



Mildura South Primary School Newsletter

A Positive Education School

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Friday 4th November, 2022

"Mildura South Primary School acknowledges the traditional owners of the land as we choose to



TERM DATES – TERM 4 (Mon 4th October to Tues 20th December)

TERM 4 NOVEMBER

Tues 29th 2023 Prep Orientation Day

DECEMBER

Thurs 1st Celebration of Learning Evening

Fri 2nd Gr 5 and Gr 6 Camp Notes and Money to be returned

Tues 6th Prep Teddy Bear/Grandparents Picnic

Thurs 8th Grade 5 Lake Cullulleraine Camp

Mon 12th Grade 6 Celebration Event

Tues 13th 2023 Prep Orientation Day and 2023 Year 7 Orientation Day

Thurs 15th Grade 6 Lake Cullulleraine Camp

Tues 20th Last day of Term 4 (2.30pm Dismissal)

"We bring our best selves to school and love the work that we do"

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.

SCHOOL ASSEMBLIES

Please feel welcome to join us each Monday at 2.40pm. For those who are unable to attend we will continue to WebEx the event so all can be included.

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.

2023 PREP TRANSITION DAYS

Tuesday November 29 – 10.00am-12.00pm

Tuesday December 13 – 10.00am-12.00pm

PREP TO FOUNDATION

Beginning 2023 the Prep area will be referred to as Foundation. This is the formal language of the Department of Education.

2023 STUDENT LEADERS

Last Wednesday our ten student leaders presented their speeches to the students on why they would like to be the Captains of the School.

In 2023 our School Captains will be: Ryan Sinclair and Emilie Kingsley

Our Vice School Captains will be: Logan Lambert and Olivia Kent

Our 18 student leaders for 2023 are: Ryan Sinclair, Lincoln Dean, Avery White, Emilie Kingsley, MacKenzie Crump, Olivia Kent, Ben Skipsey, Layla Adams, Mansirat Kaur, Logan Lambert, Harper Scherger, Oscar Bitmead, Judd Russell, Fletcher White, Emma Mottram, Chad Babbington, Bianca Carusella and Bella Probert.

REMEMBRANCE DAY

Today as a school we carried out a formal ceremony to remember the men and women who have made many sacrifices so that we can enjoy the freedoms we have here in Australia.

The Grade 5/6 students gathered with Mr Milani, their teachers and leaders in the school at our War Memorial to show our respects.

Students from Prep to Grade 4 shared the experience via the WebEx link in their classrooms.

We were joined by ex-servicemen who have served in previous wars, and I thank them for their attendance.

CONGRATULATIONS

We are very proud of Oscar Bitmead and Layla Adams who competed in the School Sport Victoria State Championships. Layla achieved 12th place in the 1500m, and Oscar came 4th in 200m. Well done to both of you.

THE RETURN OF SOUTHIES' GOT TALENT

We are excited about the return of Southies' Got Talent, brought to you by the Junior School Council.

This is an opportunity for our students to practice Teamwork, Creativity, Courage and many other strengths and perform their talents! The panel of judges will be made up of both teachers and students.

Everyone is encouraged to come and audition and be a part of the fun!!

DATES:

Wednesday 9th (This week) Sign up – Late sign ups accepted for this week only.

Wednesday 16th Auditions – Students will be called upon to audition at the stage.

Wednesday 23rd Auditions - Students will be called upon to audition at the stage.

Wednesday 30th Grand Final Performance – The performers who receive the highest votes from auditions in previous weeks will be given an opportunity to perform once more to decide a winner.

Monday 5th of December – Winning performance will perform at assembly.

CELEBRATION OF LEARNING

We will be celebrating the students' successful year of 2022 on December 1, 2023. Families are invited to come along and visit their children's classrooms, say 'Hi' to the teacher, then head outside for a short choir and band presentation.

From 3.30pm-4.30pm, classrooms will be open for families to come and see what their children have done over the year.

From 4.30pm-5.00pm, there will be a choir and band performance on the Performing Arts Room stage.

Sausages, drinks and ice-creams will be available to purchase.

We hope to see you all there!

CHARACTER STRENGTHS

Perspective

Having ways of looking at the world that make sense to oneself and others

How students might connect with this strength

I can be the problem solver with my friends

I am able to listen to my friends, even when they say something that I did not think of

I am able to see other people's point of view

(Lea Waters AM, PhD 2019)

Putting it into Perspective

Purpose: Help your children end their worries about challenging situations.

How does this help your wellbeing: Our brain often jumps to the worst-case scenarios and creates fear, but you can help your brain re-frame stress by seeing things realistically and by savouring small moments of positivity during the day.

Here is an example of the three-step process for the 'Putting it in Perspective' (PiP) activity using the scenario of a birthday party,

Step 1: Ask yourself: What is the worst possible situation? No-one will come to my party, even though I've invited a lot of people.

Step 2: Now, use your imagination to picture the 'positive opposite' – the best outcome. Every single person I invite will be there and it will be the best party.

Step 3: Next, consider what is most likely to happen. Where is the middle ground between the best and the worst-case scenarios?

Most people will be able to make it. There will still be some people who will be busy, or away and can't come, but I understand that. It will be wonderful to have this birthday party and I am grateful to have the opportunity to celebrate.

Step 4: The next time your child feels their brain gearing up its worst-case scenario plan, invite them to answer these three questions:

1. What is the worst that can happen?
2. What is the best that can happen?
3. What is the most likely to happen?

(Lea Waters AM, PhD 2020)

HOW WHAT YOU SAY CREATES YOUR CHILD'S MINDSET

by James Anderson

One of the big ideas in education over the past 10 years has been Professor Carol Dweck's work on Growth Mindset. However, despite (or perhaps because of) the hype, much of Dweck's work has been misunderstood, or misapplied. Too often we've tried to teach about growth mindset, instead of teaching for a growth mindset. Importantly, the role parents play in helping develop a growth mindset in their child has been largely overlooked.

