



# MULGRAVE PRIMARY SCHOOL

## NEWSLETTER

**Wednesday 26th July - Step into Prep - 9.15 - 10.15**

**Thursday, 20th July 2017**

**TERM 3**

**WEEK 1**

### KEY DATES

#### JULY

Mon 17 **School Recommences**  
Wed 26 Step into Prep 9.15 - 10.15

#### AUGUST

Fri 4 Teeball girls Div Final - Jells Park 10am-1.15pm  
Fri 11 Hooptime Basketball G 5/6  
Wed 16 Myuna Farm - Preps  
Wed 23 Step into Prep 9.15 - 10.15  
Thu 24 Fathers Day Stall TBC

#### AUGUST

Tue 29 **School Production Night**  
Crossway Theatre -  
*Ali Baba and the Bongo Bantits*  
Thu 31 Athletics Sports - Knox



#### TERM DATES 2017

Term 2: 18 April to 30 June  
Term 3: 17 July to 22 September  
Term 4: 9 October to 22 December  
6th November - Curriculum Day

#### TIMETABLE

Drop off time from 8.45am  
Classrooms open 8.50am  
School commences 9.00am sharp  
Recess 11.00 - 11.30am  
Lunch 1.40 - 2.30pm  
School Finishes 3.30pm

## *Principal's News*

**Welcome back to Term 3.** I trust families were able to spend some time with their children and make the most of the 2 week hiatus. My children endured a great deal over the holidays, helping their dad clean out not only the garage, but the school office as well. Not the most exhilarating time for an 11 year old and 14 year old, but they gritted their teeth and did their part. What was their reward? Sometimes it is important to simply do something to help others. This time it was to help their dad, other times it can be to help a friend or even a stranger. The reward is the knowledge that they have done something kind for another human being. Hopefully that will come back to them when they need it most.

That said, it wasn't all bleak for my children. We did head off together for a few family outings, possibly the most enjoyable was the Queen Victoria Market. What a great opportunity for kids to learn about money and shop around for the best deal all in the one place, without needing to surf the internet! It's opportunities like these that we encourage at MPS, all underpinned by an expectation that children are reading every night. Whilst I have said it before and will again, the research shows us that students that read for 67 minutes per day will achieve, on average, in the 98<sup>th</sup> percentile. We'll do our part at school, but we certainly encourage families to do their part at home as well.

### **Enrolments**

The school is now beginning to plan for 2018 and at this point, has already met our enrolment target for 2018. This means we are considering the possibility of a 4<sup>th</sup> prep class in 2018 and would like to hear from any parents who have yet to enrol their child. This week alone, Stuart and I will have run tours for another half a dozen families who are considering our school. Obviously, with such consistent interest in our school, it would be extremely helpful if all of our current families complete enrolments by the end of July so that we can plan accordingly. My thanks in advance for your cooperation and understanding.

*Principal's message continues pg 2:*

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

### Thank You to – Mandy Clifton

Mandy has recently provided Council with her resignation and it is with a tinge of sadness that we accept. We understand the pressures of the modern world and sometimes we all need to shift our priorities. I would like to thank Mandy for her service to the Council and the school in general. There is no doubt that the contribution from parents helps the school tick. On that subject, Mandy's resignation opens up a vacancy on school council. It is really not that scary a group and we are usually pretty efficient and won't keep you long. The meetings are held twice per term on a Tuesday from 7pm in the staff room. Our next meeting is this coming Tuesday, so perhaps feel free to attend and see for yourself before making a decision.

### UNIFORMS

I would like to thank all parents and students for their efforts in ensuring that the correct school uniform is being worn. Wearing the MPS school uniform instils recognition that each student is an integral part of the school community and encourages pride in representing our school. 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.

The cold winter weather has certainly set in and we appreciate that this has an effect on uniform. Rain and cooler temperatures have made it very cold outside for students before school and during breaks. At MPS, our priority is to provide opportunity for the students to play outside whenever possible, with a 'wet weather timetable' put in place in times of persistent and heavy rain. As such, we regularly remind students to play in appropriate areas and avoid overly wet or muddy areas.

In addition to playtimes, there are also a number of occasions when learning activities mean that our students are outside for extended periods (eg. Physical Education). Please check with your children to make sure that they have enough clothing to keep them warm outside when it is cold. Uniform items, including winter accessories can be purchased through Lowes at Waverley Gardens. (Please note our school uniform does not include bike shorts, black leggings or beanies and hoodies. It is also an expectation that jewellery is kept to a minimum, e.g. stud and sleeper earrings. All staff appreciate your cooperation.

