



Thursday 6th October 2022

TERM 4 WEEK 1

KEY DATES 2022

OCTOBER

Tues 11 - Fire Ed - Preps

Wed 12 - Girl's Hooptime - all star team

Wed 19 - Fire Ed - Preps

Mon 24 - MPS Art Show 5.30-7.30pm

Fri 28 - Grade 2 Sleepover

Mon 31 - CURRICULUM DAY

NOVEMBER

Tues 1 - PUBLIC HOLIDAY - CUIP DAY

Wed 9 - MPS Market Day

Fri 11 - Colour Fun Run

**Fri 18 - House Athletics/Track
(Whole School)**

Mon 21- 25 - Grade 6 Camp Rumbug

Mon 28 - Swimming Commences

Step Into Prep - Prep Transition

Wed 19th October - 9.15-10am

Wed 26th October - 9.15-10am

Wed 9th November - 9.15-10am

Wed 16th November - 9.15-10am

**Wed 30th Nov. Parent Info Evening
- 6.30-7.30pm**

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

CURRIC. & PROF. PRAC. DAYS 2022

Mon Oct 31st & Wed Dec 14th

PUBLIC HOLIDAYS 2022

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



I trust all of our students and families enjoyed a relaxing break and are ready to put their best foot forward in term four. For the most part the weather was kind to us which hopefully enabled many families to enjoy the outdoors. Term 4 is always an extremely busy time and this term is no different. We have the Art Show coming up, the Year 6 camp and graduation, Market Day, Carols, Step into Prep, the swimming program, the transition program, the Colour Fun Run, Fire Ed and many more activities as well. Of course, between all of that our focus remains on providing the best possible learning outcomes for our students. By ensuring we can provide a safe and happy learning environment that is well supported by the broader community, we go a long way to achieving this goal. I would remind families that reading is a daily homework expectation, but above that, reading for enjoyment is the best way to improve life outcomes, so please encourage your child to pick up a book as often as possible.

3/4 COLA

Over the holidays the school kept on ticking along, with the new 3/4 covered outdoor learning area now complete. It looks fantastic and will let our middle school students do more of their work in the open air. This new space, along with the 5/6 COLA, the shade sails near the art room and the area overlooking the hardcourts provide us with plenty of options for students to find shade in the hotter months and shelter from the rain. We will soon explore providing a covered way to connect the 5/6 portables with the courtyard, so that our students can move freely around the school in all weather conditions.



2023 Grade Structure

As we stated 12 months ago, MPS will revert to straight grades across all levels for the 2023 school year. The initial decision was made as a result of our current Year 2's having experienced interruptions in every term of their first two years of schooling. With that in mind, we maintained the smaller class sizes for another year in that area in 2022. The MPS Council recognises that straight classes remain the preferred model of the broader community and we thank you for your understanding this year. The existing timetable model will remain unchanged in 2023, however the new collective bargaining agreement that commenced on July 25th will require the school to increase time with specialists from our current level of 3 hours and 40 minutes per week to 4 hours in 2024.

In 2023, the following structure will be in place:

3 x Foundation (Prep)

3 x Year 1

3 x Year 2

3 x Year 3

3 x Year 4

3 x Year 5

2 x Year 6

Performing Arts (40 mins)

Physical Education (40 mins)

Spanish (40 mins)

STEM (40 mins)

Visual Arts (60 mins)

Intervention & Extension Programs including the Tutoring program.

In addition to this structure, we will again support classrooms with additional integration aides to ensure that we have as many adults in learning spaces as possible. The average class size across the school will be approximately 22.8 students. We are hoping to ensure that our long term average into the foreseeable future remains around this level. It should be noted that schools are provided with one classroom space for every 25 students, so this is becoming increasingly difficult now that we are at capacity. We are working with the Department to secure an extra classroom for 2024, but I'm sure some reminders to your local state MP wouldn't hurt on this front! Looking ahead to 2024, we will need to find that extra space as we will most likely have 3 grades at every level by then. I have long held the belief that this is the perfect size for a primary school and it is the schools long term goal to hold at this level. This will again mean restricting enrolments to approximately 63-66 for future prep cohorts.

2024 Enrolments

As per my previous comments, now is the time to start enrolling your child for prep 2024. Over the last three years we have averaged roughly 105 applications for enrolment and it is important for us to be able to plan for the three classes (maximum of 66). One of the most important aspects of this is understanding how many siblings will be enrolling. If you have a younger child who will be school age come 2024, please consider assisting us by downloading an enrolment form from the MPS website or by picking one up from the office and then completing it as soon as possible. My thanks to the families who have already submitted their 2024 enrolment forms.

