

Murrayville Community College Newsletter



No.35 : 9th November 2018

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

From the Principal

Electives Information Session : 2019 Years 7-10

We will be running this from 5-6:30pm on Monday 19th November to explain the various options available to students in the electives classes next year. Parents and students are urged to attend so that informed choices may be made when selecting which electives to undertake.

Wellbeing tips for primary school children

by Dr Jodi Richardson

1. Get them outside and moving

Australian children are some of the least active in the world, with as few as 1 in 5 meeting the recommended 60 minutes of daily exercise. There's so much we can do! Park further from school at drop off and pick up – ease the traffic congestion (cos' we all know what school parking is like!) and increase their daily exercise at the same time; stop at the park on the way home or head outside after bags are unpacked and have a bounce on the trampoline. Yes, I know, it's going to take some effort, but this is what really matters.

2. Create plenty of opportunities for your children to foster positive connections with their friends, family and of course with you!

Positive social relationships not only enhance children's wellbeing, but are key to their future wellbeing as adults as well. Time spent with friends helps our children to develop social skills including: sharing, compromise, listening and conflict resolution.

3. Keep screen time to a minimum

I know, easier said than done! Children love screens, but we're the parents and we can work with our children to create clear and consistent limits.

SECONDARY BOOKLISTS

Deadline for these was today and there are still a few outstanding. Please make sure they are returned to the front office Monday morning so ordering can be completed.

Thank you

Children aged 2-5 are recommended to have one hour of screen time per day and two hours a day max for 5-12 year-olds. Assuming children are watching appropriate material and lying on their tummies to use tablets (helps reduce neck strain), the risks of screen time largely relate to what children are NOT doing while using them such as: being active, chatting, reading, playing creatively and sleeping.

4. Help your children develop mindfulness skills

Mindfulness is about paying attention in the present moment, letting thoughts come and go without getting caught up in them. That's it. Sounds easy, but like any skill it takes time and practice. It gives children's overstimulated minds a rest!

A regular mindfulness practice will also help them to regulate their attention and their emotions; and teaches them to create a lifelong practice of taking time out to become calm, content, relaxed and in the moment. I highly recommend the Smiling Mind app for age appropriate mindfulness meditations; also, a lovely mindfulness practice is to lay down with the children, eyes closed, and take time out to breathe naturally and encourage them to tune in to all of the sounds around them.

5. Last but not least – ensure your children get ample sleep

Primary school children need 10-12 hours per day. Often, what helps enormously is establishing clear and consistent routines including no screen time one hour before bed, a 'wind-down' routine which may include a bath/shower, being read a book and then quiet reading before lights out. Taking time to chat with your children before bed or encouraging them to reflect on what they're grateful for is also a great way to help.

Natasha Mudie
Principal



29/10 - 2/11

Prep,2,11	100%
5	95%
7	93.7%
1 & 4	93.3%
8	91.6%
9 & 10	87.5%
6	83.6%
3	81.6%

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





PPS Pinnaroo
Primary School

HAMILTON SCHOLARSHIP

The Hamilton Scholarship is open to Pinnaroo Primary School students in their last year of primary schooling and in their first year of secondary schooling. Information regarding the scholarship is available at the front office at Pinnaroo Primary School. All applications are due by Friday 23rd November for the panel to read and nominate a scholarship winner or winners.

School procedures for the bushfire season (continued from last week)

What can parents do?

- Make sure your family's bushfire survival plan is up-to-date and includes alternative care arrangements in the event that our school is closed.
- Ensure the school has your current contact details, including your mobile phone numbers.
 - Keep in touch with us by reading our newsletters, by checking our website www.murrayvillecc.vic.edu.au and by talking to your child's teacher or any other member of the teaching staff about our emergency management plan.
 - Most importantly at this time of year, if you're planning a holiday or short stay in the bush or in a coastal area, you should check warnings in advance of travel and remain vigilant during your stay.
 - If your child is old enough, talk to them about bushfires and your family's bushfire survival plan.

