



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

Monday 30th August, 2021 Newsletter No. 26



TERM DATES

TERM 3

12th JULY - SEPTEMBER 17th (10 weeks)

AUGUST

Mon 30th to

Fri 3rd Sept

Grade 1 and 2 Swimming (POSTPONED)

SEPTEMBER

ALL DATES BELOW ARE SUBJECT TO CHANGE PENDING RESTRICTIONS

Friday 3rd

Grade 2 Sleepover (Postponed)

Monday 6th

Prep Play Afternoon (Postponed)

Wednesday 8th to

Friday 10th

Grade 5 Camp to Ballarat

Monday 13th

Teddy Bears Picnic

Tuesday 14th to

Wednesday 15th

Grade 3 Camp to Swan Hill

Friday 17th

Last day of Term 3

"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"

PRINCIPAL'S NEWS

CHILD SAFETY

THANK YOU FOR SUPPORTING US IN KEEPING OUR STUDENTS SAFE

COMMUNICATION BETWEEN SCHOOL AND HOME

Please continue to check Compass for any updated information. The school phone number is (03) 5023 2148.

SCHOOL ASSEMBLIES

The School Assembly will take place on Wednesday afternoons at 3pm via WebEx Events. The link will continue to be on Compass.

RECORDING OF STUDENT ATTENDANCE WHILE IN REMOTE AND FLEXIBLE LEARNING

Thank you to all of our families who are connecting with us through WebEx, telephones and emails. It is important to us here at Mildura South Primary that we engage each student in the most meaningful way that is convenient and supportive for the students and their families.

Your child is present if they complete one of the following:

- Attendance on daily class WebEx
- Attendance in Guided Teaching WebEx
- Uploaded completed daily tasks on Google Classrooms
- Photos of completed tasks emailed to staff (paper packs)
- Telephone conversations between staff and families

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's 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's 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's 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 being called upon, so it's necessary to build regular practices into our lives that build our resilience. Attending to areas such as sleep, good nutrition, regular exercise, relationship-building and self-care help keep our resilience buckets fill up.

Marie-Therese Milani

Principal

FROM THE OFFICE

2021 PARENT/CAREGIVERS/GUARDIANS OPINION SURVEY

Our school is conducting a survey to find out what parents/caregivers/guardians think of our school. The Parent/Caregiver/Guardian Opinion Survey is an annual survey offered by the Department of Education and Training that is conducted amongst all parents/caregivers/guardians (previously known as the Parent Opinion Survey). It is designed to assist schools in gaining an understanding of families' perceptions of school climate, student behaviour, student engagement and experiences of remote and flexible learning. Our school will use the survey results to help inform and direct future school planning and improvement strategies.

All parents/caregivers/guardians will be invited to participate in this year's survey. All responses to the survey are anonymous. This year, the Parent/Caregiver/Guardian Opinion Survey will be conducted from **Monday 19th July to Friday 3rd September**.

The survey will be conducted **online**, only takes **20 minutes** to complete, and can be accessed at any convenient time within the fieldwork period on desktop computers, laptops, tablets or smartphones. The online survey will be available in a range of languages other than English. These include: Arabic, Vietnamese, Mandarin, Chin (Hakha), Hindi, Japanese, Somali, Turkish, Punjabi and Greek.

All parents would have received an email with a link which can be copied into your browser, which will take you directly to the survey.

