



Mildura South Primary School Newsletter

A Positive Education School

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Monday 14th September, 2020 Newsletter No. 17



Please be mindful to demonstrate good road safety to our students. We are thankful to all the parents who use the crossing each morning and afternoon.

For those who choose not to use the crossing, we are now asking that you do.

Council have informed us that they will be monitoring illegal parking and issuing fines. It is important that we let you know so that we can avoid any fines being issued.

REMINDERS

Attendance is still important in a COVID-19 world. Please notify the school if your child is not able to complete their Remote Learning due to being unwell or any other reason.

- Via the Compass Portal
- Telephoning the School Office

We are catching up on all our paperwork. If you have recently changed your TELEPHONE NUMBER, EMPLOYMENT, EMAIL or ADDRESS, please advise the School Office. It is important that we are able to contact you 😊

END OF TERM FRIDAY 14TH
SEPTEMBER, 2020
EARLY FINISH 2.30Pm

PRINCIPAL'S NEWS

'Mildura South Primary acknowledges the traditional owners of the land as we choose to bring our best selves to school and love the work that we do'

FINAL WEEK OF TERM 3

This is the final week of Term 3. I would like to take this opportunity to thank students, families, carers and staff members for their continual efforts to ensure that our students continue to learn and grow. Many have faced challenges over this term and I thank you all for seeking help, allowing staff to support you and work with you as we do what we have been asked to do.

We will continue to take one day at a time at Mildura South Primary, looking for the good and building on the strengths we know we have.

Positive Emotions • Engagement • Relationships • Meaning • Achievement

I hope you all have the opportunity to relax and enjoy some fun times together as the weather continues to improve and the sun shines.

FINISHING TIME THIS FRIDAY

This Friday is the final day of Term 3. All students will finish the day at 2.30pm. If students require supervision after 2.30pm on this day they will need to book After School Care.

REMOTE AND FLEXIBLE LEARNING

Remote and Flexible Learning will continue this week and in the first week of Term 4.

RETURN TO ON SITE LEARNING

All students will return to on site face to face learning on Monday October 12. The staggered starts and finishes will continue.

Grades Prep, 1 and 2: 9.00am-3.00pm

Grades 3, 4, 5 and 6: 9.30am-3.30pm

Families 9.30am-3.00pm

Any student onsite before 8.45am or after 3.30pm will be required to be in 'Before and After School Care – Albert Street entrance, signed in by an adult.

All students are asked to use the gate of their House Colour when entering and exiting school grounds.

Murray: Albert Street Gate

Darling: School Crossing Gate

Kulkyne and Mungo: Front Gate

Please remind the students to use the hand sanitiser upon entering and exiting school grounds.

Adults are still required to remain outside of the school gates.

Thank you for your co-operation in this matter.

PREP ENROLMENTS

We continue to take enrolments for 2021 Prep Students. Once we have received an enrolment form, we will send out a letter to welcome the Prep student.

This letter will include a WebEx link so that we can organise a meeting via WebEx with myself, the student and their family. This will give families an opportunity to share their expectations of the school for their child and for me to speak about our Positive Education culture and answer any questions that families have.

If any of our families have Preps starting next year please contact the office for an Enrolment Form and a WebEx appointment. If you know of families that live in our neighbourhood and they have a Prep for 2021, please encourage them to make contact with the school.

VIRTUAL ASSEMBLY

Please join us for our School Virtual Assembly each Wednesday at 2.45pm. Our leaders do an outstanding job facilitating the Celebration of Strengths that our students demonstrate. The link can be found each week on Compass.

SCHOOL UNIFORM

We now have a new supplier, Totally Work Wear selling our school uniform. The Order Form/Price List have been put in Enrolment Packs, the Newsletter, on Compass, Facebook, etc. so families are aware of what is available.

TWW are in the process of setting up an area in their shop for our school uniform. They will have a supply of each item but in some cases they will have to order in for parents. TWW advise that they should have all this up and running by early September. They are happy to take orders from now on.

The following link will take you to our School website which sets out the uniform information in more detail <http://www.msps.vic.edu.au/index.php/uniform/>

TWW will also be able to supply the Grade 6 Shirts.

TWW will also put the logo on any other items brought in from elsewhere.

CAMPS SPORTS AND EXCURSIONS FUND

The Department of Education have extended the date for eligibility for the Camps, Sports & Excursion Fund to the 5th October, 2020 with the closing date for applications now 25th November, 2020. The amount to be paid to eligible families will be \$62.50 (which is half of the usual yearly payment). Application forms can be downloaded from our website or are available from the office. If you have any questions about your eligibility please contact the office.

Wellbeing strategies for parents by Michael Grose

The coronavirus pandemic and its associated disruptions are beginning to take a toll on our mental health and wellbeing. You don't need to look far in your community or social networks to identify a worrying trend of people experiencing a range of challenging emotions including mood swings, despair, anger, sullenness and lack of motivation.

