



# MULGRAVE PRIMARY SCHOOL NEWSLETTER

**NAPLAN WEEK - MAY Tuesday 9th - Thursday 11th Grades 3& 5**  
**FRIDAY 12th MAY - MOTHER'S DAY STALL**

**Thursday, 4th May 2017**

**TERM 2**

**WEEK 3**

## KEY DATES

### MAY

Fri 5 - Winter District Interschool  
Sport Gd5&6 (Friday afternoons)  
Tue 9 - School Tour 9.30  
Tue 9 - NAPLAN  
Wed 10 - NAPLAN  
Thu 11 - NAPLAN  
Thu 11 - School Tour - 9.15

**Fri 12- Mother's Day Stall**



Fri 12 - Winter District interschool  
sports Gd5&6  
Thu 18 - Cross Country



Tue 23 - Education Week Open  
Night 6.30 - 8pm  
Thu 25 - School Tour - 9.15

## TERM DATES 2017

Term 2: 18 April to 30 June  
Term 3: 17 July to 22 September  
Term 4: 9 October to 22 December

## TIMETABLE

Drop off time from	8.45am
School commences	9.00am sharp
Recess	11.00 - 11.30am
Lunch	1.40 - 2.30pm
School Finishes	3.30pm

## *Principal's News*

### **Mother's day**

I would like to begin by wishing all of our mothers a wonderful day on Sunday week and remind our students that this is their opportunity to spoil their mum's. Boys and girls I'd like to encourage you to go out of your way to pamper mum. I can guarantee you that if you do the dishes without being asked or tidy your rooms voluntarily, that will mean the world to your mum! Of course, lots of hugs and kisses won't go astray either. All the best to all of our mum's out there and please accept my thanks for all of those little sacrifices you make every day to help nurture the wonderful children of Mulgrave Primary school.

### **School Self-Evaluation – Student and Parent Forums**

Late last week and early this week, students and parents were both invited to participate in forums to provide feedback for the school's self-evaluation. I would like to thank all of those community members for sharing their insights into how the school is performing and where they would like to see the school in four to ten years' time. The information provided will be collated, along with the input from the staff from our curriculum day, to form our School Self-Evaluation document. This document will then be presented to School Council for ratification before the school is then assessed by a review panel on June 22<sup>nd</sup> and July 20<sup>th</sup>. Following the review, the panel will present their findings and these will form the basis for our next strategic plan which will be developed in collaboration with School Council and presented towards the end of Term 3. Once ratified, the new strategic plan will be presented to the broader school community as a guiding document for 2018-2021.

### **Education Week – Dates for Your Diary**

This year's Education Week will be celebrated from 22<sup>nd</sup> - 26<sup>th</sup> May, with the school theme of 'Healthy Mind, Healthy Body.' This fun filled Education week is an opportunity for the school to showcase the work we are doing with our students.

*Principal's message continues pg 2:*

*"Striving for the best in everything we do"*

*Principal's message continued:*

- **Monday 22nd May** – Opening Ceremony - 9:05am in lieu of our regular Friday assembly (our assembly on Friday the 19th May will not run)
- **Tuesday 23rd May** – Open Night – 6:30 till 8:00
- **Thursday 25th May** – Multi-Age Activity Day
- **Friday 26th May** – Celebrating Education Week with a Special Assembly- 3:00pm – 3:30pm

In addition to these events, our student leaders will be running regular healthy mind and body activities each lunchtime from Mon - Thurs so that our students can make the most of the week. A flyer is attached outlining some of the activities. We look forward to seeing as many families during the open night as possible and please pass this on to any prospective families considering enrolling for 2018.

### **Late Arrivals and Early Pick-Ups**

A reminder that all children arriving at school, after 9.05am, must be signed in via the iPad at the office before going to their classrooms. Even more importantly, it is absolutely essential that parents / guardians collecting their children before 3.30pm, sign their child out via the iPad as well. Advance notice to the class teacher of an impending early pick-up, will certainly increase the efficiency of this process.

