



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 19th July, 2021 Newsletter No. 20



TERM DATES

TERM 3

12th JULY - SEPTEMBER 17th (10 weeks)

JULY

Monday 12th

Dental Van Visit (Postponed)

Thursday 22nd

Whole School Photo (Postponed)

Friday 23rd

Naidoc Celebration Day (Postponed)

Monday 26th

Prep Students - 100 days Celebration (Postponed)

AUGUST

Thursday 5th

Three Way Conferences

Monday 16th

Open Day 10am to 2pm

Friday 20th

Athletics Day

PRINCIPAL'S NEWS

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

THANK YOU FOR SUPPORTING US IN KEEPING OUR STUDENTS SAFE

Today we find ourselves as a Mildura Community coming together to keep each other safe. Thank you to each and every one of you for respecting the Department of Education Guidelines.

The Delta Covid 19 virus needs our help to move. When we stay home the virus cannot move around our community.

Thank you to the staff who will continue to provide high level education for our students while they learn from home.

COMMUNICATION BETWEEN SCHOOL AND HOME

Please continue to check Compass for any updated information.

The school phone number is (03) 5023 2148.

SCHOOL ASSEMBLIES

At this stage we do not know what Wednesday July 21 will look like so I have decided that we will have a School Assembly via WebEx Events this Wednesday at 3pm.

The link will be posted on Compass.

NAIDOC

NAIDOC is an important part of our school year. At this stage our school celebrations that are scheduled for this Friday have been postponed until further notice.

The NAIDOC 2021 theme – Heal Country! – calls for all of us to continue to seek greater protections for our lands, our waters, our sacred sites and our cultural heritage from exploitation, desecration, and destruction.

Country that is more than a place and inherent to the Koorie identity.

Country that we speak about like a person, sustaining our lives in every aspect - spiritually, physically, emotionally, socially, and culturally.

NAIDOC 2021 invites the nation to embrace First Nations' cultural knowledge and understanding of Country as part of Australia's national heritage and equally respect the culture and values of Aboriginal peoples and Torres Strait Islanders as they do the cultures and values of all Australians.

For generations we have been calling for stronger measures to recognise, protect, and maintain all aspects of our culture and heritage.

We are still waiting for those robust protections.

This year's theme also seeks substantive institutional, structural, and collaborative reform – something generations of our Elders and communities have been advocating, marching and fighting for.

Healing Country means finally resolving many of the outstanding injustices which impact on the lives of the Koori people.

THREE WAY CONFERENCES

Students will be participating in three-way Conferences with their Parents/Carers and Teachers in the fourth week of Term 3.

This year we will be giving families two options: face to face Conferences with the student and family member on site or a WebEx Conference, with the student and family member present either at school or the off site location.

Thursday August 5 students will not be required to attend school except for the three-way Conference.

Out of School Hours Care will be available for families who will require this service on 5th August. It will be necessary to contact Kerri Abbot and make a booking.

If your child is participating in Out of School Hours Care on the day and you would like a WebEx conference then staff will be happy for the student to be sent to their classroom at the allocated time.

Are you also experiencing COVID fatigue? Professor Lea Waters

I was on a recent walk with a close friend of mine and this topic came up.

It's because we noticed that our kids seemed to be tired all the time.

I don't know about you, but for me and my kids, tiredness means negativity has crept in.

And this negativity has a name...

It's called COVID fatigue

That's the name that psychologists have coined for what a lot of us are feeling.

And it's that deep weariness arising from more than a year of life in a global pandemic.

Unfortunately, it's hitting us in many ways.

It's especially true for our children.

In our home, it's been harder for us to stay positive compared to this time last year. This is understandable because COVID-19 seems to drag on.

In my home town of Melbourne, we've had 4 rounds of hard lockdown - curfews, remote learning for my 2 kids, working from home for me and my hubby, only being allowed out of the house for 1 hour per day etc...

It's been a very long and painful journey for so many of us across the globe.

But if you think about it, it's ironic to feel so negative at this point.

Why?

The world is showing signs of moving forward.

Large-scale vaccination programs are happening all over the world. People are getting inoculated and can now freely move outside.

Children are starting to go back to school.

In some countries, they already have zero cases (but my heart goes to those countries who still have high rates).

So, why is there still a drop in positivity?

Maybe it's because we're too tired to have the energy needed to get past the negativity. And if we can't recover from that, how can we move forward?

What can we do to help our children stay positive and energized?

Practice gratitude.

Part of positive psychology, which is the field I specialise in as a registered psychologist and a university researcher, is focusing on gratitude.

