



Thursday 25th November 2021

TERM 4 WEEK 8

KEY DATES 2021

NOVEMBER

Starting Mon 29 - Dec 10 Swimming program

DECEMBER

Wed 1 - Step into prep - 9:15 - 10:00 am
Wed 1 - Parent Information evening for prep 2022's

Thu 2 - Grade 6 Fun Day - Gumbya World

Tue 7 - Grade 7 Orientation Day

Mon 13 - Grade 6 Graduation

Tue 14 - Grade 6 Long Lunch

Tue 14 - Carols Night

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

2022 TBD

PUBLIC HOLIDAYS 2022

Wed, 26 Jan 2022	Australia Day
Mon, 14 Mar 2022	Labour Day
Fri, 15 Apr 2022	Good Friday
Sun, 17 Apr 2022	Easter Sunday
Mon, 18 Apr 2022	Easter Monday
Mon, 25 Apr 2022	Anzac Day
Mon, 13 June 2022	Queen's Birthday
Fri, 30 Sept 2022	Friday before the AFL
Grand Final Likely	
Tue, 1 Nov 2022	Melbourne Cup

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

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

Can you believe we are just over three weeks away from the end of the school year? Time is flying by and we have much to get through before the year is out, but we look forward to the many events that are coming up over the last three weeks to celebrate making it through an incredibly challenging year, with Covid impacting on our lives so heavily. I cannot understate how thankful we are as a school for the wonderful support of our community and the incredible positivity shown to us throughout. On every school tour I highlight the quality of our school community to potential enrolments. It is without doubt one of our greatest strengths and was only reinforced by just how well our students have made the return to full time face to face learning. Of course, being so close to the end of the school year, things can drop off if we let them, but I would urge all parents to ensure their children are reading every day. This is the most critical factor in education and studies have shown that the holiday period can see students fall backwards in their learning if they are not reading daily. Ensuring your children read every day, perhaps as part of a bedtime routine, will give them an advantage over other students and provide a platform for achievement in 2022 and beyond.

Parent Payments

Next Tuesday night is our final School Council meeting for the year and we will be ratifying the 2022 parent payment policy. The new policy reflects recent changes to government policy and relies significantly more on parent choice. As per the soon to be update policy, the school provides far more than the base curriculum, through enhanced IT equipment, apps for student and family convenience, not to mention the ongoing efforts into improving our grounds. Whilst most items are now considered voluntary, we hope that we can continue to rely on your support so that we can continue to deliver the standards that families have come to expect from MPS.

Farewell Mrs. Brown and Mr. Rosewall

Mrs Brown and Mr Rosewall have both recently accepted new positions and will be leaving us at the end of this year. Ben and Hannah were some of my earliest appointments at MPS and it has been great to watch them develop into the exceptional teachers that they are. I know they will certainly be missed and that they will undoubtedly be assets for their new schools. On behalf of the school community, I wish them every success as they continue to grow in their careers. I suspect they will both achieve great things in the future.

2022 Grades & Transition Nov 30th

Next Tuesday we will begin our transition program, with students meeting their class teachers and classmates for the first of three sessions over the coming weeks. The sessions are designed to allow students time to get to know their new class and surroundings before the end of the school year. It has been our experience that this reduces anxiety and makes for a much easier return to school in January. In order for the early release of class information to be successful however, we would ask that you give the new class a chance to settle in, as per previous years. Teachers have gone to great lengths to balance the classes from an academic, social and behavioural point of view. The grades take into account student friendship requests and known clashes, in order to give every child a great start to the next school year. I would also make note of the fact that primary school is a time for students to learn how to make friends. Very rarely do we as adults remain friends with all of our primary school friends. This is in part due to the changing developmental stages that primary aged children go through and the refining of their own values. Often, what we see in a friend in prep may be something we are no longer looking for when we are in grade 4. The ability to make new friends is an essential part of growing up, so we do hope that families can allow their children the opportunity to make some more when they meet their new class.

