



KEY DATES 2021

MAY

- Mon 17 - Education Week
- Wed 19 - Little Mr & Miss Dress up Day
- Wed 19 - Cyber Safety Students
- Thu 20 - Open Afternoon 15:45 - 16:30pm
- Fri 21 - Assembly
- Tue 25 - Cyber Safety Parents Information - 6:30pm - 7.30pm (doors open 6.15 pm with free pizza)

JUNE

- Tue 1 - Year 5/6 Puberty Ed Session 3 and 4
- Thu 3 - Drumbeat Year 5/6
- Tue 15 - Preps - Fire Ed

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

TERM DATES 2021

- Term 2: 19 April – 25th June 2021
- Term 3: 12 July – 18th September 2021
- Term 4: 4 October – 17th December 2021

CURRICULUM DAYS

- 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

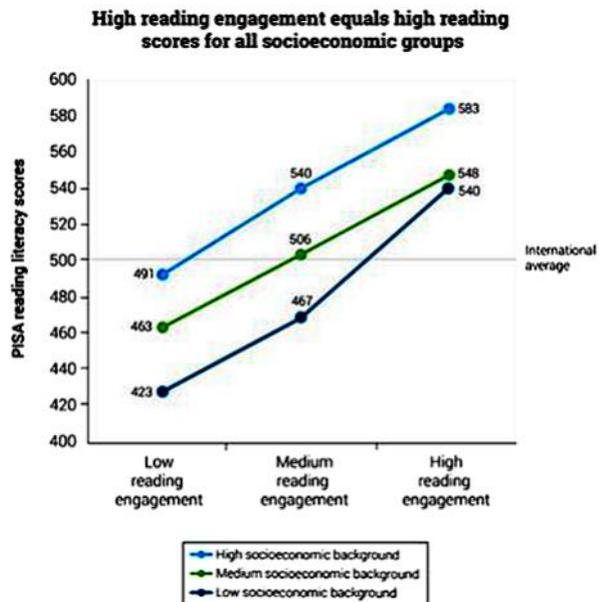
STEP INTO PREP DATES - 2021

- 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

Reading is Everything!

As the colder months descend on us and the days get shorter, there is no better time to grab a book and curl up under the doona or in front of the fire. By any measure, reading for more than 15 minutes per day has enormous benefits for life outcomes. 15 minutes is the magic number. Not 14, not 10, definitely not 5. 15+ minutes of active reading helps students achieve higher academic growth than their peers. 30 minutes is even better and 60 minutes has enormous benefits. Studies show that only 18% of students read for 30 minutes per night and that at 60 minutes, student growth is on average 48% higher than the average, no matter what the child's background. The table also shows the correlation between high reading engagement against international student rankings. Those coming from the lowest socioeconomic backgrounds achieve well above the international average if they read regularly. If we compare a student from a low socioeconomic background who does not read daily, with a student from a high background that does, the difference is massive. That difference is cut dramatically by high reading engagement. The evidence could not be clearer. If you want your child to succeed, read to them and give them plenty of opportunities to read. If you still have pre-schoolers, the research shows how significant being read to is, enabling students to start school with reading skills well above their peers. From my own experience, when my own children wanted to stay up later, our first negotiation led to bed time being extended by 30 minutes, on the proviso that they read in bed for those 30 minutes. Not only did it help them fall asleep as they disconnected from devices, but it boosted their reading time. Win-win-win! As I have said many, many times, reading is everything and is the key to your child enjoying a successful future.



Mr. Men and Little Miss Parade – May 19th

As part of education week, we will be holding our Mr. Men and Little Miss Parade between 9:15 and 10:00am On Wednesday May 19th. Parents will be welcome on site, but must register via the QR codes around the school. The parade will take place on the hardcourts. In the event of inclement weather, the event will be moved into the new stadium, however due to density limits, parents will not be able to enter the stadium.

Cyber Safety – May 19th

A reminder that our parent information sessions on cyber safety is on Wednesday May 19th at 6:30pm. Earlier in the day, students will undertake their own sessions, but the parent session will touch on some areas that are adults only, so I encourage all parents to join us and I guarantee you will be surprised by what young people get up to online, however this session will help parents with the knowledge to ensure your children are safe in the digital environment.

Open Afternoon – May 20th

On Thursday May 20th we will be opening our classroom doors for the first time since Covid hit us so that parents can come on in and see the work their children are doing in the classroom. From 3:45 – 4:30pm, families will be able to scan in via QR codes around the school and visit classrooms, including the new stadium for those who have been unable to do so. The PFA will be putting on a BBQ so that families can grab a bit to refuel the kids. There will be density quotients for each room on display, however we anticipate that families should be able to move relatively freely throughout the school. We look forward to this opportunity to reconnect with the broader community and can't wait to welcome parents into the classrooms. Of course, should you be feeling unwell, we ask that you stay home and wait for the next opportunity.

