



Thursday 3rd August 2023

TERM 3 WEEK 4

KEY DATES 2023

AUGUST

Fri 4th - 100 Days of Prep
Wed 9th - Guide Dogs Incursion - Prep
Fri 11th - Hoop Time (Select Gr 5/6)
Mon 14th - 18th - Book Week!
Tues 15th - Lego Competition
Friday 18th - Book Week Parade - 9.15am
Mon 21st - Book Fair Open - 3.45-5pm
Tues 22nd - Book Fair Open - 3.45-5pm
Thurs 24th - District Aths
Fri 25th - Crazy Sock Day!!
**Tues 29th - Parent/Teacher/Student
Conferences 2pm-7pm**
Wed 30th - Responsible Pet Program
Incursion - Preps

SEPTEMBER

Fri 1st - Father's Day Stall
Tues 12th - Chesterfield Farm Exc.- Preps
**Friday 15th - Last Day of Term 3
(2.30pm Students Dismissed)**

DATES AND TIMES TO REMEMBER:

TERM DATES 2023

Term 1: 30 January – 6 April
Term 2: 24 April – 23 June
Term 3: 10 July – 15 September
Term 4: 2 October – 20 December

CURRICULUM DAYS 2023

Mon 6th Nov

PROFESSIONAL PRACTICE. DAYS 2023

Thurs 14th December

PUBLIC HOLIDAYS 2023 - Term 3

No Public Holidays

TIMETABLE

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

Message From The Principal

We are now well into the term and the classrooms are alive and buzzing with activity. Across the school, students are hard at work and play, developing their knowledge and learning strategies. Whenever I take a school tour or am just visiting a classroom, I can confidently walk into any grade and know that our students will be on task and learning in a respectful and orderly manner. This is a credit to our students and our teachers and it helps to ensure that we can get the best out of each and every child.

Term 3, to use a couple of sporting analogies, is like Day 3 in a golf tournament or the 3rd quarter of an AFL match. It's "moving day" or "the premiership quarter". It is when big learning gains can be made if students are working at their best. They are well settled into the routines of their class, their teachers have a full understanding of their strengths, interests and areas for improvement and relationships have been built. The platform is there for students to put their best foot forward, so I encourage all of our students to do so and remember to read every night!

Student/Parent/Teacher Conferences

Later this month on August 29th, we will hold our student/parent/teacher conferences where we will then set our goals for the final term. Teachers are currently working towards this and will refine these goals at the conference, before providing a clear path for each child for term 4 with a view to maximising learning outcomes. As stated earlier in the year, our new feedback model aims to provide student learning goals for each term. The December report and Early Years Interviews for the Preps inform Term 1, the end of Term 1 Individual Education Plan (IEP) informs Term 2, the June report informs Term 3 and the Term 3 IEP informs Term 4. This provides parents with ongoing information regarding their child's progress and it also allows teachers to better identify if a child has shown learning growth or if they have plateaued and we need to reconsider our strategies, so that we can ensure every child is achieving maximal growth throughout the school year.

100 Days of Prep

Tomorrow we celebrate 100 days of prep and we are looking forward to a fun day. The preps will be dressing up as 100 year olds in true Arthur Gumnut fashion, they will be enjoying lots of "100" activities and finish with a class party to celebrate all of their wonderful achievements since they began their education back in late January.

Conference Professional Learning

Earlier in the week I had the pleasure of attending the Australian Primary Principals Association Conference. Throughout the conference there was a significant amount of new learning and opportunities to catch up with colleagues. One of the big take-aways for me was the success of Australian schools, despite what is often reported through the media. It was noted that a Year 8 student's reading level today is 1 year higher than it was 15 years ago.

That's an extraordinary improvement and it underlines the fact that some of the international testing regimes do not offer a level playing field. In a nutshell, it means that we are not being measured by the same standards, yet Australian schools and universities are incredibly popular with international families for a reason.

