

Marong Primary School Newsletter

Volume 28 Issue 5, 3rd March, 2023

	MARCH		APRIL
6th	School Council Nominations Close	6th	Last day of term- 2:30 dismissal
13th	Labour Day Public Holiday		
24th	Working Bee- 4PM		
31st	LCDSSA Cross Country & Junior Fun Day		

RESPECT

RESPONSIBILITY

HONESTY

From the Principal

Dear Parents/Caregivers,
Parent / Teacher Interviews

I wish to thank all those parents and carers who were able to attend our Parent /Teacher interview program, conducted earlier this week .Our school has a range of systems to enable us to communicate with parents and carers. These include the weekly newsletter, Classroom Dojo, Informal meetings, Text Messaging, Semester 1&2 student reports and the school website. Of all these forms of communication the opportunity to meet with parents and carers in person is without doubt one of the most effective methods. These meetings enable the teacher to provide information first hand on how each child is progressing. It also facilitates an opportunity for the parents and carers to ask questions and or pass on information that may be highly useful to the teacher. At Marong Primary school we value highly the Home / School relationships as we regard them as a partnership, formed to give every student the best opportunity to succeed. There are still opportunities for anyone who was unable to meet with their child's teacher this week. If you would like an interview please contact the relevant teacher to arrange a meeting at a time that is convenient to both parties.

School Camps

At last weeks school council meeting the planned school camps for 2023 were endorsed by the council. Information regarding costs for these camps will be released in a future newsletter once final arrangements are completed.

Grade 5/6 Camp : Cottage By The Sea Queenscliff 18th -21st July

Grade 3 Camp : Log Cabin Camp Creswick 21st - 23rd August

Grade 4 Camp : Log Cabin Camp Creswick 23rd - 25th August

Grade 2 Camp: Billabong Ranch Echuca 13th - 14th November

In addition to the above camps we also conduct an end of year activity for our Grade Prep/1 students.

From the Principal Cont'd...

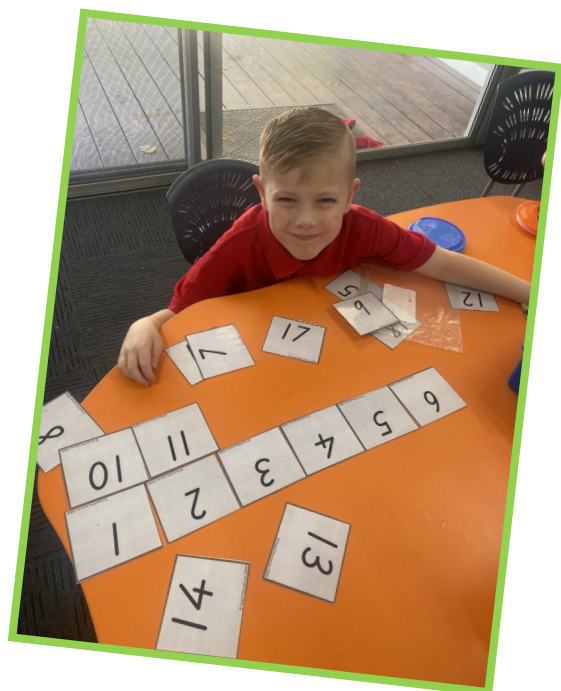
School Council Elections

Parents and staff are advised that I have received four nominations for the four vacant positions on school council. As this matches the number of vacancies the nominees will be automatically elected to council unless further nominations are received by Monday March 6th. In the event more nominations are received than there are actual vacancies an election will be held. If an election is required ballot papers will be circulated on Friday March 10th. The ballot will close on Friday March 17th.

Grade Prep/One

This week was a big one with the first full week for Preps and our Grade ones being able to have a stable routine for the whole week. We have been practising our handwriting and how we form letters and numbers becoming neater and tidier with our pencils. Numbers this week have been based off tens frames and how we can use them as a resource to help us with subitising, addition and subtraction. Reading has been coming along so nicely and we are thrilled that in the classroom some prep students have been able to begin attempting decodable books for reading. We would like to thank all our parents and carers that attending parent teacher interviews this week. It was a great success and lovely to get to know our families better. We look forward to the rest of the term.

