



Thursday 14th October 2021

TERM 4 WEEK 2

## KEY DATES 2021

# Term 4

### OCTOBER

Mon 18 - Prep's onsite only resume  
Tue 19 - Prep only onsite  
Wed 20 - Prep's only onsite  
Thu 21 - Grade 1-2 only onsite  
Fri 22 - Grade 1-2 only onsite  
Mon, Tue, Wed 25, 26, 27 - Preps  
Tue, Wed, 26 & 27 - Gr 3 - 4's  
Th, Fri 28 & 29 - Grades 1, 2 & 5 - 6's  
**Curriculum Day - No Students - Friday 29th**

### NOVEMBER

**Mon 1 - Curriculum Day - No Students**  
**Tue 2 - Public Holiday Cup Day**  
Tue, Wed - Preps, Gr 3 & 4's  
Thu, Fri - Gr 1,2,5,6's  
Mon 6 - All students & classes return onsite

## DATES AND TIMES TO REMEMBER:

### TERM DATES 2021

Term 4: 4 October - 17th December 2021

### CURRICULUM DAYS

Friday - October 29th  
Monday - November 1st

### PUBLIC HOLIDAYS

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

The new Step into Prep transition times are outlined below:

Wednesday, Nov 10th 9:15 - 10:00 am  
Wednesday, Nov 17th 9:15 - 10:00 am  
Wednesday, Nov 24th 9:15 - 10:00 am  
Wednesday, Dec 1st 9:15 - 10:00 am

### Parent Information Session will be held on:

Wednesday, Dec 1st, 6:30 - 7:30 pm

## From The Principal

We are very excited to welcome our Preps back next Monday and our Year 1 & 2's from Thursday. I have sent all families a detailed overview of school procedures via Xuno and Dojo. Please refer to this document ahead of your child's return to school. For those students still learning remotely, our staff will be available as per the recent calendars to provide support. In weeks 3 & 4, our specialists will not be running a normal program as they take on the on-site supervision and remote learning platforms.

## Zoom Sessions

The trial of an additional Zoom session at 11:40am will be discontinued due to the very low numbers of participants. In most cases, we are seeing single digit student numbers per year level and in most cases that number is below 5. Clearly the demand is not there and with the return to on-site learning commencing, this experiment seems doomed for failure. Standard Zoom sessions earlier in the morning and instructional videos will continue as normal until we are all back on site.

## Reports

The end of year reports will likely be a brief summary of student progress, following advice from the Department. That said, students have received a significant amount of feedback already via Dojo. The aim is to revert back to our new "ongoing reporting" model for 2022, however due to Covid, the DET has revised reporting requirements for the end of this school year.

## Hats

As students return to school from next week, I would like to remind all families that hats are required for all students when playing outside. With classes likely to be spending a considerable amount of time in the open air over the remainder of the year, hats will be essential.



## Looking Ahead to 2022

We are now in planning mode for 2022. 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 2022, please do so as soon as possible, as the school will be at capacity for the foreseeable future.

We will also commence the process of organising students into classes for 2022. 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 2022

Significant changes are coming to parent payments for the 2022 school year. School council is finalising the new format based on recent Departmental changes. We will provide parents with clear advice as soon as possible.

## For Your Calendar

Please ensure you have the following dates in your diary. The school will be running **two curriculum days on Friday October 29<sup>th</sup> and Monday November 1<sup>st</sup>**. Parents should make alternate arrangements for the care of their children, as staff will be working remotely on these days.

## Kiss and go Parking

Just a quick reminder that the 5 minute Kiss and Go parking is in operation at the front of the school for drop off and pick up.

*Charles Spicer*

Principal





# Mulgrave Primary School is a Sun Smart School

The Policy is on our website - if you would like more information, here is the link: <https://mulgraveps.vic.edu.au/wp-content/uploads/2020/06/SunSmart-Policy.pdf>



## We are SunSmart - a note for families

Too much of the sun's ultraviolet (UV) radiation can cause sunburn, skin and eye damage and skin cancer.

