



# Mildura South Primary School Newsletter

## A Positive Education School

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**Monday November 8, 2021 Newsletter No. 34**

*"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 9<sup>th</sup> Nov Prep Play Afternoon – 4.00pm to 4.30pm

Wed 10<sup>th</sup> Nov Grade 1 Fun Night

Tues 16<sup>th</sup> Nov Prep Play Afternoon – 4.00pm to 4.30pm

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

Mon 22<sup>nd</sup> Nov to  
Wed 24<sup>th</sup> Nov Grade 4 Camp – Lake Cullulleraine

Wed 24<sup>th</sup> Nov to  
Fri 26<sup>th</sup> Nov Grade 5 Camp – Lake Cullulleraine

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

Mon 29<sup>th</sup> Nov to  
Wed 1<sup>st</sup> Dec Grade 6 Camp – Halls Gap

#### 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

- Please use the pedestrian crossing when crossing Deakin Avenue
- When dropping students off or picking students up in Albert Street please observe ONE WAY (from Deakin Avenue to the Wetlands)
- When driving in Albert Street before and after school please travel at 20km/per hour

THANK YOU FOR SUPPORTING US IN KEEPING OUR STUDENTS SAFE

## PRINCIPAL'S NEWS

### COMMUNICATION BETWEEN SCHOOL AND HOME

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

### 2022 CLASSES

Next week we will begin introducing students to their 2022 classroom teachers and classes.

Monday, November 15, 2.50pm – 3.15pm students will meet their 2022 classroom teacher (they will not go to their new classroom until the next internal transition).

Thursday, December 2, 2.50pm-3.15pm students will go to their 2022 classroom and spend time with their 2022 classroom teacher and peers.

Tuesday, December 14, 9.00am-10.00 am students will again go to their 2022 classroom and spend time with their 2022 classroom teacher and peers.

I would like to take this opportunity to thank the staff for the many hours of collaboration that has taken place in order to ensure each student is in the best learning environment for them to flourish.

We will be using the three internal transition times to see, hear and feel the dynamics of each classroom.

Thank you for the trust you have in the staff in making sure your children succeed.

### LEARNING TASKS

This year Mildura South Primary School have been making the transition from Semester Reporting to Learning Tasks. A Learning Task is a sample of your child's work that is uploaded to Compass for families to view. This sample of your child's work has a praise and a prompt. The praise is a comment about what your child's strength is and the prompt is a comment about what your child will receive support on from their teacher to continue to progress in their learning.

Learning Tasks provide the opportunity for teachers to provide timely feedback to families about how their child is going in their learning.

This term all teachers will be uploading a Reading, Writing and Math Learning Task to Compass. Teachers will advise families with a Compass notification when their child's Learning Task is ready to view.

Please contact your child's teacher if you would like to discuss the sample of work presented or for further information about how your child is working in class.

Along with regular Learning Tasks, we will continue to have a report each semester with a personal comment and a progression point, which shows your child's progress. This term your child's report will be ready to download from Compass on the 8<sup>th</sup> of December.

## **GRADE 2 GET HELP LEADERS**

Congratulations to the following students who are the Grade 2 Get Help Leaders for the remainder of 2021: Henderson Iogha, Aaliyah Moore, Vada Murnane, Rakan Elsada, Jordan Brown and Umul Zahidi. These students are building our 'Get Help' culture in the playground by assisting students in getting help from the yard duty teacher.

## **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. Thank you.

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

Thank you to all of our community in assisting us to keep our children safe, honouring the staggered starts and finishes and the school entry and exit through House Gates.

Your support is greatly appreciated.

The following continues as we live with COVID 19 in Mildura:

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

## **FRONT GATE SUPERVISION**

**Students who are arriving at school between 8.30am – 8.45am please use the front gate.** All other house gates will be closed until 8.45am.

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.

## **CANTEEN**

Canteen orders have begun again. 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**

### **Kokoda Day and Remembrance Day 2021**

Last Wednesday our Senior students commemorated all the brave soldiers that served on the Kokoda Track.

It was a very proud moment for staff and students as together we demonstrated our respect and gratitude.

On Thursday, November 11<sup>th</sup>, we will be having another formal service for Remembrance Day which commemorates the end of the First World War. This will also be streamed, and will begin at 10.40am, with the minutes silence taking place at 11am.

Again, our captains and class representatives will lay wreathes honouring those that have served this great nation of ours.

### **Prep Play Afternoons**

We are excited to welcome our 2022 Preps into our school.

Students who have not enrolled are also welcome to attend these sessions and spend some time with our Prep teachers in their classrooms.

Any families who would like to meet with Mrs Milani are welcome.

**Tuesday, November 9, 4.00-4.30pm**

**Tuesday November 16, 4.00-4.30pm**

See you then.

