

# Marong Primary School Newsletter

Volume 28 Issue 8, 24th March, 2023

	<b>MARCH</b>		<b>APRIL</b>
24th	Marong Cross Country event	6th	Last day of Term 1- 2:30 dismissal
24th	Working Bee- 4PM	17th-21st	Vacation care
31st	LCDSSA Cross Country and Junior fun day	24th	<b>Term 2 Commences</b>
		25th	ANZAC Day Holiday

***RESPECT***

***RESPONSIBILITY***

***HONESTY***

## **From the Principal**

Dear Parents and Care Givers,

### **Snake Safety Presentation**

This term we have had 3 or 4 sightings of snakes in or around the school. In fact, just yesterday afternoon a snake was seen near the basketball court. The sighting took place just as the OSHC students were moving towards the afternoon program. The OSHC staff quickly moved the students to a safe space and notified the office and a snake catcher called. However the snake had also made a hasty retreat and was no longer locatable. In light of this sighting we will be doing checks of the area prior to allowing students to play in that space. Whilst we are approaching the cooler months of the year, occasional hot periods such as on Tuesday afternoon increase the likelihood that snakes may be moving around. Snake sightings at the school are relatively rare, we may hear of one or sight one every couple of years. However the spring conditions seem to have increased the number of reptiles within our area this year and we are seeing more than normal. Consequently I have arranged for a reptile handler to provide a presentation to our staff and students about Snake Safety. This presentation is to take place as part of our Monday morning assembly on Monday March 27th. Having an awareness about snakes and knowledge about their behaviour is important, the planned presentation will be a great opportunity for our students to learn more about them and more importantly how to be safe during snake season.

### **School Council**

The Annual General Meeting of school council will take place on Wednesday March 29th commencing at 7pm. At this meeting our annual report will be tabled and office bearers for 202 elected. This meeting will be immediately followed by a general meeting of council commencing at 7:30pm.

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

### **End of Term One**

Parents and care givers are advised that students will be dismissed at 2:30pm on Thursday April 6th. The term one vacation commences on Friday April 7th ( Good Friday). School will resume on Monday April 24th. Please note that Tuesday April 25th will be a public holiday due to the observation of Anzac Day.

### **Uniforms**

We have recently received a new supply of Polar Fleece full zip jackets. We are waiting on delivery of polo tops and hopefully will have these in stock in the very near future.

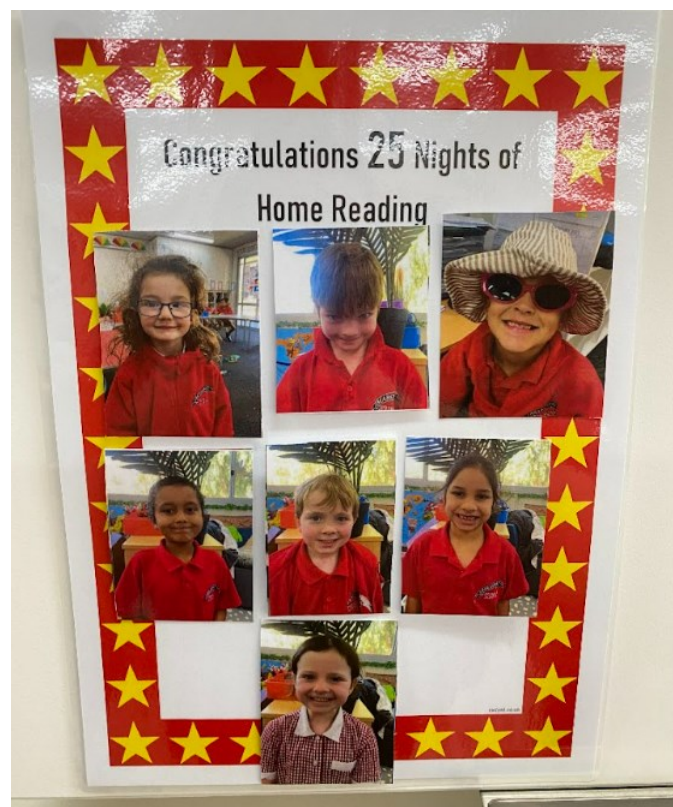
### **Pat On The Back**

I regularly receive great feedback re the staff at our school. All of the staff at Marong P are dedicated to the school and committed to doing their best regardless of what their role is. This week I want to acknowledge a particular section of our staff workforce- The teacher aides! We are very fortunate to have a wonderful group of teacher aides spread across the school, supporting students and teachers. Whilst the work that they do can at times be challenging it is also highly rewarding particularly, when the students that they work with, show ongoing improvement in their learning growth. Last year Andrea Hilbrick, a visiting education consultant, commented that our teacher aides were highly capable and she actually thought they were teachers. Hence an overdue, big Pat on the Back is extended to our aides. Thank you for all that you do!