UV damage accumulated during childhood and adolescence is associated with an increased risk of skin cancer later in life. Skin cancer is the most common cancer in Australia. It is also one of the most preventable cancers.

**You can't see or feel the sun's UV. Whatever the weather, if the UV levels are three or more, it's important to *Slip, Slop, Slap, Seek and Slide*!**

### Sun protection times

Don't just wait for hot and sunny days to use sun protection. Check the sun protection times each day so your family can be protected when they need to be.

Daily local sun protection times and weather details are available from the SunSmart widget on our school website, in the weather section of the newspaper, on the SunSmart website at [sunsmart.com.au](http://sunsmart.com.au) and as a free SunSmart app. Sun protection times can also be found at the [Bureau of Meteorology website](http://Bureau of Meteorology website) and live UV levels are available from [ARPANSA](http://ARPANSA).



### SunSmart membership

Our school is a registered member of Cancer Council Victoria's SunSmart Program. We aim to protect children and staff from too much UV.

Sun protection and skin cancer prevention is a shared responsibility. Please help support our SunSmart membership and sun protection efforts by ensuring your child follows the SunSmart measures included in our policy at school and at home.

During the daily local sun protection times (usually from mid-August to the end of April), **use these 5 SunSmart steps – even if it's cool and cloudy.**

### 1. **SLIP** on covering clothing

For free dress days, ensure your child wears clothing that covers as much skin as possible (e.g. elbow length tops with a higher neckline or collar and longer style shorts or skirts). Densely woven fabrics are best.



### 2. **SLOP** on SPF 30 (or higher) broad-spectrum, water-resistant sunscreen

Apply a generous amount of sunscreen at the start of the day and make sure children have sunscreen in their bag ready to reapply throughout the day. Sunscreen should be reapplied every two hours. Please ensure children get plenty of sunscreen application practice at home so they'll be all set when they are at school. Under supervision, put a dot of sunscreen on each cheek, nose and chin and rub it in (avoiding the eye area) and sunscreen squiggles or dots on the back of the neck, arms and legs to cover these areas.

### 3. **SLAP** on a hat that protects the face, neck and ears

Choose a wide-brimmed, legionnaire or bucket hat. Peak caps and visors do not offer enough UV protection. Please help your child remember to bring and wear their approved **school hat**. Please keep this at school so they will always be ready for outdoor activities and play during school days. For the walk to and from school and weekends, please have an extra **home hat** to help keep children at home.

### 4. **SEEK** shade

Choose shady spots for play whenever possible.

### 5. **SLIDE** on wrap-around AS1067 sunglasses

When appropriate and practical, help protect the eyes with sunglasses.

*Need information in another language?*

**Call 13 14 50 and ask to be connected to Cancer Council Victoria in your language**

[sunsmart.com.au](http://sunsmart.com.au)



# HAYFEVER & ASTHMA

## CAN HAYFEVER MAKE ASTHMA WORSE?

Hay fever is the common name for allergic rhinitis. It is an allergic reaction to allergens, or [triggers in the air](#) – like [pollens](#) or grasses, dust mites, [mould](#) or [animal dander](#), breathed in through the nose. This causes an immune response in the lining of the nose where the nasal passages become red, swollen, and sensitive. Some people may experience hay fever (allergic rhinitis) at certain times of the year, for example, spring or summer, and other people experience these symptoms all year round.

### SYMPTOMS OF HAY FEVER (ALLERGIC RHINITIS)

- Itchy nose or eyes
- Runny nose
- Sneezing
- Blocked nose
- Throat clearing or coughing to clear the throat
- Snoring
- Mouth breathing

### **Always feeling like you have a head cold**

#### OTHER SIGNS OF HAY FEVER

- Disturbed sleep
- Daytime tiredness
- Poor concentration
- Recurrent headaches
- Frequent sore throats
- Hoarse voice
- Reduced sense of smell
- Recurrent sinus infections in adults, causing facial pain or pressure
- Frequent ear infections in children

You do not need to have all symptoms to have hay fever/allergic rhinitis, you may only experience a few. It is important if you think you have these signs or symptoms to discuss them with your doctor to get a diagnosis, discuss treatment options, and obtain a treatment plan.

