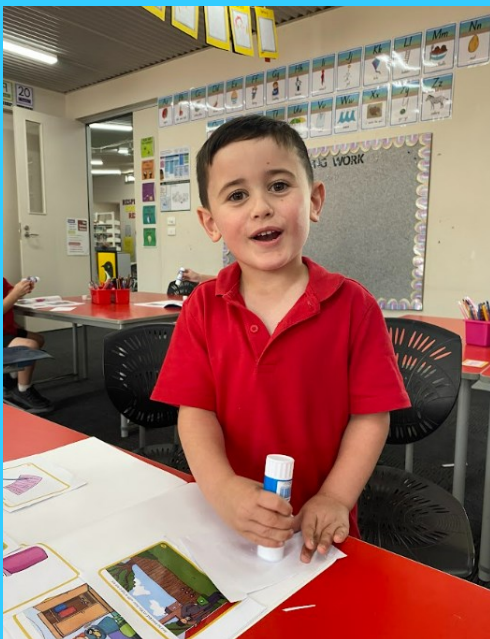
Grade Prep

The Preps have really started to settle into school routines this week. We are loving getting to know their little personalities a little bit more every day.

In Math this week we have been looking at the numbers 6 to 10. We have been practising writing the numerals and matching the quantities to the correct numbers.

In Literacy, we have continued learning our initial sounds and building different words with them. We have also learnt about nouns this week. The preps have drawn some amazing pictures of different people, places, animals and things. Keep up the great work preppies!!

Jess, Mrs Cook, Miss Mad-
dern, Fraser and Christine



Grade 1/2

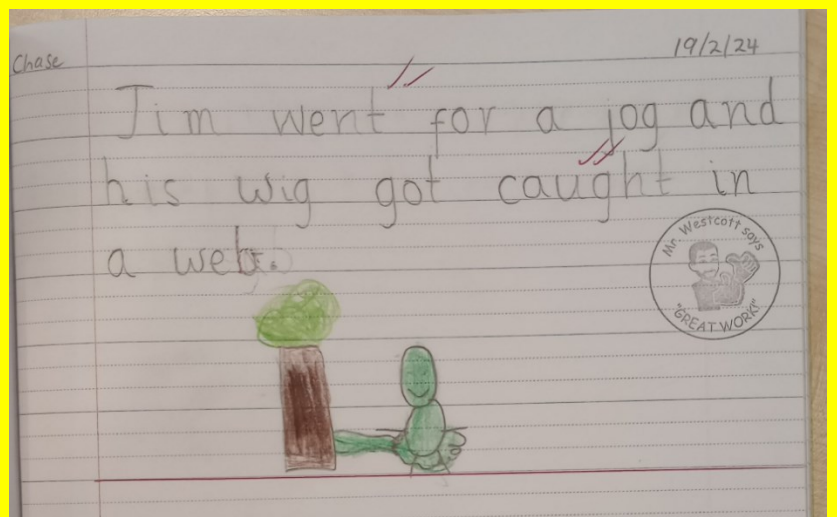
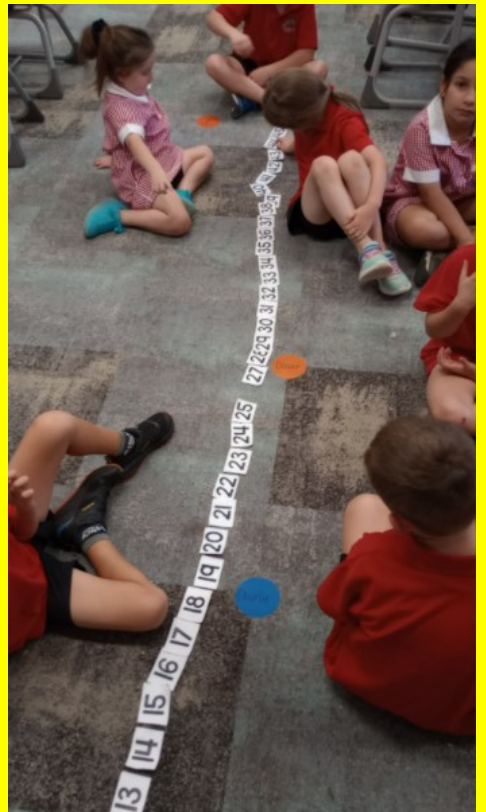
The enthusiasm and effort have gone up another notch this week within the 1/2s, especially with the beginning of our Sounds Write Program. We have been doing word building, spelling and reading activities. Another focus for the 1/2s has been handwriting and partner reading to assist in developing their skills. In Writing, we have using the book 'The Gruffalo' to explore word and sentence structure.