In the end, when MPS compares our results, we compare our results with one of the highest achieving networks in the country or schools with similar demographics. We look at the data and see what we can do to continually improve the education we provide for your children. The world is a competitive place and our goal is ensure that every child that is entrusted into our care is as well prepared for that as possible.

NAPLAN

Following on from the previous section, our students should once again be congratulated on their excellent NAPLAN results. Whilst we still have some work to do to fully understand the data, it should be noted that in reading 90% of our Year 3's and 85% of our Year 5's were at or above the expected level. In writing, the results were even more spectacular, with 96% of Year 3 at the expected level and 92% of Year 5's. In Numeracy, 85% of Year 3's meet or exceeded the expected level, whilst 80% of Year 5's did the same.

It should also be noted that every student was given the chance to do the NAPLAN tests and MPS was recently commended for this inclusive approach. We need to give every child every opportunity to achieve and to also understand what areas they need to improve on. This information will be used to further identify where we can improve and teachers will sift through individual results to identify any gaps in knowledge and where each child's point of need is as we continue to support their learning.

Charles Spicer

Principal



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

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

Book Week

August 14th – 18th

Read
Grow
Inspire

Book Week Parade

Friday August 18th

Dress up as your
favourite book character

9:15am

LEGO Competition

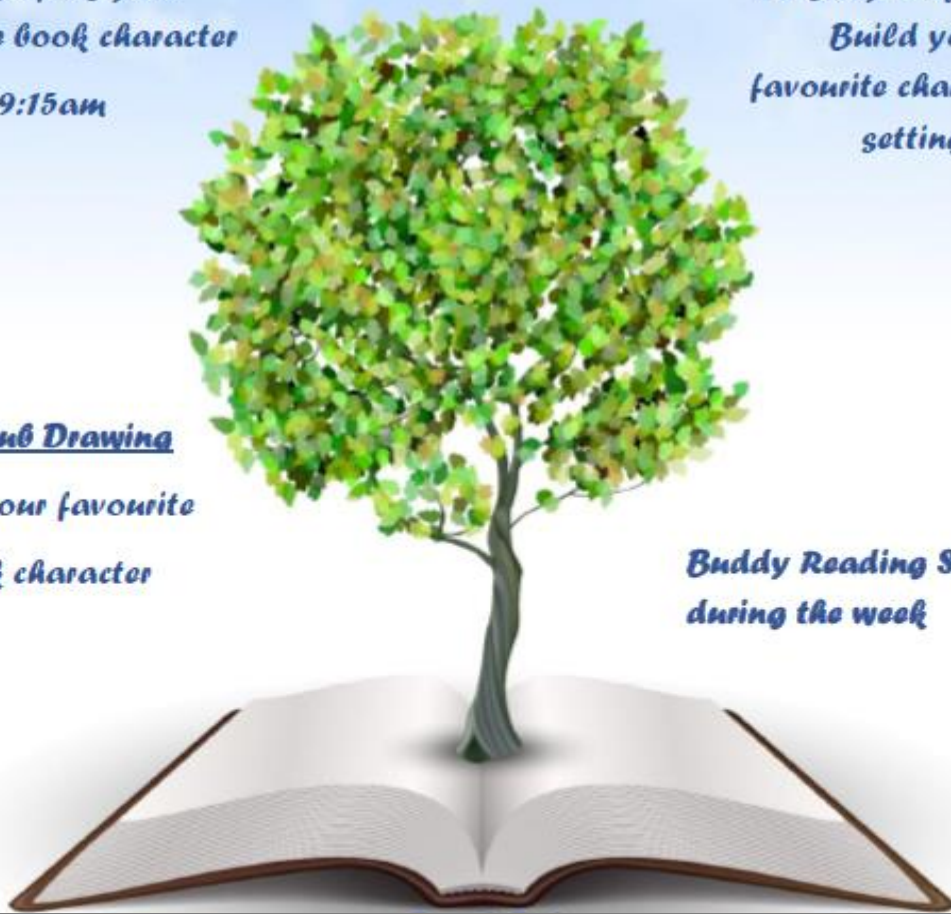
Tuesday August 15th

Build your
favourite character or
setting

Art Hub Drawing

Draw your favourite
book character

Buddy Reading Sessions
during the week



Scholastic Book Fair!!

