

Murrayville Community College

Newsletter No.29 : 14th September 2018



Inspiring P.R.I.D.E. • We Value • Persistence Respect Independence Determination Excellence

From the Principal

Social –

Congratulations to our SRC members who put on an excellent Social last night. The students who attended had an absolutely fantastic time! We have some very ambitious young (and older) people at our school, well done to all of you who dressed to the theme. It was great to see some new faces in our school enjoying the night. Thank you to Miss Hellwege and Miss Bailey who were on duty all night, Mrs Morzer-Bruyns who worked in the canteen all night, to Mrs Inglis who helped drive the bus and all of the teachers who took a supervision shift.

WOW Program –

Our students in Years 7-10 took part in the 'Working on Within' program all day today. This personal development program was supported by School Focussed Youth Services and the Mildura Rural City Council. The students learnt skills for life including the following Personal Learning Concepts: Respect, Responsibility, Persistence, Kindness, Bullying, Resilience, Culture and Language, Leadership, Self-Regulation (Anger Management) and Self-reflection. If your children were involved, please take some time to discuss their experience with them this evening.

Five forgotten skill sets that contribute to student success (Michael Grose) -

At a time when we hear a great deal about growth mindsets, good mental health habits and creating digitally savvy students, we can easily overlook the skill sets that form the building blocks of long-term school success. These are skill sets that are also easily forgotten when we narrow our focus onto numeracy, literacy, performing arts, STEM and other academic areas. While all these other mental skills and academic areas are important, the skills I want to focus on here are ones that can be taught, or at the very least drawn out, alongside every other skill when we as parents and teachers know what to look for. Following are five skill sets that contribute massively to overall student success and contentedness at school.

1. Friendship skills - The ability to get along with others is hugely important for children and teenagers. Students with a strong set of friendship skills are easy to like, easy to relate to and easy to play with. The skills they possess include knowing how to win and lose well, how to approach others to join in a group and how to lead rather than boss.

2. Organisational skills - The ability to organise your time, your space, your items and other aspects of your life is a massive plus for any student. The best way to help children who are organisationally challenged is to introduce them to systems and processes to help them organise themselves. These processes include the use of visual reminders, anchoring (i.e. linking new behaviours to habitual behaviours) and the mapping out of activities.

3. Optimism skills - It may seem strange to see optimism as a skill set, but optimism can be taught. Research has found that all children are capable of developing an optimistic explanatory style through exposure and direct teaching. The skills of optimism include being aware of self-talk, reframing negative events into positive events and the practice of perspective-taking.

4. Coping skills - Children will generally face a number of challenges during the course of their school lives including overcoming the disappointment of not being picked on a team, working their way through difficult learning situations and dealing with rejection. The impact of these challenges will depend on each child's own spirit, the support they receive and their coping skills. The good news is that coping skills can be taught or, at the very least, encouraged if adults know what to focus on. Coping strategies include parking problems for a while, normalising difficult situations and accepting and moving on. Some children will use coping strategies quite naturally, while others need parental and teacher input to help them cope with even seemingly minor challenges.

(cont...)



3-7 September

Prep, 2, 11	100%
9	97.15%
5, 12	95%
4, 6	94%
7	93.75%
8	92.31%
1, 10	90%
3	73.4%

Please notify absences before 9:30am or parents will be contacted by the school
Phone 5095 2001 or email oster.brenda.j@edumail.vic.gov.au



5. Relaxation skills - The ability to relax and get away from it all is vital for the maintenance of mental health, which in turn affects a student's ability to perform. Many of today's children live with pressure. That pressure needs to be released through relaxation and play, otherwise it can lead to anxiety and other mental illnesses. The ability to relax and unwind is paramount to your child's school success. Relaxation techniques include mindfulness and meditation, participating in hobbies and enjoying creative pursuits. These skills are part developmental and part environmental. That is, children will naturally develop many of them as they mature, but the skills also need to be nurtured environmentally. They need to be recognised, encouraged, taught and modelled by adults who children and teenagers respect and admire. That makes parents and teachers 'Very Important People' in the process of acquiring them.

