



Thursday 24th October 2019

TERM 4 WEEK 3

KEY DATES

OCTOBER

Fri 25 Teacher Appreciation Day
Fri 25 Grade 2 Sleep Over
Wed 30 Puberty Ed Grade 5&6's

NOVEMBER

Fri 1 Colour Fun Run
Mon 4 Curriculum Day - (No students)
Tue 5 Melbourne Cup Day (No students)
Wed 6 Step into Prep 9.15 - 11am
Fri 13 Assembly 2:45pm Jasmin Sutton
Cancer Council Pony Tail Donation
Thu 14 Crack the code, G3&4 incursion
Tue 19 House Sports

DECEMBER

Wed 4 - Parent information session 6.30pm
Mon 16 Year 6 Graduation Lunch
(12pm-1pm) & Graduation Ceremony
(6pm-9pm)
Tue 17 Christmas Carols
Thu 19 Year 6 Fun Day - Luna Park
(10am-2pm)
**Fri 20 End of Term 4
1.30pm Dismissal**

STEP INTO PREP

Nov: Wed 6 November 9.15-11am

PARENT INFORMATION SESSION 2020 PREPS

Dec: Wed 4 December - 6.30 - 7.30pm

CURRICULUM DAYS

Term 4: Mon 4th November

PUBLIC HOLIDAYS

Nov Tue 5 Melbourne Cup Day

TIMETABLE

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

TERM DATES 2019

Term 4: 7 October - 20 December 2019

TERM DATES 2020

Term 1: 28 January - 27 March 2020
Term 2: 14 April - 26 June 2020
Term 3: 13 July - 18 September 2020
Term 4: 5 October - 18 December 2020

From The Principal

Our boys and girls are working hard in their various classes as we immerse ourselves in Term 4. In the coming weeks, we will be testing our students to measure their learning growth from this time last year and then we begin the work of writing student reports. Throughout all of our assessment, we have an eye on how far your child has progressed from 6 months ago, 12 months ago, 2 years ago. Student learning growth is the critical factor that underpins our work and our diagnostic assessments help us better understand not only student progress, but also if there are any gaps in their knowledge. As soon as the assessments are completed, we begin working on meeting your child's point of need, which means we begin the next phase of learning growth as soon as possible. Over the long summer break, research tells us that students, on average, slip back by around 2 weeks of learning growth. This can be addressed through regular reading at home. Whilst some students are capable of reading for hours on end, others may need to break their reading into small blocks. Either way, the value of reading remains. I have mentioned it previously, but it is worth repeating, 67 minutes of reading per day leads to a child, on average, achieving in the 98th percentile. If we could aim for that target over the long break, it would do wonders for every child.

Cup Eve

Monday November 4th is a curriculum day and as such, the school will be closed. Staff will be working off site on the day, so please ensure that alternative arrangements are made for the care of your children.

On the Horizon

Term 4 can be a very busy time, however we do our best to prioritise student learning at every point. That said, we have the Year 2 Sleepover this Friday, the Prep excursion to the Dandenong Market, the Colour Fun Run, the Theatre Club excursion to Charlie and the Chocolate Factory, our final Step into prep session, the Year 3/4 incursion "Crack the Code", the swimming program, 2020 whole school transition, Year 6 Graduation and fun day and our end of year Christmas Carols to name some of the bigger activities (please note, the carols night has been moved to Tuesday Dec 17th). I am confident that our students will be well and truly ready for a break come Dec 20th!

Principals Message Continued:



Uniforms

As mentioned at last week's assembly, we are aware that the new school polo is not meeting our expectations in terms of durability. We have been working with Lowes to find a solution and it appears that we have a new material that will perform significantly better than the current version. The new version will not be available until March 2020, however, in the meantime Lowes have agreed to sell the current polo at the discounted rate of \$15 or 2 for \$25, with an exchange offered should the polo not stand up as designed.