### **SCHOOL UNIFORM**

Wearing the Mulgrave Primary School uniform instils recognition that each student is an integral part of our school community and encourages pride in representing the school. With the start of a new term it has been pleasing to notice that the vast majority of students have been wearing their correct school uniform. This has helped to:

- Enhance and maintain a positive image of our school throughout the local community
- Promote equality amongst all students
- Allow all students to identify with our school community and feel a sense of pride in representing MPS
- Promote consistency in the appearance of our students with a uniform that is easily recognisable during whole school and interschool excursions and events

With a reminder that uniform items can be purchased through Lowes at Waverley Gardens Shopping Centre, I would like to thank all parents and students for their efforts in ensuring that the correct school uniform is being worn.

## **LEARNING TOGETHER**

### **Test Stressed?**

With the upcoming NAPLAN tests, set for week 4 this term, and the scholarship tests that many of our Year 6 students sit, the following article, by child psychologist Andrew Fuller, may assist both students and parents in handling what is often a stressful time.

*Let's start by letting you know what NAPLAN is not. It is not a measure of how intelligent you are. It is not a measure of what you are capable of. Your results on NAPLAN don't effect if you pass the year or not. We want you to do your best on NAPLAN but we don't want you to worry about it. Worry never helps you to do your best. If you have ever felt butterflies in your stomach or a headache whenever you think of a coming test or NAPLAN, the ideas in this paper are for you.*

#### **Everybody gets stressed.**

*Everyone gets stressed during tests and exams, even the people who say that they don't. Look around in a room where people are doing a test or exam. Even those people who are yawning, looking bored or stretching and looking as cool as cucumbers, are stressed. That means everyone has to learn how to cope with these feelings. It is not just you! Stress can block your memory, give you a queasy tummy, make you lie awake at night, give you a dry throat or a headache- these aren't nice feelings to have.*

#### **Get Stressed**

*The first strategy to dealing with stress is to get stressed. Huh? Makes no sense? Let me explain. Stress feels yucky but it is actually your body's way of preparing you to perform at your best. Blood gets pumped to your arms and legs, your heart speeds up, and nonessential services like your digestion slow down- you are ready to take on the world. So stress might feel unpleasant but realising that it is your body's way of revving you up and helping you to perform at your best, will help you to keep these feelings in perspective.*

*Principal's message continued:*

### **Write Out Your Worries**

The second strategy to deal with the stress of an upcoming test or exam is to grab a piece of paper one or two days before the test and write down all your concerns about it. Write out an answer to the question, "What would happen if I fail this test?" (Even though you can't fail NAPLAN). Then write out an answer to the next question, "If I did fail what would happen then?" Read your written answers aloud to yourself. Even if doing well is really, really important to you, knowing your fears will calm you. Answering the question, "If I did fail, what would happen then?" helps you to make a back up plan.

### **Build Momentum**

Answer a question that feels easy first off in NAPLAN to build up your confidence.

### **Breathe Out - S L O W L Y**

When you feel stressed one of the fastest ways to calm down is to breathe out slowly. We all have a calm down system that is controlled by our breathing. If you breathe out and count silently to yourself, "one thousand, two thousand, three thousand", you will start to feel calmer.

### **Focus on now.**

Stress can spin your head. It can have you thinking all sorts of weird ideas. Stress can have you remembering that time you failed all those years ago or that time you were so embarrassed by something. Stress can also blow things out of all proportion and have you predicting bad things in your future. The past is no longer with you and the future hasn't happened yet. Worrying has never changed anything in the past and predictions about the future are usually wrong. Doing well on a test or exam means you need to focus on the question in front of you now. Keep reminding yourself, "What do I need to do right now?"

### **Stand tall walk proud**

Your brain is incredibly intelligent. In fact, you possess at the top your neck, humanity's latest upgrade- the most intelligent brain in all of history. But! Your brain is also incredibly stupid. It believes what you tell it. This means if you stand-up and maintain a powerful posture your body sends a signal to your brain that tells it you are feeling in charge of things and it can reduce your stress hormones.

### **Look after yourself**

Breakfast- eat "brain food" the morning before NAPLAN. Have a higher protein, lower carbohydrate mix at breakfast. That means less toast and more eggs. Drink water- water lowers your levels of cortisol that causes stressful feelings. Avoid energy drinks as they rev you up, increase anxious feelings and may interfere with your levels of concentration. Sleep well- try to get a good night's sleep the night before. If you are feeling really worried, set an alarm so you can wake up early and feel awake and ready .

### **Make yourself smarter**

The biggest obstacle you face in doing well at a test or exam is not your brain. You have plenty of intelligence. The big issue is your level of anxiety. If you take the time to prepare for the test or exam and use the strategies suggested in this sheet, you will perform at your best.

