



**Thursday  
10th November 2016**

**MULGRAVE PRIMARY SCHOOL**

NEWSLETTER

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www.mulgraveps.vic.edu.au

## Diary dates

### Term Dates 2016

Nov 16	Information Session for 2017 Prep Parents 6.30pm—7.30pm (children are not required at this session)
Nov 16	House Sports
Nov 18	Yr 5/6 Scienceworks/Planetarium Exc
Nov 30	BIG DAY OUT
Dec 8	Carols Night
Dec 12	Yr 6 Graduation

Thu Dec 15	Meet your teacher for 2017
Fri Dec 16	Final Assembly for 2016
Fri Dec 16	Xmas Raffle to be drawn
Tue Dec 20	Term 4 Ends at 1.30pm
Tue Jan 31	School starts for 2017

## *Principal's News*

With just over five weeks of school left, things are starting to get a bit busy! Have a read of some of the happenings at Mulgrave Primary School -

**HOUSE SPORTS** – Wednesday 16<sup>th</sup> November – This year's House Sports will be held next Wednesday. Mr. Hattwell and Mrs. Allday have been busy working with students and teachers on the events. The day will begin around 9.15 and conclude before lunchtime. Parents are invited to bring along a chair or a mat, pack a picnic and come and cheer the children along. Each student has an allocated house colour and we encourage them to dress in a t-shirt of that colour on the day to represent their house team.

**PRINCIPAL'S BIG DAY OUT FOR STUDENTS** – Each year I give our student community a special Principal treat of a BIG DAY OUT or a BIG DAY IN. This year I am taking all students and staff out for the day! This is at no cost to students. I am currently confirming the details of this outing and will let you know all about it very shortly!! At this stage the proposed date is Wednesday 30<sup>th</sup> November.

**YEAR 6 GRADUATION** – Our year six students will be having their graduation ceremony on Monday 12<sup>th</sup> December. Students will be having a special lunch together during the day and parents will be invited to the formal presentations at night. Mrs. Mann and students are working on preparations for this at the moment.

**CHRISTMAS RAFFLE** – We will shortly be sending some raffle tickets out to families in the hope that you can support this year's Christmas Raffle. We would greatly appreciate any donations for our Christmas Hampers. Donations can be accepted from now and placed in the box at the front office. Let's get into the Christmas spirit!!



**FINAL ASSEMBLY – Friday 16<sup>th</sup> December** - Although school closes on Tuesday 20<sup>th</sup> December at 1.30pm, we have decided to have our end of year assembly on Friday 16<sup>th</sup> December. On this day we will have our Christmas Raffle and formally say goodbye to this year sixes. We will also announce our year 2017 School Captains which is always very exciting! Students should still attend school on the Monday and Tuesday of the last week. (Closure will be at 1.30pm on Tuesday 20<sup>th</sup> December)



**YEAR 3/4 CAMP** – Feedback from the year 3 and 4 camp has been extremely positive. The food in particular was amazing! On offer was pasta, hamburgers, chicken parma and lots, lots more! A huge thank you is extended to all staff members who gave up their personal time to ensure that our students were well looked after. Camp staff were once again very impressed by how our students conducted themselves – well done everyone!

**STEP INTO PREP and PARENT INFORMATION SESSION** – The last Step Into Prep transition session was held yesterday. Our Preps for next year are very excited about coming to school. The information session for parents of 2017 preps will be held on Wednesday 16<sup>th</sup> November at 6.30pm in the BER/Science building. Children are not required to attend this session.

**SOMERS CAMP – YEAR 6 2017** – The thirteen students who submitted an expression of interest have been allocated a place at this excellent camp next year. The dates of this camp are - 7<sup>th</sup> to 15<sup>th</sup> February.

**Parent Spot** *The Importance of Sleep – Extract from Parenting Ideas – Read what Michael Grose reports below*  
[www.parentingideas.com.au](http://www.parentingideas.com.au)

The results of a sleep study conducted in the UK has some fascinating insights. *The study found that children with irregular bedtimes had lower scores in cognitive tests than kids who kept regular bedtimes.* Researchers studied 11,000 British children's sleeping habits and cognitive development at age 3, 5 and 7 to see if there were connections between the two. Boys, in particular, with irregular bedtimes were more adversely affected than girls, particularly in the important areas of reading, writing and mathematics.

*The negative impact of poor sleep habits in kids is not new.* We've always known that sleep is good for kids' growth and their health. Lack of sleep impacts on kids' immune systems, making them more susceptible to colds and other bugs. Every teacher and parent knows that tired kids often get sick.....not to mention irritable.

*In the last twelve months I've seen significant studies attributing lack of sleep with poor behaviour; anxiety and depression particularly in teenagers; and now poor cognitive performance.*

Interestingly, the key sleep factor that helps kids perform better, coping with adversity and behaving better at school is **REGULARITY** of sleep habits rather than how long kids sleep.

Kids who go to bed at different times and wake up at different times with big swings on weekdays compared to weekends- tend to be adversely affected. *Sober habits are important when it comes to sleep.* **Kids are routine-junkies.** They fight routines of all kinds, but they are actually good for them. Good routines of all kinds (meal-time, bath-time, homework time, bed-time, wake-up time) are essential to children's healthy development. Kids in chaotic homes use so much of their brain power just working out what comes next. The allostatic load on their brain is too much for many.

Routine and regularity is vital for sleep too. *The sleep clock thrives on regularity.* The sleep clock is re-adjusted on holidays and takes some time to get back to normal when kids return to school.

