



Thursday 28th October 2021

TERM 4 WEEK 4

## KEY DATES 2021

### OCTOBER

Thu 28 - Grades 1, 2 & 5 - 6's

**Fri 29 - Curriculum Day - No Students**

### NOVEMBER

**Mon 1 - Curriculum Day - No Students**

**Tue 2 - Public Holiday Melbourne Cup Day**

**Wed 3 - All students & classes return onsite**

Fri 19 - Grade 6 Raffle Draw

Wed 10 - Step into prep 9.15-10am

Wed 17 - Step into prep 9.15-10am

Wed 24 - Step into prep 9.15-10am

### DECEMBER

Wed 1 - Step into prep - 9:15 - 10:00 am

**Fri 17 - Last Day of Term 4- 2021!**  
**Dismissal 1.30pm**

## DATES AND TIMES TO REMEMBER:

### TERM DATES 2021

Term 4: 4 October - 17th December 2021

### CURRICULUM DAYS

Friday - October 29<sup>th</sup>

Monday - November 1<sup>st</sup>

### PUBLIC HOLIDAYS

Melbourne Cup - Tue 2 November

### TIMETABLE

Commence 8.58 Line-up Bell-Music, 2<sup>nd</sup> 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 10<sup>th</sup> 9:15 - 10:00 am

Wednesday, Nov 17<sup>th</sup> 9:15 - 10:00 am

Wednesday, Nov 24<sup>th</sup> 9:15 - 10:00 am

Wednesday, Dec 1<sup>st</sup> 9:15 - 10:00 am

Parent Information Session will be held on:

Wednesday, Dec 1<sup>st</sup>, 6:30 - 7:30 pm

## From The Principal

It was with much excitement over the past week and half that the students have begun their staggered return to school. It took no time for the students to slot straight back into 'school mode' and I was impressed with the settled classrooms. I enjoyed hearing the hum of learning that has been missing from the classrooms for too long.

On the weekend it was announced that following the increase in vaccinations in Victoria, the staged return to onsite learning is being brought forward, with all onsite schooling to commence full time from Monday 1 November. For MPS, this means a **full time return on November 3<sup>rd</sup>** due to our curriculum day on the Monday.

## Shade Grant

Late last night the school was advised that our grant application for a shade structure grant of \$25,000 has been approved by the VSBA. This means that we will be creating a second Covered Outdoor Learning Area (COLA) along the lines of the Year 5 & 6 version, but this time outside of the Year Three classrooms of 3M & 3R (the portables closest to Gladeswood Reserve). School Council will oversee the contract. Hopefully this will progress more smoothly than our proposed toilet block renovation, which is still in the works, but has been held up by factors beyond our control. I am hopeful that we can still proceed with the toilet refurbishment in the New Year.

## 2022 Final Call for Enrolments

To further assist us in our planning for the 2022 school year it is imperative that we have as accurate a figure as possible of enrolments for 2022. If you have any kindergarten children ready for Prep next year or if you know anyone who is intending to enrol their child at Mulgrave but hasn't done so already, please encourage them to do so as soon as possible. If they are unsure about the process, please ask them to call the office for assistance.

It is equally important to know if any families of children currently in Prep to Year 5 are leaving Mulgrave in 2021. Please inform the office staff as soon as possible if your child/ren will not be attending.

### Update Contact Details Please

Could families please ensure that all your details are up to date at the school. If you have changed address, got a new phone number or have a new alternative contact please contact the office to give us the details so that we are able to contact you if required. Over the lockdown, we have had many instances where we were unable to contact families and we would appreciate it if this was rectified.

### Assemblies

Whilst assemblies can resume as a whole school, we are unable to have parents inside the new stadium due to Covid capacity limits. We will revert to our regular assembly time of 2:40pm Fridays from November 5<sup>th</sup> and will continue to record them for families. Videos will be uploaded as soon as possible following the completion of the assembly.

