

Marong Primary School Newsletter

Volume 27 Issue 34, 3rd November, 2022

	November		November Cont'd
Wed 9th & 16th	2023 Foundation Transition (Extra Sessions)	Tues 22nd & 29th	2023 Foundation Transition (Core Sessions) (6th & 13th December)
Fri 11th	Curriculum Day - Student Free	Wed 23-Fri 25th	Grade 3/4 Camp – Camp Kookaburra, Corop
Tues 15th-Fri 18th	Grade 5/6 Camp – Halls Gap		
Thurs 17th & Fri 18th	Grade Two Camp – Pioneer Settlement (TBC)		

RESPECT RESPONSIBILITY HONESTY

From the Principal

Dear Parents/Caregivers,

Curriculum Day

Following endorsement by the Marong Primary School Council, I wish to confirm that next Friday, November 11th, is a student free day. Staff will be involved in a report writing day. The OSHC program will be offering before school hours care and full day care. Bookings are essential. Please see the OSHC page later in the newsletter for further information.

School Camps

Grade Two Camp

I have been contacted by the Swan Hill Pioneer Museum (camp venue) and they have advised that they are currently impacted by flood waters and anxiously waiting for the Murray River to peak in the coming days. It is likely that our camp to this venue will need to be re-scheduled and if a suitable date is not feasible it will be cancelled. Staff are currently investigating alternatives in case a cancellation occurs. As soon as I have any further information re this camp parents will be updated.

Parents of students in grade 3/4 are advised of the following: **Permission forms for students to attend camp need to be returned to the school by the 4pm on the following date:**

Grades 3/4 Camp Forms due Wed Nov 9th.

From the Principal Cont'd...

School Camp Dates

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

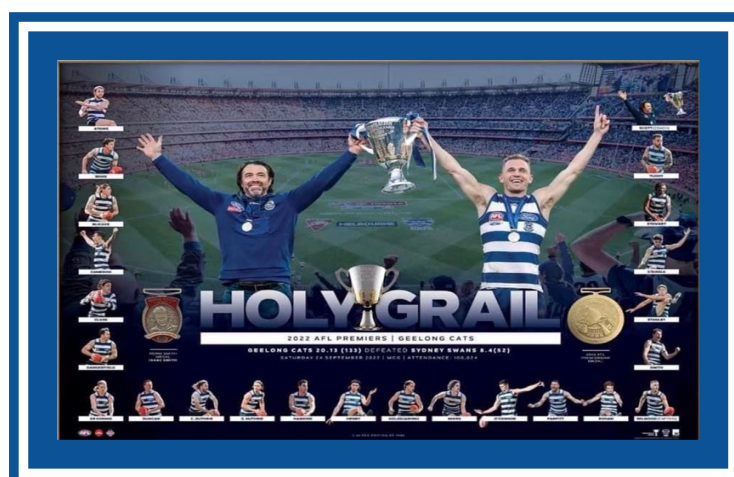
Are you a Geelong Football Club supporter? If you are, you may be interested in purchasing a memento of the Cat's AFL Grand Final victory 2022. Greg Wheelahan, the host of our musical trivia night, is currently offering two items for sale through the school.

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.



