

# Marong Primary School Newsletter

Volume 29 Issue 6, 8th March, 2024

	March		April
11th	Labour Day Public Holiday		
13th-25th	NAPLAN Assessments		
13th	Royal Australian Naval Band Performance		
28th	Last Day of Term 2:30 Dismissal		

***RESPECT      RESPONSIBILITY      HONESTY***

## **From the Principal**

Dear Parents and Guardians,

### **Labour Day Public Holiday**

Monday 11th of March is a public holiday and consequently the school will be closed.

### **School Council Elections 2024**

Following the call for nominations for parent representatives on our school council I am pleased to advise that the following parents have been elected to the vacancies that existed. Michelle Smith, Michael, Rice, Murray Wearne, Meron Pyper and Michael Cook. These parents will join Dean Carter, Chris Lakey and Peter Pollock as parent reps for 2024. I wish to thank each of them for nominating and I look forward to working with them.

### **Greater Bendigo's Principle Network**

On Thursday our school hosted a meeting of the Greater Bendigo Principal's Network. This meeting was held in our PAC and 40 people attended. Our school captain's Lana M, Rachel C, Darcie C and Oliver C, arrived early to school, in order to greet the visitors as they arrived. Once seated the students then delivered an outstanding Acknowledgement of Country address and a very warm welcome to our guests. They received high praise from the members of the audience. In addition many of the visitors remarked how fantastic our grounds looked.

### **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.

### **School Camps**

The Marong Primary School has granted approval for the following school camps to take place in 2024:

Grade 5/6: Norval Camp, Halls Gap (11th-13th September)

Grade 2: Billabong Ranch (24th-25th October)

Grade 3/4: Camp Kookaburra (6th-8th November)

### **Loddon Calder Districts Sports Association Term One Event**

On the 22nd of March we will join our cluster schools, Lockwood PS, Lockwood Sth PS, Bridgewater PS, Inglewood PS and St Mary's PS Inglewood, for our annual cross country / junior fun day. These events will be held at Malone Park Marong. Students will assemble at the oval from 10am with events commencing at 10.30am. Students in Grades 3-6 will compete in cross country event and the P-2 students will participate in a round robin of various fun activities.

We will be seeking parent helpers to assist with the cross country event. The students need to run around a section of the golf course and we need people on the course to assist in directing students and also to be on hand in the event someone requires first aid. The volunteers on duty are not required to administer first aid. They will be provided with a phone number and they can contact myself in the event a student needs help. Please let Matt Riordan or myself know if you can assist on this day.

### **NAPLAN**

Next week students in years 3 and 5 will sit our National Assessments for Literacy and Numeracy. These assessments will be conducted over 3 days Wednesday 13th – Friday 15th March. Families wanting to know more about NAPLAN can visit the following website.

<https://www.nap.edu.au/naplan>

This website also has practice tests available should your child wish to familiarise themselves with what they can expect during the assessments. Students will require the use of headphones during their online assessments. The school has provision for this however if students would prefer to bring their own headphones to use, this will be allowed.

### **Parent Teacher Conferences**

Our term 1 parent teacher conferences will be held in week 8 across Tuesday 19th – Thursday 21st. This year we will have all our classroom teachers available across the 3 days to maximise access for families to attend. Bookings are now available via our Parent Portal on SENTRAL.

Please note when making a booking through the app, select the available time you wish to request and be sure to scroll to the bottom of the page and select 'Save Booking'. Failure to save the booking will send a request to the school and an available time slot will be selected for you on your behalf.

Please contact Mr Saddler if you have any questions about parent teacher interviews or need assistance accessing SENTRAL.

*Russell Jeffrey*

# Grade Prep

What a big week in Prep!  
We are so proud of everyone for their efforts during their first week of back to back school days.

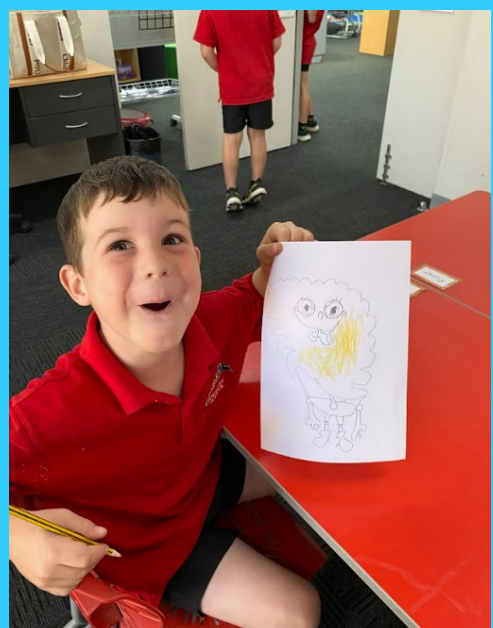


In Literacy this week the Preps have continued to blow us away with their amazing writing skills. They have also been working hard on building their letter/sounds knowledge during our spelling lessons.

