



Thursday 28th July 2022

TERM 3 WEEK 3

KEY DATES 2022

JULY

Fri 29 - Excursion to Edendale Farm
Grades 3/4C, 3/4L & 3/4S

AUGUST

Fri 12 - Hoop Time (select students)
Wed 17 - Mass Choir Rehearsal No 2
Thur 18 - Gould League Excursion
Gr 1/2 - 9am-3pm
Fri 19 - Book Week Parade - 9.15am
Mon 22 - CURRICULUM DAY!
Thur 25 - District Athletics

SEPTEMBER

Sun 4th - Father's Day
Thur & Fri 8-9 - Vic State School Spec
Rehearsal 9am-5pm
Mon 12 - Wed 14 - Gr 3/4 Camp
Wed 14 - Healesville Sanctuary
Prep Excursion

DATES AND TIMES TO REMEMBER:

TERM DATES 2022

Term 1: 31 January – 8 April
Term 2: 26 April – 24 June
Term 3: 11 July – 16 September
Term 4: 3 October – 20 December

CURRICULUM DAYS 2022

Mon Aug 22nd
Mon Oct 31st

PUBLIC HOLIDAYS 2022

Mon, 13 June 2022 Queen's Birthday
Tue, 1 Nov 2022 Melbourne Cup

TIMETABLE

Commence 8.58 Line-up Bell-Music
9am 2nd Bell
Recess 11.00 - 11.30am
Lunch 1.40 - 2.30pm
School Finishes 3.30pm

Message From The Principal

The Child Safe Standards

On July 1, the new Child Safe Standards came into effect across Australia. In Victoria we move from 7 standards to 11 standards which are aligned with the National Standards. The Child Safe Standards aim to:

- promote the safety of children
- prevent child abuse
- ensure effective processes are in place to respond to and report all allegations of child abuse.

Child safety includes matters related to protecting all children from child abuse, managing the risk of child abuse, providing support to a child at risk of child abuse, and responding to suspicions, incidents, disclosures or allegations of child abuse. Importantly, the new standards are focused on making sure that schools involve parents and carers more in efforts to reduce child abuse.

Child abuse is:

- any act committed against a child involving: a sexual offence or grooming
- the infliction, on a child, of physical violence serious emotional or psychological harm
- the serious neglect of a child

Whilst we would all like to think that it does not occur in our community, we must not assume that it doesn't. We have a unified responsibility to both reject and address any form of child abuse in our school community. Every child has the right to be safe and protected from harm.

Our school council plays a key role in making sure that our school complies with the new standards.

- The Education and Training Reform Act 2006 and Ministerial Order 1280 outlines Government school councils powers, duties and functions
- When performing these powers, duties and functions, school councils must comply with the Child Safe Standards and Ministerial Order 1359

Over the coming months we will progressively update our school policies and procedures taking into account the changes to the Child Safe Standards and also making sure we address new focus areas such as safety in online environments. At our most recent school council meeting, we ratified an updated 'Code of Conduct' for our school.

Mulgrave Mambas Basketball Club

With the summer season closing in, Nunawading Basketball have asked local Mulgrave Schools to call for an Expression of Interest to gauge potential numbers for next season. If you know of anyone who would like to play for the new club, please follow this link to complete the survey <https://www.surveymonkey.com/r/SVIG338> . .

If you have an entire team that might like to come across, please indicate this within the survey. There is much to be done and it will be a tight timeline, but Nunawading Basketball are currently working on the logo and uniform design and they have submitted a formal application for membership to the MEBA. Once they have a critical mass of numbers, they can then proceed with registrations and developing such things as a club constitution, bank accounts, social media presence and registering with Consumer Affairs. Interested players and families should complete the survey by **Monday August 8th**.

2022 Victorian Government Schools Agreement (VGSA) Approval

The Fair Work Commission recently approved the new VGSA. The agreement commences operation from Monday 25 July 2022 with a nominal expiry date of Wednesday 31 December 2025. Principals were provided with the official Implementation Guide describing the key changes late on the afternoon of Friday 22nd July.

Many of the provisions in the new VGSA have been carried forward from the previous iteration, however, there are some significant changes including a staged reduction in face to face teaching time to a maximum of 21 hours in 2024 (we are already at 21 hours and 20 minutes). In addition new Time In Lieu provisions will need to be worked through, as these will affect out of hours activities such as Carols Night, the Art Show, Parent-Teacher-Student Conferences and from 2023, camps. How we manage these events in the future will need to be worked through over the coming months, although this year's camps do not fall under the new agreement.

