

# POSITIVE EDUCATION SCHOOL

Monday 10th September, 2018 Newsletter No. 28  
(There is 1 insert in this week's Newsletter)

## DIARY DATES

### Term 3

Mon Sep 10	Grade 6 Camp
Tues Sep 18	Grade 3 Camp
Tues Sept 18	Mildura District Gala Sports Day
Wed Sept 19	Prep Open Day (4.00pm to 5.30pm)
Fri Sep 21	Last Day of Term (2.30pm Finish)



## PRINCIPALS NEWS

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

### Aussie of the Month

Congratulations April Heley!

Each day April comes to school with a big smile, ready to learn. If her teacher is not in the classroom she is friendly and helpful to the visiting teacher. April's strength is kindness. She is able to see what others

need and without being asked generously offers her help and assistance. April is a thoughtful friend and cares deeply about others and their feelings. She always tries to set things right when something has happened to her friends. Her enthusiasm for learning lights up her classroom and she is always wanting to do her best. When learning, April shows grit. Even when things get tricky and she may not be successful she uses her growth mindset to keep trying over and over until she is successful.

### NAPLAN Results

The NAPLAN results inform our teaching and assist us in our commitment to teach all students at their point of need. They are one piece of information but not the only. Teachers are monitoring our students closely and results are considered in context of daily teaching and learning.

Students will be bringing home their NAPLAN results on Monday September 17. Please remember that the results are helpful but they are not the only measure of your child's success. If you wish to speak to your teacher about your child's results please feel most welcome to make an appointment to clarify and discuss questions and goals.

### Hot Food

Staff and Kathy in the canteen do not provide the service of heating food up in a microwave or adding boiling water to noodles. If you would like your child to have noodles for lunch please send the hot water in a thermos to school. Thank you.

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**Thank you**

It was terrific to see all the families come to school last Friday and share in the celebrations of Book Week as together we embraced the theme of: 'Find Your Treasure'. It is these moments when our families join the school community that memories are created for our students.

**The Beat**

Last Wednesday night Mrs Kingsley and I attended The Beat performance and we were extremely proud of our students. Thank you to the families who supported their children to participate in this wonderful event and to the staff who prepared and supported our students: Mrs Tregeagle, Miss Bicker, Miss McGann and Mr Barbary.

**Variety Night**

On September 20<sup>th</sup> at 6:30pm, some of our students – both current and former – will be showcasing their vocal, musical and dramatic talents in a Variety Night. Our instrumental students have all been learning pieces to perform, with older students mentoring younger as well as some ensemble learning. The choirs have been joined by new singers and will be reprising some of their Eisteddfod songs. We also have some actors who have been rehearsing skits to share with us. We are also lucky enough to have some ex-Southies coming back to show us where their MSPS foundation has taken them.

Please come along and enjoy the performances – all welcome.

**LAST DAY OF TERM**

**PERMA – You are special because day.....**

As a way of celebrating our Positive Education culture at the end of each term we will be having a PERMA Day, coming to school with positive emotions and building relationships. Each PERMA Day will have its own theme. This term the theme is: 'You are special because.....'

The staff and students can choose to come to school dressed as someone they believe is special to them. They may come as their mum or dad, a grandparent, a person they look up to, a celebrity, a sports person, a teacher or a friend. We are going to take the opportunity on this day to tell people why they are special to us.

**Mondays with Mrs Milani**

Please don't forget that I am in the staff room each Monday morning from 9.00-9.30am with a coffee and some biscuits hoping that you will come in and have a chat. Please feel very welcome.

**Prep Enrolments**

Enrolments for 2019 have begun. If any of our families have Preps starting next year please contact the office for an appointment. If you know families that live in our neighbourhood area and they have a Prep for 2019, please encourage them to make contact with the school.

**How do you show up for your children?**

**by Dr Jodi Richardson**

Every now and again a memo pops up on social media from a mum who delights in sharing the joys of her trip to the shops alone. No kids. Just her and her handbag. The caption always reads something along the lines of 'You know you're a mum when going to Target alone feels like a holiday'. I always chuckle when I see those, because I can relate. A lot of us can. And not just the mums.