End of Term -

A reminder that next Friday (21st September) is the end of this term and so the school day will conclude at 2:30pm.

Natasha Mudie - Principal

Spreading the Love of Reading

Our Assemblies have taken on a new item, with Mrs MB, our Librarian, sharing her love of reading with the primary students. This week she featured an Australian author Michael Gerard Bauer who was previously a teacher and is now an accomplished author. Michael has written some excellent books for all primary ages. Mrs MB's enthusiasm for reading is infectious and the students loved hearing her read a snippet from one of Michael Bauer's books – Eric Vale, Epic Fail; which is now in hot demand. We are waiting in anticipation to see what she brings to our assembly next week and which author we will explore.

Eryn Wyatt



CANTEEN

**ALL ORDERS TO BE PLACED
at the Front Office BEFORE SCHOOL
Late orders will only have access
to ham & cheese toasties**

MONDAY	Sandwiches/Rolls <u>AND</u> Hot Foods including Toasties
TUESDAY	Sandwiches/Rolls <u>AND</u> Toasties
WEDNESDAY	Sandwiches/Rolls <u>AND</u> Toasties
THURSDAY	Sandwiches/Rolls <u>AND</u> Toasties
FRIDAY	HOT FOODS & Toasties <u>ONLY</u> (no sandwiches or rolls)

Pies/Pasties \$4.50 : Party Pies \$1 : Sausage Rolls \$3
Sauce 20c

Pizzas (Ham & Pineapple *or* Bacon & Cheese) \$2

Sandwiches / Rolls

Ham & Cheese Toasties \$2

Please - no more than \$5 in your envelope

PRIDE AWARDS

P-2 :

Alex BECKMANN

for PERSISTENCE
in her reading

3-4 :

Riley MUSGROVE

for INDEPENDENCE
to try new activities out of his comfort
zone on the camp

Lachlan NUSKE

for showing RESPECT
and caring for his friends on camp

5-6 :

Matilda WYATT

for showing INDEPENDENCE
in her GROK Learning, Mathematics coding work.
Excellent effort!

Brooklyn MORZER-BRUVN\$

for showing PERSISTENCE
with his Big Writes, achieving his personal goals
and receiving 5 tokens for the class. Well done!

3&4 CAMP

Sarah

On Monday the 3rd September the 3/4 class, Mrs Peers and Mr Watson went to El Shaddai for the class camp. It was exciting.

Ivy

As soon as we had found our dorms we went to the first activity; reptiles. Evie, Mya and I all got to hold a giant boa constrictor.

Mya

Our first activity was a treasure hunt, where we had to get into a group and found the questions on the paper. My group got the code and it



said the clue was at the tennis courts behind a tree. The treasure was lollipops for the whole group.

Riley

On the first night we had Murrayville's got talent. Lachlan and I had a story. I told the story while Lachlan acted it out.

Laila

My favourite was the rock climbing, my legs were shaking because I am scared of heights. But I went to the top.



Harvey

There was a giant swing it was terrifying. I went to the top, it was very far to get up to the top. Next we played laser tag and met a man who was good at aiming.





**3 & 4
CAMP**



**KIDS
CAMP**

Play, Learn and Grow... Together!

Transition

Last week the Prep kids visited the Murrayville Kindergarten to eat lunch and have play time with the Kindy Kids coming into Prep next year. We had a fantastic time in the sand pit, on the bikes, trampoline and using the craft materials. We are looking forward to welcoming the Kindy kids here for lunch and a play on Friday the 14th of September.

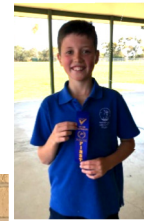
Eryn Wyatt



On Tuesday the 11th of September, Jonathon, Matilda, Harvey and Liam represented MCC and the Underbool District at the SSV Primary Athletics Carnival in Mildura. They made the most of the beautiful sunny weather, competing extremely well, with all of them winning ribbons on the day. Thank you to the parents and families who supported our athletes. Here are their amazing results.

