



Mildura South Primary School Newsletter

A Positive Education School

593 Deakin Avenue, Mildura South

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www.msps.vic.gov.au  mildurasouthps

Monday December 6, 2021 Newsletter No. 38

"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 4th October, 2021 to 17th December, 2021

December

Tues 7th Dec Grade 6 and Prep Orientation

Wed 15th Dec Grade 6 Celebration of Strengths Event

Fri 17th 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.

THANK YOU

I wish to say a heartfelt thanks to each and every family and student in our Mildura South Primary Community.

Thank you for the trust you place in the staff each day as you send your children to school.

Thank you for supporting our whole school community by following the Department of Education School Guidelines.

Thank you to so many of you who stood in a line for a very long time to get the Covid-19 test so your children and other children can be safe.

Thank you for the connections we have made through Remote and Flexible Learning.

Thank you for your clarifying questions.

We will all continue to work together and love what we do to ensure that our children flourish.

CELEBRATION OF STRENGTHS EVENT

Wednesday December 15 from 7pm-9pm in the Mildura South Gymnasium

To celebrate the special contributions and achievement of our Grade 6 students this year, the teachers have created a very special event. Each student will be presented with a certificate recognising their strengths and achievements during their time at Mildura South Primary.

The Celebration of Strengths event will be available to be viewed via a live WebEx link (which will be provided on Compass).

Families will be allocated six tickets each (Grade 6 students do not require a ticket). Any other children attending will require a ticket and be counted as part of your family's allocation.

There is no cost for tickets, and they will be sent home with your child on Monday December 13.

Please Note

Vaccination requirements for parents and carers attending schools according to guidelines set by the Department of Education Victoria.

Parents and Carers who enter school building are required to have had two doses of COVID`19 vaccine by November 29, 2021.

GRADE 6 SHIRTS FOR 2022

The Grade 6 shirts will be available this year for \$45 each and will be available in three different styles. (Grade 6, Leadership and House Captain).

These shirts will be available to order and purchase from Totally Workwear Mildura (Lime Avenue, across from Coles).

All orders will go directly through Totally workwear Mildura.

There is an option to have your child's name printed on the back of the shirt. This will be an extra cost of \$8 per shirt ordered. No nicknames please.

Delivery for Grade 6 shirts will be early to mid-Term 1.

2022 CLASSES

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.

2022 LEADERSHIP TEAM

Each year we have 18 Grade 6 students on our Leadership Team. There are 10 students who wear the white shirts and 8 House Captains (2 students for each House).

At this stage we know the 10 students wearing white shirts in 2022 and their names are: Sophia Manzanares, Aveena Jeyakanthan, Nicola Whitney, Riley Walker, Katana Mathews, Jaxson Lia, Mitchell Watson, Caden Johns, Charlie Mills and Luca Scherger

Last Friday each of these students wearing a white shirt next year presented a speech. Staff and students in Grades 3 – 6 voted for their School Captains and School Vice-Captains.

The staff and students in Grades 3 -6 also vote for the House Captains. This year it will be the two students from each House that receives the most vote from the students. We will not be separating the votes in boy captain or girl captain for the House Leadership.

House Captains will be making their speeches this week.

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 8th of December.

FACE MASKS

Primary School students and their teachers continue to be required to wear face masks when inside. Teachers and any visitors to the school are also required to 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

Supervision begins at 8.30am

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.

PREP ORIENTATION

The second Prep Orientation will be taking place tomorrow, Tuesday December 7, 11.30-1.00pm.

Parent self-care matters

by Michael Grose

Parents are known for putting their children's needs ahead of their own. With the mantra of 'be involved' in your child's life a dominant parenting message, it's now common for parents to neglect their own social and wellbeing to give their children the best possible start in life. This selfless approach is commendable, but questionable if it means you are constantly stretched, stressed and tired. Parenting is draining. Children by their very nature take more than they give. Even the most loving, affectionate child will exhaust you at times so it's important to replenish, refresh and reinvigorate yourself.

Parenting author Maggie Dent says, "If we don't care for ourselves, not only do we run the risk of parenting less effectively and compassionately, but we are not modelling self-care for our children." Taking time for yourself seems obvious, however, the reality for many parents is that they are hard-wired to prioritise the wellbeing of others.

Start by giving yourself permission. Setting strict boundaries around key self-care activities help to make sure self-care happens. Turning occasional self-care into an ongoing habit is a great way to make sure you look after yourself. First, you need to give yourself permission to prioritise mental health and wellbeing, at least some of the time. So, what self-care activities could you be prioritising?

