



Thursday 4th March 2021

TERM 1 WEEK 6

KEY DATES

MARCH

Wed 17 - School Photos

Fri 5 - Curriculum Day NO STUDENTS
REQUIRED

Mon 8 - Labour Day

TERM DATES 2021

Term 1: 27 January - Staff only resume,

Students start - 28th 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

BREAKFAST CLUB DAILY (OLD HALL CANTEEN)

Monday - sit down including cereal & toast

Tuesday - grab and go with fruit options

Wednesday - including cereal & toast

Thursday - grab and go with fruit options

Friday - including cereal & toast

CURRICULUM DAYS

Friday - March 5th

Friday - October 29th

Monday - November 1st

PUBLIC HOLIDAYS

Labour Day - Monday 8 March

Good Friday - Friday 2 April

Queens Birthday - Monday 14 June

Melbourne Cup - Tue 2 November

TIMETABLE

Commence 8.58 Line-up Bell-Music, 2nd Bell 9am

Recess 11.00 - 11.30am

Lunch 1.40 - 2.30pm

School Finishes 3.30pm

STEP INTO PREP DATES - 2021

9:15 - 10:00 am Wednesday, Oct 20th

9:15 - 10:00 am Wednesday, Oct 27th

9:15 - 10:00 am Wednesday, Nov 10th

9:15 - 10:00 am Wednesday, Nov 17th



From The Principal

Curriculum day – Friday March 5th

A reminder that this Friday is a curriculum day and as such, students are not required at school. Camp Australia is running a program for families should their children require supervision on the day. Our staff will be undertaking the second part of our training in ongoing reporting. Later this term, you will receive our first foray into the new format, with a snapshot of a numeracy task that all students will be completing. This snapshot will provide you with an up to date account of the skills that your child has achieved and a clear indication of their point of need for the next stage of their learning. Each ongoing report will provide information on pieces of the overall picture, but do not in themselves represent the entirety of any one curriculum area. As such, the mid and end of year reports will still provide a summary statement of your child's progress, with more ongoing snapshots being sent home as we develop our skills in this area. The goal is to ensure that we are not waiting months at a time to provide parents and students with feedback on their progress, so that we can ensure each child is working on the skills and strategies that they need to improve on. As a result, the June and December reports will be streamlined, with a focus on social and emotional progress in the comments section.

School Council Elections

Following the close of the MPSC election and subsequent counting of the votes, I would like to congratulate Melinda Collard, Don Corcoran, Anne McNee and Saden Zahiri. I would also extend my thanks to our unsuccessful candidates for their interest. Having a robust council is a significant aspect of ensuring a vibrant school community and the MPS Council has been a major driving force behind many initiatives of recent times. I would also like to thank our departing councillors, Petra Tonkin and Stephanie Perri-Kelsall for their service over the years. It is through the dedication of our councillors that we can ensure the positive stewardship of our school.

2021 MPS Council

Parents: Ed Meszaros, Anne McNee, Mel Collard, Don Corcoran, Jim Zelener, Jonathan Heyde, Saden Zahiri, Margaret Perdreau (seconded).

Staff: Charles Spicer, Stuart Hattwell, Tom Boyle, Tim O'Neill.

National Day of Action Against Bullying and Violence – Friday March 19th

Nobody wants bullying to occur and this is where we are working on improving 'student voice' to better understand the student perspective. In terms of the research, there is a significant body of work now, but still very little from the students' perspective. MPS employs a variety of strategies to address bullying and we acknowledge that there is rarely an easy fix. That said, some key areas of the research that resonate with me show that:

- A strong correlation has been found between positive teacher–student relationships and both lower levels of bullying and increased feelings of safety for students.
- Specific training about bullying is a significant factor in teachers' ability to effectively respond to bullying. Calls for urgent attention to in-service teacher education are very common in contemporary studies about countering bullying in schools.
- The explicit teaching of positive school values to students has been shown to promote a positive school climate, which in turn is related to lower levels of bullying.