### **Colour Fun Run**

On Friday November 19 our school community will be enjoying the Colour Fun Run. Students will wear a white t-shirt if they wish to be sprayed with the colours of the rainbow.

Students will complete their Colour Fun Run at different times of the day in their year levels.

This year we are focusing on the fun of the event, and we will not be fundraising. Children will receive a Zooper Dooper after their run.

### **School Camps Program**

Teachers have worked tirelessly to organise a modified camps program for our students this year. I would like to thank teachers for their creativity, persistence and zeal when preparing these events.

## **Screen time habits for good eye health**

**by Dr Kristy Goodwin**

Children and teens are spending an increasing amount of time on digital devices for both learning and leisure. Lockdowns, remote learning, and online learning have resulted in a surge of young people complaining about sore eyes, blurred vision, headaches, red eyes or general eye fatigue.

Research suggests that there has been an increase in myopia (near sightedness) rates for children and teenagers during the pandemic. Myopia is a vision condition in which someone can see objects near to them clearly, but objects farther away are blurry.

One [study](#) revealed an almost 400% increase in six-year-olds presenting with myopia symptoms during the 2020 lockdown. The phenomenon referred to as 'quarantine myopia'. Experts believe that screen time may be to blame. HCF Health Insurance data shows over 20% more school-aged children had claims entered for glasses or contact lenses in 2020, compared to five years ago.

While it may seem logical to blame these negative impacts solely on screens, there's emerging evidence to suggest that screens alone may not be triggering or causing eye strain or myopia. The pandemic has not only led to an increase in screen time but has also resulted in children spending more time inside and less time outdoors in natural sunlight. Family history is also a known risk factor for children developing myopia.

Given that children will need to continue to rely on digital technologies for their learning and leisure, parents, carers and educators need to equip them with the strategies that will support their eye health and reduce the impacts of screen-related eye conditions such as eye strain and myopia. Following are some simple strategies to help keep screenagers' sight healthy and in optimum condition.

### **Keep an eye on their eyes**

Be on the lookout for symptoms such as headaches, blurry vision, squinting, or rubbing eyes, as they may indicate potential eye issues. Take your child to an optometrist if symptoms persist.

### Teach them the 20/20/20/20 rule

Every 20 minutes, take at least a 20 second break, look into the distance for 20 metres to develop depth of vision, and blink 20 times – because when they stare at a screen their blink rate declines by 66%.

### Remind them to close their eyes

Learning through screens is mentally taxing, depleting the two regions of the brain which process what they see and hear online. Encouraging children to close their eyes, even if just for 10 seconds, gives these regions of their brain a much-needed break. It increases alpha waves in their brains, leaving them feeling focused and alert after a short break.

### Remember the arm's length rule of thumb

Remind your children to keep all their digital devices and reading materials at least an arm's length away from their eyes.

### Brighten up

Make sure children read with appropriate lighting, as poor surrounding light increases eye strain. You may need to adjust the brightness on the screen they are using, or the lighting in the room.

### Encourage them to head outdoors

Research shows that young children who spend more time outdoors are less likely to be short-sighted as teenagers, so ensure your children get at least two hours of 'green time' time a day. Evidence also reveals that just 40 seconds in nature will reduce stress levels.

Given that technology plays a pivotal role in children's lives, it's essential that parents, carers and educators equip children with the skills and strategies that will protect their eye health. This requires strategies to deploy when children are using devices and ensuring that their tech time doesn't displace vital offline experiences, such as time in nature. Yet another reason why we need to balance their 'screen time' with their 'green time'.

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

## GRADE ONE FUN NIGHT

The Grade One Fun Night will take place this Wednesday, 10<sup>th</sup> November from 3:30 -6:00pm.

Students attending will stay at school for a light snack, fun games and a pizza dinner to finish off.

Please pick your child up at the completion of the Fun Night at their house gate at 6:00pm.