Working out our 'local agreement' will take time and effort to get the best arrangements for both our students and staff. It is likely that some of the 'traditional' after hours events previously mentioned will need to occur during the school day. On occasions, scheduled meetings such as Staff Meetings will be cancelled to accumulate 'teacher work hours' so that required meetings including Parent Teacher Interviews can be held.

School Timetable

Due to the VGSA changes, it is likely that there will be some amendments required in the school timetable in 2023 and definitely in 2024. These will be to accommodate the way we teach but also due to the VGSA required 'reduction in face to face teaching time'. This will also impact the Specialist program. These items and many more are all on the table and being worked through by School Leadership together with the Consultative Committee. Parents will be consulted if any significant changes are required.

Professional Practice Days

The new agreement also includes an additional 2 professional practice days in 2022. Under the previous agreement, we were able to provide these days to staff without disrupting the daily school program. Unfortunately, teacher shortages and issues relating to Covid have meant that schools are facing shortages in replacement staff. As such, school council has provided approval for 2 further student free professional practice days. The dates are to be determined and we will advise families as early as possible and work with Camp Australia to provide care as required. We have been doing all in our power to avoid this, however the Department are informally recommending this approach, as they acknowledge that schools simply cannot find the staff necessary to meet the demands of these additional days.

Curriculum Days

It should also be noted that as per our normal process, Mulgrave will be running two more curriculum days in 2022. The next date is **Monday August 22nd** where we will be working on our numeracy curriculum knowledge and teaching strategies. Later in the year, we will also be running a curriculum day on Cup Eve, **Monday October 31st**. Please put these dates in your calendar for future reference. Again, where possible, we will work with Camp Australia to provide care.

Hopefully I will be back on deck next week. Please take care and if unwell, please ensure your child remains at home.

Charles Spicer

Principal

TERM 3 WEEK 2 STUDENT AWARDS 2022

Class	Name	Reason
6G	Ameika R	For being a good leader in the class and supporting others. Keep it up!
6J	Constance K Tessa S	For always completing her homework at a remarkable level! For consistently trying her best and being respectful towards others!
6T 6T	Summer T All of 6T	For being such a delight to teach and for being so kind, caring and thoughtful. Your classmates think you are wonderful. For being Super Stars and a pleasure to teach for Mrs Hattwell.
5H	Joseph M	Being really welcoming and always helping out around the class.
5N	Stella C Charlie B	For working hard to move up multiple levels in her times table challenge this week! For always being on the ball in class discussions and sharing his ideas with confidence.
3/4K	Isaac Y	For consistently completing all set task within the allocated time. Well done!
3/4C	Turki A	For approaching all math tasks with a positive and enthusiastic attitude.
3/4M	Jay V	For consistently putting in an excellent effort when completing his reading diary to show his thinking. Keep up the amazing work!
3/4L	Lusine M Yihan Z	For an outstanding improvement in her multiplication challenge going from 6 to 41 sums correct in one term. Lusine you are a superstar. Keep up the great work! For an outstanding improvement in her division challenge going from 11 to 27 sums correct in one term. Yihan you are a superstar. Keep up the great work!
3/4S	Spencer D	For making a fantastic start at MPS and working hard in class to create great work.
2B	Abel A Noah A	For sharing his wonderful thoughts and ideas in class discussions. Keep it up! For working to his best to create a wonderful letter persuading his parents to get a pet dog. Well done!
2E	Anna K Andrew P	For identifying fiction and non-fiction book features, keep up the great work Anna! For his excellent explanation of his mathematical thinking, great job Andrew!
2L	Yejun C	For writing a convincing persuasive letter to his mum with sound reasons for having a pet at home.
2M	Anders L	For always completing all tasks in an efficient and productive manner. Keep up the great work Anders!
1M	Zaky L	For making improvements with his writing. Excellent effort Zaky!
1P	Lucy F	For writing an amazing and convincing persuasive letter with a great excellent ending. Well done Lucy!
1E	April M	For being a very helpful and caring member of our classroom. Great work April!
Prep K	Johnny M	For being a role model and always showing respect to his teacher and classmates.
Prep C	Thomas G Sher K	For being such a wonderful helper in our classroom. You are a superstar Thomas! For his enthusiastic approach to all areas of his learning. Keep up the awesome work Sher!
Prep H	Cleo F	For consistently displaying the Mulgrave Primary School values and being a helpful and friendly member of Prep H. Well done Cleo!