Hats

Now that Term 4 is upon us, all students are required to wear hats outdoors at all times. Students who forget their hats will be expected to stay in undercover areas close to their classroom. We would ask that all students use the uniform hat, which can be purchased through PSW at any time. It is also expected that our Year 5 & 6 students will demonstrate leadership by setting a good example for the younger students.

Parents in the Classroom

A reminder that parents are very welcome back in the classroom as parent helpers and may access the school grounds at any time to visit the office, whilst attending events or when volunteering in any capacity. If you are keen to help hear some children read or volunteer for any of our upcoming events, such as the Art Show or the carols later in the year, please contact your classroom teacher so that we can arrange rosters or timetables as appropriate. As Covid restrictions are almost all removed, School Council will revisit our current policies at our next meeting later this month, before communicating any changes with the MPS community.

A Personal Note

My father passed away peacefully on Tuesday Sep 27th. He was 86 and had lived a full and happy life. As such, I will be absent for a little while from this Friday as we come together as a family. Mid next week I will also be assisting with the review of another school, so if you do need any assistance in that time, please contact Stuart Hattwell or Nicola Weerakoon.

Charles Spicer

Principal

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OCTOBER 24, 2022

5.30 - 7.30 PM

**MULGRAVE
PRIMARY SCHOOL
ART
SHOW**

Fun for the
whole family

Entry & event
tickets
purchased on the
day

Mona Lisa
photo station'

Make art
on the spot

**SCHOOL CHOIR
PERFORMANCE**

STUDENT ARTWORK ON EXHIBITION

Bid on the class canvas 'silent auction'

Play 'arty' sport games

Sausage sizzle, drinks & icy-poles to
purchase (cash only)

Gladeswood Drive, Mulgrave, 3170 p 9795 2477, f 9795 4884, e mulgrave.ps@education.vic.gov.au w www.mulgraveps.vic.edu.au

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Mulgrave Primary School

Art Show!!

MPS Art Show Raffle!!

Dear families,

Tickets for the 'Art Show Raffle' were sent home earlier this week. There are some amazing prizes on offer including a:

- \$250 Coles/Myer voucher (kindly donated by the Azimi family)
- \$150 Smiggle voucher
- \$150 dollar package from Office works.

There are also many other prizes also on offer thanks to all the wonderful donations from our MPS community, so please support this fundraiser. The winning tickets will be drawn at our MPS Art Show on Monday 24th October at 5.30pm till 7.30pm.

All tickets (sold or unsold) are to be returned to the school by **Friday 21st October**.

Also, congratulations to our Art Show Poster competition winners, Mira from 6T and Eva from 2M. Their awesome designs will be used in our upcoming Art Show on Monday 24th October.

Warm Regards,

Daniela Pejic
Visual Art teacher



The students and teachers have been busily working behind the scenes in preparation for the MPS Art Show on **Monday 24th October 2022, 5.30 – 7.30pm**.

Apart from the Art Show exhibition and fun activities, there will be stalls where food will be sold including sausage sizzle, soft drinks, icy-poles, chocolates

Special events such as these could not be possible without the support of our amazing parent community.

If you are available to help on the night, please click on the link below and sign up to volunteer.

We look forward to seeing you all at this event.

Warm Regards,

Daniela Pejic & Nicola Weerakoon

<https://signup.com/client/invitation2/secure/704731602364144065/false#/invitation>