*Charles Spicer* – Principal

### SICK BAY LINEN ROSTER- TERM 3

#### Term 3 - 2017

Date	Name
21st July	Andrea Roberts - PL
28th July	Melinda Collard - 1W
4th August	Hong Zhu - 1S
11th August	Julie Piening - 5H
18th August	Holly Oakes - 2F
25th August	Anne McNee - 1S
1st September	Louise Czosnek - 4T
8th September	Sharon Krause - 6L
15th September	Stephanie Buggy - PL
21st - 22nd September	Lucy Meszaros - 2F



### LUNCHTIME CLUB TERM 3

We are looking for second hand Lego donations for a lunchtime club this term. Please drop off at the Prep Rooms.

# Ali's Corner - Parents Spot



## 10 Tips for Better Behaviour

Nationally recognized [parenting expert](#) Amy McCready is the Founder of Positive Parenting

Sometimes, when tasks and schedules get overwhelming, it's helpful to make a to-do list to make things feel more manageable and focused. If your children's behaviour problems have you feeling overwhelmed and not knowing what to do first, start with these 10 tips for better behaviour.

- 1. Invest in one-on-one time with kids daily.** By far, the best thing you can do to improve your children's behaviour is spending time with them individually every day, giving them the positive attention and emotional connection they're hard-wired to need. When they don't have that positive attention, they will seek out attention in negative ways, and consequences and other discipline methods won't work. Aim for 10-15 minutes a day per child and you'll see measurable improvement almost immediately.
- 2. Get serious about sleep.** Think of how you feel when you're overtired - cranky, irritable, your head and stomach hurt. It's the same for kids, and most toddlers up to teens get far less sleep than their growing bodies need. Teens even need more sleep than some younger kids - so consult your family physician about the hours of sleep your kids need by age. If your child has a sleep deficit, try moving up bedtime by 10 minutes every few nights. A well-rested kid is a well-behaved kid and can function better throughout the day, including school.
- 3. Focus on routines.** Kids thrive with a routine, so set clearly defined routines for the most challenging times of the day, like mornings, after school, mealtimes and bedtimes. Let your kids help decide how the routine will go (do we get dressed or brush teeth first? How can you help get dinner ready?) For younger kids, write out the order of the routine using pictures or words and let them decorate it, then hang it where they'll see it every day. Then stick to it.
- 4. Everyone pitches in.** For better behaviour, kids need to understand that everyone needs to contribute to make a household run smoothly. All kids, from toddlers to teens, should have "family contributions" (not "chores!") they do daily - this helps bring your family closer together, teaches them life skills and works to prevent the entitlement epidemic.
- 5. Encourage your kids to be problem solvers.** Time to retire your referee whistle - when parents step in the middle of a sibling disagreement and determine who's at fault and dole out punishments, it actually makes things worse. To kids, they see a winner and a loser and a need to escalate the sibling rivalry. Encourage your kids to find a resolution to the problem on their own, which will help them solve conflicts as they grow older. If you have to get involved, don't choose sides, but ask questions that will help them figure out a solution that all parties can feel good about.
- 6. Simplify family rules and be firm.** It can be difficult for kids to keep a mess of rules straight. If it seems like you have 50 or so family rules, whittle down the list to what's most important. Determine a consequence for each rule, make it clear to kids ahead of time of both the rules and consequences, and don't give in. To make sure your consequences follow the 5 R's of Fair & Effective Consequences, join Amy McCready for an [upcoming training webinar](#).
- 7. Send time-out to the sidelines.** Practically every parent has tried to punish or correct behaviour by sending their child to "time out," but most have found it just doesn't work or lead to better behaviour. That's because a time out in the corner or bedroom doesn't teach kids how to make better choices the next time, and generally, a time out just escalates a power struggle. Kids, especially the strong-willed, will push back, and hard. Instead, focus on training, not punishment. Ask, "What can we do differently next time?" and role play the do-over.
- 8. Just say no - to saying no.** Kids barrage us with questions everyday, and more often than not, our answer is "no," and kids resent it. Find opportunities to say "yes" when you can. If your daughter asks to go to the indoor pool in the middle of a busy weekday, try saying, "Going to the pool sounds like so much fun. Should we go tomorrow after school or on Saturday?" Of course, there will always be things that will need a big "no," but try to redirect them to a more positive option.
- 9. Don't worry, be happy.** Be the example you want your kids to see. Think about how your kids might describe you to their friends - would they say you're fun and lighthearted, or that you're stressed and bossy? Try changing your energy by simply smiling more. It will help you keep calmer in times of stress, and your kids will notice and keep their behavior more positive, too.
- 10. Don't ignore the source of misbehaviour.** Misbehaviour is always a symptom of a deeper issue, and when we can find what causes it, we can use the right strategies to correct it. If Bella keeps dumping toys all over your desk, is she upset that you've been working all afternoon? Is Eli throwing a fit over having the blue plate because he really wanted to make a choice and feel independent? In the midst of misbehaviour, stay calm and ask yourself what might be causing it.