Books will go on sale on
Monday 21st August and
Tuesday 22nd August

3.45pm - 5pm

Students will be able to view the books
with their class on Friday 18th August!



LEGO COMPETITION

Students need to build something out of Lego that is related to a book they like. This can be a character or a scene. There will be prizes (P-2, 3-4, 5-6).

Kits will be not be considered for prizes, but they can be bought along to show.

Students will need to drop off their Lego on Monday the 14th of August between 8:45-9:00am in the old hall.

Parents are invited to come and view after school on Monday the 14th of August.

Students will pick up their Lego on Tuesday the 15th of August after school.

Students can build with Lego or Duplex.

TERM 3 WEEK 3 STUDENT AWARDS 2023

6G	Rudy S	For always contributing valuable insight to class discussions! We love your big brain!
6T	Valerie D	For being such an amazing friend, helping others when they need it, and being awesome in the production.
5G	Athan S Akshat T	For his outstanding factual recount and terrific voice when recording his podcast. Well done Athan! For showing excellent persistence in Maths when creating fraction number lines. Awesome work Akshat!
5J	Alex R Evie P	For always being an incredible help in our classroom and for lighting up our room with her amazing and beaming smile. Keep shining! For balancing her role in the school production and her school work so wonderfully. You have continued to work so diligently and have done a brilliant job with it all whilst still smiling bright! Great work!
5M	Harrison M	For always completing his work at a high level even while undertaking a main role in the school production. You are a superstar on stage and in the classroom! Well done Harrison!
4W	Harry P	For his enthusiasm throughout production, particularly his contribution to the choreography that received a lot of laughs.
4H	Aydin O	For creatively adding facts to his imaginative recount about the heart.
4S	Nicola H	For the incredible effort she put into her writing piece about the circulatory system. Amazing job Nicola!
4S	Pavlos T	For the fantastic creativity he put into his writing this week. Keep it up Pavlos!
3M	Annstarshia K Venice W	For showing persistence and determination during production. Well done, Anna! For giving it her all during production and showing all her peers respect and encouragement.
3H	Hazel G Audrey H	For giving her best during the production and making friends with her peers. Great job. For displaying amazing determination and persistence during the school production.
3S	Lisandi W	For working hard to improve her division skills, and for always demonstrating excellent listening skills.
2O	Audrey T	For including interesting adjectives in her writing and using quotation marks. Fantastic work Audrey!
2N	Evan M	For challenging himself in Maths lessons when sorting, ordering and counting money.
2E	Angel B	For her enthusiasm and energy when performing in the production.
1M	Fateh S Zayn M	For settling in wonderfully to MPS! For his excellent performance as Simba in the production!
1L	Stacey P Cleo F	For being brave and putting so much enthusiasm into her performance at the production For working diligently on gathering facts for her information report on gymnastics
1B	Esther H Jack M	For the outstanding effort you have put into writing your information report. Keep up the great work Esther! For always making fantastic contributions to class discussions and sharing his ideas. We love hearing about your knowledge!
Prep K	Marvel M.	For consistently taking the initiative to help others and assisting with tasks around the classroom. You are greatly appreciated!
Prep C	Alex A	For persisting with his writing and always giving it his best. Keep it up Alex!
Prep B	Grace M Tessa M	For working to her best when learning her Magic words. Keep up the amazing work, you should be so proud of yourself! For her great contributions when creating our own text about the Production during our Language Experience this week. Well done!

