



Mildura South Primary School Newsletter

A Positive Education School

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www.msps.vic.gov.au  [mildurasouthps](https://www.facebook.com/mildurasouthps)

Friday 22nd July, 2022 Newsletter No. 20

"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)

AUGUST

Mon 1 st	Prep Open Day (12.00pm to 2.00pm)
Tues 2 nd	Student Free Day - Visible Wellbeing for Staff
Wed 10 th	Athletics Day
Mon 22 nd to Fri 26 th	Grade 5/6 Swimming
Tues 23 rd	The Beat
Mon 29 th	Prep Play Afternoon from 4.00pm

SEPTEMBER

Wed 7 th	Student Free Day – Professional Practice Day for Staff
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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.

100 DAYS OF PREP

On Wednesday July 27 our Prep teachers and students will be celebrating their first 100 days of school and all that has been achieved in this very short and happy time.

To mark this exciting milestone, the students and teachers will be dressing up as their 100 year old selves. The following are some suggestions that may help with the dressing up:

- Powder in the hair to make it grey
- Old glasses, or glasses made from pipe cleaners
- Walking stick
- Aprons, hats or slippers
-

If your child is not comfortable dressing up, they are welcome to wear casual clothes.

The day will be spent having fun activities around the number 100.

Everyone is looking forward to the fun day.

2023 PREP OPEN DAY - 12.00pm-2.00pm

Our previous Open Day visits for our 2023 families have been so successful that we have decided to have one more for those who could not make the earlier days.

Our School Leaders take great pride and do an exceptional job in taking families from our community around our school, showing them who we are, what we stand for and how we learn successfully.

We welcome all future families to visit our classrooms and tour our school.

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.

PREP PLAY AFTERNOONS

Monday August 29 – 4.00-4.30pm

Monday September 5 – 4.00-4.30pm

We will be welcoming our enrolled 2023 Prep students to have a play in our Prep rooms. Families who would like to stay and chat with Mrs Milani are welcome.

WEARING OF FACE MASKS

You will notice that there is a letter from the Department of Education on both Facebook and Compass asking students, staff and any person in doors on school premises to wear a face mask. Students will be encouraged to wear face masks and face masks will be provided if requested. This is not mandated, it is advised.

Thank you for your co-operation, understanding and support in this matter.

What to do when life feels overwhelming by Turia Pitt

A friendly reminder: it's perfectly OK if you're finding things tough right now.

Being a parent is awesome. It's also exhilarating, frustrating, hilarious, exhausting, sun-drenched, rain-soaked, love-soaked, and overwhelming.

All the emotions. The full spectrum of them!

If you're having a hard time at the moment, I'm sending you a very large coffee and an uninterrupted night of sleep (preferably not at the same time).

I also have some tips for getting through a tough time in general.

I hope they help!

Firstly, try to accept it.

Your experience in life right now might be better than someone else's ... or it might be worse. But, however you want to spin it, a tough time is a tough time. Accept it.

There's no need to temper it with an "at least ..."

Say to yourself "Yep, this is tough".

It's amazing what happens when we drop the facade that "Everything's OK".

Secondly, try to practice some mindfulness

About a year ago, my son Hakavai was gifted a secondhand box of Lego from a friend of a friend. Every morning, for like a solid month (a decade in toddler time), he was playing with his Lego. Initially, I found it annoying.

Have you ever stepped, barefoot, on tiny little Lego pieces at 6 am, before coffee? Have you ever tried to vacuum around little Lego pieces?

But the Lego fascination seemed to be a lasting one, so one morning I sat down with him and tried to build something. But I couldn't, because none of the sets were complete.

The next day I drove down to the shops and purchased a shiny new box of Lego. The police station set, not anything cool like the Star Wars ones (that stuff is expensive!!).

And that night, the very minute Hakavai fell asleep, I busted out my new Lego. A glass of wine at the ready, I relaxed into a world of tiny, intricate construction.

There was something soothing about following someone else's instructions and building the pieces block by block. I got to zone out, unwind, and temporarily forget my responsibilities.

That night, I slept not like a baby (they wake up a lot), but like a tiny, plastic policeman – flat on my back, in the same position I dropped down in.

Being mindful doesn't have to involve crystals and chanting and yoga pants. It's really about relaxing into the present moment. And when life is feeling all a bit too much, a little present moment time can feel really good.

Thirdly, ask yourself "What would make today feel just a little bit better?"

And whatever the answer is: making apple crumble, talking to a friend, putting on a comforting TV show, reading your favourite book, playing Monopoly with the kids ... go and do it. Make it happen.

Note: you're not asking "What do I have to get done today?". You're asking yourself "What would make my day feel just a little bit brighter?" (You'll be surprised how doing something hard makes you happy... like you've achieved something.)

This is something I started doing in my first year of being a Mum.

Those first few months were a blur and, with this tiny baby in my arms, my capacity for "doing things" was reduced. I had to drop my expectations for what I could realistically achieve in one day, especially in the first few months.

But on the days I prioritised doing something that made me feel good – even if it was just for 5 minutes – I felt clearer. More like myself again. Life felt like less of a blur.

So, this is your permission to drop the laundry, eat toast for dinner, and go and take a few minutes for yourself. Heck, maybe you'll spend that time playing Lego! I'll be with you, in spirit. At my own kitchen table, building a police station extension.

In closing, please know that being human means experiencing a full spectrum of emotion. It's OK if you feel tired, overwhelmed, sad or angry.

Be kind to yourself and take a moment to appreciate all that you are and all that you do.

Marie-Therese Milani
Principal

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	Jax Daly	3/4B	Armaan Singh	<u>Art</u>
PK	Keith Edwards	3/4M	Elissa Humphris	<u>Lexie Monaghan 5/6L</u>
PR	Athena Kim	3/4P	Dallas Hand	<u>Italian</u>
1C	Cameron Leek	3/4S	Willow Chilly	Conroy Clark 3/4S
1H	Lincoln Tate	3/4W	Ryan Thomas	<u>Sport</u>
1S	Letty Ozkuzucu	5/6B	Mikayla Powell	Ben Skipsey 5/6J
2B	Lily Lynch	5/6J	Kaan Mehmet- Ali	<u>Performing Arts</u>
2R	Cole Devey-Packer	5/6K	Emma Mottram	Boston Rosebottom 1C
2T	Grace Nicole Needham	5/6L	Jye Deckert	<u>STEM</u>
		5/6P	Avery White	Cohen Thompson 3/4P

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

55 Pine Ave
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Vic

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Irymple, Vic 3498

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