### Graduation

School events are now able to recommence from next week and with that, the school is looking at what events we can get up and running prior to the end of the year. Graduation can now be confirmed for Monday Dec 13<sup>th</sup> and we look forward to a wonderful night with the class of 2021. On that note, our senior students are running their annual fundraising via a raffle this year instead of Market Day, as we were not sure we would have been allowed to do it. Tickets can be purchased online and our students will be running a stall at the Mulgrave Farmers Market on Nov 7<sup>th</sup> to support their end of year events. Stay tuned for more information regarding this and other events as it comes to hand.

### Step Into Prep

Speaking of big events, Step Into Prep can now commence for 2022 Foundation students. Information will be sent directly to families, however the first session will be on-site on November 10<sup>th</sup> and we cannot wait to welcome our newest students.

### Is Your Child Starting Secondary School Next Year?

Parents of our Year 6 students will tell you that it doesn't seem that long ago that their child was starting school. The primary years seem to fly by and our Year 6's are already four weeks into their final term of primary school.

Secondary school can be a daunting thought for not only our students but parents as well. There are many questions, which I'm sure you have, which are not fully answered at information nights and orientation days.

The Department of Education and Training have developed an informative site, which provides hints and tips on how to support your child through the transition to secondary school.

The site is <https://www.education.vic.gov.au/parents/going-to-school/Pages/tips-starting-school.aspx>

### World Teachers Day Australia – Friday October 29<sup>th</sup>

This Friday is World Teachers Day Australia. I would like to thank the dedicated staff at Mulgrave PS for the significant contribution they make towards ensuring our students experience a stimulating and challenging learning environment. During the challenging time of remote learning the staff at Mulgrave worked tirelessly to prepare curriculum resources for the students and to engage with them and their parents to provide valuable learning opportunities and support student wellbeing. Whilst this Friday is a curriculum day, we will celebrate the day when we are finally all back together next week.

*Charles Spicer*

Principal

# 2021 MPS Year 6 Graduation Raffle

Help raise funds for our Year 6 Graduation.  
Buy a ticket to support our students and go in with a chance  
to win great prizes.

## Prizes:

\$250 Bunnings Warehouse Voucher  
\$250 Coles Group and Myer Voucher  
\$250 Woolworths Voucher

## Ticket Prices:

\$5 per ticket  
5 tickets for \$20  
(Ticket limit of 20 tickets)

Other prizes include hampers with goodies from the Mulgrave Farmers Market.  
Purchasing a ticket can be done online.

**Booking start time:** Friday 22<sup>nd</sup> October

**Booking end time:** Friday 12<sup>th</sup> November

You will receive a confirmation email with your tickets attached after your purchase.

Visit our stall at the Mulgrave Farmers Market held at school on Sunday 7<sup>th</sup> November from 8:00am - 1:00pm.

Tickets will be drawn on Friday 19<sup>th</sup> November at assembly and the winners will be notified.

Thanks to the wonderful support from Bunnings Springvale.



Thank you for your support!

## LOCATION

*Mulgrave Primary School*

23-31 Gladeswood Drive, Mulgrave, Victoria, 3170

## CONTACT DETAILS

**Tel:** 9795 2477



# Mulgrave P.S. Raffle

HELP SUPPORT OUR  
YEAR 6 STUDENTS FINISH  
THE YEAR IN STYLE AND  
BUY A RAFFLE TICKET.

\$5 each or  
5 tickets for \$20

SCAN THE QR CODE TO ENTER  
OR VISIT US AT THE MULGRAVE  
MARKET ON SUNDAY 7TH NOV



[www.trybooking.com/BUZHD](http://www.trybooking.com/BUZHD)

