



Tuesday 13th November - School House Sports

Thursday, 8th November 2018

TERM 4 WEEK 5

KEY DATES

NOVEMBER

- Thu 8 Gr 3&4 Camp Oasis Mt Evelyn
- Fri 9 **NO ASSEMBLY**
- Fri 9 Gr&4 Camp Oasis - Return
- Sun 11 Remembrance Day
- Tue 13 School House Sports



- Thu 15 School Tour 9.15 - 10am
- Sat 24 Election MPS Hall
- Fri 30 Pizza Day

DECEMBER

- Mon 3-14 Swimming Program
- Tue 11 Gd 6 Orientation Day for Transitioning into High School
- Mon 17 Gd 6 Graduation
- Wed 19 Mini Fete & Carols
- Fri 21 **End of Term 4 - 1.30pm Dismissal**

JANUARY

- Tues 29 Staff only return School
- Wed 30 Students First day of School

CURRICULUM DAYS

Term 4: November - Monday 5th

TERM DATES 2018

Term 4: 8 October to 21 December

TERM DATES 2019

- Term 1: 30 January - 5 April, 2019
- Term 2: 23 April - 28 June 2019
- Term 3: 15 July - 20 September 2019
- Term 4: 7 October - 20 December 2019

TIMETABLE

| | |
|-----------------|-----------------|
| Commences | 9.00am |
| Recess | 11.00 - 11.30pm |
| Lunch | 1.40 - 2.30pm |
| School Finishes | 3.30pm |

From The Principal

In 1918 the armistice that ended World War 1 came into force, bringing to an end four years of hostilities that saw 61,919 Australians die at sea, in the air, and on foreign soil. Few Australian families were left untouched by the events of World War I - 'the war to end all wars'. Most had lost a father, son, daughter, brother, sister or friend.

At 11am on the 11th of November we pause to remember the sacrifice of those men and women who have died or suffered in wars and conflicts and all those who have served to protect our country. This is an important ceremony that reminds us that the freedoms and prosperity that we enjoy as a nation have not come without a cost, and that we should be thankful to those who paid the price so that we may enjoy the wonders of this great country.

The Ode

***They shall grow not old,
as we that are left grow old:
Age shall not weary them,
nor the years condemn
At the going down of the sun
and in the morning
We will remember them.***



This year, our students will come together in the school hall on Friday November 9th at 11am to mark the 2018 Remembrance Day service.

Lest We Forget

3/4 Camp

Our campers have arrived safe and sound and are having a ball from all reports. As you read this newsletter I will be hopefully enjoying some time with our campers as they go through their activities. We will provide a full report in the next newsletter.

No Assembly This Week

Due to the returning campers and the short week, we will not be running an assembly this week. We will hold our next assembly on Friday November 16th.

2018 State Election Market

The PFA are organising a market on Election Day (Nov 24th), along with a sausage sizzle to keep the voters well fed. If you are able to assist on the day, please contact your classroom PFA representative.

Colour Fun Run

It feels like an eternity since our fun run, but this is our first newsletter since the event and what a day it was. There were smiles everywhere and I know that plenty of parents were keen to pick up a water pistol and have a go, although most of the comments suggested it was the teachers that they wanted to target! Harsh parents. Very harsh! I was not surprised that my staff seemed to revel in coating me with colour, etc. but it is all in fun. The school greatly appreciates the turn out from the parents and the support that you show for all of our events. This was no exception and it just reinforces to the students that the school and education is valued. An announcement on the final tally will come soon, in the meantime, enjoy the photos later in the newsletter.

Carols Night and Mini Fete – Dec 19th

Please lock this date away in your calendar. Last year’s evening was a fantastic night and I know the students had a great time. As part of the Christmas tradition in Australia, we are once again running a carols night immediately after our mini fete. Of course, we respect the fact that we are a multicultural society and not everyone celebrates Christmas, but we do encourage all families to be a part of this celebration and enjoy the mini fete and songs for what they are. In the end, this event is a wonderful way for our school to come together and enjoy the successes of our students. Most songs have very little religious connotations, but are certainly reflective of what is one of the world’s largest cultural celebrations, an experience in itself. So bring your deck chairs and picnic blankets and enjoy the atmosphere. I’m sure it will be another great evening.

