



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  [mildurasouthps](https://www.facebook.com/mildurasouthps)

Friday 29th July, 2022 Newsletter No. 21

"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 |
|---------------------|--|

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.

AUSSIE OF THE MONTH - Vaida Wilson 1S

Vaida is a role model in our year level. She shows Perseverance in all her learning and takes on challenges with a positive attitude. She sees things that need doing and, using her initiative, gets them done.

Vaida is a kind and inclusive friend who is always looking after and looking out for others by offering for them to join in if they are feeling a little lost. She is always willing to help others whether it be friends / peers or grownups in our school.

Vaida is always using her manners when speaking to people and allows others to have their turn by listening attentively. She is always looking for the good and brings a smile into the room every day.

2023 PREP OPEN DAY

Monday August 1, 12.00-2.00pm

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, Sean Inman and David Kolpak 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 and Visible Wellbeing facilitators on establishing Habits and Goals and how to embed Visible Wellbeing into our schools' culture.

As our Visible Wellbeing training continues, we will grow our capacity to make the links between habits and goals, and our achievement and wellbeing. Habits and goals are inextricably linked, and as varied as we are as people, but have underlying psychological processes that we can refine to be more effective.

Additionally, strong habits and goals practices not only improve our achievement but also contribute to higher levels of wellbeing.

We will also be using August the 2nd to put all of our professional learning together through the Visible Wellbeing process. Similar to the way that teachers set learning goals/intentions and success criteria for the content of their lessons, we will set wellbeing goals and success criteria that are responsive to the needs of our students and staff teams.

We will reflect upon existing and supporting activities we can use to achieve those goals. All staff will be supported through the process of developing the Visible Wellbeing process in the context of their own work, and we look forward to trialling the full Visible Wellbeing approach into all aspects of school life following this session.

A great way to find out more about what your young people are doing here at school is to ask them about the wellbeing goals they are working towards, and also get an insight into how your children are feeling and thinking!

ATHLETICS DAY

Mildura South Primary Athletics Day will be held on Wednesday, August 10.

Students are asked to wear their house colours.

More information will be shared in coming weeks.

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.

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 go on school camp.

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 love, and you can model this mindset with your 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

Vacation Care: The next school holiday program will be from 19th September to 30th September. The booking form will be emailed to all registered 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 on any day. Bookings can either be casual or permanent.

Pupil Free Days have been scheduled on Tuesday 2nd August 2022 and Wednesday 7th September. 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.

Fees: All OSHC fees are to be paid regularly and kept up to date to maintain your booking. Payments can be paid either weekly or fortnightly by cash, Eftpos or over the phone with Credit Card. Alternatively, you may set up a regular ongoing credit card payment.

Contact details: Email address: oshc.mildura.south.ps@education.vic.gov.au Phone: 5023 2148 (option 3) Mobile: 0408 232 143

ITALIAN WORD OF THE WEEK



SINGING LESSONS

Fiona Beyer will now be providing singing lessons for students at Mildura South Primary School. If your child is interested in singing lessons you can contact Fiona direct on 0407 876 874 or email fionatassone@hotmail.com



CELEBRATION OF STRENGTHS

PH Jackson Hayes

PK Kye Jory

PR Samuel Edwards

1C Alfie Norton

1H Hunter Trimboli

1S Daniel Jaffery

2B Shantae Stewart

2R Gabriel Williams

2T Shaylee Greenaway

3/4B Carter Anthony

3/4M Oliver Hickman

3/4P Ruby Crawley

3/4S Khayleekah Kelly

3/4W Arya Probert

5/6B Komal Grewal

5/6J Emily Maynard

5/6K Omar Haridy

5/6L Chad Babington

5/6P Tyler Stewart

Art

Sienna Scherger 3/4B

Italian

Zoe McEwan 1C

Sport

Ryan Sinclair 5/6L

Performing Arts

Lachlan O'Shaughnessy 1H

STEM

Zailee Grennan 5/6B

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 852 859
PO Box 737,
Irymple, Vic 3498

Electrical appliance testing