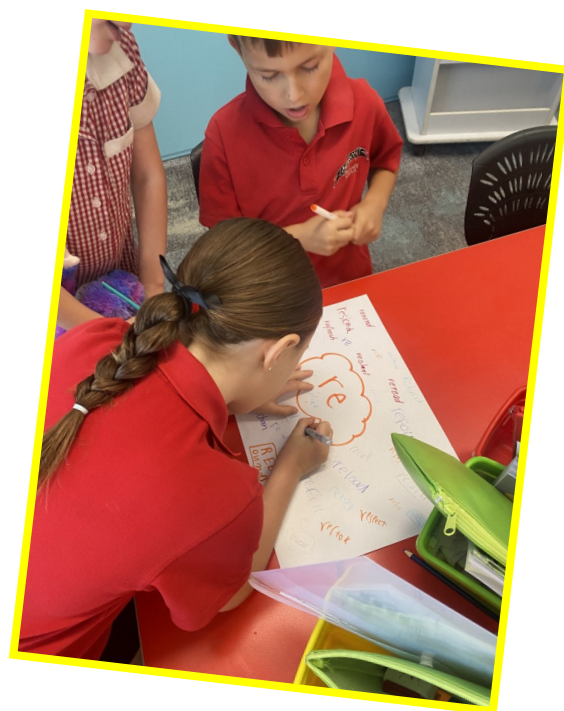
Miss O'Donoghue, Miss Maddern, Mrs Cook and Jess



Grade 2/3!

The enthusiasm and effort have gone up another notch this week within the 2/3s, especially with our writing tasks. We have been busy creating Sizzling Starts with our introductions for our narratives with the intention to 'hook' the reader with detail. Whether its action packed, detail and description with characters or settings, dialogue between friends and even beginning with a question to make our reader think and reflect, these strategies have all resulted in fantastic pieces of writing which you can view on your child's Dojo portfolio.

Speaking of strategies, in Numeracy we have been looking at addition and subtraction methods reaching our answer and well as looking at worded problems, breaking down key information and numbers. Our vocabulary with our operations is our key focus this term, for example 'shared between' meaning divide, 'each' with multiplication, 'all together' meaning addition and 'difference between' for subtraction.



Grade 4/5/6!

This week in reading we have working hard using our comprehension strategies to show understanding. We have been looking at recognising and correcting mistakes in sentence structures along with identifying different suffixes.

The writing focus has again been on narratives, this time we have practiced planning in small groups to promote and share ideas before we begin the writing process. This has seen the 4/5/6's looking at pictures prompts and then discussing and developing ideas. Numeracy has seen us honing our short division skills with and without remainder. The end of the week we have reintroduced fractions and decimals.

For integrated this week we have started researching the history of Australia and the convict colonies that were established in each state. Researching and investigating the differences between states and colonies.

We hope you have a great weekend,
4/5/6 team.





Below is an unedited excerpt from Charlotte's recent writing. She certainly has a flair for writing and we are loving to see the work she can produce. Keep amazing us Charlotte!

CHAPTER ONE **Confusion**

Jessen struggles out of the power poles weight, his leg bleeding painfully from the damage. Most of the town was in a shelter, secured from the hurricane, but as they closed the doors, praying for safety, an incident occurred. Jessen, 21, male, had been running, he was on his way back from work, they had been let off early, due to the emergency alarm. Hurricane Sarah was predicted to hit from around a week to a month, but disaster had come early. Many had evacuated the city, others were prepared. He was desperate to get home to unlock the shelter from underneath the house he shared, but he had the key to unlock it, he glanced down at his pocket. He grabs the key from the inside of his pocket, clutching it firmly in his hand. Jessen thinks about his two roommates, Clay, 22 Male, and Sam, 21 Male.

Jessen stands up shakily, gritting the pain through his teeth. 'Come on Jess, be a man.' he thought, trying to convince himself to take a step. It seemed to have worked because he found his left foot moving. He limps, trying his best to ignore the pain, the bone would be visible if it wasn't covered in the crimson red liquid, drying to his leg slowly. He thought about what had happened. 'That electricity pole saved my life. The lighting strike would have hit me if it weren't for the wooden pole standing beside me.' The storm had calmed down as Jessen questioned the injury, making his vision slightly clearer. As Jessen got closer to the modern two story house, he felt a strange feeling. Like he was being watched. From the corner of his eye, the ashy blonde-haired man focused his vision as much behind him as possible, tilting his head slightly to the right. He thought he saw a figure, about two metres away. From the way he was viewing it, the strange man like figure, was around 60.

He takes a wrong turn purposely, so to lead the man stalking closely behind him away from his house. He hopes and wishes, that his friends are unharmed. He once again takes a quick look from the corner of his eye. It was gone. He sighed reassuringly and began to calm down. His slow breathing is interrupted by a hand. It covers his mouth, stopping him from screaming. The other hand held a gun, it was fiercely brought to Jessen's right ear in a threatening manner.