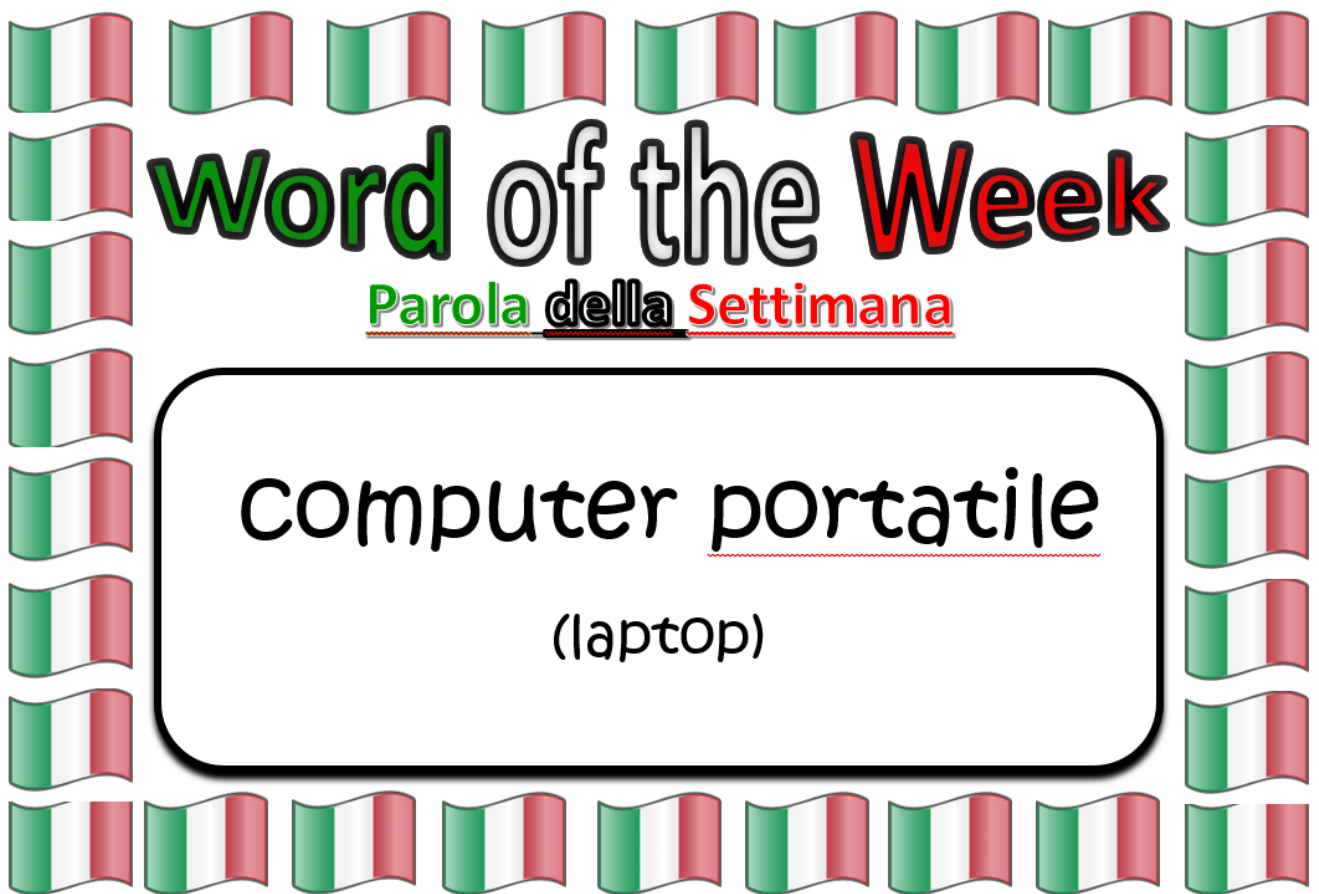
## OUTSIDE SCHOOL HOURS CARE

Vacation Care bookings for Mildura South families will start being taken from Monday 22<sup>nd</sup> November, giving South families a one week head start before the remainder of the community can book in. New preps for 2022 will be eligible to attend the program. Grade 6 students, going into year 7 in 2022 can attend the January holidays only, after that they are no longer eligible to attend as our OSHC program is for primary school aged children only. The Council run a terrific youth program which could be an option for those students.

After School Care will operate from 2.30pm on the last day of term, Friday 17<sup>th</sup> December. The OSHC program will then be closed over the Christmas/New Year period, opening for the Vacation Care program on Tuesday 4<sup>th</sup> January 2022.

A reminder all children attending After School Care this term are required to wear a hat for outdoor play. Please pack a spare hat in your child's bag which can be left at the service for safe keeping.

## ITALIAN WORD OF THE WEEK



**Word of the Week**  
Parola della Settimana

**computer portatile**  
(laptop)





## CELEBRATION OF STRENGTHS

PH Billy Ough

PK DD Dickenson

PR Ryder Sherrin

1B Emily Dolan

1P Jaden-Riley Englefield

1T Braith Stevens

2H Erin Hill

2R Vada Murnane

2S Emiko Gardner

3/4B Avery White

3/4M Aleeyah Szabo

3/4S Charlee Barrot

3/4W Jax Mathews

5/6B Ashlin Bernaldo-  
Hannemann

5/6J Nicholas Coverdale

5/6K Evie Atkinson

5/6L Mia Hand

5/6O Ayva Fricke

Art

3/4W

Italian

Isabella Laurie Prep R

Sport

Komal Grewal 5/6B

Performing Arts

3/4B

STEM

Joel Doherty 5/6J

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