In Numeracy, we began to explore all the different 2D shapes, as well as experimenting with making patterns.

Keep up the great work!

Miss Maddern, Mrs Cook, Jess, Fraser and Christine

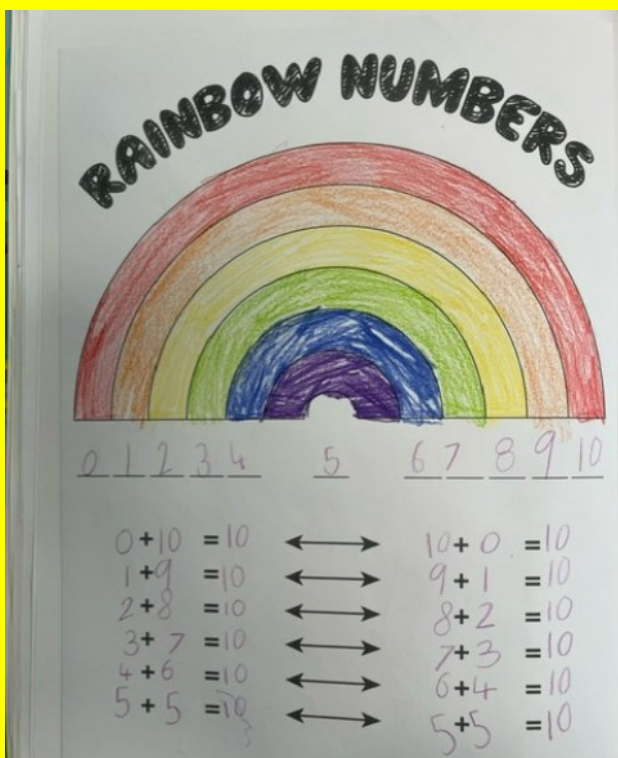


# Grade 1/2

It has been a very busy week in our 1/2 classrooms. The progress the students have already made has been pleasing to see and they have all been working really hard. Our Sounds Write sessions have been flowing nicely and we been learning about the sounds for the spellings x, y, ff, ll, ss and zz. We have seen a terrific improvement in the students handwriting and punctuation and their fluency continues to develop through partner reading sessions.

In Numeracy this week we have been focusing on solving addition and subtraction problems using a range of mental and written strategies including using 'Friends of 10', counting on and back from the higher number and using vertical addition. During Integrated Studies sessions we have continued to explore the continent of Australia. We have been learning about landmarks, where to find certain animals and looking at the map of indigenous Australia. We have very impressed with the students dedication to learning this week!

Ms Thorn, Mr Saddlier, Mr Westcott and Mr Fry





## Grade 3/4

This week the grade 3/4's have been busy as always!

Literacy has seen us look at writing persuasives and trying to convince the reader to change their mind. To do that, we have been using rhetorical questions, modality words and tier 2 words.

For Numeracy, we have finished up on data and have moved onto addition and subtraction sums. Really focusing hard on borrowing and carrying. Integrated has jumped from Asia and now, we are researching Europe and the landmarks you would come across.

We hope you all have a great long weekend!

Mr Johnstone, Miss Williams, Ms Craven, Macey and Jimmy.



# Grade 5/6

Week 5 by Cogan Condick



I am a grade six boy who loves sport. This week has been amazing. In our class this week we have finished and published our lake stories, started reading groups, started division, practiced for cross country in PE. I'm really enjoying the classroom I'm in this year. Toastie Tuesday's have been the best and it has just been an amazing year so far. I'm also really enjoying the buddies' program, the grade 5/6 splits in the last hour of every second Thursday, the Zooper Dooper's on Wednesdays. This term also the lunch orders on Friday's. I'm enjoying performing arts in which we are preparing for the Willy Wonka and the chocolate factory play. The lead roles and the understudies of the lead roles practice their lines while the people with backstage roles and the people without roles prepare the props for the play.

By Cogan Condick.



# STUDENT OF THE WEEK

## **Prep Maddern**

River B- River is a superstar. She has taken responsibility for her learning and has been producing some great independent work. It has been lovely to see River taking pride in everything she does. Well done River!

## **Prep Cook & Jess**

Celeste S- Celeste has been on fire this week! She has been working extremely hard during all activities, however has been most impressive during Sounds Write. Celeste is also showing wonderful listening! Keep up the fantastic work Celeste, you are a superstar!!!

## **1/2 Thorn/Saddlier**

Kyaw Eh Thu T- Kyaw Eh Thu has been working very hard in the classroom this week especially during Sounds-Write sessions. He is becoming more confident when sharing his knowledge with the class. We are very proud of you Kyaw Eh Thu.

## **1/2 Fry**

Willow M – Willow is our quiet achiever in the classroom. She has terrific work habits and always demonstrates our school values. Willow produces work of a high quality and is a great role model for others in the grade. Well done Willow, you're a star!