## Grade Prep/1

We are racing towards the end of the year in prep/ones and cannot believe that we have almost finished a term. We are delighted to have seen that this week our students have been overall very settled and able to complete a lot more work. We have welcomed Marg this week to support our grade preps in their literacy development. It has been sensational to see her building relationships with students and giving them some extra time to learn their letters and sounds. If any parents with a working with children's check are interested in coming into the school to do some reading with the students, please see Moyra O'Donoghue to discuss details. We loved celebrating our house teams this week at cross country and loved cheering on our friends!

Miss O'Donoghue, Miss Maddern, Mrs Cook and Jess





## Grade 2/3!

A big week of multiplication strategies saw many achievements throughout the grade 2/3s, choosing strategies that suited them and answering single, double and triple digit equations. In writing we looked at high modality words such as 'must, definitely, certain' that strengthen our arguments and sounds impressive when read aloud. In reading we looked at synthesising where we combine prior knowledge with new knowledge to create new ideas and thoughts about our text. Amongst all the learning we have been training for cross country this Friday as well as celebrating Harmony Day.





## Grade 4/5/6!

The grade 4/5/6's have had a great week and we are almost coming to the end of first term already!

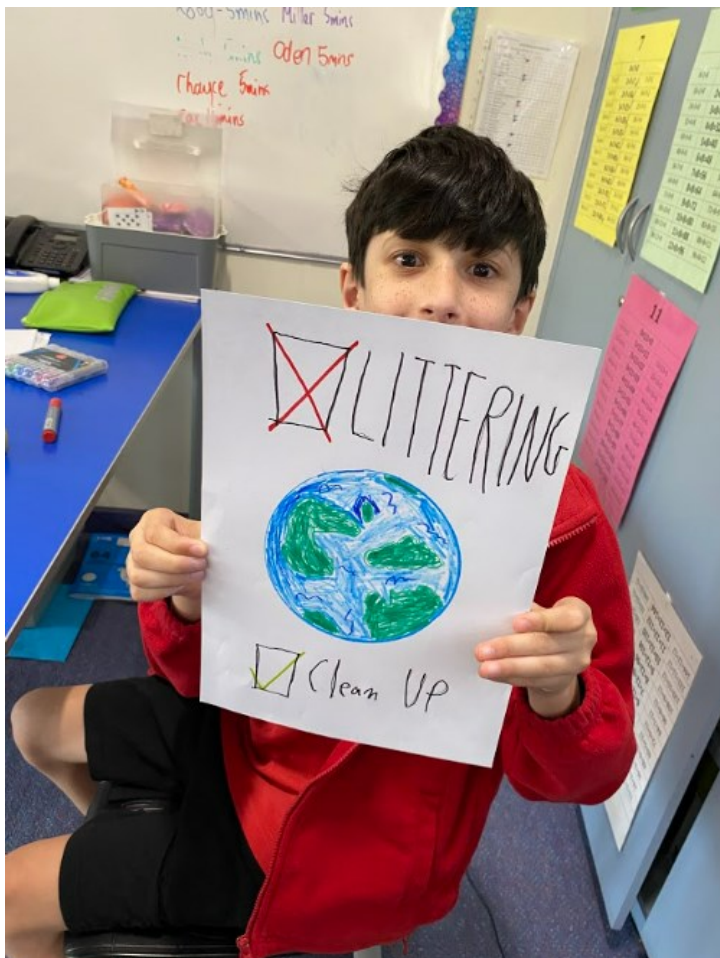
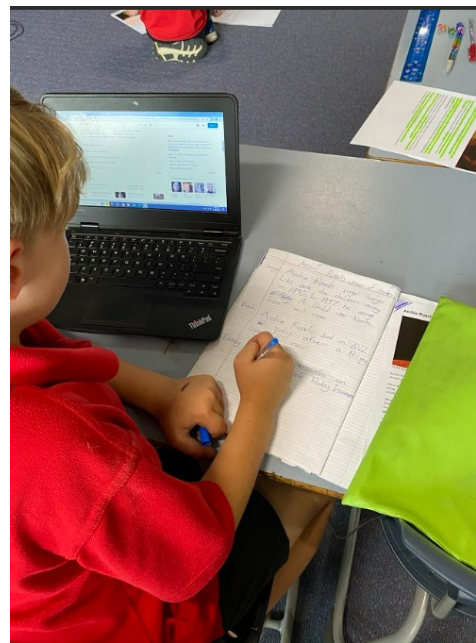
This week for Reading, we have been focusing on comparing and analysing two texts and using Venn diagrams to look at similarities and differences between the texts. While also focusing on modality words and emotive language.