With the above in mind, this is why all classes are expected to display the school values and rules in their learning spaces, with follow up discussions and circle time to bring issues into the open. Our values and rules were developed with consultation from staff and parents, but were written by the students for the students. It is why we have the support of Ali Hardaker as a confidential and trusted adult to support students in need and why Stuart, Tom and I continue to emphasise the importance of developing strong relationships with the students in our care. We strongly believe that every child needs to have an adult at school who can be their "go to" person at any time and in most cases this is the classroom teacher, but it can also be a specialist, an Integration Aide, Stuart, Tom or myself. In 2021, staff will continue our work to develop opportunities for greater student agency, whereby we can break down some of the stigmas associated with bullying and have open and honest conversations to address the issue. We have introduced the Resilience project and the School Wide Positive Behaviour programs and students are learning to improve their self-regulation. We take bullying very seriously and will always seek to work through issues. As always, my door is open to support families and students experiencing bullying or any other personal challenges, so please feel free to speak with us, as the only way to get on top of bullying is by being aware of it.

What to do if you're being bullied? Here are some ideas suggested as outlined by the Kid's Help Line.

Keep your distance from bullying

Don't bully them back

Tell them what they are doing is not ok

Talk to an adult you trust

Take time to do something nice for yourself

Have someone help you report [cyberbullying](#)

For further information around the National Day of Action Against Bullying and Violence, please go to the web site: <https://bullyingnoway.gov.au/NationalDay>

Mobile Phone Use in School

A reminder that no student is to be using a personal phone or smart device whilst at school. From the moment a student walks through the gate until the time they leave, parents can contact their children via the school office. Students who bring a phone or smart device to school should hand in their phone or device to their teacher and these will be securely locked away. Students have been observed filming videos inside the school grounds with friends and this is against the privacy policy of the school also. Publishing images of other students onto any platform is forbidden. MPS proudly provides a large array of technology devices so that children do not need to use their own at school. We understand that phones are used before and after school, however we would ask that all parents support the school to ensure devices are handed in during the day and do not become a distraction, such as we have seen with students checking their phone in their bags during class time or responding to messages from parents on a smart device. Clearly this takes away from each child's education and there comes a time when putting the device away and learning other skills is essential. Your cooperation would be greatly appreciated.

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Alternating Assemblies and Newsletters

The MPS newsletter has long been a fortnightly edition and throughout term 1 this year, circumstances such as curriculum days and the circuit breaker lockdown have seen the assemblies fall on the alternate week to newsletters. This has worked quite well in terms of meeting the need to provide students and families with ongoing information, with timely updates in between via Xuno or Class Dojo. With this in mind, MPS will continue to experiment with fortnightly assemblies for the remainder of the term and most likely into term 2. This also provides students with another 30 minutes a fortnight to focus on catch up tasks, a wellbeing activity or other areas of the curriculum. With this in mind, the remaining assemblies will take place in Weeks 7 & 9 on March 12th and 26th. Newsletters will be published in Weeks 8 & 10 or, March 18th and April 1st.


In the meantime, some of our specialist teachers are working with our student leaders to improve the presentation of our assemblies. The fortnightly intervals provides the students with a little more time to prepare as well. I look forward to seeing how they evolve our assemblies over the year.

Charles Spicer

Principal

**ELITE SCHOOL PHOTOGRAPHY**

PO Box 332 East Bentleigh VIC 3165 • 03 9570 9311 • www.eliteschoolphotography.com.au

 **MULGRAVE PRIMARY SCHOOL PHOTO DAY IS COMING**

The official School Photos will be taken by Elite School Photography on
Wednesday 17th March 2021

All orders are to be completed online, via the Elite School Photography website, PRIOR TO THE DAY.

You can order your Child's School Photos by using the **login code ESP202515** and follow the easy to use steps to order. Please ensure all relevant details are filled out correctly.

Family Discount - If you have more than two children attending this School, please list all their First Names and all their Classes and select 2 as the quantity, for the Deluxe and Standard packs. Your third and subsequent Child will receive their packs free of charge, but you must list all your children's names. This family discount will only apply to the Deluxe & Standard Packs.