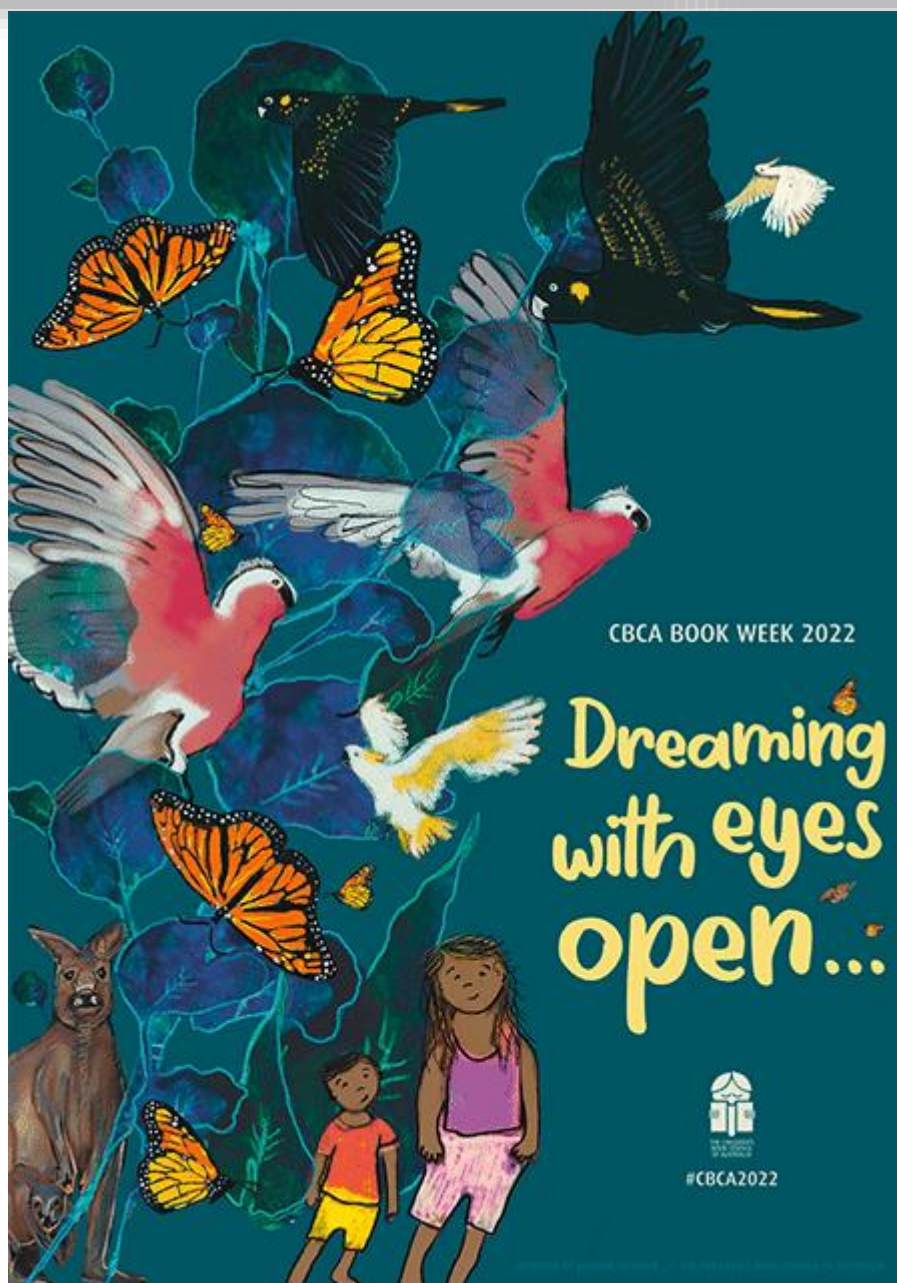
Book Week 2022

This year Mulgrave Primary will be celebrating Book Week in week 6
(Monday August 15th-Friday August 19th)

We will be having a parade where the students can dress up as their favourite book character. This will take place on **Friday August the 19th.**

We encourage you to be as creative as you can!

If you can dream it, you can be it...