Police Presence – Road Safety

As mentioned via Dojo, we have been advised that there will be a police presence around the school looking for drivers who are breaking road rules in the area. It was noticed that police were in the area on Tuesday, but we are not advised of when they will be in the area, only that they are currently an area that is under scrutiny. I implore all drivers to respect the rules. We have significant amounts of parking surrounding the school, including the Gladeswood Reserve car park which is a short walk to the eastern gate. There is no need for double parking, U-turns, speeding, overstaying parking limits or any other road rule. Our only priority when driving around the school should be the safety of all children.

Colds and Flu

With the spike in colds and flu at this time of year, **we appreciate your assistance in keeping your child home until they are completely well.** If your child presents at school with coughs and sniffles, it places all students, especially those students with compromised immune systems, and staff, at risk. We are legally required to collect and store digital or hard copies of absence notes and request that these are sent to school on your child's first day back. Thank you for your support.

NAPLAN

This week our Year 3 and 5 students have sat their NAPLAN tests. I would like to thank all students and families for tackling these assessments in such a positive manner. No matter the outcome, no future employer will ever ask how a person did on these tests, but this year's tests will give us a baseline from which to reset ourselves. The data takes a while to get to us and is not necessarily an accurate reflection of where your child is at, as they have invariably progressed since the actual testing date. What the tests do provide is clarification of student progress against our existing assessments and it also enables us to identify areas of the curriculum that we may not be covering as well as we would like and we can then reflect on this and make the necessary improvements.

Mulgrave Farmers Market

MPS is the new home of The Mulgrave Farmers Market. The first market on May 2nd was a great success and we are very excited about the opportunities this partnership will provide. As the market settles in, the school will also run stalls, some of which will be run by students! The market will run each Sunday from 8am to 1pm and we encourage all families to support the market which in turn supports the school.

Density Quotients for Schools

There continues to be no requirement to limit the number or type of visitors to school premises, however the density limit of 1 person per 2 square metres should be applied to any school spaces accessible to the public. Density limits no longer apply to gatherings with only students and staff present.

If external visitors are present, the density limit applies to all persons in the space, including students. For these public spaces, signage must be displayed to indicate the maximum number of persons that may be present in the space at a single time. At present this includes the school foyer, the community building and the school gym.

School Events Involving External Guests

Events involving external guests in school environments with up to 1000 attendees (inclusive of staff and students), including school assemblies, graduation ceremonies and school tours, can take place with the following controls:

A COVIDSafe plan is in place.

Current capacity limits are observed (inclusive of visitors, staff, and students) based on the available floor space; with the density limit of one person per two square metres applied.

Record keeping for contact-tracing purposes is undertaken. Mulgrave PS uses the school ipad for small groups of visitors to the school. For larger events such as open nights, we use the free [Victorian Government QR Code Service](#) for attendees to check-in on arrival.

* A reminder that parents of students receiving awards will be invited to assembly. Due to current density limits, we are unable to open the assembly up to all families at this stage. We will continue to record the assembly and provide a link for parents to view at a later time.

Next Assembly: Friday May 21st.

Charles Spicer

Principal

“Captain’s Corner” News update

By School Captains: Oceana, Matt, Samantha and Jimmy

NAPLAN has started for the grade 3s and 5s we hope the grade 3s and 5s have done the best they can.

Every Sunday we now have the Mulgrave Farmers Market operating at the school from 8:00AM to 1:00PM. There are lots of supplies for you to buy like food, drinks, fresh vegetables, plants and more. The Young Leaders day, is on the 24th of May, Year 6 student leaders will have to come to Huntingdale train station for a 7:30am start.

On the 19th of May we have a special upcoming event, it is a little Miss and Mr Men dress up day for education week. All students can come dressed as their favourite character.

Education Week - On Thursday May 20th there is an open afternoon for parents at 3:40 – 4:30. Parents can enjoy a sausage sizzle as well on the day.

Puberty Ed for the Year 5s and 6s will be held during week 6, week 7 and week 9.

Inter school sports has started for the Year 5s and 6s and have been either in the school or outside the school playing either Netball, T-ball, Soccer or AFL.

Mulgrave Primary School has been a very busy place with all the activities that we have been doing and there is a lot to be excited about with many upcoming activities over the rest of Term 2.



Welcome back to PFA News 😊



Mother's Day Thanks

Happy belated Mother's Day to all mothers, grandmothers and special women who look after our children. We would like to extend a very big warm hug and THANKS to those who came and helped sort and sell the gifts at the Mother's Day stall – Amanda, Holly, Mel, Kelly, Stacey, Rina, Mel, Monita, Komal, Sharon and Lucy.

Book Club –

Families will have noticed that book club is back again. Students will bring home catalogues from which orders can be placed through the LOOP app (see right). Reminder that our orders for home provide the school with credits to purchase new readers and books for the students enjoy at school.