## TOP PRIZES

\$250 BUNNINGS  
GIFT VOUCHER

\$250 COLES / MYER  
GIFT VOUCHER

\$250 WOOLWORTHS  
GIFT VOUCHER

OTHER PRIZES:  
HAMPERS FROM THE  
MULGRAVE MARKET

**Raffle Drawn Friday 19th Nov**



## New Ways November 2021

MONDAY



TUESDAY



WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

1 Make a list of new things you want to do this month

2 Respond to a difficult situation in a different way

3 Get outside and observe the changes in nature around you

4 Sign up to join a new course, activity or online community

5 Change your normal routine today and notice how you feel

6 Try out a new way of being physically active

7 Be creative. Cook, draw, write, paint, make or inspire

8 Plan a new activity or idea you want to try out this week

9 When you feel you can't do something, add the word "yet"

10 Be curious. Learn about a new topic or an inspiring idea

11 Choose a different route and see what you notice on the way

12 Find out something new about someone you care about

13 Do something playful outdoors - walk, run, explore, relax

14 Find a new way to help or support a cause you care about

15 Build on new ideas by thinking "Yes, and what if..."

16 Look at life through someone else's eyes and see their perspective

17 Try a new way to practice self-care and be kind to yourself

18 Connect with someone from a different generation

19 Broaden your perspective: read a different paper, magazine or site

20 Make a meal using a recipe or ingredient you've not tried before

21 Learn a new skill from a friend or share one of yours with them

22 Find a new way to tell someone you appreciate them

23 Set aside a regular time to pursue an activity you love

24 Share with a friend something helpful you learned recently

25 Use one of your strengths in a new or creative way

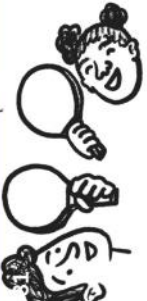
26 Try out a different radio station or new TV show

27 Join a friend doing their hobby and find out why they love it

28 Discover your artistic side. Design a friendly greeting card

29 Enjoy new music today. Play, sing, dance or listen

30 Look for new reasons to be hopeful, even in tough times



ACTION FOR HAPPINESS

Happier · Kinder · Together





## "Sleep tips for kids"

Regularity and routine are the agents of sleep. It takes discipline to adhere to and commitment to making sleep a high priority. Helping kids understand how their body clock works, assisting them to work out their optimal bedtime and putting lifestyle habits in place can help them get the sleep they need to maximise their learning, wellbeing, development and overall performance. Here are some tips to help:



### Understand the body clock

Sleep is regulated by a 24-hour body clock that manages the secretion of melatonin to send us to sleep and cortisol to wake us up. This amazing body clock is reset every day when light first hits our retinas. Sleep in late and the clock goes out of synch. When your child works with the rhythms of their body's 24-hour clock they will give themselves the optimal chance for sleep success.

The sleep-wake cycle for teenagers is delayed by up to two hours. That is, they are sleepy later and awake later than when they were children. Melatonin, which makes them sleepy, is secreted as late as 11.00pm for some young people, which makes the time before bed-time a sleepless zone. Cortisol, the chemical that wakes them up is released at close to 8.00am for many teens. If this is the case, your young person's brain wants to be asleep when they need to be awake for school.

### Stick to sleep recommendations

The Raising Children's Network recommends between 11-13 hours sleep per night for young children, 10-11 hours for primary school children and 8-10 hours for secondary school-aged kids. As every child is different, you may notice that your child needs more or less sleep than is recommended.

### Develop good sleep hygiene habits

- Start a regular bedtime routine at least 45 minutes out from bedtime to help kids get ready for sleep.
- Eat and exercise at the right time. Sleep likes a relaxed body and a calm nervous system, so schedule exercise and active movement before mealtimes.
- Create a sleep sanctuary. Restrict bedrooms to sleep and relaxation quarters and find other places in the house for time out and reflection, school work and active play.
- Keep bedrooms cave-like. A child's bedroom should be cave-like – that is, dark, cool and free from electronic devices. Darkness encourages melatonin, which regulates sleep-wake patterns.

Get up at a regular time. For optimal sleep, bed and wake up times need to be as regular as possible.



