



**Thursday
28th July 2016**

MULGRAVE PRIMARY SCHOOL

NEWSLETTER

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www.mulgraveps.vic.edu.au

Diary dates

Term Dates 2016

Fri July 29 Yr 5/6 Summer Sport catch up
Sat July 30 Working Bee
Fri Aug 12 Hooptime
Wed Aug 24 Step Into Prep for 2017 preps
Thu Sep 1 District Athletics
Fri Sep 2 Myuna Farm Preps
Sept 5-9 Literacy & Numeracy Week

Fri Sep 9 Whole School Fun Run
Fri Sep 9 Gr 2 Sleepover
Fri Sep 16 Term 3 Ends
Mon Oct 3 Term 4 Begins
Nov 2-4 Yr 3/4 Camp Mt Evelyn
Tue Dec 20 Term 4 Ends

**THERE IS NO ASSEMBLY THIS
WEEK—FRIDAY 29TH JULY**



Principal News



Congratulations to our Prep/Foundation students who have now been attending school for 100 days! That is a big achievement. To celebrate, our fantastic Prep teachers prepared a whole week of special activities for students. They engaged in fun maths and literacy activities involving 100. Students and their buddies planted 100 plants to beautify our school. A special party was organised on Friday to celebrate 100 days at school. It was terrific to see our Prep students share their great poster designs at assembly on Friday too.

Well done Preps and teachers! Parents should be very proud of these wonderful young people for what they have achieved so far in their schooling!

Prep parents also got together for a coffee this week to celebrate the connections they have made in the last 100 days!



STAFF - Welcome back to Mr. Leopold who has been on leave for the past twelve weeks due to having knee surgery. Mrs. Thompson has returned from her long service leave also after enjoying a lovely holiday. Thank you to both Mrs. Carolyn Smithett and Miss Lucinda Truesdale for covering Graeme and Dale's grades in their absence.

PARENT OPINION SURVEY – The annual parent opinion survey was distributed to a randomly selected 48 families on Monday of this week. There is a very short turnaround for the surveys and we are hoping to have them all back by Friday 29th July. This survey is conducted by the education department each year and we value parent feedback. We will provide a chocolate frog for the children in each of the families who return their survey forms in appreciation of you taking the time to do this!!

TALENT QUEST – Mrs. Bush, through our Music Program, is offering students the opportunity of participating in a Talent Quest. Interested students will be required to prepare their 'act' ready to perform to an audience. Specific details about the performances will be developed around the number of performers participating. Entry forms will be offered to all students wishing to get involved. The date for the Talent Quest is Monday 15th August. More details will be circulated once we have a clearer indication of how many entrants we have.

OLYMPICS – It's countdown time to the Rio Olympics! Our Olympics teacher planning team are organising some great activities for students to launch the 2016 Olympics. Watch out for more details!



BEFORE AND AFTER SCHOOL CARE – Our Before and After School Care program is growing steadily as many more of our parents require this service. Children can be booked in on a casual or regular basis. We advise all families to register as this makes it a smooth process if you need to use the service in an emergency. Parents are reminded that duty teachers will supervise students at the end of the school day from 3.30 until 3.45pm. After this time children should really be attending the After School Care Program. Recently we have had students arrive at school prior to 8am and some waiting for pick-up after 4pm. To ensure the safety of all students, please arrange for your child to attend the care program or try to collect them punctually after school to avoid them waiting around for you. We thank you for understanding of how important this issue is.

Parent Spot – RESILIENCE – *extract from Michael Grose "Parenting Ideas"*



Resilience is a 21st Century parenting concept that every parent needs to understand. Some kids are resilient by nature – their temperament helps them to be mentally and psychologically tough. You know those kids. They get straight back up after a setback or disappointment. Rejection in the playground doesn't faze them. Unfortunately, not every child has such natural resilience. The good news is that most of the research shows that resilience can be nurtured and developed, particularly when parents themselves are resilient and they actively foster it in their kids.

Resilient kids share four basic skill sets- **independence, problem-solving, optimism and social connection.**

Building Resilience

From a resilience perspective, parents need to coach kids through some of their more challenging moments and reviewing what they may have learned for next time. Avoid solving all their problems for them!!



You can promote a lasting sense of resilience in your kids by:

Having a positive attitude yourself. Your attitude as a parent impacts on their ability to bounce back from some of the difficulties they face. Make sure you model a 'you can do it' attitude for your child when he meets some of life's curve balls.

Look for teachable moments. Many kids' learning opportunities are disguised as problems. Make the most of these opportunities so that kids can grow and learn from some of the challenges they face.

