



Thursday 15th October 2020

TERM 4 WEEK 2

KEY DATES

OCTOBER

Mon 5 - **Start of Term 4**

Fri 23 - Public Holiday - **Grand Final Day, NO STUDENTS REQUIRED**

Wed 21 - Book Week Dress Up Day

Wed 21 - Step into Prep Virtual 9.15

Thu 22 - Footy Colours Dress Up Day

NOVEMBER

TBA

DECEMBER

TBA

CURRICULUM DATES 2020

Monday - 2nd November 2020

PUBLIC HOLIDAYS 2020

Fri 23rd October - **Grand Final Day**

Tues 3rd November - **Melbourne Cup Day**

TERM DATES 2020

Term 1: 28 January - 27 March 2020

Term 2: (14)15 April - 26 June 2020

Term 3: 13 July - 18 September 2020

Term 4: 5 October - 18 December 2020

TERM DATES 2021

Term 1: 28 January - Staff only resume, Students start - 29th Jan - 1st April 2021

Term 2: 19 April - 25th June 2021

Term 3: 12 July - 18th September 2021

Term 4: 4 October - 17th December 2021



From The Principal

It is great to have all our students back at school. Seeing their smiling, eager faces as they enter the grounds simply reinforces how excited we are as a community for school to be back. I thank parents for observing our practices around physical distancing and pick up/drop off expectations. Remote Learning was a hugely successful venture for our school community, but it is wonderful to return to face to face teaching. This extraordinary time has really shown the strength of our community and the genuine respect, care, flexibility and optimism we have together. It's been an 'interesting', sometimes challenging journey but I hope as we reflect we will be able to focus on our shared achievements. It will be fascinating to see how this year's learning impacts future learning moving forward, but rest assured the staff will be doing their utmost to ensure all students are continuing to grow as learners.

Step Into Prep

The first of our remote Step Into Prep sessions will be held next Wednesday, October 21st at 9:15am. The school will be running 4 virtual sessions and we look forward to meeting our newest students, albeit under challenging circumstances.

Book Week & Grand Final Dress Ups

A reminder that next Wednesday is Book Character dress Up Day and on Thursday we will celebrate the AFL Grand Final by dressing up in our footy colours. Unfortunately, we can't make it the community spectacular we usually enjoy, but we hope that our students can get into the spirit of things nevertheless. We also recognise that these are difficult times for families financially and whilst we would normally ask for a gold coin donation to support charity, due to current circumstances we will not be asking this year.

Labelling Uniforms

We would like to remind parents to please label ALL uniform (clothes) items. Any lost property that is found without a name will not be returned to students. Any lost property found that is labelled, will be returned to the classroom teacher. Lost property that is not claimed by the end of the year will be absorbed into the school's emergency stockpile and non-uniform items donated to charity.

Covid Safety

As the term progresses we will continue to have in place strong measures to protect the health and safety of students, staff, families and the community. This includes our rolling start and finish times, restricting parent access to school grounds and continued emphasis on hand hygiene and physical distancing where possible. All our high touch areas are being cleaned continuously throughout the day and I once again respectfully remind parents they should not enter the school buildings.

Looking Ahead to 2021

We are now in planning mode for 2021. If you are aware your child/children will not be returning next year please can you let me know as soon as possible. This is particularly important as we need to ensure we have the right number of teachers for our students next year and staffing budgets never get any easier! On that note, should you still need to enrol a child for 2021, please do so as soon as possible, as the school will be at capacity in 2021.

We will also commence the process of organising students into classes for 2021. Teachers work together during this process considering student friendship groups academic, social and emotional skills before placing students into class groupings that they believe will maximise learning for all.

School is a nurturing environment where children are encouraged to work with diverse people learning to be open minded, view things from multiple perspectives and tolerate differences.

Students are encouraged to problem solve to resolve conflict and find solutions to meet the needs of the group.