Page 2

SPECTACULAR

Mass
Choir

On Wednesday 20th July, the members of the VSSS mass choir headed into the city for our first rehearsal at the Melbourne Town Hall. We were lead to seats right at the front sitting behind the VSSS core choir, and our very own Jazzabelle, so we felt pretty special about that.



It was a massive day; we arrived just after 9am and finished at 3pm and we were singing for most of that time. All of our before school rehearsals really paid off, as we were singing every song correctly. It was great to hear so many other students singing and the harmonies were awesome.



We are happy to report that our choir represented MPS extremely well and we are very proud of them. Now we look forward to our next Town Hall rehearsal in August.

- Mrs. Bush

Mass
Dance

Mass Dance went down to Officer Secondary with 20 other schools for an exciting but very tough and long day! We got to try out our costumes and ran through the show in order, including how we enter and exit the arena and what songs will be playing as we do so! Our girls were so good and have the dances sorted! Our next rehearsal is with all the schools at John Cain on the 8th and 9th of September before we have the real shows on the 10th of September I'm so proud of the girls and can't wait to see it all come together! - Mr. O'Neill





The Challenge and Importance of Consistent Parenting

Consistency is key. But why is the door so heavy?

KEY POINTS

- Consistency is the most effective way for parents to enact effective behaviour change in their children.
- The message we send to kids in our responses matters.
- Kids are still learning, just as you are.



As humans, we have a hard time sticking to something long-term. The reason? It's hard to delay gratification when something else can grab our [attention](#) or be easier for us right now.

We can't argue with the logic that consistency, in some things, is the best path, though. If we consistently eat better, we'll consistently feel better. If we consistently improve our communication with a loved one, our relationships get better. If we consistently avoid drinking, our health gets better.

Consistency in Parenting

In no sphere of life is the power of consistency more valuable than in [parenting](#). Parents have the particularly sticky job of raising little humans—little humans who have never experienced the world before. Every single day is a lesson in “how to be a person.” Along the way, they make many mistakes and push many boundaries—that is, after all, how we learn.

But to parents, those pushing boundaries and making mistakes is a call to action. Parents, the good ones, know that they can't allow their children to go without redirection when they stray off course.

It would be easy if all it took was a parent applying a rule one time, and the child understood it immediately, obeyed immediately, questioned nothing, and internalized that desire for obedience. But who are we kidding?

What is more likely to happen is that the child will listen... a little... then get [bored](#), or think that the parents forgot and go right back to pushing and testing the limits. They're trying to learn, yes - but how do you help kids learn effectively without pulling your hair out?

Where It Goes Wrong

The instinct in these rebellious moments is to argue, lose your temper, and go to an all-out war with your child. Alternatively, if your child is the one who chooses war, sometimes it's easier to just give in. You decide to skip the war altogether and just say, “Fine, do what you want,” and you figure it's better to lose the battle than fight the war.

Enter delayed gratification. You know in your heart that you need to be consistent with what you said, but you really want to avoid this meltdown in the grocery store, so you're just going to give her the candy bar. Or you know that he hasn't gotten home by curfew the past three nights, but taking away his car like you threatened would really make it difficult for him to bring his brother to soccer practice, so maybe you'll just let it go this time. Etc. Etc.

But we have to be aware of what we are communicating in these moments of inconsistent parenting.



The Challenge and Importance of Consistent Parenting

Consistency is key. But why is the door so heavy?

In effect, we're saying: "Hey kid, while you're learning to test limits and trying to figure things out, I see that you're outright pushing the boundaries, and I know you know that what you're doing is against the rules—but I'm not going to punish you every time, so good luck knowing which parent you're going to get, and good luck knowing which rule really matters. It's up to you to read my mind to get what you want and for us to avoid fighting."

Spelled out like this—we can see the error of our ways. Spelled out like this, we see that this is not the message we want to send. So what do we do?

Get On the Same Page

One of the first things I stress to the parents I work with is that you must agree on how and when you discipline. Your child doesn't have the capacity and shouldn't be responsible for switching between parenting modes that the two of you dance around.

Second, get on the same page with your kid. Have a sit-down with them to explain the rules clearly and concisely, as well as the consequences for when the rules are violated. Make this developmentally appropriate for your child's age. Depending on your child's age and temperament, I recommend regular family check-ins where you discuss what went well and what was hard each week and a refresher on what is expected.