If you have any queries regarding School Photos, please contact our friendly staff at ESP directly on (03) 9570 9311

SIMPLE, SMART & SENSIBLY PRICED

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Mulgrave Primary School

Values: Persistent, Motivated, Successful

23-31 Gladeswood Dr, Mulgrave VIC 3170

Phone: (03) 9795 2477

mulgrave.ps@edumail.vic.gov.au



School News

Free Bread Woolworths pick up

Dear Families,

Woolworths at Waverley Gardens has offered MPS fruit and bakery items for free.

We need 1 volunteer every morning to collect these from the service desk at Woolworths Waverly Gardens, 8 am daily. Then bring them to the school office by 8.20 am.

This will be used for Breakfast Club and fruit snack each day.

Thank you for your help in advance: <https://signup.com/go/tAAepdz>

Breakfast Club

8.40 - 8.55am Monday - Friday

Breakfast club will be resuming in week 5, February 22nd.

However Monday, Wednesday & Friday we will offer more of a sit down option involving cereal and toast. Tuesday & Thursday will be more of a grab and go type morning with more fruit options available.

One week to go breakfast is available between 8.40 & 8.55 am every day next week.

Served from the Hall Canteen

- ◆ Monday - sit down including cereal & toast
- ◆ Tuesday - grab and go with fruit options
- ◆ Wednesday - including cereal & toast
- ◆ Thursday - grab and go with fruit options
- ◆ Friday - including cereal & toast



We will be requiring 3 parent volunteers each morning. If you would like to help, please click on the link below to add yourself to one or more of the mornings.

Thank you for supporting MPS students.

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



FINANCIAL ASSISTANCE INFORMATION FOR PARENTS

Every Victorian child should have access to the world of learning opportunities that exist beyond the classroom. The Camps, Sports and Excursions Fund helps ensure that no student will miss out on the opportunity to join their classmates for important, educational and fun activities. It is part of making Victoria the Education State and the Government's commitment to breaking the link between a student's background and their outcomes.

CAMPS, SPORTS & EXCURSIONS FUND (CSEF)

School camps provide children with inspiring experiences in the great outdoors, excursions encourage a deeper understanding of how the world works and sports teach teamwork, discipline and leadership. All are part of a healthy curriculum.

CSEF is provided by the Victorian Government to assist eligible families to cover the costs of school trips, camps and sporting activities.

If you hold a valid means-tested concession card or are a temporary foster parent, you may be eligible for CSEF. A special consideration category also exists for asylum seeker and refugee families. The allowance is paid to the school to use towards expenses relating to camps, excursions or sporting activities for the benefit of your child.

The annual CSEF amount per student is:

- \$125 for primary school students
- \$225 for secondary school students

MORE INFORMATION

For more information about the CSEF visit
www.education.vic.gov.au/csef

HOW TO APPLY

New applicants should contact the school office to obtain a CSEF application form or download from www.education.vic.gov.au/csef

If you applied for the CSEF at your child's school in 2019, you do not need to complete an application form in 2020 unless there has been a change in your family circumstances.

You only need to complete an application form if any of the following changes have occurred:

- new student enrolments; your child has started or changed schools in 2020 or you did not apply in 2019.
- changed family circumstances; such as a change of custody, change of name, concession card number, or new siblings commencing at the school in 2020.

Check with the school office if you are unsure.



If you would like a CSEF form or have any questions about it, please come and ask us at the office.
Due by 25 June 2021

NUDE FOOD

TUESDAY

OR EVEN BETTER "EVERYDAY"



