



Mildura South Primary School Newsletter

A Positive Education School

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www.msps.vic.gov.au  [mildurasouthps](https://www.facebook.com/mildurasouthps)

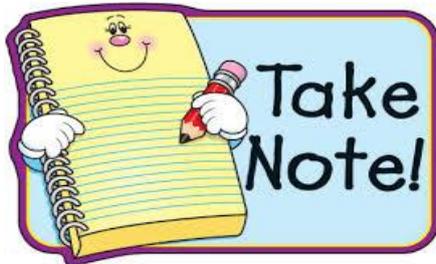
Monday 30th November, 2020 Newsletter No. 26



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.



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'

WONDERFUL NEWS! NO MORE STAGGERED STARTS AND FINISHES

It gives me great joy to notify you that as of Friday November 27, 2020 **School hours are: 9.00am-3.30pm for all students from Prep-Grade 6.**

I would like to take this opportunity to thank you all for your understanding and diligence in following the staggered starts and finishes. I know many families had to readjust schedules and work commitments and I will be forever grateful for the trust and support that you showed during these challenging times.

December

- | | |
|----------------|---|
| Fri 4 | Gr 5/6 Interschool Sport –
Ranfurley Primary |
| Thur 17 | Grade 6 Celebration of
Strengths Event |
| Fri 18 | Last day of School – 2.30pm
finish |

Positive Emotions • Engagement • Relationships • Meaning • Achievement

Students will be supervised on school grounds from 8.30am and all classroom doors will be open at 8.45am.

The school will support families who find the return to normal school hours difficult in any way. Please contact me so that I can assist.

PARENTS ONSITE

I am so happy to welcome all parents back onsite. When inside the school building please continue to wear a mask. When outside on school grounds please continue to practice social distancing.

HOUSE GATES

When entering and exiting the school please continue to use your House gate.

2021 CLASSES

Last Wednesday we began introducing students to their 2021 classroom teachers and classes.

Today, from 12.15pm-12.45pm students went to their 2021 classrooms and spent time with their 2021 classroom teacher and peers.

Thursday, December 10, 10.15am-11.00 am students will again go to their 2021 classroom and spend time with their 2021 classroom teacher and peers.

GRADE 5 AND 6 INTERSCHOOL SPORTS

This Friday the Grades 5 and 6 students will enjoy their final Interschool Sports with Ranfurly Primary. The sports they will be playing are Basketball, Softball, T20 cricket, Volleyball and Hot Shots Tennis.

PREP ENROLMENTS

We continue to take enrolments for 2021 Prep Students. If any of our families have Preps starting next year please contact the office for an enrolment form. If you know families that live in our neighbourhood and they have a Prep for 2021, please encourage them to make contact with the school.

VISITS FOR 2021 PREP CHILDREN

The 2021 Prep children are enjoying their visits to school each week. Thank you to the families of our 2021 Prep children who trust us and support us with this process. We will be carrying out a 2021 Prep Orientation on Tuesday, December 8 from 9.30am-11.30am.

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.

Managing the mother load by Dr Jodi Richardson

“The mental load means always having to remember.”

Emma, a French cartoonist summed up the mental load that most mothers carry in her 2017 viral comic, ‘You should’ve asked’. In the opening scene a very hassled mother was preparing for a dinner party, while feeding her two young children, dealing with a noisy dog and answering the phone, all while she was hosting a colleague for dinner. As the dinner boils over the stove and onto the floor she looked at her partner imploringly. He unwittingly answered, *“But you should’ve asked! I would have helped.”*

This scene artfully exemplifies the many invisible layers of responsibility that mothers carry including arranging most household tasks, managing the family home and being on top of the fine detail in every family member’s life.

This is not the case in all families, but current research reveals that the great majority of women bear the load when it comes to housework (mums do twice as much as dads), caring for children

(again, mums doing twice as much as dads) and carrying the mental load for their family.

There's only so much we can manage. For those of us who are anxious, there will be times our plates will fill, and overflow. While there's no single way to ease the mental load that mothers carry the following ideas will help to make life more manageable:

Stop making life easy for others

Anecdotal evidence suggests that many mums will overdo preparation rather than expect others to step up and help. I have been known in the past to cook and freeze up to a week's worth of meals prior to travelling for work. Not any more though. Magically, my husband and two school-aged children have become very capable in the kitchen as I've stepped back.