THE VICTORIAN STATE SCHOOLS

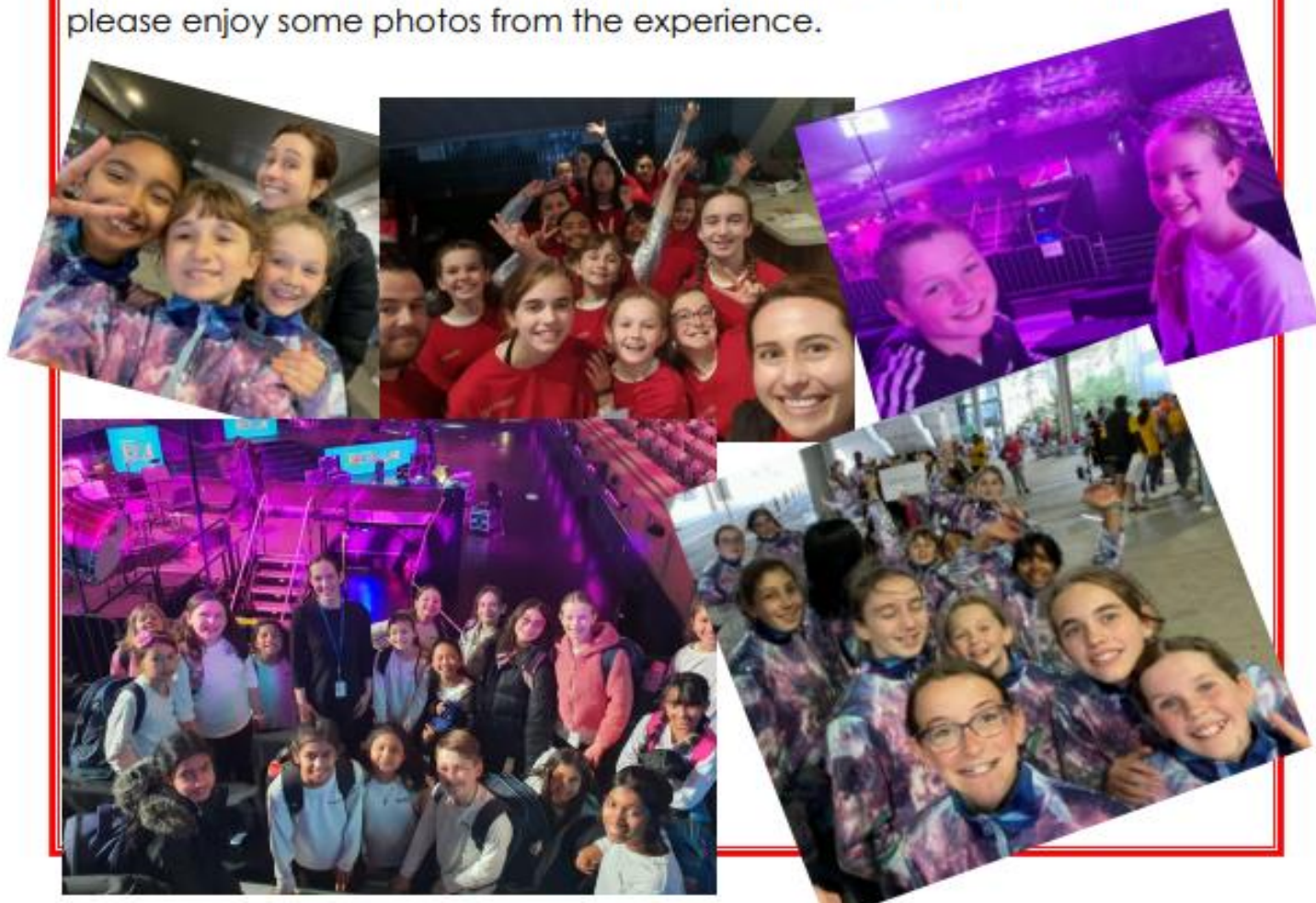
SPECTACULAR

Congratulations to all the students and staff who participated in the Victorian State Schools Spectacular on September 10th. After rehearsing all year both at school and at other locations, it was wonderful to see your involvement in such a spectacular event.

With two, eight-hour days (not including the bus trips) on the days before the show and then two shows on Saturday, it was a massive few days and you all represented the school in a truly, spectacular way.

Thank you to all the parents who managed to get your children to school for before-school rehearsals twice a week and for coming to watch the shows, we really appreciate the effort.

We will be focused on our school production next year and will not be participating in the VSSS. However we do aim to be involved again in 2024 and will send out information regarding this at the end of 2023. For now, please enjoy some photos from the experience.



THE VICTORIAN STATE SCHOOLS

SPECTACULAR



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7 Secrets to Raising a Happy Child

Give your child the skills to rebound from setbacks and pave the way to success.

By [Marguerite Lamb](#)

What Makes a Child Happy?

We all want the same things for our kids. We want them to grow up to love and be loved, to follow their dreams, to find success. Mostly, though, we want them to be happy. But just how much control do we have over our children's happiness?

My son, Jake, now 7, has been a rather somber child since birth, while my 5-year-old, Sophie, is perennially sunny. Jake wakes up grumpy. Always has. Sophie, on the other hand, greets every day with a smile. Evident from infancy, their temperaments come, at least in part, from their genes. But that doesn't mean their ultimate happiness is predetermined, assures Bob Murray, Ph.D., author of *Raising an Optimistic Child: A Proven Plan for Depression-Proofing Young Children—for Life* (McGraw-Hill). "There may be a genetic propensity for depression, but our genes are malleable and can be switched on or off depending on the environment," he says. "The research clearly shows that happy, optimistic children are the product of happy, optimistic homes, regardless of genetic makeup."

