

# Melton Primary School Newsletter

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Monday 2nd October, 2023



WE ARE **ACTIVE LEARNERS**



# From the Principal's desk

Dear Parents/Guardians,

## **Welcome Back**

Welcome back, we trust and hope that all of our families had a relaxing holiday break and you enjoyed the sunshine when you could.

## **Sunsmart**

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

## **Planning for 2024**

Planning for 2024 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 2024**, 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 2024, please ensure that you enrol them now so that we can guarantee a position for them. Shortly our staff will be asked to commence the process of determining student classes for 2024. This is a long process where many things are taken into consideration - academic ability, student behaviour, students with additional needs, friendship groups and wellbeing. If you have any special considerations, other than those listed above, you can put them in writing addressed to the **Principal and delivered to the office by Friday 27th October**. Your considerations will be viewed and examined, but there is no guarantee that your request will be approved. A great deal of time is spent ensuring that grades are created equally and fairly by and for all staff. It is therefore school policy that once grades have been formed, that lists are not altered without the approval of a Principal Class member of staff.

## **Reading Goal for Term 4**

Our nightly reading goal is **35 nights**, remember reading on weekends count! Keep track in your reader diary or diary.

## **Attendance**

It is important that students are at school unless they are unwell. Our staff are in the process of assessing students and determining their points of learning need.

# From the Principal's desk

## 2024 Book Boxes

School Council is covering the cost of all books and stationery that students will require in 2024. Please ensure that you take time to thank anyone that you know on School Council.

Families are asked to ensure that they provide for their child/ren a school bag, drink bottle, pencil case, library bag and art smock for 2024. If families who wish to donate a box of tissues to the school, it would be greatly appreciated.

## Public Holidays and Curriculum Days

Please mark in your diaries that there is no school on the following days this term:

**Monday 6th November** (curriculum day), **Tuesday 7th November** (public holiday), **Wednesday 22nd November** (teacher professional practice day) and **Wednesday 20th December** (curriculum day).

## Regional Athletics

Shortly selected students will represent the Melton District at the Regional Athletics Day. We wish these students all the best as they compete in their events. A special thank you to the parents that are supporting the students on this day. Thank you to Mr Gallagher for his organisation of the event. Good luck to each of our students!

## Clearway

A reminder to all families that the double gates on the Raleighs Road side of the school must be kept clear at all times. If the school requires an ambulance on site, it is these gates that access is required through. Please ensure that you do not park in front of them.

## Teacher Games

Congratulations to all of the staff who competed in the Teacher's Games over the holidays. Well done to everyone who participated and to those staff members who won medals. We have some talented staff.

# From the Principal's desk

## **World Teachers' Day**

On the 27th of October, we will be celebrating World Teachers' Day. Melton Primary is extremely fortunate to have amazing teachers who put the students first, provide exceptional learning opportunities and work well above their hours of employment. Parents have been able to see this first hand this year with the extremely long hours that our staff have put into remote learning. On this day, I encourage all of our families to take some time to thank our teachers for their support, encouragement, guidance, passion and commitment to making Melton Primary the best school.

## **2-6 Swimming Carnival**

Well done to all of the students in Years 2-6 who participated in our annual swimming carnival on Friday 15th September. With grit and determination each of our students tried their best as they glided through the water showing their skills and expertise. Thank you to the family members who came along and cheered on their children. Thank you to Mr Gallagher and Ms Cloverdale for your coordination of this event. Special thanks to all of the staff who assisted on the day. We value and appreciate everyone's support.

## **School Concert**

Save the date as the School Concert is on 18th December from 4:30pm. Teachers will be sending home requirements for costumes etc. so please ensure that you look out for these posts on Dojo.

## **Grade 6 Graduation**

Students in Grade 6 who have 80% attendance and have displayed our school agreements, will be invited to participate in the Grade 6 Graduation on Wednesday 6th December at Tabcorp Park. Teachers will be sending out information in relation to the Graduation shortly.