## HOW CAN HAY FEVER (ALLERGIC RHINITIS) IMPACT YOUR ASTHMA?

Asthma affects [2.7 million Australians](#), and about 80 percent of people with asthma also have allergic rhinitis. View [asthma and allergy statistics here](#). Asthma and hay fever (allergic rhinitis) both involve airway inflammation and sensitivity throughout the respiratory system. Which means what is happening in the nose can affect the lungs as they are connected, so it is important to treat the nose as well as the lungs to achieve good asthma management.





# COVID-19 and Seasonal Allergies

## Common Symptoms of COVID-19

- ☑ Fever and chills
- ☑ Muscle and body aches
- ☑ New loss of taste or smell
- ☑ Nausea or vomiting
- ☑ Diarrhea

## Common Symptoms of Both

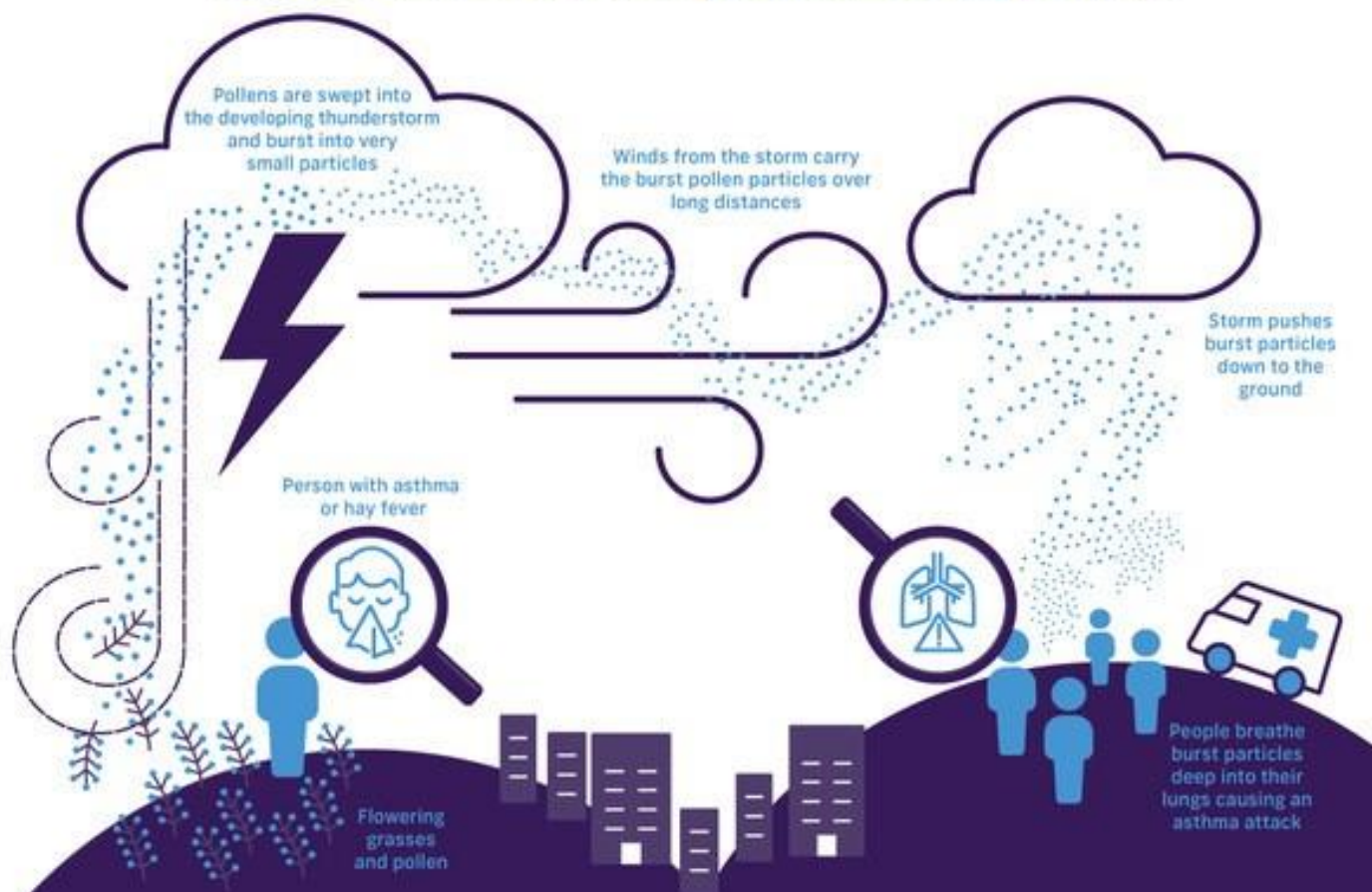
- ☑ Cough
- ☑ Fatigue
- ☑ Headache
- ☑ Sore throat
- ☑ Congestion or runny nose
- ☑ Shortness of breath or difficulty breathing (in people with underlying respiratory conditions only)

