



Mill Park Primary School

Newsletter

Issue 11
26th April 2018

2 – 10 Blamey Avenue (PO BOX 163)
Mill Park 3082
Telephone: (03) 9404 3337

Web: www.millparkps.vic.edu.au
Email: mill.park.ps@edumail.vic.gov.au

TERM 2 COMING EVENTS

Week 2:

Thursday, 26th April: Year 1 & Year 2 Swimming #2
Friday, 27th April: Assembly @ 2.45pm

Week 3:

Monday, 30th April: Year 6 Canberra Camp
Thursday, 3rd May: Year 1 & Year 2 Swimming #3
Friday, 4th May: Preps' Breakfast @ School
Friday, 4th May: Assembly @ 2.45pm



REMINDERS:
PREP ENROLMENTS FOR 2019
ARE NOW OPEN

FROM THE PRINCIPAL

ANZAC DAY CEREMONY

Our school commemorated ANZAC Day at last Friday's assembly. We were lucky to have two soldiers, Colin Biddell and Sharon Biddell, from the Simpson Barracks in attendance, as well as children from Mill Park Pre-School. I commend our student leaders on the excellent manner in which they conducted the ceremony and greeted our guests.



I would like to thank parents who spoke to me, telephoned or emailed their appreciation of the Anzac Day ceremony.

As a school, we value, acknowledge and teach our students the importance of historical events, which have shaped today's society.

Lest We Forget



STUDENT FREE DAY



The Department of Education and Training (DET) allows schools to conduct four Student Free Days per year. **Please note that Monday, 7th May 2018 will be a Student Free Day.**

Teachers and Education Support Staff will participate in professional learning focussed on Writing.

Students are not required to attend school on this day.

MEDITATION

Our school implements a Meditation Program for ten minutes each day. Meditation relaxes the body and calms the mind. Dr Craig Hassed, (Deputy Head of the Monash University Department of General Practice) states that 'meditation can be considered the most basic and essential mental discipline we could ever learn. It is a way of being able to know where one's attention is, and of being able to choose what is worth giving attention to and what is not, in a way that is compassionate, discerning and gentle'.

We recognise that our students are faced with many distractions and challenges in terms of them developing an ability to focus and think deeply. The ever-increasing evolution of digital technologies presents endless temptation for minds to be elsewhere and constantly multitasking. The pressure to constantly perform well in all fields of life adds its own level of anxiety.

The Meditation Program takes our students out of the 'pressure' zone at the end of lunch play and restores the body and mind to balance prior to beginning the next session of learning. Resting the mind has a dramatic effect on brain activity. Some examples include:

- Concentrating on Breathing: being aware of the movement of air in and out of the nostrils, or counting the breath in various ways. Eyes don't have to be closed, but the mind should be very much in the present.
- Mindfulness: developing awareness of inner experiences (body sensations, feelings, thoughts, memories, etc.) and simply observing them
- Emptying the mind: allowing the mind to clear and 'float' and gently pushing aside any stray thoughts, or allowing thoughts to float in and out of awareness

If you would like more information about the Meditation Program, please see your child's classroom teacher, Ms Carol Vidmar. Mrs Kelly Spurr or myself.

PREP ENROLMENTS FOR 2019



We are continuing to take enrolments for our 2019 Prep classes. Please inform family, friends and neighbours that if they have a child starting school next year and would like them to come to our school to enrol them soon. School tours are conducted by appointment.

STARTING SCHOOL

Greek philosopher Plato stated that 'The beginning of something is always very important, especially when it's young and needs time to grow'. Plato's words are particularly relevant to young children and their parents as they begin the enrolment process into the Prep Year.

Starting school is a significant event in the life of a child and family. Children's emotional maturity and social competence should be at the core of decision making about school readiness. Social skills include knowing how to

behave in particular situations, how to relate to the needs of others and how to follow the rules and routines that apply in families, places like school, within friendship groups and the community. Children learn social skills through positive communication with family members, good role models and gentle advice from trusted people. Keep in mind that we cannot ‘fast forward’ children’s emotional maturity and social competence.