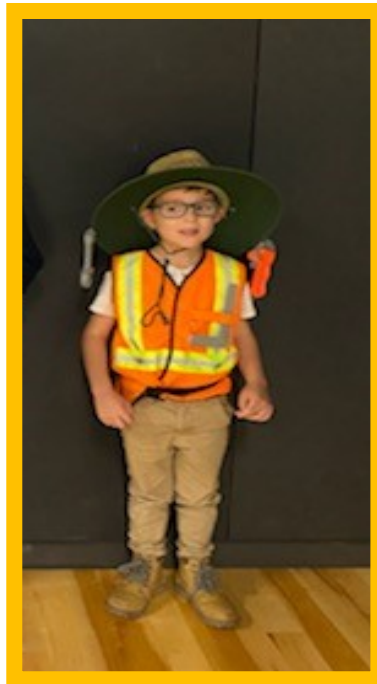
Melbourne Cup Hat Parade



Grade Prep

We have had a wonderful week this week with many exciting things happening. The students loved their first Melbourne Cup hat parade and showed great confidence in getting up on stage to show off their amazing creations. In Mathematics this week we revised subitising and patterns. The Preps loved exploring different activities and games to help further develop their knowledge in these areas. In Writing we began to look at the life cycle of a frog and learnt many new words relating to a frog and the changes it goes through. If there are any families out there who had a dam at their farm we did wonder if you had any tadpoles that you could bring in and maybe we watch the lifecycle with our own eyes. In Smart Spelling our word of the week was 'swan' and the sentences was 'Where can I see a swan? What do they look like?' This sentence has many tricky aspects for us to look at and the students did very well understanding when and how to use a question mark. Thanks for another fantastic week.

Mrs Cook, Jess & Kate



Grades One/Two

Grade 1/2s have been very busy this week researching their animals, looking at diets, habitats and life cycles. Putting together a final presentation for end of year. In numeracy students have been looking at patterns in numbers, shapes and colours including searching for patterns in our school environment. In reading we have been busy working on our comprehension skills summarising key events, characters and problems. At the end of the week we were able to play some fun, team structured games on our new basketball court.

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



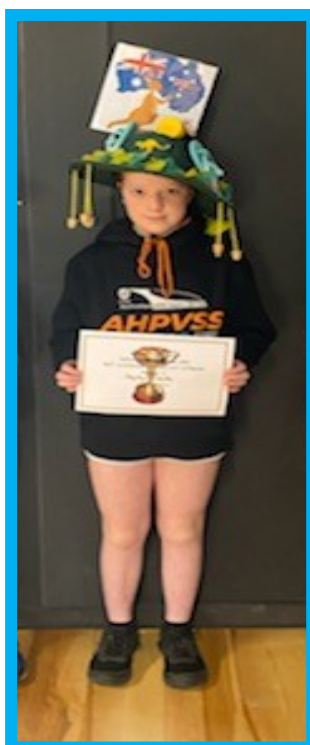
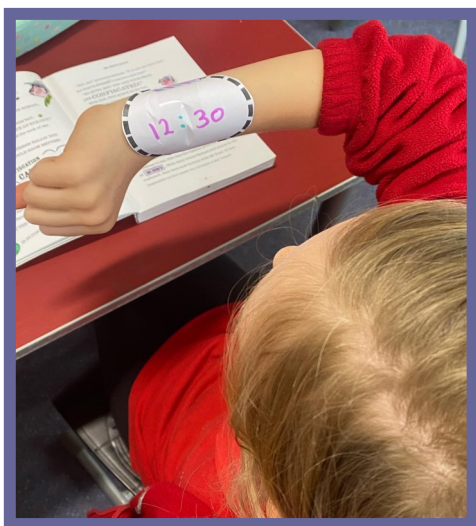
Grades Three/Four

This week started out with a bit of charades. Can you act out someone eating painfully or bowing happily? All this fun helped us with our learning about adverb and their place in our sentences. We have also been working on our dialogue this week. We have learnt about the difference between direct and indirect speech and how to include it in our writing.

On Monday there were some broken watches in our class. Students 'time' was going off at all times of the day. As a revision of time, we wrote some digital times on our 'watches' and watched the analogue clock throughout the day to see when our broken watches had hit the correct time.

Our passion projects are continuing along nicely. This week saw us completing journals, making dioramas, creating radio programs and collecting and classifying images related to our topic. We can't wait to see the finished products.