Parent Contributions 2021

In the coming weeks, the parent contribution notices will be sent to families. This year, the Department has asked schools to itemise the payments. What this means is that where we have amortised payments across the 7 years of schooling in the past, from now on different year levels will see slight changes. For example, the Year 3 students will have a slightly higher payment due to the cost of the recorder program. In the past it may have cost \$267 for the Year 2 program and \$273 for the Year 3 program, but we have charged a flat rate with the understanding that it works itself out over time. Schools are still working through this process with the Department, who have chosen 2020 as the right time to introduce this new method, so please accept our apologies for not being as prompt as we would normally be. Finally, School Council has agreed not to increase fees for 2020, so the only changes will be dependent on the specific costs at each year level, but we will remain close to \$270 per student.

For Your Calendar

Please ensure you have the following dates in your diary. There are two public holidays and a curriculum day this term. In addition, the school's original curriculum day on April 14th could still possibly be changed to a date late in the term. This must be approved by School Council at the November meeting.

Kiss and go Parking

Just a quick reminder that we will be bringing the students out from 3:25pm at their preferred gate and that the new 5 minute Kiss and Go parking is in operation at the front of the school.

Friday 23rd October: AFL Grand Final/Acknowledgement Day for Front Line Workers

Monday 2nd November: Curriculum Day (First Aid Training and Report Writing)

Tuesday 3rd November: Melbourne Cup Day

Late Term 4: Curriculum Day (Numeracy and Planning for 2021) – TBC*

Charles Spicer

Principal



Page 2



Soft Plastic's Pick up and Drop off sign up link

Term 4 - 2020

Dear families,

WELCOME BACK to Term 4. We are continuing to be apart of the cleanup for the environment. At a school level, we can drastically reduce the amount of waste going to landfills and teach students good habits and the importance of sustainability!

As part of the process, we are seeking volunteers willing to collect a big bag of the school's soft plastics for that week on and take it to their local RedCycle drop off point at either Coles or Woolworths bins out the front of the store.

Pick up from Ms. Truesdale at the Front Gate at the end of the school day, 3.30.

Warm regards,

Lucy Truesdale 5T

<https://signup.com/go/LxSjgTe>

BOOK WEEK DRESS UP DAY WEDNESDAY 21ST OCTOBER



Hats Hats Hats

Reminder Hats are compulsory in Term 1 and Term 4.
Please make sure they are named clearly. Thank you.



Lunch Orders

Our canteen lunch service will recommence on **Wednesday 21st October** and will operate two days per week for this term. The menu remains the same however there may be some items that will be unavailable, we will update families next week if this is the case.

From the following week, the canteen will run on **Thursdays and Fridays only**, (no longer on Wednesdays).

Wed - 21st October

Thurs 22nd October and then each Thursday and Friday thereafter for the remainder of term 4.

FOOTY COLOURS DAY

FOOTY COLOURS DAY

2020

THURSDAY 22rd OCTOBER

Footy colours dress up day

AFL

NRL

NO DONATIONS required this year



Ali - The Student Wellbeing Officer

**WELCOME
BACK TO
SCHOOL
EVERYONE
WE MISSED
YOU** ♥♥



ACTION CALENDAR: OPTIMISTIC OCTOBER 2020



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

"Choose to be optimistic.
It feels better" - Dalai Lama



5 Start your day with the most important thing on your list

6 Do something constructive to improve a difficult situation

7 Remember that things can change for the better

1 Write down your most important goals for this month

2 Look for reasons to be hopeful even in difficult times

3 Take the first step towards a goal that really matters to you

4 Be a realistic optimist. See life as it is, but focus on what's good

12 Look for the good intentions in people around you today

13 Put down your To-Do list and let yourself be spontaneous

14 Do something to overcome an obstacle you are facing

15 Look out for positive news and reasons to be cheerful today

16 Thank yourself for achieving the things you often take for granted

17 Share your most important goals with people you trust

18 Make a list of things that you are looking forward to

19 Set hopeful but realistic goals for the week ahead

20 Find the joy in completing a task you've put off for some time

21 Let go of the expectations of others and focus on what matters

22 Share an inspiring idea with a loved one or colleague

23 Write down 3 specific things that have gone well recently

24 Recognise that you have a choice about what to prioritise

25 Plan a fun or exciting activity to look forward to

26 Start the week by writing down your top priorities & plans

27 Be kind to yourself today. Remember, progress takes time

28 Ask yourself, will this still matter a year from now?

29 Find a new perspective on a problem you face

30 Set a goal that links to your sense of purpose in life

31 Think of 3 things that give you hope for the future

11 Focus on a positive change that you want to see in society

ACTION FOR HAPPINESS



www.actionforhappiness.org

Learn more about this month's theme at www.actionforhappiness.org/optimistic-october

