

POSITIVE EDUCATION SCHOOL

Monday 3rd December, 2018 Newsletter No. 38
(There are 2 inserts in this week's Newsletter)

DIARY DATES

Term 4

Thur Dec 6	School Disco
Tue Dec 11	Grade 6 Orientation Day Prep Orientation Day
Wed Dec 12	Grade 6 Orientation Day School Concert
Fri Dec 14	Grade 6 Awards Night
Mon Dec 17	Grade 6 Dinner – Pizza Café
Fri Dec 21	Last Day of School – 2.30 Dismissal



PRINCIPALS NEWS

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

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 12th 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 12th when we will bus them all down. The Grade 6s will be going tomorrow, 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 on stage. Teachers will be filming their class item and showing it to the class the following day. After the vision has been shared, teachers will be deleting the item.

The Duty of Care for the school aged children attending the concert is the responsibility of the classroom teacher. For this reason students will be required to be seated with their class and their teacher for the entire duration of the concert. Younger siblings will not be permitted to sit with their school age siblings as they will be in the care of their parents. If you choose to leave the concert early could you please inform your child's classroom teacher so your child can be signed out when they leave. The classroom teachers must know where their students are at all times.

Students are being advised to bring: a water bottle, towel to sit on and a hat to wear. Parents are welcome to bring food to the children in their classes but please do not take the children from their class when organising food.

As part of the agreement to use Nowingi Place for our school concert we have been asked to make sure that we leave the area clean. Please make sure that your rubbish goes in the bins supplied and that you do not leave anything behind. It will be costing the school a

**Positive Emotions Engagement Relationships Meaning
Achievement**

significant amount of money if we do not leave the area in a clean state. Thank you.
Please save the date, and we look forward to seeing you there!

No School Assembly on Wednesday December 12 due to the School Concert rehearsal taking place at Nowingi Place during the day.

Southie's Got Talent

Lunch time and Recess time has 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 which will be taking place tomorrow, Tuesday December 4 at 2.30pm.

Transition Process for 2019

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

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. This Wednesday December 5 at 1pm, the students will be meeting their 2019 classroom teacher and the peers that they will be with. This will be done in the classrooms that the teachers are in this year. The following week on Friday December 14 at 9am the students will again meet with their 2019 classroom teacher and their peers in their 2019 classroom. The final transition time will take place on Thursday December 20 at 2.30pm.

We hope this transition process will assist in developing relationships between students and students, teachers and students and teachers and families.

I would like to thank the staff for the long hours of reflection and discussion that has taken place in order to achieve the best outcome for all students.
I would also 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.

Prep Orientation

Our next Prep Orientation will be taking place on December the 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.

Grade 6 Orientation

Our Grade 6 students will be attending their Secondary Schools for Orientation on Tuesday December 11 and Wednesday December 12. We know they will enjoy this experience and do themselves, their families and MSPS proud.

Drop off and Pick up Zone on Albert Street

I would like to remind families that this is not a parking area. It is expected that if you choose to use this area that you will not leave your car. As soon as the children either arrive at school or are ready to leave it is expected that you move on. This allows for others to use this zone. If cars are parked it makes it very difficult for other families and can at times cause the area to get 'backed up' which can become unsafe. Thank you.

Advertising on the School Newsletter

The school newsletter going digital in 2019 has opened up the opportunity for more families with a business to advertise. If you have a business and would like to investigate the option of advertising on the school newsletter, please ring our Business Manager Chris Callipari who will be happy to outline the details and clarify any questions you may have.

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 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 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.

All back together

It is great to have our Grade 4 students and Grade 5 and 6 students back home after their time away on camp. Listening to their stories and looking at their photos on Facebook, it looks like a great time was had by all. Thank you to the staff for organising and participating in these wonderful worthwhile experiences.

Prep Swimming

Our Prep students are participating in their swimming program this week and I know the students and staff will participate in this program with great zest!

School Disco

Notes were sent home last week with the details of the School Disco. It will be taking place this Thursday on December 6 at the following times with the following themes:

- Prep – 1.00-1.30pm – Rainbow Theme
- Grades 1 and 2 - 1.30-2pm – Rainbow Theme
- Grades 3 and 4 – 5.30-6.30pm – Come dressed as who they would like to be when they grow up
- Grades 5 and 6 – 7.00 – 8.30pm – My Role Model

There will be no soft drink on the night of the disco, students will be provided with a bottle of water. Therefore, students will not need to bring any money on the night.