People who usually pride themselves on being able to manage most difficulties that come their way now find themselves suddenly unable to cope, leading to a profound sense of disappointment. A number of people have spoken about feeling guilty for being a less than perfect parent, partner, teacher, work colleague or friend during these times.

This inability to cope is understandable. Our capacity to adapt to acutely stressful situations such as natural disasters has been severely depleted by the long-term nature of the pandemic. It is common in situations of great uncertainty to feel exhausted and experience periods of burnout. Coupled with this is a sense of loss that many people feel – loss of connection to friends and family, loss of freedom and a loss of a way of life.

There is no handbook for functioning in a pandemic however it is apparent that we need to accept that

our lives will be different for some time. It also helps to expect less of yourself, which is the opposite to how high-achievers and perfectionists ordinarily operate. Feeling comfortable with uncertainty takes some getting used to as most of us have an innate wish to feel in control.

Daily wellbeing treats

Self-care is a proven remedy to most wellbeing ailments, but it is ironic that for many of us our self-care activities have been restricted by the coronavirus. Coffee with friends, a massage or a visit to the gym and other such activities are out for many people.

However, this doesn't mean that we neglect our mental health and wellbeing. Instead we need to look closer to home for our regular wellbeing treats. Things that help include regular deep breathing to start the body's relaxation response, practising moments of mindfulness to shut down mental chatter, finding hidden exercise opportunities to promote mood-enhancing endorphins and spending time each day in calm-inducing green space.

Resilience bank account

During my conversations one person described living in this era as "always feeling a little off balance, like standing in a dinghy in a rough sea and not knowing when the storm will pass."

Our mental reserves are constantly been called upon, so it is necessary to build regular practices into our lives that build our resilience. Hopefully, most of us had bulging resilience bank accounts before the pandemic hit but it's never too late to start. Attending to areas such as sleep, good nutrition, regular exercise, relationship-building and self-care help keep our resilience buckets filled up.

Humans are adaptive and can get better at anything with practice, including living through a once in a century pandemic and all the changes it brings to our lives.

Marie-Therese Milani
Principal

OUTSIDE SCHOOL HOURS CARE

The Outside School Hours Care program offer a fun supervised environment with qualified staff on site. We have our Before School Care program operating from 6.45am until 9.15am and the After School Care program from 3pm until 6pm. We currently have places available each day for Before and After School Care. Bookings are essential, please contact the OSHC office on 0408 232 143 for further information.

Vacation Care booking forms have been sent to all registered families - we have limited places available for this service, if you would like to book in please contact the OSHC office. A great range of fun activities these holidays include Paper Plane craft, bubble blowing, origami, Tie Dye and a dress up day. The full cost each day is \$60 per child, Child Care Subsidy can be used to reduce this fee.

Reminders: Next term all children attending After School Care will require a hat for outdoor play. Please pack a spare hat in your child's bag.

CELEBRATION OF STRENGTH AWARDS

The names of the Celebration of Strength Award winners will be read out at our Virtual Assembly each week and the Certificates will be sent to students in the mail.



CELEBRATION OF STRENGTHS

- | | | | |
|-----------|--------------------------|-------------|-------------------------------|
| PB | Grace Needham | 4H | Evie Atkinson |
| PH | Kobe Mitchell | 4L | Caden Johns |
| PK | Quan Nguyen | 3/4O | Luca Scherger |
| 1L | Dallas Campbell | 5/6B | Gracie Monaghan |
| 1P | Rakan Elsadda | 5/6K | Millie Hobbs |
| 1S | Shanae Scheer | 5/6S | Maddi Catalano-Johnson |
| 2B | Hudson Iogha | 5/6T | Melissa Zappia |
| 2H | Joshua Sparrow | 5/6W | Scarlett Venneri |
| 3J | Mehmet Gungormous | 5/6Z | Ruby Spanos |
| 3M | Benjamin Skipsey | | |

PERFORMING ARTS AWARD

Ethan Davis (and Mum) 1L

DIGITAL TECHNOLOGIES

Sienna Frasca 5/6W

VISUAL ARTS AWARD

Lee Mendoza 3M

SPORT AWARD

Lanie Nelson 3/4O

STEM AWARD

Demika Raymond 5/6Z

ITALIAN

Durc Probert 5/6S

Positive Emotions • Engagement • Relationships • Meaning • Achievement

tierney
real estate

your local family franchise

MILDURA TEST AND TAG

GLEN
PH - 0407 852 659
PO Box 737,
Lymple, Vic 3498

Electrical appliance testing

Earthworks Mildura

Ph Kev Helms:
0407233933

- Site Clearing
- Loam Levelling
- Rubbish Removal
- Post Holes
- Landscaping
- Driveways

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spanos

M: 0419 253 409 Electrical

55 Pine Ave
Mildura
Vic

PH: 03 50235195

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