Charles Spicer - Principal

The Mulgrave Primary PFA are hosting a  **PIZZA DAY** **FRIDAY 30 NOVEMBER**

PIZZA ORDERS ARE TO BE PLACED BY 9.30 AM ON FRIDAY 16 NOVEMBER
FOOD IS PREORDERED SO LATE ORDERS CANNOT BE ACCEPTED
ORDERS MUST BE PLACED VIA THE QKR. NO CASH ORDER ACCEPTED 

Special Thanks to **Mulgrave Pizza House** for providing us with Pizza for the day.

Purchase your pizza from the following options. \$2 each Slice.

- Tropical**
Tomato Sauce, Cheese, Virginian Ham, Pineapple
- Vegetarian**
Tomato Sauce, Cheese, Mushroom, Red Capsicum, Olives, Spanish Onions, Spring Onions, Pineapple, Garlic Olive Oil
- Mulgrave Special**
Tomato Sauce, Cheese, Virginian Ham, Hot Salami, Red Capsicum, Mushroom, Spanish Onions, Spring Onions, Garlic Olive Oil, Oregano
- Margherita**
Tomato Sauce, Double Cheese, Oregano
- BBQ Chicken**
Tomato Sauce, Cheese, Fresh Chicken, Mushroom, Spanish Onion, Bacon, BBQ Sauce

All drinks are \$2 and include cola, orange or lemonade cans, orange or apple juice and water.



School News

Ordering Pizza will be available Via Qkr! From Friday 9 November.

| Term 4 - Linen Roster 2018 | | |
|----------------------------|---------------|---------------------------|
| Week | Date | Name |
| Week 5 | 9th November | Jackie Hajj 1B & 4D |
| Week 6 | 16th November | Giao Kruschina Nicolas 3T |
| Week 7 | 23rd November | Laura Cain 1W |
| Week 8 | 30th November | Holly Oaks - 1B & 3B |
| Week 9 | 7th December | Joanna Tartaglia - 6J |
| Week 10 | 14th December | Lucy Meszaros - 3T & 1T |

LOWES
Shop & Save for Christmas

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INSTORE & ONLINE - THURSDAY 15TH NOVEMBER

* Excludes gift cards & all suit packages. Cannot be combined with other offers or discounts. Floor stock only. Styles and colours may vary from store to store. No rain checks. Please choose carefully, exchanges and refunds only with docket. Includes existing 5% discount. Offer ends midnight (AEDT) 15/11/18. Must use Zero or Rewards card to receive discount.



TERM 4- WEEK 3 - AWARDS

Student of the Week Awards

| Class | Name | Reason |
|--------------------|-----------------|---|
| PB | Lianna M | For being a wonderful helper in reading to someone this week. |
| PM | Hannah Z | For beautiful writing on your language experience recount. |
| PS | Akshat T | For taking part in the Fun Run with a big smile on his face. |
| 1B | Stella C | For getting on task quickly and always working hard to finish her work on time. |
| 1T | Elijah S | For participating so enthusiastically in the Colour Fun run. |
| 1W | Vuk O | For contributing well to all class discussion. |
| 2H | Nestor R | For helping everyone remember the parts of a procedure. |
| 2L | Alex R | For trying really hard to improve his handwriting. |
| 2S | Teodora O | For presenting a fantastic presentation on making truffles. |
| 3B | Ellena D | For working hard on her times tables this week. |
| 3T | Scott M | For working really hard during maths lessons this term. |
| 5P | Chris G | For persisting during his Milo ball procedure writing. |
| 5R | Georgia H | For her fantastic effort and participation in the Colour Fun Run. |
| 6J | Mitchell K | For helping others during sport. Well done! |
| GREEN AWARD | Joseph M | For working tirelessly to clean up the school by picking up buckets of rubbish at lunch time. |

We raised \$229.55



Thank you for kicking goals for kids with cancer!