Make kids active participants in the family. Active participation in a family develops the self-help, problem-solving and independence skills of kids that are necessary for resilience.

Build kids coping skills. There are plenty of strategies you can pass on to kids to help them cope when life doesn't go their way, including acceptance, getting away for a while, and normalisation.

Promoting resilience in kids is a not a single event but a continuous process that requires adults to be supportive and empathetic when things don't go their way. It also requires you as a parent to have an understanding of resilience, so you have faith in yourself, and your child's ability to cope.

Liz Watkins – Principal

Problem Solver Certificate winners

Nicolas K, Faiza K, Yarna S, Emma S

Grade 3 to 6 did a terrific job creating their circular weaves over the past three weeks. The final mural will be hung up in the hall for parents, students and teachers to see next week.



Year 3-6 students have been producing some excellent weaving in Art classes.



SECOND HAND UNIFORMS

We do not currently operate a second hand uniform shop at Mulgrave Primary School.

There is however a **free app** called **Clk2sell** that parents can use to buy and sell their pre-loved uniforms. This app comes recommended by State Schools' Relief who assist many families with uniforms each year.

All transactions are completed between families and not through the school. It is a free service, looks easy to use and Mulgrave Primary is already listed. Please see the information to the right on how to download and use the App.

clk2sell

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Created by and proudly supporting
State Schools' Relief



*Confidence
to connect*



clk2sell – the fastest way to buy and sell your kid's school uniforms.

Just snap a photo of your items, then with one click they're uploaded to a streamlined marketplace.

Plus there are no listing payment hassles – it's all FREE.

For more information about the app visit:
www.clk2sell.com



Download the **clk2sell** app on the App Store today

*Celebrating 100 days of Prep!
Planting with our Grade 6 buddies*





National Asthma Week 1-7 September:

The theme for National Asthma Week 2016 is Become a Better Breather. National Asthma Week coincides with the beginning of spring and as pollens are a known trigger for asthma, this is an excellent time to ensure your child's asthma is well controlled. Sections of the Asthma Australia website that can help with asthma management include:

Take the [Asthma Control Test](#) to see if you could make improvements to help your child become a better breather.

Manage [allergies](#) often linked with asthma, including allergic rhinitis (hayfever).

Did you know? 90% of people with asthma use their medications incorrectly.

Check your child's [technique](#) to see if they are getting full benefit from their medication.

Regular review of your child's asthma with your GP and pharmacist will help them to become a better breather.

Need help with your child's asthma? Contact our Asthma Assist line on 1800 ASTHMA (1800 278 462) and talk to one of our friendly Asthma Health Professionals.

Asthma Management in Winter and Spring:

Asthma is one of the most common chronic childhood conditions, affecting 1 in every 10 children in Australia. Emergency admissions and hospitalisations peak during the winter for children with asthma and flare-ups are often more prevalent during the winter and spring. Good management however can help children with asthma and their carers get through this tricky time of year with more confidence.

Here are a few tips for parents and carers:

make an annual appointment for an asthma review by your child's doctor

update your child's Asthma Plan at the start of each year and provide a copy to the school

talk to the teacher and other key staff about your child's asthma – their usual triggers, symptoms and medication

provide an in-date blue reliever puffer and spacer for use at school (clearly labelled with child's name and date of birth)

help your child understand the importance of taking their preventer medication every day, as prescribed

ask their doctor about having a flu vaccination

encourage hand washing and covering one's mouth when coughing to help prevent the spread of germs

School sports and asthma:

Physical activity acts as a major trigger in up to 90% of people with asthma. Exercise Induced Bronchoconstriction (EIB), commonly known as exercise induced asthma, is the temporary narrowing of the lower airways, occurring after vigorous exercise. People with poorly controlled asthma are at a higher risk of EIB due to the sensitive nature of their airways. This may result in episodes of coughing, wheezing, a feeling of chest tightness/discomfort or shortness of breath, often worsening 5-10 minutes after exercise.

To ensure your child can safely participate in sports and exercise at school, the first step is to make sure their asthma is well controlled. If your child is requiring their reliever medication more than twice a week, it is a good idea to see their GP for a review as this may indicate poorly controlled asthma. Also provide the school with an Asthma Plan from the doctor, particularly before a sport carnival or excursion. The plan will include any instructions for EIB (e.g. use of their asthma reliever prior to physical activity). You can help them check that they are using their asthma devices correctly by watching our videos on the Asthma Australia website.

For support with your child's asthma please contact your local Asthma Foundation on 1800 ASTHMA (1800 278 462) to speak with one of our Helpline staff.