PFA MEETING

Our first meeting was held last Thursday, where the following potential events/fundraisers were discussed -

Prep welcome BBQ

Ladies Lunch

Book week book fair

Show bags

Jolly socks

Hoyts tickets

Movie Night

Supports Pie Day

Op Shop Formal – Parent's night out.

Watch out for more information!

SCHOOL PARKING



Just sending a warning/ reminder to all families to be mindful of parking before and after school. There have been many changed restrictions in the area so please take care and read the signs carefully especially around the crossing. Most importantly NO U TURNS along Gladeswood Drive, we cannot stress this enough. Please also consider others when parking, avoid leaving large gaps between cars. The school has also asked us to remind families that the car park inside of the school grounds is for STAFF

ONLY; please don't drive in to pick up your child, and student are not allowed to walk through the car park before and after school.

Thanks Mel & Lucy



Year 6 IncurSION with Ned Brewer-Maiga from AFLB and the Hawthorne Football club.



On Monday 3rd of May, The Year 6's participated in an incredible experience to learn about Blind Football with a great player from Hawthorne Football clubs Blind team (AFLB) Ned Brewer-Maiga.

He suffers from a condition that has reduced his eyesight to roughly 7%, and he sees similar to looking through a very small tunnel.



The kids were engaged with his story and asked very interesting questions, and for a few hours were able to

experience what life is like for someone with a visual impairment.



Ned brought some interesting equipment and showed us how to use our skills to play a game of Blind Football. It was a unique experience from a professional and a great hands-on learning experience that we won't forget.



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

ONLINE SAFETY & DIGITAL WELLBEING PRESENTATION

Join us for this presentation to help you navigate the digital world with your family for safety, productivity and wellbeing

**When: Wednesday 19th May 6,30pm
(doors open 6.15pm for free pizza on arrival)**

Where: The new hall, Mulgrave Primary School

Regsiter free [CLICK HERE](#)



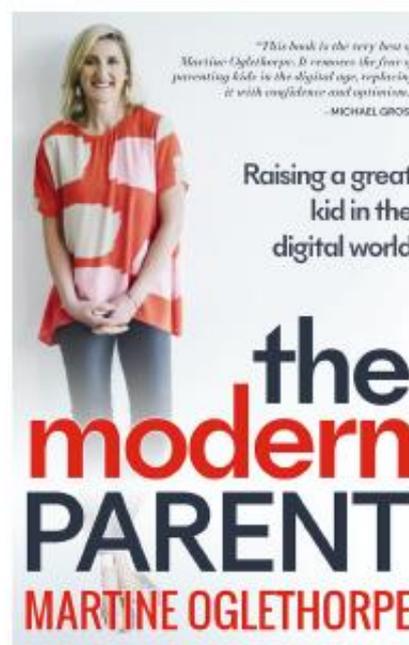
Martine Oglethorpe
w) themodernparent.net
f) facebook.com/themodernparent
e) martine@themodernparent.net

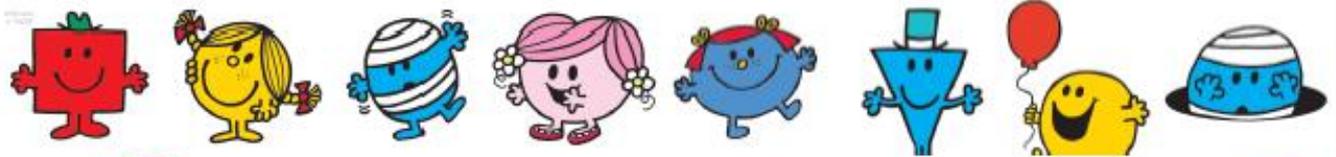
Some of the topics to be discussed

- What apps are kids using and are they safe?
- Online drama and cyberbullying
- Social media and self esteem
- Accessing inappropriate content
- Managing video gaming
- Preserving a positive digital footprint
- How parents can play a role in raising a great kid in the digital world

Martine is a Trusted Provider with the Office of the eSafety Commissioner, has a background in secondary education, a Masters in Counselling and is a mother to 5 boys. Through her personal and professional work with families she recognises the important role technology plays in the physical, cognitive and social and emotional wellbeing of young people.

Martine is a keynote speaker for parenting and education conferences, presents to parent groups, works regularly with students and provides professional development to teachers. She has a passionate interest in helping families safely navigate the modern world of parenting in a way that offers understanding as well as practical and realistic strategies to empower parents to teach, guide and support their children.





