

# MPS WELLBEING NEWSLETTER



FEB  
2026

## Welcome back!

Welcome back to everyone in our school community! We hope you have had a great summer break. We have started Term 1 strong with our Step Up Weeks where classrooms are busy learning routines and expectations but also building connections with their peers and staff through games and conversations.

Staff and students at Marong Primary School instil the school values of Respect, Responsibility and Honesty. For greater impact, we encourage our families to support these values at home and in our community.

The Wellbeing Newsletter will be circulated twice a term to provide updates regarding our wellbeing programs, special events, health promotion, resources and many more! If you have something to share that would benefit the school community, email [marong.ps@education.vic.gov.au](mailto:marong.ps@education.vic.gov.au) and the office will pass it on to the Wellbeing Team.

## What has been happening?

### SAFER INTERNET DAY 10<sup>TH</sup> FEBRUARY

On the 10<sup>th</sup> of February, we acknowledged Safer Internet Day. Classes created their own pledge to be safe online, learnt what a digital footprint is and decorated a foot print to support our whole school pledge around making a positive digital footprint.



## 2026 Wellbeing Team

### **Mrs Lindsey White**

(Mental Health Wellbeing Leader)

**Miss O'Donoghue** (Wellbeing Support)

**Miss Gallagher** (Health & PE Teacher)

**Mrs Melissa Patching** (Disability Inclusion)

**Marc** (Chaplain)

## Wellbeing Diary Dates

- Random Acts of Kindness Week 16<sup>th</sup> - 20<sup>th</sup> February
- Harmony Week 16<sup>th</sup> - 22<sup>nd</sup> March
- Ride to School Day Monday 30<sup>th</sup> March

## Resources/Links - Digital Citizenship

### Alannah & Madeline Foundation - Digtalk

An online safety hub for parents.

### eSafety Commission Website

Government website filled with parenting advice, parent newsletter subscription and online or printable books to read.

### Triple P Parenting Free Online Course - Children & Screens

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## What are we learning?

### STEP UP WEEKS

Since our first day of term, classrooms have been developing routines and expectations. This includes routines such as lining up, ready to learn scales and home reading.

### SWPBS MATRICES

To start the new year, we have our School Wide Positive Behaviour Matrices which are paired with visuals to support students' understanding of expected behaviours. You can find these matrices on our [school website](#) and explore with your child/ren at home.

### THE MARONG WAY - PROFESSIONAL LEARNING COMMUNITIES

Staff are beginning to further develop and refine their learnings around The Marong Way with a focus on Brain Breaks, Morning Circles and Sensory Regulation.

### HOW DOES A STUDENT EARN HOUSE POINTS?

- 5 nights reading and signed
- Displaying initiative or problem solving skills
- Respectful listening
- Caring for others



## Library + Home

The library is coordinated by the wonderful Christine and is full of books for students to borrow but we are also building a bank of books (picture story books or non-fiction books) for families to borrow to help support conversations at home.

Topics include feelings, puberty and neurodiversity. Once this list is finalised, we will share with the school community. The school will welcome donations or suggestions for this part of the library.

### DRAWING COMPETITION

The MPS Wellbeing Newsletter needs a personalised logo for our newsletter. We're looking for a student who can design a logo that would replace the sun at the top of the page and it will be put on the top of the newsletter for 2026. It could be a symbol, logo, or drawing that reflects wellbeing! Please ensure the image is clear and easy to scan.