It's an essential cog of our 'orienting system' that can help us recover from loss and trauma - just like what the pandemic caused us.

Gratitude plays an important role in helping children cope with the stress that they are going through.

By teaching your children the value of gratitude, it can help them keep their focus on the positives around them. It can also help them maintain hope and remain as happy as possible despite what's happening.

Gratitude gives us the energy we need to see past the negativity we're feeling because of COVID fatigue.

Marie-Therese Milani

Principal

OUTSIDE SCHOOL HOURS CARE

Before & After School Care

We have places available every day for these two programs. Please contact the OSHC office for more information or make a booking.

Vacation Care

The next holiday program will be from Monday 20th September until Friday 1st October. There is a scheduled public holiday on Friday 24th September, we will not be operating on that day.

Families from Mildura South Primary will have their program plan and booking form emailed to them on Monday 23rd August, with remaining families in the district who are on our mailing list emailed on Monday 30th August. Bookings can start being taken from those dates. If you haven't received the forms by these dates, please let me know as soon as possible, or if you would like to be on our mailing list. If you know of any families requiring holiday care, please feel free to forward our details on to them.

Please return your booking form as soon as you receive the email to avoid missing out. Payment of vacation care fees are due by Friday 17th September, bookings will be forfeited if payment is not received by that date unless other arrangements have been made with me prior to the due date.

Pupil Free Day (Three Way Conference)

We are now taking bookings for this day – Thursday 5th August 2021. The program will be operating from 8am until 6pm on the day.



CELEBRATION OF STRENGTHS

PH Wyndarra Kelly

PK Harry Taylor

PP Zoe McEwan

PR Jacob Cameron

1B Sahira Khan

1P Quinn Devereaux

1T Rayne Singla

2H Sophia Parsons

2R Ethan Davis

2S Rhysten Jones

3/4B Olivia Riggs-Brindal

3/4M Lincoln Dean

3/4S Jaxson Kouzounian

3/4W Jye Deckert

5/6B Peyton Chilly

5/6J Katerina Ionnidis

5/6K Ryan Mendoza

5/6L Chelsea Carusella

5/6O Rhett Wescombe

Art

Kirah Fox 3/4M

Italian

Layla Connors 5/6B

Sport

Cadance Paddock 3/4W

STEM

Caleb Englefield 3/4B

Performing Arts

T'Sharni Zielonka 3/4S

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Hot Shots & Tennis 4 Teens @ Red Cliffs Tennis Club Term 3, 2021

Hot Shots Tuesday 4-5pm Wednesday 4-5pm & Friday 4-5pm
All sessions @\$10 - Racquets available-Plus free Hot Shots T-Shirt

Hot Shots MATCH PLAY each Friday 5-5.45pm @\$3 per player

Tennis 4 Teens Tuesday 5-6pm Wednesday 5-6pm - Racquets available \$10 per session

To enrol or for more information ph: Lisa Hill 0400726824

email: lisa.joy.hill70@gmail.com Community Play Coordinator

DATES TO REMEMBER

TERM 3 (12th JULY to 17th SEPTEMBER)

JULY

- Thur 22nd Whole School Photo
- Fri 23rd Naidoc Celebration Day
- Mon 26th Prep Celebration 100 days of school
- Thurs 29th Regional Netball/Soccer
- Fri 30th Interschool Sport (Round 1)

AUGUST

- Tues 3rd Regional Hockey/AFL
- Thurs 5th Three Way Conferences (Pupil Free Day)
- Fri 6th Interschool Sport (Round 2)
- Fri 13th Interschool Sport (Round 3)
- Fri 20th MSPS Athletics Day
- Mon 30th to 3rd Sept Grade 1 & 2 Swimming

SEPTEMBER

- 2nd Sept Mini Olympics
- 8th – 10th Grade 5 Camp to Ballarat
- Mon 13th AFL 9's (Grade 3 and 4)
- Fri 10th Grade 2 Sleepover
- 14th – 15th Grade 3 Camp to Swan Hill
- Fri 17th Last of Term 3 (2.30pm Finish)

TERM 4 (4th OCTOBER to 17th DECEMBER)

OCTOBER

- 13th Oct Division Volleyball & Tennis
- 14th Oct Division Basketball & Softball
- 19th – 22nd Grade 6 Outdoor Camp
- Wed 20th Grade 1 Fun Night

NOVEMBER

- Tues 2nd Melbourne Cup Day Public Holiday
- Fri 19th Colour Fun Run
- 24th – 26th Grade 4 Camp to Lake Cullulleraine

DECEMBER

- Fri 17th Last day of Term 4 (2.30pm Finish)

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