

# Marong Primary School Newsletter

Volume 27 Issue 33, 27th October, 2022

	November		November Cont'd
Tues 1st	Melbourne Cup Hat Parade	Tues 22nd & 29th	2023 Foundation Transition (Core Sessions) (6th & 13th December)
Wed 2nd, 9th & 16th	2023 Foundation Transition (Extra Sessions)	23-25th	Grade 3/4 Camp – Camp Kookaburra, Corop
Fri 11th	Report Writing		
Tues 15th-Fri 18th	Grade 5/6 Camp – Halls Gap		
Thurs 17th & Fri 18th	Grade Two Camp – Pioneer Settlement		

**RESPECT RESPONSIBILITY HONESTY**

## From the Principal

Dear Parents/Caregivers,

### Report Writing Day

Parents and carers are advised that subject to school council approval, the school will be closed on Friday November 11<sup>th</sup>. This day has been set aside for our annual report writing day. Term four is always very busy, hence this date has been chosen to avoid clashing with a range of events scheduled later this term, such as school camps and excursions, the colour run, orientation programs and transition programs, concert practice and concert performances. Our Outside School Hours Care program will be available on this day, November the 11<sup>th</sup> for families who need child care. Bookings will be essential.

### Covered Outdoor Learning Area (COLA)

Today students were given access to the new COLA. This covered area has an asphalt base and netball/basketball rings have been installed for student use. Line marking of the court area will take place in November once the asphalt has had time to settle and cure. A footpath will be completed hopefully tomorrow linking the entrance from the gateway near the OSHC building with the hard court area.

### School Council

A meeting of the Marong Primary School Council will take place in the staff room on Wednesday, November 2<sup>nd</sup> commencing at 7pm.

### School Camps

Parents of students in Grades 3-6 are advised of the following: **Permission forms for students to attend these camps need to be returned to the school by the 4pm on the following dates:**

Grades 5/6 Camp Forms due Wed Nov 2<sup>nd</sup>

Grades 3/4 Camp Forms due Wed Nov 9<sup>th</sup>

## From the Principal Cont'd...

### School Camps

Whilst there is no charge for these camps we need to advise the Camp venues in advance, of the number of students attending so that they can organise transport, catering and confirm activity schedules. In addition I need to assign staff to the camp based on the number of students attending. If you have any questions re these camps please contact Mr Jeffrey.

Grade 5/6	Halls Gap	15-18th Nov	Nil Cost
Grade 3/4	Camp Kooka-burra	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 fundraising program.



## Grade Prep

This week we have LOVED watching our bean seeds grow roots, then shoots and now some of our plants are 7cm tall. The excitement over this topic has been so lovely to see! In Writing, this week we created an information poster about seeds. The students have really enjoyed learning all about the life cycle of a seed and loved showing off their knowledge on these posters. In Mathematics, we have revised subtraction and enjoyed using number lines, unifix, pictures and games such as 'ready set go snap' to gain a better understanding of this topic. A short week, but another great week. We hope you all have a fantastic weekend.

Mrs Cook, Jess & Kate





## Grades One/Two

This short week the grade 1/2s have been focusing on money, looking at its value, how its used and calculating totals and given change. In writing, students have been learning about food chains and researching their animal's diet and adding annotated diagrams to their final project. In reading we have been doing a lot of partner reading and monitoring each others accuracy. For Respectful Relationships we completed a lesson to recognise 'A Day for Daniel' (Daniel Morcombe Foundation) that raises awareness of child safety. Hope to see some amazing hats for Melbourne Cup Day next week!