Mr Johnstone, Mrs Maher, Chelsie, Fraser and Rose



Grades Five/Six

This week the grade 5/6 students have been very busy. They have continued working on their writing structure by focusing on building better paragraphs. In reading, students have worked on continuing to understand figurative language. In maths, students have worked hard completing various testing and for integrated they have worked on their passion project, aiming to make a positive impact on our community.

Grade 5/6 Camp - Halls Gap

Tuesday 15th - Friday 18th November

With our school camp not too far away, we are asking that any students who are attending camp who have particular dietary requirements (eg gluten intolerance, vegetarian, allergies) to please let the school or your child's teacher know via class dojo as we will need to update the camp prior to our arrival.

Also, for those students who will require medication whilst on camp, to let your child's teacher know as you will need to fill in a medical form outlining the medication and information on how and when to administer. This will be sent home with your child as needed.

A camp list will be sent home on Monday, outlining what you need to take on camp.

A link to the camp website can be viewed below.

<https://www.uccamping.org.au/grampians/>

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



Outside School Hours Care

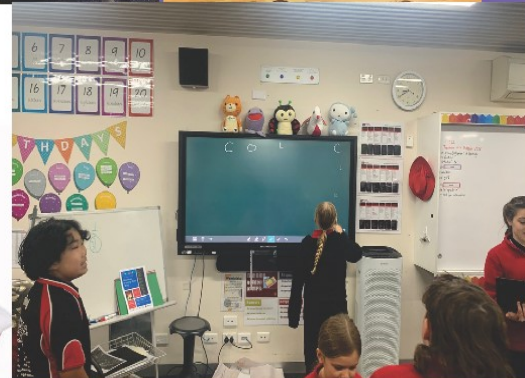
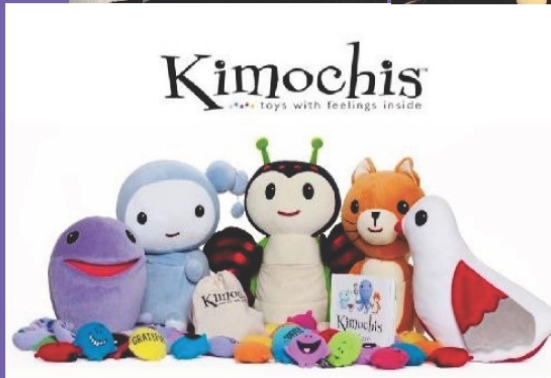
Friday the 11th of November is a pupil free day, so OSHC will run a program on this day. Please let me know if you need your child to attend.

The program will run from 8:45 - 5:00pm.

Before school care can also be available upon request, before school care fees will be charged in addition to all day care fees. Bookings are essential and close at 4:00pm on Friday the 4th of November. No late bookings will be taken. Please contact me to book your child in.



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.

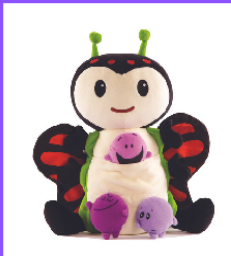
Meet our Kimochis Characters:



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

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.

Part 3: Calming down from strong emotions (helping children 3 – 8 years of age)

From around two years old, children start developing many new emotions. These include strong emotions like frustration, anger, embarrassment, guilt, shame and excitement. These **strong emotions can sometimes be overwhelming** for children.

Children often need help to calm down from these strong emotions because they:

- are still developing all their skills, including skills for managing strong emotions
- ♦ don't always have words to talk about strong emotions, especially in the toddler and pre-schooler years
- ♦ might react more strongly to things because of their temperaments
- ♦ can find it hard to calm down if they're tired or hungry, in busy places like shopping centres, or at exciting events like parties.

Learning to calm down is an important part of learning to understand and manage emotions for children.

Helping children calm down: five steps

Here are five steps to help your child calm down from a strong emotion:

Notice and identify the emotion.

Name and connect the emotion.

Pause and say nothing.

Support your child while they calm down.

Address the issue.

Wellbeing Cont'd...