### **Chew Something.**

Ok you've done all of that and you still feel nervy. The third strategy is to eat or chew on something either before or during the test or exam. Check with your teacher that chewing something is allowed in test and exam rooms. If chewing is not allowed, at least chew something just before entering the test. Some jellybeans or fruit would be ideal. Stress happens when we feel we are in a dangerous situation. It is an automatic process that we can't completely control. Eating or chewing on something sends a signal to your body that says, "Well, if I'm chewing something I can't be in total danger, so relax a bit."

### **Keep Calm and Carry On**

You have many, many skills that will NOT be assessed by NAPLAN. Tests and exams are important, but they are not the big predictors of life success. Do your best and prepare as well as you can but don't make the mistake of thinking that your score on NAPLAN is a measure of your intelligence or predicts your future.

*Charles Spicer – Principal*

## **FROM THE OFFICE**

### **MOTHERS DAY STALL - FRIDAY 12th MAY**

Our Mothers' Day stall for 2017 will be held on **Friday 12<sup>th</sup> May** from **9.00am to approximately 1.00 pm**.

There are many quality items for the students to choose from this year with most items priced between \$1.00 and \$8.00.

### **DETAIL CHANGES**

We would like to remind parents to please keep the school informed of **any changes** to your child's medical information or changes to your family circumstances. This includes change of address or phone numbers.

It is particularly important that we have your **correct phone numbers** on file in case we need to notify you if your child is ill or if there is an emergency.

**Changes can be notified in person at the office**, via a tiqbiz message or by email. ([mulgrave.ps@edumail.vic.gov.au](mailto:mulgrave.ps@edumail.vic.gov.au)).

### **SCHOOL TOURS FOR PREP ENROLMENT 2018**

Drop in or you can contact the school office on 9795 2477 to book yourself into a tour.

Date/Time : May 9, 11, 18, 25 at 9.15—10.00

**EDUCATION WEEK - Open Night** Tuesday May 23<sup>rd</sup> 6:30-8:00pm

# COMPETITION

## Naming Our School House Teams

Dear School Community Members,

This year Mulgrave Primary School will be celebrating 30 years at its current site in Gladeswood Drive, Mulgrave. As you may be aware, Mulgrave Primary School started in 1879 in Wellington Rd. Mulgrave. The Mulgrave 'Pitch and Putt' now operates on that site.

To help celebrate Mulgrave Primary School's long existence we would like the school community to help with raising the profile of the school House Team system. For the last thirty years the school House Team system has existed with the colours of Blue, Gold, Green and Red only. We would like to raise the profile of the house teams by giving them names that are significant with the history and the development of the school to date. We will continue with the team colours, team songs and house events the school has grown to know and love over the years. However, the school would like to celebrate the student leadership of the school. School Captains as well as House Captains will enjoy more opportunities as leaders of the school student body.

If you would like to be a part of the naming of our school house teams, can you please submit your names to the school office. Please include your reasoning behind the suggestions you have made. We hope to make a decision at the end of Term 2. As a help to your suggestions, other schools have selected names of significant sports people, historical school or community members, educationalists, Nobel Prize winners, indigenous places or identities and environmental features. Mulgrave Primary School has a strong identity with the Australiana theme including the design of our school buildings and the map of Australia fitness track.

Good luck with your research and suggestions. Enjoy the challenge and thanks for taking part.

**The Mulgrave Primary School Events Team**

The logo for Tiqbiz, featuring the word "tiqbiz" in a bold, lowercase sans-serif font, followed by a green speech bubble icon with a white checkmark inside.

### TIQBIZ HAS CHANGED!

You may have seen the name "FlexiBuzz" and noticed a change in logo when you visit your Tiqbiz app or desktop site. This is the result of the recent purchase of Tiqbiz by [InLoop Pty Ltd](#), an Australian tech company with leading brands including [Flexischools](#).

We will be continuing to use the app to communicate with you and FlexiBuzz will retain all of the features that were available with Tiqbiz.

To ensure you have the most up-to-date version of the app we would recommend running the app update as soon as possible.

If you are using the desktop site, you will now go to [web.flexibuzz.com](http://web.flexibuzz.com).