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



## Grades Three/Four

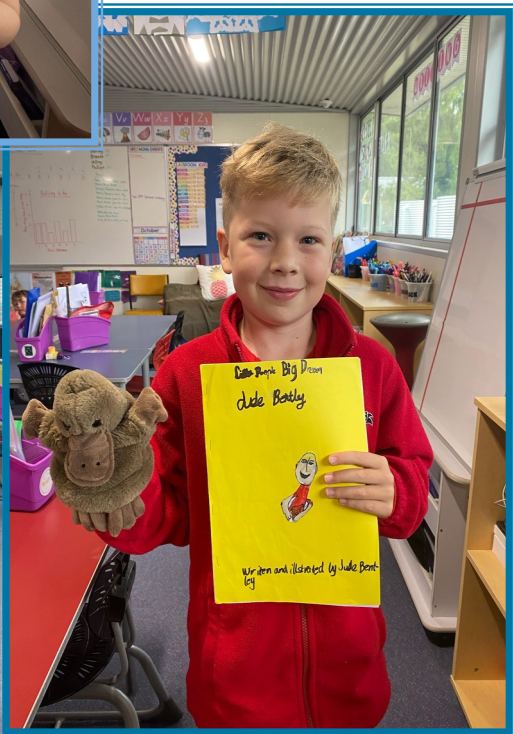
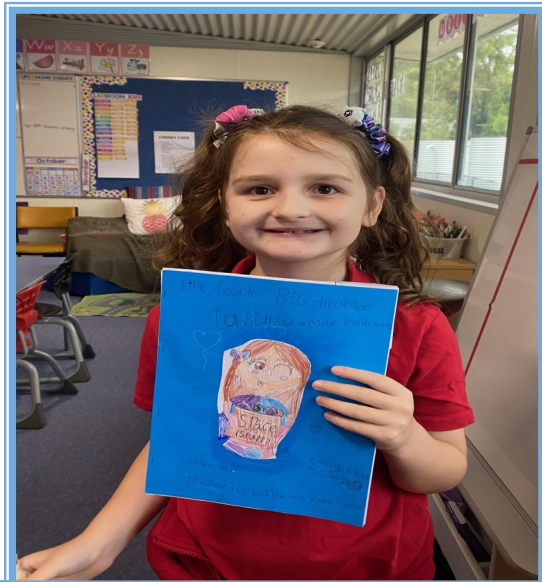
It's been a short but sweet week this week! Despite one less day, the grade 3/4's have been working as hard as always.

Our literacy studies saw us finish up with our autobiographies and present our final books for the class to read. It was great to learn new facts about one another and celebrate our differences. We have also explored how authors engage their readers by exploring a few techniques such as imagery, humour and relatability.

In maths this week we have been learning about decimals. We have explored different real-life examples of decimals and practised using our place value knowledge, extending up to tenths and hundredths.

Our passion projects are in full swing with students working hard on their research and presentations. This week saw students completing tasks such as comic strips, 3D models, songs and poems. We can't wait to see how they turn out!

Mr Johnstone, Mrs Maher, Chelsie, Fraser and Rose





## Grades Five/Six

The 5/6's have pushed through this shortened week and completed some great work pieces.

In reading they have been focusing on figurative language and imagery in their reading.

In writing students have focused on adding detail to their sentence structure. Students can identify independent and subordinate clauses and conjunctions and have been utilising them to make more detailed sentences.

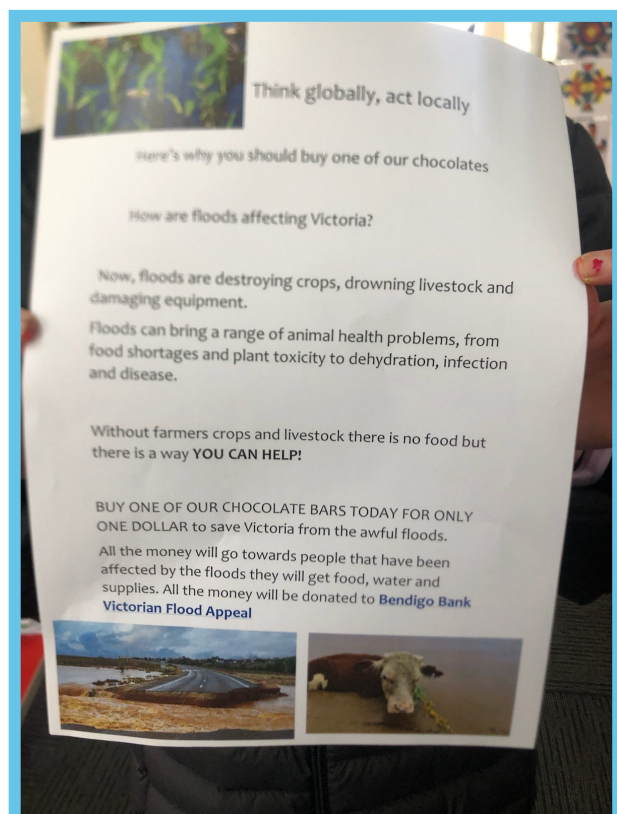
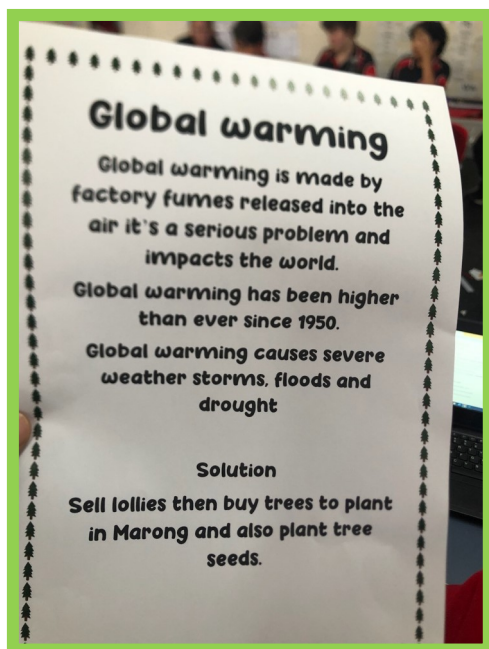
In math students have been expanding their knowledge of time. With a focus on 12 and 24-hour time, as well as elapsed time early in the week. Students are now planning a vacation where they visit major landmarks up the east coast of Australia and must travel by public transport to get there.