1. Notice and identify the emotion

If your child looks like they need help to calm down, stop. **Pay attention to what your child's behaviour is telling you** about their feelings before you do or say anything else. You can do this by:

looking closely at your child

watching their body language

listening to what your child is saying.

For example, if you ask your child to turn off the TV and have a shower, your child might ignore you, or roll around on the floor and complain loudly. This gives you a clue that your child is feeling angry.

It can take practice to learn to identify your child's emotions.

2. Name and connect the emotion

The second step is to label the emotion and connect it with the event. This teaches your child to understand:

- **what they're feeling and why**
- how their body reacts to this feeling
- what words go with the feeling.

It also shows your child that you understand how they feel and that this emotion is OK, even if their behaviour isn't OK.

For example, if your child is rolling around on the floor and complaining loudly about turning off the TV, you could say, 'I can see that you're feeling angry about turning off the TV'.

3. Pause and say nothing

Pausing and saying nothing for a few seconds gives your child time to take in what you've just said. It's hard not to jump in and start talking. You might find it helps to **count slowly to five in your head** while you wait.

This pause might be enough for your child to calm down and move on to something else. Or they might solve the problem for themselves. For example, 'Could I watch more TV after I've had my shower?'

4. Support your child while they calm down

If your child is very upset, they might take more time to get their emotions under control. For example, they might keep shouting or acting out physically.

Wellbeing Cont'd...

Here are some **things to try if your child needs longer to calm down**:

- * Make sure that they're safe and you're safe.
- * Stay calm and close to your child. This shows that you understand and can handle whatever their emotions are. It also helps them understand that emotions don't have to be overwhelming.
- * Go back to step 1 – for example, 'I can see you're really furious about this'.
- * Get someone to help you if you need it – for example, your partner if you have one.
- * Wait for the strong emotion to pass. Be patient. It can be very hard for young children to manage strong feelings.

It's tempting to say things like 'Use your words' or 'Try taking some deep breaths'. But your child might not be able to respond to these suggestions until their emotions have passed. It's often best just to wait.

It's important to let your child know that it's OK to feel strong emotions. When your child is calm, you might need to help your child understand the difference between the emotion and the behaviour. For example, 'It's OK to feel frustrated and disappointed. But it wasn't OK to yell at me and kick the wall'.

5. Address the behaviour or solve the problem

Your child needs to calm down before you can help them solve a problem or change a behaviour you don't like. What you do after your child has calmed down will depend on the situation. For example, you might need to:

suggest other ways to react to strong emotions – for example, 'If you feel excited, clap your hands and jump up and down on the spot' or 'If you feel angry, go into your room and squeeze your pillow hard. Come back when you're calm'

reassure or comfort your child – for example, 'That was a scary thing that happened' or 'I'm sorry to see you so sad. Let's have a hug'

suggest some solutions for the problem – for example, 'You could ask for your toy back'

set some limits – for example, 'I know you were angry, but hitting is never OK. You'll have to miss the party tomorrow'.

Autistic children who show aggressive behaviour and children with ADHD often need extra support to cope with strong feelings and control their impulses. Your child's therapist can give you ideas for strategies that might help.

Calming down: getting help

If you think your child needs more help dealing with their feelings, start by talking to the GP. The GP can help you find support for your child, which might include seeing a counsellor or psychologist. A school counsellor might also be able to help.

These professionals can also recommend parenting programs that can help you learn more about helping with children's emotions.



Prep - Layla G

Layla has shown tremendous leadership throughout the week. After assembly Monday morning, she was both responsible and helpful holding the door open while everyone exited the PAC. She also worked hard during class time giving every task her best effort. Well done Layla G!

Grade One/Two Stacey - Sienna N

Sienna has been enjoying a busy term 4. She has been constantly spotted doing the right thing in the classroom, helping others, being organised and producing some great high quality work. Her comprehension of her text has been a standout this week. Well done Sienna.