In Numeracy, we have been learning about number lines and how we can use these as a strategy to count, add and subtract numbers. We have heaps of fun using these and one of our favourite activities was skip counting.

During Integrated Studies this week we have began to learn about maps and how to use these to find our way around. We even had a go at drawing a birds eye view of our classroom.

Congratulations on a terrific week 1/2s!

Ms Thorn, Mr Saddler,
Mr Westcott and Mr Fry



Grade 3/4

Another busy but awesome week down in Grade 3/4. This week in literacy we have been working on developing our narratives, strengthening our sizzling starts to engage readers and building suspense to create an interesting setting for our story. In Maths, we have continued to learn about place value. We have been looking at number lines and learning what greater than and less than is and what it looks like. In Integrated this week we have been learning all about Australia. Later in the week we began looking at neighbouring countries and researching about them.



Mr Johnstone, Miss Williams, Miss Craven and
Macey



Grade 5/6

This week at school has been great. In math we have been doing the 4 operations which are, addition, subtraction, multiplication and division and some other students have been using math pathways as another great way to learn, grow and extend their minds in numeracy. In literacy we have been continuing our study on lakes around the world. An additional task that has been commencing is in Integrated studies. We did a painting of lakes and built lakes with aluminium foil. We have been doing some great partner reading and doing that is a great way to be able to get out of your comfort zone by, reading and working with new people and students, and give people compliments.

By Missy Ladson



STUDENT OF THE WEEK

Prep Maddern

Ethan L- Ethan has had another awesome week at school. He has been super focused and working hard on improving his handwriting skills. We love the fun energy you bring to the classroom Ethan, keep up the great work!

Prep Cook & Jess

Ella W- Ella has shown tremendous resilience and perseverance since beginning school. She listens to the teacher and follows instructions carefully, demonstrating leadership within our class. Ella gives every task her best effort and takes on teacher feedback. Super effort Ella, great work!

1/2 Thorn/Saddler

Conner W – for being a confident learner in our classroom and asking clarifying questions about his work. Well done, Conner.

1/2 Fry

Angus M- Angus is a stand out in the classroom in his behaviour and “I can do it” attitude. He is kind to all the students and staff and always gives his best efforts. Angus has worked hard with his handwriting and is now forming letters on the correct lines. Congratulations Angus, you should be proud of your efforts!

1/2 Westcott

Kaitlyn S- Kaitlyn has had an awesome week! She works hard to complete all tasks and participates in class discussion. Kaitlyn takes on additional areas of responsibility by assisting others. Well done Kaitlyn.

3/4 Johnstone

Pearl D- Pearl has transitioned into our school flawlessly and has made a positive impact in only a short time. She always seems to be having a great time and she's made plenty of good friends already! You're a superstar Pearl!

STUDENT OF THE WEEK

3/4 Williams

Heidi C- Heidi has had another awesome week this week. Heidi constantly displays all school values in the classroom, showcasing her kind, friendly and helpful personality. We love having you in our classroom Heidi. Keep it up!

3/4 Craven

Joseph L- Joseph consistently tries his best in all learning tasks. In writing he is working on creating great descriptions for his character and setting. Joseph is friendly and includes others. Keep up the great work Joseph!

5/6 Stacey

Lana M- For displaying confidence in her learning. Lana is a fantastic classroom leader and can always be relied upon to set a great example for others. Great work Lana!

5/6 Riordan

Myah S- For demonstrating all our school and classroom values this week. Myah is a super student in our classroom, displaying confidence in her learning, always trying her best and sharing her knowledge with the class. Well done Myah.

5/6 O'Donoghue

Robbie JB – Robbie has been a mega legend this week. He has been cheering people on in P.E, asking for help during class and noticing his own improvements. I am loving his dedication to learning and am are proud of his persistence this term.

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



Performing Arts

Performing Arts News

P-2 students have been working hard on their songs and dances for our production. It has taken a lot of practice to be able to both sing and dance at the same time, however we are persisting and our hard work is paying off! Students also had the opportunity to participate in some guided music sessions using various percussion instruments such as tap sticks and tambourines. We had so much fun!