Once a child starts school, they will be in the school system for at least the next 13 years of their life, which is a significant number of years in a lifetime. It is therefore important that a child has the best opportunity to not just ‘cope with’ or ‘survive’ their first and subsequent years of school, but to flourish, thrive and reach their individual potential.

School readiness is often perceived to be judged upon whether a child knows their alphabet or can count up to 10 or 20. However, while early literacy and numeracy are important, formal reading, writing and counting are not the most important indicators for school readiness. The most important factors with a successful start and continued learning in school are related to a child’s social and emotional maturity, such as:

- Being able to separate from parent/caregiver when dropped off
- Taking responsibility at a basic level for own possessions
- Dealing at a simple level with conflict, not hitting, biting or throwing items when frustrated
- Being able to talk with and respond to teachers
- Showing an interest in other children
- Following a few simple directions at a time
- Completing a simple task without needing constant prompting
- Ability to socialise and play with other children.

Learning to manage feelings and to relate well with other children and adults is the foundation of doing well at school and later, working life.

Above all, it is important to keep in mind that although academic learning is highly valued in a school, social skills, communication, the ability to make friends and cope with conflict, are critical factors in learning and living with others. Parents of children starting Prep in 2019 are welcome to make an appointment to discuss any starting school concerns with myself, Assistant Principal Ms Carol Vidmar or Welfare Officer Mrs Kelly Spurr.

STUDENT LEADERS: WATTLE HOUSE CAPTAINS

It is my pleasure to introduce you to our Wattle House Captains this week.



Sarah

Hello! I am Sarah, your 2018 Wattle House Captain. Currently, I am in E7 and turning 12 this year. Here, I will be listing facts about me. I adore doing math in class with my classmates. Another thing I love to do is to sleep with my stuffed animal. Currently my favourite stuffed animal to sleep with is a fox. In my free time, I also love to draw and hang out with my friends and family. The thing I love about school is that I get to spend time with my best friends and have good moments with the school I grew up in. Mill Park Primary School is probably my second home. You probably have seen me around the school walking with my friends, so don’t be scared to say “Hi”. I will enjoy being your Wattle House Captain for 2018. Thank you.

Lisa

Hey Guys! This is your 2018 Wattle House Captain Lisa here. I hope I will do a great job at this role and enjoy it. Let’s get to know me some more. Top 5 facts about me:

1. I play two instruments, the Oboe and the Piano. Now, lots of you are probably wondering, what in the world is an Oboe? Well, a woodwind instrument plays an important job in the orchestra.

2. I Looooooove to read! Now everyone is definitely saying, "Yep, she's definitely crazy!" But it's quite an enjoyable thing to do when you need to pass time.
3. Even though I'm in Year 6, I STILL love little or big toys! A lot of you guys are like "Ewwwww! Who likes them, they are sooooo babyish!" Well, I love them! They are so cute and is a wonderful thing to talk to when you need to say something or let out a steam of anger!
4. I have a SUPER annoying brother by the name of Nathan. He is currently in Year 4 and some of you might know him. I bet you most of you can really relate to this as you would probably have an annoying younger brother or sister. I know how it feels...
5. Lastly, I might be the only girl who is, but I am OBSESSED with Minecraft and Roblox! And just because I'm a girl, it doesn't mean I'm bad at it! I'd say I'm pretty good! Me and one of my best friend at another school are really good. I challenge you to a game of Minecraft!

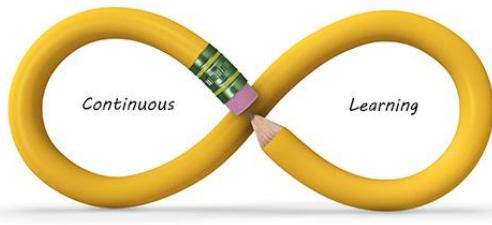
Now that you know me more, you probably know my personality better. I'll see you guys later!!!!

PROFESSIONAL PRACTICE DAYS FOR TEACHERS

In the Education State, we achieve excellence by consistently focusing on improving the achievements of learners across Victoria, whether it is through improving the quality of educational services or changing the way we teach.

