



# Mildura South Primary School Newsletter

## A Positive Education School

593 Deakin Avenue, Mildura South

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

Friday 7<sup>th</sup> October, 2022 Newsletter No. 29

*"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 (Mon 4<sup>th</sup> October to Tues 20<sup>th</sup> December)**

### **TERM 4**

#### **OCTOBER**

Mon 10 <sup>th</sup>	Prep Play Afternoon
Mon 10 <sup>th</sup>	Mini Olympics (Bendigo)
Wed 12 <sup>th</sup>	Grade 3/4 Basketball
Thurs 13 <sup>th</sup>	House Captain Speeches
Fri 14 <sup>th</sup>	Grade 5/6 Girls Basketball
Mon 17 <sup>th</sup> Oct to	
Fri 21 <sup>st</sup> Oct	Prep Swimming
Thurs 20 <sup>th</sup>	Grade 3/4 Cricket
Thurs 27 <sup>th</sup>	Grade 2 Fun Day
Mon 31 <sup>st</sup>	Grade 1 Fun Afternoon

#### **NOVEMBER**

Tues 1 <sup>st</sup>	Melbourne Cup Day Public Holiday (No students at school)
Fri 4 <sup>th</sup>	Colour Explosion Fun Run
Wed 9 <sup>th</sup>	Leadership Team Speeches

### 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.*

It was wonderful being at the gates this week welcoming everyone back to school after the holidays.

### **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.

### **PREP ENROLMENTS**

We continue to take enrolments for 2023 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 2023, please encourage them to make contact with the school.

### **WORLD EDUCATORS' DAY**

On Friday October 28 we will be celebrating World Educators' Day. This is a day when we share our appreciation with one another for the work that each of us carries out in educating our students.

The students will be able to come to school dressed as a staff member on this day.

Riley Ridgewell has conducted a petition and received 300 student signatures to support our school captains Nicola and Charlie in being 'Principal for a Day' and they will be doing this on World Educators' Day.

### **COMPASS SMS MESSAGING**

The School has now activated Compass SMS messaging for student absences. If you have not notified us of your child's absence prior to 10.15am each day you will receive an SMS notification asking you to call the school. The SMS will also contain a direct link to Compass where you can enter the reason for the absence. If you have any questions around this please call the office on 50232148.

## **TERM 4 GET HELP LEADERS FOR GRADE 2:**

The following students will be announced as Term 4 Get Help Leaders and presented with their vests at assembly on Monday:

### **2T**

Rayne Singla

Delilah Cameron

### **2B**

Lylah Trigg - Van Roy

Lucas Akkermans

### **2R**

Adrienne Spooner Bitmead

Jaxon Worrell

Congratulations to these students on their leadership in 'getting help'.

## **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 should 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, 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 a taking 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**

## OUTSIDE SCHOOL HOURS CARE

At the end of last term we said goodbye to our Co-Ordinator Kerri Abbott. We would like to advise that Kylie Holmes has now taken on the position of Co-Ordinator. We wish Kylie every success in her new role.

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.

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.

**IF YOUR CHILD IS ENROLLED AT OSCH AND IS GOING TO BE ABSENT PLEASE LET KYLIE KNOW BY EMAIL OR MESSAGE THE OSCH MOBILE ON 0408 232 143.**

Contact details: Email address: [oshc.mildura.south.ps@education.vic.gov.au](mailto:oshc.mildura.south.ps@education.vic.gov.au) Phone: 5023 2148 (option 3)

Mobile: 0408 232 143

## ITALIAN WORD OF THE WEEK





## CELEBRATION OF STRENGTHS

PH Ruby Yetman

PK Ethan O'Reilly

PR Payton Cassidy

1C Zoha Ahmer

1H Addison Harvey-Greenaway

1S Tex Hilder

2B Emily Dolan

2R Skylah Grant

2T Shaylee Greenaway

3/4B Jai Hatch

3/4M Emiko Gardner

3/4P Koby Hatch

3/4S Emma Stephens

3/4W Emirhan Davraz

5/6B Massimo DeLuca

5/6J Isabelle Sparrow

5/6K Tristan Stephens

5/6L Sophia Manzanares

5/6P Bella Probert

Art

Max McIver 5/6P

Italian

Milla Scott 1H

Sport

Vivian Clarke 2T

Performing Arts

Stephanie Keller-Linett 5/6B

Komal Grewal 5/6B

Aveena Jeyakanthan 5/6B



Thank you so much for continuously supporting our school, especially through fundraising. This term, we are hosting a **Colour Explosion School Fun Run** to raise money to upgrade our Grade 1 Eating Area.