- * Jonathon Peers – 12 yr boys – 2nd in High Jump and 2nd in Discus
- * Matilda Wyatt 9/10 yr girls – 1st in Long Jump and 2nd in Discus
- * Harvey Crane – 9/10 yr boys – 1st in 1500m and 5th in Long Jump
- * Liam Wisneske - 9/10 yr boys – 3rd in 800m and 3rd in Discus

Eryn Wyatt



Year 5/6 students share their love of reading with younger children



Reading Buddies



COLLEGE CALENDAR

17-18/9	VCE Further Maths to Robinvale
21/9	End of Term 3
3/10	Pinnaroo Show
8/10	Term 4 commences
11/10	LMR Athletics : Bendigo
15/10	Primary Regional Aths : Bendigo
13-16/11	5/6 Camp : Adelaide
15/11	Year 7 Immunisation
19/11	College Council
19-20/11	Years 10 & 11 Exams
20-28/11	Somers Camp
26-27/11	Year 11 Transition to Year 12
21-23/11	Year 12 Retreat
28/11	Student Free Day
29-30/11	Year 11 Transition to Year 12
3-7/12	Sport & Rec to Robe
10-14/12	7/8 Camp to Mt Gambier
11/12	Whole School Transition
13/12	College Council
	Year 6 to Ouyen - re Transition
13-14/12	Year 9 First Aid
19/12	Presentation Night
21/12	End of School Year

Life is not measured
by the number of
breaths we take,
but by the moments
that take our
breath away

We acknowledge the Aboriginal and Torres Strait Islander peoples, the first peoples and traditional custodians of the lands where we live, learn and work. We pay our respects to the Elders, both past, present and future, for they hold the memories, traditions, culture and hopes of Indigenous Australians.



Community Notices

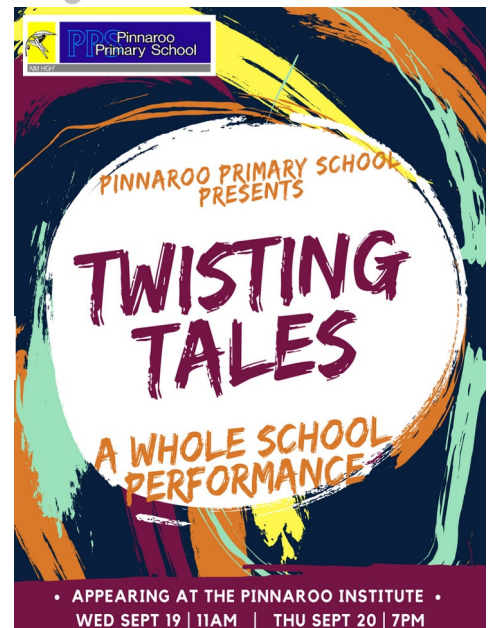


Murray Districts Barrier Trials and Coaching

An exciting opportunity for all junior cricketers, where players from 9-16 years will be exposed to high level coaching
Friday 5th October

Pinnaroo Oval : 10am to 3pm.
RSVP to Sunny Vogt 0434 263 697
or sunny.vogt64@schools.sa.edu.au
Cost : No more than \$20

Murrayville Young Dramatic Society presents
'Romeo and Juliet'
performed in the Murrayville Park
Sunday 16th September at 2pm
BYO deck chair or picnic blanket



MURRAYVILLE NETBALL CLUB AGM : Monday 8th October 5:30pm
Recreation building ... All welcome



Our thanks to Wayne & Kevin Niejalke who donated and delivered a semi-load of sand to the school.
The sand will be used by Mr Sporn to top dress the north lawn area which is in need of some reinvigoration.
Hopefully this playing surface will be much improved after being top dressed and fertilized.

COMMUNICATIONS SENT HOME THIS WEEK

1. Selected Secondary Students : Bendigo Athletics information
2. 5/6 Students : End of term information + film permission note



Please check that you have received this and, if not, contact the College for another copy