Asthma app:

The new Asthma Australia asthma app brings together a raft of resources in one convenient place to help you ensure your child's asthma is managed as well as possible. Sections include information on medications, device technique videos and Asthma First Aid in an emergency. The app is free at the iTunes store (Android coming soon).

For primary aged students:

Asthma Kids

Looking for a way to help your child understand more about their asthma or about a friend with asthma? Asthma Kids is an online, interactive tool to help primary school aged children understand what it's like to have asthma and what they can do to help. Check it out at www.asthmakids.org.au



What's Happening in 4M?

The students of 4M have been looking at all the different kinds of health and how combined, they add up to a healthy and happy life.

As part of KidsMatter, our health and wellbeing program, connected with our term 3 topic 'Sport & Leisure', we have discussed and brainstormed the 5 different types of health.

These were our thoughts:

Physical health is being fit and healthy. It is being active and doing activities which make you happy. Everyone likes different types of activities. Some people like fast paced activities such as football, soccer and dancing. Some people enjoy more calming activities like swimming and yoga. *(Tom, Billy, Tanas, Nicholas)*

Our **emotional health** is how we monitor our emotions. It is also the way we express ourselves and the way we feel. Everyone feels different emotions at different times and it is important to be considerate of people feelings, even if you feel differently. *(Zachary, Kristina, Millie, Joshua)*

Mental health is closely connected to emotional health. Mental health is about your brain and keeping it healthy. Mental health is also about monitoring your reactions to your feelings. *(Una, Isabella, Delphi)*

Social health is all about how you act in society and with your family and friends. Are you kind and polite? Do you use manner? Are you respectful when in public? How do you handle disagreements between family members or friends? *(Dimitri, Shelby, Natasha, Cassie)*

Spiritual health is all about your soul and inner peace. It is connected to social health because it is about being understanding and respectful of all different religions and beliefs. Spiritual health is also about being at peace with yourself and the way you find harmony in your life. *(Arelyna, Audrey, Christopher, Vilara)*

We developed all of these ideas into a poster which is proudly hanging in our classroom. Feel free to come and talk to any member of 4M, if you want to learn more about having a healthy body and mind.





Extend OSHC at MGPS

Hi Everyone

Over the past couple of weeks the children have been engaged in several interesting activities that have kept them busy and stimulated. During art and craft the children designed very fancy snowmen, which are now displayed in the middle room. Many children also loved making colourful woollen letters using the first initial of their names.

Our Science experiments included melting snowmen and working with sound waves. Many children excitedly joined in making snowmen with bi-carb of soda, afterwards they poured vinegar over it to watch it melt down. In another science experiment, we watched a video clip about sound waves and learnt the science behind it. We also put theory into practise and watched the salt dance to the music, which was quite fun. In our kitchen corner, our master chefs made yummy honey joys and rainbow cupcakes. We also celebrated Paul's 12th birthday with rainbow cupcakes!

Beside these activities the children were interested in solving complex puzzles, exploring connecting sand, building with recycled materials, drawing, hama beads creations and dramatic play. We also explored many physical activities such as; number soccer, fruit salad, octopus, revenge, scare-crow tiggly, soccer, tennis, hide and seek, forty-forty and many other activities of the children's choice.

Kind Regards

Meena

Our Extend Superstar is.....Sasha G for participating in all the program activities and being a good helper! Well done Sasha!



Our Extend superstar is... Eashan S for putting so much effort and dedication in to his work. We have loved getting to know you Eashan!



The Program activities for next week are:

Monday 1st of August : Art and craft: Aboriginal clay prints

Tuesday 2nd of August: Science experiment: Egg in a bottle

Wednesday 3rd of August: Cooking: Trail mix

Thursday 4th of August: Team games: Aboriginal games

Friday 5th of August: Mini Olympics

KIDS' CLUB ART COMPETITION **WIN A \$200 TOYS R US ONLINE GIFT CARD**

Entries are now open for Extend's Kids Club Competition! Submit your art entry online at extend.com.au between Monday 25 July to Friday 12 August, 2016.

This year's theme is "My Extend Friends" For further details and terms visit extend.com.au

...**BUT THERE'S MORE!** Help your After School Care service win a mystery incursion! Be sure to come along to After School Care to enter. See you there!

