

POSITIVE EDUCATION SCHOOL

Monday 23rd April, 2018 Newsletter No. 10

(There is 1 insert in this week's Newsletter)

DIARY DATES

Term 2

Tue Apr 24 Student Goal Sharing Meetings

Wed Apr 25 ANZAC DAY – No School

Thurs Apr 26 Whole School Head Lice Check

Wed May 9 Parent Forum - Compass

Fri May 11 Mother's Day Stall

Tue May 15 Division Cross Country

Fri Jun 1 Book Fair Viewing

Mon Jun 4

- Fri Jun 8 Book Fair



PRINCIPALS NEWS

“We choose to bring our best selves to school and love the work that we do”

ANZAC Assembly

This will replace our weekly assembly that usually takes place on a Wednesday. Awards will not be presented at this assembly. Our regular assembly will resume on Wednesday May 2nd with Workers of the Week and other awards.

Our School Leaders will be facilitating a School Assembly on Tuesday at 2.45pm to remember and say

thank you to the many Australians who have made sacrifices and gone to war for our country. Each year level will present some learning they have completed as part of remembering and honouring the people who have given up their lives so that we can live in a democratic country.

ANZAC Community Services

Mr Milani and myself will be at the Dawn Service on Wednesday morning at Henderson Park. If you are there you are most welcome to come and join us. We will be wearing our Mildura South Primary uniforms. At 11.00 o'clock at Henderson Park our School Captains and Vice-Captains will be presenting a wreath on behalf of our School Community. Once again there will be a number of staff attending this Service and many of us will wear our Mildura South Primary uniform with pride. Again I would like you all to feel most welcome to join us as we stand together as a school community and remember with grateful hearts.

Whole School Head Lice Check

We will be having a whole school head lice check on Thursday 26th April.

Positive Education Schools Association (PESA) Conference

Mrs Sinclair, Mrs Hunt, Mr Milani and myself all attended the PESA Conference in the last week of the holidays. We were fortunate to hear from Dr Martin Seligman himself along with many international speakers sharing the research and practice of Positive Education. Each day we are finding ways to share what we learnt at this Conference with our colleagues,

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ensuring that we all experience the benefits of the world experts.

The name of the Conference was 'Connect' and we have all returned to school highly motivated sharing our learning and looking for ways to connect with our students, each other and our families.

Professor Lea Waters also presented at the Conference and she challenged us to find 'a point of access' each day where we can infuse the language of strengths into each lesson and encounter with our students.

Book Club – 'The Strength Switch' by Lea Waters

In order to build on the day and evening we shared with Professor Lea Waters last term, I will be conducting a number of Book Clubs this term. Many parents who attended the Parent Forum with Lea bought her book and those people along with others who were unable to attend on the night may wish to discuss 'The Strength Switch' with one another. **If you were not able to attend Lea Waters presentation please feel most welcome to come along to the Book Club discussions.**

I will be having a morning Book Club to take place on three Monday mornings and an evening Book Club for Parents who are not available on Monday mornings to take place on three Wednesday evenings.

Book Club dates and times:

Monday 9.00am (cuppa and biscuit supplied)

May 14 – Discuss Part 1

May 28 – Discuss Part 2 (Chapters 5,6,7)

June 18 – Discuss Part 2 (Chapters 8,9,10)

Wednesday 7pm (supper supplied)

May 16 – Discuss Part 1

May 30 – Discuss Part 2 (Chapters 5,6,7)

June 27 – Discuss Part 2 (Chapters 8,9,10)

Staff will also have an opportunity to participate in a Book Club at school or possibly join the Wednesday evening sessions.

The various Book Clubs are an opportunity for Parents and Staff to connect with strength based language, adopting a common approach to ensure that our children flourish.

LOTE

Melissa Powell is no longer teaching Auslan at Mildura South Primary School. I would like to thank Melissa for the commitment she showed to our students each

day and the many contributions she made to our School Community, particularly in her Parent Classes, skilling our students in Auslan and being a collaborative, kind and enthusiastic staff member. Melissa will be missed at Mildura South Primary and we wish her well with her future pathway. Thank you Melissa.