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



TERM 1 WEEK 5 STUDENT AWARDS

Class	Name	Reason
6G	Terry C	For his outstanding effort and concentration during reading and writing this week. Well done!
	Ellena D	For her consistent work ethic and always being a responsible, respectful and caring member of our class.
6C	Adam C	For displaying great friendship qualities and helping others around him.
5W	Flynn	For having a great day at Nazareth College yesterday and representing Mulgrave Primary school responsibly.
5N	Aidan	For participating with enthusiasm during our Nazareth excursion. Awesome work!
5H	Riley	For showing courage after fracturing his finger. Riley hardly complained about his injury and showed us how tough he is. You are a star Riley!
4J	Shyla B	For working incredibly hard this week and always trying her best, especially in Maths.
4B	Lexie K	For showing wonderful confidence and leadership when running an outside game for the whole Year 4 cohort this week!
3S	Ella M	For always working hard, behaving well, and helping others in the classroom.
3R	Simon D	For providing reasoning when solving maths problems in warm up games this week. Well done!
3M	Elena	For demonstrating resilience and persistence when encountering challenging learning tasks this week.
2B	Nicola H	For working to the best of her abilities during remote learning and practicing her lowercase 'b' and 'p's. Keep up the great work.
2E	Jay V	Congratulations on writing, illustrating and publishing your book. We are very proud of you, Jay!
2M	Kiara	For her excellent thinking skills when solving difficult maths problems. Well done Kiara!
1T	Sophie M	For her awesome effort and amazing attitude during Home Learning.
	Elsie P	For her great concentration and consistent effort to complete tasks.
1P	Emmanuel D	For his amazing efforts in writing. You are doing a great job sounding out your words. Keep up the great work!
1M	Ondria F	For writing an excellent story about animals escaping from the zoo! Great work!
1C	Isira	For being a kind and considerate friend to everyone in our class. Also, thank you for helping tidy our room without being asked.
PL	Alexander P	For his beautiful manners and helping in the classroom.
PH	April M	For her confident and eager participation in all lessons. Superstar!
PC	Ria Arun	For following instructions and being responsible. You are a star Ria!



When does a habit become a pattern that stays for life?



Ever wished you had your time over again?

Recently, I was speaking to Jeremy, a colleague, who wished he had his time as a parent over again.

He told me how his twenty-two year old son was drifting from job to job and course to course. This father told me that since leaving school at sixteen his son had changed jobs or courses at least twenty times.

This dad lamented that his son hadn't even finished one course he'd started or stayed at a job long enough to receive a qualification or complete an apprenticeship. As soon as a course or job got tough or a boss put some pressure on him to lift his game, his son would leave rather than put in the required effort.

Poor patterns start with poor habits

Jeremy believed that the seeds of his son's inability to see things through were sown at a very young age. He blamed himself for letting his son give in too easily when things got tough. In primary school when subjects became too hard, his son would make excuses and give in. His parents would often be at school pleading their son's case for teachers to ease up. "He's only a boy. Don't push him too hard!" was the approach they'd take.

Jeremy's son also chopped and changed at leisure and sporting activities, never seeing any activity through to completion. As soon as he met with difficult people, didn't get his own way or the learning/competition became too hard he gave in and went on to try something else.

His dad allowed him to keep changing activities in the hope that he would find something he was good at. In doing so, he allowed his son to **develop the habit of avoidance**. Eventually, this habit after so many repetitions **became a life pattern**, which is difficult to break.

Now as an adult as soon as he meets with resistance or difficulty of any kind at work and in relationships his immediate response is to look for new opportunities, rather than work through the difficulties to achieve mastery. The pattern of avoidance has become so ingrained that his son simply cannot see anything difficult through. The tragedy of course, is that a worthwhile achievement of any kind, whether it's getting a qualification, mastering a musical instrument or learning a new language, will always present significant challenges that need to be worked through. By continually giving in, this young man will never achieve anything of significance, unless he adopts a new pattern, which takes considerable commitment and work.

Help your kids develop positive life patterns

The habits that parents encourage in their kids will eventually become entrenched life patterns so it makes sense to encourage positive habits from the earliest possible age. Here are five positive habits to develop in kids that with **practice, repetition** and **parental encouragement** will become positive patterns or ways of behaving that generally stay for life:

1. **Pattern of contribution:** This pattern starts by parents developing the helping habit in their children. Expect your kids to help you and others without being paid. It's the pattern that leaders in every field display.
2. **Pattern of self-sufficiency:** This pattern starts by parents encouraging kids to look after themselves; do simple life tasks and take increasing personal responsibility for their behaviour as they become older. Doing too much for kids puts the breaks on the self-sufficiency pattern.



When does a habit become a pattern that stays for life?