## Common Symptoms of Allergies

- ☑ Itchy or watery eyes
- ☑ Sneezing

- COVID-19 symptoms and allergy symptoms can look similar.
- Don't be quick to assume your symptoms are due to allergies.
- If you have symptoms that may be COVID-19, talk to your healthcare provider and get tested for COVID-19.

## PROTECT YOURSELF FROM THUNDERSTORM ASTHMA



### Do you have uncontrolled asthma, allergies or hayfever?

Speak to your doctor and pharmacist now about treating your asthma and allergies this thunderstorm season. For more information call 1800 ASTHMA (1800 278 462) or visit [asthma.org.au/thunderstorm-asthma](https://asthma.org.au/thunderstorm-asthma)



Hi Everyone

This has been the most challenging time for everyone and my heart goes out to you all and I hope you are finding ways to help yourselves and your families as we soldier on and hope for something better, sooner rather than later!

As it was World Mental Health Day on Friday 8th October, I wanted to share this article from a Doctor who is a Behavioural Health Consultant and Licensed Psychologist who shares some insights about Resiliency in these challenging times. I hope you find time to stop, be present and mindful and give yourself permission to take care of yourselves as parents as you take care of your children and lead the way for them by example. Sometimes we have to dig deep to find what we need but you can do this!!

*Thinking of you all and sending my best wishes*

*Ali*

**MPS Wellbeing Worker**

## **Mental Resiliency and COVID-19 with Dr. Furey: “How Are We Still Standing?”**

*Today is World Mental Health Day. Let's take advantage of this opportunity to celebrate our mental resilience and how it helps us day after day, especially during the current [COVID-19 pandemic](#). Colleen A. Furey, PsyD is a behavioral health consultant and licensed psychologist with [Mercy Health - Kenwood Primary Care and Pediatrics](#) as well as [Mercy Health - West Chester Family Medicine](#). She has been kind enough to discuss mental resiliency throughout the pandemic. Read her first-hand thoughts below.*

“If I could travel back in time to February 2020 and tell myself what was to come, I would have crumbled. Panicked. Shut down. Bought all the toilet paper. Instead, the stress and difficulties of this pandemic have revealed themselves to us over time. Lockdowns. Virtual learning. Masking. Shortages. Progress and hope followed by setbacks and fear. The Earth's population has sustained 18 months of collective trauma.

### **So, how are we still standing?**

I'm reminded of when, at the age of 15, I was informed that I needed to complete an animal dissection for my biology class. I have always struggled with queasiness around medical and bodily procedures. In fact, I'm that woman that faints during a routine TB test.

