

Be kind, be brave, be your best

Newsletter no 20
July 19th, 2023

Principal's Chat

Hi everyone,

Our **Parent Teacher Interviews** continue after school over the next couple of weeks. If you haven't been able to book in an interview, please phone the office to organise a time. Thank you to the House Captains and student leaders for running the outdoor games afternoon last Tuesday afternoon while Parent Teacher Interviews were being held. All students showed our values during this time and enjoyed playing a range of games.

This term we have some great learning experiences for our students, including Athletics Clinics, the Athletics Carnival, Hospital visits, Preparation for Puberty program (Grade 5 and 6 students), Old Fashioned Dress Up Day, Tennis and Cricket Day (Grades 3 to 6), Book Week Dress Up Day, Science Week and camps for selected grades. **Please make sure your child has a costume for both the Old Fashioned Dress Up Day and Book Week Dress Up Day.**

Every day our students participate in a mindfulness session after lunch play. This is a great way for children to calm down and get ready for learning after the energetic, busy play outside. **Our teachers participated in the Smiling Mind professional learning session last term and will implement the full Smiling Mind program this term.** Each topic will usually be taught over a two week period. The process includes:

Learn – the educational component of the topic, where big ideas are shared and discussed. This part of the process helps educators fully understand where each of their students is at and their level of comprehension of the topic.

Practise – mindfulness needs to be practised to support social and emotional development. Meditations vary – some are sitting, lying down, walking or out in nature.

Debrief – this is where the real learning takes place as students reflect and discuss their experiences. They learn to put emotional language around their thoughts and feelings.

Integrate – this includes take home activities designed to extend student learning and engage them in mindfulness out of the classroom. This is how you, as parents and carers, will be able to follow and support our lessons.

Solidify – is an optional classroom activity that can be used anytime after the initial teaching and integration sessions. Usually, we will do this the week following the introduction of the topic. This spaced learning approach helps children condense their learning and regulate their behaviour.

This week our whole school behaviour focus is: I can tell if I am ready to learn (Be Brave).

Some of the class discussions will be on:

I can use regulation strategies

I can tell when my body and brain isn't ready for learning



THIS WEEK AT M.P.S.

Wednesday 19th July

- Hospital visit, Grade 2/3
- Parent/Teacher Interviews, 3.15-4.30pm

Thursday 20th July

- Preparation for Puberty, Grade 5 and 6

Friday 21st July

- Friday Fundraiser
- Assembly, 3pm

Tuesday 25th July

- Athletics Clinics, all classes
- Parent/Teacher Interviews, 3.15pm-4.30pm

UPCOMING EVENTS

Tuesday 1st August
Maldon P.S. 150th celebration – Old fashioned dress up day

Friday 11th August
Athletics Carnival

Wednesday 16th August
School Council (online)

Thursday 24th August
Book Week dress up day

August 31st - September 1st
Grade 1 and 2 camp

Monday 4th September
School photos

September 11th - 13th
Grade 3 and 4 camp

October 2nd - 4th
Grade 5 and 6 camp

Friday 6th October
Curriculum Day

Monday 6th November
Curriculum Day

I can ask for help

I can use my strategies to manage my emotions

I can check in with someone I trust.

I have included a flyer about the Smiling Mind program later in the newsletter, as well as an article for parents/carers to read to help promote calming exercises at home [Grounding exercise for children & teens | Raising Children Network](#).

Take care

Alisa

Reminders

Permission/payments required:

- If paying by instalment, the second instalment of \$60 for the Grade 1 and 2 camp is now overdue. Please pay immediately.
- If paying by instalment, the second instalment of \$50 for the 3 and 4 Coastal Forest Lodge camp and \$60 for the grade 5 and 6 Roses Gap camp is due on Friday 28th July.

Medication to be administered at school: A reminder to all families that if a student requires medication to be administered during school hours, eg. antibiotics, a **Medication Authority Form** must be completed and submitted at the office together with the required medication. This form is available at the office and is also on the school website.

New uEducateUs app: A reminder to all families to download the new uEducateUs mobile app and start using it. If you are unsure of your user name and password please contact the office.

Young Leaders Friday FUNdraiser

Please leave orders with your classroom teacher.

Available each Friday are: **Sausage rolls \$3.50 and Juice Box \$1.50**

What's happening in the classroom?