Social Media and Age Appropriate Viewing Habits

Recently we have seen a growing number of students referring to Netflix, Tik Tok and other platforms in relation to content that is well beyond their capacity for understanding. Children move through developmental stages where their brains become better equipped to interpret themes in the broader world. The Australian rating system is based on these milestones and are a good guide for what your children should be exposed to. We have heard students discussing plot details of shows designed for adults. Some of these themes are particularly violent and simply not fit for our younger students, as it can leave them with disturbing images that they do not have the capacity to process. Your cooperation in ensuring your child is viewing and discussing appropriate content is appreciated.

Departing Mulgrave PS & Enrolling for 2022/23

If your family is leaving the school and you are yet to advise us, please do so as soon as possible so that we can finalise budget and staffing plans for 2022. MPS will also be required to complete a data transfer to the new school, so we would appreciate as much notice as possible to provide time to complete these tasks.

If you know of families who are interested in enrolling for 2022, we can accept enrolments for Years 1-6 (limited numbers). Finally, if your child is looking to start school in 2023, we would encourage you to enrol as soon as possible.

Carols

We are so pleased to be able to hold this event after missing out on the school production. Classes have been busily practising their songs for the night and we look forward to a wonderful evening. I must make an early apology though, whilst I will be there for the start and will hand over to our capable Arts Captains, I will need to step out for a meeting later in the evening. I won't be far away though, as the meeting will be held via Zoom and I'll be in the office, hoping to make it back by the end!

Graduation

Monday December 13th is our 2022 Year 6 Graduation Night. I am looking forward to the event and I'm sure our Year 6 students even more so. All students will be able to participate regardless of vaccination status, however all parents attending must scan in with via the QR codes and present their vaccination certificates. For the second year, our ceremony will be held in the new stadium, however it is not air conditioned, so we would remind families to dress for the weather.

Shade Sail Grant

Mulgrave Primary School has recently been successful in our grant application for a shade sail to be erected between the Year 3 portables and the BER building. This will provide additional shade for the children as they play and learn in this area.

We are hoping this new shade sail will be installed early in 2022. This will be a welcome addition to our school facilities.

Planning for Additional Buildings

On the note of facilities, unfortunately we are not in line for an additional portable building for the start of 2022. The school continues to work with the Department to achieve the one extra learning space required to move to a 21 class model. This is the ultimate aim of the school, which provides for 3 classes at every year level. This model provides flexibility, whilst maintaining the school at close to its current size. MPS is not seeking to grow beyond this point, as we believe that this would risk losing the close community connections the current school size provides. Our best chance of making this model happen will be to secure stage 2 funding for our master plan. School Council is currently working on this, but a word to your local state MP wouldn't hurt! Full funding for stage 2 would see the full refurbishment of Block A, also known as the old hall, canteen and art room. The goal is to create a new library and state of the art STEM centre, whilst converting the art room to 2 new general purpose classrooms. The art room would relocate to the BER, as this was what it was originally designed for. This plan would allow us to create room for our 21st classroom and make the new library the heart of our school, opening up into the courtyard and the outdoor courts.

Uniforms in 2022

Ensuring all students are in school uniform has proven difficult due to lockdown, shop closures and growth spurts. Now that we are through all of this we will return to strict enforcement of the uniform policy in 2022. Whilst it may seem trivial, signing up to attend MPS includes agreeing to uphold our uniform standards. As we move into 2022 the only uniform that is acceptable to wear each day is listed on the [PSW website](#), with the exception of shoes where we recognise the importance of choosing the appropriate active footwear for your child's growing feet. I strongly urge all families to follow up on school uniform over the summer break, including the school bag. Having a consistent uniform is a mark of respect and also an important aspect of student discipline and behavioural standards. It also becomes an important visual aid for when we leave the school grounds and are representing the school in the broader community.

Swimming

A quick reminder that swimming starts next week. Students not attending will complete a water safety theory course. Could parents please ensure that their children have the necessary changes of clothes ahead of each day, so that we can avoid late drop offs to the office.