The most important thing we can do to improve student outcomes is to develop and improve the skills of our teachers.

The Victorian Government will continue to provide opportunities to develop professional, passionate teachers and principals and equip them with the right knowledge and skills to meet the needs of their students.



To ensure we support the learning and development of not only our students, but our teachers too, we are committed to providing professional development opportunities for our teacher workforce. Teachers will spend four days per year further developing their skills in areas that are aligned to the school priorities.

Students will directly benefit from these improvements in their daily learning. All classroom and specialist teachers will be taking time to improve their delivery of teaching and learning through the professional practice days during each school term.

The professional practice days are part of the Victorian Government Schools Agreement 2017. Each full time teacher is entitled to one day per term (four days per year), to focus on the improved delivery of high quality teaching and learning.

We know children sometimes find it challenging when their teacher is away from the classroom. Equally, it's important that teachers take the time to focus on improving their professional practice because their learning directly impacts on your child's learning experience.

We are scheduling the days ahead of time and have planned the days so that there is minimal impact to our students' learning and routines.

If you have any questions about the Professional Practice Days, please do not hesitate to contact me.

YEAR 6 CANBERRA TOUR



Our Year 6 students are spending next week touring Canberra to complement their Term 2 studies. They leave on Monday, **30th April and return on Friday, 4th May.**

We wish them safe travels and hope they have a wonderful week of adventure and learning.

I leave you with a quote from Albert Einstein, 'Education is not the learning of facts, but the training of the mind to think.'

Lu Alessi
Principal

FROM THE ASSISTANT PRINCIPAL

The weather might be getting cooler, but things are just starting to ramp up for us here at Mill Park Primary! Term Two is set to be a sensational term, with lots of excursions, camps and events planned for our students to enjoy! Keep an eye out for information with all activities and events being communicated in the newsletter and in each buildings notice boards.

RAINBOW WALK-A-THON



The Whole School Rainbow Walkathon will be held on **Wednesday 9th May** between 12:30pm-1:30pm (weather permitting).

Please ensure the permission notice for your child to participate has been signed and returned to school by Tuesday 8th May. Hopefully the weather will be nice for us and we can enjoy the fun and health benefits of some extra exercise. Students are encouraged to dress up in the allocated colours for fun!

Colours for the Rainbow Walkathon

Prep – Purple	Year 4 - Blue
Year 1 – Green	Year 5 - Pink
Year 2 - Yellow	Year 6 - Red
Year 3 - Orange	

CURRICULUM DAY

On **Monday 7th May**, there will be a Curriculum day, where our teachers will be developing their skills in teaching students writing through VCOP. The knowledge learnt during the day will be implemented into their classrooms to enhance students learning. It is our third year of implementation of the VCOP writing program and we have noticed a significant improvement in our students' writing skills and their passion for writing has been really exciting to watch!

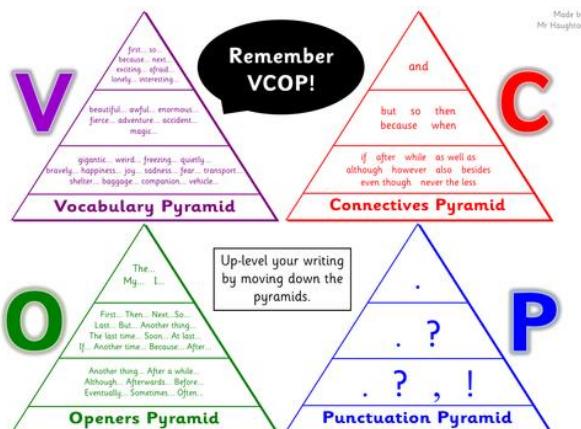
There are four main VCOP section.

V is for Vocabulary- it assists with students in the use of WOW words in their writing. Wow words are words that substitute a word with a more interesting word.

C is for connectives: it supports students to use connectives (joining words) to change a simple sentence into a complexed one.

O is for openers: it encourages students to use varied openers to ensure their writing doesn't appear boring.

P is for punctuation: students are taught the names of the different types of punctuation and they learn how to use them in the writing.



