

# POSITIVE EDUCATION SCHOOL

**Monday 26th November, 2018 Newsletter No. 37**  
(There are 2 inserts in this week's Newsletter)

## DIARY DATES

### Term 4

<b>Wed Nov 28</b>	
<b>to Fri Nov 30</b>	<b>Grade 4 Camp</b>
<b>Thur Dec 6</b>	<b>School Disco</b>
<b>Tue Dec 11</b>	<b>Grade 6 Orientation Day</b>
	<b>Prep Orientation Day</b>
<b>Wed Dec 12</b>	<b>Grade 6 Orientation Day</b>
	<b>School Concert</b>
<b>Fri Dec 14</b>	<b>Grade 6 Awards Night</b>
<b>Mon Dec 17</b>	<b>Grade 6 Dinner – Pizza Café</b>
<b>Fri Dec 21</b>	<b>Last Day of School – 2.30</b>
	<b>Dismissal</b>



## PRINCIPALS NEWS

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

### School Fees

I wish to thank the families who have paid their school fees for 2018. If you are yet to do so please know that payment is always welcome and will be taken up to the last day of school.

Mildura South Primary provides excellent education for all students priding itself on its positive and inclusive learning environment, always having students at the centre of decision making and using school resources to ensure that equity for all is achieved. In light of this I would like to express my gratitude to those who pay their fees and support the school in achieving the very best outcomes for all children.

In 2019 the school fees will be: \$100 for 'Essential Student Learning Items' and \$50 'Voluntary Contribution'.

### 2019 Newsletter

In 2019 the School Newsletter will be distributed digitally on the school portal, school website and Facebook. A hard copy will no longer be sent home to all families but there will be some copies at the front office for anyone who wishes to access a hard copy.

### School Magazine

This year Mildura South has embraced the opportunity to share our learning, camps, successes, celebrations and community events via Facebook. The communication has been ongoing and the access has been available to all. We are continuing the journey of embracing digital technology so due to the ongoing sharing that takes place regularly on our school Facebook site there will no longer be a hard copy school magazine available to purchase. As a school community we will continue to develop our capacity to share current events as they happen.

### Concert

It is concert time again! This year, we are back at Nowingi Place with no flooding predicted! The concert will be on Wednesday the 12<sup>th</sup> of December and will begin at 6:30pm with performances from the Band

and the Choir. All grades are currently preparing hard for their performance, and they will all get a chance to rehearse on the Nowingi stage during the day on the 12<sup>th</sup> when we will bus them all down. The Grade 6s will be going on a different day, due to their High School Orientation.

I would like to advise you that this year and from now on, due to child protection laws and social media permissions, we will not be allowing filming or photography of students while they are performing onstage.

Please save the date, and we look forward to seeing you there!

### **Southie's Got Talent**

Lunch time and Recess time have been the height of activity over the last few weeks as students across the school share their strengths of: confidence, bravery, creativity, singing and dancing. It has been very entertaining watching the students perform such a variety of acts. Congratulations to each of the students who participated in the auditions and I look forward to the finale.

### **Prep Orientation**

Our next Prep Orientation will be taking place on December 11 from 9.30am-12.30pm and I look forward to seeing everyone again as well as some people who couldn't make it to the first Prep Orientation.

### **2019 Classes**

Teachers are currently spending many hours planning the classes for 2019. Teachers collaborate on what they see and hear at school and build on the understanding they have gained from communicating with families throughout the year. A great deal of thought goes into the planning of each class, where all students' individual needs are considered.

I would like to thank you for the trust you place in the staff at MSPS to know your children and where they need to be and who will best help them flourish.

**If your children will not be with us next year could you please contact the office and inform us of your plans.**

### **Transition Process for 2019**

This year we will be beginning the transition into new classes earlier. In weeks 9, 10 and 11 there will be one hour each week when the students will spend time with their 2019 teacher and class.

### **Somers Camp**

Miss Snow is doing a wonderful job putting the photos up on Facebook so that we can see the fun and adventure our Grade 5 and 6 students are experiencing. After speaking with Miss Snow I am confident in reporting that all are well and loving the opportunity to learn in a different environment while meeting new people.

### **Grade 4 Camp**

The Grade 4 teachers and students are busy preparing for their camp at Lake Cullulleraine that will be taking place this Wednesday November 28, Thursday November 29 and Friday November 30.

### **Ballet Concert**

Some of our students will be performing in the Mildura Ballet and Dance Guild's Junior Concert which is being held on Friday November 30 and Saturday December 1 at the Mildura Arts Centre. Tickets are still available from the Mildura Arts Centre.

### **Developing a resilience mindset By Michael Grose**

If you want your child or young person to be resilient enough to cope with the hardships that come his or her way, and in doing so build strengths for the future, consider fostering your own resilience first. Parents are in the best position to influence their children's resilience. Children watch our reactions to adverse events and view first-hand how we look after – or neglect – our own mental health and wellbeing.