Construction Update

As most families would be aware, the concrete slab has now been poured for the stadium and in the coming weeks, we will see the steel frame take shape and before long, we will have a clear indication as to how the finished product will look. Hopefully the inclusive playground will also be ready in the next week or so. Unfortunately we have had some unforeseen hold ups on this project, but we are coming towards the end and are close to signing off with the Victorian School building Authority.

Charles Spicer

Principal

Colour Fun Run

**MPS 2019 Colour Fun Run
Friday 1st November 2019**



School Colour Fun Run

Friday November 1st
Time: 2.15pm – 3.15pm



Dear Parents/Guardians,
Help us to reach our target of \$10,000

All students have received a Sponsorship Form to help collect sponsorship on behalf of the school

Students who raise \$10 or more will be able to select one or more prizes for their efforts. Prizes are shown in the sponsorship booklet.

Parents wanting to use online fundraising, can do so by following this link www.myprofilepage.com.au. You can then create your child's own page which is linked to our Fun Run. This page can then be shared via social media.

Student who raise \$20 or more will also go into the draw to win Adidas merchandise.

Students are encouraged to wear an old white T-shirt on the day (please note that coloured powder and water may not completely wash out of clothes)

If any student is uncomfortable with the coloured powder, please send them in a **Black or Dark tee shirt** so that teachers know to avoid them at the colour stations.

The Colour Fun Run is strictly for students only, no parents are to run the track with the students due to the number of students participating.

Please bring an old towel when picking up your child/children, especially if children are getting into cars

Students will receive a free icy pole at the conclusion of the Colour Run.

Sponsorship forms with all money raised must be returned to the school on or before **Friday 15th November**, student prizes will arrive shortly after.

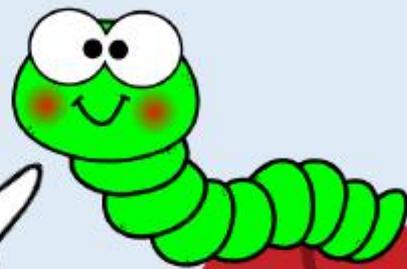
Stuart Hattwell
Assistant Principal



MULGRAVE PRIMARY SCHOOL

BOOK DRIVE

We welcome your donations of new and gently used children's books.



Please drop off your books to the designated boxes at the school office.

Picture books

Chapter books

Non-fiction

7th Oct -
1st Nov
2019

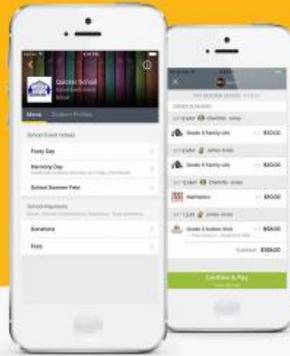


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Step 3 Find our school

Our school will appear in 'Nearby Locations' if you're within 10km's of the school, or search for our school by name.

Step 4 Register your children

When first accessing our school you will be prompted to add a student profile for your child. This allows you to make orders and payments for them.

Search for our school name

If you have made a purchase you can select our school from 'Previous Location'

If you're within 10 kms of the school, you can select our school from 'Nearby Locations'



Flexibuzz - MPS Schools Communication App?

We're making it easier to be connected by using FlexiBuzz to stay in touch.

Register for FlexiBuzz on your phone, tablet or PC to receive our news, messages, events and other communications.



Stay in touch with FlexiBuzz

- STEP 01** Sign up for FlexiBuzz and then login
Search "FlexiBuzz" in your app store. Go to www.flexibuzz.com and click "Sign Up"
- STEP 02** Connect to us
Select the "Search" icon and type in our name. Select us from the results.
- STEP 03** Select your communication groups
Click the "Add" icon beside the communication groups that apply to you.
- STEP 04** Get started
Click the "Home" icon to view our recent posts.

For further information or assistance please visit our website www.flexibuzz.com or email us via support@flexibuzz.com



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Could it be asthma?

If you have:

- breathlessness,
- wheezing,
- a tight feeling in the chest, and/or
- continuing cough,

then you may have asthma. You may have all of these symptoms or only a few, and they may come and go.