It was then that I informed my mother that there was absolutely no way that I could complete the assignment. Not possible. Forget it. End of story. Then she dropped one of those classic “mom wisdom bombs” on me: “You'd be surprised what you can do when you have to.” It filled me with adolescent-angst, but deep down, I knew she was right.

We are capable of so much more than our anxiety and self-doubt will allow us to believe or even imagine. I was able to dissect the frog. Years later, I gave birth after 30 excruciating hours of labor.

During lockdown, I managed to work while also homeschooling my 5-year-old and 3-year-old (wait, seriously, how did we do that?). Time and time again, our ability to cope has surpassed what





## Mental Resiliency and COVID-19 with Dr. Furey: “How Are We Still Standing?”

The field of positive psychology has increasingly researched well-being and resilience, which is our capacity to manage or recover from stressful situations or negative feelings. The science points to various factors that can increase resilience and decrease our vulnerability to distress. How have we made it thus far? What personal factors or behaviours have helped us survive, either consciously or subconsciously?

### Consider:

- **Optimism:** It's more than just “looking on the sunny side!” It's challenging that inner voice that says, “the worst will happen” with “yeah, but maybe the best will happen. Or maybe the neutral will happen. Or maybe the worst will happen, but I'll survive it.”
- **Social connections:** Psychological research points to social connectedness as a reliable and consistent means to increase your ability to bounce back from stress. Video chatting your grandma, that family game night and sharing tomatoes from your garden with a neighbour all make you psychologically stronger.
- **Helping others:** Altruism breeds resiliency. Remember at the beginning of the pandemic, all of the feel-good stories on social media, highlighting the helpers? [Helping others](#) allows us to feel more confident in our own abilities and protects us from stress.
- **Humor:** Finding the humor in difficult times is a buffer for stress reactions. Did you mess something up? Has misfortune befallen you? Forgot to mute yourself on Zoom and everyone heard you chomping away at your salad? Finding a way to laugh at the situation helps us recover more easily.
- **Goal setting:** What do you want in your future? Why are you working through this? Are you hoping to go on that cruise next summer? Are you working toward a career change? Keeping a vision of the future in mind has helped us more easily weather difficult times.

**Physical health:** The line between physical health and psychological health becomes blurrier by the day. Prioritizing healthy sleep routines, [drinking water](#), doing those yoga exercises and eating foods that make you feel physically and mentally well shore up your ability to manage distress.

**Knowing when to ask for help:** Acknowledging your limits and knowing when, as well as how, to seek support is associated with improved well-being. Leaning on that colleague, meeting with your pastor or [consulting with your primary care provider](#) about symptoms that are getting in your way are associated with better outcomes.

During this pandemic, we have coped. It has sometimes been clumsy and messy, and we all have regrets. But we've drawn upon our deep wells of resiliency and used them as best we can.

On this World Mental Health Day, I hope we will spend time reflecting on the factors and aspects of our life that support resiliency. Feel grateful for them. Consider how to develop them. Admire them in others. And as we look to the uncertain future, let's remind ourselves that we've done difficult things before and we will continue to surprise ourselves in the future.