Our contact information and standard links have changed

**Call Us:** 1300 BUZZER (1300 289 937) from Australia

+61 2 8599 3249 for outside Australia

**Email Us:**

[support@flexibuzz.com](mailto:support@flexibuzz.com)

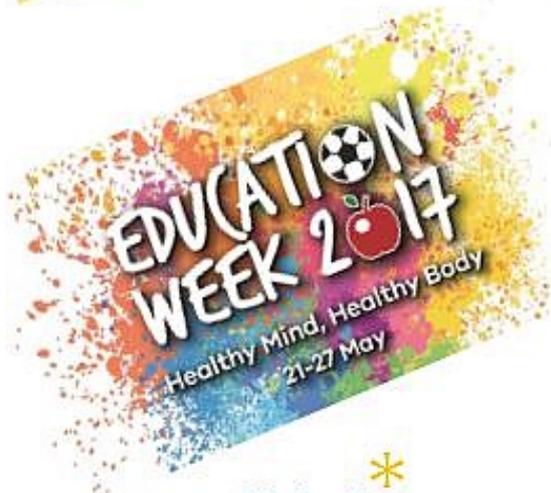
**Web Links:**

Website: [www.flexibuzz.com](http://www.flexibuzz.com)

Desktop Login: [web.flexibuzz.com](http://web.flexibuzz.com)

# EDUCATION WEEK

Healthy Mind, Healthy Body



## \* Major Events

**Monday 22nd** — Opening Ceremony— We will be having a special assembly to open the week. All welcome!

**Tuesday 23rd** — Open Night — The Big Night. We will be opening up the classrooms and invite you to come and have a look. There will be activities in the rooms, as well as a puzzle to be solved with a prize to be drawn at the end of the night. This will be from 6:30-8:00pm.

**Thursday 25th** — Multi-age Activity Day— The students will be combining into mixed class and age groups and participating in a number of extra activities.

There will also be lunchtime activities organised by the house captains, as well as buddy activities between classes.

## MPS Education Week 2017

21—27th May 2017

Education Week is fast approaching and Mulgrave Primary is planning a number of activities and events to help showcase what we have been doing.

This year we have been focusing on the theme of 'Healthy Mind, Healthy Body', and we have a number of activities planned for this week.

We will also be having an Open Night, which will allow community members, family and friends to come in.

The kids will also have a number of special activities to do during the week, both at lunch time and class time.



Mulgrave  
Primary School

# Term 2: Week: 2

## Student of the Week Awards

Class	Name	Reason
PJ	Aleena B	For listening and trying your best in writing. Well Done!
PT	Levi T	For writing great sentences this week.
1J	Charli L	For being so dedicated to her learning.
1S	Sussanna M	For helping setup and pack away activities.
1W	Nenad M	For being an encouraging friend during sport classes.
2F	Andrew S	For always being helpful and polite.
2L	Ellena D	For using a variety of 'WOW' words in her Cold Write.
3B	Marko M	For outstanding effort in PE showing of your catching skills.
3J	Mark K	For an amazing effort during his Big Write. Congratulations Mark!
4E	Bailey WS	For his fantastic recount about the Melbourne Zoo.
4T	Eshan S	For working hard to improve the quality and quantity of his writing.
5D	Cj F	For his improved work on his comprehension.
5H	Tanas K	For a great effort writing persuasive texts.
6L	Nicolette P	For her beautiful manners, balanced personality and diligent approach to work.
6P	Eylul T	For working diligently on all tasks. Well done.



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.

Level	Name
<b>Kids Matter Awards – Term 2, Week 2</b>	
Junior School	Andrew P
Senior School	Jimmy P



## *Extend OSHC at MGPS*

Hi Everyone,

During the last couple of weeks the children were engaged in many play based learning activities to enhance their overall developmental skills. In art and craft we constructed a vibrating queen using colourful wire and pipe cleaners and in another activity, we made leaf print animal pictures which looked amazing. In science we experimented with different colours to find out, why do leaves change colour in Autumn? We also planted herbs and vegetables in our veggie patch, and now looking forward to see them grow! Recycling incursion from city of Monash was wonderful. We learnt the importance of recycling. Musical play with Gilbert the Gecko was hilarious with lot of dancing. In our kitchen corner we made delicious Anzac biscuits in the commemoration of Anzac day. We also made yummy dumplings with fresh veggies.