What can you do to create a home where your child's happiness will flourish? Read on for seven strategies that will strengthen your child's capacity to experience joy.

Foster Connections

The surest way to promote your child's [lifelong emotional well-being](#) is to help him feel connected—to you, other family members, friends, neighbors, daycare providers, even to pets. "A connected childhood is the key to happiness," says Edward Hallowell, M.D., child psychiatrist and author of *The Childhood Roots of Adult Happiness*. Dr. Hallowell points as evidence to the National Longitudinal Study of Adolescent Health, involving some 90,000 teens, in which "connectedness"—a feeling of being loved, understood, wanted, acknowledged—emerged as by far the biggest protector against emotional distress, suicidal thoughts, and risky behaviors including smoking, drinking, and using drugs.

Fortunately, we can cement our child's primary and most crucial connection—to us—simply by offering what Dr. Hallowell calls the crazy love that never quits. "It sounds hokey, and it's often dismissed as a given," he says, "but if a child has just one person who loves him unconditionally, that's the closest thing he'll ever get to an inoculation against misery." It's not enough, however, simply to possess that deep love; your child must feel it, too, Dr. Hallowell says. Hold your baby as much as possible; respond with empathy to his cries; read aloud to him; eat, snuggle, and laugh together.



Meanwhile, provide chances for him to form loving connections with others as well, advises sociologist Christine Carter, Ph.D., executive director of the University of California at Berkeley's Greater Good Science Center, an organization devoted to the scientific understanding of happiness. "We know from 50 years of research that social connections are an incredibly important, if not the most important, contributor to happiness," Carter says. "And it's not just the quality, but also the quantity of the bonds: the more connections your child makes, the better."

Don't Try to Make Your Child Happy

It sounds counterintuitive, but the best thing you can do for your child's long-term happiness may be to stop trying to keep her happy in the short-term. "If we put our kids in a bubble and grant them their every wish and desire, that is what they grow to expect, but the real world doesn't work that way," says Bonnie Harris, founder of Core Parenting, in Peterborough, New Hampshire, and author of *When Your Kids Push Your Buttons: And What You Can Do About It*. To keep from overcoddling, recognize that you are not responsible for your child's happiness, Harris urges. Parents who feel responsible for their kids' emotions have great difficulty allowing them to experience anger, sadness, or frustration. We swoop in immediately to give them whatever we think will bring a smile or to solve whatever is causing them distress. Unfortunately, Harris warns, children who never learn to deal with negative emotions are in danger of being crushed by them as adolescents and adults. Once you accept that you can't make your child feel happiness (or any other emotion for that matter), you'll be less inclined to try to "fix" her feelings—and more likely to step back and allow her to develop the coping skills and resilience she'll need to bounce back from life's inevitable setbacks.

Nurture Your Happiness

While we can't control our children's happiness, we are responsible for our own. And because children absorb everything from us, our moods matter. Happy parents are likely to have happy kids, while children of depressed parents suffer twice the average rate of depression, Murray observes. Consequently, one of the best things you can do for your child's emotional well-being is to attend to yours: carve out time for rest, relaxation, and, perhaps most important, romance. Nurture your relationship with your spouse. "If parents have a really good, committed relationship," Murray says, "the child's happiness often naturally follows."

Praise the Right Stuff

Not surprisingly, studies consistently link self-esteem and happiness. Our children can't have one without the other. It's something we know intuitively, and it turns many of us into overzealous cheerleaders. Our child scribbles and we declare him a Picasso, scores a goal and he's the next Beckham, adds 1 and 2 and he's ready for Mensa. But this sort of "achievement praise" can backfire.



"The danger, if this is the only kind of praise a child hears, is that he'll think he needs to achieve to win your approval," Murray explains. "He'll become afraid that if he doesn't succeed, he'll fall off the pedestal and his parents won't love him anymore." Praising specific traits—intelligence, prettiness, athleticism—can also undermine children's confidence later, if they grow up believing they're valued for something that's out of their control and potentially fleeting.

"If you praise your child primarily for being pretty, for example, what happens when she grows old and loses that beauty?" Murray asks. "How many facials will it take for her to feel worthwhile?" Interestingly, Murray adds, research shows that kids who are praised mainly for being bright become intellectually timid, fearing that they will be seen as less smart—and less valuable—if they fail.