## **1/2 Westcott**

Maverick N- Maverick starts the day with a smile and is always happy to greet the class. He always includes others within the classroom and at playtimes. Maverick has displayed resilience, pushing past discomfort to complete activities. Keep up the great work Maverick!

## **3/4 Johnstone**

Sienna T- Well done Sienna on a great week. Sienna has transitioned into our school effortlessly this year and has made plenty of friends. She is kind, caring and a delight to have in the class. Keep up the great work Sienna.



# STUDENT OF THE WEEK

## **3/4 Williams**

Laura W- Laura has had an awesome week this week! Laura has been working hard to improve her addition skills and has taken on feedback to improve her learning. She has been participating in classroom discussion and overall had a terrific week! Keep it up Laura!

## **3/4 Craven**

Johanna S- Johanna has been working hard during our literacy sessions, making sure she uses a sizzling start for her persuasive. Johanna displays respect towards others, and always listens when others are speaking. Well done Johanna, Keep it up!

## **5/6 Stacey**

Koa H- Koa has been so resilient this week when facing challenges in and out of the classroom. Coming back in from lunch and recess and being able to refocus is a great skill to have. Well done Koa.

## **5/6 Riordan**

Darcie C - For demonstrating our school values this week. Darcie is working exceptionally well in the classroom, showing focus and applying effort to her learning. Super work Darcie.

## **5/6 O'Donoghue**

Willow N- I couldn't begin to tell you how wonderful it is to have Willow in the class this year. She is ALWAYS making the most of her tasks and can be relied on to be a role model. Willow goes about her work without making a fuss and creates pieces of top quality. Her neatness is unbeatable. Well done Willow!



# BOOK CLUB & LIBRARY

Last week all students had the opportunity to take home a Scholastic Bookclub catalogue. If you are interested in purchasing anything either drop in your order and money to the front office or complete the order online through Loop. All orders must be in by Thursday the 14th of March.

## **Book Donations:**

The Library is always needing new books if you have any books that are no longer read by your family and they are school appropriate we would love to give them a new home. We have a donation box at the front office.

If you have any library enquires please come and see me.

Christine



# Wellbeing

## Resilience in Children: Strategies to Strengthen Your Kids

This week's article continues with the theme of developing healthy and resilience children and can be found at [www.psychom.net](http://www.psychom.net)



All children can work 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 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 for either you or your child.*

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.



# EASTER RAFFLE

Our annual Easter raffle is underway! Your oldest child should of come home with Easter Raffle tickets, or you can collect from the office.

We have set up an Easter themed donation box at the front reception area. You can donate anything Easter related (doesn't have to just be chocolate!). The raffle winners will be drawn at the last assembly for the term. The kids absolutely love this, we look forward to your donations and good luck!!

Parents Club





# Football News!



We're very excited to announce that Marong Football Netball Club will be adding an additional team to our junior girl football squad in 2024. The new side will compete in the BJFL and we are looking for U12 girls, keen to give football a go!

We have some talented and experienced coaches currently appointed, driving the growth of female football in our region. We'd love to recruit from around our district and invite any grade 5 or 6 students to come down and give it a go!

We train on a Wednesday evening from 4:30-5:45pm at Malone Park Oval, Marong. If you'd like any further information, please don't hesitate to contact me on 0408 265 688.

Kind regards,

Nicole Grant  
*Club Secretary*



PLAY

FOR  
the  
KICKS

come  
find your  
awesome

MARONG  
AUSKICK CENTRE

Malone Park

Sunday's 10am starting 28th April



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





# Community information Session



HOW TO PREPARE  
FOR AN  
EMERGENCY  
EVENT WHERE  
YOU MAY LOSE  
CONNECTIVITY

## EMERGENCY PREPAREDNESS IN MARONG

DATE: Tuesday 19th March, 2024

TIME: 1pm

LOCATION: Marong Neighbourhood  
House  
39 High Street, Marong VIC 3515

## COME ALONG TO THIS FREE EVENT

**nbnLocal** is hosting a community information session on how to prepare for an emergency event where you may lose connectivity.

The session will cover what to expect during an emergency, how to prepare yourself and your home, what resources are available to you and what nbn is doing to support the community during these times.

**nbn** Local



# mckern steel<sup>TM</sup> foundation

## Benefitting the health and wellbeing of our Bendigo school children

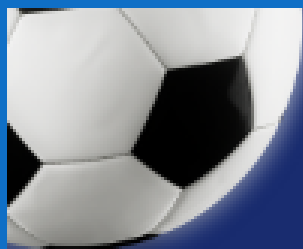
Fresh Fruit Program  
in local schools

Proudly funded by:



@mckernsteelfoundation





# 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](mailto:secretary@epsomfc.com.au)

Visit [www.epsomfc.com.au](http://www.epsomfc.com.au) or [www.facebook.com/EpsomSoccer](https://www.facebook.com/EpsomSoccer)