Apart from these activities the children enjoyed team games such as: Kick ball, capture the flag, dodge ball, elbow tiggly, revenge, hockey, guards and soldiers, skipping, soccer and octopus. We also loved building with construction sticks, bunchems, board games, drawing, hema beads, solving puzzles and many more.

**We would like to invite all our wonderful mums to come and celebrate mother's day with us on Friday the 12th of May 4pm onwards.**

**Our Extend Superstar is: Harley I** - for making good choices and being a supportive member of the team. Well done Harley keep it up the good work!

**Our Extend Superstar is: Zoe L** - for confidently engaging in some of the team activities. Well done Zoe!

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

- **Monday 8th of May** - Cooking: Rice paper roll
- **Tuesday 9th of May** - Mother's day art and craft
- **Wednesday 10th of May** - Team game: Crab Soccer
- **Thursday 11th of May** - Science experiment: Rainbow Skittle experiment
- **Friday 12th of May** - Party games and afternoon tea with mums

*Kind regards*

*Meena*

*Extend news continues next page:*

Extend news continues:



### Existing Families

#### **HAVE YOU SECURED YOUR TERM 2 BOOKINGS?**

You can book for the entire term or year or even book specific dates.

#### **Option 1: Book for the entire year/period of time selected**

Use the 'by the day of the week' tab to book consistent days over a period of time that you select.

#### **Option 2: Book by specific dates**

Irregular bookings can be made by the 'by specific dates' tab. If you make these bookings with 14 days notice or more, you will attract the lowest rate.

### New Families

#### **ENROL ONLINE – ALLOW 24 hours**

Enrolling is quick and easy! Simply set up your own account online via the Parent Portal. Please note it is government regulation that all children must be enrolled **BEFORE** attending an Extend service. For information on operating hours and fees for your school, visit your After School Care venue or school website. We look forward to seeing you in Term 2!

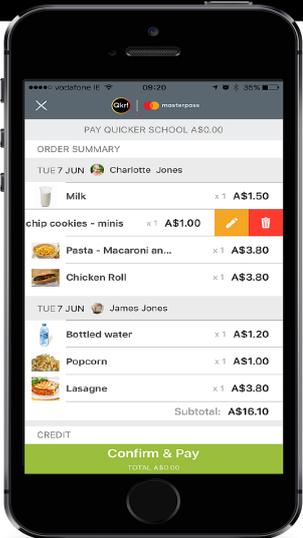
To check out what's on visit our website at [extend.com.au](http://extend.com.au) and book via the Parent Portal.

| masterpassTIP OF THE WEEK

**Q. How can I remove unwanted items from my shopping cart?**

**A.** It is easy to remove or amend items in your shopping cart prior to paying for them.

1. Open Qkr! and tap 'Activity'.
2. Under 'Active Carts' tap on your school.
3. Tap on the order or item you want to remove or update.
4. Tap the garbage bin icon to remove the item from your cart; or  
Tap the pencil icon to update or amend the item in your cart.



## SICK BAY LINEN ROSTER- TERM 2

Term 2	
5th May	Melinda Collard - 1W
12th May	Hong Zhu - 1S
19th May	Julie Piening - 5H
26th May	Holly Oakes - 2F
2nd June	Anne McNee - 1S
9th June	Louise Czosnek - 4T
16th June	Sharon Krause - 6
23rd June	Stephanie Buggy - PL
29th June	Lucy Meszaros - 2F

# 2017 - 2018 ENTERTAINMENT BOOK NOW AVAILABLE

The NEW Entertainment Memberships are here!



## Mulgrave Primary School is raising funds. Here's how you can help...

Help us raise funds for our school by buying an Entertainment Membership from us. You'll receive hundreds of valuable offers for everything you love to do, and help our fundraising at the same time!

The new Entertainment Books are now at the office (a sample book is on display in the office foyer)

Over \$20,000 worth of offers the whole family will love!

*Louisa*



*Bakers Delight*  
We're for real.



and much, much more...