**Did you know?** Students raise 3x times more when they fundraise online! Visit [www.australianfundraising.com.au](http://www.australianfundraising.com.au) to create your child's cybersafe fundraising profile. Instructions are in your child's sponsorship booklet. You have until 7<sup>th</sup> November, 2022 to fundraise, so make sure you get cracking!

**The big day is coming!** We are so excited to host our Colour Explosion School Fun Run on **FRIDAY 4<sup>TH</sup> NOVEMBER, 2022**. Parents **are** invited to attend. On the day, make sure your child brings a white shirt for the Fun Run! They will be covered in non-toxic, high quality colour powder from head to toe! They will also need a water bottle and their hat.

**How do prizes work?** Help your child fundraise more by setting a fundraising goal! It's okay if they change their mind as you order their preferred prizes at the completion of the fundraiser.

You can order your child's prizes online at [www.australianfundraising.com.au](http://www.australianfundraising.com.au) between 7<sup>th</sup> November and 13<sup>th</sup> November, 2022. Alternatively, complete the back page of your sponsorship booklet when you return your cash donations. Students can choose a prize based on the total amount of dollars raised, or mix and match smaller prizes.

**Share in \$200,000 worth of extra prize credit!** Achieve bigger prizes by helping your child earn bonus credit on their online profile. By creating an avatar, sharing your page with friends and reaching milestone donations, you can share in \$200,000 of extra prize credit!

**Monstar Madness.** There are heaps of prizes you can win when you fun-raise with Monty! Create your fundraising page in the next 7 days, and you will receive a Holographic Monty Sticker! Check out your sponsorship booklet for more awesome Monty prizes up for grabs, like a Monty Plush toy, a bag tag or a high-bounce handball!

**Win a \$10,000 JB Hi-Fi Shopping Spree.** Do you think you can top our school's leader board? The highest fundraising student in our school will go into the draw to win a \$10,000 JB Hi-Fi Shopping Spree, including your choice of televisions, laptops, phones, home accessories and more! Start fundraising at [www.australianfundraising.com.au](http://www.australianfundraising.com.au) for your chance to win.

**Fund-Razor of the Year Award.** Do you think you can top the national leader board? Australia's highest fundraising student in Australia will win a Razor Prize Pack, worth \$3,000!

Thanks in advance for your support, and happy fundraising!

## 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](mailto:fionatassone@hotmail.com)

## COMMUNITY NOTICES



## FOOTY STAR ACADEMY MILDURA IS COMING TO YOUR SCHOOL!!

Join Former AFL Player and Assistant Coach Ben McGlynn and his Team of Coaches and experiences what Footy Star Academy has to offer. Footy Star Academy provides Footy clinics that are designed exclusively for kids of all abilities, and are mostly based at School venues.

The Footy Star Academy is an all year round footy coaching program, suitable for children looking to learn and further develop their skills. With qualified Coaches and small groups sizes, all children will have the opportunity to learn while having fun within a professional environment.

Your school has recently agreed to host Footy Star Academy clinics, and we would like to get some feedback from parents on the days/times you would support.

**Follow this link to register your interest**

<https://forms.gle/fNtfo689krbYQqed8>

SACRED HEART CATHOLIC CHURCH MILDURA

RECONCILIATION 2022

For children in **Grade 2 or above.**

**Parent Information Evening held Sacred Heart Church on Wednesday 12<sup>th</sup>  
October at 7pm**

Please contact the Parish Office 5021 2872 for further information.



**REGISTER  
NOW!**

**2023  
Variety  
Show**

Electric light theatre teaches stagecraft skills to young people from all skill levels !  
Join ELT and don't miss your chance to "light up the stage"

**AUDITION**

**LAST CHANCE !**

**Sun 8th oct, 1-2:30pm**

@Nichols point scout hall  
190 Cureton Ave Nichols Point

**Open for ages 9-25**  
**[www.eltmildura.org](http://www.eltmildura.org)**

email: [eltmildura@gmail.com](mailto:eltmildura@gmail.com)

**LIMITLESS  
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Tickets on sale 26th  
of September through  
Mildura Art Centre

29th and 30th  
of October

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YEAR CONCERT**

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