



Mildura South Primary School Newsletter

A Positive Education School

593 Deakin Avenue, Mildura South

P.O Box 10198, Mildura VIC 3502

Phone (03) 5023 2148

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

Monday 26th July, 2021 Newsletter No. 21



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 AND FAMILIES 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 28 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 August the 5. 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.

RIDING THE COVID WAVES **by Michael Grose**

The disruption caused by the pandemic continues, with the scale of its impact dependent on geography. Families in the nation's two most populated states are no strangers to lockdowns and the disturbance they bring to normal life. Regardless of where you live, the sense of the pandemic is always present, ready to disrupt daily life at short notice.

We crave connection and certainty

Human beings crave certainty and human connection, both of which are severely impacted by the current pandemic. Just when life appears to return to normal, COVID case numbers can flare, sparking changes to our daily lives. As demonstrated by the massive increase in people seeking psychological support services over the last 18 months, these are difficult times for us all.

Every family has its own COVID related story consisting of loss, disappointment, hardship, frustration of some kind. While there is no magic bullet that will make living through these uncertain times easy, here are some strategies to help you and your family stay upright while you ride the COVID waves of uncertainty and change.

Model a coping mindset

Let's start with a coping mindset, the hardest and most important strategy. The leader in any group is the person who remains calm in a crisis, so as parents we need to do all we can to keep our acts together, or at least look like we are in control. Children of all ages, but especially primary-aged students, take their cues from parents, the most important people in their lives, about how to view events. If catastrophising, anxiety and anger are modelled, then inevitably younger family members will mimic these behaviours.

More significantly, these behaviours contribute to their feelings of lack of control. Alternatively, when acceptance, perspective and optimism are on display, children learn how they can cope with uncertainty and change. This is not to suggest that parents aren't struggling, and that we don't show our vulnerability to children. However, children and young people feel safer and more secure when their parents radiate a sense of calm and composure in the face of difficulty.

Embed wellbeing strategies into family life

If ever there was a time to make wellbeing come alive in a family, it's now. If you have previously believed children's wellbeing is less important than homework, music or sports lessons and chores then it's time for a priority rethink. Mental health practices are most successful when they are embedded into family life, rather than being focused on when life gets hard. The most significant wellbeing practices include sticking to daily routines (to maintain feelings of control), taking regular exercise (to get rid of built-up stress and promote feel-good endorphins) and prioritising sleep (to maximise the brain's capacity to manage stress).

Only sweat the big stuff

If you find that you're arguing with your child over minor issues such as leaving clothes around the house, then it's time to let the small stuff go and focus on the bigger issues. You may need to set the parenting bar a little lower, focus less on academics, even relax screen time limits for a time if they are a source of conflict. Expect behaviour blow outs from children who have lost their own bearings – in some cases access to friends, school, and schedule.

Connect with your village

Are you an introvert or an extrovert? What about your children? It matters because each group reacts differently during lockdowns. Those on the introvert end of the spectrum can feel a little too comfortable being home and away from work or school. Scheduling regular digital catch-ups with friends and family can overcome reluctance to connect. Extroverts, on the other hand, can really struggle being away from friends and need little encouragement to stay in touch, which is vital during times of uncertainty.

There are no hard and fast rules about living through this pandemic. COVID didn't come with a 'how to' manual, so most of us are writing our own rules as we go. Embrace any ideas that work for you and your family and let go of those that aren't right for you. Be mindful, that the tide will eventually turn, the waves more predictable and our capacity to deal with hardship will have been enhanced by this experience.

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.

ITALIAN WORD OF THE WEEK



Word of the Week
Parola della Settimana

Mi dispiace
(I'm sorry)



CELEBRATION OF STRENGTHS

PH Prep H Families

PK Perla Elsadda

PP Charlie Millard

PR Mimi Chen

1B Jax Riggs-Brindal

1P Cynthia-Rose Williams

1T Zayden Coward

2H Ayden Cameron

2R Ava Tumanuvao

2S Lily Davis

3/4B Ruby Gates

3/4M Emilie Kingsley

3/4S Brayden Hand

3/4W Declan Osborne

5/6B Melissa Zappia

5/6J Dani Fraser

5/6K Victor Collins

5/6L Henry Avery

5/6O Payton Hand

Art

Lea Kuluka 3/4B

Italian

Riley Cox 5/6K

Sport

Mitchell Watson 5/6K

STEM

Jaxon Sherwell

Performing Arts

Braith Stevens 1T

MILDURA SOUTH PRIMARY SCHOOL
Uniform Shop



NOW AT

Totally Workwear

70 Lime Avenue, Mildura. Ph: 50214697



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)

55 Pine Ave
Mildura
Vic

PH: 03 50235195

EST. 1985

PICTURE PARLOR

CUSTOM FRAMING

Wide Format Printing

Local Landscapes for Sale

Email: pictureparlormildura@gmail.com

tierney
real estate

your local family franchise

Earthworks Mildura

Ph Kev Helms:
0407233933

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

Always Down To Earth.

MILDURA MARTIAL ARTS

PH: 0427 567 798

spanos

M: 0419 253 409 Electrical

MILDURA TEST AND TAG

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

Electrical appliance testing