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:

Emma BERLIN

for PERSISTENCE
in her problem solving

3-4:

Harvey CRANE

for showing improved PERSISTENCE
across all areas of his learning

5-6:

Brooklyn MORZER-BRUYN\$

for showing RESPECT
towards his Kindy Buddy, by being a great role
model and friend on transition days

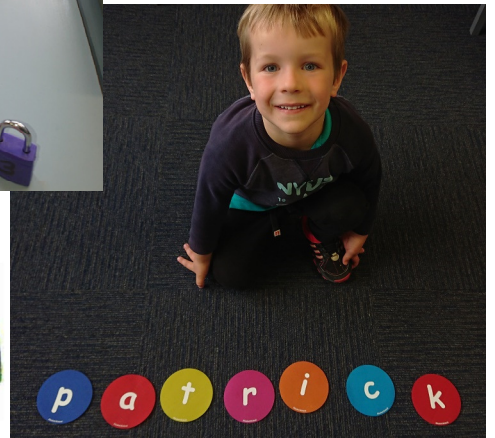
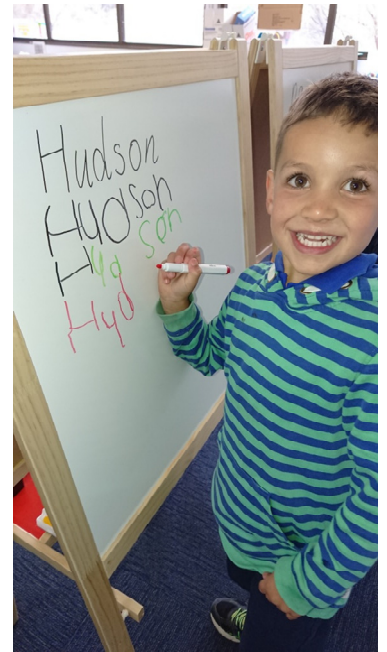
Jai STANDLEY

for showing RESPECT
towards his Kindy Buddy, by being a great role
model and friend on transition days

This week the Kindy kids were involved in lots of hands on literacy and numeracy activities as well as a specialist Digital Technology lesson with the Bee-bots. We had a tremendous time improving our counting skills, number recognition, learning sounds, writing our names, strengthening our fingers and learning how to command a Bee-bot robot.

The kindy kids enjoyed recess, lunch and play time with their buddies and school friends. We look forward to seeing them again on Friday 23rd of November.

Eryn Wyatt



COLLEGE CALENDAR

- 13-16/11 5/6 Camp : Adelaide
- 15/11 Year 7 Immunisation
- 19/11 Electives Info 5-6:30pm
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

It is well to remember that the entire population of the universe, with one trifling exception, is composed of others

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



CAROLS IN THE WETLANDS – PLEASE JOIN US!!

This is an important annual event in the Pinnaroo calendar where everyone can join in singing and watch some musical performances, in the beautiful setting of our Wetlands.

This year's date is the evening of Sunday 16th December.

SINGING

This year we are again looking for some members for our singing group. We will be leading about 6 carols on the night, as well as joining in for the other carols. If anyone loves singing and is keen to help out with a great community event, we would love to hear from them.

The carols are simple ones so amazing singing ability is not required at all!! The practices will be held as part of Kids Club in the Pinnaroo Lutheran Church Hall every second Tuesday at 3.30 pm SA time and we can get the children from the bus and walk them over if required for the younger ones.

There will be some snacks served straight after school.

Children are also welcome to participate in the other Kids Club activities (eg craft, videos, preparing Christmas Tree entry) or leave after the singing part.

Pick up will be between 4.30 & 5 SA time depending on what the majority want.

These Tuesday practices will be on 6 & 20 November, 4 & 11 December
As you can see it is not a huge commitment and is a great experience for the kids!

INSTRUMENTAL PLAYERS

If anyone is learning a musical instrument and can play, or is learning a Christmas related performance piece, we would love you to perform at the carols.

Fantastic chance to play for a really appreciative audience.

Please give Katharine Daniel 0427 868 326 or Melinda Oster 0409 667 966
a message or call if you would like to participate,

PARENT CLUB MEETING

Murrayville Park
Thursday 15th November at 1pm
Apologies to Emily 0488 601 884

COMMUNICATIONS SENT HOME THIS WEEK

1. 5/6 Students : More information re next week's camp
2. Year 9/10 : Outdoor Ed camp at Robe



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