**RESILIENCE**





# TERM 4 - Week 1 - STUDENT OF THE WEEK

Class	Name	Reason
6C	Shanaya. P	For an incredibly persuasive advertisement to a reading response about flying inventions.
	Jimmy. B	For always having a positive attitude and continuing to work hard to complete all tasks.
6G	Savannah T	For her persistence and resilience when solving fraction problems. Well done on embracing the challenge. Keep up the fantastic effort!
5W	Heidi F	For settling well into Mulgrave Primary School!
5N	Adriano R	For being an active participant in all Zoom sessions, contributing and sharing your ideas. You make me smile every day!
5H	Ananya	For consistently putting in 100% to all her work tasks. We have been so proud of your development this year Ananya. You are a superstar!
4J	Charlie B	For always being engaged and answering questions in our Zoom sessions. Super effort Charlie.
	Michael T	For working hard while on site and trying hard to complete tasks to the best of his ability. Great persistence Michael.
4B	Haoran H	For great engagement in his zoom sessions and set tasks this week! Well done!
	Cilicia O	For her engagement in zoom sessions and working hard to complete set tasks! Keep up the wonderful work.
3S	Mason H	For displaying his incredibly fantastic reading skills to pass his F&P reading test with flying colours!
3R	Shannon M	For his efforts this week returning to school, particularly his reading on Epic! Well done.
3M	Giuliano	For approaching remote learning with a positive attitude and keeping our class entertained with your wonderful jokes.
2B	Evan K	For settling well into Term 4 by working to his best in all learning tasks. Well done!
	Nadja	For clearly showing her thinking during the math measuring activities. Keep up the wonderful work.
2E	Senuri	For keeping up to date with your Remote Learning tasks - and always completing them to the best of your abilities. Kep it up Senuri!
2M	Henry	For his creatively written story that hooked the audience in to read more. Well done Henry
1T	Sam L	For his great thinking during maths measuring activities.
1P	Trent N	For showing resilience and completing his home learning tasks to an excellent standard. Amazing work Trent!
1M	Evie T	For putting in an exceptional effort with her reading this week. Well done Evie!
1C	Alexis K	For completing every learning task this week to a very high standard - outstanding work Lexie!
PL	Vigas M	For working hard during remote learning and her fantastic reading.
PH	Chenuthi	For her consistent hard work on remote learning tasks, always going above and beyond. You're a star!
PC	Mashaal K	For working so hard with all of her tasks this week and sharing great ideas on Zoom. Well done Mashaal!



# Newsletter



## A message from your Coordinator

A very warm welcome to students and families in term 4! I hope lockdown will end soon, and school will have a life back!

Our Spring Rocketeers missions took children on an extraordinary ride each day with excellent experiences such as Pinata smash, Spring decorations, yarn vase, butterfly creation, Lego city construction, games, sewing bag tags, optical illusions and so on...

Last week we had the yummiest start of the term cooking rainbow pancakes, choc chip cookies, fruit scones, and coconut bliss ball. April exclaimed it's delicious! Other experiences Our young artist created dragons, flies and made wiggly worms, Lego construction, which looked fantastic!

This term, we have planned talent show week, which will allow all children to showcase their innate talent, so gets ready for this big week in November, which we believe will be full of fun!

*Meena*

### Activities Coming Up

Science: Sink or Float

Cubism Art

Mini Yoga



### What's on the Menu

Corn fritters

Beans Bruschetta

Mini Pizza platter

### 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](http://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.



Download on the  
App Store



GET IT ON  
Google Play



### Visit our blog

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

# ADVERTISING



**Ever wanted to write your life story?**

**Or gift a loved one the chance to write theirs?**

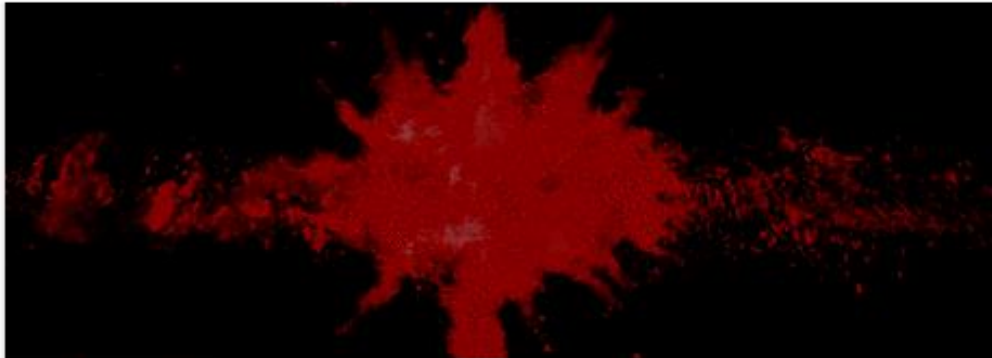
**We offer a fun, inexpensive way to do exactly that.**

For only \$129 – receive an email each week asking you a question about your life. All you have to do is type your response to the email and hit send! At the end of the year, we will compile your stories and photos into a beautiful, hardback book to be treasured for generations to come. A unique 'experience' gift that's perfect for birthdays, Mother's Day, Father's Day and other special occasions.