Dates for 2022

Please note the following dates for your diary for the start of 2022.

- Friday January 28 2022- Staff Resume for 2022 – preparation and planning day
- Monday January 31 2022 – All students in Prep to Year 6 start school for 2022

End of Year

Our final assembly of 2022 is a huge one, with the announcement of our new student leaders for 2022 and of course, the final farewell for the graduating class of 2021. As there is much to get through, we will commence the final assembly at 12:30pm, with Year 6 students dismissed at the end of assembly. Prep to Year 5 students will return to their classrooms to collect their bags and we will bring the students out for collections a.s.a.p. to allow for a staggered departure from the finish of assembly through to 1:30pm.

Please be advised that Camp Australia will be providing care from 1:30pm onwards and we ask that all students are collected on time. With that in mind, could I please ask families to put a reminder in their phones for the 1:30pm finish time on Friday December 17th.



Year 6 Graduation Raffle PRIZE WINNERS

1st	Emma Turnley	Vouchers
2nd	Holly Oakes	\$250 Coles/Myer Voucher
3rd	Monisa Santos	\$250 Woolworths Voucher
4th	Lucy Meszaros	Maxx and Williams bread box,
5th	Marin Riveri	Fieldberry Farm gift voucher, Naturally Scented candle (Island Christmas) Naturally Scented candle (Vanilla) Jewellery by Linda Cookie Planet cookies
6th	Monita Santos	Ned Kelly Red bottle of wine, Empire Candle Co candle, Darryl's Fresh Roasted Peanut butter, Rollies Doughnuts voucher Cris' BBQ gift voucher
7th	Nichola Ger-rand	Ashton Classical guitar pack
8th	Maya Hartono	Hayden's House of Food and Produce gift voucher, Love Succers succulent
9th	Margaret Per-	Swig Coffee Roasters gift voucher,
10th	Maria Za-	Otway Prime gift voucher,
11th	Lauri Brogden	Swig Coffee Roasters gift voucher,

Charles Spicer

Principal

MENU END OF TERM SPECIALS

- Chicken and Beef Noodle cups - \$3.00
- Spaghetti - \$4.50
- Pizza Margherita or Hawaiian \$3.50
- Cookie \$1.00
- Milk Freeze Moosies - Chocolate and fruity Bluemoon \$1.50
- Paddle Pop Icy Twist - \$1.30
- J.J's Chicken ONLY - \$1.50
- Muffin 0.80c
- Focus Drink - Raspberry or Blackcurrent - \$2.70
- Limited Sausage Rolls (please write an alternative food option in brackets if you order a Sausage roll)
- **Fried Rice - SOLD OUT**



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TERM 4 - Week 7 - STUDENT OF THE WEEK