Student Goal Setting Evening 4pm-6pm

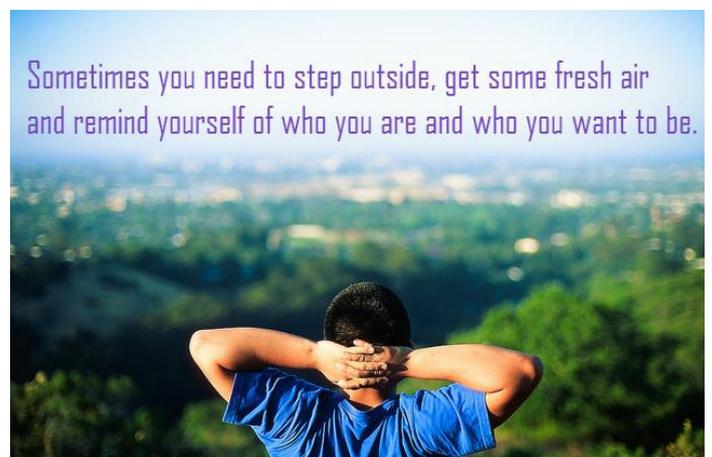
Tomorrow night the students and staff are looking forward to sharing their learning with you. As a school community this is a wonderful opportunity for each of us to connect with one another so that the students can see and feel the support they have in growing into their best selves. Vendors will be open from 3.30pm selling coffee, hot chips and jam donuts.

Walking Club

Our staff have many ways they connect with our students. In particular at lunch times we have a range of activities taking place from: Clubs, Bocci, Robotics, Singing and Dancing.

Last Tuesday I connected with the students at lunch time and began a Walking Club. At 11.00am we met at the front of the school and walked the perimeter. We achieved 3kms and 3,784 steps. If any of you are available at 11.00am on a Tuesday, you are most welcome to come along and join us each week. Lots of fun is had by all.

**Positive Education Message
6 Health Benefits of Fresh Air
Urmet Scepter**



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People often tend to forget about the importance of spending time outside and underestimate the health benefits of spending time outdoors. If you are spending most of your time inside the air conditioned office or home, you are forcing your body to use stale air. By doing so you are making it harder for your body to stay healthy and fresh.

Hopefully this article will make you realize and value the health benefits of fresh air. And as a result, you will be spending a lot more time outside.

Here is a list of important health benefits of fresh air:

- Fresh air is good for digestion
- Improves your blood pressure and heart rate.
- It makes you happier.
- Strengthens your immune system.
- Fresh air cleans your lungs.
- You will have more energy and sharper mind
- Enjoy time outdoors and get the maximum out of the health benefits of fresh air.
- 6 important health benefits of fresh air.
- Fresh air is good for digestion
- Fresh air helps you to digest food more effectively. That is why it's great to take a small walk outside after you eat. From all the health benefits of fresh air, this one is really important.
- Improves your blood pressure and heart rate
- If you have a problem with blood pressure, you should avoid polluted environments and try to stay in surroundings that have a good supply of fresh air. Dirty environment forces the body to work harder, to get the amount of oxygen it needs.
- Fresh air makes you happier
- The amount of serotonin is affected by the amount of oxygen you inhale. Serotonin can significantly lighten your mood and promote a sense of happiness and well-being. Fresh air will leave you feeling more refreshed and relaxed.
- Strengthens your immune system
- White blood cells kill and fight bacteria and germs. They need enough oxygen to work and function properly.
- Fresh air cleans your lungs.

- Fresh air helps the airways of your lungs to dilate more fully and improves the cleansing action of your lungs. When you exhale and breathe out through your lungs, you release airborne toxins from your body.
- You will have more energy and sharper mind
- Fresh air helps you to think better and increases your energy level. Your brain needs twenty percent of your body's oxygen. More oxygen brings greater clarity to the brain, improves your concentration, helps you to think more clearly and has a positive effect on your energy level.

Marie-Therese Milani
Principal

HELP NEEDED - BRICKLAYING



The school is looking for some assistance from Southie families that may be skilled in the area of bricklaying. A number of bricks (around 20) need replacing around the garden at the front of the school. If you would be willing to help out, please contact Mr Kent at school on 50232148.

Goal Setting PERMA

Today we will be telling you how goal setting and goal setting meetings, fit into PERMA.

Positive Emotions: When you are sharing your Goals you feel Positive Emotions by showing your work to family and teachers and being proud of what you have done!

Engagement: You feel Engaged with your work and with the people you're around.

Relationships: You build a strong Relationship with your teacher when you are working towards achieving your goals. Goal sharing is a time when you build on your relationship with your family when you share your learning with them.

Meaning: The meaning behind setting goals is that you work towards getting better at learning that you need to improve. You can find the Meaning of why we set goals when we share our goals with each other.

Achievement: When you set goals you can work

towards achieving them. When you achieve your Goals you feel PERMA because you have achieved something and you are proud of it.

