



Mildura South Primary School Newsletter

A Positive Education School

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Friday 15th June, 2022 Newsletter No. 19

“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 3 (Mon 11th July to Friday 23rd September)

JULY

Mon 11th	Term 3 Begins
Thurs 21st	Whole School Photo and Individual Catch Ups
Fri 22nd	Three Way Conferences (Student Free Day)
Mon 25th to Wed 27th	Grade 5/6 Camp to Halls Gap

AUGUST

Mon 1st	Prep Open Day (12.00pm to 2.00pm)
Tues 2nd	Visible Wellbeing for Staff (Student Free Day)
Mon 22nd to Fri 26^t	Grade 5/6 Swimming
Tues 23rd	The Beat

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 to the families who often contact me about parking and the crossing of Deakin Avenue, that is dangerous and compromising the safety of our students.

I regularly ask families to follow the safety rules outside of our school at drop off and pick up, but I am unable to enforce this action.

I am very grateful to the families who express their concerns to Mildura Rural City Council or the Mildura Police. None of us would be able to accept any student being hurt due to our inability to follow safety rules.

Could I please ask that if you do see dangerous behaviour that you continue to report this to the following:

Mildura Rural City Council: 5018 8100

Mildura Police: 5018 5300

Together we will keep our students safe

Social Media

Mildura South Primary School live by the values of Teamwork, Respect, Integrity, Courage and Kindness.

I would like to thank our families who monitor their children's use of social media, ensuring that our school community is not misrepresented with inappropriate material. There are social media sites using our name and emblem without permission and misrepresenting the values that we live by each day.

The only social media site Mildura South Primary use to communicate with our families are the school Facebook page and Instagram.

Any other form of social media do not have our permission to post photos or information.

Thank you for your support in keeping our students safe in the IT world

Principal's News

Mildura South Primary acknowledges the traditional owners of the land as we choose to bring our best selves to school and love the work that we do.

WELCOME BACK

Welcome back to Term 3. It has been a cold start back as we have had some cold wintry mornings. It has been great to see so many children ruggged up in their school jumpers. Please make sure jackets and jumpers are labelled with your child's name. We encourage children to rug up in this time.

SCHOOL ASSEMBLY

We will be welcoming our Preps to our whole school assembly on the 18th July. Celebration of Strengths will be presented. All parents welcome.

GRADE 2 GET HELP LEADERS

Congratulations to our new Grade 2 'Get Help Leaders' for Term 3. They are:

2B

Eva Subedi

Jax Riggs-Brindal

2R

Summer Stewart

Airlie Moylan

2T

Zayden Coward

Vivian Clarke

These students will be presented with their vests at Monday's assembly.

THREE WAY CONFERENCES

The Three-way Conferences will be taking place on **Friday July 22**, and this will be a **pupil free day**, where students will not be required to attend school for the day.

Students will be required to attend their Conference with their Parent/Carer.

After Hours Care will be available to support families.

VISIBLE WELLBEING

Professor Lea Waters will be joining the three schools: Mildura South Primary, Mildura Primary and Chaffey Secondary for the final cluster day on **Tuesday August 2**. This will be a **pupil-free day**, where students will not be required to attend school for the day.

After Hours Care will be available to support families.

During this day the three schools will be working with Professor Lea Waters on establishing Habits and Goals and how to embed Visible Wellbeing into our schools' culture.

CHANGES TO LUNCH ORDERS

EVERY FRIDAY IS LUNCH ORDER DAY

If you are wanting to place a lunch order on Fridays, please make sure you have your order submitted and paid for prior to Thursday 2pm. If you need assistance in downloading the app please contact our friendly office staff who will be available to assist you.

We are extremely lucky to have Coward's Cakes offering their services for lunch orders every Friday.

FRIDAY ONLY IS LUNCH ORDER DAY

Thank you Coward's Cakes, for the wonderful service you provide our school on Fridays.

