



Thursday 29th October 2020

TERM 4 WEEK 4

KEY DATES

NOVEMBER

TBA

DECEMBER

TBA

CURRICULUM DATES 2020

Monday - 2nd November 2020

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

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: 27 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

Step into Prep

My thanks to all families for supporting our Zoom transition sessions. We will be running a third remote session next week, but we are now planning for a final on-site session for our 2021 preps. These sessions are being planned as you read this, however we are limited to 10 people on site at any time. This can be parents and students, but as we are encouraging independence and resilience, we are looking at running approximately 7 sessions of 40-45 minutes with a crossover period in between. Ms Ly will be in touch with families shortly with group times and some more information, but we cannot wait to see our newest preps in person.

From The Principal

As we start to settle back into our normal routines, our students seem to be getting their "match fitness" back and are now seeing out the longer days. I think the teachers are feeling the same, although I've probably got a way to go!!! As we head into this extended weekend for the students, the break will give them a chance to recharge the batteries, ready for a big finish to the school year. Unfortunately, many of the big end of year events are unable to go ahead due to restrictions, but we look forward to finding some alternative solutions to create some fun for our students. Thankfully, the Year 6 Graduation will continue, but the swimming program, Christmas carols, Colour Fun Run, the Year 2 Sleepover and excursions cannot take place. As we draw closer towards the end of the school year, we will continue to communicate any changes via Xuno and Dojo, with the newsletter a summary of these communications with any up to the minute updates included.

Year 6 Graduation

It is on! Monday December 14th remains our target date, however we are planning a backup date of Tuesday December 15th just in case. At this stage, our options are a student and staff only indoor event that is streamed live to families or an outdoor event, still staff and students only, but we are holding out hope that parents will be allowed on-site for an outdoor event and I continue to lobby our local MP's office with this in mind. Rest assured that Hayley and John are working on a variety of options, so that as we draw closer to the date, we can be ready for any possibility. This includes considering the Year 6 lunch and the post-graduation disco. It also includes the traditional Year 6 fun day, however we are very limited on what we can achieve in this space right now, but again, we are talking to the students and getting ideas.

Year 5/6 Camp

Unfortunately we have had to cancel the 5/6 camp. We tried to make it the last week of the school year in the hope that restrictions would allow us to go, however that is no longer possible. We have been able to secure a replacement camp for our Year 5 students early next year, restrictions allowing. Any deposits paid will be carried forward. For our Year 6 students. Suzy is about to start working on refunds, but as mentioned we are working out our end of year celebrations. In order to streamline the process, we will identify the difference in costs and update families accordingly. Stay tuned for more information.

End of year Reports

Requirements for student reports for Semester 2 are adjusted in recognition of the disruptions caused by the transition to remote and flexible learning during Semester 2. Reports will look similar to the midyear version, however the written comment sections will be significantly reduced, reflecting the significant increase in written comments and point of need feedback through Dojo. Areas for improvement with tailored goals for each student will remain a feature. Families will still see the 5 point progression point scale which highlights student learning growth. As we move into 2021, we will be seeking to adopt a new reporting process which continues to provide point of need assessments throughout the term and a summary statement at the end of each semester.

Stay home when unwell

The most important action school communities can take to reduce the risk of transmission of coronavirus (COVID-19), is to ensure that any unwell staff and students remain at home, even with the mildest of symptoms.

Practise good hygiene

All staff, students and visitors to schools should undertake regular hand hygiene, particularly on arrival to school, before and after eating, after blowing their nose, coughing, sneezing or using the toilet.

Students should bring their own water bottle for use at school, as students should not drink directly from drinking fountains at this time. Taps (e.g. the staff room or in classroom wet areas) may be used to refill water bottles. Sharing of food should not occur, unfortunately this also means birthday treats with classmates.