Delegate and let go

Delegate some household jobs to your children. Leah Ruppner, professor of sociology at Melbourne University says, "Unless death is impending from poor domestic decisions, step back, support and allow others to learn from their mistakes." Letting go of jobs and allowing children to do things in their own way is hard for perfectionist personality types, but it's essential if you are going to last the parenting journey. Surprisingly, both guilt and perfectionism ensure that many mums keep their children dependent upon them.

Diarise and check

One way to ease the mental load is to lessen the number of mental notes and details that you carry around. Set up recurring electronic calendar entries for routine tasks and check regularly. This way you have less to remember and a place to find what you need, which is more efficient and mum-friendly way of being organised.

Lower the bar

Many mothers confess that they constantly feel guilt if they don't put their children first. That's a heavy burden to carry. If anxiety is a constant companion, it's essential to lower the bar on your self-expectations. Unfulfilled expectations are proven stressors for mothers so take away tasks, rather than add to your mother load.

In closing

There's little doubt that many mothers carry an overwhelming mental load that adds to their anxiety and stress. I'm not suggesting that you abandon your job entirely but rather to look for ways to make the mental load you carry a little lighter. In doing so, life will become easier to manage. As with all behavioural change it's easiest to start small. But whatever you do, if you're straining under the mother load make a start at releasing and sharing the load.

Marie-Therese Milani
Principal

ICE BUCKET CHALLENGE

The Junior School Council will be running the Ice Bucket Challenge starting next week. Each week Mr Watson will get members from various grades to help run this process.

We are not asking students for any donations.

Members from the JSC will be visiting each classroom once over the course of the week with a long red box. This box has different sections cut into it (almost like a mail box). Each teacher will be given a section which will include their name and photograph to help the students choose. Students will be able to slot in some counters on who they want to see get iced.

Mr Watson will make and send out a timetable of when the JSC will be visiting your child's class during the week so they can plan for it. The JSC will also make a tally/ graph for Facebook each week to show the leaders.

OUTSIDE SCHOOL HOURS CARE

Vacation Care

Notices were emailed to all registered Mildura South families last week to book in for the Vacation Care program. This is a great opportunity to book in before the rest of the community receives their booking form at the end of this week. Please take advantage of this to avoid missing out! There is also a 2021 OOSH Enrolment Form that is to be completed and returned with the booking form. Enrolment forms are to be completed annually by all families attending our service to retain current information and to comply with National Regulations.

Important Dates

The last day of term is Friday 18th December. Please note that the OOSH program will be closed over the Christmas/New Year period. The Vacation Care program will commence on Monday 4th January 2021 through until Friday 22nd January 2021 from 8am until 6pm.
 Monday 25th January - OOSH program closed
 Tuesday 26th January - OOSH program closed
 Wednesday 27th January - OOSH program open from 8am until 6pm
 Thursday 28th January - School commences for all students
 Before and After School Care sessions commence on this day continuing for the term (6.45am-9am / 3.30pm-6pm)

Reminders

Hats - all children attending our programs require a hat for outdoor play, please pack a spare hat in their bag. The hats can remain in the OOSH office if you wish to keep them here.
 Fees - these are emailed every Friday morning for the current week of care.

Payments can be made over the phone with Credit Card or in person with cash or Eftpos. Alternatively, you may set up a direct debit using a credit card, please see either Kerri or Kylie to set this up.



CELEBRATION OF STRENGTHS

PB	Zayden Coward	4H	Tristan Stephens
PH	Delilah Cameron	4L	Milla Williams
PK	Harlem Smith	3/4O	Amelia Elliott
1L	Lisian Henry	5/6B	Mason Hutchinson
1P	Tanisha Stoker	5/6K	Millie Hobbs
1S	Archie Simm	5/6S	Charlie Puafisi
2B	Cohen Thompson	5/6T	Ryan Mendoza
2H	Samual Telfer	5/6W	Leni Curran
3J	Bella Probert	5/6Z	Will Clark
3M	Conor O'Reilly		

PERFORMING ARTS AWARD
Grade 3M

DIGITAL TECHNOLOGIES
Victor Collins 5/6T

VISUAL ARTS AWARD
Daniel Craine 3M

SPORT AWARD
Gracie Monaghan 5/6B

STEM AWARD
Cadance Paddock 3M

ITALIAN
Abby Tschirpig 5/6S

SINGING
Tahlia Stone 5/6K

POSTPONED DUE TO HEAT
will now be held on **5 December**



Come down
and have some
fun!