## Mulgrave Primary School

Contact: Suzy Shaw Phone: 9795 2477 Email: mulgrave.ps@edumail.vic.gov.au

To order your Book or your Digital Membership securely online visit:

[www.entbook.com.au/193q692](http://www.entbook.com.au/193q692)

Alternatively, please complete your details below:

Name: \_\_\_\_\_ Phone: \_\_\_\_\_

Email: \_\_\_\_\_

Address: \_\_\_\_\_ State: \_\_\_\_\_ Postcode: \_\_\_\_\_

Melbourne Edition \$70 including GST:# \_\_\_ Book(s) # \_\_\_ Digital Membership(s) \$ \_\_\_

Geelong Edition \$60 including GST:# \_\_\_ Book(s) # \_\_\_ Digital Membership(s) \$ \_\_\_ **TOTAL ENCLOSED \$** \_\_\_\_\_

Payment type: Cash  Mastercard  Visa  Cheque

(Credit Card payments will incur a 1.25% processing fee)

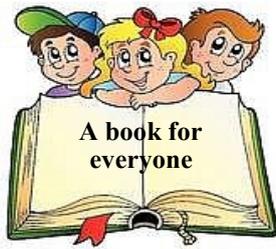
Credit Card number: \_\_\_\_\_ / \_\_\_\_\_ / \_\_\_\_\_ / \_\_\_\_\_ Expiry date: \_\_\_\_\_ / \_\_\_\_\_ CVV\*: \_\_\_\_\_

\*CVV is the 3 digits on the back of your credit card

Cardholder's name: \_\_\_\_\_ Signature: \_\_\_\_\_

**20% from every Membership sold contributes to supporting Mulgrave Primary School**

# ADVERTISING



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 **20<sup>th</sup>-21<sup>st</sup> May 2017**. 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.



## LOVE NETBALL?

You are invited to our **Junior Development Program** starting 2nd June 2017 and running until the end of term 3.

Develop ball skills, make new friends and join in an exciting team sport.

No prior experience necessary.

For more details go to [wmnc.com.au](http://wmnc.com.au) or contact Taylor - 0417 037 510



[wmnc.com.au](http://wmnc.com.au)



**NUNAWADING BASKETBALL** EST. 1999

**NUNAWADING BASKETBALL**  
INTRODUCTORY & BEGINNER PROGRAMS

**HEAD START**  
**TERM PROGRAM**  
TUESDAY 4:10PM-4:55PM  
WEDNESDAY 4:10PM-4:55PM  
SUNDAY 1:15PM-2:15PM

**SPOOK HOOPS**  
**CASUAL CLASSES**  
FRIDAY 4:10PM-4:55PM

NUNAWADING BASKETBALL CENTRE  
BURWOOD HIGHWAY  
EAST BURWOOD  
9602 6711  
NUNAWADINGBASKETBALL.COM.AU

**LEARN TO PLAY BASKETBALL**

# OPEN DAYS

If your child is approaching secondary school, we warmly invite you to join us for the evening

## OPEN NIGHT *Thursday 4 May 2017*

Commencing 6pm in the Gymnasium  
Raphael Drive, Wheelers Hill, VIC, 3150

**Enquiries and tours welcomed.**

Raphael Drive, Wheelers Hill 3150

(03) 9561 5811

wheelers.hill.sc@edumail.vic.gov.au

[www.whsc.vic.edu.au](http://www.whsc.vic.edu.au)



**WHEELERS HILL**  
Secondary College

## OPEN DAY

Tuesday May 9

A Government College for the Whole Family

**See the school  
at work**

Tours leave main office  
at 2:00pm and 6:00pm.

Information Session  
at 7:00pm.



**CARWATHA  
COLLEGE P-12**



# OPEN DAYS



(03) 8545 0300

65 - 71 Watsons Road  
Glen Waverley VIC 3150

## 2017 Open Day

Brentwood's Open Day will be held on Thursday April 27.

### Morning Session

10:30am - Information Session, Hall  
10:50am - College Tours  
11:30am - Informal Q&A Session, Hall

### Afternoon Session

2:00pm - Information Session, Hall  
2:20pm - College Tours  
3:00pm - Informal Q&A Session, Hall

Note that the afternoon session is a repeat of the morning session.



## Wellington Secondary College

Tours of the College and its facilities are now available to enable prospective 2018 students and their parents to view the College. **Bookings are essential.** If you intend to tour the College at one of these times, please contact the Office (9547 6822) to book a place.

### 2017 Tour Dates for 2018 Intake:

Tuesday March 14, 9.00am

Friday March 17, 9.00am

Wednesday March 22 – CANCELLED

Monday March 27, 9.00am

Friday April 21, 9.00am

Monday April 24, 9.00am

Friday April 28, 9.00am

Tuesday May 2, 11.00am

Friday May 5, 9.00am