**MULGRAVE PRIMARY SCHOOL
IS CELEBRATING**



**YEARS OF
MR. MEN AND LITTLE MISS!**

*Dress up as your
favourite Mr. Men or
Little Miss character, or
create a character of
your own!*

**Wednesday
19th May**

**EDUCATION WEEK
17 – 21 MAY 2021**

The 2021 theme is Building Connections



TERM 2 WEEK 3 STUDENT AWARDS

Class	Name	Reason
6G	Rana A	For her wonderful thinking beyond the text when reading 'The Peasant Prince' to demonstrate her new understanding. Great job Rana!
	Adam T	For his outstanding in-depth research about Malaysia during our Maths Passion Project. Awesome work Adam!
6C	Scott M	For really connecting with Ned on our Blind AFL incursion and adding great insight into the experience.
5W	Eishan S	For continuing to offer deep explanations and reasons to support his opinions, views and answers in all class discussions.
5N	Nicholas P	For being a superstar during our 'Motivation' Values lesson, contributing great ideas!
	Summer T	For her amazing effort in completing all her classwork and homework to a very high standard.
5H	Isla	For her brilliant Big Write - 'The day I turned into a book'. Well done Isla on showing such humour and creativity in your writing lately. Keep up the great work Isla.
	Oscar	For his engagement in class discussions. Oscar regularly participates in reading, maths and writing discussions and gave a hilarious recount of his holiday road-trip to the grade. Keep up the great work Oscar.
4J	Grace H	For always trying her hardest and completing beautiful work
4B	Yasmin D	Showing motivation when learning multiplication facts and asking thoughtful questions of your classmates during class discussions! Way to go Yasmin!
	Thomas J	For demonstrating our school value of respect to his classmates by being considerate and inclusive both in the classroom and the school yard.
3S	Bruce	For his excellent contributions to classroom discussions
3R	Joshua K	For working diligently in Readers Workshop and being a great role model to other students in 3R
3M	Maria G	For such a beautifully written narrative that included a variety of adjectives this week. Love your work!
2B	Owen M	For working on his time management skills in Reading and Writing, allowing him to work to the best of his abilities. Keep it up!
2E	Cleo M	For showing resilience and maturity in dealing with some difficult times. Keep smiling Cleo! We are proud of you.
2M	Anthony	For his willingness to always help his peers both in the classroom and the school yard.
1T	Indi B	For working hard and sharing her thinking in reading groups
1P	Moriah G	For explaining her thinking about where numbers go on an empty number line. Amazing work Moriah!
1M	Annstarshi a K	For making a huge effort to learn her sounds. We are so proud of you Anna!
1C	Jaylan J	For having a go and trying hard in every task this week! Keep up the great work Jaylan!
PL	Abbey FP	For always trying to sound out her words when writing.
PH	Andrei	For his engagement in every lesson and working so hard on the number 11 this week.
PC	Tyler W	For being considerate and helpful to his classmates. Well done Tyler!



11 Tips for Instilling True Gratitude in Your Kids

By: Andrea Reiser, Happiness Coach

Teaching our kids to say "thank you" is important, but truly instilling a sense of gratitude in them is another matter entirely. Gratitude goes beyond good manners -- it's a mindset and a lifestyle.

Teaching our kids to say "thank you" is important, but truly instilling a sense of gratitude in them is another matter entirely. Gratitude goes beyond good manners -- it's a mindset and a lifestyle.

A recent Wall Street Journal article about [raising kids with gratitude](#) acknowledged a growing interest in the area of gratitude in the younger generation. The piece cited studies showing that kids who count their blessings reap concrete benefits, including greater life satisfaction and a better attitude about school.

Sounds good, right?

But before we get to the *how*, let's explore the *why*. What's the big deal about having an attitude of gratitude anyway?

First of all, gratitude is healthy for us. Believe it or not, gratitude benefits adults and kids alike on a very basic level. In fact, a study conducted by Dr. Robert A. Emmons of the University of California, Davis, reveals that cultivating gratitude can increase happiness levels by around 25 percent. It can also cause individuals to live happier, more satisfied lives and enjoy increased levels of self-esteem, hope, empathy and optimism. Other studies have shown that kids who practice grateful thinking have [more positive attitudes toward school and family](#).

Gratitude also grants perspective -- even in kids. When you take into account the sheer amount of opportunities, privileges and material possessions most kids enjoy through no effort of their own, it's easy to see why many of them feel entitled. After all, they get used to getting stuff without knowing or caring where it comes from. Practicing gratitude, on the other hand, underscores the fact that all those toys and lessons and creature comforts don't just pop out of thin air. When kids recognize that the things they own and the opportunities they have come from someone other than themselves, it helps them develop a healthy understanding of how interdependent we all are -- and they may be more inclined to treat others with genuine respect.

In addition, gratitude improves relationships. Think about it: would you rather show up at work every day to colleagues who freely acknowledge and appreciate your contributions, or colleagues who take your efforts for granted with a perfunctory grunt of thanks? The appreciative co-workers, of course. It's a simple principle: gratitude fosters stronger, more positive and more genuine relationships.