Road Safety

As families would be aware, I am on yard duty at the main gate in the morning and the afternoon. I would like to start by thanking the families who are using the Kiss and Go area as intended, as it has made the morning drop off in particular extremely fluid. I would remind families that the area is restricted to 5 minutes and we would prefer it if families did not begin parking in the zone from 3pm. Students do not exit the school until 3:25pm at the earliest, so there is no need to risk a parking fine. Inspectors regularly visit the area with cameras and the only way you'll know about the fine is when you receive it in the mail. In addition, I would like to discuss some of the driving and pedestrian behaviours that are simply not safe. This morning we had a near miss as a student attempted to walk across Selbourne Way. Pedestrians have right of way over cars when crossing a side street and there is no excuse for not driving slowly as we approach this corner. Another serious issue is the amount of parents who ignore the school crossing and walk their children across the street within 50m of the crossing. We would ask that all parents remember that they are role models and that student safety comes first. Every day I observe parents walking between parked cars, all to save a few seconds. It's just not worth it. Continuing the theme, double parking is illegal and parents should never allow their child to jump out of the car when it is not parked in a single bay. If you were to be observed doing this by the police you would receive a significant fine. In tandem with this is the number of students who get in and out of cars on the driver's side without the support of parents. I watch children fail to look for oncoming traffic and just walk into harm's way. Parents are able to stand next to their vehicle to help their children in and out when stopped in the Kiss and go area. Other constant infractions are u-turns across the unbroken line, speeding, failing to indicate and ignoring the instructions of the crossing supervisor. Given all of the aforementioned, I have included some Vicroads fines for your reference. I would hate to think that anyone would put themselves at risk of a fine in these difficult times.

Offence	Demerit Points	Fine
Fail to give way to a pedestrian	3	\$289
Fail to obey turn prohibition or requirement sign or marking	-	\$207
Perform unsafe u-turn	2	\$330
Stopped - double parked	-	\$99

Curriculum Day & Public Holiday

A reminder that on **Monday November 2nd and Tuesday November 3rd**, the school will be closed for a curriculum day and the Melbourne Cup Public Holiday.

Camp Australia will be running a program on Monday Nov 2nd,

however teaching staff will not be on-site as we adhere to DET requirements of working remotely when possible. Please note this in your calendars, as there will not be any staff available should your child mistakenly be sent to school on these days.

Charles Spicer

Principal





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>

COMING SOON

**WATCH
THIS
SPACE!**

The Mulgrave Show

Lunch Orders

Our canteen lunch service has recommence on **Wednesday 21st October** and will run on **Wednesday, Thursdays and Fridays**.

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.

Student of the Week Term 4: Week 2

Student of the Week Awards		
Class	Name	Reason
6S	James P	For his hard work this week and helpful attitude at all times.
6C	Cassandra. K	For positively participating in class discussions and sharing her ideas with others.
5T	Charlotte T	For settling back into school routines with a fantastic attitude and openly sharing her thoughts and ideas with the class!
5H	All members of 5H	For showing such maturity and positivity on returning to school this week. Fantastic having you all back!
4W	Grace L	For showing positivity and maturity in her transition back to school.
4H	Tarun	For his eager approach to our return this week and making fantastic contributions to class discussions!
4B	Logan I	For displaying a positive attitude and fantastic engagement in his learning this week!
3R	Jasper	For displaying what it means to be a caring friend to other peers! Great leadership!
3M	Catelyn P	For showing positivity on returning to school and working hard to complete your writing independently. Keep it up.
2T	Alex Rep	For increasing her confidence and sharing her thoughts with her reading group.
2P	Lianna M	For offering to help her classmates and for always being kind to others.
2G	Mia D	For spreading kindness to others and being a helpful and supportive member of 2G. Well done!
1T	Hassan	For his outstanding efforts in the classroom and increasing his writing stamina to over three pages! Well done Hassan!
1J	Sohaliyaa	For settling into Term 4 and showing enthusiasm and positivity towards her friends and teachers. Superstar
1E	Thalia	For her exceptional reading during our reading session. Well done Thalia.
PN	Anastasia T and Oliver M	For being superstar helpers for our environment this week, picking up rubbish around the school.
PL	Harry G	For an excellent job on all his writing tasks, including his cold write, recount and spelling.
PG	Zoe M	For being a wonderful helper to her teacher and classmates.
PC	Zaad U Paula A	For remembering his manners and being a respectful member of our classroom. You are a learning legend! For independent completing her cold write on how stay healthy. Awesome sounding out. You are a writing superstar!