He gets a good look at the man standing behind him. His hair was brunette, his eyes shimmer a light green. He begins to walk, silently telling Jessen to walk along with him. He slowly steps forward. Limping on his left leg. He spots a black van in the distance, his vision getting blurry from the wind in his path. The pistol, firmly pressed against the side of his skull, pushing against the upper half of his ear. They cross the road, the only noise between them be the wind, and the sirens, ringing from a distance. The two men reach the tall van, the taller male behind him, motioning for him to step into the van door. He puts his right hand up to hold on to the roof racks hopping in, and slides his right leg up onto the rough surface of the van.

Outside School Hours Care

With many new enrolments and families increasing their days this week's newsletter article is about requesting a booking.

Parents need to contact the office or myself directly via email or Dojo message. You can also request an extra session via the Xplor app. This needs to be done as early as possible. You can book in days in advance. Where possible please avoid on the day bookings. We understand things pop up and you may require care on the day, we request you do this before lunchtime where possible. This helps with catering purposes and more importantly staffing arrangements. I usually check my email/dojo/Xplor at 7am and 3pm. Otherwise it's hard to check when I am with the kids. Typically, I'm with the children from 7am to 8:45 am and again 3:30pm-6pm. If you haven't received confirmation of the booking, I may not have received the notification or had a chance to check any of the apps. I am on shift 6:45am-8:45am and 3pm-6pm.

Please note we are now fully booked for Wednesday after school care. I have started a waiting list for Wednesdays, please see me directly if you wish to be added.

Chelsie Nickson

Outside of school hours care coordinator



Wellbeing



The importance of children getting a good night's sleep.

Given our every increasing busy lifestyle, competing demands upon our time and work commitments I thought it timely to remind parents / care givers of the importance (and benefits) of children getting a good night's sleep and tips on how that might be accomplished.

Your child's brain needs sleep to restore resources that were used up during the day. A well-rested brain can solve problems, learn new information and enjoy the day a lot more than a tired brain.

Children who consistently get a good night's sleep:

- are more creative
- can concentrate on tasks for longer
- have better problem-solving abilities
- are better able to make positive decisions
- are more able to learn and remember new things
- have more energy during the day
- can create and maintain good relations with others.

Reference - <https://www.aboutkidshealth.ca>

The following information can be found at the Raising Children Network website: <https://raisingchildren.net.au/toddlers/sleep/better-sleep-settling/sleep-better-tips>.

About good sleep for children

A good night's sleep is about getting to sleep and staying asleep. Most children wake up by themselves in the morning if they're getting enough good-quality sleep.

Getting to sleep

Most children fall asleep within 20 minutes of going to bed. How long it takes children to get to sleep can depend on how sleepy their bodies are, and also on their daytime and bedtime routines. Bedtime routines help children wind down before bedtime, so they can fall asleep more easily

Staying asleep

Children wake briefly during the night, but they might not be aware of being awake. To stay asleep, children need to be able to fall back to sleep by themselves after these brief waking episodes.

How to sleep better: 10 tips for children

1. Set up a bedtime routine

A regular bedtime routine starting around the same time each night encourages good sleep patterns. A bedtime routine of bath, story and bed can help younger children feel ready for sleep. For older children, the routine might include a quiet chat with you about the day then some time alone relaxing before lights out.

2. Relax before bedtime

Encourage your child to relax before bedtime. Older children might like to wind down by reading a book, listening to gentle music or practising breathing for relaxation. If your child takes longer than 30 minutes to fall asleep, your child might need a longer wind-down time before turning the lights out to go to sleep.

3. Keep regular sleep and wake times

Keep your child's bedtimes and wake-up times within 1-2 hours of each other each day. This helps to keep your child's body clock in a regular pattern. It's a good idea for weekends and holidays, as well as school days.

4. Keep older children's naps early and short

Most children stop napping at 3-5 years of age. If your child over five years is still napping during the day, try to keep the nap to no longer than 20 minutes and no later than early afternoon. Longer and later naps can make it harder for children to get to sleep at night.

5. Make sure your child feels safe at night

If your child feels scared about going to bed or being in the dark, you can praise and reward your child whenever they're brave. Avoiding scary TV shows, movies and computer games can help too. Some children with bedtime fears feel better when they have a night light.