Vanessa Harrison  
Principal

# Key Dates for Term 4, 2023

## October

- 2nd Term 4 commences
- 3rd Writing workshop for selected students
- 4th Swimming makeup - selected classes
- 5th Swimming makeup - selected classes
- 6th  $\frac{3}{4}$  Maths Games Day - selected students
- 11th Foundation 2024 Orientation
- 12th  $\frac{3}{4}$  AFL - selected students
- 13th Melton Minis 2:05pm
- 13th Grade 1 Community Walk
- 16th Teeth on Wheels visit
- 16th Grade 4 & 5 Cyber Safety Incursion
- 17th Regional Athletics - selected students
- 18th  $\frac{5}{8}$  Rugby League - selected students
- 18th Uniting Kindergarten Visit
- 19th Teeth on Wheels visit
- 25th  $\frac{3}{4}$  Rugby - selected students
- 27th World Teacher's Day
- 27th Melton Minis 2:05pm
- 30th - 3rd November - Book Fair
- 30th Grade 2 Werribee Zoo Excursion

## November

- 6th Curriculum Day **Students not required at school**
- 7th Melbourne Cup Holiday - No School
- 8th Teeth on Wheels
- 9th Uniting Kinder Visit
- 10th 2024 Foundation Orientation
- 10th Melton Minis 2:05pm
- 11th Remembrance Day
- 13th Grade 5 Health and Human Relations Incursion
- 15th Teeth on Wheels
- 20th Grade 5 Health and Human Relations Incursion
- 22nd Teacher Professional Practice Day **Students not required at school**
- 24th Grade  $\frac{5}{8}$  Maths Games Day
- 24th Melton Minis 2:05pm
- 27th Grade 5 Health and Human Relations Incursion
- 28th - 29th Grade 3 Camp
- 29th Teeth on Wheels

# Foundation

Welcome to term 4! We hope you had a fabulous holiday and enjoyed precious time with your families.

We are really excited about all the things to come this term and especially our Inquiry focus, looking at different helpers within our community.

We are hoping to organise visits from community helpers and go on a community walk to see all the amazing things Melton has to offer! We can't wait to explore it all!

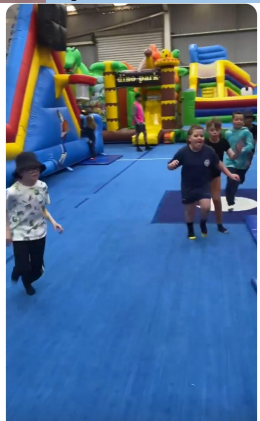
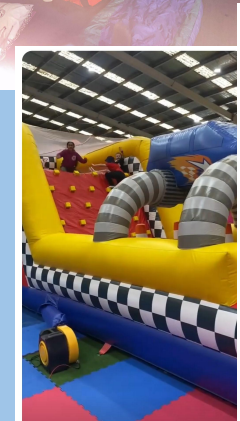
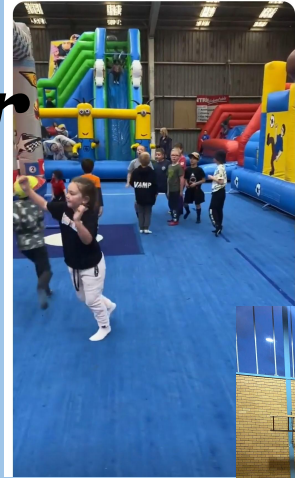




# Grade 2 sleepover

Towards the end of Term 3, the Grade 2 students had their sleepover at school. We had so much fun, so many different activities and so much food.

We had a disco, watched a magic show, went to Mick's Jump 'n' Play, went to Hannah Watts Park, watched movies and played games. It was a fantastic experience for all students.







# ≡ The Grade 4 Travel Expo! ≡

To conclude the end of Term 3, the Grade 4 students invited our families and community to participate in our very own travel expo!

The students showed off all of their own research on Australia's neighbouring countries that they conducted throughout our Inquiry learning.





