

Melton Primary School Newsletter

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Monday 13th September, 2021

WE ARE MELTON PRIMARY SCHOOL

WE ARE ACTIVE LEARNERS

- ✓ We will have a go and try our best.
- ✓ We reflect on our learning and seek to improve.
- ✓ We ask questions to clarify our understanding.
- ✓ We are persistent and determined to succeed.
- ✓ We are punctual and prepared.
- ✓ We take pride in our work.
- ✓ We listen attentively.
- ✓ We are resilient and use a range of strategies to solve problems.

WE RESPECT OTHERS

- ✓ We are polite.
- ✓ We are friendly, honest and caring.
- ✓ We are accepting and inclusive.
- ✓ We have self-control.
- ✓ We listen to others and use words that show respect.
- ✓ We follow rules and accept outcomes for our behaviour.
- ✓ We are grateful.

WE ARE SAFE

- ✓ We make safe choices.
- ✓ We listen and follow instructions.
- ✓ We are cyber safe.
- ✓ We walk within the classroom.
- ✓ We use equipment appropriately.
- ✓ We follow road safety rules.
- ✓ We are sun smart.

WE ARE SUPPORTIVE

- ✓ We are understanding and encourage others to do their best.
- ✓ We give feedback and positive reinforcement.
- ✓ We listen, collaborate and work well in teams.
- ✓ We aim to build positive relationships.
- ✓ We are sympathetic to the needs of others.

From the Principal's desk

Dear Parents/Guardians,

Thank you!

We know that it has been a long hard term and at this end of the term we are all feeling remote learning fatigue.

Thank you! Thank you for trying, for not giving up, for having a red hot go, for reaching out, for seeking support, for offering assistance, for being kind, for acknowledging the hard work and for trying your best. We know that you have had great times and we know you have had challenging times, we have too! But thank you to all of our students and parents who have tried hard during remote learning, we value and appreciate your work and support. From all of the staff, we wish you a wonderful holiday break when it commences at the end of this week. You deserve it!

Farewell to Staff

This week we farewell some of our amazing staff as they commence their maternity leave. We want to thank Mrs Strods, Mrs Oates and Mrs Wilson for all of their hard work and support for our school. We wish them all the best as they commence maternity leave and we hope that they have a safe birth and healthy baby. This is an exciting time for them all! We can't wait for them to return to introduce us to their babies.

Planning for 2022

Planning for 2022 has now commenced. Apart from students in Grade 6, if you know that your child/ren are not likely to be at Melton Primary in 2022, can you please notify the office so that we do not count them in our enrolment numbers and classes. If you have a Foundation student for 2022, please ensure that you enrol them now so that we can guarantee a position for them.

Sunsmart

A friendly reminder that students and staff are now required to wear a hat during break times as per our sun smart policy.

From the Principal's desk

Victorian Premier's Reading Challenge - CLOSES Friday 17th September

The Premier's Reading Challenge closes Friday 17th September so please ensure that you log all of the books that your child has read. Students who complete the challenge will receive a signed certificate from the Premier. Congratulations to those students who have already completed the challenge.

R U Ok? Day

Thank you to all of our families who participated in R U Ok? Day. Hopefully you took advantage of this day and reached out to someone to check if they are ok. Thank you to Mrs Magnano, Mrs Velden and Mrs Guest for your work in providing resources for this day.

Last Day Term 3

Term 3 is quickly drawing to an end - (thank goodness, it has been a long one with remote learning). Students will finish the term on **Friday 17th September at 2:30pm**. Students will resume for term 4 on Monday 4th October.

Switching off

Please be advised that from close of business on Friday 17th September, our staff will be switching off and enjoying a well deserved break. I encourage staff, students and parents to switch off and not make contact with each other until the day before school resumes.