For Writing and Integrated we have begun preparing for information reports. This has seen us looking for and recording notes on previous Prime Ministers of Australia.

Numeracy has begun looking at patterns and continuing number sequences. We have also begun collecting data and representing that using different graphs and charts.

We hope you all have a great weekend, go lions!

4/5/6 team.





## Outside School Hours Care



## Wellbeing



This week's article continues with the theme of developing healthy and resilience children and can be found at <https://www.psycom.net/build-resilience-children>

### **Resilience in Children: Strategies to Strengthen Your Kids**

All children are capable of working through challenges and coping with stress. Resilience is the ability to bounce back from stress, adversity, failure, challenges, or even trauma. It's not something that kids either have or don't have; it's a skill that kids develop as they grow.

Resilient kids are more likely to take healthy risks because they don't fear falling short of expectations. They are curious, brave, and trusting of their instincts. They know their limits and they push themselves to step outside of their comfort zones. This helps them reach for their long-term goals and it helps them solve problems independently.

### Stress and Resilience

All kids encounter stress of varying degrees as they grow. Despite their best efforts, parents can't protect kids from obstacles. Kids get sick, move to new neighbourhoods, encounter bullies and cyberbullies, take tests, cope with grief, lose friends, and deal with divorce, to name a few. These obstacles might seem small in the eyes of an adult, but they feel large and all-consuming to kids.

Resilience helps kids navigate these stressful situations. When kids have the skills and the confidence to confront and work through their problems, they learn that they have what it takes to confront difficult issues. The more they bounce back on their own, the more they internalize the message that they are strong and capable.

### Strategies to Build Resilience

Parents can help kids build resilience and confront uncertainty by teaching them to solve problems independently. While the gut reaction of the parent might be to jump in and help so that the child avoids dealing with discomfort, this actually weakens resilience. Kids need to experience discomfort so that they can learn to work through it and develop their own problem-solving skills. Without this skill-set in place, kids will experience anxiety and shut down in the face of adversity.

### Build a Strong Emotional Connection

Spend one-on-one time with your kids: Kids develop coping skills within the context of caring relationships, so it's important to spend one-on-one time with them. This means you need to put down the smart phone and focus on your child. When kids know they have the unconditional support of a parent, family member, or even a teacher, they feel empowered to seek guidance and make attempts to work through difficult situations. Positive connections allow adults to model coping and problem-solving skills to children.

### Promote Healthy Risk-Taking

In a world where playgrounds are made "safe" with bouncy floor materials and helicopter parenting, it's important to encourage kids to take healthy risks. What's a healthy risk? Something that pushes a child to go outside of their comfort zone, but results in very little harm if they are unsuccessful. Examples include trying a new sport, participating in the school play, or striking up a conversation with a shy peer. When kids avoid risk, they internalize the message that they aren't strong enough to handle challenges. When kids embrace risks, they learn to push themselves.

### Resist the Urge to Fix It and Ask Questions Instead

When kids come to parents to solve their problems, the natural response is to lecture or explain. A better strategy is to ask questions. By bouncing the problem back to the child with questions, the parent helps the child think through the issue and come up with solutions.

### Teach Problem-Solving Skills

The goal is not to promote rugged self-reliance. We all need help sometimes, and it's important for kids to know they have help. By brainstorming solutions with kids, parents engage in the process of solving problems. Encourage kids to come up with a list of ideas and weigh the pros and cons of each one.

### Label Emotions

When stress kicks in, emotions run hot. Teach your kids that all feelings are important and that labelling their feelings can help them make sense of what they're experiencing. Tell them it's okay to feel anxious, sad, jealous, etc. and reassure them that bad feelings usually pass.

### Demonstrate Coping Skills

Deep breathing exercises help kids relax and calm themselves when they experience stress or frustration. This enables them to remain calm and process the situation clearly.

### Embrace Mistakes—Theirs and Yours

Failure avoiders lack resilience. In fact, failure avoiders tend to be highly anxious kids. When parents focus on end results, kids get caught up in the pass/fail cycle. They either succeed or they don't. This causes risk avoidance. Embracing mistakes (your own included) helps promote a growth mindset and gives kids the message that mistakes help them learn. It can be helpful to talk about a mistake you made and how you recovered from it.