Third, stick to what you say. Even if you have to delay punishment for a few hours to get your head straight, simply let your child know that you'll have a discussion later about what the consequence will be for their actions so that you can stick to your consistent plan.

Not Fair

I know it's challenging, and it feels very unfair that as parents, you give so much, and yet in these moments, you're being asked to give even more of yourself. Patience and sacrifice. But remember that instead of a snotty teenager sitting in front of you, you have a scared kid who has never done this "life" thing before, and you're the only one that can teach them. You were given that job. You signed up for that job the day you became a parent. So, it is hard. But you can do it.



Love well and laugh often

Ali :)

About the Author

Stephanie Cox, MS is a Licensed Mental Health Counselor in Florida specializing in therapy with children, families, and adults with mild to severe mental health and relational issues.

Newsletter

A message from your Coordinator

Dear Families

I believe everyone has adopted the routine after the break and keeping warm in the wintery weather. The children have settled well in the program and exploring various daily activities.

Over the last couple of weeks, the program highlights that our artists explored are winter art and learnt to take instructions to draw a penguin, seal, and polar bear in other experiences, designed a magic clay snowman, bubble rain umbrella art and rainbow collage. Our weather science quiz was a fun way to learn about extreme weather conditions worldwide. We also formed a tornado in a bottle and melted a snowman. Our master chef made delicious apple slices, hot pot noodles, sushi, banana slice, and cinnamon pancakes. The children also learnt to greet and count in the Hindi language and loved to participate in mental math quizzes during transitioning.

Apart from these experiences, our physical activities were also popular- knee tag, basketball, hula hoop tag, guards and soldiers, ball tiggy with a medic, iceberg jump, footy and line memory tag.

Next month we will celebrate National Science Week, followed by Book Week loaded with fun experiences. I hope to see you all!

Kind Regards

Meena



Activities coming up

- Science: Catapult
- Art: Gold fish in a bag
- Stage Drama



What's on the menu

- Baked bean toasties
- Lebanese pizza platter
- Carrot cake



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 or by downloading our Camp Australia smartphone app from the Apple App Store or on



Visit our blog

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

[Visit our blog](#)

Your OSHC.

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MINDFULNESS / DEVICES

Mindfulness

Mindfulness is **intentionally paying attention to what you are doing while you are doing it**. It can be helpful for some people to schedule in formal mindfulness or practice mindfulness in everyday activities.



Some benefits of
Mindfulness practice are:

DECREASED STRESS

DECREASED DEPRESSIVE SYMPTOMS

IMPROVED CONCENTRATION

IMPROVED GENERAL HEALTH

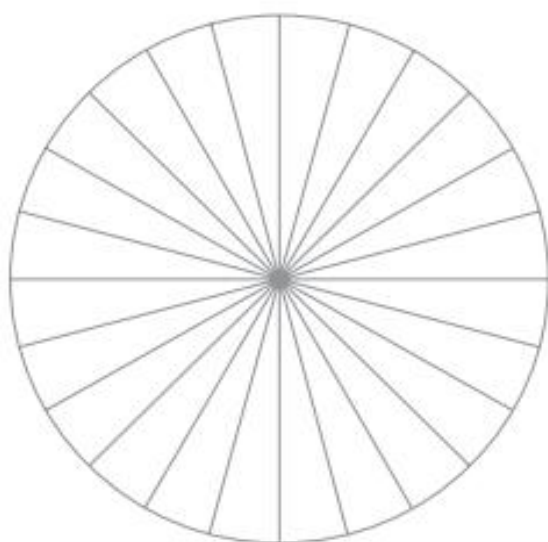
ENHANCED ABILITY TO DEAL WITH ILLNESS

MENTAL CLARITY

HOW DO YOU SPEND YOUR TIME?

Life can get extremely busy and **finding time for mindfulness practice can be quite tricky**. With the busyness of life and the large amount of time people are on their devices this can make it even more difficult. Take a few minutes to **do an audit of how you spend your time**.

The pie chart below is broken up into 24 segments and each segment represents one hour of your day. What does a typical day look like for you? Colour in hours of the pie chart to represent **how you spend your time each day**.



EXERCISE/SPORTS

MINDFULNESS

WORK

TV

DEVICES

SLEEP



- Are you happy with how you spend your time?
- How much time do you spend on devices?
- Is there something you could change?

It might be worth doing this with your children [using this template](#) and discuss how much time is being spent on screens or using devices. Talk about what could be done to decrease screen time, what mindfulness activities could your children do?