TERM 3 SPECIALIST AWARDS 2023

Focus:	Junior	Middle	Senior
Art	April M - 2E For working with persistence on her vase construction project. Your paper mâché technique to cover and strengthen your project was superbly done! Great job!	Loretta T - 3M For listening carefully to the instructions to create a complicated 'Op Art' weaving project and correctly completing the steps to make 2 designs. Keep it up! Patrick G - 4W For demonstrating kindness in the art room. He first completed his 'Graffiti Wall' art project with awesome results and then used his free time to help out on a friend's project, who was absent, so it was finished in time. Super star effort!	Levi G - 5M For working with persistence and determination every week on his monster sewing project to complete all the stitches. Your monster was one of the largest ones so you really had a challenge on your hands and you succeeded. Wonderful work! Lachlan A - 5G For not giving up and finishing his monster sewing project which was at times very challenging. A super effort!
PE	Nyah J - Prep C For her spectacular throwing technique displayed in our assessments and her dominance shown in our soccer/futsal clinics.	Lisandi W - 3S For her magnificent effort throughout all of our track and field events. Your commitment and enthusiasm can only lead to continually improving results. Well Done!	Zoe L - 6T For her amazing Triple Jump results in athletic tryouts. Your Hop, Step and Jump are expertly timed, allowing for exceptional results.
Performing Arts	Monica S - Prep K For your beautiful singing and dancing in the production. You knew all the songs and helped lead your class in every performance. Well done!	Pearl B - 3S For your fantastic leadership in singing and dancing, and your exceptional effort during this year's production rehearsals and performances.	Jasper G - 6T Excellent job leading the backstage crew! Your assistance before and during the production was greatly appreciated. You knew exactly what needed to be done with the set for the performances. Well done!
Science	Aleko T - 2N For your excellent work when trying to figure out what the dinosaur was during 'The Great Fossil Hunt' task. You did a great job using your knowledge and reasoning skills to identify what the creature could have been. Really well done Aleko!	Sophie M - 3H For her excellent work in STEM, always being focused and on task. She has also done an awesome job while working on her alien design project. Great work Sophie!	Taranjit S - 5M For his eagerness to learn more about the world and questioning 'why' things work the way they do, as well as his efforts to improve his engineering skills during the colony task. Well done Taranjit!
Spanish	Olive M - 1L For her great enthusiasm and active participation in all the activities we do in class and always being so positive to learn new words and phrases. Your engagement in every lesson is truly inspiring!	Mayra M - 3S For actively participating in all lessons, enthusiastically engaging in speaking and reading new Spanish words and phrases. Your dedication to learning languages sets an exceptional example for our class!	Joseph M - 6T For showing great language skills when writing a description about his favourite sportsperson and confidently reading it aloud in Spanish. Your enthusiastic approach to learning and using new phrases sets a great example for our language class!



5 Ways Anxiety Harms Learning and 8 Things Parents Can Do to Help

by Melbourne Child Psychology & School Psychology Services, Port Melbourne

There is an 'epidemic of anxiety' among Australian children. And many experts are attributing this to increasing pressure at school. But when it comes to school and anxiety – it can be a case of:

What came first, the chicken or the egg?

How and why childhood anxiety develops is not the most important issue at hand, though.

What's important is that it's identified and addressed as soon as possible.

Because anxiety doesn't discriminate.

Anyone can experience anxiety, and any number of things — or combination of things — can cause or trigger it.

And childhood anxiety can affect all areas of a child's life.

It can have negative effects on social, physical, emotional, AND learning performance.

In 2015, research showed that 6.8% of Australia children suffered from an anxiety disorder.

And all signs point to these numbers growing.

So how does anxiety affect learning?

1. Anxiety may make a child uncomfortable in the school environment.

This discomfort is distracting...

It gets in the way of their concentration, and their ability to learn.

2. Anxiety affects working memory — our ability to hold information in our minds for short periods, in order to do something with it.

Think about it: if we can't remember the passage we've just read, how can we respond to it?

3. Anxiety makes thought processing less efficient.

Again, it makes sense: if we're distracted by being anxious, how can we concentrate?

This can lead to a student falling behind in class...

And their anxiety often stops them from asking for the help they need to catch up.

4. Anxiety can be hard to detect.

Particularly in the early stages, a child may be very anxious one day and not at all the next.