### Promote the Bright Side—Every Experience Has One

Optimism and resiliency go hand in hand. Some kids may appear more naturally optimistic than others, but optimism can be nurtured. If you have a mini pessimist on your hands, acknowledge the feelings that lead to pessimistic thinking and teach your child to reframe his thoughts to find the positive.

### Model Resiliency

The best way to teach resilience is to model it. We all encounter stressful situations. Use coping and calming strategies. Deep breathing can be an effective way to work through stress. Always label your emotions and talk through your problem-solving process.

### Go Outside

Exercise helps strengthen the brain and make it more resilient to stress and adversity. While team sports are the most popular method of consistent exercise for kids, all kids really need is time spent outdoors engaging in a physical activity. If team sports don't appeal to your child, encourage them or introduce them to bicycling, playing tag, or even just swinging at the playground. These are all great ways for kids to engage in free play that also builds resilience.

**Resilience helps kids navigate the obstacles they encounter as they grow. It's not possible to avoid stress, but being resilient is one of the best ways to cope with it.**

Please don't hesitate to contact myself and/or Ms White if you would like to further information on support services available to either yourself, your family or child/ren.

Marc Cowan

Chaplain & Student Wellbeing Officer



#### **Prep/One Maddern**

Layla C- Layla has demonstrated fantastic leadership skills this week. Layla has been a very kind and caring friend and she has been a great role model for all the preps. Keep up the amazing work Layla, we are very proud of you!

#### **Prep/One O**

Taj S- Taj has been working hard this week to show off his best efforts. He is doubling up and doing heaps of work at home as well as in the classroom. Very proud of his progress!

#### **Prep/One Cook & Jess**

Harper T- Harper has had a wonderful week! In writing this week she has further developed her understanding of a sentence and is confident where to position the capital letter and full stop. Harper is showing this knowledge when writing independently which is fantastic to see. This week, Harper has also been a lovely friend and helped other classmates when she sees that they are upset. Keep up the fantastic work Harper, you are a SUPERSTAR!!!

#### **2/3 Fry**

Evelyn S- Evelyn has been a superstar this week! She begins each day with a smile and loves to have fun during the school day. I have been impressed with her ability to push through boundaries, particularly with her persuasive writing. Evelyn loves to understand the 'why' with her learning and always asks great questions. Keep up the great work Evelyn!

#### **2/3 Stacey**

Jax S- Jax has been really responsible for his learning, remaining on task, ignoring distractions and making the right choices when returning to the classroom. His enthusiasm towards his maths and taking on extensions and challenges has been a pleasure to watch. Well done Jax.

#### **2/3 Maher**

Heidi C- Congratulations on a fantastic week Heidi. Heidi has been working particularly hard on her multiplication this week, challenging herself to take on more difficult problems. She has also been a great helper and leader. Keep it up Heidi!

#### **4/5/6 Johnstone**

Millah M- Millah has had another great week and she continues to display our school values in class. She works well in groups with others and always gives 100% effort to every task. Awesome work Millah!

#### **4/5/6 Riordan**


Aurora O- For demonstrating all of our school and classroom values this week. Aurora is a wonderful student to have in the classroom, always working well and putting in the effort to produce some wonderful work. She is kind, helpful and always demonstrates respect. Well done Aurora

#### **4/5/6 Gallagher & Wardell**

Zali B - Zali is beginning to have a very settled and productive time in the classroom. She is demonstrating greater respect for herself and others, as well as putting in a greater effort with all class tasks. We are loving having our 'Zali' back at thriving in the classroom and yard. Well done Zali! Keep up the amazing work!

# THE BREAD BAG PROJECT!

On behalf of the Parents Club, we would like to let families know that the collection boxes for bread bags are ready around the school. The project includes collecting empty bread or wrap bags only. We don't want mice to enjoy crusts or bits of bread! No other soft plastic wrappers/bags are permitted. The more bags we collect, the more points we collect to purchase sports equipment. Oh and don't forget we are looking after the environment! The project finishes 7th of July. Get Collecting!



**RECYCLE,  
EARN  
& PLAY**

**Our school\* is taking part in the  
Wonder Recycling Rewards campaign this term.**

Help us collect bread bags so we can earn points to redeem on new RHSports equipment.