The VCOP pyramid is displayed in each classroom to support student learning. If you would like to know more, please ask your child's classroom teacher or come and have a chat to me.

MOTHER'S DAY STALL

The PFA will be running the Mother's Day Stall on **Thursday 10th May**, giving our students the chance to buy something special for their loved ones! Please ensure you send along some money for your child to purchase that special something and a plastic bag to hide that special present.

The PFA are busily preparing for this and if you would like to join them and give a hand please leave your name at the office.



SMART GOAL SETTING

At the beginning of each term students set new SMART goals for their learning. An important step in this process includes students identifying areas that need developing for Term 2 and then create smart goals for future learning. Goal setting is vital for our students to commit to, be responsible for and actively participate in actioning that goal. SMART goals refers to:



Teaching our students the importance of setting long term and short term goals will help to develop clear direction for their future ambitions whatever that might be.

It's important that goals have an action plan and that there is a time frame. Students are encouraged to revisit, modify or even to set new goals as part of the process. This keeps our students focused and gives a clear direction on what needs to be done for them to achieve their goals.

If and when students don't achieve their goals, it is also a great learning opportunity. Students can reflect why this happened and what they need to do differently next time. It then needs to be pointed out the other gains that might have been achieved along the way and different things they may have developed such as resilience due to the so called 'failure'.

My philosophy is that every way you look at it, success or 'failure', there is a learning opportunity!
Have a great week and enjoy!



Carol Vidmar
Assistant Principal

FROM THE WELFARE OFFICER

Yesterday, I participated in an ANZAC Day service at our local Memorial Park where we paused and reflected on the service and sacrifice of all those who have served and are currently serving. It is important for our children to understand our history and take pride in our culture where we honour our past and current service people.

ALL HERE ALL WEEK AWARDS

Congratulations to the following groups for receiving an 'All Here All Week' award at last week's assembly:

W1

W2

W4

H1

Well done!

SOCIAL SKILLS PROGRAM

This term I am beginning my Social Skills Programs with Prep, Year 4, Year 5 and Year 6. I will work with a small group of students each week within the classroom setting during the scheduled Values session. My focus of these groups is friendships, valuing self, valuing others, feelings & emotions and our strengths and limitations.

HEALTHY EATING FOR KIDS - Pasta and fibre – the way to go

You probably love pasta but if someone asked you if you wanted a plate of fibre, you'd say, 'No, thanks'. Yet, a cup of pasta with added fibre and wholegrain pasta can provide up to 25% of your daily fibre needs. Unlike wholegrain pasta, pasta with added fibre looks and tastes the same as regular pasta.

Why is fibre important?

Fibre is the part of plants foods, such as grains and vegetables, that can't be digested. It plays a big part in keeping your digestive system healthy. Soluble fibre (that is fibre that dissolves) helps you feel fuller for longer by slowing down the digestive process in your stomach. It also helps lower levels of bad/harmful cholesterol (a fatty substance in the blood) and keeps your blood sugar at healthy levels. It's found in foods such as fruits, vegetables and oats. Insoluble fibre (that's right, the sort that doesn't dissolve) absorbs water which helps soften the content of your bowels and keeps your regular. It's found in wholegrain foods, nuts, and the skin of fruits and vegetables.

Benefits of pasta

As well as having fibre, pasta has other health benefits. These include:

- Providing sugar, a crucial fuel for brain and muscles.
- Complex carbohydrates which provide a slow release of energy.
- Low salt levels (being naturally low in salt).
- No cholesterol (being naturally cholesterol free).
- Low glycaemic index which means it doesn't cause blood sugar levels to rise quickly.
- Low in fat (being naturally low in fat).
- Because it's often paired with other healthy foods such as fibre-filled vegetable and beans or protein - packed cheese and lean meats, pasta makes a perfect delivery system for a range of nutrients!

For more information go to: Nutrition Australia - <http://www.nutritionaustralia.org/>

Wishing all the Year 6 students, teachers and adults attending, a fantastic trip to Canberra!