Finally, gratitude counteracts the "gimmes." Ughhh. Think Veruca Salt and her constant refrain of "Don't care how, I want it now!" Fundamentally, gratitude is about being aware of who or what makes positive aspects of our lives possible, and acknowledging that. When kids learn to think in those terms, they can be less apt to make mindless, self-centered demands. Plus, they begin to appreciate what they have rather than focusing on what they wish they had.

So how can we help our kids learn to live gratefully? Gratitude starts at home, and here are 11 tips to help you start growing an attitude of gratitude in your own household:

1. Name your blessings.

Have a moment of thanks each day when everyone shares something they're thankful for. Whether the list includes a favorite toy, a particularly good piano lesson or a birthday card from Nana, this daily tradition can help develop a positive frame of mind. Older kids might even prefer to keep a gratitude journal and write down a few things they were thankful for each day before going to bed.

Sometimes when my kids have been particularly blue or negative, I've had them send me a nightly email with three things they're grateful for. It's been a successful solution every time, and realizing the good in their lives results in a quick and significant shift of attitude.

2. Be a grateful parent.

What an invaluable exercise it is to tell our kids why we're grateful to have them! It goes without saying that we love our kids, and that we're thankful beyond words for their love, their smiles, their hugs and so much more. When we tell them what makes them special to us, their self-esteem is boosted for the right reasons (not because they have the latest smartphone or because they're dressed fashionably). Plus, our example shows them that gratitude extends well beyond material things.

3. Resist the urge to shower them with too much "stuff."

The old adage "all things in moderation" is a useful guideline here. Of course we do want to give our kids the best, and this isn't to suggest that we refuse to buy them anything but the bare essentials. But buying kids whatever they want, whenever they want, dilutes the gratitude impulse and it can mean that they don't learn to value or respect their possessions. They wind up having so much stuff, they don't appreciate each toy or game or device, as they keep setting their sights on what's shinier and newer.



11 Tips for Instilling True Gratitude in Your Kids

4. Have 'em pitch in when they want something.

If your kids get an allowance or earn money at a job, have them participate in buying some of the things they want. When kids themselves take the time to save up, they have an ownership stake in the purchase and gain an understanding of the value of a dollar by working toward what they want. It also teaches restraint and encourages kids to appreciate what they have, as well as giving them a more realistic perspective on what you and others do for them.

5. Keep thank-you notes on hand.

Sadly, sending handwritten thank-you notes seems to be a dying art. But it's actually a perfect way to encourage kids to express gratitude -- and as an added bonus, it can make the recipient's day. Of course it's more than appropriate for kids to send notes when they receive gifts, but we can also encourage them to thank teachers at the end of the school year, Little League coaches, ballet teachers, kind pediatricians, helpful librarians, families who host them for overnights or parties. There are loads of opportunities throughout the year for kids to recognize and thank those who have done something special for them, and it's a habit that if they start young, they'll naturally carry throughout life. It's important that kids compose and handwrite the notes themselves, and we as parents can set the example by making sure to write thank-you notes on a variety of occasions.

6. Set a good example by saying "thank you" sincerely and often.

The values our kids embrace as they get older aren't those we nag them into learning, but the ones they see us living out. There are countless opportunities every day for us to model gratitude for our kids -- for example, thanking the waitress who serves your food, the cashier who rings you up at the grocery store, the teller at the bank who cashes your check. When our kids see us expressing sincere thanks all the time, they'll be more inclined to do so as well.

7. Link gratitude to your Higher Power.

Most religious traditions emphasize the practice of gratitude through acknowledging blessings and through serving others. Attending regular religious services is one way for kids to gain a sense of gratitude as part of a community. Even those who aren't part of a formal worship community can offer prayers personally at appropriate times. Spirituality and gratitude go hand in hand.

8. Encourage them to give back.

The old saying "it's better to give than to receive" has stuck around for a reason. It really does feel great to help someone else out. Depending on their ages, kids can rake leaves for an elderly neighbor, say, or volunteer at a nursing home a few hours a week. You might even make service a family activity. When kids give their time and energy to help others, they're less likely to take things like health, home and family for granted.

9. Insist on politeness and respect all around.

When we teach our children to treat others with dignity and respect, they'll be more likely to appreciate the ways in which those folks contribute to and improve their lives. By the same token, they'll be less likely to take assistance and kindness for granted, and more likely to give it the value it deserves. It's crucial for us as parents to model for our children the importance of treating all people with respect. Sometimes we put more emphasis on showing respect for bosses, spiritual leaders and other high-profile people, while forgetting to extend the same courtesy to others. We need to model for our kids the importance of treating everyone with respect.