It's simple! All you need to do is keep your empty bread bags and send them to school\* with your kids! We will then place them in Wonder's pink collection box and post them off to be recycled. The more we collect the more points our school\* earns!

**Collections close 7th July.**

**Tip for collecting:**  
Use one empty bread bag to collect a bunch of other bags.

**Did you know?**  
Last year, schools collected over **10 tonnes of soft plastic**, that's the weight of an elephant!

**LET'S GET COLLECTING!**

\* Includes early learning centres and pre-schools.

Tag [@wonder.australia](#) [#wonderrecyclingrewards](#) to share all your recycling champion stories!

**Wonder**  
Full of Goodness





## SPARE HAT POLICY

The school has set up a spare hat system at the office. This service is for students who have forgotten their hat for the day or misplaced it temporarily. A child who borrows one, returns it at the end of play.

However, we are finding students are regularly coming to the office to borrow a spare hat.

If your child has genuinely lost their hat and have tried looking for it at home, lost property or classroom, we highly suggest that you purchase another hat. Borrowing a hat every day isn't what the service was set up for.

This message isn't applicable to all families, but we thought it would be helpful to inform our school community about this service and make sure it is used appropriately.

Further to add, you can purchase a hat at the office or through the QKR app.

Thank you for your cooperation.

MARONG FOOTBALL NETBALL CLUB

**McLardyMcShane**

INSURANCE BROKERS

IN PARTNERSHIP WITH THE MARONG COMMUNITY ACTION GROUP

# EASTER FAIR

THURSDAY 6th APRIL  
MALONE PARK 3-7PM

McLARDY McSHANE  
EASTER EGG HUNTS

LIONS CLUB BBQ

LIVE MUSIC BY  
MARONG JAZZ BAND

FACE PAINTING

JUMPING CASTLE

BUCKING BULL

LONGEST KICK

HAND CRAFTS

PETTING ZOO



EGG HUNT TICKETS \$10, SCAN QR CODE FOR TIMES & AGE GROUPS



**Zooper Doopers \$1**

**Wednesday Recess**

**Money to be handed to child's teacher  
on Wednesday morning**



A decorative border of various colorful Easter eggs with different patterns like zig-zags, polka dots, and stripes, surrounding the central text area.

## EASTER EGG RAFFLE

**It's that time of year again!  
Calling all families to please donate an egg, bunny, craft  
or anything Easter themed.**

**Items can be dropped into the plastic tub at the office  
from Tuesday the 14th of March till Monday the 3rd of  
April.**

**All items will go towards our Easter Raffle.  
Tickets will be sent home next week.  
Raffle will be drawn on the last day of term.  
Thankyou for your continued support!**





This year Marong Primary will be doing the Recycle, Earn and Play with Wonder White to earn us some sports equipment.

This starts in Term 2 when we will have a special box available to drop off bread bags too.

But we are letting people know early so that everyone can start collecting those bread bags now and get a head start!!!

They can be any brand! They don't have to be Wonder White bread bags, they just have to be bread bags. If it contained bread of any kind, then please start collecting them for the school!!!

They don't need to be washed, just shake the crumbs out. Don't include the bread tags.

More information will be given at the beginning of Term 2!!!



# COME & TRY

## FOOTY 4 FUN



Experience Australia's most loved sport through AFL Victoria's FREE Footy 4 Fun events delivered across Victoria! A footy experience full of fun activities, modified games & memorable moments to take home with you!

*Footy 4 Fun 'Come & Try' is an opportunity for kids aged 5-12 years to experience an introduction to the basics of football in through fun activities.*

### WHERE:

MAIDEN GULLY OVAL,  
BECKHAMS ROAD

### WHEN:

TUESDAY 4TH APRIL  
4:15PM - 5:15PM



**REGISTER HERE!**





# JOIN THE FUN!

## Marong Auskick Centre

### Malone Park

### Sunday's 10:00am starting April 30th

Belinda Atkinson - 0407 698 762

[bel.atkinson@yahoo.com.au](mailto:bel.atkinson@yahoo.com.au)

Scan the QR Code to register!







NAB AFL Auskick is one of the best, first experiences kids aged 5-12 will have learning Australian Football.

In weekly sessions, Auskickers and their families will run, jump, kick, laugh and create their own special moments playing footy.

No matter their skill level, ability or knowledge of the game, Auskick is for everyone!

## Registration is this simple!

1



Visit  
[play.afl](http://play.afl)

2



Select  
'Where to play'

3



Enter your  
suburb

4



Find your local  
club and register!

[play.afl/auskick](http://play.afl/auskick)