Mrs Whatley is continuing to drop in once a week to help the children with their concert. We have been busily rehearsing and trying to memorise some tricky songs and dance moves. A big kudos to the dedication from certain students practising at home (Zali, Kodi and Sharnie ☐)

A reminder for students to return their camp notes and grade six top notes ASAP.

Thanks for a great week everyone!

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

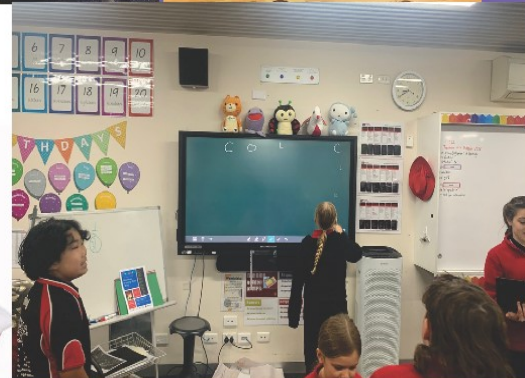
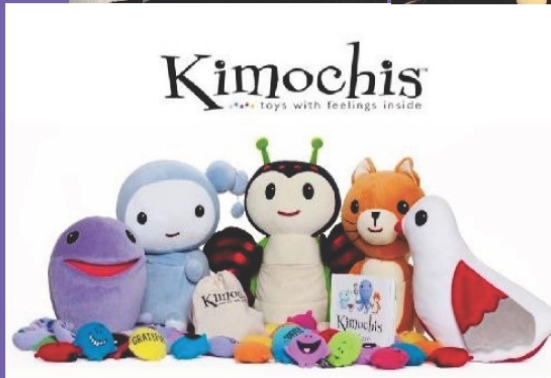


## Outside School Hours Care





# Kimochis IS HERE!



MARONG PRIMARY SCHOOL IS EXCITED TO ANNOUNCE OUR NEW SOCIAL AND EMOTIONAL LITERACY PROGRAM FOR ALL STUDENTS. KIMOCHIS (JAPANESE WORD FOR FEELINGS) WILL HELP PROVIDE TOOLS AND STRATEGIES TO MANAGE THEIR FEELINGS, MANAGE DIFFERENT PERSONALITIES AND COMMUNICATE EFFECTIVELY. MORE INFORMATION TO COME.



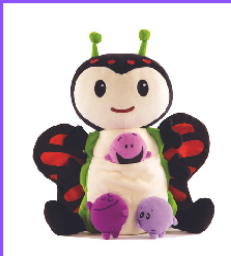
# Meet our Kimochis Characters:



HI! I'M CLOUD.

COMMUNICATION TOOL FOR:

- Unpredictable moods.
- Regulating tone of voice, body language, words, and actions



HI! I'M BUG.

COMMUNICATION TOOL FOR:

- Fear of change
- Positive social and academic risks
- Positive self-talk



HI! I'M HUGGTOPUS.

COMMUNICATION TOOL FOR:

- Setting appropriate boundaries
- Self-regulating internal and external distractions
- Having more patience and tolerance



HI! I'M CAT.

COMMUNICATION TOOL FOR:

- Apologising and forgiving
- Making safe, wise, kind choices
- Managing cranky feelings



HI! I'M LOVEY DOVE.

COMMUNICATION TOOL FOR:

- Sharing pride without bragging
- Celebrating others' accomplishments
- Overcoming discouragement
- Moving through worried feelings

## Chinese

### Chinese Participation Week – Onsite Speaking and Singing Competition at Bendigo

Last Saturday, our confident and capable students Missy, Darcie and Seb represented our school to participate in a Chinese Participation Week – Onsite Speaking and Singing Competition at Bendigo. All participants have finished their songs or speech with super high quality and brilliant performance. We love the way they showed their confidence and showcased their talent in different ways. We would love to say congratulations to Missy and Darcie for claiming two first prizes in both the singing competition and the speaking competition in their age groups. Their singing performance was excellent beyond compare, which amused all the judges and the audiences.