When does it start?

Asthma can start at any age, and can be more of a problem when it starts in older adults, so don't assume if you never had it as a child that it's not possible now.

Maybe I'm just getting older...

No! Being breathless is not a normal part of getting older – it should always be checked out by a doctor.

A diagnosis of asthma is more likely if you have eczema or hayfever, or have close relatives with allergies and/or asthma, and if your symptoms:

- keep coming back, or happen at the same time each year
- are worse at night or in the early morning
- are clearly triggered by exercise, allergies or infections
- improve quickly with reliever medication

What should I do if I think I have asthma?

If you suspect you might have asthma, you should see your doctor for a professional diagnosis. Don't ignore it – if you do have asthma, the sooner you get it under control, the faster you can get back to living a full and active life!

How is asthma diagnosed?

[Click here](#) to navigate to our diagnosis page.

What else could it be?

There are a range of conditions that have similar characteristics to asthma. [Click here](#) to get some more information.



PLAYING THE LONG GAME – THE TYPE OF CONSEQUENCE THAT JUST WORKS BETTER

It's pretty easy to find yourself caught in a stand-off with a child. In fact, it's probably an everyday occurrence. They're doing something you don't like – it might be dangerous, unkind, wasteful, disruptive or just flat out defiant. So it makes sense to get them to stop and do something else that's kinder, nicer, and more productive. Enter, consequences.

Consequences that don't really work

When we think of consequences, we tend to think of removing something like a privilege in order to get a child to do what we've asked them to. "If you don't clean up these toys right now, I'm giving them away." "If you don't go to bed right now, I'm cancelling your playdate in the morning."

It's usually delivered with a threat and whether we realise it or not, has an underlying flavour of punishment to it. [We are triggered, our kids are triggered too](#) and it often ends in a standoff, with us looking for an even bigger 'consequence'.

The thing is, this doesn't teach a child very much, except to avoid a penalty. It's because this set-up has us pitted against our child and it often lacks our child feeling our warmth and connection. In fact, in the threat we inadvertently tell our kids that until they behave, [our love](#) and approval are suspended.

Consequences that work better

Can I suggest a different take on consequences? I like to call it 'the long game'. Let me set the scene.

Setting the scene

Not too long ago I found myself in one of those 'everyday occurrences'. My friend's little three-year-old boy, Oliver, is in the phase where he thinks he's the king of the world. He's in charge of life, brimming with energy, curiosity and a full sense of justice. The 'this is right, that's wrong and I decide which is what' kind.

It was a wet, miserable day and on top of a runny nose, Oliver had been stuck inside for longer than optimum. He had his own box of tissues and was enjoying pulling them out of the box as fast as he could. Naturally they were flying everywhere and he was loving it. Seeing the mess and waste, and probably also a bit fed up with the confinement of being inside too, his mum did what most of us would naturally do and sent out a sharp ultimatum. "Stop that now, Oliver! You pick those up *right now* and put them back in the box or I will take away your truck." He looked at her and simply walked off – no intention of doing what he'd been asked.



PLAYING THE LONG GAME – THE TYPE OF CONSEQUENCE THAT JUST WORKS BETTER

What's the long game?

The long game is still consequences, it just doesn't come with a threat. It's keeping our eyes on the goal. In this case, it's helping Oliver remember that tissues belong in their box, helping him feel like he's capable of cleaning up a mess, and teaching him that [mistakes are fine](#) because they can be fixed.

Here's what the long game sounds like – and how it played out after Oliver's mum reset and gave it another go. She put the box of tissues back where it belonged and reminded Oliver that this was where it lived. She then let about 10 minutes lapse before saying again, "Let's get those tissues back in the box together." And this time, Oliver was more than happy to do it.

Why does it work?

Playing the long game works for a number of reasons –

- There's no stand-off or invitation to a fight
- Our kids get to keep their dignity intact
- Limits are set
- They get to calm down (and so do we)
- [Our connection](#) is offered – through our friendly tone of voice or for younger ones, with the offer to help them clean up their mess, "Let's pick up the tissues together."