By Kalan Jenkins and Addison Kemp 6B

STRONGER SMARTER

Each week a Stronger Smarter message will be in the newsletter. Students and teachers will be focusing on the quote in their classrooms. It will be based on positive learning and building high expectation relationships.

This week's Stronger Smarter Message



COLES SPORTS FOR SCHOOLS 2018

The Coles Sports for Schools promotion has now ended. We will now send all our vouchers back to Coles for counting and they will let us know how much we have to spend on new sports equipment. Thank you to everyone for bringing in their vouchers.



FunRun Results

It was a great day on Wednesday 28th March when we held our Run4Fun Colour Explosion. Our Southie families raised \$7484.60. Students who raised monies to qualify for prizes will receive them when they arrive.

Thanks again to those parents who helped on the day and it made it such a success. Congratulation to Murray House for running the most number of laps, 710!

Mother's Day Raffle

Mother's Day is not far away so we are asking all of our Southie families to donate an item towards our prizes for the raffle. Raffle tickets have been sent home with today's newsletter. Don't forget there are more tickets available at the office.

Pop Up Stall

Any family businesses who would love to be a part of our POP UP STALL night can contact Samara Kelly on 0408521100 Stall will be held Friday 4th May 7-9:30pm. \$10:00 per adult, kids entry free. Raffle Prizes throughout the night. BBQ and drinks available to purchase on the night.

General Meeting

Monday 7th May will be our next General Meeting.

Lyn Bozzi

President



The Out of School Hours Care service is run by the School Council and has a number of qualified staff to offer the following programs:

Before School Care

Our morning program opens at 6.45am each school day with a variety of breakfast available. Children enjoy quiet activities, board games, craft, sporting activities and TV games throughout the morning session. The children then leave at 8.45am for class. The cost of Before School Care is \$14.50 and this fee can be reduced using Child Care assistance if eligible.

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After School Care

The afternoon session starts at 3.30pm and finishes at 6.00pm. A snack including fruit is provided upon arrival. Children and staff suggest snack ideas weekly such as sandwiches, soup, pasta, cheese and kabana, rice crackers, nachos and sausages in bread. During the afternoon session, the children play a range of group games both indoors and outdoors, craft, board games, TV games, Lego, Basketball, badminton and table tennis. We also have homework tables set up with netbooks. The cost of After School Care is \$20 (\$23 on the last day of term), which can also be reduced using Child Care assistance.

Vacation Care/Student Free Day: We operate from 8am until 6pm on scheduled days throughout the year. The cost is \$45 plus any in/excursion costs, e.g. Putt Putt Golf, Hogs Breath, Ten Pin Bowling, Cinema, Woodsies and Benetook Farm just to name a few. The fee can also be reduced if using child care assistance. We also have planned activities such as painting, minute to win it games, sporting activities and story telling. The next vacation care program will be from the 2nd July to the 13th July – bookings can be made at any time. However it does get booked out quite quickly, so if you know the days that you need care, please let us know as soon as possible. The program plan will be available early to mid June.

The 2018 OSHC enrolment form is to be on file for children to attend any of the above sessions.



COMMUNITY NOTICES

St. Andrews Tennis Club

St. Andrew's Tennis Club invites junior tennis players to join in team tennis with the Sunraysia District Tennis Association competition. The season runs from Saturday 5th May, 2018 until the end of September, 2018.

Training starts Wednesday 21st March, 2018 at the Aero Courts from 4.00pm to 5.00pm. All abilities welcome and encouraged to join us. For more information please Kristen Fell on 0429 800 820 or Kristen.fell@bigpond.com or Robyn Herbert on 0412 490 524.

Sacred Heart Tennis Club

Sacred Heart Tennis Club invites junior boys and girls to join teams in the Sunraysia District Tennis Association Junior Competition. Season starts Saturday 5th May, 2018. Training will start Thursday 22nd March, 2018 from 4.00pm to 5.00pm. Please contact Merle Watson on 5023 2883 or 0484 192 583 or email merlewatson1@gmail.com

Sacred Heart Tennis Club also offers Hot Shots for children aged 5 to 7 years. For further information please contact Merle Watson as above.



BRAINTEASER

This week's Brainteaser:

What form of aerial transport does a witch use?

Your answer:.....

Your Name:.....

Your Grade:.....

Cut out this box with your answer, name and grade and place it in the brainteaser box at the front office. Each week, one lucky entrant will win a prize! 😊

There were no correct entries received this week 😞

Answer: Leonardo DaVinci