10. Look for teachable moments.

Sure, we all take the opportunity to have periodic conversations about values with our children -- but the key is to keep our eyes open for situations that eloquently illustrate our point. We need to seize those moments and be prepared to use them as the powerful teaching aids that they are. When kids can connect the concept of gratitude to a real-life situation, the lesson we're teaching will be much more likely to stick.

11. Find the silver lining.

It's human nature to see the glass half-empty from time to time -- and children are no exception. When kids complain or gripe, it can be helpful to try to find a response that looks on the bright(er) side. It's called an "attitude of gratitude" for a reason -- it's about perspective more than circumstance. Sometimes it's tempting to wallow lingeringly in self-pity. But as parents we need to remember that it's more productive to teach our kids to be resilient and refocus them on the positives they may be overlooking.

One of my most memorable lessons in having a grateful perspective came from a salmon slicer at Zabar's in New York City. I casually asked how he'd been, and his response stopped me in my tracks.

"Blessed," he said. "I go home to a warm bed. There's food on my table. I have running water and I can take a hot shower. I am blessed."

How powerful is that?! Just imagine how different life would be if we all adopted this attitude and passed it on to our children as well.

Meaningful May 2021



SATURDAY

1 Make a list of what matters most to you and why

8 Set yourself a kindness mission to help others today

15 Do something to contribute to your local community

22 Find a way to help a project or charity you care about

29 Do something special and revisit it in your memory tonight



SUNDAY

2 Do something kind for someone you really care about

9 Notice the beauty in nature, even if you're stuck indoors

16 Look up at the sky. Remember we are all part of something bigger

23 Share a quote you find inspiring to give others a boost

30 Today do something to care for the natural world

MONDAY

3 Focus on what you can do rather than what you can't do

10 What values are important to you? Find ways to use them today

17 Show your gratitude to people who are helping to make things better

24 Recall three things you've done that you are proud of

31 Find three reasons to be hopeful about the future

TUESDAY

4 Take a step towards an important goal, however small

11 Be grateful for the little things, even in difficult times

18 Find a way to make what you do today meaningful

25 Make choices that have a positive impact for others today

WEDNESDAY

5 Send your friend a photo from a time you enjoyed together

12 Listen to a favourite piece of music and remember what it means to you

19 Send a hand-written note to someone you care about

26 Ask someone else what matters most to them and why

THURSDAY

6 Look for people doing good and reasons to be cheerful

13 Look around for things that bring you a sense of awe and wonder

20 Reflect on what makes you feel valued and purposeful

27 Remember an event in your life that was really meaningful

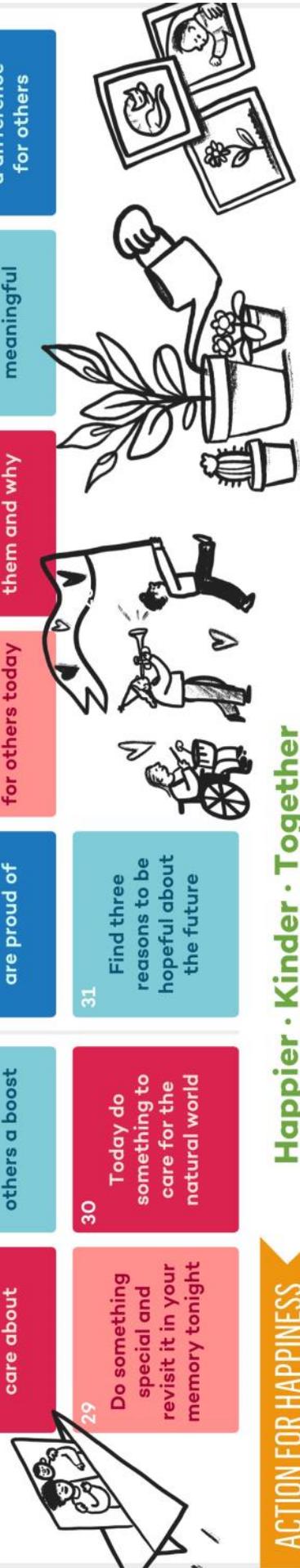
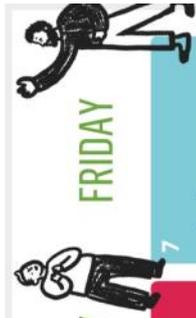
FRIDAY

7 Let someone know how much they mean to you and why

14 Find out about the values or traditions of another culture

21 Share photos of 3 things you find meaningful or memorable

28 Focus on how your actions make a difference for others



ACTION FOR HAPPINESS

Happier · Kinder · Together

PSW School Uniform Information

WELCOME TO PSW



PSW WAVERLEY STORE

342-350 Springvale Road
Glen Waverley VIC 3150
(Behind Officeworks)
(03) 9768 0335
PSW.COM.AU

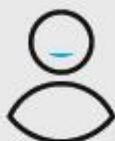


YOUR UNIFORM WILL BE AVAILABLE ONLINE FROM APRIL 15, 2021

psw.com.au/schools/mulgrave-primary-school

HERE'S WHAT'S NEXT?