We would also love to say thank you to their parents for their hard work behind the scenes and the continual tremendous support in their child's Chinese language learning and intercultural study.

Below are the pictures showing how engaging the students were in the competition and other Chinese cultural activities.





## Wellbeing



In this week's newsletter we continue our series of articles focusing on helping children learn to self-regulate their emotions.

As previously mentioned, 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.

### **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 2: Understanding and Managing Emotions: Why It's Important**

Understanding and managing emotions is important for development and wellbeing during childhood and adolescence.

Children and teenagers who can understand and manage their emotions are more likely to:

- express emotions by speaking calmly or in appropriate ways
- bounce back after feeling strong emotions like disappointment, frustration or excitement
- control impulses
- behave appropriately – that is, in ways that don't hurt other people, things or themselves.

And this is good for children because it helps them learn, make friends, become independent and more.

Your child's ability to understand and manage emotions develops over time. When your child is young, they'll need help with understanding emotions. This mostly involves **recognising and naming** emotions and lays the groundwork for managing emotions as your child gets older.

As your child grows, they'll learn more strategies to manage their emotions without your help.

Understanding and managing emotions is also called **emotional regulation**. It's an important part of your child's self-regulation.

## **Wellbeing Cont'd...**

### **Children under 3 years: developing language for emotions**

Children experience emotions before they can use words to describe those emotions. Children also understand language before they can use it themselves. So you can **help your child understand what they're feeling** by helping them develop 'emotional language'.

It might feel strange to talk to your child about feelings while they're still developing language skills. Here are some ideas to help:

- ♦ When you see your child showing a particular emotion, label it for them and talk about it. For example, 'You have a big smile on your face. You must be happy to see me', or 'You're crying. You're frustrated because you can't play with the fish'.
- ♦ Label the emotions your child sees in you and other people. For example, 'Auntie's sad because she misses Grandpa'.
- ♦ Help your child explore emotions through play. Play ideas to develop young children's emotions include puppet play, singing, reading and messy play.

Big emotions like frustration, anger and embarrassment can be overwhelming for very young children. When these emotions happen, time-in can help children calm down and cope.

You can also start helping your child learn **simple strategies to manage their emotions**. For example:

- \* Teach your child ways to calm down from strong emotions like counting to 10 or taking five deep breaths.
- \* Suggest ways to react to strong emotions – for example, clap your hands when you're excited, ask for a hug when you're sad, or squeeze your cushion really hard when you're angry.

It can be hard for your child to use strategies like these when they're very upset. They might shout, hit things or behave in other inappropriate ways instead. So you might need to help your child calm down. When they're calm, you can help them understand that strong emotions are OK, but bad behaviour isn't.

### **Pre-teens and teenagers: strengthening emotional skills**

Pre-teens and teenagers often feel strong and sometimes overwhelming emotions like shame and humiliation. They might know the words for these emotions but still have trouble recognising them when they're upset. Also, because of teenage brain development, teenagers don't always have the skills to express and manage emotions in an adult way.

That's why pre-teens and teenagers still need help with understanding and managing emotions. With practice, your child will be able to manage their emotions without you.

Here are some ideas to strengthen your child's ability to understand and manage emotions in the teenage years:

- ⇒ Step in when you can see emotions building up. The sooner your child can spot their emotional changes, the easier it will be for them to stay in control of their behaviour.
- ⇒ Help your child notice early physical signs of strong emotions. For example, 'When I was stuck in traffic yesterday, my heart was racing and I felt really hot. Does that happen to you when you're frustrated?'
- ⇒ Help your child notice early behaviour signs of strong emotions. For example, 'You're starting to hit that keyboard a bit hard. Do you need to stop for a minute and get some fresh air?'



## **Wellbeing Cont'd...**

- ⇒ Talk with your child about what you do when you notice the signs that strong emotions are building up. For example, 'When I start to feel really angry with myself, I focus on something I'm really proud of instead. Would that work for you?'
- ⇒ Work with your child on a list of things they could do when they notice strong emotions building up, like going for a run, listening to loud music on their headphones, or meditating. Try to include plenty of options so your child can choose ones that feel right in different situations.

Remember that talking with teenagers about emotions won't be as effective when they're struggling with the strong emotion. You need to **step in early or wait** until the emotion has passed.

Our five steps to calming down for teenagers can help your teenage child with managing emotions. When you work through this strategy with your child, you send the message that strong emotions are OK and that you understand what your child is going through.