Cut through the chaos by following these 10 tips, and you'll start seeing better behaviour from your kids and you can start creating a happier, more peaceful home.

Want more help correcting misbehaviours? Join us for an upcoming, live webinar called "Get Kids To Listen Without Nagging, Reminding or Yelling" [Click here](#) for upcoming dates and times.

# Mulgrave Primary School Presents



**29th August 2017**  
**Approximately 6pm - 9pm**

We are very excited to announce that this year's production will be; **'Ali Baba and the Bongo Bandits'** A musical based on the original tale of Ali Baba and the Forty Thieves. We now have our fantastic cast of grade 5 and 6 students, and every other class have been busy learning their songs for the night.

Very soon, we will begin the busy tasks of *making costumes, sets and collecting props for this show.*

This year, we would like to invite the Mulgrave Primary School Community of parents, families and friends to assist in these areas. If you are interested in helping please email me at [bush.sally.j@edumail.vic.com.au](mailto:bush.sally.j@edumail.vic.com.au) stating what you'd like to help with.

Thank you,

*Sally Bush*



## Extend OSHC at MGPS

Hi Everyone,

I hope you all had a relaxing term break enabling you to energise yourself for another busy term ahead?! We had an amazing holiday program at MGPS during the term break. I would like to share some of the highlights of the program with you. We started our program with an incursion, Hip Hop Blitz, learning quick hip-hop moves and in another incursion, "Circus Skills" we learnt various tricks with hula-hoops and juggling balls. We explored ancient Egyptian writing style Hieroglyph. In other art activities we creatively designed green houses, designed Minions and made awesome Icy Igloos. Our Snowman slam, science experiment- a winter snowstorm and time challenge were fun.

The children also enjoyed cooking banana muffins, pancakes and oat bars. We celebrated Logan's 7th birthday with yummy homemade chocolate cake. Mad hatters party and Pyjama party were awesome. An excursion to Kids Space play centre was full of fun. Apart from these activities our physical activities such as - Mat ball, Target ball, Domes and Dishes, Aboriginal games and basketball were also lots of fun.

Over the next couple of weeks in OSHC, besides all the other exciting activities, we will be focusing on our Kids Club competition in the hope to win an incursion for our service.

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

Entries are now open for **Extends Kids Club Competition!** Submit your entry online from Monday 17 July to Friday 4 August 2017.

To enter complete the sentence "Extend is ....." and submit your matching art entry online at [extend.com.au](http://extend.com.au) .  
For further details and terms visit [extend.com.au](http://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!

*Kind regards*

*Meena*

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

- ◆ Monday 24th July : Cooking - Apple Muffins
- ◆ Tuesday 25th July : Science experiment - Lava Lamp
- ◆ Wednesday 26th July : Art and Craft - Kids Club Art
- ◆ Thursday 27th July : Team game - Mat Ball
- ◆ Friday 28th July : Bouncing Bubbles

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

# ADVERTISING

## JUNIOR SELF DEFENCE & FITNESS CLASSES



MULGRAVE PRIMARY SCHOOL

(School Hall)

Tuesday Afternoons

5.30pm – 6.30pm

Boys and Girls

Ages 7 – 10

Register now to start in Term 3

1<sup>st</sup> lesson starts

Tuesday 18<sup>th</sup> July 2017

Contact Cliff Wilson to register:

M: 0418 150 405

E: [cliffwilson@caydam.com](mailto:cliffwilson@caydam.com)

W: [caydam.com](http://caydam.com)



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Contact us now to register your interest in attending an information session on 12<sup>th</sup> August at 10am to find out more about what the program entails and how it can help your child succeed in Maths!

**Free Assessment** provided upon sign up to ascertain a child's level before a suitable program is recommended.



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*"Mathematics in Singapore is not about knowing everything. It's about thinking like a mathematician"*

- Andreas Schleicher, head of the OECD's education assessment programme

*"Governments around the world have sought to incorporate elements of the "Singapore model" into their own approach to teaching maths and science"*

- Financial Times

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