Grade One/Two Whatley/White - Skyla W

Skyla has been working really hard this week on her animal research project. She continues to push herself to improve her learning each day. Keep up the great work Skyla!

Grade One/Two O'D - Izsak H

This superstar deserves all the praise with his efforts in the classroom. Izsak is kind, helpful and a true leader that other students rely on. Izsak is consistent in following rules and doing exactly what he needs to in order to make the most of his learning. Well done legend!

Grade Three/Four M - Tabby E

Congratulations Tabby! Tabby has been an absolute superstar this week, focused and determined to show her skills. In writing, she has impressed with her ability to incorporate dialogue and adverbs into her narrative. She has also challenged herself in maths, using her known strategies to solve more complex problems. Keep it up Tabby!

Grade Three/Four J - Millah M

Millah has had another tremendous week and is constantly displaying our school values of 'Honesty, Responsibility and Respect'. Her leadership and ability to work and get along with everyone is just one of her many qualities. Millah has been working hard on her writing, spelling and figurative language and it's great to see her start using and applying these devices into her writing pieces.

Grade Five/Six R - Jayce F

Jayce has demonstrated 'Confidence' in his learning this week. It has been great to see Jayce enjoying being at school, focusing hard on his tasks and producing some pleasing work. Well done Jayce on a great week in the classroom, keep it up!

Grade Five/Six G/W - Nate R

Nate is in a real purple patch. He is the type of student that can always be relied on. He is kind to everyone, generous and patient with his peers and we appreciate all the knowledge he is able to share. We love having you in our classroom Nate and thank you for setting such a great example for the others to follow.

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!



Thank you so much for continuously supporting our school,
especially through fundraising.

This term, we are hosting a Colour Explosion School Run4Fun to
raise money for some outdoor sports equipment to use on our new
facilities.

The big day is coming! We are so excited to host our Run on
Wednesday, November 30 from 1pm at Malone Park. Parents and
carers are invited to attend. On the day, make sure your child brings
a white shirt for the Fun Run. They will be covered in non-toxic,
gluten free, high quality colour powder, from head to toe!

Start fundraising today.

Visit www.plantadifference.com.au to create your child's cybersafe
fundraising profile for sharing with family and friends.

Cash donation booklets are available from the office.

We are Going Green! this year, we have again chosen to reduce our
impact on the environment and Go Green! Instead of the little prizes
you get, for every \$20 we raise, Carbon Neutral and the Great
Barrier Reef Foundation will plant one native tree/shrub or coral in
the Yarra Yarra Biodiversity Corridor or Great Barrier Reef.

All the fundraising still comes to our school, this is just in lieu of the
little prizes.

Please let your teacher know if you don't consent for your child to
participate.

We'll keep providing more details as we get closer, yell out if you
have any questions.





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





Tag-A-Long History Tour of East Shelbourne.

Sunday November 20th 2022

1pm start at East Shelbourne Recreation Reserve
Bendigo – Maryborough Road, East Shelbourne.

Tour - \$20.00 per vehicle.

Tour will start and finish at the East Shelbourne Recreation Reserve.

Join us in the old church hall after for a homemade afternoon tea (\$5.00/person). There will also be a historical photographic and book display.

We will be visiting historical sites, old school sites and old mining sites in and around Shelbourne. Each site will have a local person sharing the story of the site.

The tour will take approx. 2 1/2 hours in the car.

(Note: There will be approx. 20kms of good gravel road, rest 30kms bitumen)

All proceeds of the day will go to helping to preserve our Reserve and help to continue its present day story.

Further Information and to RSVP

Please contact Chris Johnson 0488 992 714.

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 5th 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

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
Axedale Tennis Club - Malden Gully Tennis Club - South Bendigo Tennis Club

For more information - contact

DARREN TURNBULL (Marong & District Tennis Association)

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.



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30 years experience!

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www.peopleoutdoors.org.au