**To check out what's on, visit our website at
extend.com.au and book via the Parent Portal.**

SICK BAY ROSTER

TERM THREE

Friday, July 29	Melinda Collard
Friday, Aug 5	Rachael Kasap
Friday, Aug 12	Sharon Krause
Friday, Aug 19	Sarah Munnings
Friday, Aug 26	Joy Singh



Student of the Week Awards – Term 3 Week 2



Class	Name	Reason
PA	Fouad E	For being an encouraging and supportive friend.
PJ	Kanav S	For always showing great listening skills and trying your best in all tasks.
PT	Sussanna M	For trying very hard to sound out words today during Readers Workshop.
1WB	Gian F	For his fantastic listening skills and always trying his best. Well done, Gian!
2L	Abigail S	For her very detailed information report on a friend.
2W	Georgia M	For her hard work in writing this week.
3P	Isabel A	For following classroom routines carefully and working super hard.
3S	Kaleb W	For participating in Grade 3/4 sport with a great attitude.
4L	Andy X	For being a consistently hard worker and positive class member.
4M	Nicholas D	For being considerate of his classmates and always using beautiful manners.
5E	Matty L	For making better choices.
5T	Amelia B	For applying herself well in an effort to complete written tasks.
6M	Filip K	For improving his writing skills during Big Write sessions.



The KidsMatter awards are given to students who show courage in situations of adversity, show leadership skills in different ways around the school and show kindness and empathy towards all members of the Mulgrave Primary School Community.

Kids Matter Awards – Term 3, Week 2

Junior School	Shubhnaaz D
Senior School	Jasmine L

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LYNDALE



CRICKET CLUB

Registration Day

Sunday 11th September 11am - 4pm

Barry Powell Reserve, Halton Rd, Noble Park North

- Junior Fees - \$140
- Discount offer available on Registration day only - pay only \$125 in full and receive the new design Junior Cricket Cap
- Training and Playing tops available for purchase on the day
- Eftpos available

Junior Teams

Milo Have a Go - Ages 7 - 9
Under 11 - Under 13
Under 15 - Under 17

For further details contact **Cameron** - 0412 345 149 or email lyndalejuniorcc@gmail.com



SUMMER SEASON BASKETBALL REGISTRATION - NOW OPEN

Games played on Saturdays

UNDER 8 BOYS & GIRLS (games at 8:30 and 9:20)

UNDER 10 GIRLS (games at 11am, 11:50 and 12:40)

UNDER 12 - UNDER 23

Beginners and experienced players welcome
Term 4 2016 and Term 1 2017

One hour training session per week at Mt View Primary School or Wheelers Hill Secondary College

www.waverleyraiders.sportingpulse.net

CLICK THE LINK TO REGISTER AND PAY ONLINE

Look us up on Facebook at
<http://www.facebook.com/WaverleyRaiders>

CONTACT DANDENONG OASIS TODAY



Enquire Today!

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Dandenong Vic 3176
t: 9767 3100 e: oasis@ymca.org.au
www.dandenongoasis.com.au
Public Bus Numbers: 802, 804, 811, 862



ENROL TODAY

Every Thursday from 21st July - 22nd September

4.15 - 5pm 5 - 7 years old

Just \$12 per session



VOLUNTEERING OPTIONS

Host Program

The Host Program aims to match a volunteer individual or family with a child who has a disability. The volunteer host then provides respite by spending time with the child once a month either on weekends or during school hours.

The time spent volunteering is flexible, and the program can accommodate volunteers who want to balance their volunteering with other interests or commitments.

The Host Program provides time out for parents and carers, builds a strong relationship between the child and the host, and provides the child with meaningful opportunities to engage with the community.

Mentor Program

The Mentor Program aims to match volunteer mentors with teenagers and young adults with a disability. The mentor and young person then spend time together once a month in the evening or on weekends.

The mentor and young person participate in activities that they choose together, such as playing sport, going out for dinner or seeing a movie.

The Mentor Program focuses on building a strong relationship between the mentor and young person, enhancing the social experience of the young person and providing recreation opportunities in the community.

Contact Details

For further information please contact
Tori Pearce or Kate Harding
P: 9836 9811 E: tori@iee.org.au E: kate@iee.org.au
www.iee.org.au



To a child a book is not just a book; it's a journey to wherever their imagination wants to take them.

The Lions Club of Wheelers Hill invites you, as parents, to take your children on a journey of excitement to their Book Sale at Blackflat Community Centre - Cnr. Waverley and Springvale Roads in Glen Waverley on **6-7th August**.

There will be 100's & 100's of books for children of all ages, from infants through to teenagers.

Prices for these books range from \$0.50 to \$3.00 and the doors will open at 8.00am on Saturday and at 9.00am on Sunday.

Oh yes, we also have 1000's & 1000's of books for adults as well.

