



# 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](http://www.msps.vic.gov.au)  mildurasouthps

**Monday 25th October, 2021 Newsletter No. 32**

*"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"*



### FOR YOUR DIARY

**\*\*ALL DATES ARE SUBJECT TO COVID GUIDELINES PERMITTING\*\***

#### **TERM DATES**

**TERM 4** 4<sup>th</sup> October, 2021 to 17<sup>th</sup> December, 2021

#### **November**

Tues 2<sup>nd</sup> Nov Melbourne Cup Day Public Holiday

Fri 19<sup>th</sup> Nov Colour Fun Run

Thurs 25<sup>th</sup> Prep Orientation

#### **December**

Tues 7<sup>th</sup> Dec Grade 6 and Prep Orientation

Fri 17<sup>th</sup> Dec Last day of Term 4 (2.30pm Finish)

## CHILD SAFETY

### THANK YOU FOR SUPPORTING US IN KEEPING OUR STUDENTS SAFE

#### PRINCIPAL'S NEWS

It has been wonderful being at the gates, welcoming our students back to school.

#### FACE MASKS

From Monday October 18, students in Grades 3 – 6 are required to wear face masks inside. It is recommended but not mandated, that students in Grades Prep – 2 wear face masks when inside.

If you wish for your child/children not to wear a face mask, please ask your family doctor or a specialist to write a letter of exemption.

#### HATS

As a Sun Smart School, we ask all students to wear a hat in Term 4. Please ensure your child has a broad brimmed hat to wear when outside.

#### MINIMUM COMMUNITY CONGESTION AND CROSS-OVER OF AGE GROUPS

The Department of Education have asked that we keep cross over of student age groups and community congestion at a minimum.

In order to do this, the following has been put in place

- **Parents asked to remain off site**
- Students asked to use their House Gate to enter and exit the school grounds

Murray Gate – Albert Street

Darling Gate – Crossing Gate

Mungo and Kulkyne Gate – Front Gate

- There is no play in the yard before school

Students to go straight to their classroom when they arrive at school

- Students are being dropped at school after 8.45am
- At 3.15pm Grades Prep, One and Two Teachers escort students to their House Gate where Parents pick them up. Students who are in Grades 3 - 6 who have younger siblings leave the school at

3.20pm using their House Gate. Any students who are booked into After School Care go there at 3.30pm.

- The remainder of our students leave the school through their House Gate at 3.30pm

Thank you for your support and co-operation in keeping our school community safe.

### **FRONT GATE SUPERVISION**

**Students who are arriving at school between 8.30am – 8.45am please use the front gate.**

Mrs Hunt and I will be supervising these students on the front lawn, where they will sit in their year level until the 8.45am bell goes and they will go straight to their classrooms.

Any child arriving at school before 8.30am please book into Before School Care.

Thank you for your support and co-operation.

### **WORLD EDUCATORS' DAY**

This Friday October 29 we will be celebrating World Educators' Day. This is an opportunity for our community to show the appreciation we have for our Teachers, Education Support Officers, IT support, Maintenance Workers, Cleaners and Office Staff.

I would like to take this opportunity to acknowledge the tireless and generous work of all of our staff here at Mildura South Primary.

**Thank you – you make a big difference to many students and their families.**

**Happy World Educators' Day!**

### **CANTEEN**

Canteen orders will begin again on Wednesday October 27 and Friday October 29. You are welcome to make a lunch order through the app. Please remember to order by 2pm on the day before the lunch order is required.

### **PREP ENROLMENTS**

We continue to take enrolments for 2022 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 2022, please encourage them to make contact with the school.

## **VIRTUAL ASSEMBLY**

Please join us for our School Virtual Assembly each Wednesday at 2.55pm. Our leaders do an outstanding job facilitating the Celebration of Strengths that our students demonstrate. The link can be found each week on Compass.

## **CAMPS AND EVENTS**

Due to current restrictions, camps and extra-curricula activities have been postponed. When the School Operation Guidelines allow for these to go ahead teachers, will communicate with families.