Best wishes,



**Kelly Spurr
Welfare Officer**

FROM THE SCHOOL OFFICE

UNEXPLAINED ABSENT/LATENESS LETTERS

Letters have been sent out this week regard unexplained absence and lateness. Please note that an explanation why your child/ren have absent from school is required by the Department of Education and Training (DET) policy that all student absences are accounted for. Please return all letters explained and signed to the office immediately.

WORKING WITH CHILDREN CHECK

Please note that you need a current Working With Children Check to help out in the classrooms and/or excursions. We need to see your current Working With Children Check card.

ENTERTAINMENT BOOK

Support Mill Park Primary and you'll be rewarded! Thank you to the families that supported us last year. Our profit in 2017 was \$392.00. Let's make it a bigger profit this year.

Order the NEW 2018 | 2019 Entertainment Book or Entertainment Digital Membership and you will receive hundreds of valuable offers for everything you love to do, and you will also be supporting our School. PLUS, order now to receive over \$100 of bonus Early Bird Offers (hurry, these sell out quickly). What a great gift idea! Hurry buy one now!

You can visit the website to place your digital membership order or alternatively purchase a book from the school office. <https://www.entertainmentbook.com.au/orderbooks/189327c>

**Angela Falso, Vivian Gulia, Jenny Panettieri, Alison Wylie
Administration Office**

CLASSROOM / CURRICULUM NEWS

BOOK CLUB

Hello fellow readers! Book Club Issue 3 pamphlets went home last Tuesday. Please peruse them at your leisure and all orders must be either entered online and paid with credit card or returned with cash in a school envelope by **tomorrow Friday 27th April by 4pm**. No orders will be accepted after this date, so get in early to avoid disappointment.

READING MATTERS

Premier's Reading Challenge

AMAZING! WOW! AWESOME! 76 students have completed their Reading Challenge! I know you all read over the holidays so please bring you reading lists to me in my office near H1 and H2. The Premier's Reading Challenge is part of our Literacy Program and therefore compulsory for each child to enter. The Challenge is a great way for your child to increase their reading skills, their vocabulary and to widen their choice of authors. Every student in our school has completed the Challenge for the last six years so I know that you will want to continue that success in 2018. I am available before and after school to answer any questions you may have. The booklist for the challenge has yet to be updated but books from last year's list will count. **Home Reading books are not on the list so borrow from your class libraries.**

The website for the Premier's Reading Challenge Book list is www.education.vic.gov.au/prc

Overdue Books

If you have any books that were due back after the holidays please return them as soon as possible. I will be sending overdue notices out next week.

Book Fair

It's that time of year again. The Book Fair will be arriving at Mill Park and be open for business **Wednesday 16th May**. It will be here for a week. Start saving your change for some great bargains.

Sharon Turner
Library/Book Club Coordinator

LEARNING AWARDS

PREP

W1: Olivia

For working hard during all activities.

W2: Edelyn

For her wonderful journal writing.

W3: Iana

For her beautiful handwriting of the letter Bb.

W4: Jai

For excellent work on teen numbers.

YEAR 1

W5: Julian

For excellent efforts in Maths.

W6: Luca

For working hard during Reading.

W7: Tanim

For writing great addition stories in Maths.

W8: Harshita

For outstanding reading.

YEAR 2

W9: Brennan

For improving his listening skills.

W10: Zaid

For writing an excellent recount.

E1: Taleen

For trying hard with her reading.

YEAR 3

H1: Eva

For her positive attitude towards her learning.

H2: Nour

For creating excellent measuring tools.

H3: Stephanie

For great effort in all learning areas.

YEAR 4

H4: Pamela

For improving her addition and subtraction.

H5: Alexander

For showing improvement in Writing.

H6: Amber

For a great effort at Persuasive Writing.

YEAR 5

E2: Katerina

For improving on her time management skills.

E3: Vanessa

For improving in Maths by using different addition strategies.

E4: Mohamed

For applying his addition strategies in Maths.

YEAR 6

E5: Nethu

For having a positive attitude towards learning.

E6: Charlie

For a positive attitude towards all work tasks.