Class	Name	Reason
6C	Tyler. T	For contributing well in his Literacy Circle
6G	Charli-Jo B Brian T	For her excellent research during Literature Circles and contributing to discussions. Well done! For sharing his thoughts and opinions when critiquing a text during reading. Keep up the good work!
5W	Finn	For make some outstanding contributions during class discussions this week.
5N	Thasith	For being an excellent role model for his classmates, having a great sense of humour and always challenging himself to improve. You're a champion!
5H	Fouad	For your excellent focus when writing and presenting your leadership speech. Well done Fouad.
4J	Amelia S Grace H	For always trying her hardest and putting 100% effort into every activity in the classroom. For writing a wonderfully descriptive Cinquain. Great work Grace.
4B	Jovana D Zoe L	For being a kind and caring friend and taking initiative to help out her classmates when they need it! For working hard to develop her understanding of fractions and decimals this week.
3S	Nabihah M	For her enthusiasm and dedication to completing all tasks to the best of her ability. Well done Nabihah!
3R	Klara	For being a strong leader during group work and a good example to her peers
3M	Amelia L Avin W	For embracing our poetry unit of work so well and writing several entertaining Haiku poems. For being a terrific role model in our class and for an improved effort when completing learning tasks.
2B	Ana T Lusine M	For being a caring member of the class by always thinking of others before herself. For working cooperatively with her Literacy and Numeracy learning buddies. Keep it up!
2E	Ethan F	You're on fire! Great to see you thinking about your Maths and giving clear answers and explanations.
2M	Jacob Sean	For his great book discussions that provide a different insight into our reading texts. For working hard to improve his division skills during maths, we
1T	Jeswyn S	For writing an excellent Information Report about his Beyblades. Great work, Jeswyn!
1P	Cohen S	For working hard to improve his writing stamina. Keep up the amazing effort!
1M	Logan. S	For writing an excellent information report about his transformer toy. Great work Logan!
1C	Eli Casson	For being an absolute gem this week. Thank you for trying so hard!
PL	Sammi K	For her well thought out inferencing ideas and explaining her reasoning behind it.
PH	Cleo M Audrey T	For working so hard on subtraction this week. You're a star! For working so hard when writing on the dotted thirds.
PC	Zara K Somya M	For being a great helper and always making sure our classroom is sparkling. For showing kindness to her friends and looking out for others.

ALLERGEN IMMUNOTHERAPY: WHAT YOU SHOULD KNOW



Allergen immunotherapy is a treatment which desensitises the immune system to a known allergen that triggers your allergies. It works by introducing the allergen to the body over a period of time in small doses. Unlike other allergy treatments which reduce or manage symptoms, allergen immunotherapy aims to switch off the body's immune response to the trigger entirely.

Some people with allergic asthma and/or allergic rhinitis who have known allergens may benefit from allergic immunotherapy. You may be able to access immunotherapy for the following triggers:

- house dust mites
- pollens (e.g. grass, tree and weed pollens)
- animal dander and moulds

You may require multiple treatments if you have more than one significant allergen.

It is given via injections (subcutaneous) or a tablet, spray or drop under the tongue (sublingual). Age restrictions vary depending on the method and specific trigger.

If you would like to learn more about allergen immunotherapy and whether it would be an appropriate treatment for you, speak to your

doctor. It is likely you will need to be referred to an allergy specialist before starting treatment.

It is important to be aware of the cost of allergen immunotherapy in any discussions with your doctor or specialist as it is currently not subsidised on the PBS. Allergen immunotherapy benefits can be experienced within months after starting treatment but the full course of treatment will usually be up to several years. You may also need to consider the cost of appointments with a specialist, and travel to these as required.

For more information on how to manage your allergies, call **1800 ASTHMA (1800 278 462)** and speak with an Asthma Educator or visit asthma.org.au



1800 ASTHMA (1800 278 462) | asthma.org.au

PARTNERS

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Life beyond allergy

Stallergenes Greer is a campaign partner of Asthma Australia and has not been involved in the development of this resource.



Self care - happy families



Picture this scenario: You're opening up to a friend about the overwhelming challenges you face as you juggle your children and your multitudinous other responsibilities. You outline the weight of the burdens you carry. The kids, the job, the financial stress, the endless laundry, and the fact that you are the one carrying the mental load of the household. As you reach that moment of peak vulnerability, pouring out your heart and explaining that you 'just can't do it all', your friend reaches across the table, holds your hand in theirs, looks deeply into your eyes, and kindly says, "Two words: self-care." It's possible that they're correct. Self-care matters. A lot. But... how are you feeling when you hear this advice? What's your response? What images go through your mind as you reflect on what self-care might look like?

You can't pour from an empty cup

There is no doubt that tired, stressed out, overwhelmed parents cannot effectively help their children with their emotional needs when they, as adults, are struggling to meet their own. Using the acronym, HALTS, I write regularly about how our capacity to stretch and remain in control is heavily based on how Hungry, Angry, Lonely, Tired, or Stressed we are. Self-care should buffer our exposure to those triggers, protecting us from becoming overly run-down and ineffective as we deal with the challenges of life that reduce our capacity to function well. But... there are some issues with our current #selfcare pathways. The way we're trying to fill our cups (or avoid them emptying out) may be flawed.