3. Pattern of problem-solving: This wonderful pattern starts when parents give children ownership of their mistakes and challenges, allowing them to find their own solutions to problems. Rescuing and micro-managing children develops the pattern of dependence, which is an endemic among today's twenty-somethings.

4. Pattern of help-seeking: Past generations are renowned for keeping adversity close to their chests rather than reaching out and seeking help and assistance from friends and family, or professional help, when needed. Encourage help-seeking behaviours in children and young people so that help-seeking becomes a normalised, accepted pattern when life gets tough.

5. Pattern of expressing gratitude: Ever noticed how some people seem to have so much in terms of wealth, possessions and talent yet they never seem happy with what they have, while others who may have very little in terms of material possessions are thankful for the little things that happen in life? This pattern of gratitude was more than likely established in childhood. It's a wonderful resilience attribute that contributes so much to a person's happiness and well-being. It's empowering as a parent to know that the habits we encourage in our kids usually become ingrained as patterns of behaviour that stay for life. It's in this patterning that the true impact of parents and family-life can be found.

For more positive patterns to develop in kids book check out my latest **Spoonfed Generation: How to Raise Independent Kids**. There are many positive habits outlined that with practice and repetition will become successful life patterns.



parenting  ideas

Article By: **Michael Grose**

Michael Grose, founder of Parenting Ideas, is one of Australia's leading parenting educators. He's an award-winning speaker and the author of 12 books for parents including *Spoonfed Generation*, and the bestselling *Why First Borns Rule the World* and *Last Borns Want to Change It*. Michael is a former teacher with 15 years experience, and has 30 years experience in parenting education. He also holds a Master of Educational Studies from Monash University specialising in parenting education.



ACTION CALENDAR: MINDFUL MARCH 2021

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

1 Set an intention to live with awareness and kindness

2 Notice five things that are beautiful in the world outside

3 Start today by appreciating your body and that you're alive

4 Notice how you speak to yourself. Try to use kind words

5 Take three calm breaths at regular intervals during your day

6 Bring to mind people you care about and send love to them

7 Have a 'no plans' day and notice how that feels

8 Eat mindfully. Appreciate the taste, texture & smell of your food

9 Take a full breath in and out before you reply to others

10 Get outside and notice how the weather feels on your face

11 Stay fully present while drinking your cup of tea or coffee

12 Listen deeply to someone and really hear what they are saying

13 Pause to just watch the sky or clouds for a few minutes today

14 Find ways to enjoy any chores or tasks that need doing

15 Stop, breathe and just notice. Repeat regularly during the day

16 Get really absorbed with an interesting or creative activity

17 Look around and spot 3 things you find unusual or pleasant

18 If you find yourself rushing, make an effort to slow down

19 Cultivate a feeling of loving-kindness towards others today

20 Celebrate the International Day of Happiness dayofhappiness.net

21 Listen to a piece of music without doing anything else

22 Walk a different route today and see what you notice

23 Tune in to your feelings, without judging or trying to change

24 Appreciate your hands and all the things they enable you to do

25 Focus your attention on the good things you take for granted

26 Notice when you're tired and take a break as soon as possible

27 Have a device-free day and enjoy the space it offers

28 Appreciate nature around you, wherever you are

29 Notice what is working today and be thankful that this is so

30 Mentally scan down your body and notice what it is feeling

31 Notice the joy to be found in the simple things of life



"Mindfulness means that we commit fully in each moment to be present" - Jon Kabat-Zinn



ACTION FOR HAPPINESS

www.actionforhappiness.org

Learn more about this month's theme at www.actionforhappiness.org/mindful-march

Happier · Kinder · Together

Newsletter



EXTRAORDINARY HOLIDAY ADVENTURES

Join us for our very first mission.

BOOKINGS NOW OPEN

www.campastralia.com.au/rocketeers



Every child that attends receives a FREE merchandise pack including T-shirt, Badge and Booklet!