**My - Story**  
AUSTRALIA

[www.my-story.com.au](http://www.my-story.com.au)

# ADVERTISING



## School Crossing Supervisors - Multiple Positions

Chandler Macleod Group  
Melbourne  
Eastern Suburbs  
Community Services & Development  
Community Development  
Up to \$28.28 p.h.  
Full Time  
Posted 6d ago  
[More jobs from this company](#)

[Apply for this job](#)

### Save job

School Crossing supervisors hold a much-value role in the community, helping students, parents, and members of the public in their commute during peak school times.

The City Of Monash are looking for multiple friendly, reliable, and community minded people to help keep the community safe. In the role you will work crossings in Mulgrave, Glen Waverley, Clayton, Ashwood and other surrounding suburbs.

Crossings generally run between 8am and 9am in the mornings, and 3pm and 4pm in the afternoons so you will need to be available to work during those times.

To be successful in the role you will need:

- Good communication skills
- Currently hold OR willing to obtain a Working With Children's Check
- Reliable form of transport
- Flexible to go to multiple different locations when needed.
- To be able to pass a Police Clearance and Medical Clearance.

If you feel that this opportunity is right for you, please click 'APPLY NOW' or send your resume to [recruiters@chandlermacleod.com](mailto:recruiters@chandlermacleod.com).

If you are after some more information regarding this, please feel free to call Chandler Macleod and speak to Xavier on [03185618896](tel:03185618896).





# ADVERTISING

## Are you looking for work?



### Join the BSL Jobs Victoria Program

The Brotherhood of St. Laurence (BSL) Jobs Victoria program is an employment service for long term jobseekers living in Melbourne's south eastern suburbs.

We understand that finding work can be very difficult, especially if you have been unemployed for some time. **That's why our program provides intensive, one-on-one support to help renew your confidence and connect you with employment opportunities.**

### We can provide the support you need to get job ready.

Our experienced Employment Mentors will work with you to create an employment plan that is suited to your capabilities and interests. They will also help you develop new skills and gain confidence, supporting you with:

- resume development
- job application
- interview skills
- training opportunities
- professional clothing
- connecting with employers
- knowledge of our labour market

### Who can join the program?

- people who have been unemployed for six months or more or at risk of long-term unemployment
- people who work less than 12 hours per week in casual or temporary work
- people who are studying less than 15 hours a week
- asylum seekers with work rights
- Australian citizens and permanent residents



This program is supported by Jobs Victoria.  
Helping Victoria get back to work.



# ADVERTISING



This program is supported by Jobs Victoria.  
Helping Victoria get back to work.



## How do you join?

There are many ways you can register to join our program:

1. Visit our website [www.bsl.org.au/services/getting-a-job/jobs-victoria](http://www.bsl.org.au/services/getting-a-job/jobs-victoria)
2. Visit our office at **Dandenong Hub, Suite 3 Level 3, 23 McRae St, Dandenong VIC 3175**
3. Give us a call on **0491 050 613**
4. Send an email to [JVESSoutheast@bsl.org.au](mailto:JVESSoutheast@bsl.org.au)

We will step you through the process, and once your registration is complete, we will schedule an intake appointment with you.

**"Come to the Brotherhood. They are amazing people, caring and supportive to help you gain ongoing work,"**  
Yousif, program participant.



## Contact us

**BSL Jobs Victoria Southern Region**  
Dandenong Office

Dandenong Hub, Suite 3 Level 3  
26 McRae St, Dandenong VIC 3175

T 0491 050 613

E [JVESSoutheast@bsl.org.au](mailto:JVESSoutheast@bsl.org.au)

[www.bsl.org.au/services/getting-a-job/jobs-victoria](http://www.bsl.org.au/services/getting-a-job/jobs-victoria)