Key contacts should you or your family need support

Lifeline (Crisis Support) 13 11 14

Beyond Blue (Counselling and Support) 1300 22 4636

Kids Helpline (Support for children and young people aged 5-25) 1800 55 1800

Vanessa Harrison

Principal

Key Dates for Term 3, 2021

September

17th Melton Minis- virtual

17th **Last day of term 3, 2:30pm finish**



Key Dates for Term 4, 2021

October

4th Term 4 commences 8:40am

7th Cookie Dough collection 12:30-3:00pm



On the date listed below, teachers will not provide their normal lessons of remote learning.

Friday 17th September - Berry Street

F-2 will learn the importance of routines and create one for home.

3-6 will design brain breaks that can be used in the classroom.

Thank you for your participation in R U Ok? Day

R U OK?

Grade 1

On behalf of the grade 1 team, we would like to extend a huge thank you.

Thank you to the parents for stepping up and turning your homes into classrooms.

Thank you to the older brothers and sisters for taking to time to make sure your siblings know what to do.

And finally, thank you to our students for making the best of this situation.

You are all amazing, and no matter what the future holds, we will continue to be amazing.



Grade 3

A huge thank you to the grade 3 families for their support of and participation in remote learning throughout term 3! We know how difficult of a task it can be (it is for us as well) but, we appreciate the effort being put into completing the tasks.

Take a well earned break for the holidays - remember to stay safe and keep active!

#2
 hundreds, generally, species, surface, created, byer layers, prairies, suffers, tadpole. hatches, yolk, gills, gills disappear, appear, appear, frogs, froglet, Stage, lungs

3
 amphibians, substances, protective, destroyed, various, natural, calamities, fertilized, external, develops, elongate, algae,

Life cycle of a frog 6/9/21

Tier 2	Tier 3
- Vary	- Despair
- External	- Calamities
- species	- Fertilized
- various	- develop
- several	- Elongate
- mass	- forelimbs

Life cycle of a frog 6/9/21

LIFE CYCLE OF A FROG

6/9/2021

Amphibians → Tier 3

Life cycle

- Species
- Substance
- calamities
- fertilized
- Spawn
- external gills
- elongate
- algae
- hind limbs
- forelimbs

Grade 5

Last fortnight we had to opportunity to dress up for our annual book week celebration. Have look at our wonderful students getting involved



Physical Education

When students return to on-site learning in Term 4, majority of the Physical Education lessons will be conducted outdoors.

All students will be required to wear a hat in order to participate in these lessons.



If you are finding it hard keeping your child active during the school holidays...

**Please note previously completed remote learning P.E videos will remain available for students to repeat, helping them stay active over the holidays.*

PHYSICAL ACTIVITY

Children and young people should aim for at least 60 minutes of moderate to vigorous physical activity per day involving mainly aerobic activities that makes their heart beat faster—more is better. The 60 minutes can be made up of shorter bursts of activity throughout the day that add up to 60 minutes or longer.

Activities that are vigorous, as well as those that strengthen muscle and bone, should be incorporated (in the recommended 60 minutes of daily physical activity) at least three days per week. In addition, several hours of a variety of light physical activities should be undertaken each day.

TIPS

- Basketball, soccer, netball, lap swimming, skipping or running are all great ways to add more **vigorous** activity to a day. They don't have to be organised, paid activities—they can be as simple as grabbing a ball or a friend and running around at the park. Anything that makes kids 'huff and puff' counts!
- Add to the daily total with **moderate-intensity** activities such as bike riding, scootering or skateboarding. Swap a drive to the local shops or library with a bike or scooter ride.
- Examples of **light activities** include leisurely walking or playing handball. Walking your dog or to school is a great way to increase light activity. Some activity is better than none.
- Great options to **strengthen muscles and bones** include skipping, running, yoga, jumping, push-ups, sit-ups, lifting weights, lunges, squats, climbing trees or swinging on monkey bars.





Collection will be Thursday
7th of October between
12:30-3:00pm. We will send
out collection details when
we return from holidays .

WOW.

805 tubs of cookie dough coming soon.

Thank You!