## New Zealand

**OFFICIAL NAME** New Zealand

**CAPITAL CITY** Wellington

**POPULATION** 5,223,000

**LANGUAGE** Maori and English

**CURRENCY** New Zealand dollar

**GOVERNMENT** Parliamentary system, unitary state and constitutional

**RELIGION** The principal religion is Christianity

**BORDERS WITH** American Samoa, United States, Australia, Fiji, French Polynesia (France), Kiribati, Samoa, and Tonga


**NATIONAL DAY** 6 February 1840

**FUN FACTS** Kaitiaki is not only a trust it's an animal.



**FUN FACT**  
First country with universal suffrage





## Japan

**OFFICIAL NAME** Nippon-Koku

**CAPITAL CITY** Tokyo

**POPULATION** 123,294,513

**LANGUAGE** Japanese, Amami, Ryukyuan, Korean and Miyako.

**CURRENCY** YEN

**GOVERNMENT** Unitary parliamentary constitutional monarchy

**RELIGION** Shinto and Buddhism

**BORDERS WITH** Does not share land borders with any countries

**NATIONAL DAY** Japan's National Day is its National Foundation Day celebrated on the 11th of Feb

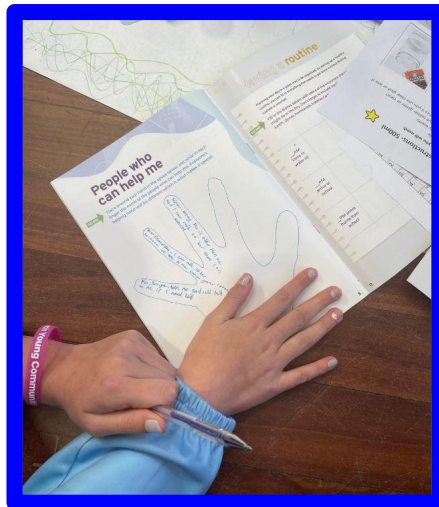




# Grade 6

## Melton Youth Service Incursion

The friendly staff from the Melton Youth centre supported the grade 6 cohort during many activities such as reading timetables, how to make new friends, opening lockers and working together as a team. Lots of prizes were given out and lots of fun was had by everyone. The students believe it has helped prepare them for their transition to secondary school.



## TERM 4 - GRADE 6 IMPORTANT DATES

- 3rd Oct - Writing workshop (selected students)
- 18th Oct - % Rugby (Selected Students)
- 27th Oct - World Teachers Day
- 6th Nov - Curriculum Day (Students not at school)
- 7th - Melbourne Cup Day (Students not at school)
- 22nd Nov - Professional Practice Day (Students not at school)
- 24th Nov - % Math Games Day (Selected Students)
- 1st Dec - 3-6 House Fun Events
- 6th Dec - Graduation
- 11th Dec - Grade 6 - Celebration Day
- 12th Dec - Grade 6 Orientation
- 13th Dec - Christmas Dress up day
- 15th Dec - Melton Primary School Show Day
- 18th Dec - School Concert
- 19th Dec - Students Last Day
- 20th Dec - Curriculum Day and last day for 2023 (Students not at school)



## EMPATHY & KINDNESS

Working on empathy helps us to identify, understand and feel what another person is feeling. When we show empathy or we do something kind for someone else, our brain releases oxytocin. This leads to us increasing our self-esteem/confidence, energy levels, positivity and overall happiness.



*Empathy has no script. There is no right way or wrong way to do it. It's simply listening, holding space, withholding judgment, emotionally connecting, and communicating that incredibly healing message of 'You're not alone'.* - Brené Brown

Welcome back to term 4!!! The year is flying by!

Just a reminder that you still have access to The Resilience Project Parent/Carer Hub.

It can be accessed via the links below.



## THE RESILIENCE PROJECT PARENT/CARER HUB:

<https://theresilienceproject.com.au/2023-parent-carer-hub-inspire-martin/>

**Part 1: Meet Martin and learn about The Resilience Project -**

<https://theresilienceproject.com.au/2023-parent-carer-hub-inspire-martin/>

**Part 2 - Gratitude:**

<https://theresilienceproject.com.au/2023-parent-carer-hub-inspire-martin/>

**Part 3 - Empathy:**

<https://theresilienceproject.com.au/2023-parent-carer-hub-inspire-martin/>

**Part 4 - Mindfulness:**

<https://theresilienceproject.com.au/2023-parent-carer-hub-inspire-martin/>

**Part 5 - Summary:**

<https://theresilienceproject.com.au/2023-parent-carer-hub-inspire-martin/>

You can practise empathy in a variety of ways. Below are some ideas you could have a go at doing with the family.



### Kindness Walk

Head out for a walk and challenge the people you are walking with to see how many acts of kindness you can accumulate together while on your walk. Afterwards, discuss how it made you feel.

### Neighbourhood Kindness Challenge

This is a great way to show kindness and build connection with your neighbours:

- Offer to walk your neighbour's dog or go for a walk with them.
- Take your neighbour's bins out or bring the bins in for them.
- Offer to do some gardening for them.
- Cook or make a neighbour a meal or some treats.
- Write a little kindness note and place it in their letterbox.
- Make a gift and deliver it.
- Stop and have a chat with your neighbour and ask how their day is going.



### Support A Charity Or Organisation

Together as a family choose a charity or organisation you would like to support. This may be something you are passionate about or a cause you feel is in need.

- Research the best way you can support this cause.
- As a family, make a plan of what you are going to do.
- Work together to support your charity or organisation.