## How much sleep do kids need?

Okay sleep varies from child to child but the University of South Australia Centre for Sleep Research recommends the following:

☑ **2-5 year olds: 11-12 hours per night**

☑ **6- 8 year olds: 9-11 hours per night**

☑ **8-12 year olds: 8-10 hours per night**

**Here are five ideas to make sure your kids' bed-time stays regular and routine-like:**

1. Don't let kids stay up more than an hour or two later than normal on weekends.
2. Have a regular unwind time before the light goes out, and don't let them fall asleep in front of the TV.
3. No exercise, big meals or hot baths directly before bedtime.
4. Establish rituals such as reading a book in bed that triggers the sleep habits.
5. Make their bedrooms cave-like. Melatonin, the chemical the brain releases to bring on sleepiness loves darkness, and hates lights of any kind.

Most parents know the importance of sleep, but now we need to appreciate how important structure, namely a routine, really is.

Liz Watkins – Principal

Enjoy the beautiful weather on the weekend everyone!

## SICK BAY ROSTER

### TERM FOUR

Friday, November 11	Rachael Kasap
Friday, November 18	Sarah Munnings
Friday, November 25	Joy Singh
Friday, December 2	Louise Czosnek
Friday, December 9	Yeva Manukyan
Friday, December 16	Joanna Tartaglia

# Extend OSHC at MGPS



Hi Everyone

Over the last couple of weeks the children have been involved in several educational activities. In art and craft many children loved making clay lamps for Diwali (Hindu festival of lights) celebration. We also made wind chimes with little ornaments and several children participated in spider web painting with a variety of art materials. These are now displayed in the middle room. Our master chefs made delicious pizza scrolls with cheese and vegetables. Our scientists once again explored the chemical reaction from mixing bi-carb soda with vinegar, we grew monster hands and had soooo... much fun!

We celebrated Molly's birthday with a yummy chocolate cake, thank you to Matthew H, CJ and Leila for their help in baking during the breakfast club.

Apart from the above activities, skittle soccer and hexagon mat rolling were very popular throughout the week along with number soccer, an obstacle course, and capture the flag. Beside these experiences we also enjoyed solving puzzles, building with blocks, designing with hama beads, play dough exploring, outdoor play and much more.



**Our Extend Superstar is.. Xavier P for being a very supportive member of the team and participating in all the team activities. Well done Xavier keep up the good work!**



**The Program activities for next week are:**

<b>Monday 14th of November:</b>	Garden Mosaic
<b>Tuesday 15th of November:</b>	Stress ball
<b>Wednesday 16th of November:</b>	Theme park
<b>Thursday 17th of November:</b>	Cooking - vegetable chocolate cake
<b>Friday 18th of November</b>	Science experiment: - quick sand

To check out what's on visit our website at [extend.com.au](http://extend.com.au) and book via the Parent Portal.

**Thank you for 112 Blood Donations!**

**Extend would like to thank our school communities, staff, family and friends for helping us raise 112 Blood Donations for our Extend-a-Hand project.**

**Visit [darrendare.com](http://darrendare.com) to watch Extend Director jump out of a plane!**

**SUMMER HOLIDAY PROGRAM BOOKINGS ARE OPEN!**

**Book early to take advantage of early-bird rates!**

*Year 3/4 Students enjoying their time at Camp Oasis.*



*Grade 1 & 2's Excursion to Mont Delancey*





## Student of the Week Awards Term 4 Week 3



Class	Name	Reason
PM	Diana O	For working hard to learn her spelling words.
PT	Mikayla W	For sounding out words when reading.
1L	Oceana F	For scoring 50/50 on her speedy maths this week!
1WB	David L	For working very hard on his Mont De Lancey PowerPoint slide. Well done!
2W	Louis A	For his great work during our Big Write.
3P	Charlotte P	For her excellent listening and participation in maths groups.
3S	Amanda S	For her wonderful ideas in writing!
4L	Molly D	For being more organised and working hard during writing this week. Well done!
4M	Una V	For working hard on her maths tasks this week.
5E	Abbie M	For her hard working during writing sessions.

## Student of the Week Awards - Term 4 Week 4

Class	Name	Reason
PA	Teodora O	For being so helpful in the classroom and being kind to others.
1L	Shanaya P	For always showing the school values and caring for her friends.
1WB	Andrew S	For always participating in class discussions and asking interesting questions.
2L	Sienna R	For her persistence and achievement in learning analogue time.
2W	Daniel Y	For his good work in Maths this week.
3P	Chris G	For extending the amount of detail in his writing.
3S	Scarlett V	For her beautiful manners and enthusiasm in everything she does.
5T	Caitlin C	For her outstanding achievements in Maths.
6M	Javeria U	For making a wonderful start out at Mulgrave Primary School.



# \*\*Specialist Awards\*\*

## October 2016



Level	Name	Reason
<b>Scientist of the Month</b>		
Junior School	Tiana C	For her enthusiasm for science and her willingness to help her fellow students.
Middle School	Sasha G	For her great ideas during scientific discussions and tireless help in the room.
Senior School	Nicky C	For her consistent hard work in science that reveals scientific thinking and for taking pride in her work.
<b>Artist of the Month</b>		
Junior School	Chloe K	For her amazing work ethic and her ability to create artworks of an extremely high standard.
Middle School	Kristina D	For always working quietly and productively and creating a beautiful Ned Kelly artwork inspired by the Australian artist Sidney Nolan.
Senior School	Jack C	For always lending a helping hand and creating a colourful and detailed felting artwork.
<b>Performing Artist of the Month</b>		
Junior School	Daniel B	For his interest and enthusiasm in all activities in music class.
Middle School	Luke C	For his enthusiasm and fantastic rhythm when bucket drumming.
Senior School	Ella D	For leading her peers in singing activities with her beautiful singing voice.

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