Focusing on our own resilience is not as difficult as it may seem. If you adapt a resilience mindset you'll find that resilient behaviour follows. Want to get fitter physically? You could take up a new fitness regime or you could simply adopt a fitness mindset. Adopt the former and there's a reasonable chance that you'll

start off gung ho and run out of steam after a month. Adopt the latter and you'll more likely take small, sustainable steps such as walking or riding to work, taking stairs instead of escalators and playing active games rather than sitting on the couch on weekends.

The mindset approach works well with resilience. Take the sustainable approach of looking after your mental health, becoming conscious of the messages you send yourself and developing coping skills that allow you to respond rather than react to adverse events. These simple ideas will help:

### **Watch your self-talk**

The little voice inside your head can have a catastrophic impact when you allow it to. It can talk you into the blues, lower your confidence and build mountainous problems out of molehills. Once you're aware of its impact, you can switch it off or change its negative chatter to something more positive and realistic. It takes practice but it's worth it. When you have a resilience mindset you'll start to check that chatter in your head.

### **Park the bad stuff**

Ever had an argument with a family member at breakfast only to find it messed up your whole day? A common trait with resilient people is that they can compartmentalise their lives so that difficult experiences in one domain won't interfere with their effectiveness elsewhere. When you have a resilience mindset you'll consciously park the negative stuff while you get on with the rest of the day, only revisiting it on your own terms.

### **Stay flexible in your thinking**

People who lack resilience pepper their language with absolute, imperative statements such as 'I must always be on time,' 'They never do anything to help,' or 'They should always use good manners'. This shows inflexible, unrealistic thinking that leads to stress and anxiousness. When you have a resilience mindset you'll use more moderate language reflecting a flexible approach to life. The above statements become 'I'll always try to be on time but sometimes it's impossible,' 'They are sometimes helpful but they can be forgetful,' and 'I'd like it if they were well-mannered but sometimes they aren't'.

### **Make sleep a priority**

We are only beginning to make solid links between sleep and resilience. Mothers of newborns know how debilitating sleep deprivation can be. They can't function effectively and depression is close at hand. Many people spend much of their lives experiencing some form of sleep deprivation, compensating by taking regular caffeine hits, self-medicating with alcohol and using other ineffective remedies. When you develop a resilience mindset, you make sleep a high priority, taking the necessary lifestyle steps to make sleep easy to attain.

### **Create a pressure valve**

In a society that views business as a status symbol, it's tempting to keep working until you drop, neglecting to enjoy some downtime that releases the pressures of work. When you have a resilience mindset you value down-time and relaxation and understand the positive impact these have on your mental health and the wellbeing of people around you.

When you have a resilience mindset you have a greater understanding of what resilience is about and you're in a better position to develop a lasting sense of resilience in your children. Developing resilience in children is like jumping off a pier with some friends on a cold winter's day. In both instances you need to go first.

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

### **JUNIOR SCHOOL COUNCIL**

Thank you to all the students who auditioned for Southie's Got Talent! It was great to see everyone being creative and brave when performing in front of the school. The Southie's Got Talent Grand Finale will be on at 2:30pm in the Gym on Tuesday 4<sup>th</sup> of December.

**Positive Emotions   Engagement   Relationships   Meaning  
Achievement**

The following acts will be performing at the Southie's Got Talent Finale:

- Sophia 6H
- Emma and Tanika 6W
- Charli and Isabella 6R
- Milla 6W
- Josh, Jordan and Da Boys 6
- Crazy Kritters 5W
- Lilah, Allex, Grace, Jacob, Jasmine and Meisha 5K
- Breanna 4N
- Ruby and Blake 4W
- Mia, Victoria, Sana and Rhiannon 4Z
- Cameron 3N
- Chelsea, Ella and Bailey 3N
- Ruby, Tarlie, Alessandria and Eliana 3M
- 

They can perform the act that they auditioned or they can create a new act to the time limit of 2 minutes.

Please feel free to come and watch our amazing talent. The winner of Southie's Got Talent will be performing at the school concert!