Thank you for
supporting MPS
with our latest
fundraiser



MPS Comprehension Strategies

Students' understanding of texts is just as important as their ability to physically read words. At Melton Primary School we utilise the major comprehension strategies to help our students develop their understanding of texts. Here are 2 more of the comprehension strategies we use, along with some questions you can ask your child to help them build their understanding of texts using these strategies:

Making connections

Making connections involves students connecting what they have read to events in their own life, other texts and events from their world. These 3 main types of connections are known as text-to-self, text-to-text, and text-to-world connections. When students make connections, it helps them in many ways such as being able to remember events from the text, identifying with characters' emotions and traits and making predictions.

Questions you can ask to build your child's skills to make connections:

- What does this text remind you of from your own life?
- Does the character remind you of someone? Who and how?
- Does this text remind you of another text you have read? If so how?
- What real life events does this book remind you of?

Summarising

Summarising is when you retell the most important parts/information of the text in order. Summarising is a very useful comprehension strategy as it teaches students to determine essential information and allows them to identify the big ideas from the text.



Questions you can ask to build your child's summarising skills:

- What were the really important events from that text? (F)
- What information was really important in that text? (NF)
- Who were the characters? (F)
- Where was the story set? (F)
- Can you summarise the important events from the story in order? (F)
- Summarise the text by telling me 5 important pieces of information from the text. (NF)

Key: (F) For fiction (NF) Non-fiction



The 2021 Premier's Reading Challenge is nearly at an end! This Friday the 17th of September is the last day when books can be logged by students and families. It would be really great to see as many students as possible finish the challenge and get those certificates as a special reward from all your hard earned reading. If you have forgotten how to log books, don't worry, the next two slides have step by step instructions for how to do this. Let's show Victoria just how great our Melton Primary School readers are by completing this challenge together!

8 steps to logging books for the Victorian Premiers' Reading Challenge

<https://www.education.vic.gov.au/about/events/prc/Pages/default.aspx>

1. Click on log in for

School coordinator or student

2. Click on VPRC and insert your child's log in details.

VPRC login

For Government, Catholic, Independent and Home based readers

3. Click on your child's drop down menu from your child's dashboard located in the top left corner



4. From the drop down menu, click on search books



Search Books

5. Enter the title and author, click search. Then locate the book from the list and click the title.

Search for books

Enter Book Name, author, series or ISBN

All Books ▼

Clear All

Search

8 steps to logging books for the Victorian Premiers' Reading Challenge

6. Details of the book will then appear and click add book.



The bad guys in The one?!
By: Blabey, Aaron.
★★★★☆ | 1 Reviews
ISBN: 9781338329506
Book type: Challenge Book
Genre:
Year Level: Year 3 and 4
Media type: Book