# **Helping your family manage uncertainty**

**by Maggie Dent**

Uncertainty is part of life and yet our brain, which creates our thoughts and feelings, loves certainty and predictability.

The pandemic has created more uncertainty in families, schools and communities than most people can recall in their lifetimes. With no clear end point, more stress and anxiety may well be triggered. In small doses anxiety heightens your sense of focus, giving you an increased level of energy, and increases your chances of managing a potential challenge that has appeared. In large doses, this anxiety is problematic, as it can cause feelings of being overwhelmed and even panicked.

### **The lesson of being real**

Many fears and unexpressed emotions lie beneath the stress of navigating uncertainty. Be prepared to share your emotions with your children, especially feelings of sadness. They experience grief every time they lose the opportunity to spend time with loved ones, go on holiday or return to school to see friends.

Grief is not a sign of weakness. It shows you are human. Let your children see you cry and give them the agency to know what to do. They can grab a tissue, they can give you a hug and, if they're old enough, they can make you a cuppa.

Your children need to see that when bad things happen to adults, they can feel upset for a time. There are many ways you can help children cope with uncertainty.

### **Normalise uncertainty**

Teach your children that nothing is permanent. Good things come and go. So will tough times. Change is a part of life and can be positive or challenging. Share stories about how your family recovered from hard times. Adaptability and flexibility are key components of resilience, which can be nurtured in childhood.

### **Make choices that ease fear and anxiety**

Remind your children and young people that they are not powerless. Resting, reading and relaxing are great tools to ease fear and anxiety. This might include taking deep breaths, listening to music, or making others laugh. Getting outside to play or walk the dog is another simple way to ease the nervous system.

### **Focus on the things you can control**

Simple habits and routines really make a difference. When everything is changing routines and rituals such as regular family mealtimes, bedtimes and wake up times help maintain a sense of normality. These rituals provide an important anchor helping them feel in control.

### **Encourage your children to have a 'gratitude attitude'**

Though times are no doubt really tough for many, you can choose to feel grateful for the things you have, and the people you love. Adults can model this mindset with children.

### **Maintain hope**

Hope is an important antidote to feeling stuck in fear. Encourage feelings of hope by sharing wonderful memories via photos or videos which can lift everyone's spirit. Plan a new experience to happen when that becomes a possibility.

Children and young people need to understand that life can be an unpredictable ride and together you can adapt and find a way through to each new day.

The greatest tool you have as a parent in these times is to remember that you are the 'safe base' for your children and young people. If you can embody that, and help them feel that no matter what, your love and support is a certainty, then the uncertainty around us all becomes a lot more manageable.

**Marie-Therese Milani**  
**Principal**

## OUTSIDE SCHOOL HOURS CARE

### Before and After School Care

We have places available for each program, please let us know if you would like to book in on any day.

The last day of term will be Friday 17<sup>th</sup> December, please note the OSHC service will be closed from the end of term until Tuesday 4<sup>th</sup> January. Term 1 2022 will commence for all students on Monday 31<sup>st</sup> January.

### Hats

A reminder that all children attending After School Care require a hat for outside play. Please pack a spare hat in your child's bag.

## ITALIAN WORD OF THE WEEK



**word of the Week**  
Parola della Settimana

mia scuola

(my school)



## CELEBRATION OF STRENGTHS

PH Cameron Leek

PK Ruby Lush

PR Amity Christian

1B Eva Tiwari

1P Summer Stewart

1T Rayne Singla

2H Ryan Thomas

2R Dallas Campbell

2S Archie Simm

3/4B Xander Williams

3/4M Emilie Kingsley

3/4S Latarnia Lawson

3/4W Omar Haridy

5/6B Noah Davis

5/6J Dante Berry

5/6K Nicola Whitney

5/6L Miguel Dungca

5/6O Bailey Crump

### Art

Ethan Davis 2R

### Italian

Caden Johns 5/6B

### Sport

Lincoln Dean 3/4M

### Performing Arts

Liam Sinclair 5/6O

### STEM

Bailey Crump 5/6O  
Makenzie Crump 5/6O

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