## "Sleep tips for kids"

### Lifestyle habits that promote sleep

- Teach your child or young person to put away digital devices at least ninety minutes before bed-time
- Minimise weekend sleep-ins and limit them to an hour more than usual, to keep the sleep clock operating on a regular basis
- Encourage your child to go outside every day – take a walk, meet a mate (subject to COVID restrictions) or do an errand
- Keep homework out of bedrooms, or at least out of beds. The brain associates activity with location, so if kids work while on their beds, it will be hard for them to mentally switch off from their schoolwork when the light finally goes out.

Confine caffeine to mornings. Consuming caffeine in any form close to bedtime is like throwing a wrecking ball through regular sleep patterns. The brain needs to calm down rather than be artificially stimulated if sleep is to occur.

Sleep is a critical component of enhancing a child's wellbeing, learning, development and overall performance. Helping your child to get enough quality sleep will ensure that their brain and body are being used at full capacity.

**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.



<b>Class</b>	<b>Name</b>	<b>Reason</b>
<b>6C</b>	Gian. F	For always putting in effort and care into his work.
	Ronan. M	For working really hard on his handwriting and the presentation of his work.
<b>6G</b>	Tiana C	For her excellent reading during our Reading Conferences. Well done Tiana, keep up the great work!
<b>5W</b>	Bernice	For an excellent start to her information report. Keep up the great writing!
<b>5N</b>	Adriano R	For being an active participant in all Zoom sessions, contributing and sharing your ideas. You make me smile every day!
<b>5H</b>	Max	For uploading some excellent work over the past few weeks. Max is trying his absolute best and should be congratulated. You are a smiling superstar Max!
<b>4J</b>	Ella V Lama	For her outstanding efforts during remote learning in all learning areas. You should be very proud of yourself Ella!  For getting up at 1am (Saudia Arabia time) to join her class in a Zoom. What a stunning effort, well done Lama!
<b>4B</b>	Aleena B	For working hard to complete set tasks during remote learning and actively participating in class zooms!
<b>3S</b>	Daniel M	For his great efforts and enthusiasm during our Earth and Space topic, you are becoming an expert!
<b>3R</b>	Bronwyn P	For her excellent contributions during Zoom meetings, including her 9 Cube design!
<b>3M</b>	Jayden T Hannah L	For creating a fantastic poster about Uranus and working hard to complete all set tasks! Keep up the good work.  For being an enthusiastic participant in our Zoom sessions and writing an interesting information report about Mars. Awesome work!
<b>2B</b>	Ava B	For always smiling and making wonderful contributions during our class Zooms. Keep up the great work!
<b>2E</b>	Jade Teng	For strengthening your resilience during Remote Learning and enthusiastically sharing during Zooms!
<b>2M</b>	Ellora	For her resilient and positive start back to school, well done Ellora!
<b>1T</b>	Anthony Rogatski	For his resilience and effort to develop friendships this year and always showing kindness toward his classmates.
<b>1P</b>	Charlotte P	For doing an amazing job sounding out words when reading and for practicing her sight words. Keep up the great effort!
<b>1M</b>	Rubin S	For putting in an amazing effort sounding out words when reading. Great job Rubin!
<b>1C</b>	Seif M	For a wonderful transition back into our classroom. Thank you for your great contributions to our class discussions.
<b>PL</b>	Anthony B	For a smooth transition back to school and for his enthusiasm in our 100 Days of Prep celebration.
<b>PH</b>	Ava M	For an excellent start back to school, and working so hard on her information report about crocodiles!
<b>PC</b>	Michael K	For always showing kindness and respect to others. Well done on a great start back to school Michael!



# Newsletter

It's time to  
celebrate,  
we're back!



Your  
OSHC.

## A message from your Coordinator

A very warm welcome back to Children and families; it's so good to see you all back at school!

**This is just a friendly reminder about upcoming curriculum days, on Friday the 29th of October and another one on the 1st of November; we offer a full-day program for both days. If you require care for any of these days, please book your child as soon as possible through the parents' portal on Camp Australia's website.**

I would like to share some of the highlights of last week program. We started our week by exploring Cubism art, and the children learnt to design a beautiful piece of art with fantastic colours. Tuesday, we learnt to keep our self-fit through mini-Yoga, and later relaxed by playing the Bingo game. Wednesday, we made delicious Oat cookies and took part in a minute to win its tower and ball fetching challenges. Thursday Sink or Float gave children an opportunity to learn water tension through various objects experiments. Friday Archi mates' construction experience enables children to follow step-by-step instructions to complete the desired figurines.