Unlike other issues that affect learning, this inconsistency makes it hard for teachers and parents to figure out what's getting in the way of learning.

5. Anxiety can lead to avoidance — of school or homework.

This leads to falling behind in class, and makes the anxiety about school even worse.

So if school is making kids anxious, and their anxiety is making them perform worse at school...

How can parents help?

Anxiety is not a life sentence.
It can come and go, and it can be treated.

But [early intervention is vital to stopping anxiety from getting worse...](#)

And this means giving kids the tools and strategies they need to deal with anxiety and stress – now and in the future. So be on the lookout for the [warning signs of anxiety](#).

Start at home:

1. [Develop a solid, consistent and productive family routine.](#)

This offers familiarity and dependability, which makes kids feel safe and secure.

2. [Talk to your kids about school \(and everything\), often.](#)

This will help you to suss out when they may be struggling...

And it will make them feel comfortable to talk about it with you when they are.

3. [Practice mindfulness.](#) Even for just a few moments a day.

Switching off from the world (and from screens, in particular), gives people of all ages some time to just 'be'.

And with a little practice, it becomes a life skill that can be used anywhere, anytime, particularly in panicked moments (like exams).

4. On that note, limit [screen time](#).

Many researchers are finding links between social media use and childhood mental health issues.

You can't stop your kids from using social media, but you can encourage healthy habits.

Start with 'no screen zones', like during meals or in the car.

5. Make sure they are getting [enough sleep](#).

A lack of sleep exacerbates anxiety...

And it inhibits kids' ability to concentrate the next day at school.

This is another good reason to introduce no screen zones — phones keep kids awake and alert for longer.

6. Be engaged with their schooling.

With so many kids in each class, it can be easy for problems to slip through the cracks.

Don't expect their teacher to be able to pick up everything, whether it's an anxiety issue or a learning difficulty.

Reading with your kids, watching them with their homework, asking about their day at school...

All these things will help you to know if there's a problem, or if they need some extra help.

7. [Praise effort, not results.](#)

Kids put enough pressure on themselves when it comes to grades.

Help to ease their anxiety about marks by taking the pressure of final results, and instead encourage and support the *process* that goes towards getting them.

This will ease their anxiety AND help them to become more resilient and motivated in the face of failure or setbacks.

Live well and laugh often!

Ali

Wellbeing Officer



Newsletter

A message from your Coordinator

Firstly, I would like to remind parents to book their child at least a day earlier for the session, our numbers are filling up, and some days may be impossible for you to book your child on the day. For you to secure the place and for us to maintain the child-staff ratio, please book your child in advance through the parent portal.

We will be celebrating National Science Week with ample engaging experiences beginning the 14th till the 18th of August. The children will have an opportunity to explore solar energy, coding a binary bracelet, innovation card search and hands-on explosion science to create volcanoes, etc. For bookings, please visit the parent portal on the Camp Australia website.

Highlights of the last couple of weeks' programs are designing a mini beast with pom-poms, learning to make an origami crane, designing an oil pastel reef, and making shining wrist cuffs. Our boat-making challenge was outstanding children learnt to make paper boats and put them on the test to watch whether they floated or sank. In another experience, they had a rocket balloon race, which was a fun way to learn about the forces. Our master chefs were involved in several cooking experiences like cheesy scrolls, lamingtons, banana choc cake, chocolate cookies, and pancakes.

Apart from these experiences, the children played team games like: heads down thumbs up, knight at the museum, Octopus, basketball, camouflaging, ball games, ping-pong, handball and outdoor play.



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 Google Play. Once registered, it's easy to make bookings and manage your account.



Activities coming up

- Clay Disney characters
- Craft: slinky the dog
- Celebrity heads
- Thankful jar
- Dino tag



What's on the Menu

- Rice paper rolls
- Carrot banana Cake
- Spaghetti toasties



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


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2023



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ACCESS, CHOICE and PRACTICE

Scholastic strives to connect children with the books they will love to read. Enhancing their experience when accessing and selecting books increases the chance of choices that lead to their reading enjoyment and practice.