Self Care: 2020's style

With the advent of social media, self-care has departed from its roots and become a fetishised and monetised blend of candles, bubble baths, mindfulness meditations at the feng-shui day spa (for those who can afford it) and Insta-worthy photos designed to showcase the sublime perfection of our #liveyourbestlife self-care routine. The need to "do something for yourself" underpins the majority of self-care messaging. But it's backfiring. [Levels of anxiety and depression are as high as they have ever been](#). Stress and [parental burnout are higher in wealthy, first-world countries where we worry about self-care than anywhere else](#). Self-care has become a commercialised concept like Christmas, devoid of anything resembling its true meaning, a hollow shell that promises more than it can deliver, and asking more of its devotees than it returns. The costs of #selfcare can be high. Many parents, particularly those with young children, feel that the return on the self-care investment is too low. I'll explain why in a moment.

Self-care: The history and devolution

The idea of self-care [developed](#) in the 1970's nursing arena [to help](#) those with medical conditions manage their health care for themselves. This reduced the burden on the medical system, and it reduced patient medical costs. Initially self-care was emphasised for elderly and mentally-ill patients who required ongoing care and who had limited control over their lives. As time went on, the self-care emphasis shifted towards people in emotionally draining and traumatic professions (therapists, emergency services personnel, etc) so they weren't overwhelmed by the burdens of their occupations. The idea was that a person can't help others with their own burdens unless they've been relieved of the baggage they're already carrying. These ideas make sense. Taking care of our mind and body is good counsel. However, wellness bloggers and Insta-influencers have hijacked our view and practice of self-care. Self-care has become a coupling of middle-class consumerist self-indulgence and entitlement. Wellness and #selfcare now look more like eating vegan, going to yoga and meditation class, and spending on overpriced spa treatments so you can #followyourbliss. Research confirms that *these things CAN be self-care*. Doing a yoga or meditation class, improving diet, or taking time out to relax are almost unquestionably positive for our wellbeing. But are we doing it as a band-aid? Or because we are genuinely caring for ourselves in an ongoing, positive way? The trouble is, these instagrammable self-care strategies can often be something else: self-indulgence and social media signalling. And in many cases indulgence masquerading as self-care may become a house built upon sand.

A house built on sandy foundations

Here's why I don't advocate for the commercialised, indulgent self-care strategies:

1. They're typically a quick-fix. Feeling lousy? Book in a massage. That will sort you out. #selfcare #bliss
2. They're often unsustainable
3. They easily trigger guilt. (Have you ever found yourself lying on the massage table thinking of all of the other things you could/should be doing?)
4. In a related way, have you noticed that they might actually exacerbate stress rather than reduce it
5. because "I don't have time for this!"
6. They can compound the stress you were already feeling. As soon as the massage, facial, retreat, or bubble-bath is over, you open the door and have to face all of the stress that was there before you had your "mini-holiday"



Continued - Self care - happy families

6. Your partner might not be on the same page. When they find out about your latest self-care strategy, the bill-shock might leave everyone needing a little more self-care. Or more likely, they might wonder why you keep putting your feet up when there's so much landing on their shoulders.

And then there is the bigger issue:

These self-care strategies sometimes don't really work even if you're only worried about minor issues. But what if you're dealing with major mental health challenges? A meditation app is unlikely to be an effective strategy for those suffering from deep sadness or significant stress. (Yes, it may help some people sometimes, but it's unlikely to be the self-care strategy that will be the most effective in such circumstances.)