With slightly older kids, there's an opportunity here for problem-solving too. For example, "We don't play with the soccer ball inside. It scrapes the paint off the walls. What other fun and safe place could you go and play?"

When we play the long game, we also [build security in our children](#). Our kids are always doing research to check out if mum or dad really mean what they say. They make great progress when they work out day by day, challenge by challenge, that they're safe in the relationship and that there's no manipulation. They learn their [parents will take the lead](#) and ensure they follow through on what they've been asked to do.

JENNY HALE

Jenny Hale is our Senior Family Coach and we've been lucky enough to have her on our team for 19 years now. Once upon a time, Jenny was a teacher. These days, she spends her time supporting our team of Family Coaches, training new ones, and travelling around the country talking in preschools, schools and churches. She loves working with families and helping them find solutions to the challenges they face with behaviour and parenting. Jenny has been married to Stuart for 40 years and adores being a grandma to her grand-kids (who live just 1km away). She needs a support group so she can stop buying books for them. She'd love to raise free-range chickens, write children's books and perhaps even take up horse-riding again.

<https://www.theparentingplace.com>





TERM 4- WEEK 1 STUDENT AWARDS

Class	Name	Reason
PK	Yihan	For working hard to learn her 3D shapes. Great stuff!
PL	Hamza E	For a wonderful start at Mulgrave Primary School.
PS	Zach G	For working hard in Maths when learning about 3D shapes.
PT	Luci Collard	For sharing an amazing recount about her school holidays, well done!
1F	Viktor B	For his amazing cold write on celebrations
1T	Emma	For her excellent explanation writing and for always producing work of a high standard. Well done Em.
2G	Jasper G-K	For his terrific effort writing an explanation with great detail
2L	Amelia S	For writing an amazing Explanation Report including detailed paragraphs and incredible adjectives!
2T	Nitasha S	For always trying her best and showing kindness
3B	Ali. S	For putting in effort with his poems this week.
3C	Alyssa M	For continuously working hard to improve her maths skills.
3M	Kobie P	For consistently working hard in all learning tasks this week and making excellent choices in the classroom.
4B	Charlotte T	For a well written poem on butterflies.
4W	Omar	For settling into the school and demonstrating an understanding of our values
5R	Will T	For doing a great job in the production and pushing through a week when he's not feeling 100%
5T	James R	For doing a fantastic job in the production. Well done!
6K	Rithika D - Ben C -	For his impressive work ethic and attitude to school. For his outstanding attitude and incredibly positive contributions to our community this week.

SPECIALIST	Junior	Middle	Senior
Art	Soniya K	Ronan M & Shanzee K	Renee C
PE	Isaiah P	Samantha M	Ayanna A, Ananya G
Performing Arts	Cruz S	Jiniya K, Spencer M	Levi T, Ayanna A, Risha P, Georgia M
STEM	Alireza R	Shanzee K, Chloe K and Tesha S For their effort and work with their group making a clips video on how to research information. Nice work girls!	Manny M M
Spanish	Martin L	Ilyas Azimi	George V