- Games
- Fastest Serve
- Ball Machine
- Meet the Coach
- Sausage Sizzle

Prizes and Giveaways

**FREE
COME
AND TRY
TENNIS**

Will now be held on
Saturday 5 December
10.00am – 11.30am

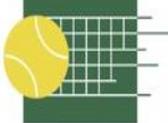
- New to Tennis?
- Haven't played tennis for a while?
- This event is for boys and girls aged 5 – 16
- Just turn up on the day – no registration required
- All equipment can be provided if needed
- Current COVID restrictions apply



SINGING TUITION

Singing lessons will be available for all grades in 2021 with Andrea Soebardi.

Please call into the school office for an expression of interest or contact Andrea directly on 0412 579 365

MILDURA

LAWN TENNIS CLUB INC.

Hugh King Drive,
Mildura

Tennis Mad

www.tennismad.com.au

Questions????

Contact Carole on
0448 334 440

Or contact us
through Facebook
Mildura Lawn Tennis
Club Juniors



As we draw closer to the end of the year, its time to start thinking about your 2021 school uniform orders.

For January pickup, all orders must be placed with Totally Workwear Mildura by no later than Friday the 4th of December, 2020!

Orders can be made instore at 70 Lime Avenue Mildura, by phone on 03 5021 4697 or by sending your completed form to sales@twwmildura.com.au (*Please note that full payment must be made at the time of order).

Order forms can be found on the Mildura South Primary School Website.

Totally Workwear Mildura look forward to assisting all existing and future students with all school uniform needs.

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KOORIE ACADEMY OF EXCELLENCE

VIRTUAL ART EXHIBITION



Koorie
ACADEMY OF EXCELLENCE

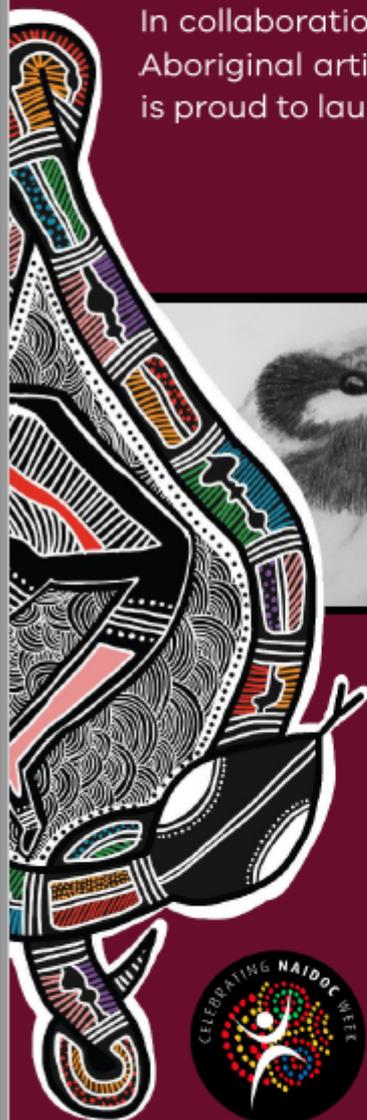
JOIN US IN CELEBRATING NAIDOC WEEK 2020

In collaboration with Whittlesea/Banyule Nillumbik Tech Schools and Aboriginal artist, Emma Bamblett, the Koorie Academy of Excellence is proud to launch the **KAE Virtual Indigenous Art Exhibition**.