The antidote, however, is not to withhold praise but rather to redirect it, Murray says. "Praise the effort rather than the result," he advises. "Praise the creativity, the hard work, the persistence, that goes into achieving, more than the achievement itself."

The goal, Carter agrees, is to foster in your child a "growth mind-set," or the belief that people achieve through hard work and practice, more than through innate talent. "Kids who are labeled as having innate talent feel they need to prove themselves again and again," Carter observes.

"Whereas studies show kids with a growth mind-set do better and enjoy their activities more because they aren't worried what people will think of them if they fail." Fortunately, Carter says, research has shown it's possible to instill a growth mind-set in children with one simple line of praise: you did really well on X; you must have worked really hard. "So we're not saying don't praise," Carter stresses. "Just focus on something within your child's control."

Allow for Success and Failure

Of course, if you really want to bolster your child's self-esteem, focus less on compliments and more on providing her with ample opportunities to learn new skills. Mastery, not praise, is the real self-esteem builder, Dr. Hallowell says. Fortunately, when it comes to the under-4 crowd, nearly everything they do is a chance to attain mastery—because it's all new to them: learning to crawl, walk, feed and dress themselves, use the potty, and ride a tricycle. Our challenge is to stand back and let our children do for themselves what they're capable of. "The great mistake good parents make is doing too much for their children," Dr. Hallowell says.

While it can be difficult to watch our kids struggle, they'll never know the thrill of mastery unless we allow them to risk failure. Few skills are perfected on a first try. It's through practice that children achieve mastery. And through repeated experiences of mastery, they develop the can-do attitude that lets them approach future challenges with the zest and optimism that are central to a happy life.



Give Real Responsibilities

"Happiness depends largely on the feeling that what we do matters and is valued by others," Murray observes. "Without that feeling, we fear we might be excluded from the group. And research shows that what human beings fear more than anything is exclusion."

In other words, people have an innate need to be needed. So the more you can convey to your child that he is making a unique contribution to the family, from an early age, the greater his sense of self-worth and his ultimate happiness. Kids as young as 3 can play meaningful family roles, Murray says, whether it's refilling the cat's dry-food bowl or setting out the napkins at dinnertime. If possible, assign a role that plays to your child's strengths. For example, if your little one loves to organize things, give him the job of sorting the forks and spoons. If he's particularly nurturing, perhaps his role could be entertaining his baby sister while you get dinner on the table. So long as you acknowledge that he's making a contribution to the family, it will heighten your child's sense of connection and confidence, two prerequisites for lasting happiness.

Practice Habitual Gratitude

Finally, happiness studies consistently link feelings of gratitude to emotional well-being. Research at the University of California, Davis, and elsewhere has shown that people who keep daily or weekly gratitude journals feel more optimistic, make more progress toward goals, and feel better about their lives overall. For a child, keeping a journal may be unrealistic. But one way to foster gratitude in children is to ask that each member of the family take time daily—before or during a meal, for example—to name aloud something he or she is thankful for, Carter suggests. The important thing is to make it a regular ritual. "This is one habit that will foster all kinds of positive emotions," she assures, "and it really can lead to lasting happiness."



Newsletter

A message from your Coordinator

Dear Families

A very warm welcome to families for the last term of the year 2022! I believe Spring break was rejuvenating and relaxing and am ready to keep up with the busy term ahead!

Our Spring Rocketeers program rocked with fantastic missions, incursions and excursions over the past two weeks. The children had a fantastic time exploring their favourite missions every day. Highlights of our Rocketeers was our project 'Picnic Bears'. The children learnt to create cosy teddy bears, made delicious cinnamon scrolls, and went out for a picnic with friends and had a fabulous day out!

This term, many exciting activities are in the plan. We will be continuing with our gardening project growing seasonal vegetables. We have hands-on science experiments, outdoor activities, picnics, art and crafts, and cooking activities in store for everyone to have fun and learn!

Just a friendly reminder to keep a spare hat in your child's bag for outdoor activities, please!



Activities coming up

- Coffee filter butter flies
- Paper Puppets
- Ball games



What's on the Menu

- Corn fritters
- Bruschetta with salsa
- 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.campaustalia.com.au or by downloading our Camp Australia smartphone app from the Apple App Store or



Blog

Visit our blog

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

[Visit our blog](#)

Your OSHC.

www.campaustalia.com.au


ROCKETEERS

ADVERTISING



Online Registrations Open

<https://www.playhq.com/basketball-victoria/register/a4581d>

We are currently looking for more Under 10's players.