10 Ways You Can Teach Your Child How to Thrive

by [Deborah Jepsen](#)

A recent article in *The Age*, "[Are you surviving or thriving?](#)", resonated with me this week. The author mentioned research from more than 10 years ago that suggested only around 17% of adults were thriving and the rest were merely surviving.

So how can you teach your child how to thrive?
Here are ten ways:

1. Model the behaviour you want

If you want your child to thrive you need to firstly model the desired behaviour. Which means you need to have a reasonable level of stability in your life. This doesn't mean having 'perfect' relationships or always being happy, but it does mean making an effort to be a good role model for your child. Kids are like little sponges; they absorb everything from the adults in their environment – both good and bad.

2. Hone Thinking Skills

Teach your child how to think (but not *what* to think) in positive and constructive ways, and try to reframe negative thought patterns into more productive or 'better' thoughts.

3. Maintain Balance

Don't over-schedule activities. I once came across a suggestion that parents could be over-scheduling their children's lives in order to fill a void in their own lives. While I am not 100% convinced of this, I do believe that too many activities can make kids stressed.

4. Have Relaxation Time

Take time out to just relax and rejuvenate. In such a busy world it's always tempting to stay connected and always "on." We need to hit the pause button every now and then.

5. Enjoy the Little Things

By living in the moment, we can enjoy the simple things in life – like gazing at the moon or looking up at the stars. (My son loves to point up into the sky in the early evening when the moon and stars are just becoming visible and say "mooooooon!" and "star!" over and over.)

6. Stay Active

Kids need to be physically active. Getting them out on their skateboard, scooter or bike is essential. It is also fun! Activities don't need to be structured, but they do need to be active and enjoyable.





7. Practice Problem Solving and Making Changes

There will always be challenges to overcome. This is what makes life so colourful. The important part is *how* we go about solving problems and changing our thought patterns. Sometimes we need to change so we can grow. Other times, we simply need to approach a challenge from a different perspective. You can help your child become develop their problem solving skills by brainstorming possible solutions and discussing the options.

8. Foster Good Relationships

Teach your child to value and respect their friendships and family relationships. This establishes a good framework for later in life. Taking care of an (age-appropriate) pet teaches kids how to be nurturing and compassionate and how to cope with responsibility.

9. Have a Vision

Viktor Frankl wrote that, "Life is never made unbearable by circumstances, but only by lack of meaning and purpose." Everyone needs to have meaning and purpose so that they can look toward the future with optimism. So help your child to set goals and talk about a shared vision for the future. For example, I like to say to my son, "When you grow up you are going to have a wonderful life and achieve great things", before he goes to bed. (He is a little too young to understand right now... but the positive seeds are being planted for the future!)

10. Show Gratitude

Arguably one of the most important ways you can help your child learn how to thrive is to model gratitude. Life is so precious and wonderful and there is so much to be thankful for. Take every opportunity to speak kindly and show gratitude to others.

So now you now you have ten different ways you can start helping your child learn how to thrive today. Why not take on the challenge today? Surviving should not even be an option!

Go on, what are you waiting for?

Here's to YOUR child's success.