1 CREATE AN ACCOUNT



Visit psw.com.au/parents
Select 'CREATE AN ACCOUNT'
and follow the prompts.
It won't take long.

2 SHOP ONLINE...

AVAILABLE APRIL 15, 2021



Visit psw.com.au/parents,
find your school and
fill your cart.

3 RECEIVE YOUR ITEMS...

AVAILABLE APRIL 30, 2021



At **checkout**, choose from
our convenient **delivery** or
click & collect (12:30pm-4:30pm)
service.

SHOP NOW PAY LATER

PSW has made it so easy for families to do all
their shopping online and instore with ZIP



Interest FREE
Apply in minutes



PSW - School Uniform Pricelist



Mulgrave Primary School

Uniform Price List
Price as at: 22-03-2021

Unisex		Colour	Logo	Size	Price(\$)
1118866	SS Polo with Shoulder Panels	Sky-Ink-White	Embroidery	4-18/M	37.50
1118868	Long Sleeve Polo with Panelles on should	Sky-Ink-White	Embroidery	4-18/M	39.50
1100261	Bomber Jacket- Stripe Rib	Navy_Sky	Embroidery	4-14/XS 16/S-18/M	49.95 53.95
1100950	Soft Shell Polyester Jacket - Unisex	Ink	Embroidery	4-14/XS 16/S-18/M	73.95 82.95
1110355	Gaberdine Zip Pocket Shorts	Ink		4-14/XS 16/S-18/M	20.00 22.00
1100850	Mesh Sport Shorts	Ink		4-10/3XS 12/2XS-18/M	23.50 26.50
1110423	Trackpants - Double Knee - Rib Cuff	Navy		4-14/XS 16/S-18/M	24.50 26.50
1110470	Trackpants w Zip Cuffs	Navy		4-14/XS 16/S-18/M	26.00 30.00
Female		Colour	Logo	Size	Price(\$)
1103001	A-Line Shift Dress	Navy_White		4G-18G/12L	23.50
1100375	Skort	Ink		4G-18G/12L	17.95
1104004	Detachable Bib Tunic with Box Pleat Skirt	Ink/Saxe/Grey Check		4G-10G 12G/6L-18G/12L	54.95 56.95
Accessories		Colour	Logo	Size	Price(\$)
8302250	Explorer Bag - Contrast Piping	Navy_Sky	NHI	ALL-ALL	49.95
8300396	Primary Pete Bookbag	Navy	NHI	ALL-ALL	13.95
1100797	Microfibre Hat	Navy	NHI	S-M-L-XL	17.95
1100514	Safety Slouch Hat	Navy	NHI	S-XL	17.95
4700065	Scarf with Fringes	Ink	Embroidery	ALL-ALL	18.95
Socks		Colour	Logo	Size	Price(\$)
2511050	Crew Socks - 3 pack	White		9-12-8-11	13.50
2513000	Girls Tights	Navy		4-6-11-14 MID-MID	12.00 16.50





Entertainment

Buy a Membership today!



Single City
BONUS \$20
eGift Card*



**Multi City
& Multi Plus**
BONUS \$40
eGift Card*

20% of your Membership purchase
comes directly to us!

BONUS \$20 eGift Card

Single City
\$69⁹⁹

1 YEAR MEMBERSHIP

Discover all the best
savings in your city

\$14 goes to our
fundraiser!

BONUS \$40 eGift Card

Multi City
\$119⁹⁹

1 YEAR MEMBERSHIP

Enjoy savings across
Australia, New Zealand
and Bali

\$24 goes to our
fundraiser!

BONUS \$40 eGift Card

Multi Plus
\$229⁹⁹

2 YEAR MEMBERSHIP

2 years of savings across
Australia, New Zealand
and Bali

\$46 goes to our
fundraiser!

Support us & buy now



Entertainment

Start now or later?

If you want to wait a little while, you have **3 months to activate** your new Membership after you renew. Once you activate, you will have a full **12 or 24 months** to use your Entertainment Membership.



More ways to enjoy everyday

20% of your Membership purchase comes directly to us!

BONUS \$10 eGift Card

Single City
\$69⁹⁹

1 YEAR MEMBERSHIP

Discover all the best savings in your city

\$14 goes to our fundraiser!

BONUS \$20 eGift Card

Multi City
\$119⁹⁹

1 YEAR MEMBERSHIP

Enjoy savings across Australia, New Zealand and Bali

\$24 goes to our fundraiser!

BONUS \$20 eGift Card

Multi Plus
\$229⁹⁹

2 YEAR MEMBERSHIP

2 years of savings across Australia, New Zealand and Bali

\$46 goes to our fundraiser!