Grade 3/4 students have also been perfecting their first performance and have enjoyed dressing up in their costumes.

Grade 5/6 students have taken to the stage to audition for various roles in our school production. I was so incredibly proud to see so many students willing to put themselves out there and have a go. It takes a lot of courage to act in front of your peers, particularly when you know that many of the roles have many students trying out for them. I look forward to announcing to students next week the roles they will play in our production. Watch this space!



Wellbeing



Following on from the theme of supporting children with anxiety, the following article looks at the practice of Mindfulness and its benefits for parents, care givers and children alike.

Many of you may have heard of the practice of Mindfulness. Mindfulness is not only a proven therapeutic technique for managing anxiety, but can also be **extremely beneficial in helping us manage our day to day lives.**

In short “Mindfulness is the basic human ability to be fully present, aware of where we are and what we’re doing, and not overly reactive or overwhelmed by what’s going on around us. **When we’re mindful, we reduce stress, enhance performance, gain insight and awareness through observing our own mind, and increase our attention to others’ well-being.**” (www.mindful.org)

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

Mindfulness for parents, kids and teenagers

Our minds are constantly active. You might be watching television – but also thinking about the past, or worrying about the future, or wondering what you’re going to have for dinner.

Mindfulness is focusing your complete attention on what’s happening right now. It’s also letting your thoughts and worries come and go without judgment.

You can be mindful of your internal world – for example, what you’re thinking, how your breath makes your chest rise and fall, or how an emotion feels in your body. Or you can focus on what’s around you – for example, the sun on your skin, the smell of your coffee, or the sound of a bird.

You can be mindful anywhere and with anything. For example, you can be mindful while you’re eating, walking, listening to music or sitting.

When you practise mindfulness, you’ll feel generally calmer, more focused and better able to concentrate. And in moments of stress, you’ll be able to pause, relax, see things more clearly and make better decisions. For children and teenagers, mindfulness can be a way to deal with the stress of study, work and play as they get older.

Everyday mindfulness

You can use everyday moments to build and practise everyday mindfulness. The more you practise, the more benefit you'll get.

You can also **encourage your child to build mindfulness**. In many ways, this is simply about getting your child to do what they naturally do. Young children are naturally mindful because every new experience is fresh and exciting for them. Older children and teenagers can learn mindfulness.

There are many **ways to help your child build and practise mindfulness**. For example:

- Colouring in is a great way to get your child focused on a task.
- Walking through nature with the family can get your child interested in exploring the beauty of nature. Your child could collect and examine autumn leaves, or feel the sand beneath their toes during a walk on the beach.
- Taking photographs or drawing something interesting or beautiful – like a sea shell or an insect – encourages your child to look closely at details.
- Looking after a vegetable patch encourages your child to notice how plants grow.
- Listening to music and focusing on the instruments or lyrics is a great way for your child to focus on the present without distraction.

When you practise mindfulness, you'll feel generally calmer, more focused and better able to concentrate. And in moments of stress, you'll be able to pause, relax, see things more clearly and make better decisions.

Mindfulness meditation

Mindfulness meditation is a highly focused type of mindfulness. It combines meditation, breathing techniques and paying attention to the present moment to help you notice the way you think, feel and act.

You can do mindfulness meditation with an instructor, or you can use a guided mindfulness meditation app.

If you or your child is trying mindfulness meditation, you might sometimes find that you or your child is focusing on negative or upsetting thoughts. It could be worth trying mindfulness with an experienced practitioner. They can help you understand your thoughts and focus on positive things.

Mindfulness: the evidence

There's clear evidence that practising mindfulness can have health benefits for adults.

For example, studies suggest that mindfulness-based stress reduction (MBSR) can reduce stress and improve other mental health issues. Mindfulness-based cognitive therapy (MBCT) can help people with depression stay well and stop them from getting depressed again. It can work just as well as an antidepressant.

Being 'present' and less anxious can boost social skills and academic performance. It can also help people manage emotions. Mindfulness can also reduce anxiety and depression.

There's **growing research into mindfulness for children and teenagers**, including both school-based mindfulness group programs and individual practice. The research suggests that regular mindfulness practice and programs:

- work best at helping children and teenagers reduce stress, anxiety and panic
- appear to improve attention and reduce low mood
- can boost children's and teenagers' empathy and self-compassion.