TERM 4 WEEK 2 STUDENT AWARDS

Class	Name	Reason
PK	Charlie B	For writing an exceptional recount about planting a pea seed.
PL	Thalia A	For focusing hard on writing a detailed Cold Write.
PS	Patrick G	For writing an amazing explanation text about 'Why We Brush Our Teeth'.
PT	Kiaash M	For trying his best to use full sentences in his writing. Well done!
1B	Ioanni P	For displaying wonderful collaborative skills when working with others
1F	Levi G	For his amazing effort in math's learning tasks this week
1T	Hamza	For settling in well to his new school and putting exceptional effort into his work. Well done Hamza !
2G	Michael T	For his detailed explanation writing and challenging himself with addition and subtraction.
2L	Cilicia O	For focusing and applying herself when working on addition and subtraction problems
2T	Tina Boutos	For her amazing learning when working with maps, grids and giving directions
3B	Jerzey Watson	For enthusiastically participating in all subjects this week.
3C	Logan Irvine	For always striving to challenge himself in all areas of learning.
3M	Atahan T	For sharing his great insight with the class when solving a measurement problem
4B	Dennis (Dionysios) G	For putting in a lot of effort into his reading and using reading comprehension strategies to understand the text.
4W	Medina F	For taking ownership of her learning especially in Numeracy.
5R	Ammar U	For his fantastic job representing the school in multiple events to his best ability
5T	Kaden M	For his awesome slam poem on climate change, 'We can be Better'. Great work Kaden!
6K	Yarna S	For being such a brilliant member of our class. We love your thoughtful contributions!
6S	Eesha B	For her hard work on her poetry this week and her insightful contributions to our class discussions.





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Dear Parents,

First of all, A very Happy Diwali to all our Indian community! This week we have included many interesting activities to celebrate this special event.

Our OSHC children have been very innovative and working collaboratively since the beginning of the term 4. They designed robust edifice with stick construction materials, which looked fantastic! Our arts and craft table was also very busy with children creating beautiful nature pictures inspired by our Spring season. In other art activities they made tube spiders using recycled materials and made striking pictures with black and white monochrome artworks. Our young scientists showed interest in learning the science behind the rubber powered boat and how to make a tornado in a bottle.

In the kitchen corner, we made delicious homemade pizzas, vegetable noodles for afternoon tea and banana pancakes, also, refreshing smoothies for breakfast.

Beside all these exciting activities, we have been practicing Auslan and have learnt some new games; Ga Ga ball, protect the castle and traffic lights as well as several other favourite team games such as: Bean bag toss, dodge ball, and skittle soccer, capture the flag, ten pin bowling, skipping and outdoor games.

We will be celebrating National Recycling Week between 11th to the 15th November, to promote sustainability and educate the children of the importance of recycling. Please book your child to celebrate this special awareness week with us.

Super Star of the week is:

Brooke for making right choices and being a good listener. Well done Brooke Keep up the good work!

Next week's activities

Monday: 28th October - Murky river
Tuesday: 29th October: Cooking: Halloween apple crumble
Wednesday: 30th October: Halloween spider hand print
Thursday: 31st October: wrap the mummy/ Mummy bowling
Friday: 1st November: Enrichment program - Auslan Practicing numbers

Kind Regards

Meena

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we make kids smile

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Our gymnastics classes:

KinderGym: Age: 3mths-5 yrs (including **BabyGym Age: 3-12mths**). A fun, play-based developmental movement program. Children build body awareness, gross and fine motor skills, balance, coordination as well as social and emotional skills.

GymFun: Age: 5-8 yrs. Children learn important physical literacy skills including jumping and landing safely, rotating in different directions, balancing, moving in different ways and swinging.

GymSkills: Age: 8 yrs+. A fun and engaging skills-based recreational gymnastics program focused on skills progression, building confidence and increasing fitness - as well as learning some cool tricks to show their friends!

FreeG Kids: Age: 7 yrs+. A mix of acrobatics, parkour, free-running, martial arts and circuit training! Flying through the air, leaping, jumping, dodging and flipping: FreeG explores your own limits and abilities through a series of challenging obstacles.

Our swim classes:

Infant: Age: 6mo-3 yrs. Conducted with parents in the water, these classes are designed to build confidence in the water, and is the best possible introduction to swimming.

Pre-School: Age: 3-5 yrs. This program is for children ready to swim without a parent. It is designed to continue building young children's confidence in the water and foster their love of swimming.

Primary: Age: 5 yrs+. This program can take children new to swimming lessons all the way up to those who are developing correct freestyle and backstroke technique.

Adult: Age: 16 yrs+. For non swimmers, through to adults looking for technique refinement. If your swimming abilities prevent you from enjoying the water as much as you'd like to, this class is for you.

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