6. Check noise and light in your child's bedroom

Check whether your child's bedroom is too light or noisy for sleep. Blue light from televisions, computer screens, phones and tablets suppresses melatonin levels and delays sleepiness. Bright light in the hour before bedtime can have the same effect on young children.

7. Avoid the clock

If your child is checking the time often, encourage your child to move the clock or watch to a spot where they can't see it from bed.

8. Eat the right amount at the right time

Make sure your child has a satisfying evening meal at a reasonable time. Feeling hungry or too full before bed can make your child more alert or uncomfortable. This can make it harder for your child to get to sleep. In the morning, a healthy breakfast helps to kick-start your child's body clock at the right time.

9. Get plenty of natural light in the day

Encourage your child to get as much natural light as possible during the day, especially in the morning. Bright light suppresses melatonin. This helps your child feel awake and alert during the day and sleepy towards bedtime.

10. Avoid caffeine

Caffeine is in energy drinks, coffee, tea, chocolate and cola. Encourage your child to avoid these things in the late afternoon and evening, and don't offer them at these times. It's always a good idea to praise your child when you notice your child is trying to make changes to sleep patterns or is trying out a new routine.

Wellbeing.....

When worries affect your child's sleep If there are worries and anxieties that are stopping your child from relaxing at bedtime, there are a couple of things you can do.

If there's a quick and easy answer to your child's problem, you can deal with it straight away. For example, 'Yes, you can have Emma over to play on the weekend even though Grandma is staying with us'.

But if the problem needs more time, it's probably best to acknowledge your child's feelings and gently plan to sort things out in the morning. For example, 'I understand that you're worried about whether you can swim 50 metres at the swimming carnival next week. Let's talk about it in the morning and work out what to do'.

Problems with sleep can affect your child's mood, schoolwork or relationships. You should seek help from your GP if sleep problems go on for more than 2-4 weeks.

I would also like to remind parents / guardians that myself and Ms White are both available to talk with and provide confidential advice, support and information on the various services and support available to students and their families.

Marc Cowan

Chaplain & Student Wellbeing Officer



**First Aid – Asthma/Anaphylaxis**

It is a DET requirement for us to update our Asthma and Anaphylaxis Care/Action Plans annually. Today we have sent home a pack with a new asthma/anaphylaxis action plan and a letter stating our intentions.

We are hopeful for all plans to be completed and returned to school by Friday 24th of March.

If you have any questions, please contact Bridget Gallagher or Kristan Fry.

Thank you for your continual support.



Prep/One Maddern

Cedric F- Cedric has been a superstar this week. He has been focused and has tried his best in everything he has done. Cedric has listened to feedback and has been working independently to get all his work done. Keep up the fantastic work Cedric!

Prep/One O

Maddy H – Maddy is a stand out in the classroom in her behaviour and attitude. She is kind to all the students and staff and always displays her best efforts. Maddy is very independent and can complete work by herself that is high quality. We love having Maddy in our class and are really proud of her.

Prep/One Mrs Cook & Jess

Kaitlyn S- Kaitlyn has really found her love for school and learning and has settled in wonderfully. She is taking everything in, and this has started to really show this week in her writing and during math. Kaitlyn is kind to her peers and always happy to help. Keep up the super work! Well done Kaitlyn.

2/3 Fry

Riley W- Riley has had another terrific week. He always starts the day with a smile and consistently displays our school values. Riley can be relied upon when completing jobs of responsibility and he is considered a kind and caring friend by others in the grade. Well done Riley!

2/3 Stacey

Lizzie L- A new student at our school, Lizzie has fit in perfectly at Marong Primary. Making new friends with ease and presenting high quality work daily. She loves her reading and writing and has thoroughly enjoyed these activities, eager to share her work in front of her peers. Welcome Lizzie!

2/3 Maher

Millie H- Millie is off to a flying start this year. She has been super focused and working to complete all tasks to a high standard. She is always positive and contributes to class discussions. Keep up the superstar work Millie!

4/5/6 Johnstone

Chayce S- Chayce has had an excellent week and has been working extremely hard on all tasks. Chayce has produced some high quality writing and has completely blown me away with his narratives. He is using correct structure, punctuation and his use of descriptive words has been a standout. Well done Chayce, great work.