### Listen Empathetically

Listening is a big part of being empathetic. If you haven't already listened to Lael Stone on the imperfects podcast talking about listening and responding to children with empathy and compassion, check it out!



Proudly supported by

**coles**

The Resilience Project is proud to partner with Coles to support students, teachers and parents to become happier, healthier and more resilient. We are grateful for the commitment and shared vision of Coles to support the mental health of all Australians.

[education@theresilienceproject.com.au](mailto:education@theresilienceproject.com.au) | (03) 9113 9302 | [theresilienceproject.com.au](https://theresilienceproject.com.au)



OCTOBER 2023

# Look after your mental health, Australia.

[www.lookafteryourmentalhealthaustralia.org.au](http://www.lookafteryourmentalhealthaustralia.org.au)


SUNDAY

**01**  
**Join us!**

Sign up for our campaign and get ready for a special October.

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

## RAISING AWARENESS FOR MENTAL HEALTH AND WELLBEING

02

### Sharing is caring

Share this calendar to promote positive mental health and wellbeing.

03

### Call a family member

Connect with a family member or loved one today. Be present and open.

04

### Look after you

How can you be kind and loving to yourself today? What do you need?

05

### Show gratitude

What are three things you are grateful for? Write them down.

06

### Boundaries

Reflect on your boundaries. How can you communicate them to others?

07

### Help-seeking

Check out [lookafteryourmentalhealthaustralia.org.au](http://lookafteryourmentalhealthaustralia.org.au) for support and some great resources.

08

### Make connections

Who can you connect with today? A neighbour? Family member? Friend?

## HOW TO GET INVOLVED WITH WORLD MENTAL HEALTH DAY

09

### Be kind

Focus on ways you can be kind, generous and compassionate today.

10

### World Mental Health Day

Post an image and tag – [#MentalHealthMosaic](https://twitter.com/MentalHealthMosaic). Be part of our digital Mosaic!

11

### Be colourful

Add some colour to your wardrobe to brighten up your day!

12

### Set some goals

Achieving goals builds confidence. Write yours down (big or small).

13

### Support others

Check in with your loved ones. Tell them you care and appreciate them.

14

### Try something new!

A new coffee shop, new clothes, new morning walk, new recipe – anything!

15

### Sleep well

Try to get 7 – 9 hours of sleep each night this week.

## BELONGING TO A COMMUNITY! AND CONNECTION TO YOURSELF

16

### Take a walk

Get out into the fresh air for a walk. Maybe try a new path.

17

### Be mindful

Take time today to do some breathing exercises. Look online for tips.

18

### Self check in

How are you feeling? How can you best look after yourself today?

19

### Belonging

As humans, we all crave belonging. Who can you reach out to today?

20

### Freshen up Friday

What can you do to feel fresh for the weekend? Swim, pamper, bath...?

21

### Explore nature

Try mindfully observing nature. What can you smell, hear, sense?

22

### Dance in the morning

Start today with a dance. Play your favourite song out loud!

## HAVE FUN!

23

### Laugh

Laughter is key to our wellbeing. Watch or listen to something funny!

24

### Movement

How can you move your body today and make it enjoyable?

25

### Hobbies

Take up a new hobby today! Is there something new you want to try?

26

### Create

Paint, draw, bake, play, create. Let your creative side shine today!

27

### Small wins

Celebrate your wins today. What are you proud of yourself for?

28

### Meditate

Meditation is a powerful tool for our minds. Try a new meditation.

29

### Your toolbox

Reflect on the tips, tricks and habits that worked for you, and why?

## LOOK AFTER YOUR MENTAL HEALTH EVERYDAY, AUSTRALIA

30

### Future you

How can you keep practicing these tools in your life moving forward?

31

### You did it!

Congratulations on committing to look after your mental health, Australia!


[#LookAfterYourMentalHealthAustralia](https://www.lookafteryourmentalhealthaustralia.org.au) [#MentalHealthMosaic](https://www.mentalhealthmosaic.org.au) #WMHD2023