+ Add Book Book to search books

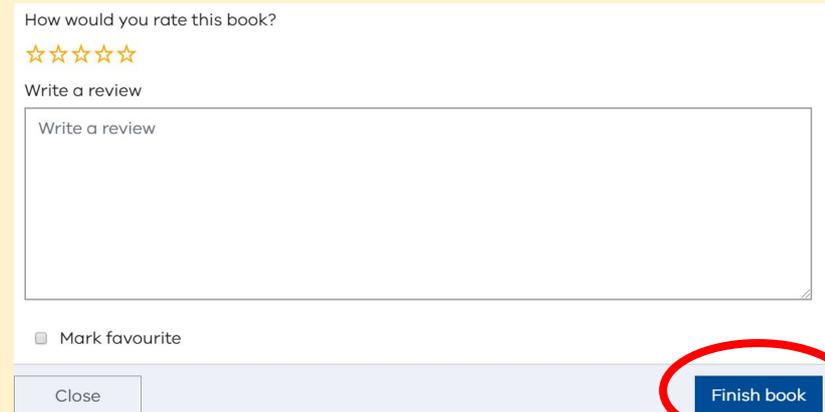


7. Then click Dashboard and you will be taken to your child's dashboard where you will see the book listed. Click Finish



The bad guys in...
[View Details](#)
★★★★☆
Finish

8. You are then able to rate the book (even write a review if you really want to) and then click finish book.



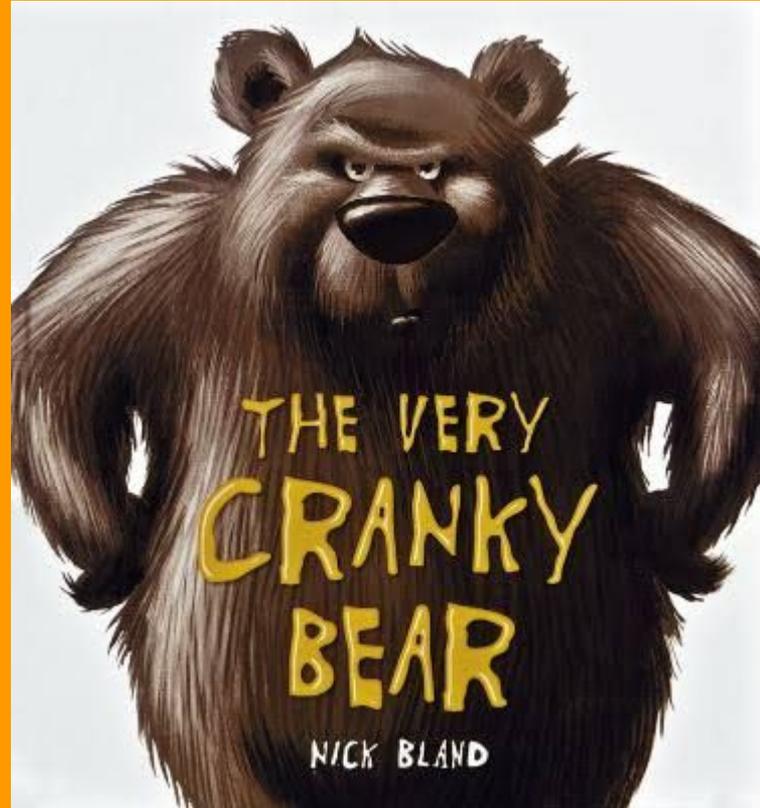
How would you rate this book?
★★★★☆
Write a review
Write a review

Mark favourite

Close Finish book

Books teachers love.... with Mrs Bowden

This is my favourite book because it provides the opportunity to talk to the children about their feelings and the importance that it's OK not to be happy all the time as these feelings will pass, especially when you have good friends to support you.



Self-Care September 2021

MONDAY



TUESDAY



WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY



6 Focus on the basics: eat well, exercise and go to bed on time

7 Give yourself permission to say 'no'

8 Be willing to share how you feel and ask for help when needed

9 Aim to be good enough, rather than perfect

10 When you find things hard, remember it's ok not to be ok

11 Make time to do something you really enjoy

12 Get active outside and give your mind and body a natural boost

13 Be as kind to yourself as you would to a loved one

14 If you're busy, allow yourself to pause and take a break

15 Find a caring, calming phrase to use when you feel low

16 Leave positive messages for yourself to see regularly

17 Notice what you are feeling, without any judgment

18 Ask a trusted friend to tell you what strengths they see in you

19 No plans day. Make time to slow down and be kind to yourself

20 Enjoy photos from a time with happy memories

21 Don't compare how you feel inside to how others appear outside

22 Take your time. Make space to just breathe and be still

23 Let go of other people's expectations of you

24 Accept yourself and remember that you are worthy of love

25 Find a new way to use one of your strengths or talents

26 Avoid saying 'I should' and make time to do nothing

27 Free up time by cancelling any unnecessary plans

28 Choose to see your mistakes as steps to help you learn

29 Write down three things you appreciate about yourself

30 Remind yourself that you are enough, just as you are



ACTION FOR HAPPINESS

Happier · Kinder · Together

MINDFULNESS

Mindful Walk.

You are going to go on a mindful walk. You can do this in your home, your yard or around the street.

To work mindfully you need to walk without talking. See if you can find 3 things you have not noticed before.



Many thanks to the Resilience Project. There are additional Mindfulness activities on the website: <https://theresilienceproject.com.au/at-home/everyone/mindfulness/kids/>