4/5/6 Riordan

Milla L- For demonstrating 'Responsibility' and 'Respect' in her learning this week. Milla has been producing some super writing this week, using great depth when creating her narrative texts. Milla is a leader in our classroom, always demonstrating our school and classroom values. Well done Milla

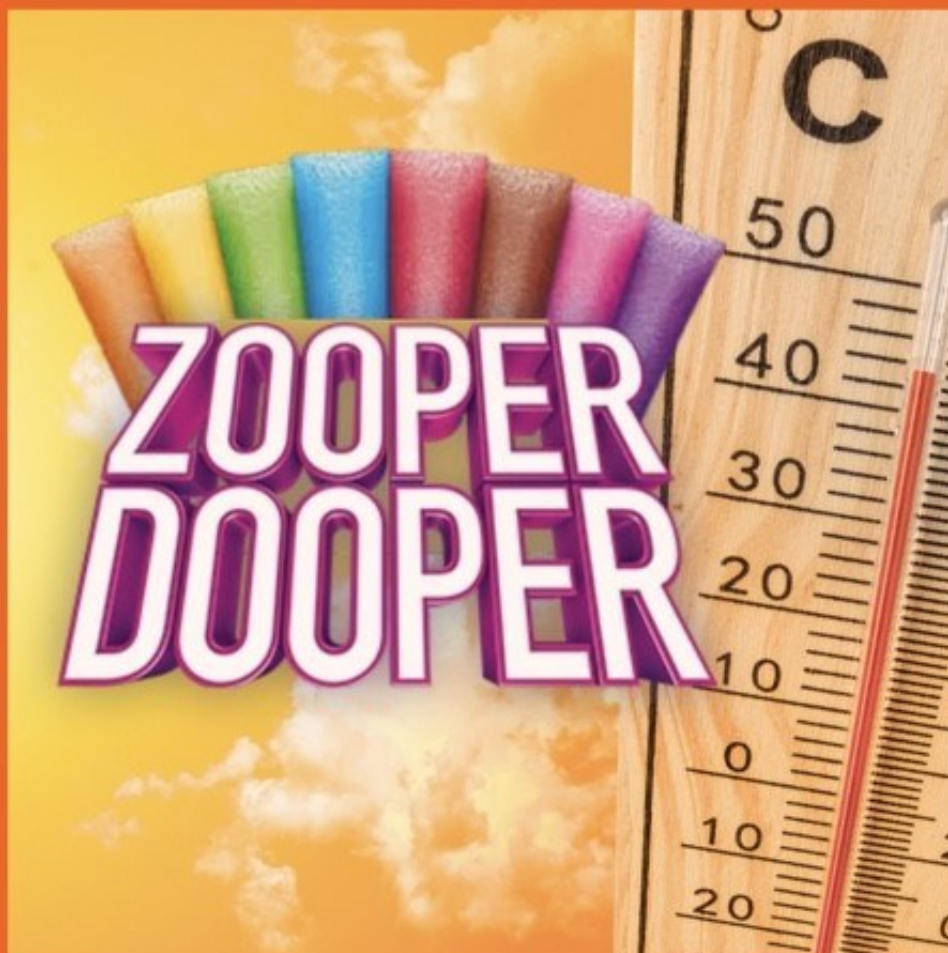
4/5/6 Gallagher & Wardell

Joey F – Joey has been a welcomed addition to our school. He comes in daily with positivity and we love his sense of humour. Joey is demonstrating respect for himself and others both in the classroom and yard, and is showing he can get along and work well with everyone. Well done on a great start Joey! Keep up the amazing work. We look forward to sharing many more memorable moments with you throughout the year.

CLEAN UP AUSTRALIA DAY

Sunday the 5th of March is Clean up Australia Day! There is no organised program for Marong however we are encouraging all residents to do a little bit for Marong in respect to tidying up our roadways and public areas. Over the next few weeks, we're encouraging you all to check the street and public spaces around your home for rubbish or if you go walking, take a small bag with you. While Marong looks relatively tidy, we think you might be surprised at the rubbish lying around. We would love it if you took photos of your collected rubbish and posted them on the Marong Community Action Group Facebook page.





Zooper Doopers \$1

Wednesday Recess

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



SIGN UP FOR THE 2023 SEASON



REGISTER TO PLAY



Junior Non-Competitive Age Groups
Under 6's, 7's, 8's, 9's & 10's

Junior Competitive Age Groups
Under 12's, 14's & 16's

Join the Epsom Football Club in 2023!

We are now taking registrations for all ages. Don't miss out on your chance to play for Epsom this soccer season. Teams are currently being put together, so if you would like to request playing with a friend, get in quick so we can try our best to accommodate this.

Registrations closing soon!

To register visit www.epsomfc.com.au

For further information contact juniors@epsomfc.com.au