A message from your Coordinator

Dear Families,

Our Rocketeers Holiday adventurous program has launched and opens for bookings now. This holiday period your child will be on a new mission each day and will experience the extraordinary venture from coding, special FX film making to the colourful explosion at rainbow race excursion and marvelling animal kingdom at Healesville sanctuary. To book and for detailed Rocketeers missions, please visit Camp Australia

Next week children will practice for the Handball National Championship during the morning and afternoon sessions and the championship will be held on the week beginning 22nd of March. Register your child through the parent portal! Good luck to all our contesters! Next week activities are:

Monday 8 th March	Tuesday 9 th March	Wednesday 10 th March	Thursday 11 th March	Friday 12 th March
Labour day	Paper quilling Hand ball	Dessert pizza Hand ball	Elephant tooth paste Hand ball	Ultimate challenge Hand ball



22nd - 26th March



Whether your child calls it Handball, Downball or 4-Square – It's the game that they all know and love.

Enter the competition now via your Parent Portal

It's free to register

To attend our program, you must register your child. You can register an account with us at pp.campastralia.com.au or by downloading our Camp Australia smartphone app from the Apple App Store or on Google Play. Once registered, it's easy to make bookings and manage your account.



Visit our blog

New articles are added each week for parents and cover various topics to help families.

**Your
OSHC.**

www.campastralia.com.au

ROCKETEERS

**Your
OSHC.**

To register and book, visit www.campastralia.com.au

Pupil Free Day



Date: 5th March 2021



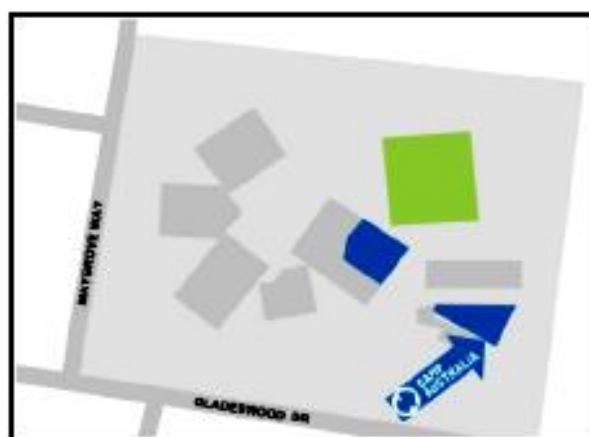
Time: 07:00 to 18:00



Fees: \$55.00



Location: The Before and After School
Care Room at Mulgrave Primary
School



Child Care Subsidy (CCS)

The Child Care Subsidy can provide up to 85% off your fees.
Your eligibility is determined by your family's annual adjusted taxable
income, the type of childcare you use, and your activity level.
To find out if you're eligible, contact Centrelink on 13 61 50.

Your OSHC.

Tailored before and after school
experiences that children love.

To book, visit www.campaustralia.com.au

by  Camp
Australia

To register and book, visit www.campaustralia.com.au

Your
OSHC.

Open Day

Carwatha College P-12



A Government school for the whole community

Secondary Open Night

Tuesday 30th March

What to expect:

5.00pm to 6.00pm

Hands-on activities: Come and experience Year 7 taster activities in Maths, Science, Music, Food Technology, English, Humanities, and the Carwatha Football College.

6.00pm to 6.40pm

Information session presented by the Principal Pat Mulcahy, current Year 7 students, College Captains and the Junior Sub-School Leader Mitch Hammond.

6.40pm to 7.00pm

Information sessions on the SEE High Achievers program and the Carwatha Football College program.

Where: Carwatha College P-12, Junior school building, enter from Browns Rd.

Register your interest at www.carwatha.vic.gov.au or attend on the evening.



Carwatha College P-12
43-81 Browns Road
Noble Park North, Victoria 3174
03 9795 5848
www.carwatha.vic.gov.au

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BACK TO SCHOOL!

Kick start their year with confidence.

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with every complete pair of spectacles
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Eyecare Plus Mulgrave**

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<https://www.eyecareplus.com.au/mulgrave/>



Book an appointment at Eyecare Plus Mulgrave:
<https://www.eyecareplus.com.au/mulgrave/#book-appointment>

**YOUR CHILDREN ARE AMAZING.
WE HELP THEM PROVE IT.**

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