### Need Support?

**Lifeline** 13 11 14

**Lifeline Text** 0477 13 11 14

**Beyond Blue** 1300 224 636

**Butterfly Foundation** 1800 334 673

**Suicide Call Back** 1300 659 467

**Kids Helpline** 1800 55 1800

**MensLine Australia** 1300 789 978

**QLife** 1800 184 527

**Carer Support** 1800 242 636

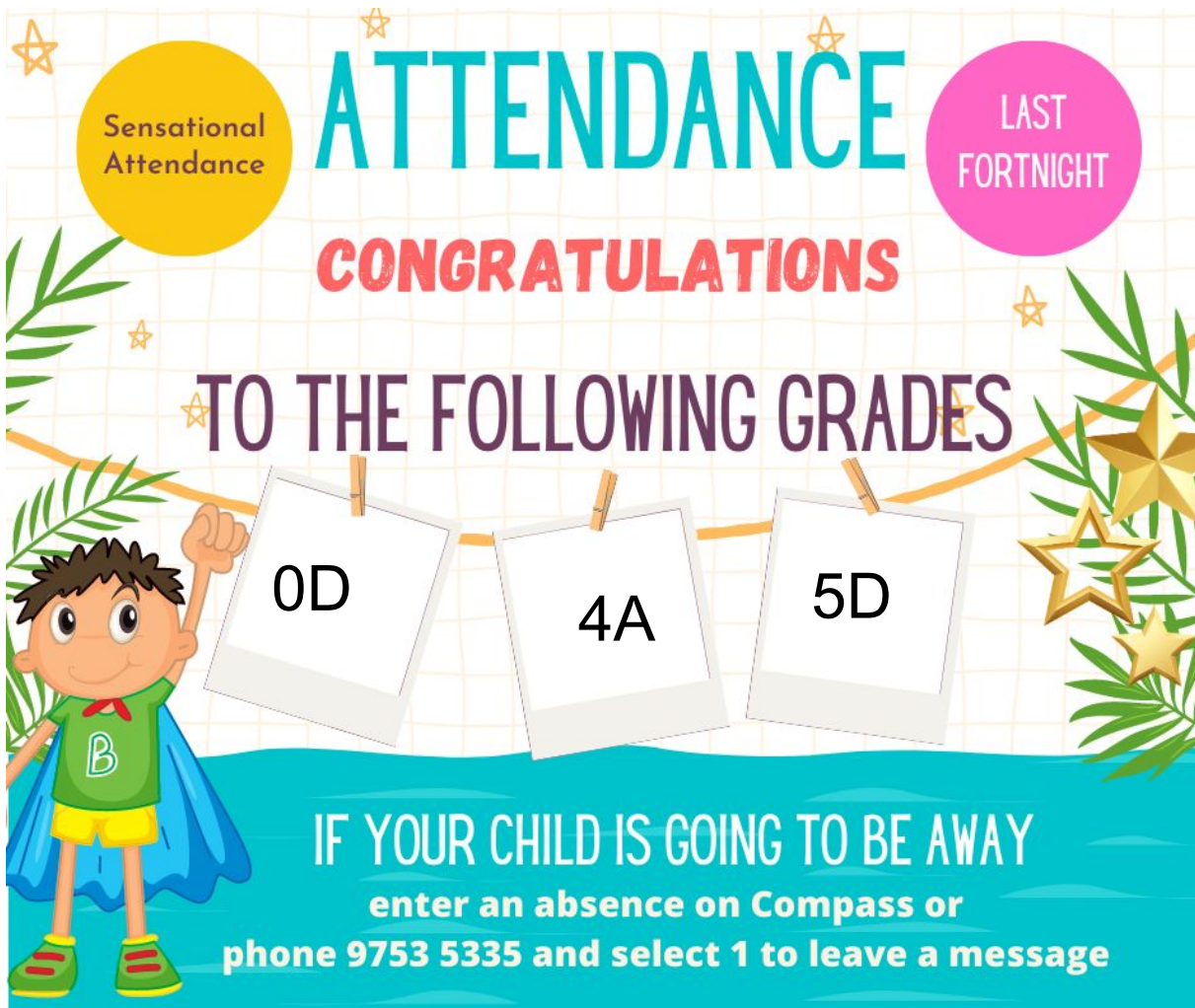
**SANE Australia** 1800 187 263

**Open Arms** 1800 011 046


# World Mental Health Day

Tuesday 10th October  
2023





A celebratory banner for attendance. It features a yellow circle with 'Sensational Attendance', a pink circle with 'LAST FORTNIGHT', and the word 'ATTENDANCE' in large blue letters. Below is 'CONGRATULATIONS' in red and 'TO THE FOLLOWING GRADES' in purple. Three Polaroid photos hang from a string, showing '0D', '4A', and '5D'. A cartoon boy in a green shirt with a 'B' and a blue cape stands on the left. The background has a grid pattern with stars and greenery.