HOT SHOTS TENNIS

On Monday 29th of October a group of grade 5 and 6's went to Pinewood tennis club for the Division Tennis Hot Shots tournament! There was a mixed team and a girls' team who both overall came **2nd**, we would like to congratulate all of the tennis players who played very well and were positive. It was a brilliant sunny day to play tennis and all of the students would like to **Thank Miss. K and Marina**, as well as all the parents who drove and supported us.

By Alex and Una. V 6J



Colour Fun Run





5 Things I Wish People Knew About My Anxiety (A Kid's Perspective)



If you're my family or friend, I know the way I worry all the time can be frustrating and exhausting. I want you to know, I feel the same. One of the worst things about my worry is how hard it is for me to talk about in the moment. Or after the moment. Or, really, just ever. I don't like to feel different or broken. Nobody does. More than anything, I wish I didn't feel so anxious, but I also wish that others had a better understanding of what I felt. If you love me and want to help me, there are a some things I need you to know.

1. I worry about being worried.

One of my biggest worries is that I worry too much. Sometimes people call me "a little worrier" or "worry wart" and I know they're not trying to be mean, but it hurts mostly because I think it's true. Sometimes I'm worried that no one will ever understand what I'm going through or that I'll ever belong. It's especially bad when I'm tired or frustrated. I worry. Then I worry about my worry.

2. Telling me to 'relax' isn't really relaxing.

I know I need to learn how to relax or calm down when I get really anxious. But hearing people say, "Just relax," or that "It's no big deal" reminds me that I'm not doing things right. There's a lot going on in my brain all the time: once I went to the fair and saw one of those people that spin lots of plates on poles... it feels like that. Relaxing is actually really hard for me. I know you're not trying to do this, but to hear you make relaxing sound so simple actually makes me feel worse. When my emotions take over, there's nothing else. All I can see are those big, overwhelming feelings. All I can see are the plates.

3. I like to know a lot about the things I don't know a lot about.

Not knowing what comes next is one of things that makes me worry the most. This is why I ask so many questions about things that are going to happen at school, parties, and when I meet new people. I like to know as much as possible ahead of time so I can think about how I'm going to act or what I'm going to do. Sometimes I even ask really off-the-wall questions that'll probably never happen, but it's my way of dealing with being nervous. Please be patient with me. It means a lot when you listen and respond without getting really frustrated.

4. Sometimes I forget how awesome I am.

When I feel calm, I know I'm a good person. I know I have strengths and talents and abilities. But sometimes worry takes over my life to the point that it's all I can see in myself. I only see my fear, how I'm different, and worst of all, I feel that others can only see those painful things, too. I forget that I'm capable. I forget that I'm loved. Sometimes I need to be reminded that I'm brave, awesome, and unique. I know I need to remind myself too. I know, which brings me to my last point.

5. I'm trying.

I really am. I'm not trying to play you. I don't like the attention I get from my anxiety. I want to learn to control my worry. I'm trying all the time, and you can help. Let me rephrase that: I need your help. Encourage my baby steps and small victories. Support and love me when I fail. It helps me to keep trying when you remind me that some worry is normal, that you worry sometimes, too, and that the scary feelings will eventually pass. I trust you more than anyone in the world, and I know I can do this with you on my side.

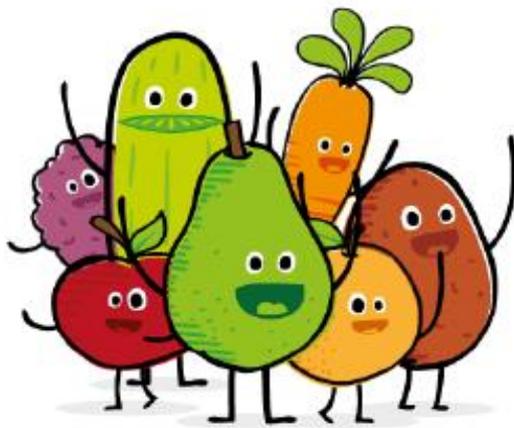
Teach any child the coping skills necessary to manage stress and anxiety – [learn more here.](#)

Be an ENVIRO HERO!