Parenting is incredibly fulfilling and the most important 'job' any of us will ever do, but it can also be demanding, frustrating and exhausting.

I can't tell you the number of times I've arrived home only to be bombarded with requests, questions, stories of what I missed – or all three – before I've even taken my key out of the door. I'm not joking. I tried to implement some sort of buffer for myself so I didn't feel so stretched within the first minute of getting home but it never worked. They'd always be so happy to see me and it didn't seem fair to not be immediately available, despite the fact that it was quite overwhelming. It's not as though I was ever gone that long either. I wasn't even working. I'd only ever been to the supermarket, or Target, lol.

I always found the contrast of time alone and all of the quiet that comes with that, and the – is chaos too harsh? – of walking in the door really difficult to

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manage, especially because the kids always had stuff absolutely everywhere by the time I got back. I knew they'd always had heaps of fun because the family room always resembled a toy shop. There was never any "Let's put things away as we're finished with them" on Dad's watch!

Whether our kids are little and jump on us the minute they see us or they're that bit older and don't necessarily even come to the door when we get home, it's worth taking time to think about how we want to show up when we see them. It never occurred to me all those years ago that I could better prepare myself for the homecoming. Not once. Sometimes we were just taking each day moment by moment. What I know now is that if we use the time between leaving one place and arriving at another, it can make an astounding difference to how we feel, and to what we bring to our family at the same time.

### **The Third Space**

Dr Adam Fraser calls it the 'Third Space'. It's the space between two places or spaces such as between work and home, between being home alone and the kids arriving home after school, or even between going to the supermarket and home. Tuning into the Third Space is also a brilliant practice to incorporate into a work day, say between your desk and a meeting, or a meeting and an interview.

In the Third Space, we can do three things to ensure we show up the way we want to, every time: reflect, rest and reset.

**Reflection** is time spent looking back over the day and contemplating what you've achieved and what went well. It could be that you accomplished something you're proud of, or ticked off a few things on your list. It could be something big or small you reflect upon. It really doesn't matter, it's just about reflecting on a handful of good things about your day.

**Rest** is downtime. You can spend it how you like! You might have a long commute and decide to rest by listening to music, watching a movie, reading the paper or a book. Your rest time might be brief on some days and longer on others. It doesn't matter what you do or for how long, it's just about doing

something that recharges your batteries and helps you feel relaxed.

**Reset** is all about how you're going to show up. How do you want to feel and act when you walk through the door to your home?

When Dr Fraser taught people to use the Third Space model as part of a research project, he measured a huge 41 per cent improvement in behaviours in the home, inevitably having a wonderful impact on relationships and the family as a whole.

In a recent presentation I heard Dr Fraser deliver, he told a story of a dad whose kids would make themselves scarce whenever they heard him come home. He was always like a tornado ripping through the house and they didn't want anything to do with him. When he found out, he was understandably devastated. He made a change and put the Third Space model into practice and turned things around.

It's so easy to let the events of the day affect our time with our family, but they don't have to. Our relationships with our kids and our partners play an important role in our kids' development, happiness and mental health. Let's do what we can to show up for them as our best possible selves. They deserve it, and we do too.

**Marie-Therese Milani**  
**Principal**

### **VARIETY NIGHT**

You are invited to attend the Mildura South Primary School Variety Night!

**WHEN: Thursday 20<sup>th</sup> September, 6.30-7.30pm**

**WHERE: MSPS Gym and Performing Arts Room**

**WHY: To celebrate and showcase the hard work of our performing arts students.**

For a gold coin donation at the door you can enjoy a night of music, dance and drama! Hot and cold drinks

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and snacks will be available for purchase from the canteen. Share a table with your family and friends.

We would love to see you there!

**MINI OLYMPICS**

Yesterday we had 36 students from Grade 4 to 6 represent Mildura South at the Mini Olympic Athletic Carnival. All of the students who competed, competed with fairness, determination and showed an amazing amount of team spirit. It was a great day and Mr. Barbary and Mrs. Kingsley were incredibly proud.