Keep Calm · Stay Wise · Be Kind



MONDAY 19th OCTOBER 2020 8PM AEDT



[CLICK ON THE LINK TO REGISTER](https://www.happyfamilies.com.au/product/tweens-teens-screens/)

<https://www.happyfamilies.com.au/product/tweens-teens-screens/>



How to get your child's learning mojo back after this 'year of fear'



The leading adolescent psychologist inspired parents and carers during our latest webinar with his insights and ideas to help reignite our children's passion for learning. He summarises his main points in this article.

This year of fear has resulted in many students feeling anxious, isolated and has left too many of them feeling overly-reliant on screens and under-motivated for learning. Even those students who have thrived during these uncertain times have been on heightened alert status all year long (as have their parents). It is time to heal those wounds. Compassion and love are our oldest medicines. Add to this, hope and connectedness and we have the four most powerful ingredients for healing.

Starting with heart

It is time to rebuild self-belief. Most young people develop this by having parents and teachers who believe in them and value their contribution. This is not the time for pep talks, rev ups and restrictions. Yelling and arguing are counter-productive.

Even though it has been a frustrating time and most of our plans have been thwarted, the antidote is not in adding more anxiety or coercion. We need to play the 'long game' by increasing kindness and understanding.

We also need to accept that some young people have been feeling so lonely and shell-shocked that our initial acts of kindness may not always be reciprocated. A slow and patient rebuild that creates trust and certainty is more likely to have enduring positive effects.

Rebuilding connections

After an extended time away from others, some students may feel anxious about reconnecting. Many of their friendships are based on currency – they are familiar with being up to date with the latest gossip and being in almost constant contact with one another. After an extended break, some will feel worried & cautious. Some will avoid their friends rather than exposing themselves to a feared rejection.

Link them into existing friendship groups before school goes back, if you can. Chat rooms, student groups, playing multi-player games or just texting a few classmates may ease some of the apprehension.

“Emphasise the idea that everyone has been through similar experiences. A special type of belonging is forged between people who share tough times.”



The connections that need to be rebuilt are not only social, they are also intellectual. There has been a lot of coverage focusing on students falling behind and almost none on the gains made from home-based learning.

Help your student reacquaint him or herself with how they are smart and how to get smarter by completing the analysis and plan at my: www.mylearningstrengths.com. The full report outlines a Learning Success Plan and links their strengths to potential career areas.

Not all learning occurs at school. Consider developing a home-based passion project linked to their learning strengths and interests.

Increase the amount of conversational time in the family. If family meals have been intruded upon or avoided, re-establish them and insist that they remain device-free.

In some cases resuming an interesting conversation with a reluctant child or teen will be a slog. Expect monosyllabic replies for a while. Despite all appearances to the contrary, there is more going on in their minds than they are showing you.

Rekindling hope

Hope is the birthplace of possibility. It is more than idle wish making, it can become a creative act. The time for innovation is now. This is the time for young people to have a say in creating a better world.

Times of challenge accelerate change. Every crisis conceals an opportunity. There seems little doubt that the pandemic has highlighted shortcomings in our planning as well as our care of particular groups in our society. This is the time to have conversations about creating a cleaner, greener, kinder world.

By engaging children and young people in conversations about what sort of world we want for our future, we help them build a future story for themselves.

Reigniting action

Many of us have survived this time through a combination of distraction and diversion, mostly involving screens. For some of us, it has been a time of passive inactivity.

The problem is the less young people do, the less they feel like doing. The reason is the build-up of stress hormones such as cortisol and adrenaline are not being dispersed by physical exercise. This can lead to lowered mood, motivation & feelings of exhaustion.