E7: Amalie

For her excellent understanding of structural adaptations in science.

CITIZENSHIP AWARDS

PREP

W1: Sebastian

For demonstrating the value of Excellence.

W2: Natale

For demonstrating the value of Respect.

W3: Jolie

For demonstrating the value of Excellence.

W4: Gurnoor

For demonstrating the value of Excellence.

YEAR 1

W5: Alessandro

For displaying the value of Integrity.

W6: Gabriella

For demonstrating the value of Respect.

W7: Aerita

For demonstrating the value of Respect.

W8: Basel

For demonstrating the value of Excellence.

YEAR 2

W9: William

For demonstrating the value of Excellence.

W10: Matilda

For demonstrating the value of Excellence.

E1: Samani

For demonstrating the value of Excellence.

YEAR 3

H1: Maha

For showing the value of Excellence.

H2: Caitlyn

For demonstrating the value of Integrity.

H3: Danielle

For demonstrating the value of Respect.

YEAR 4

H4: Filip

For demonstrating the value of Integrity.

H5: Abraham

For demonstrating the value of Respect.

H6: Julie

For demonstrating the value of Respect.

YEAR 5

E2: Tommy

For demonstrating the value of Compassion.

E3: Isabella

For demonstrating the value of Excellence.

E4: Dean

For demonstrating the value of Respect.

YEAR 6

E5: Bailey

For demonstrating the value of Integrity.

E6: Indy

For demonstrating the value of Compassion.

E7: Nathan

For demonstrating the value of Compassion.

FUNDRAISING FOR TERM 2

- Mother's Day Stall will be on **Thursday, 10th May**. Gifts range from \$1 to \$5. If any parents are able to help out please leave your name and contact number at the office or email the PFA MillparkPrimaryPFA@gmail.com. You will need a Working With Children Check.
- We have got the second hand uniform sale on the **2nd May from 8.45 – 9.15am in the Community Room**. If stock left over we will run it after school from 3.15 – 3.45pm. If any parents would like to make donations of uniforms to the PFA please leave them at the office.
- Please bring any Coles vouchers that you may have at home. The collection box is still at the office.
- We are selling Entertainment Books and they are available at the office for \$70.

The Parents and Friends Association meet on the second Tuesday of each month in the Community Room. These meetings are open to all parents and guardians, grandparents and interested members of the School Community.

Our next meeting will take place on **Tuesday 8th May at 9.05am in the Community Room**. We hope to see you there!

Leila Tehrani
PFA Secretary



we make kids smile.

GREAT FUN

- ★ Outdoor games and sports
- ★ Arts & Crafts
- ★ Playing with friends
- ★ Great Educators
- ★ Food and Cooking
- ★ Indoor Activities



To book, visit:
www.campaustralia.com.au
or call 1300 105 243

We've been cooking up a storm in OSHC

In After School Care we love cooking healthy, delicious meals and snacks from our Healthy Eating Cookbook. All the recipes in our cookbook support our healthy eating program and are officially endorsed by Nutrition Australia.

Our Vegetable Hotpot with Noodles is a popular recipe from the cookbook, so we thought we'd share the recipe with you to try at home.

Our Vegetable Hotpot with Noodles

This delicious hot pot can be prepared early and varied using any vegetables provided.



You'll need:

- 1 Vegetables e.g. carrots, capsicums, onions
- 1 Vegetable oil
- L 1 tin of tomatoes
- 1 1 tin of chickpeas
- 1 1 tin of corn
- 1 Tomato salsa
- 1 Noodles



Method:

1. Cut vegetables into small pieces.
2. Heat oil in a large pot over medium heat. Add tomatoes and tomato salsa.
3. Stir and bring mixture to a simmer.
4. Drain and rinse chickpeas.
5. Add vegetables, chickpeas and water to the pot. Stir to mix.
6. Cover and cook until all vegetables are soft. You can also serve with cooked noodles.

Come along and see what we're cooking up

You can visit us in the program to see what healthy meals and snacks are on the menu or let us know if you enjoyed the hummus.

From the Team at Camp Australia

visit www.campaustralia.com.au

we make kids smile