1. Fill a bucket
2. Collect a token

NUDE FOOD TUESDAY



Mulgrave Primary School is joining the *war on waste!*

Every Tuesday will be a

NUDE FOOD DAY

We encourage you to bring a snack and lunch with **no packaging**.

PACK

- ✓ A reusable lunchbox
- ✓ Snacks in reusable containers
- ✓ Drinks in reusable bottles
- ✓ Reusable utensils when needed

AVOID

- ✗ Lunches packed in plastic bags, cling wrap or foil
- ✗ Disposable drinks boxes, cartons, bottles & cans
- ✗ Pre-packaged lunches or single serve items
- ✗ Disposable utensils



TARGET TUESDAY!



**Every fortnight, at the end of lunch,
we will collect rubbish around the
school to put onto a target.**

**The aim is to reduce the amount of
rubbish each time until
there is none at all!**



Extend OSHC at Mulgrave Primary School



Hi Everyone,

I believe everyone enjoyed the extra-long weekend and watched exciting Melbourne cup race!

Our Extend a Hand community link program is going really well. We have been exploring several interesting activities related to this awesome program. The children engaged themselves in many ongoing farming projects that encourage them to study about the weather system and how it is affecting us. Further to our learning we experimented with the Ecosystem that gave the children an opportunity to understand how the Ecosystem works and how we are dependent on each other for surviving.

Besides our community link program, in science we had so much fun erupting lemons and oranges with bi-carb soda and vinegar and learning how chemical reactions differ from one product to another. We celebrated Halloween with many exciting activities, one of them was cool blindfold sensory mushy mashy activity, giving them an opportunity to identify different textures.

During art and craft children created handmade gratitude cards for farmers. They also created glass magnets and for Halloween we made awesome spider webs. Our master chef cooked delicious bread coconut fudge and smoothies, we enjoyed eating them afterwards. We also loved practicing Auslan and have added several new signs to our vocabulary. Our vocabulary list is certainly increasing.

Apart from these activities we played several physical games such as: Poison ball, Indian and Teepee, Dodge ball, Rock paper scissor relay, Guards an soldiers, Number soccer, Halloween bowling, hoop game, Memory tag and outdoor play.

Happy Diwali to all our Indian community. I hope Diwali festival will bring happiness and joy to your family!

Next weeks activities are:

Monday 12th of November: Science - Elephant tooth paste/Stuck in mud

Tuesday 13th of November: : Art and Craft - Gratitude cards making/Squeezy ball

Wednesday 14th of November : Art and Craft - Cardboard marble race/Red lion team game

Thursday 15th of November: Specialist - Cooking: Frogen fruit bar/Aboriginal games

Friday 16th of November: Specialist - Auslan/Science: Build a land fill model

*Kind regards
Meena*

Learn | Aid | Appreciate

Each year Extend launches Extend-a-Hand, a major social initiative that educates primary school children on the benefits to contributing to the wider community. This year, we are extending a hand to our hard working farmers who have been suffering through one of the worst droughts in living memory.

Learn | Children will learn about weather systems and cycles, the impact of drought and who really provides our food.

Aid | Extend has partnered with GIVIT.org.au to raise funds for farmers and their farmers

Appreciate | Children will create handwritten letters and drawings expressing sentiments of gratitude and encouragement to the farmers and their families.

Visit Extend's donation page via GIVIT and participate in this fantastic cause!

<http://givit.org.au/Extend-a-Hand>



From the Office

BOOK DRIVE



READ LEARN & PLAY

supported by



Do you have any unwanted children's books?

Reading Out Of Poverty is a local not-for-profit organisation that provides opportunities for children from disadvantaged communities to engage in reading and literacy activities, including those from low socioeconomic backgrounds, new migrant families, refugee and Indigenous communities.

Our focus is to develop the early literacy skills of children aged 0-5 years, so that they can succeed in education, reach their full potential, and positively contribute to their community and the world at large.

MULGRAVE PRIMARY SCHOOL has kindly offered to run a **Book Drive** to help us collect books for the cause. If you are interested in donating, a collection box will be set up **AT THE RECEPTION** until **Friday 14th December**. Ideally the books will be suitable for children aged 0-5 and be in good condition.

Thank you for your support!

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