Getting self-care right

It is true that from time to time self-care might take one of those individualistic "me-time" Instagrammable forms. And even though I've comprehensively bagged it out, it's both important *and* nice to take time out for that kind of relaxation now and then. The thing is, it's not actually self-care. Why would I say that? Definitions matter. When I talk "discipline" I'm not talking about punishment. That means hurting. Instead, I'm talking about teaching, guiding instructing: helping. When someone asks if it's ok to discipline other people's kids, my response is "it depends on how you define discipline." If you define it as punishment, then no! It's not even ok for your own kids. But if you define it as helping, then of course it is. It's essential. Our definition of, and our approach to, self-care are critically important. I define self-care as *taking time for personal growth and the development of true wellbeing*. (That's very different from "taking steps to get away from it all so you can finally relax.") Most of the time self-care is exactly the boring thing it sounds like:

- having a medical or dental checkup,
- eating a salad for lunch rather than having another packet of Darrel Lea's white chocolate-coated raspberry bullets or TV snacks,
- switching off Netflix and getting a full night's sleep
- being intentional about making a decision,
- developing a skill or qualifying for a degree, or
- investing whole-heartedly in doing deep "inner" work that changes/improves who you are.

With that established, let's acknowledge that sometimes the indulgent/relaxing kind of self care sometimes fits into the growth and wellbeing definition. But self-care is so *much* more. How do you show that you actually do care about yourself and your wellbeing? Here are 6 self-care strategies that actually work.

6 Surprising Self-Care Strategies that Work

1. Practice all of those unsexy habits

This is the stuff that real self-care is made of. It's the kind of decision-making that commits you to live a better life. If we really cared about ourselves, we'd eat, sleep, move, and take care of our body's needs so much better. It matters. Here's a sample of what might be an unsexy but important habit:

- floss
- get enough sleep
- eat healthy meals at consistent times
- move your body
- get time in nature
- be mindful (or get your spiritual/religious practice in order)
- journal
- pay off your credit cards

Doing the unspectacular but important over and over again. If you've ever looked after an elderly parent (or a child?), you'll know that this is the stuff we talk about all the time. We look at them and emphasise: "You've got to take care of yourself." In case you missed it, that's code for "eat well, exercise, sleep, do the healthy stuff." Seems kind of obvious when you put it like that huh?

2. Practice re-creation

Recreation is misunderstood. Broken down into two words it literally means we re-create ourselves. The word emphasises the need for renewal. When we re-create something, we build it up from scratch. What does your re-creation time look like? If it's time spent on Instagram or Netflix passively consuming content, you're probably not doing much re-creation. Re-creation means rest from the everyday distractions - but not necessarily 'rest' like you're lying down in bed. It's the kind of rest that is restorative. No phone time. But maybe a walk. Or a run. Perhaps a good book that helps you grow. Soak it in. Think. Do inner work. Be mindful. Re-create. If you swapped out one screen session each day (let's say 20 minutes on social media or 60 minutes on Netflix) for one re-creation session of the same length, I'd guarantee you would feel more refreshed and #selfcare satisfied.



Continued - Self care - happy families

3. Limit exposure to high cost relationships

Some people are "energy vampires". Being around them drags us down. But, I've read too many articles about how we should dump people who leave us feeling like that. This is unrealistic. And it's bad advice because sometimes it's someone close, like family! Two points here.

1. Understand the difference between someone having a hard time (like your ADHD or ASD child) and someone who is toxic (like the Negative Nelly who is always making everything about her, or blaming you for all of her problems).

When you have to be around people who are challenging, find ways to practice compassion towards them. Don't be condescending about it. Just realise that their life is probably pretty tough and find ways to see them through soft, kind eyes. It will elevate you, them, the relationship, and your wellbeing.

4. Multiply your positive experiences

Science suggests that the sum of many small positive events will matter more than one big thing. Multiply and savour those many moments each day and life will feel less of a grind. For real self-care, make sure you find joy in lots of small things.