**Sensational Attendance**

# ATTENDANCE

**LAST FORTNIGHT**

## CONGRATULATIONS

### TO THE FOLLOWING GRADES

0D 4A 5D

**IF YOUR CHILD IS GOING TO BE AWAY**  
enter an absence on Compass or  
phone 9753 5335 and select 1 to leave a message

**WHEN DO ABSENCES  
BECOME AN ISSUE?**



A vertical chart showing three levels of absence issues. The top green section has a smiley face icon and is labeled 'SATISFACTORY' with '9 or fewer days'. The middle yellow section has a warning sign icon and is labeled 'WARNING SIGNS' with '10 to 17 days'. The bottom red section has a sad face icon and is labeled 'CHRONIC ABSENCE' with '18 or more days'.

  
**SATISFACTORY**  
9 or fewer days

  
**WARNING SIGNS**  
10 to 17 days

  
**CHRONIC ABSENCE**  
18 or more days

# We are Sun-Smart



Surf Hat - \$8



Wide Brim Hat - \$6

Melton Primary School is a Sun-Smart school. From the 1st of September all students are required to wear a school hat when outside.

Hats can be purchased from the office.



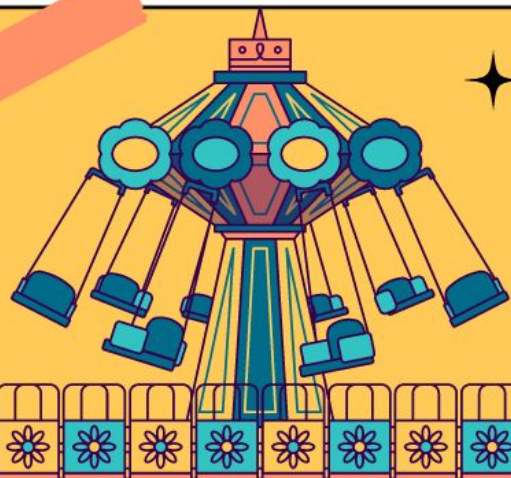
Bucket Hat - \$5



# ROYAL

## MELTON SHOW

# GUEST STAR YOU!



GAMES  
SHOWBAGS  
SLUSHIES  
ANIMALS  
MUSIC  
TATTOOS  
PRIZES

ARE YOU READY TO HAVE SOME  
FUN?!

FRIDAY 15  
DECEMBER 2023

80%  
ATTENDANCE

GET TICKET



# MPS SCHOOL CONCERT

DECEMBER 18, 2023  
4.30PM

GATES OPEN AT 4.15PM

More information coming soon...



**WE'LL TEACH  
THEM...**

**SO THEY  
DON'T HAVE  
TO SAVE  
THEM!**

1a Raleighs Rd, Melton  
9746 6008


Paul Sadler Swimland Est. 1972  
*...Small Successes, Proudest Moments*



*Life is like  
music.  
Practice  
makes perfect.*

INSTRUMENTAL LESSONS  
ENROL NOW  
[www.genesismusicschool.com.au](http://www.genesismusicschool.com.au)  
P:0401951592





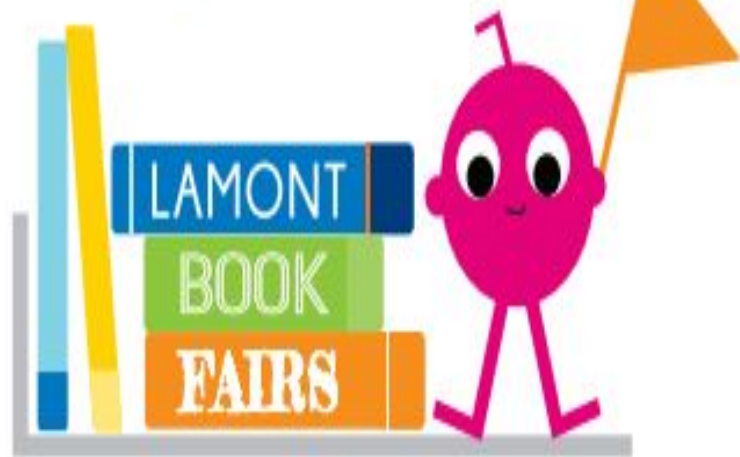
A yellow, round character with large eyes is flying a blue paper airplane. Dotted lines show its path across the green background.

# LAMONT BOOK FAIR

Coming soon,  
don't miss it!

BOOKS FOR EVERYONE

Every purchase supports our school!



[www.lamontbooks.com.au](http://www.lamontbooks.com.au)