Helping Children Face Their Fears

Dr Justin Coulson

Doubt and fear seem to be intrinsically woven into the hearts of some children. Their worries and anxieties cause them to shrink, lean out, and avoid. Sometimes, as parents, we fail to recognise that fear responses are normal, healthy, and to be expected.

Other children harbour some uncertainty and respond fearfully at times. Few children are fearless.

For our young children fears revolve around things like thunderstorms, monsters under the bed, dogs, and the dark. For older children it could be fear of people or crowds, going on school camp, attending school, or it could be the ocean or the big scary roller-coaster at the theme park.

But how do parents respond to their children's worries and fears? How do we help our children to 'get over' those fears?

With the best intentions, many parents accidentally attempt to assist in less helpful ways. Some try a sink or swim, "toughen up princess" approach. For example, if your child is afraid of the dark, it's saying 'there's nothing under the bed!' as we shut off the lights and walk away. Others might be encouraging, but dismissive. "You'll be right."

At times we become autobiographical. "I used to be scared too. But I pushed through it. And look, I'm not afraid. You have nothing to worry about." Or we command them to do it how we do it now. But this communication is dismissive. At times we might even be disapproving. We threaten, "If you keep it up I'll make you do it." We threaten punishments. We vent, "I'm sick of this. It's been going on and on and you just don't seem to get over it." Our lectures ("I've told you again and again") and our judgment ("Stop being such a little girl" – to our 7 year-old boy) undermine our relationship and our child's ability to overcome their fears too.

Now and then, some parents – again, well-intentioned - unwittingly push their children over the edge in an effort to show them their fear is irrational and unwarranted, and to teach them to be resilient.

But forcing children towards those fears, even to show them there's 'nothing to be afraid of' just doesn't work. Force creates resistance. Here's what we should do instead:

Take it slow

I once saw a viral video of a dad pushing his son over the edge of a skate ramp. It didn't end well. I understand what he was trying to do – teach his son that there was nothing to be afraid of. But he was *literally* pushing him over the edge.

Instead, take it slow. Gradual exposure while moving at the child's pace is best. When anyone is placed in a situation where they're afraid, their fight or flight response is triggered. But the level of anxiety from that response will be more or less depending on how imminent the fear trigger is.

So, if your child is afraid of going to swimming lessons, don't force them into the pool. Try being in the pool with them. Take it slow. Help them get used to the environment, the teacher, the water, and the

structures. Your child's anxiety will go down as the body learns to put the brakes on the fight or flight response.

Allow them to express their fear without recrimination

Sometimes our children are afraid of ridiculous things, or things that we see as ridiculous. The long and the short of it is, it's not up to you. If they're afraid of something, honour that. Never punish your child because they backed away from an encounter or won't face something they're scared off. Yes, even if you've waited in the queue for the roller coaster for over an hour.

Now is the time to get curious, not furious. We need to explore what has triggered the fear and try to understand, rather than reprimand. Remember, your child is not being difficult or defiant. The child is simply overwhelmed and needs your support to get through the anxiety.

Allow your child to choose to walk away

Always allow your child a way out if they are afraid. Never force them to do something they are afraid of. Rather than 'exposing' them so they become less afraid (as many hope), force will lead to resistance. Your child will become less willing to give it a try the next time if they were forced the previous time.

Encourage bravery

Though we don't want to force our children into doing anything, it's great to encourage bravery. Sometimes in life we need to be brave and face situations that aren't easy. Teaching them to face struggles will give them the best chance at long-term happiness.

Remind them that being brave doesn't mean not being scared. It means being scared but doing it anyway. When the child is ready to face his fear, be a great cheerleader. Tell them, 'I know you can do it!' But always make it clear that you won't pressure them into doing anything they aren't ready to do.

And talk, often, about doing hard things. Ask them, each night at the dinner table, what they did today that was hard, or scary, or required courage.

Empathy rules

Sometimes we won't understand why our children are afraid. But those fears are **very** real to the child experiencing them. Minimising those fears is not helpful for the child. Instead, say 'I see that you're scared. That's OK. I get scared sometimes, too.'