LAUNCH EXHIBIT HERE

<https://bit.ly/kae-wts-exhibition>

Desktop viewing recommended. Click play for a guided tour upon entry



This exhibition showcases the artworks created by students throughout the recent KAE Virtual Indigenous Art Holiday Program, which was held over three days in the September/October school break. Twenty plus KAE members shared in knowledge about art, culture, our stories, land and history, whilst discovering their inner artist and gaining digital design skills.

Please visit the exhibit and share it with your friends, families and networks to showcase the talents of our KAE members and to help us celebrate NAIDOC Week 2020.



**Always Was,
Always Will Be.**

8-15 NOV 2020



WHITTLESEA
TECH
SCHOOL



BANYULE NILLUMBIK
TECH
SCHOOL



VICTORIA
Education
and Training

KAE.NWVR@education.vic.gov.au
KAELO Contacts

SHARNA | 0457 527 642 | sharna.colgan@education.vic.gov.au

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Coburg VIC 3058

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North-Western Victoria Region
Melbourne Metropolitan Area
Coburg Regional Office
Level 2, 189 Urquhart Street
Coburg VIC 3058
1300 338 691



Koorie
ACADEMY OF EXCELLENCE



JUNIOR DEVELOPMENT PROGRAM (NIPPERS)

Nippers is a junior program that introduces children aged 5 to 13 to lifesaving. For children who love the water and having fun, Nippers is the perfect way for young swimmers to learn how to stay safe while enjoying the water.

The program equips children with vital water safety skills, while introducing them to new friends and helping them develop a sense of community and belonging. Activities are tailored for different age groups and include a variety of lifesaving activities such as surf education, beach activities, board paddling, swimming, wading and running.

LEADERSHIP DEVELOPMENT PROGRAMS

As a member of a life saving club you also have the opportunity to participate in a range of professional development programs. The programs on offer include those both within lifesaving and the broader emergency service network and aim to develop both current and future leaders within the lifesaving movement.

HOW DO I JOIN?

To find your local life saving club or for more information on lifesaving, visit: www.lifesavingvictoria.com.au/join

WHEN IS MY BEACH PATROLLED?

Visit: www.beachsafe.org.au

LIFE SAVING VICTORIA

lifesavingoperations@lsv.com.au
Tel: 03 9676 6930

Mildura Life Saving Club

Club Captain
Adrian Adams
0419 514 861



GET INVOLVED SAVE LIVES



Become an everyday lifesaver



LIFE SAVING VICTORIA

An iconic organisation steeped in tradition, Life Saving Victoria (LSV) and its members are dedicated to keeping our community safe around water.

As the recognised provider of volunteer patrols at Victorian beaches, life saving clubs are always looking for new members who are committed and are keen to make a difference.

Without our dedicated volunteers, LSV would be unable to offer essential lifesaving services across Victorian waterways.

WHO CAN BECOME A MEMBER OF A LIFE SAVING CLUB?

You don't have to be a swimmer to become a member. LSV is an inclusive organisation where there are opportunities for everyone to get involved.

If you love the beach, are keen to develop lifelong skills and want to contribute to the safety of our beaches, visit your local life saving club and become a member!

WHY SHOULD YOU JOIN?

- Enhance your aquatic education knowledge
- Gain nationally recognised qualifications
- Develop skills that can save lives
- Create new friendships
- Family oriented culture
- Opportunities to improve health and fitness
- Develop communication, interpersonal, leadership and co-operation skills
- Enjoy social opportunities



LIFESAVING COMPETITION

Competitive lifesaving provides opportunities to further develop lifesaving skills and fitness, in an inclusive, fun and encouraging environment for the participants and their families. Competition caters for members as young as 7 years old, with events for all skill levels. There are three main areas of competition; beach, pool and inflatable rescue boat (IRB). These competitions are conducted at different times of year and offer a range of individual and team disciplines.

PATROLLING

After completing surf skills, rescues and first aid training, you will be ready to be a part of the widely recognised 'between the flags' beach patrols.

LSV is also an essential member of the state's emergency services. These vital emergency response services offer members further opportunities to progress into other lifesaving services beyond the beach.

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Irymple, Vic 3498



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- Rubbish Removal
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- Driveways

Ph Kev Helms:
0407233933

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spanos



M: 0419 253 409 Electrical

55 Pine Ave
Mildura
Vic

PH: 03 50235195

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