

Melton Primary School Newsletter

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Monday 19th August, 2024

We've looked at what **Respect** looks like in the classroom and in the yard....

What does Respect look like at **home**?

Home is the place where you first learn about respect.

- * You learn about using good manners, like saying 'please' and 'thank you'.
- * You learn to share things like toys, games and food with other people in your family.
- * You learn to look after your own things and take care of other things in the house (eg. not jumping on furniture, wiping your feet etc, so that the house is a good place for everyone to be).
- * You learn to listen and wait your turn in talking.
- * You learn to understand that you will not always get what you want.
- * You learn to respect others by helping with chores and not letting the family down.
- * You learn how to talk to different adults in a way they expect to be spoken to eg grandma and her friends may not like to be called by their first name.

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.

From the Principal's desk

Dear Parents/Guardians,

Principal's Day

Mrs Sutherland, Mrs Ward and myself would like to thank of the students, parents and staff who went out of their way to wish us a happy Principal's Day last fortnight. We had amazing tributes and thanks presented from the students and staff. Thank you all.

Foundation 2025

Students enrolled in Foundation for 2025 have received notification of their acceptance into Melton Primary and their scheduled transition sessions for term 4. If you did not receive this, please contact the office or if your child/ren are not enrolled don't worry it is not too late. Please ensure your enrolment form is lodged at the office.

Curriculum Day - Friday 16th August

On Friday, the staff engaged in some professional development about the new English 2.0 curriculum. Staff investigated the changes to the structure and what has been altered from the English version 1 curriculum. Time was spent forward planning for the implementation of the English 2.0 curriculum in 2025. A special thank you to all of the staff who were involved in the day and in particular Ms Lucas for her coordination and preparation in advance. She displayed amazing enthusiasm and leadership.

Grade 6 Graduation

The graduation photo has been taken and will now be made into certificates for the Grade 6 students. I encourage all Grade 6 families to **save the date, Wednesday 11th December** at Melton Entertainment Complex for the Grade 6 Graduation. Grade 6 teachers are in the process of planning graduation and will provide further details closer to the date.

35+ Nights Reading - Term 3 goal

This term our goal is that students log 35+ nights reading since the start of the term. Reading on the weekend and over holidays count! Help your child achieve this goal by ensuring they log their nights reading in their reading log or diary.

From the Principal's desk

Book Parade

Put on your thinking hats and start to prepare your child's Book Parade Costume for 2024. The Book Parade is scheduled to take place in THIS Thursday morning. Parents are more than welcome to come and watch.

Melton District Athletics Carnival

This week selected students will participate in the Melton District Athletics Carnival at Bridge Road. We wish all of our students well as they compete against other schools and we know that they will be great ambassadors for our school. Thank you to Ms Speranza for her organisation of this event. Thank you to Ms Timpani, Mrs Coward and Mrs Blain for attending and supporting on the day.

Planning for 2025

Planning for 2025 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 2025, 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 2025, please ensure that you enrol them now so that we can guarantee a position for them.

Victorian Premier's Reading Challenge - CLOSES Friday 6th September

The Premier's Reading Challenge closes Friday 6th 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.

2-6 Swimming Carnival

Students in Years 2-6 will participate in our annual swimming carnival on Friday 20th September. We encourage family members to come along and cheer on their child/ren. Good luck to everyone involved.

Vanessa Harrison
Principal

Key Dates for Term 3, 2024

August

- 19th - 23rd Book Week
- 19th - 21st Grade 4 Phillip Island Camp
- 20th - 23rd Author Visit - Amy Adeney
- 20th - 2A Basketball Clinic
- 21st - 2B Basketball Clinic
- 21st - District Athletics
- 22nd - 2C Basketball Clinic
- 22nd Book Parade
- 23rd - Melton Minis
- 27th - 2A Basketball Clinic
- 28th - 2B Basketball Clinic
- 28th - Cookie Dough Fundraiser Due
- 29th - Father's Day Stall
- 29th - 2C Basketball Clinic

September

- 1st - Father's Day
- 3rd - 2A Basketball Clinic
- 3rd - Grade 2 Sleepover

September

- 4th - 2B Basketball Clinic
- 4th - $\frac{3}{4}$ Basketball Tournament selected students.
- 5th - 2C Basketball Clinic
- 6th - Foundation Fairytale Fiasco Incursion
- 6th - Melton Minis 2:05pm
- 10th - 2A Basketball Clinic
- 11th - 2B Basketball Clinic
- 11th - Grade 6 Transition Workshop
- 12th - 2C Basketball Clinic
- 12th - Cookie Dough Delivery
- 13th - $\frac{5}{6}$ Basketball Round Robin selected students
- 18th - Football Dress Up Day
- 18th - Live assembly
- 19th - $\frac{3}{4}$ Basketball Round Robin selected students
- 20th - Foundation Fairytale Dress Up Day
- 20th - MPS Swimming Carnival - selected students
- 20th - Melton Minis
- 20th - **Last day term 3 - 2:30pm finish**



Sensational Attendance

ATTENDANCE



LAST FORTNIGHT

CONGRATULATIONS

TO THE FOLLOWING GRADES



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?