Activating a grumpy sloth-like kid can be quite a challenge, so start gently. We need to guide them over the energy hump of inertia and back to a more engaged relationship with the world. Walks, bike rides, Wii-fit, shooting hoops, indoor badminton, table tennis, learning skateboard moves – basically anything involving movement.

The lessening of screen time also needs to be done delicately. [Andrew's accompanying paper, *How to Wean Your Teen From The Screen* will be published on The Parents Website in coming days.]

It will take some persistence on your part to inspire your child or teen back into the world of learning and achievement. You are your child's circuit breaker be gentle – but don't give up.

©Andrew Fuller
ANDREW FULLER
CLINICAL PSYCHOLOGIST
30/09/20 - 5 MIN READ





Dear Families,

A very warm welcome to all of our students and families, it's so good to see you back at school!

This term, we have planned many exciting experiences for children to enhance their creative, physical, emotional and social skills. During the 9th through until November the 13th, is 'Your Creative Kid' week. This is all about unleashing inner creativity through expressive Art. There are prizes to be won, including an iPad Pro by entering our 'Big Art and Expression Competition'.

Last week in OSHC program, our Spring-inspired variety of experiences were very popular. The children showed a huge interest in all the activities and tried their best! We started our week with painting kites with awesome colours and enjoyed flying them around.

Tuesday, we did a series of science experiments such as flower colours changing and magic blossoms based on water absorption.

On Wednesday we did drawings, and water painted beautiful butterflies, which are now showcased on the notice board. We also made delicious Singapore style noodles for afternoon tea.

We continued with cooking on Thursday and made yummy rice paper vegetable rolls.

Friday, we let our imagination go wild designing colourful 3D pictures of a hot air balloons.

Apart from all of these exciting experiences, we played several team games each day, such as Octopus, relay and races, line tiggly, Ball tiggly and memory tag.

During term 4 and 1, we encourage children to wear hats for outdoor play, A friendly reminder to all families to pack an extra hat in your child's bag for outdoor activities.

Next week activities are:

Monday	Art and Craft: Leaf sun catchers/ Protectors and invaders
Tuesday	Cooking: Quesadilla/ Chef's choice team game
Wednesday	Science: Puffy Paint/ Skittle Soccer
Thursday	Science: Chromatography/ Skipping challenge
Friday	Number Soccer/ Iron bead creation

Kind Regards

Meena

Membership **BONUS**



\$10 WISH eGift Card[^]
when you purchase
Single City Membership **\$69.99**



\$20 WISH eGift Card[^]
when you purchase Multi City
Membership **\$119.99** or
Multi Plus Membership **\$229.99**

Renew & support us



WISH eGift Cards can be used for
everyday expenses at participating
Woolworths brands. Redeemable
in store and online.

Redeemable in store and online at



CELLARMASTERS



Redeemable at
participating stores



Thank you

Your support makes a big difference



FUNDRAISING WITH
entertainment.

THANK YOU FOR YOUR SUPPORT!

Advertising



Wellington
Preschool Inc.

We moving temporarily for 1 year to Glen waverley
South while we are being rebuilt !

Same fabulous staff... same fabulous programs !

State of the art new facility in 2022

3 & 4 year Old Groups now enrolling for 2021

*Fully qualified & dedicated teachers providing
stimulating and creative programs

*15 hour , 4 year old program available now

*7 hour , 3yo program available now

*Exceeding Rating Service

* Friendly caring staff

For more information please contact the
Preschool on 0490860377 or email us
wellington.kin@kindergarten.vic.gov.au

Or enrol on our website

www.wellingtonpreschool.org.au/enrolments

Wellington Preschool

43 Fraser Street, Glen Waverley 3150

Schools Communication App's



with  masterpass



Stay well Stay Positive

Page 11

Mulgrave Primary School

Values: Persistent, Motivated, Successful

23-31 Gladeswood Dr, Mulgrave VIC 3170

Phone: (03) 9795 2477

mulgrave.ps@edumail.vic.gov.au