Weekly awards: The following students will be receiving awards at assembly on Friday:

P/1: Bill for sharing his strategies that keep him in the green zone (be kind)

2/3: Oscar for being aware of his feelings and how he responds to them (be kind)

4/5: Maci for being able to identify and regulate emotions (be kind)

5/6: Isla for being a great role model in how she can express her emotions to others (be kind)

Principal awards: Hayden for looking out for others in the yard and letting a yard duty teacher know when someone is upset; Maci, Scarlett, Martha, Elsa, Connie and Karen for cleaning up the yard without being asked

Grade 4-6 STEM incursion:



Smiling Minds Program

Mental Health in General

- We are taught how to take care of our bodies, yet rarely our minds.
- How do we teach kids to take care of their minds not just their physical health?
- Think of mindfulness meditation as 'exercise' for the mind

Mindfulness is paying attention to the present moment with openness, curiosity, and without judgement.

Readiness for Learning



Effective tool for settling and focusing children.
Strengthens important cognitive skills related to learning.



Social and Emotional Learning



Provides foundational awareness & understanding of thoughts, emotions and behaviours and how to self-regulate — essential skills in social and emotional learning.



Benefits for Students

- Significantly better sleep quality
- Reduction in bullying
- Improvements in student safety
- Improved classroom behaviour
- Reduced psychological distress
- Enhanced positive wellbeing
- Enhanced ability to manage emotions
- Improvements in concentration



Working together to support your child's development

- Ask about your child's classroom practices
- Support them to do Integrate homework
- Use the Smiling Mind app:
 - Explore the Student section with extra meditations you can do at home together
 - Explore the Families section, especially the newly-released Resilient Families Program



The App

Kids



Sleep for kids, aged based meditations, practices for the school curriculum

Youth



Meditation and mindful activities for teenagers to support sleep, study and sport

Families



Bedtime, mealtimes, weekends, Resilient Families

Classroom



The Smiling Mind Primary Classroom Program

Adults



Mindfulness foundations, sleep, calm, daily commute

And lots more!



Setting up a Regular Meditation Practice With Your Child

01 Having a regular time of day for your meditation practice



The start or the end of the day are often good times

02 Setting up a regular, quiet meditation space within your home



Sometimes the bedroom is the best place for this

03 Practising sitting down on a chair or cushion with your child before beginning the meditation



04 Practise taking three deep breaths before starting the meditation



How You Can Support Your Child at Home

We encourage you to get involved in your child's mindfulness journey!



Mindful eating

Think about how your family eats meals – is everyone all over the place or do you sit down and enjoy meals together?

Try and use meal time to savour your food, speak to each other and be present without any unnecessary distractions.

Mindful awareness

Spend time inside your house, in the garden, or even on your commute to your early learning center and simply pay attention to what you can see, hear and smell.

It's amazing how often we go about our day without noticing what's happening around us.

Mindful communication

Try and practice mindful communication by being aware when you are distracted and not paying attention, and bring your attention back.

Try to remind yourself to stop multitasking and simply pay attention when you're speaking to one another. Really try to focus on what is being said and see if you can listen without thinking of other things – it's hard, but worth it!

What's happening in the community?





BEFORE THE HORMONES HIT THE FAN
PARENTING IN THE MODERN WORLD

Join Community Health nurse Bron Grieve for tips and tricks to fill your parenting toolbox. Take home ideas to support your primary school child through tricky topics BEFORE those hormones hit the fan!

bookings at goldfieldslibraries.com THURS 20 JUL
CASTLEMAINE LIBRARY 5.15PM-6.30PM

CASTLEMAINE GOLDFIELDS FC WOMENS WORLD CUP '23 VIEWING PARTY

MATILDAS VS IRELAND THURSDAY 20TH JUL

THEATRE ROYAL CASTLEMAINE
DOORS OPEN 6.30PM
KICK OFF 8PM

ADULTS \$10 / KIDS \$5

- PRE- GAME QUIZ
- DOOR PRIZES

+ DRINKS & PIZZAS
AVAILABLE - FROM THEATRE ROYAL




FIFA WOMEN'S WORLD CUP


July 29 th Saturday at 5.30 Maldon Bowls Club



MENS FASHION PARADE AND SAUSAGE SIZZLE

SO GET THOSE BALLS

ROLLING ... COME ON DOWN TO SEE MALDON'S FINEST GENTS STRUT THE LATEST FASHION ON THE CATWALK in Beatons latest Menswear....