In this article I share a simple way you can help your child develop a more growth-oriented mindset.

About Mindsets

Your child's mindset is how they view their most basic abilities, like their talents and intelligence, and it has a profound impact on their learning.

A child with a fixed mindset believes they are fundamentally limited. Who they are today, is pretty much who'll they be in the future. For them, school and learning is a way to discover those abilities. They'll ask if they are musical, or how smart they are. For these children, school becomes one long test to discover the answers to these questions.

A child with a growth mindset understands they have the capacity to develop their abilities. For them learning becomes a vehicle for creating and developing those abilities. You'll hear this child say things like "I want to become really good at maths, so I'm going to work hard to make that happen."

Why parents matter

Contrary to what social media might say, you can't just tell your child to have a growth mindset. Their mindset is rooted in a lifetime of experiences.

As parents we play an important role in creating the experiences that develop our child's mindset. What we repeatedly say, value, and reward all shape our child's mindset. And I should know because I got it wrong.

What I did wrong

When my daughter was young, I encouraged her to try lots of different activities. She tried music, art, gymnastics, singing, the Maths Olympics. You name it, we tried it. And that's fundamentally a good thing.

The problem wasn't what I was doing. It was the messages I attached to it. Sometimes when she wasn't keen to try a new activity, I'd say something like "Come on sweetheart, give it a go. You never know, you might be good at it!"

Can you hear the fixed message in there? "You might (already) be good at it."

I turned trying something new into a test to find out if she was good at it. I promised her the possibility of instant success. To make things worse, if she didn't have instant success, I'd often console her with something like "Well, don't worry. You can't be good at everything."

In other words, she'd failed that test. Now it was on to the next test to see if she was good at that instead. The unintended lesson: If you're not immediately good, give up.

Why did I do that?

If you just had an "ouch" moment, you're not alone. Parents say these types of things all the time. We say them out of love, and with the best of intentions.

When we see our child upset or struggling, our natural reaction is to want to protect them from that discomfort. But what I did was to provide my daughter with an excuse for struggle by saying "you're not that type of person."

Perhaps you've provided your child with a similar excuse by saying something similar like "I was never good at that either." The underlying message being "we aren't the right type of person to be good at that—we don't have those abilities."

A nudge in the right direction

To help us be better parents and nurture a more growth-oriented mindset in our children, we need a little nudge. A reminder that helps us counter any unconscious bias and ensure we create more growth-oriented messages for our children.

I've created lots of these nudges, for all types of situations. The one relevant to this situation is to remember that "Learning is about creating, not discovering."

Learning is about creating, not discovering.

In the context of trying new things, this nudge reminds us that we're not trying to find out if my daughter has those abilities. We're trying to decide if she wants to develop those abilities. So, now I might say:

"Darling, getting good at something takes time and the right type of effort. You need to decide if this is something you're prepared to invest the time and effort into getting good at."

The nudge helps us repeat this message over and over, slowly creating a more growth-oriented mindset. They become more empowered and see life as being in their control. They recognise they can become whoever they want, or need, to become.

It's like George Bernard Shaw said, "Life is not about finding yourself. Life is about creating yourself."

Marie-Therese Milani
Principal

OUTSIDE SCHOOL HOURS CARE

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 OSHC AND IS GOING TO BE ABSENT PLEASE LET KYLIE KNOW BY EMAIL OR MESSAGE THE OSHC MOBILE ON 0408 232 143.

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



Word of the Week
Parola della Settimana

il lavoro
(work)



CELEBRATION OF STRENGTHS

PH Scarlett Collins 3/4B Olivia Riggs-Brindal

PK Arya Tupou 3/4M Dante Finna

PR Omer Kaya 3/4P Ruby Crawley

1C Charlie Edwards 3/4S Samuel Plumridge

1H Sabina Siladi 3/4W Vera Clarke

1S Khajija Jaffry 5/6B Ethan Iogha

2B SV Tuarii 5/6J Harper Scherger

2R Jaden-Riley Englefield 5/6K Mehmet Gungormous

2T Deniz Mehmet-Ali 5/6L Dante Berry

5/6P Olivia Starikov

Italian
Luisa Filimoehala 3/4P

Sport
Miyah Henry Prep R

Performing Arts
Jax Riggs-Brindal 2B

Band
Harper Scherger 5/6J

COMMUNITY NOTICES



MORE THAN FOOTY

CREATING A MOVEMENT OF CHANGE
FOR TOMORROW'S GRASSROOTS LEADERS



SKILLS ACQUISITION

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INTRODUCTION TO TEACHING LITTLE ATHLETICS SKILLS

ITLAS COURSE

DATE: Saturday, 12th November, 2022

LOCATION: Mildura LAC, Old Aerodrome Sporting
Complex 537 Eleventh Street, Mildura VIC 3500

TIME: 9:45am – 4:00pm | **FEE:** \$75 pp

Learn the basics of Little Athletics so you can teach beginner athletes!
Perfect for parents, volunteers and teachers who want to learn how to
teach the fundamentals of each Little Athletics event.

[**REGISTER HERE**](#)



Mildura District
Little Athletics Centre



EBZ DANCE

2022 Concert

Mildura Arts Centre

Saturday 12th November
Matinee 12:30pm & Evening 7:00pm

Sunday 13th November
Matinee 12:30pm

TICKETS ON SALE 13th October, 10am
available though Mildura Arts Centre
Adult - \$35 · Pension - \$30 · Child - \$25

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