INTRODUCING Scholastic BooksPlus



We want to share our next step to improve our Book Club and Book Fairs offering. From Term 3, 2023 we will select titles on each offer to feature a BooksPlus QR code.

Scanning the code will access additional content for the book including greater insight into the story, characters and creators.

We would love to hear what you think works and what else we could provide as part of BooksPlus.

Email us your feedback:

BookClub_Feedback@scholastic.com.au

We want to keep improving how we encourage and support reading. We want to keep listening to you and all the amazing schools that partner with us.

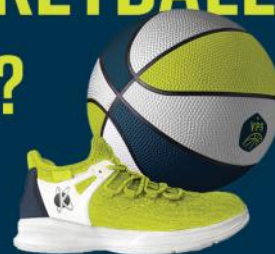
Your Scholastic Reading Team



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you! Get a chance to
represent your school
and have fun while
playing the sport
you enjoy!*

WHEN: FRIDAY EVENINGS

TIME: BETWEEN 4:00PM - 6:00PM

WHERE: DANDENONG BASKETBALL STADIUM - COURTS 11, 12, & 13

Our VPS competition offers opportunities such as:

- ☒ Learning the game while participating in a competition setting competing against local primary schools
- ☒ We are grassroots to the sport and supports transitioning your child (or children) into continuing to play the sport at the domestic level
- ☒ Flexible time frame (Friday after school) to support your child (or children) while they may be participating in basketball or other sports
- ☒ Representing your school at a fun level and enjoying playing with school mates
- ☒ Provided quality uniforms with the option to have quality basketball shoes as well.

If you are interested and want to know more:



**Please contact our VPS Manager
John King directly - 0422 899 179**

www.vpsbasketball.com.au



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Entries close 11 September 2023
Art submitted by 26 September 2023

To enter, contact:

[e] sesuicideprevention@gmail.com

[p] Malcolm: 0403 583 927

ADVERTISING



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- Learn parenting strategies to help your child cope with anxious feelings?
- Teach your child the skills of resilience so they can bounce back from adversities?
- Communicate better with your child?

Join this interactive 6 week program to learn strategies, share stories and take some time out for you

When: Tuesdays (6 afternoon sessions)

Dates: August 1st to September 5th 2023

Time: 1:00 to 2:30pm

Where: Online via Zoom.

Cost: Free for parents and carers living in Melbourne's Eastern Region.

Registration: [Click here](#)

Enquires: sharon.muir@anglicarevic.org.au

Please Note: we have limited places so please only register if you can attend all 6 sessions. You will also need to log in on a device with video and audio in order to participate.

PARENTZONE

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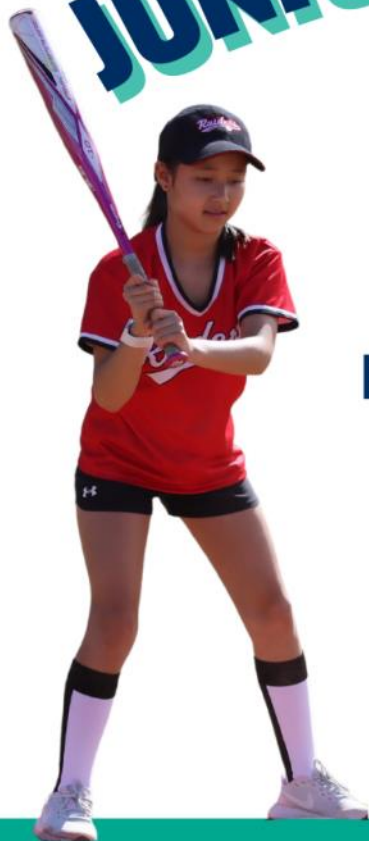
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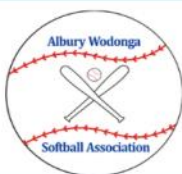
\$70 PER PERSON

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