The following students achieved outstanding results and will now be given the opportunity to compete at the Regional Finals in October.

**9/10 years**

- Colby Marr                    1<sup>st</sup> in Discuss
- Blake Hanstock            2<sup>nd</sup> in High Jump
- Jacob Price                 2<sup>nd</sup> in 100m Sprint
- Jaymin Archer             1<sup>st</sup> in Long Jump
- 2<sup>nd</sup> in 800m

**11 years**

- Isaiah Puafisi               1<sup>st</sup> in Shot Put
- Will Norton                 2<sup>nd</sup> in High Jump
- Ronin Moloney             2<sup>nd</sup> in Hurdles
- Flynn Bobstchinski       2<sup>nd</sup> in 800m

The relay team of Will Norton, Flynn Bobstchinski, Ronin Moloney and Sam Cumming- 1<sup>st</sup> Place

**12 years**

- Tanika Russell             2<sup>nd</sup> in Long Jump
- Jackson Penny             2<sup>nd</sup> in High Jump
- Mason Purdue             2<sup>nd</sup> in 800m

**STRONGER SMARTER/POSITIVE EDUCATION**

Each week a Stronger Smarter/Positive Education 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 Message is



**ART AWARDS**

There are no Art Awards this week.



**WORKERS OF THE WEEK**

- |                                |                              |
|--------------------------------|------------------------------|
| <b>PB</b> Carter Anthony       | <b>4D</b> Ali Ataye          |
| <b>PH</b> Koda Williams-Mackay | <b>4N</b> Cruz Reck          |
| <b>P/1K</b> Ashton Apthorpe    | <b>4W</b> Cody Fisk          |
| <b>1J</b> Jainam Patel         | <b>4Z</b> Malakai Nikkleson  |
| <b>1R</b> Bianca Carusella     | <b>5B</b> Milla Bambrick     |
| <b>1/2O</b> Luca Scherger      | <b>5K</b> Flynn Bobstchinski |
| <b>2S</b> Tula Pearce          | <b>5W</b> Christian Smith    |
| <b>2T</b> Henry Farrow         | <b>5/6S</b> Olivia Hardie    |
| <b>3M</b> Karnu King           | <b>6B</b> Addison Kemp       |
| <b>3N</b> Tom Ough             | <b>6H</b> Rory Peterson      |
| <b>3T</b> Liam Sinclair        | <b>6R</b> Jeremy Lia         |
| <b>3/4R</b> Donny Willis       | <b>6W</b> Theo Maybury       |

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**PERFORMING ARTS AWARD**

**Mason Purdue 6B  
James Herbert 6W  
Amanjot Singh 6B**

**ART AWARD**

**Lavanah Myers 3/4R**

**BAND AWARD**

**Amy Yeung 5/6S**

New Preps for 2019 are welcome to attend the January school holiday program. Please contact the OSHC office for an enrolment form.



**BRAINTEASER**

**This week's Brainteaser:  
What was the theme of the Book  
Week Parade held on Friday?**

**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! ☺

Last Week's Winner:

Rhett Wescombe 2S

Answer: Adelaide

**PARENTS CLUB**



**Fathers Day Raffle Winners**

1<sup>st</sup> Prize      Amelia Pavis  
2nd Prize     Mark Cabala  
3rd Prize     Gloria Fox  
4th Prize     Tyler Stewart 1R

**Lyn Bozzi**

**Parents Club President**

**OUT OF SCHOOL HOURS**

After School Care on the last day of term will commence at 2.30pm.

We only have a few spots available for the September/October school holiday program. Please contact the OSHC office to make a booking or for more information.

All outstanding before and after school care fees are due by Friday 21<sup>st</sup> September (last day of term), payments can be made over the phone with credit card (5018 6028) or in person with cash or Eftpos.

All children attending After School Care are required to wear a hat for outdoor play starting next term. Please pack a spare hat in your childs bag.