Click on the image for **parent information** about online safety, from the **eSafety Commissioner**. The family tech agreements are a great tool to use together as a family.



Click on the image for some examples of **mindfulness activities**.



THE
**RESILIENCE
PROJECT™**

Get ready, strap yourself in and join Martin for an action packed show that will have everyone on the edge of their seats wanting more!

Kids Shows - Click on the link to book tickets: [Kids Shows - The Resilience Project](#)

ADVERTISING



dreamstime.com

GCM ABACUS METHOD

MENTAL ARITHMETIC with ABACUS PROGRAM

儿童珠心算



An amazing program is now available to interested parents with children from Aged 5 to Year 6 where students can learn mental and manual arithmetic with abacus. This is a "Whole Brain Development" program with a proven concept that can improve arithmetic skills and also enhances the mental abilities like concentration, observation, visualization, imagination and memory.

Venues : Glen Waverley, Mt. Waverley & Ferntree Gully

Time : After School Hrs & Saturday

To assess suitability of the course for your child, please contact Choon at GCM Abacus Method for a ***Trial Lesson*** :-

Mobile: 0431 616 364

After hours: 03-97580731

Email : gcm.abacus@yahoo.com.au



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Northvale

SOFTBALL CLUB

FREE!

SOFTBALL

COME & TRY

3rd September
2:00 pm

Ages 7-12
Girls & Boys



Waverley Softball Association

2 - 30 Jells Rd, Wheelers Hill, 3150



Register your interest here

revolutionise.com.au/northvalesc/home/



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ADVERTISING



Talking Tweens

**A Parents Building Solutions Program
For Parents of Children Aged 8 to 12 years**

Do you want to:

- Improve communication?
- Deal with anger and anxiety?
- Establish boundaries with your child around screen use and other challenging behaviors?
- Understand tween development?

When: Monday evenings (6 sessions)

Mon 1st August to Mon 5th September 2022

Time: 7:00 pm - 9:00 pm

Where: Online via Zoom. Participants will need access to a device with video and audio in order to participate

Cost: Free of charge

Registrations: [Click here](#)

Enquiries: sharon.muir@anglicarevic.org.au

Come along to these 6 interactive sessions. Share strengths, challenges, and strategies to parent 8 to 12 year old.

PARENTZONE

ADVERTISING

2022 CIRCUS QUIRKUS

FREE MELBOURNE EVENT!

Thanks to the generous sponsorship from businesses across Greater Melbourne, Circus Quirkus provides young people of all abilities and backgrounds with an opportunity to experience some of Australia's best and wonderfully quirky circus performers in an inclusive, accessible and flexible environment with a relaxed attitude to audience noise and movement.

This event is perfect for people with sensory challenges and additional needs. House Lights will be dimmed, and theatre doors will remain open, with the foyer available for 'time-outs' during the performance.

If you can't attend the live show, watch a professionally filmed version direct from the stage to your screen, with unlimited streaming and on-demand viewing available.

[Click here to view the 2022 Circus Quirkus trailer.](#)

WHERE & WHEN...

MONDAY 15th AUGUST

@ 10.30am, 1.00pm & 5.30pm

(1 hour show, no interval)

THORNBURY THEATRE - 859 High St, Thornbury, Vic

All Tickets are Complimentary.

To book tickets and register for streaming access, please email your order and details to

meredithnewman@showintent.com.au

or call/text 0404-367-782



ADVERTISING

BRINGING UP GREAT

Kids



9 AUG – 6 SEP 2022
TUESDAYS (10am - 12pm)
CABENA CHILD & FAMILY CENTRE
22 Cabena Crescent, Chadstone

Bringing Up Great Kids (BUGK) is a 5-week program for parents/carers of children aged 2-10.

The program aims to build strong, positive and respectful relationship between parents/carers and their children.

BUGK is open to families residing in or connected with the City of Monash.

Monash Family Services
FREE PROGRAM • Bookings essential

For enquiries or to book:
FamilyServices@monash.vic.gov.au

Learn about
children's brain
development

Respond to
children's needs

Understand the meaning
of children's behaviour

Reflect on your
parenting approach

Explore ways to be
a more effective parent



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SCREENING FROM 6.30PM AT VILLAGE CINEMAS

WEDNESDAY 21 SEPTEMBER

For more information visit: monashyouth.org.au