5. Learn to tolerate moderate discomfort

No one likes being uncomfortable. And it seems strange that an article about self-care would encourage being uncomfortable. After all, isn't that why people clamour for #selfcare? Because they don't want to be uncomfortable? Here's what's strange: when we learn to tolerate discomfort, we find our capacity for it increases. What was once uncomfortable ceases to be so. Exercise is the perfect example. If you haven't tried running for a while then a 200m run will hurt. But do it daily, tolerate the pain, and within a month you'll be running 1km, and then 2km, and then 5km. The challenge, the opportunity for relationships, the positive experience, and the re-creation it generates will be a powerful form of self-care.

6. Challenge yourself

This is my favourite self-care strategy of all. Think about those you love the most: your children. You instinctively know that for them to find joy in life, they have to do hard things. They have to push through barriers, develop resilience, be strong, and accomplish what they thought was impossible. It's the very process of doing hard things that brings a sense of purpose. Those we care about most, we push the hardest to grow and be better versions of themselves. Doing something hard is precisely the opposite of the Instagrammable #selfcare relaxation vision that is promoted to us. And let's acknowledge lots of us don't feel energetic enough to pursue a challenge when we are already weary and walloped by our workload. Yet... doing a self-chosen hard activity over a period of time gives us focus, growth, and purpose. If we truly want to care about ourselves, we'll find ways to push ourselves to greater heights. And relationships in family life may be one area that gives us that opportunity more than any other.

Are we saying goodbye to sleep-ins and #selfcare?

A little indulgence now and then can be nice. It might give us a quick-fix pick-me-up. A bubble-bath, good book, tasty restaurant meal, facial, massage, pamper party, or fun night out may be just what you need to feel better sometimes. Sometimes we actually do need some "me-time". But if we really care for ourselves, we'll give our bodies and our souls the medicine they really need. And to do it, we don't have to spend big money. We don't have to show it to everyone on Instagram. And we don't have to take huge chunks of time that we don't have to make it work. What we do need is to be **intentional** about how we live, practice smart habits, do the enlarging work of re-creating ourselves regularly, and finding ways to develop and grow ourselves through hard times, maybe even *with* the ones we care about most.



Newsletter



BOOKINGS NOW OPEN FOR MISSION IV

www.campaustralia.com.au/rocketeers



A message from your Coordinator

Dear families

This year has passed fast, Christmas is around the corner, and adventurous Rocketeers IV with several excursions and incur-sions has been launched! The places are filling very fast! For More information, please visit the Camp Australia website for booking and more information.

Highlights of the past week's program are Chalk Galaxy art, foil print moon art, slime, bean bag racing, basketball, chess, mag-netic marble run, skipping challenge and our master chef made delicious fruit scones and cheese naan bread.

What talented performers we have at Mulgrave Primary OSHC!

This week in our talent show, many performances, such as crea-tive artists, hula hoop performers, gymnastics, and Karaoke sing-ers, showcased their talent, which was amazing! Please join us to celebrate their talent on the last day of the talent show week, Friday the 26th in aftercare program.

Meera

Activities coming up

- Christmas Craft
- Capture the flag
- Chocolate Crackles

What's on the menu

- Mexican beans dip
- Nachos
- Bionicos Fruit bowls

It's free to register

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



Visit our blog

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

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ADVERTISING

JANUARY 2022 SCHOOL HOLIDAY PROGRAM



As your school's official swimming training partner, during January 2022 School Holidays we are hosting an intensive 4 day Holiday Program. Open to NEW and EXISTING swimmers of all levels.

VENUE: Paul Sadler Swimland Rowville
DATES: Week commencing Tuesday 4 – Friday 7 January, 2022
COST: \$80 for 4 days (1 x 30 minute class per day over 4 days)
BOOK: Call (03) 9764 5759



BOOK NOW!



Accelerate your children's swim and survival skills over 4 consecutive days of classes – it's like 4 weeks of classes across 4 days!
 It's a fun activity for kids to enjoy during their summer school holidays

LEARN FROM THE SURVIVAL SPECIALISTS



Paul Sadler Swimland Rowville
 Rowville Secondary College, Parateia Drive, Rowville
 (03) 9764 5759
rowville@paulsadlerswimland.com
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