SUPPORT THE FUND RAISER FOR RAISING MENS HEALTH AWARENESS. Sausages, Alcohol and Fun ...come and catcall, whistle, and cheers our lads on..

MC Kylie Beats On..... Berrymans snacks

Prizes raffle and all sort of cock ups, balls up, and lets go nuts !

All money donated to the cancer research

\$15 entry gets you a bevvie and a good perve

SILENT AUCTION FABULOUS DONATIONS

Sandy Creek Clydesdales, Tait's Iron, Shedshaker, 48 Main, Forest Creek Tattoos, Maldon Machinery MuseumPlus many more local businesses donating for a great cause !



On behalf of our Board, we invite you to join us for the official launch of **Hello For Hope 2023**, Lifeline Loddon Mallee's annual community fundraising initiative, which will be held September 4- 10.



GUEST SPEAKERS:

Lisa Renato

Executive Officer of Lifeline Loddon Mallee will share the immense impact and significant ripple effect Hello For Hope has had within the community.

Lifeline Volunteers

Hear firsthand from those who have joined the cause to volunteer, why they stepped up, their journey and experiences to date.

DETAILS:

Date Tuesday 1 August, 2023

Time 5:30pm

Where MacKenzie Quarters
10 MacKenzie St,
Bendigo VIC 3550

Tickets \$40pp includes finger food, two drinks per person, and a small donation.

RSVP Via ticket link before 24 July, 2023

Hello For Hope enables Lifeline Loddon Mallee to recruit and train more volunteers.

NATIONAL TREE DAY 2023

SUNDAY 30 JULY
10.00AM – 12.00PM
RAILWAY STREET, CHEWTON

FAMILY PLANTING CELEBRATION
KIDS OF ALL AGES WELCOME WITH SUPERVISING ADULT

- TREE PLANTING
- BIRD SPOTTING
- KIDS' CRAFT
- FREE LUNCH

FUNDED GENEROUSLY BY SUPPORTERS OF CONNECTING COUNTRY AND VICEHEALTH.

HOSTED BY: **CONNECTING COUNTRY** AND **MOUNT ALEXANDER SHIRE COUNCIL**,
WITH SUPPORT FROM **POST OFFICE HILL LANDCARE**, **BIRDLIFE CASTLEMAINE**,
AND **MOUNT ALEXANDER YOUTH ADVISORY GROUP**.



The Addams Family

A NEW MUSICAL COMEDY

Book by Marshall Brickman & Rick Elice

Music and Lyrics by Andrew Lippa

Based on Characters Created by Charles Addams

BY ARRANGEMENT WITH ORGIN™ THEATRICAL ONBEHALF OF THEATRICAL WORLDWIDE, NEW YORK

Castlemaine Secondary College

Performances: 10-12 August 7PM
Venue: The Phee Broadway Theatre

Bookings can be made <https://www.trybooking.com/CJKNP>

CHECK OUT

ONE DAY STUDIOS CLASSES!

ART! ILLUSTRATION! ANIMATION! CRAFTING!

Come join us at *One Day Studios* to do cool stuff like comic writing, drawing, crafting, and more!

Classes available for ages 8+!

Scan to see our current courses:

Or visit castlemaine.onedaystudios.org.au

71 Forest St, Castlemaine
joshonedaystudios.org.au

ADHD IN SCHOOLS PARENT/CARER INFO SESSION

This session is for parents/carers of school aged children with an ADHD diagnosis, attending school in Mount Alexander. The session will cover:

- What is ADHD
- How to support your child
- How to ensure your child's teacher is on board and is in partnership with you
- How to ensure your child's school is meeting its legal responsibilities towards your child under the Australian Disability Standards in Education laws (and what you can do if they're not)

The session will be delivered by Victoria Gelberg, founder and director of ADHDvantage - ADHD education and coaching. Victoria is a teacher with over 25 years experience working across Primary, Secondary and Specialist Schools, and has undertaken training with international ADHD educator and advocate Cindy Goldrich.

Friday 28 July 4:00-6:00pm
Winters Flat Primary School
3 Roberts Avenue Castlemaine

Places are limited and registrations are essential

For more information or to register contact adhdmountalexander@gmail.com

This session is for parents/carers only. Subsidised after school care is available through OSHClub at Winters Flat if necessary. Conditions apply and registration is essential.

Mount Alexander Shire Council

This project is supported by the Mount Alexander Shire Council's Community Grants Program