Technology holiday guide for parents by Martine Oglethorpe

As holidays approach, the role that screens and devices will play becomes an increasing concern for parents. Days when children are usually tied up with school and activities make way for many an idle hour and, as such, parents fear those hours will be spent largely engaged with a screen or gaming console. While there is certainly no harm in some well-balanced screen time and developmentally appropriate online activities, we must remember that, as parents, we have an important role in helping our children manage and balance that screen time. Here are a few things we can do:

Understand the battle

It is important parents know the beast they are dealing with. It is easy to shout from another room to get off a screen or whinge to our friends that 'kids of today' are all addicted to their phones, but we need to recognise the pull that many of these devices have. The social networks are designed to keep us liking, commenting and sharing. The games cajole us into having 'just one more' turn at being the last man standing. These technologies tempt us to reach just one more level, or to scroll for just a few minutes more. Our brains experience a dopamine release and a sense of insufficiency when we use a device. There is always something else to do or something else to scroll through, or one more YouTube video to watch. So our children are up against it when trying to control their time on a device. We need to help them with that.

Get outside

We can complain that children never go outside and play anymore, but sometimes we have to physically get out there with them or offer opportunities in which being outside and active play are appealing. We have to work a little harder at this today because we are competing with a device that answers many of our children's perceived needs. We need them to know that their needs are greater and more varied than what their screens can offer.

Have some rules

Despite their apparent dislike of rules around technology, children will (one day) appreciate having

boundaries to help them manage their screen time. Rules can be established regarding time limits, devices in bedrooms, device-free meal times, etc. Whatever you decide is important, be sure that you have those discussions with your children. Any discussion around rules or consequences should happen away from the screens so they are clear on the expectations. (Talking about their screen-time habits while they are just about to be the last man standing on Fortnite is probably not going to make for engaging conversation.)

One console on one television...outside the bedroom

Having only one television that is connected to a gaming console or to Netflix is a good way of ensuring that the device gets shared and one child doesn't monopolise the screen. And leave consoles out of bedrooms where the appeal of just one more quick game can very quickly rob them of important sleep time.

Role model

Make sure you are showing your children how you want them to be. Have times when the devices are put away and you give full attention to the people around you. Don't answer calls or emails at the dinner table. Don't fall asleep with a device landing on your forehead. Take time to get outside and do things active and in nature. Don't ever use a phone while driving. Use the Screen Time feature on iOS products to monitor just how you are using your technology and whether you could be making some changes. Children learn more from what we do than what we say.

We know the technology isn't going anywhere, and we know there are many wonderful benefits that screens provide. But ensure that holidays and downtime hours can be filled with many different experiences and in ways that leave your children in control, even if you have to work a little harder to give them that.

Marie-Therese Milani
Principal

Junior School Council

Southies Got Talent

Southies Got Talent Grand Finale in the Gym. Feel free to attend and enjoy the amazing Finale will be on Tuesday the 4th of December at 2:30pm in talent we have at our school.

The winner will be announced on Wednesday 5th of December at the school assembly and the winner will perform at the concert on the 12th of December.

Students in the Grand Finale:

- Sophia 6H
- Emma and Tanika 6W
- 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

Disco

The school disco is on Thursday the 6th of December. Students in Prep to 2 will have their disco during school times. They are allowed to come to school dressed in their appropriate disco clothes.

We would greatly appreciate a gold coin donation for the Grade 3-6 disco that can be handed to their classroom teacher. All Students in Grades 3 -6 will receive a disco ticket on Thursday the 6th of December.

There will be no soft drink on the night of the disco, students will be provided with a bottle of water.

Themes and times of discos:

Prep 1 – 1:30pm RAINBOW

Grade 1/2 1:30 -2pm RAINBOW

Grade 3/4 5:30 – 6:30pm Come dressed as who they would like to be when they grow up.

Grade 5/6 7 – 8:30pm My Role Model

Aimee Birch and Neil Watson
Junior School Co-Ordinators

**Positive Emotions Engagement Relationships Meaning
Achievement**

SOMERS CAMP

Where do we start? It was a camp of a lifetime! When we first arrived we were all shy but by the end of the camp we were sad to leave. We had made great friends that we will never forget.

Every morning after breakfast, we had to go to the cinema room and sing songs and follow actions. A different group would create a dance for the day's weather before we did our daily activities.

Our highlight was definitely the challenge swing, it is 18.5 metres high. You don't really have a chance to do it in the outside world or as part of school. We had an amazing time surfing and we also got very close to swimming with dolphins. We all performed in a small play on the concert nights. It was fun to dress up as different people. One night we have a huge disco with flashing lights, disco balls and really loud music. We had a bush dance where we learnt cultural dances; boys and girls danced together which was really fun. We wish we could do Somers Camp all over again!