If you are interested, please call Mark Hallett at Nunuwading Basketball on 03 9802 6711 or email mark@nunawadingbasketball.com.au

WHERE DO WE PLAY?

The Mulgrave Mambas Basketball Club compete in the Saturday competition of the Melbourne East Basketball Association (MEBA). This Saturday competition is known as the Greater Eastern Basketball Conference (GEBEC).

The MEBA/GEBEC play games out of numerous venues in Melbourne's Eastern and South Eastern suburbs including: Nunawading Basketball Centre, The Rings, Forest Hill College, Mullauna Secondary College, The Knox School, Mulgrave Primary and Wheelers Hill Secondary College

WHAT TIMES ARE GAMES?

The MEBA/GEBEC Saturday competition start games at 8am with the last game concluding by 7:15pm.

Games are (in most cases) allocated in "blocks" by age group with Under 8's/10's starting the day from 8am through to Under 18's playing the later timeslots.

WHAT ARE THE SEASON DATES?

The Summer '22/23 season is played across Term 4 ('22) and Term 1 ('23) commencing on Saturday 8th October and plays through until early April.

The competition doesn't play on the Saturday of Melbourne Cup Weekend and takes a break for the Dec/Jan school holidays.

TRAINING

Training will be held at Mulgrave Primary School after school once per week during the season.

Specific days/times of trainings will be determined closer to the season in consultation with the team coaches.

WHAT DOES IT COST?

The Player Registration fee for the Summer '22/23 season has been set at \$75 per player. Given we are a start up club we have subsidised this fee as much as possible.

The Player Registration fee covers operational costs for the club/teams including Competition

Entry, Training Courts, Coach Polo's, Team Equipment, Trophies etc.

In addition to the Club Registration Fee, Basketball Victoria require all players to be registered and covered by insurance. This fee of \$26 covers players for 365 days from registration.

Finally, each team is required to pay a weekly "Team Sheet Fee" (\$84) to the competition that covers competition, court and referee costs. This fee for Summer '22/23 is set at \$195 per player and will be collected over 3 instalments of \$65 on 01/10/22, 01/12/22 and 01/02/23.

UNIFORMS

Once we have closed registrations we will be holding a uniform "try on" day for all players to order their uniforms.

As the foundation players of the Mulgrave Mambas all playing uniforms for the inaugural season will be provided free of charge to players.

This will include a reversible playing singlet and shorts.

Given the time frame from try-on day to ordering we won't have the uniforms in time for the 8th October so we have ordered reversible navy/white singlets in the interim.

These will be handed out at the first training next Term.

For these initial weeks, we ask that players wear black basketball shorts (no pockets allowed).

#READYTOSTRIKE

ADVERTISING



MULGRAVE PRIMARY SCHOOL

SOCCER X SCHOOL PROGRAM / FUN - EDUCATIONAL - ACTIVE

In Term 4, Soccer X will be running an 8 week Soccer program at Mulgrave Primary School every **Friday** from **3:30 - 4:30pm** beginning **14th October 2022**.

The program is available to students from **Prep - Year 6**.
On arrival children will be split into groups according to age.
All sessions will be run by **qualified coaches** who hold blue cards.
The sessions will be **fully inclusive & fun-based**, catering for all abilities.

Cost: \$130 / 8-weeks.

For more information and online registrations please visit

www.soccer-x.com



LOCATED AT MULGRAVE PRIMARY SCHOOL
GROUNDS EVERY SUNDAY 8.00AM to 1.00PM

<https://www.facebook.com/mulgravefarmersmarket/>

ADVERTISING



Talking Tweens

**A Parents Building Solutions Program
For Parents of Children Aged 8 to 13 years**

Do you want to:

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

Come along to these 6 interactive sessions. Share strengths, challenges, and strategies to parent 8 to 13 year old.

When: Monday afternoons (6 sessions)

Mon 10th Oct to Mon 14th Nov 2022

Time: 12:00 noon - 2:00 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

PARENT*ZONE*

anglicarevic.org.au

**BETTER
TOMORROWS**

ADVERTISING

BECOME A BAKER

Registrations are now open to
play cricket this season at

Silverton Cricket Club

If you are aged between 3-16 then visit:

SILVERTON

Play.cricket.com.au/club/Silverton-cricket-club

C.C.

GOT QUESTIONS? Drop us a line @ juniors.silvertoncc@gmail.com

HOME OF THE BAKERS est. 1968