Entertainment Memberships are packed with thousands of incredible savings on dining, activities, travel & shopping. Up to 50% off and 2 for 1 deals in your city and across Australia and New Zealand.

Support us & buy today

Open Day

DAD'S DAY OUT

Dads don't often get the chance to meet other Dads from school or the local area, so we've formed a new group and invite all Dads to join us!

We'll be connecting and sharing fun stuff on our Facebook page and we're also planning a **DAD'S WALK!** On our walk, we will casually stroll the local area, visit a few of the Dads houses for a drink or two, enjoy some activities and laughs and finish at one of the local hotels.

SATURDAY
APRIL 24
2021

DEPARTING
MULGRAVE PRIMARY 2PM
Until you're ready to leave!!

- \$ \$25pp (variable based on numbers)
- 🍷 Includes drinks and snacks
- 📦 Anything funds remaining will be donated to Mulgrave Primary School

WANT TO JOIN US OR HAVE SOME IDEAS FOR OUR GROUP?

- 📍 Sign up via our Facebook event page "Mulgrave Dad's Group"
- ✉ Scottadams2801@gmail
- ☎ Scott Adams 0439 299 883 or Carl Sutton 0408 058 540



OPEN EVENING

25 MAY 2021

Session 1

4:00 - 5:30 pm

Session 2

5:30 - 7:00 pm

Session 3

7:00 - 8:30 pm



NAZARETH
COLLEGE

Registrations essential

www.nazareth.vic.edu.au/enrolments/open-evening/

Advertising

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

**Maths & English
FREE ASSESSMENT-
CLICK HERE!**



Glen Waverley Ph **9574 9964**
numberworksnwords.com/au

Specialist Maths tuition
and English tuition

School Crossing Supervisors Required

We are seeking dedicated individuals to work as **School Crossing Supervisors** located within the City of Stonnington

These areas include: Toorak, South Yarra, Malvern, Prahran, Windsor and surrounding areas.

Ongoing Positions with a great hourly rate, providing full training and full uniform.

Safety in the community is a priority. If this is you, please call Roberta (03) 8561 8833 or email your interest to mulgrave-recruiters@chandlermacleod.com for further assistance.

**CHANDLER
MACLEOD**
UNLEASHING POTENTIAL

745 Springvale Road
Mulgrave, VIC, 3170
ABN: 33 090 555 052

ADVERTISING



**BOX HILL SENIOR
SECONDARY COLLEGE**

LEARNING TO MAKE A LIFE...
LEARNING TO MAKE A LIVING...
LEARNING TO MAKE A DIFFERENCE...

BHSSC – Learn Do Live



**Creating Exciting Educational Pathways for Students with a Passion
Specialist Sports Academy Trial Dates**

Box Hill Senior Secondary College – Dunloe Avenue – Mont Albert North 9890 0571

[Click here to Register](#)

**Specialist Sports Academy Programs
for boys and girls in:**

- AFL / AFLW
- Athlete Development Program
- Basketball
- Soccer
- Tennis

Trial Dates:

AFL
AFLW
Bball Yrs 9 & 10 (boys & girls)
Bball Yrs 11 & 12 (boys & girls)
Soccer (all levels)
Tennis (all levels)

**All days will run from
9:00am-2:30pm**

Thursday May 20
Tuesday May 18
Wednesday May 19
Wednesday May 26
Tuesday May 25
Monday May 17

www.bhssc.vic.edu.au



boxhillseniorsc



boxhillseniorsecondary



Dunloe Ave Mont Albert Nth 9890 0571



ADVERTISING

JUNIOR SELF DEFENCE & FITNESS CLASSES



MULGRAVE PRIMARY SCHOOL

Tuesdays

Ages 6 -10 5.30pm – 6.30pm

Ages 10 – 16 6.30pm - 7.30pm

Boys and Girls

Contact Cliff Wilson to register:

M: 0418 150 405

E: cliffwilson@caydam.com

W: caydam.com

LEARN TO SWIM!

WITH PAUL SADLER SWIMLAND
ROWVILLE!

ZERO DROWN

TOLL IS OUR GOAL!



THE SURVIVAL SPECIALISTS



Paul Sadler Swimland Rowville
Rowville Secondary College Paratea Drive, Rowville



(03) 9764 5759
rowville@paulsadlerswimland.com
paulsadlerswimland.com.au

Paul Sadler Swimland

...Small Successes, Proudest Moments

Est.1972

Open Day

GO GIRLS



A NEW WAY TO PLAY FOOTBALL!

GO Girls is a fun, social football program for 12-14 year old girls.

Specifically designed for any and every girl, no matter their skill level.

Go Girls is non-competitive and you will learn skills whilst having a lot of fun!

Come along or bring a friend and get a taste for the game!

FOR MORE INFORMATION:
INFO@GOFOOTBALL.COM.AU | GOFOOTBALL.COM.AU