Apart from these activities children enjoyed chess, French bowling, Lego constructions, story books, Play dough, water painting, twister and many more.

*Meena*

## Activities coming up

- Friendship Bracelets
- Squishy Stress ball
- Choc chip Muffins

## What's on the menu

- Mini Pizza Platter
- Pitta with salsa
- Stir-fry Noodles

## Visit our blog

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

## It's free to register

To attend our program, you must register your child. You can register an account with us at [pp.campaustalia.com.au](http://pp.campaustalia.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

Your  
OSHC.

[www.campaustalia.com.au](http://www.campaustalia.com.au)



# Pupil Free Day



**Date:** 29/10/2021



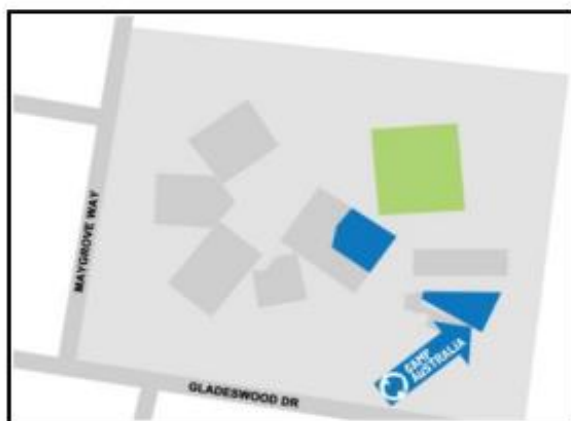
**Time:** 07:00 to 18:00



**Fees:** \$58.35



**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](http://www.campaustralia.com.au)

by  **Camp Australia**



# ADVERTISING

SPRINGVALE

29



## SPRINGVALE LITTLE ATHLETICS

ROSS RESERVE, NOBLE PARK.

STARTING FRIDAY 5<sup>TH</sup> NOVEMBER AT 5.30PM



Is your child aged 5 to 15?  
Do they enjoy being active and  
having fun with friends?  
**Free 2 week trial for new athletes.**

Register online at:

<https://lavic.com.au/membership/>

Like us on Facebook for the latest  
updates.

PH: 0481 22 55 65



PLUS

WIN a year's worth  
of groceries valued at  
**\$10,000!\***



## Entertainment

### Get back out and about and SAVE!

Support us, buy an Entertainment  
Membership today & get a  
**BONUS \$40 or \$20 eGift Card!\***

SUPPORT US & BUY NOW



UP TO  
**\$40\***  
VALUE



AND go into the draw to **WIN a year's  
worth of groceries valued at \$10,000!\***

### The savvy way to give!

Buy today and **20% of the purchase** goes  
directly to our fundraising cause.

SUPPORT US & BUY NOW

### The savvy way to save!

Buy today and start saving with your  
new Membership

SUPPORT US & BUY NOW



# ADVERTISING



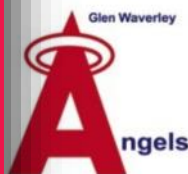
COME AND PLAY

*Glen Waverley  
Angels  
Softball Club*



## NEW PLAYERS WANTED

- Girls & Boys 8+ years welcome
- Boys & Girls - U12s, Girls - U15s & U17s
- Weekly training at Jells Park
- Saturday morning games - November to March



For more info: [gwscregistrar@gmail.com](mailto:gwscregistrar@gmail.com)

[www.facebook.com/groups/gwsc.angels](http://www.facebook.com/groups/gwsc.angels)

[www.revolutionise.com.au/gwsc](http://www.revolutionise.com.au/gwsc)



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

## 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



Brotherhood  
of St Laurence

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)