Children and teenagers seem to enjoy and appreciate mindfulness activities, and schools are introducing mindfulness-based exercises into their day-to-day routines.

5 Mindfulness Apps for Children

- Smiling Mind. This app has great body scan meditations to help children develop the awareness of what's happening in their bodies. Learning about what's happening in your body is one of the first steps of an authentic mindfulness practice.
- Headspace (for Kids). This app teaches parents and children together about meditation for different age levels. They focus on Calm, Kindness, and Bedtime.
- Calm. This app provides mindfulness and sleep stories for children of varying ages. Several parents I know use the app to help their children relax and restore themselves after a full day of running around.
- Three Good Things: A Happiness Journal. This app is simple and easy-to-use, helping children focus on the positive and recognizing what went well today. (Ages 6 and up.) Every child gets to list three things daily that went well, which begins to train their mind to look for things to appreciate and begin a gratitude practice.
- Insight Timer. This app is free with meditations for parents and children. They focus on relaxation, managing stress, concentration, and sleep, as examples.

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.



mckern steelTM foundation

Benefitting the health and wellbeing of our Bendigo school children

Fresh Fruit Program
in local schools

Proudly funded by:



@mckernsteelfoundation



McLean's Martial Art



Karate Classes

**TWO
INTRODUCTORY
LESSONS.**

*Are you ready
to get Serious?*

**LET'S GET
Training**

**IDEAL FOR EVERYBODY
OF ALL AGES**



***Where : The IronBark Tennis
Club Community Hall ,
230-238 Don St Ironbark,
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***When : Wednesdays 6pm-7pm
Saturdays 9:30 am • 10:45am
IDEAL FOR EVERYBODY ,OF
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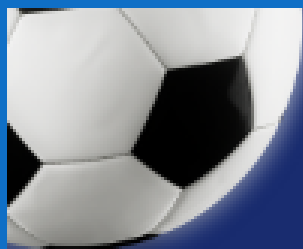


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CAMPS ASSOCIATION
PEOPLE OUTDOORS®
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Adventure for All!





REGISTRATIONS OPEN



Play soccer with Epsom Football Club in 2024

Come & join us - learn new skills,
meet new people & have fun!



No experience necessary - we offer
both boys, girls & mixed teams.



Non-Competitive Juniors
Under 6's, 7's, 8's, 9's & 10's

Competitive Juniors
Under 12's, 14's & 16's

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

HUNTLY FAMILY FUN DAY



Proudly sponsored by Agnico Eagle Fosterville

**FREE
ENTRY**

**SUNDAY
FEB 25, 2024**

**10AM
TO 1PM**

FREE ACTIVITIES:

THE ZONE JUMPING CASTLE AND INFLATABLE WATER SLIDE
WATER FUN WITH HUNTLY CFA ♥ ART AND CRAFT
SPORTING ACTIVITIES ♥ FACE PAINTING ♥ FREE GIVEAWAYS!
RENEGADES FAN VAN - INFLATABLE CATCH MAT

*Don't forget
a towel!*

FOOD/DRINKS:

BBQ (MEAT AND VEGETARIAN OPTIONS) AND DRINKS
- ALL \$2 EACH ♥ FREE FRESH FRUIT ♥ COLIBAN WATER
REFILL UNIT (BYO DRINK BOTTLE)

*Limited shade - bring
along your hat and chair.*



**STRAUCH RESERVE
14 GUNGURRU ROAD, HUNTLY**



SGUSC

FAMILY FUN DAY

FEBRUARY 25

STANLEY AVENUE, SPRING GULLY



✓ **SKILLS AND DRILLS**

✓ **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

NEW AND RETURNING PLAYERS WELCOME!

PLAY FOR KICKS



Superkick is next level fun for 7 to 12 year olds who are new to footy, or want to continue to grow their skill levels.