SATISFACTORY
9 or fewer days

WARNING SIGNS
10 to 17 days

CHRONIC ABSENCE
18 or more days





Celebrating 100 days of school!



Reminders

- Fairy tale Fiasco. Please provide consent and payment by August 28th.
- Fairytale Dress up is on September 20th.

Grade 4



**Phillip Island Adventure
Resort**



The “BIG” Swing

Today our Grade 4 cohort heads off on their adventure to Phillip Island Adventure Resort! Please keep an eye out on Dojo for updates of the kids doing amazing things!

(Please be advised the bus returns from Phillip Island at approx 3pm on Wednesday the 21st.)

Grade 6

Tomorrow When the War Began

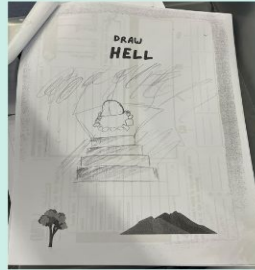
Our Visions of Hell



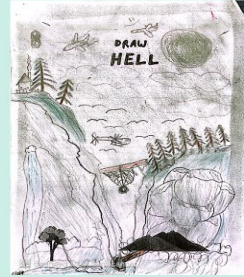
Ellie GA



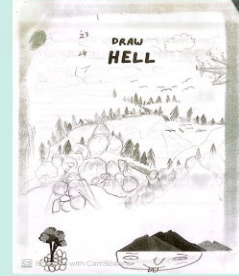
Taylor GA



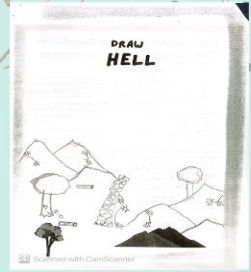
Manase GA



Marcus GB



Kotess GB



Sophie GB



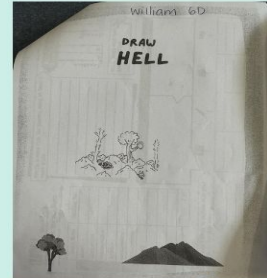
Suyan GC



Jacob GC



Yasin GC



William GD



Lovely GD

PARIS 2024 OLYMPICS



Auslan Art

Olympic fever in Auslan Art! All grades participated in a variety of olympic art activities. Foundation, collaged olympic torches and made golden medals. Grades 1&2, made 3D olympic torches and grades 3&4, designed their own 3D olympic pictograph. Grades 5&6, made their own olympic trophies from wire, aluminum foil and plaster. So much fun and olympic spirit!



Here are some coping strategies we can use to help our students as well as ourselves.

Coping Strategies

Coping strategies are the tools we use to manage tough emotions and cope with stress. It is often an expected behaviour to know how to handle emotions, however it is not a skill we are born with. Coping strategies need to be taught and practiced on a regular basis. Strong coping strategies can make a big difference in helping kids and teens be successful in and outside of school. These strategies are actually life skills that we all need, which is why it is so important to help kids and teens develop them at an early age.

Some of our ideas:

- Exercise
- Do some chores
- Board Games
- Puzzles
- Drawing
- Mindful Colouring
- Listen to music
- Doodling
- Dance
- Fidget/Sensory Toys
- Playdough
- Essential Oils
- Breathing exercises
- Reducing stimuli (noises, lights...)
- Dead Fish
- Going outside (reading a book, nature walk)
- Cloud watching (making shapes/pictures)
- Kinetic Sand
- Popping bubble wrap
- Lay down on soft blankets or pillow
- Eat something sour or chewy
- Lay down on soft blankets or pillow
- Eat something sour or chewy
- Using a worry box
- Identify feelings - How does my body feel? What does it look like?
- Chasing bubbles
- Hula hoop
- Simon says
- Flexing and pointing feet
- Rolling your shoulders
- Yoga and stretching

Coping Strategies

- Used to get you through the tough times
- Activities or tactics you use when you're in a stressful situation
- Strategies you can use when you need to buy a bit more energy or time, like hitting the "pause button" when stressed

VS .

Self Care

- A preventative measure
- Acts attending to your emotional, mental, spiritual and physical health
- Decrease extreme distress and burnout
- Can decrease the need for coping skills in the future

Dear Parent/Guardians,

Thank you so much for continuously supporting MPS especially through fundraising. We are excited to announce we are holding a **Billy G's Gourmet Cookie Dough** drive as a major fundraiser this term.

Billy G's Gourmet Cookie Dough is an exciting fundraiser, made by an Australian, family owned and operated business. There are nine (9) dough-licious flavours to choose from, including the most popular **Choc Chunk** and **Raspberry White Choc**. You can also create your own cookie magic with the Golden Classic flavour by adding your own mix ins to your cookies when you bake them! Billy G's Gourmet Cookie Dough is exclusive to fundraising, so stock up!