— Deborah





ACTION CALENDAR: NEW WAYS NOVEMBER 2020



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 Make a list of new things you want to do this month	2 Respond to a difficult situation in a different way	3 Get outside and observe the changes in nature around you	4 Sign up to join a new course, activity or online community	5 Change your normal routine today and notice how you feel	6 Give yourself a boost. Try a new way of being physically active	7 Be creative. Cook, draw, write, paint, make or inspire
8 Find out something new about someone you care about	9 Plan a new activity or idea you want to try out this week	10 When you feel you can't do something, add the word "yet"	11 Be curious. Learn about a new topic or an inspiring idea	12 Overcome a frustration by trying out a new approach	13 Choose a different route and see what you notice on the way	14 Find a new way to help or support a cause you care about
15 Go outside and do something playful - walk, run, explore, relax	16 Look at life through someone else's eyes and see their perspective	17 Try a new way to practice self-care and be kind to yourself	18 Connect with someone from a different generation	19 Broaden your perspective: read a different paper, magazine or site	20 Make a meal using a recipe or ingredient you've not tried before	21 Learn a new skill from a friend or share one of yours with them
22 Find a new way to tell someone you appreciate them	23 Set aside a regular time to pursue an activity you love	24 Share with a friend something helpful you learned recently	25 Use one of your strengths in a new or creative way	26 Tune in to a different radio station or TV channel	27 Enjoy new music today. Play, sing, dance or listen	28 Join a friend doing their hobby and find out why they love it
29 Discover your artistic side. Design your own Christmas cards!	30 Look for reasons to be hopeful, even in difficult times					



"You never know what you can do until you try" ~ C. S. Lewis



ACTION FOR HAPPINESS

www.actionforhappiness.org

Keep Calm · Stay Wise · Be Kind

Learn more about this month's theme at www.actionforhappiness.org/new-ways-november



Dear Families,

Firstly, I would like to remind families of the Curriculum Day on Monday, the 2nd November.

Camp Australia is offering a full-day program from 7am to 6pm. Please check the attached flyer more information.

The children have settled well into the routine and engaged in various age-appropriate activities during morning and afternoon sessions each day!

Over the past couple of weeks, the highlight of the program was our suncatcher art Experience. Almost everyone participated in the activity to create a colourful pieces of art, which is looking fantastic on the window as Nabihah mentioned!

In another activity, we constructed a complex maze marble run with recycle boxes and had loads of fun playing with it. In science, we made bottle fountain and learnt the science behind the air pressure.

Our chromatography experience was interesting; we created colourful flowers through this cool experience. Everyone let their imagination go wild during our Puffy painting sculptures to create snails, balls, snake etc. It was a calming sensory experience that everyone loved!

Our master chef made scrumptious Mexican Quesadillas with healthy fillings. Ryan commented, "It tastes terrific with beans, cheese carrots and salsa" In our breakfast special, we made delicious fruit cinnamon!

Besides all these awesome activities we enjoyed Chess contest, iron bead creation, chalk drawing, water painting, Lego construction and solving puzzles. We also played several team games each day such as dodge ball, skittle soccer, ball tiggy, skipping, line tiggy, protectors and invaders, Guards and soldiers, camouflage and outdoor play.

'Your creative kids' week is approaching very fast. We have planned many creative activities for this week. Please join us to unleash your innate creative ability through our fantastic week beginning 9th of November throughout till the 13th of November.

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	Curriculum day: Solar cars/cricket/Spinning ball craft
Tuesday	Melbourne cup day
Wednesday	Collage/ Footy
Thursday	Cooking: Cheese Naan/ Hide and seek
Friday	Science: Bottle driver/ King of the pin

Kind Regards

Meena

For booking, please visit: campaustalia.com.au

Join us in Outside
School Hours Care for

YOUR CREATIVE KIDS

Your Creative Kids is all about helping your children express themselves through art. Whether it's drawing, painting, sculpting, or any other art form, we'll guide your child's emotional growth through individuality.

November 9th - 13th



Government
subsidies
available for
eligible families

Check out what's planned for Your Creative Kids:

Mulgrave Primary School

Monday	Control breathing waves/ open ended craft/ Painting to music
Tuesday	Stress ball making/Making Mandela/Words to live by poster
Wednesday	What's in your heart/Nature art/Wax art/Skipping challenge
Thursday	Shadow drawing/ Musical skittle Soccer/Colour Mania/Musical puddle
Friday	Marble painting/Clay Diya art/Dancing with Streamers

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Wellington Preschool

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Schools Communication App's



with  masterpass



Stay well Stay Positive

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Mulgrave Primary School

Values: Persistent, Motivated, Successful

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