**Aimee Birch and Neil Watson**  
**Junior School Council Co-Ordinators**

**PARENTS CLUB**

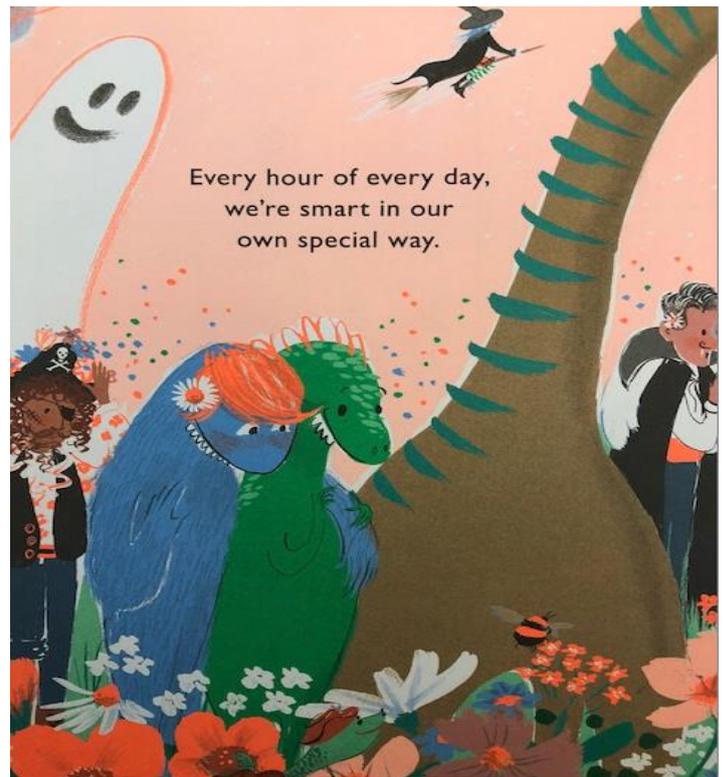
**Christmas Raffle and Prizes**

Raffle books went home with last week's Newsletter. If you didn't get one or you need more books they can be collected from the office. Don't forget to keep those donations coming in for our prizes. Some suggestions would be christmas decorations, chips, paper plates, any disposable items for picnics or any non perishable supermarket items. We would welcome any families with a business who would like to contribute a voucher. If everyone donated an item that would be over 400 items!!!! So checkout the great specials around and we will have some great prizes to win!!!!

**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:



**WORKERS OF THE WEEK**

<b>PB Carter Anthony</b>	<b>4D Dexter Wiese</b>
<b>PH Levi Tumanuvao</b>	<b>4N Breanna Johnson</b>
<b>P/1K Declan Osborne</b>	<b>4W Ruby Tierney</b>
<b>1J Cadance Paddock</b>	<b>4Z Corbin Byrne</b>
<b>1R Lexie Marr</b>	<b>5B Tyler Wiese</b>
<b>1/2O Kamika Fell</b>	<b>5K Oliver Marr</b>
<b>2S Zailee Grennan</b>	<b>5W Josh Stephens</b>
<b>2T Massimo Deluca</b>	<b>5/6S Dicle Kiran</b>
<b>3M Jack Bellchambers</b>	<b>6B Piper Lea</b>
<b>3N Mia Hand</b>	<b>6H Jai Lewis</b>
<b>3T Dylan Greenwood</b>	<b>6R Chiyo Gardner</b>
<b>3/4R Ushwin Rozario</b>	<b>6W Ebony Laird</b>

**PERFORMING ARTS AWARD**

Josh Atkinson 6H

**ART AWARD**

Alexander Skipsey 1J

**BAND AWARD**

Ronin Moloney 5W

**SPORT AWARD**

Aaron Davy-Watts 1/2O

**OUT OF SCHOOL HOURS**

The Vacation Care program plan and booking form have now been sent to all registered families. There will also be a 2019 OSHC enrolment form emailed with the booking form that is to be completed and returned with the booking. New Preps for 2019 are eligible to attend the program.

The program will be operating from Wednesday 2<sup>nd</sup> January through until Friday 25<sup>th</sup> January 2019 from 8am until 6pm. The full cost per day is \$45 plus excursion costs. If you receive Child Care Subsidy from Centrelink, this can be used to reduce the fee. Planned activities during the January holidays are: excursions to the Cinema, Hogs Breath, Ten Pin Bowling and the Mercy Theatre for a Rapunzel Pantomime. We also have Bingo, art and craft, dancing, cooking, photo booth, crazy hair day, pirate dress up day and an Aussie Day BBQ.

Before And After School Care bookings for next year are now being taken. Please email the days that you require to [oshp@msps.vic.edu.au](mailto:oshp@msps.vic.edu.au) the 2019 OSHC enrolment form is to be completed and returned before bookings can be accepted.

A reminder that hats are to be worn during the After School Care sessions. If your child attends ASC, please ensure they have a spare hat in their bag (not their school hat).

**COMMUNITY NOTICES**

**HOLIDAY TENNIS PROGRAM**



Tennis Mad is running a tennis clinic these holidays. Come down and let us teach the kids this fantastic game which they will have for life. It's a chance to introduce the kids to tennis or an opportunity for them to brush up on the skills that they have already acquired. It all happens in a fun and inclusive environment and we cater for all ages and standards.

**Clinic and Matchplay Times & Dates**

**9.30am – 12pm – Clinic**

**12.30pm – 2.30pm Round Robin Matchplay**

**Wed 19<sup>th</sup> – Fri 21<sup>st</sup> December**

**@ Mildura Lawn Tennis Club**

For Bookings and Enquiries  
Contact Bill Madafferri  
On 0419 572 210

**KM DANCE CO. CONCERT**