Get started! Students have now received a Billy G's Order Form with instructions on how to collect orders. **Please note Billy G's is a completely cashless fundraiser. All orders must be placed online and paid by credit or debit card or PayPal,** so make sure you create your online fundraising page at www.australianfundraising.com.au today!



Orders close
Wednesday
28th of August



FATHER'S DAY STALL

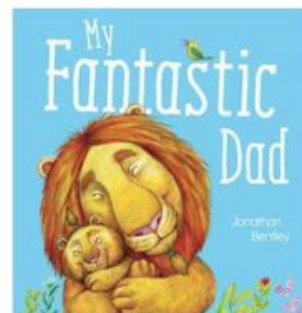
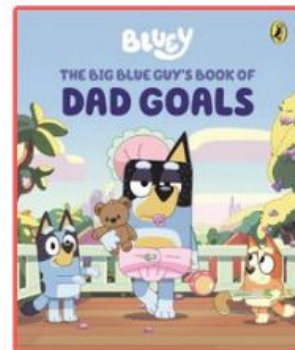
Purchase from our
Fathers Day Stall for Dad,
Grandpa or a special male
in your life.

Please let Mrs Sutherland know if
you can assist with set up. Wed 28th
Aug 1:30-3:00pm or on the sale day
between 8:30-12:00pm

HAPPY
Father's
Day

Thursday 29th
of August
in room 4

Prices range from
\$1.00-\$10.00





VICTORIA POLICE

BIKE/SCOOTER HELMETS

A MESSAGE FROM YOUR LOCAL POLICE

This is a reminder that all users of bikes and scooters (including the motorised versions) **MUST** wear helmets unless exempt. We have had concerns raised by members of our community, and it is quite apparent that residents have become complacent regarding these laws.

Mandatory bicycle helmet laws were introduced in July 1990. This applies when riding:

- on roads and road-related areas
- on bike and shared paths
- in bike lanes
- in recreational parks
- in car parks
- on footpaths.

Police can stop bike and scooter riders and issue a fine or a warning for not wearing an approved bicycle helmet. **The current fine for this offence is \$231.**

Research indicates that bike helmets greatly reduce the risk of head injuries, which are the major cause of death and injury to bike riders.

- Bicycle helmets reduce the chances of a serious head injury by almost 70 %
- Two years after introducing bicycle helmet laws in 1990 a 23% reduction in head injuries in Victoria.

This is a significant safety issue, and we encourage you all to look after yourselves, family, and friends.





Supporting young people with transition from primary to secondary school

A free online webinar for Parents and Carers

headspace Schools & Communities would like to invite you to attend a Mental Health Education session for Parents and Carers.

This session will cover:

- Mental health and wellbeing in adolescence
- How to have conversations with young people about their mental health and wellbeing
- Noticing signs that a young person might be going through a tough time and struggling with their transition out of school
- Identifying strategies to connect and communicate with young people
- Increasing knowledge about how to support them during this transition period and where to access professional support.

Where: Online via Zoom

When:

- Session 1: Tues 3 Sept, 6 - 7PM AEST
- Session 2: Thur 5 Sept, 8 - 9PM AEST

How to register:

Click [here](#) or scan the QR Code below to register by selecting your preferred date and time through Eventbrite.



After registering, you'll receive a confirmation email from Eventbrite which will include the Zoom meeting link to access the webinar.

Need more information?

Email us: MHEP@headspace.org.au



Children starting secondary school (year 7)

Moving from primary school to secondary school is a major step. It's a time of big changes in your child's life.

Talking about the changes with your child will help make the move positive.

What's different

Some of the main differences between primary and secondary school are:

- more subjects and teachers
- more homework
- more challenging school work
- the responsibility of getting to classes in different rooms on time
- the need to manage themselves, their learning and their equipment
- using lockers and carrying books between classes
- adapting to different teaching styles
- having no 'home' classroom – many schools have a designated area for year 7 students.



FOOTY COLOURS DAY

FOOTY COLOURS DAY

FOOTY COLOURS DAY

MPS FOOTY DAY

WEDNESDAY 18TH SEPTEMBER

STUDENTS ARE ENCOURAGED TO COME DRESSED IN THEIR AFL/NRL TEAM COLOURS! THERE IS NO COST TO DRESS UP.

WE WELCOME PARENTS TO JOIN US FOR OUR FOOTY PARADE ASSEMBLY AT **8.50AM** ON THE OVAL. PLEASE SIGN IN AT THE TENNIS COURTS.

THERE WILL ALSO BE LUNCH TIME ACTIVITIES FOR STUDENTS.

STAY TUNED FOR INFORMATION FROM THE CANTEEN ABOUT SPECIAL FOOTY DAY LUNCH ORDERS!



FOOTY COLOURS DAY

FOOTY COLOURS DAY

FOOTY COLOURS DAY



MELTON PRIMARY SCHOOL

ANNUAL CONCERT

2024

17 DEC

2024

STARTING

4:00PM

MELTON PRIMARY SCHOOL OVAL

MORE INFORMATION

coming soon

SAVE THE DATE