Get physical

Exercise is great for both mind and body. It releases endorphins, the feel-good hormone that enhances mood and helps put you in a positive state of mind. Exercise releases cortisol, the stress hormone, which builds up gradually over time, leading to anxiety and depression if not managed. You don't need to go to the gym to get the benefits of exercise. A brisk daily walk is an excellent self-care strategy for busy parents. It's affordable, accessible and has the bonus of taking you outside, which has added wellbeing benefits.

Stay social

Alfred Adler, the father of individual psychology, maintained that the people who lived the most content lives paid close attention to their social lives. When children come along, a parents' social life can easily play second fiddle to that of their children. Alternatively, social media becomes the main mode for staying in touch with friends, which is a poor replacement for face-to-face contact. One way of staying social is to schedule activities such as playing sport, joining a book club or sharing a coffee that keeps you connected to other adults.

Be mindful

Staying in the present moment, even for just a minute or two, can help you better manage parenting stresses. Engaging your senses is a good way to relax and find some inner peace. Enjoying the present moment, or mindfulness, can be practised by taking a walk, listening to music, or engaging a five-minute meditation. Breathing exercises help reduce stress, so incorporate deep breathing into your daily routine to help stay fresh and alert.

Seek out play

If you think that play is just for children, then think again. Everyone needs activities in their lives that sustain them and bring them joy. It's important to expand the definition of play to include hobbies and interests such as music, collecting things, making, tinkering and performing. Playful activities that contribute to parent self-care are freely chosen, fun and create a state of flow so that you become lost in the activity. Playful activities boost your mood and help you manage the challenges and enjoy the pleasures of family life.

Decide to savour

If you feel that you're always in rush, the chances are that you don't have the opportunity to savour anything. Whether it's the first cup of coffee in the morning, snuggling up to your child at bedtime or reading a favourite book before bed, commit to savouring something and make it a daily habit.

In closing

Taking care of your physical, psychological and social needs helps you be the best parent you can be. Set aside time for self-care even when you feel like you don't have a single second to devote to yourself. Experiment with different self-care activities to figure out which strategies work best for you, your family and your lifestyle.

Marie-Therese Milani
Principal

LIBRARY NEWS

The library is now closed for borrowing. Books can still be returned from 8.30am each morning. All books need to be returned ready for our end of year stocktake, so please return them as soon as possible. Any outstanding or lost books will need to be paid for or replaced.

OUTSIDE SCHOOL HOURS CARE

Mildura South families can now start booking in for the January holiday program, please take advantage of this opportunity to book in before the remainder of the district. 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 17th December. The OSHC program will then be closed over the Christmas/New Year period, opening for the Vacation Care program on Tuesday 4th 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

Babbo Natale
(Father Christmas)



CELEBRATION OF STRENGTHS

PH Lawson Kingsley

PK Delilah Stone

PR Muhammad Muhmud

1B Sahira Khan

1P Gabriel Williams

1T Lily Hayes

2H Millie Russell

2R Harry Creamer

2S Perin Sione

3/4B Jack Taylor

3/4M Caleb Perry

3/4S Jaxon Hardie

3/4W Jacinta Kennedy

5/6B Caden Johns

5/6J Dani Fraser

5/6K Lanie Nelson

5/6L Allyrah Stageman

5/6O Eren Alcicek

Art

Shelby Brennan 3/4S

Italian

Kaelan Zielonka 5/6L

Sport

Tom Helms 5/6K

Performing Arts

Tex Hilder Prep K

STEM

Ashlin Bernaldo-Hannemann

5/6B

HOLIDAY CLINIC

FOLLOW US @tennismadmildura
"a chance to get your Christmas shopping
done while the kids are having fun!"



TENNIS MAD IS OFFERING A THREE DAY TENNIS PROGRAM FOR KIDS OF ALL AGES & STANDARDS

Monday 20th to Wednesday 22nd December
\$130 for 3 days or \$50 per morning 9:30am till 12pm
Bills legendary morning tea will be provided
Call or text to book 0419572210



FOOTY 4 FUN

FUN FOOTBALL ACTIVITIES MILDURA

SUNDAY 12TH OF DECEMBER

10.00 AM - 1.00 PM

STH MILDURA SPORTING PRECINCT

**THERE WILL BE FOOD TRUCKS AVAILABLE AS WELL AS OTHER
ACTIVITIES FOR PARENTS AND CHILDREN**

BOYS AND GIRLS WELCOME TO REGISTER!

REGISTER USING THE LINK OR SCAN THE QR CODE

[HTTPS://WWW.PLAYHQ.COM/AFL/REGISTER/2A6478](https://www.playhq.com/afl/register/2a6478)



ANY QUIRES PLEASE CONTACT

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