### **Signs your child might need help to manage their emotions**

All children need help and support to manage strong emotions sometimes, especially younger children or children dealing with extra challenges like a death in the family or other traumatic event.

Children might need help to manage strong emotions if they:

- feel upset or miserable about how overwhelming their emotions are
- feel very strong emotions that are out of proportion to the problem or situation
- still feel strong emotions for a long time after whatever sparked the emotions
- often go from being calm to feeling an intense emotion like anger very quickly
- express emotions inappropriately – for example, laughing in response to bad news
- go very quiet, hide or push people away when they're overwhelmed.

Also, pre-teen and teenage children might need help if they:

- seem to make poor decisions because they feel strong emotions like frustration
- find it hard to relax enough to enjoy their hobbies or be with family and friends.



**Prep - Conner W**

Conner is an incredible leader in our class. Conner consistently shows all three school values every day. Conner is a wonderful listener, contributor to class discussions and an extremely hard worker. Keep up the super effort Conner!

**Grade One/Two Stacey - Rheef S**

Rheef has really enjoyed researching and creating his animal project on the sugar glider. He is eager to share his new found facts to his friends and has been super responsible for his behaviour but also his friends. He has been seen a few times this week helping them make the right choices when there has been arguing and not getting along. Great leadership potential Rheef!

**Grade One/Two Whatley/White - James W**

James displays great initiative and responsibility. James has been showing us through his work and day to day routine, that he is ready for grade three and we are impressed! Keep it up! It's awesome!

**Grade One/Two O'D - Joseph L**

Joseph is on fire with his reading. This legend has been working so hard and impressing all of his class and Miss Patching with his progress. I cannot believe that Joseph has moved up FIVE levels in his reading and am blown away with his willingness for challenge. Joseph, I am so proud of you!

**Grade Three/Four M - Abbigail D**

Congratulations on a fantastic week Abbi! Abbi has been working really hard this week, taking on feedback and working to improve herself. She is not afraid to ask for help when she is unsure and has been trying really hard to add description into her writing. Keep up the great work Abbi!

**Grade Three/Four J - Maddy L**

Maddy is a well deserving recipient of our student of the week award. Maddy has made enormous leaps and bounds this semester, she has worked extremely hard on her reading and writing and it's been fantastic to see. This week, Maddy wrote a narrative which has completely blown me away. Keep up the great work Madds!

**Grade Five/Six R - Kassidy N**

Kassidy has modelled 'Respect' and 'Responsibility' in the classroom again this week. Kassidy has been producing some great work in the classroom, always putting in her best to get the most out of her learning. She is growing in confidence and I am enjoying seeing this in her learning. Well done Kassidy.

**Grade Five/Six G/W - Charlotte R**

Charlotte is rewarded for the honesty she is exhibiting in the classroom and school yard and the responsibility she is taking to improve her work in all learning areas. Charlotte is continually pushing her work to a high standard and we are pleased with the dedication she applies in the classroom and her high ability program. Well done Charlotte on amazing us every day with your abilities, especially your artistic approach. We hope to see this Charlotte for the remainder of the term!



# COLOUR EXPLOSION SCHOOL RUN 4 FUN

Did you hear the exciting news? Due to persuasive writing from the grade sixes, we are again hosting a Colour Explosion School Run 4 Fun on November 30 @ Malone Park! 🏃‍♂️🎉

Fundraising will open within the next two weeks and more information will follow. Make sure you keep an eye out for your child's sponsorship booklet to get started, and updates on Facebook and in the newsletter.

As we gear up to the big day, we are calling for the following, if anyone can help out, it would be awesome!

- Big round hay bales x 4
- Rectangle hay bales x 30
- Truck/car tyres x 16
- Star pickets (min 1m) x 6
- Blow up slide

The hay bales and tyres would need to be delivered to Malone Park on Wednesday November 30 in the morning (or can be arranged for the night before if needed) and picked up any time after 4pm. Any questions - please reach out!





# 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







## 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/>





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

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

Find out more...  
**gianttennis.com.au**  
Azedale 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

PEOPLE OUTDOORS

## CAMPS FOR PEOPLE LIVING WITH DISABILITY

Adventure for All!



- Overnight Camps
- Weekend Camps
- School Holiday Camps

All meals, activities, transport and accommodation included. Central pick up point.



We are a Registered NDIS Service Provider. NDIS plan not required to attend.



Kids, teens and adults welcome.



Campers supported by professional staff.



30 years experience!

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**Melbourne - 03 9863 6824**  
**Ballarat - 0455 514 879**



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