BENDIGO ALL GIRLS

SUPERKICK CENTRE

MONDAY'S STARTING 26TH FEB

4 WEEKS

4:30PM - 5:30PM

SHADFORTH PARK, NORTH BENDIGO





GIANT *Tennis*

COACHING PROGRAMS

HOT SHOTS 3-12YRS
JUNIORS & ADULTS
GROUPS & PRIVATE LESSONS
HOLIDAY PROGRAMS
CARDIO TENNIS
SQUADS
MATCH PLAY



BENDIGO • MAIDEN GULLY • MARONG • SOUTH BENDIGO

PLAY PARK

5 YRS & UNDER
10-11AM SUNDAY'S
STARTING 18 FEB
REGISTER ONLINE:

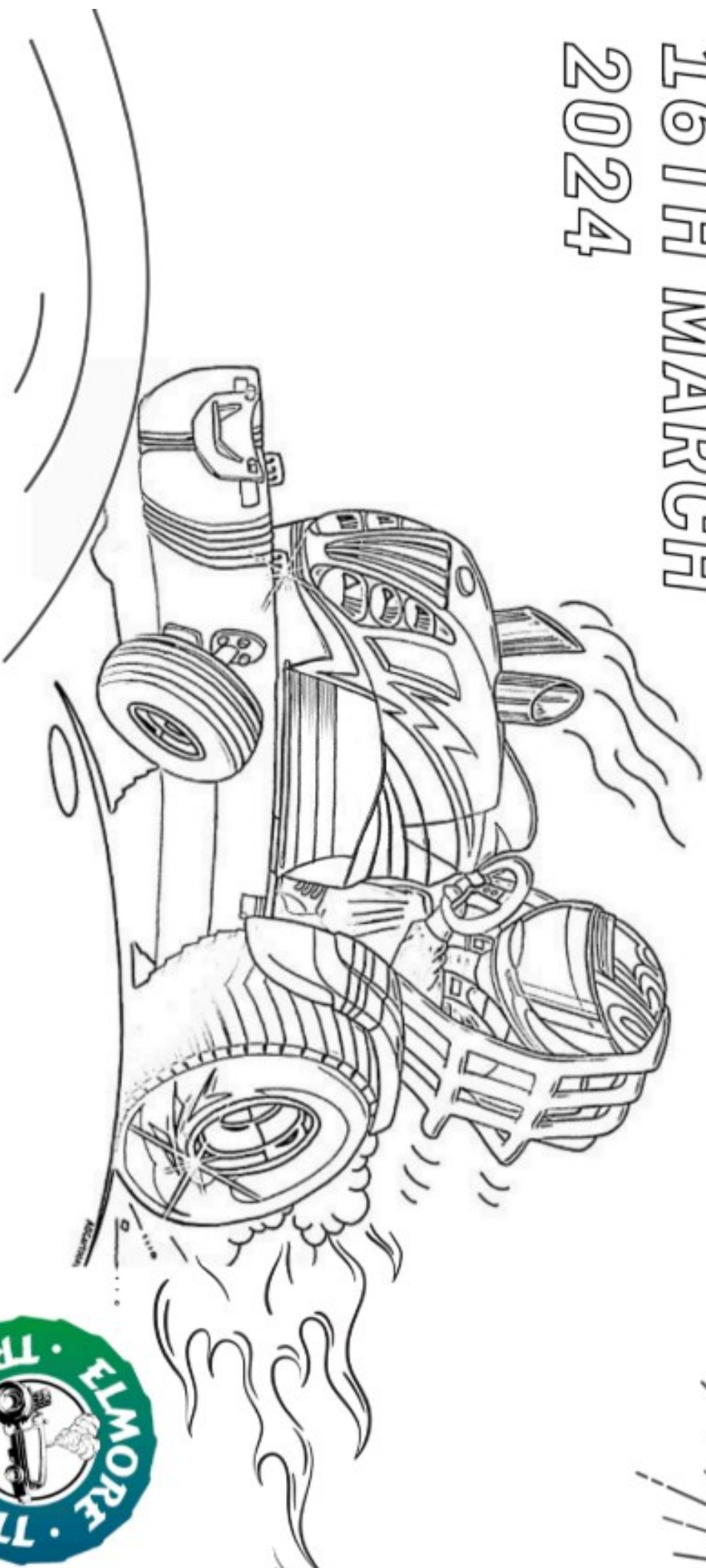


gianttennis.com.au  

ELMORE TRACTOR PULL

16TH MARCH

2024



PRIZES FOR WINNERS: FAMILY PASSES AND CHILDREN'S PASSES!
ENTRIES CLOSE 8TH MARCH 2024.

Name:

Age:

School:

Phone:

Please post to:

Elmore Events Centre

PO Box 27, Elmore VIC 3558

Or scan to:

info@elmorefielddays.com.au



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