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 😊

OUTSIDE SCHOOL HOURS CARE

Before & After School Care

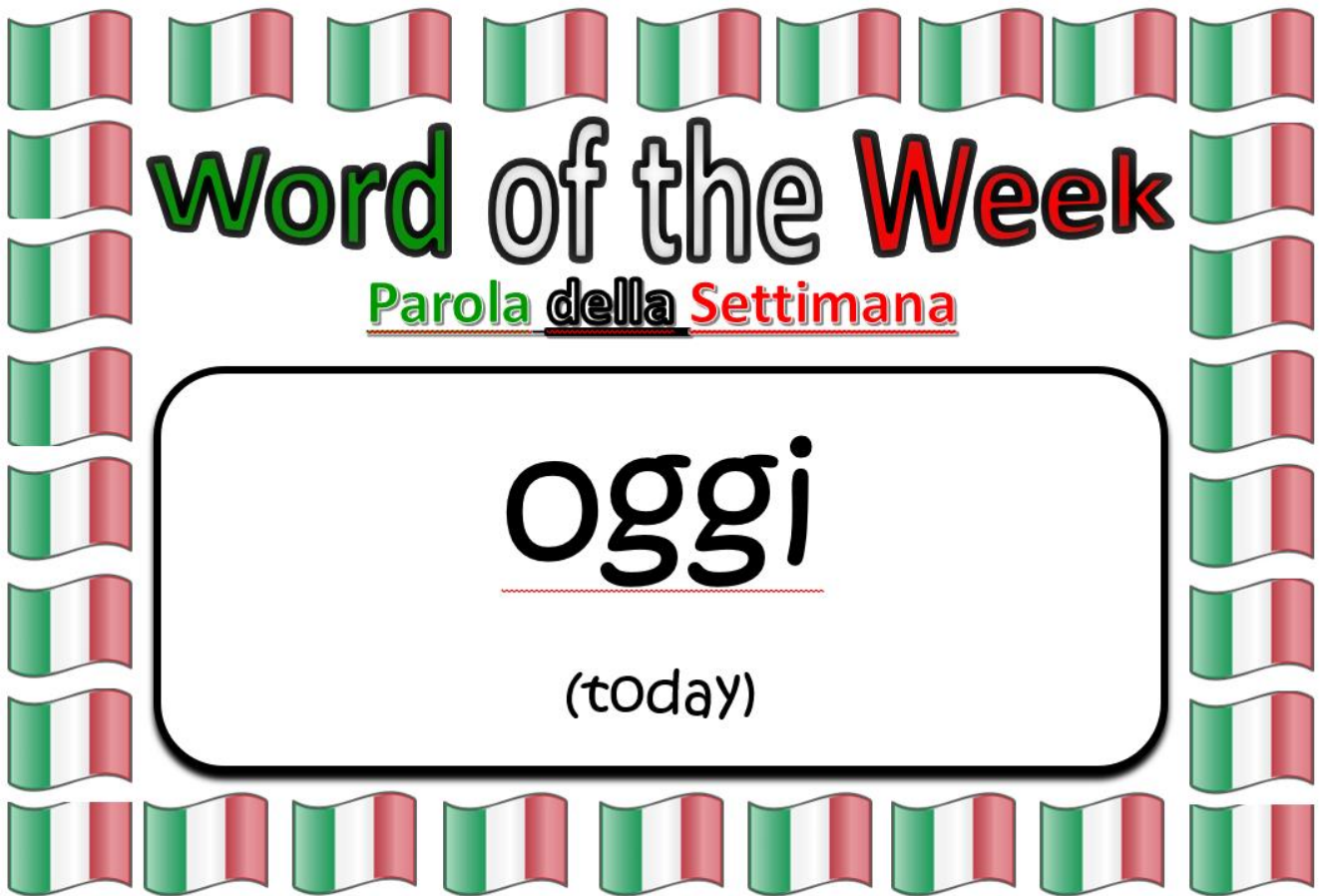
We have places available every day for these two programs. Please contact the OSHC office for more information or make a booking.

Vacation Care

Mildura South families can now start booking in for the Sept/October vacation care program. Please complete and return the booking form as soon as possible to avoid missing out. If you have not received your booking form, or would like more information, please either email us on oshp@msps.vic.edu.au or call us on 5023 2143 (option 3) / 0408 232 143. The booking form is also available on the school website. Payment of vacation care fees are due by 17th September 2021.

The After School Care program will be commencing at 2.30pm on the last day of term.

ITALIAN WORD OF THE WEEK



Word of the Week
Parola della Settimana

oggi
(today)



CELEBRATION OF STRENGTHS

PH Maya Chillingsworth

PK Harry Taylor

PP Fletcher Godfrey

PR Lincoln Tate

1B Caius Stiff

1P Youssef Helmy

1T Ava Hocking

2H Ayden Cameron

2R Max Pegus

2S Arya Probert

3/4B Kobie Walters

3/4M Cody Wilson

3/4S Levi Tumanuvao

3/4W Judd Russell

5/6B Calaih McCafferty

5/6J Aaron Davy-Watts

5/6K Keeble Devereux

5/6L Katana Mathews

5/6O James Israel

Art
Ben Skipsey 3/4S

Italian
Bella Probert 3/4B

Sport
Noah Warner 5/6J

Performing Arts
Kyung Woo Kim 5/6O

MILDURA SOUTH PRIMARY SCHOOL
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MILDURA SKATE PARK

Hugh King Dr, Mildura

Saturday 30 October | **Skate Park Leagues Competition** | 11am - 4pm

Sunday 31 October | **All Aboard Skateboarding Sessions** | 10am - 2pm

ALL AGES AND ABILITIES WELCOME | FREE | EQUIPMENT PROVIDED

Book sessions at skateclub.ymca.org.au

Comp rego at: skateparkleagues.com/skatepark-leagues/registration/



Register using the QR code or at skatepark.ymca.org.au/all-aboard

DATES TO REMEMBER

** ALL DATES BELOW ARE NOW ON HOLD PENDING RESTRICTIONS **

<p>TERM 3 (12th JULY to 17th SEPTEMBER)</p> <p>AUGUST Mon 30th to 3rd Sept Grade 1 & 2 Swimming</p> <p>SEPTEMBER 2nd Sept Mini Olympics 3rd Sept Grade 2 Sleepover 8th – 10th Grade 5 Camp to Ballarat Mon 13th AFL 9's (Grade 3 and 4) 14th – 15th Grade 3 Camp to Swan Hill Fri 17th Last of Term 3 (2.30pm Finish)</p>	<p>TERM 4 (4th OCTOBER to 17th DECEMBER)</p> <p>OCTOBER 13th Oct Division Volleyball & Tennis 14th Oct Division Basketball & Softball 19th – 22nd Grade 6 Outdoor Camp Wed 20th Grade 1 Fun Night</p> <p>NOVEMBER Tues 2nd Melbourne Cup Day Public Holiday Fri 5th Grandparents Day Wed 17th School Concert Fri 19th Colour Fun Run 24th – 26th Grade 4 Camp to Lake Cullulleraine Thurs 25th Prep Orientation</p> <p>DECEMBER Tues 7th Grade 6 and Prep Orientation Fri 17th Last day of Term 4 (2.30pm Finish)</p>
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