Lacey Kaiser & Emma Whitney

PARENTS CLUB

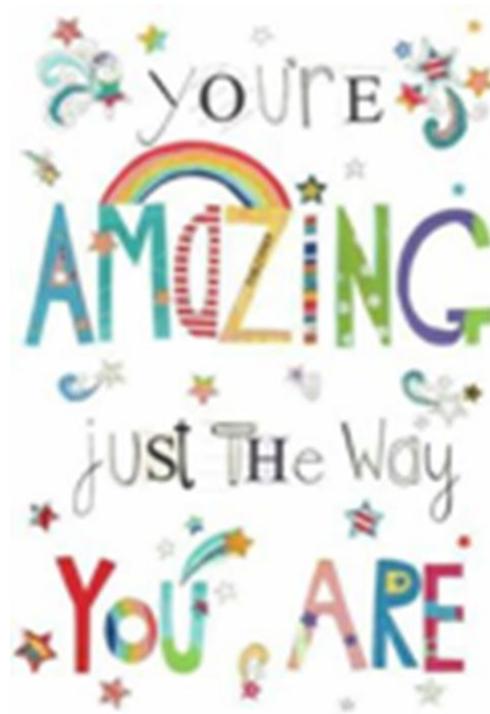
Christmas Raffle and Prizes

Thank you to those people that have returned their Raffle books. 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

PB Hayden Lynch	4D On Camp
PH Patrick Murphy	4N On Camp
P/1K Sharlie Stewart	4W On Camp
1J Jaxon Hardie	4Z On Camp
1R Emmie Willsmore	5B Rose Dhillon
1/2O Emilie Kingsley	5K Tague Morris
2S Emmaninque McVeigh	5W Holly Sutton
2T Ashlee Glare	5/6S Charlotte Osborne
3M Isabella Starikov	6B Cameron Blake
3N Dani Fraser	6H Khoder Jackson
3T Bryson Cawley	6R Terence Lanigan
3/4R On Camp	6W Cameron Smith

PERFORMING ARTS AWARD

Charlie Puafisi 4N

ART AWARD

Mukhtar Jaffry Prep/1K

BAND AWARD

Claudia Caminiti 5W

SPORT AWARD

Lanie Nelson 2S

OUT OF SCHOOL HOURS

OSHC office details: phone 5018 6028 / 0408 232 143
/ email oshp@msps.vic.edu.au

Vacation Care is now completely booked. Please contact the OSHC office if you would like to be placed on the waiting list.

All current Before and After School Care bookings will cease at the end of term. To make a new booking for 2019 please complete the 2019 OSHC enrolment form and advise the days you require for next year. These can be casual or permanent bookings. Before School Care commences at 6.45am each school day, After School Care operates until 6pm each school day. There are many fun supervised activities at each session.

The fees for Before School Care, After School Care and Vacation Care will increase as of Term 1 2019. The full fee for Before School Care will be \$16.00, After School Care \$22 (last day term \$25) and Vacation Care/Curriculum Day will be \$48 plus any excursion costs. All families are to complete an online Centrelink Assessment to determine the Child Care Subsidy. If you are eligible for the Subsidy, this is used to reduce the fee. Accounts for fees are sent each week and due at that time.

A reminder that all children attending After School Care need a hat for outdoor play. Please pack a spare hat in their bag (not their school hat).

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

All OSHC fees are to be paid by the end of term – Friday 21st December 2018. If you have booked the first week of Vacation Care, these fees are also due on the last day of term.

I would like to thank all families for supporting our program this year and wish you all a very Merry Christmas.

Thank you
Kerri Abbott
Co-Ordinator

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 19th – Fri 21st December
@ Mildura Lawn Tennis Club

For Bookings and Enquiries
Contact Bill Madafferi
On 0419 572 210

KM DANCE CO. CONCERT



NOTES FROM THE CASEA WELLBEING TEAM

Physical Health

Alongside physical exercise, children require adequate sleep and nutrition to best function and improve their mental health and concentration. Primary age children require 9-11 hours of sleep each night. It can be important to have a regular bedtime routine with a regular bed time and wake up time. Active games and screen use should be avoided for at least one hour before bedtime. It may also be helpful to dim the lights to prepare the body for sleep. Whether you have a toddler or a teen, here are five of the best strategies to improve nutrition and encourage smart eating habits:

1. Have regular family meals where each member of the family sit together away from distractions such as the television. Family meals are a comforting ritual for both parents and kids. They are a great opportunity for you to share a little about your day but also be

curious about your child's day. It is also a great place to talk about known routine changes.

2. Having a variety of healthy foods and snacks available. This includes plenty of fruits and vegetables in the daily routine, good sources of protein, and whole grains. It is important to limit sugar intake and low-nutrient snacks such as chips and lollies.
3. Be a role model - the best way for you to encourage healthy eating is to eat well yourself. Kids will follow the lead of the adults they see every day. By eating fruits and vegetables and not overindulging in the less nutritious stuff, you'll be sending the right message.
4. Avoid battles over food. Establish a predictable schedule of meals and snacks. Try not to bribe or reward kids with food.
5. Involve kids in the process. Most kids will enjoy deciding what to make for dinner. Talk to them about making choices and planning a balanced meal. Some might even want to help shop for ingredients and prepare the meal. At the store, teach kids to check out food labels to begin understanding what to look for