Validating your children's fears help them feel less alone in the experience and go much farther to helping them keep those fears in perspective.

Lastly, some children are deeply afraid of going to school. In fact, by the end of the weekend your child may be in tears because "tomorrow I don't want to go back to school!" If this is the case, be kind and compassionate. Understand. And arrange an appointment to talk with the teacher or principal. In genuine cases of school refusal, these tips are just the beginning. A whole-team of people may be required to help your child overcome these fears and move towards a positive experience overcoming their fear.

Kate Pettit
Acting Principal

GRADE 5/6 CAMP PAYMENTS

A reminder to parents of Grade 5/6 children going on the camp to Halls Gap that final payments for the camp are now due. Please make sure that camp payments are finalised by Friday 22nd July, 2022. Thank you.

OUTSIDE SCHOOL HOURS CARE

We had a fantastic two weeks of school holiday fun. The next holidays will be from 19th September to 30th September. The booking form will be emailed to all South families on Friday 12th August. It is recommended you return your booking form as soon as possible to avoid missing out as we only have limited places available.

Before/After School Care: We have places available each school day – please let us know if you would like to book in. Bookings can either be casual or permanent.

Pupil Free Days have been scheduled on Friday 22nd July, 2022 and Tuesday 2nd August, 2022. The OSHC program will be available from 8am until 6pm – please contact the OSHC office to make a booking. Bookings are essential as only limited places are available.

Contact details:

Email address: oshc.mildura.south.ps@education.vic.gov.au

Phone: 5023 2148 (option 3)

Mobile: 0408 232 143



CELEBRATION OF STRENGTHS

PH	Benji Rayson	3/4B	Kobie Walters	<u>Art</u>
PK	Oliver Carter	3/4M	Dante Finna	Jackson Hayes Prep H
PR	Zenah Ozkuzucu	3/4P	Luisa Filimoehala	<u>Italian</u>
1C	Mason Gane	3/4S	Connroy Clark	Felix Dichiera 3/4B
1H	Muhammad Mahmud	3/4W	Jax Mathews	<u>Sport</u>
1S	Archer Humphris	5/6B	Judd Russell	Emma Kelly 5/6K
2B	Apollo Kim	5/6J	Angus Breeze	<u>Performing Arts</u>
2R	Quan Nguyen	5/6K	Ava Almond	Emily Tumes 5/6P
2T	Cooper Minter	5/6L	Phoebe Englefield	<u>STEM</u>
		5/6P	Ashton Fisk	Tyson Garner 5/6K

PARENTS CLUB

We need you!

Mildura South Primary Schools Parents Club is a small group of Mums who come together on a regular basis, not just to raise money for our school and the children (although we do a lot of that), but also for a social gathering as well.

We would love to have new people come and join us. We meet once a week at 2:30pm on a Friday (may change depending on everyones availability) in the Parents Club Room.

We are looking for those who would like to meet new people and help out our school community.

If you can't commit to every meeting that is ok.

We also are looking for helpers for the following events

- Colour Fun Run
- Mothers Day Stall
- Fathers Day Stall
- and Hot Dog Days

If you can help out at any of these events or would like to join the Parents Club please return the slip below to the office so that we can get in contact with you!



Name _____

Phone Number _____

Events you can help with

Sorry, I can't help but I would like to make an (optional) donation of \$ _____

which I have enclosed to help the Parents Clubs fundraising efforts.

(Any amount is greatly appreciated, thank you)

COMMUNITY NOTICES



Hot Shots & Tennis 4 Teens @ Red Cliffs Tennis Club Term 3, 2022

Hot Shots Monday or Tuesday 4-5pm

All sessions \$10. Racquets available-Plus free Hot Shots T-Shirt

Tennis 4 Teens Monday or Tuesday 5-6pm

Racquets available \$10 per session All Welcome.

To enrol or for more information ph: Lisa Hill 0400 726824

email: lisa.joy.hill70@gmail.com Community Play Coordinator

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