

Be kind, be brave, be your best

Newsletter no 29
October 3rd, 2023

Principal's Chat

Hi everyone,

Welcome back to school for the last term of the year! **Yesterday the grade 5/6 students headed off to Roses Gap for their three day camp.** So far it has only rained overnight, so everyone is having a great time participating in all the activities. Thanks to Melissa and Callum for taking the students on camp and Luke Kneebone and Tom Robertson for their support as parent helpers.

Over the holidays the back shed was demolished and our new shed will be built over the coming weeks. This will be a great update for our school and will make access to the shed and storage a lot easier.

Even though today's weather has been wet and cold, the days are set to warm up, increasing the risk of snakes! There are some things we can do to be safe around snakes. Please discuss these with your children.

- Wear closed-in shoes to protect your feet and ankles.
- Stomp your feet more vigorously when you walk. Snakes can pick up vibrations through the ground and are inclined to slither away from you if they can feel you coming.
- Keep an eye out for snakes. Remaining alert might mean that you see the snake before it sees you.
- Leave snakes alone. People that get bitten by snakes are generally the ones doing the wrong thing. They may be trying to pick it up, throw stones at it or kill it. Snakes only bite if they feel threatened. If you leave them alone, you should have no problem at all.

This week's whole school value focus is: I am responsible (all school values). This focus is to help students get back into the routines of school. Some of the areas classes will focus on are:

Establishing class routines and responsibilities

I can set myself up for learning (book box, diaries, managing belongings etc)

I can stay focused

I am an active listener

I give my best effort

I try even when tasks are challenging

I speak kindly and respectfully to others

At school, all classrooms display a daily visual timetable for students to help prepare them for the day ahead. Change happens all the time and it is unavoidable. Teachers prepare students as much as possible when routines change, such as telling students if the teacher will be away or showing students new environments online before visiting them (ie. camp



THIS WEEK AT M.P.S.

Wednesday 4th October

- Roses Gap camp, Grades 5 and 6

Thursday 5th October

- Maldon Show representative visiting all Classes
- Mount Alexander Kids Radio Show representative visiting P/1 and 2/3

Friday 6th October

- Curriculum Day, no students are required at school

Monday 9th October

- Region athletics (selected students)

Tuesday 10th October

- Kinder students visiting P/1 class

UPCOMING EVENTS

Wednesday 18th October
School Council

Sunday 22nd October
Working Bee
(please note change of date)

Monday 6th November
Curriculum Day

Thursday 30th November
Shopping Spree fundraiser

Tuesday 12th December
Statewide transition day

Monday 18th December
Grade 6 Graduation

grounds) to build children's confidence in coping with change. **I have included some articles about establishing routines in the family and how to prepare children for change at home.**

[Daily routines for your family: a guide | Raising Children Network](#)

[Changing routines: autistic kids & teens | Raising Children Network](#)

[Bedtime routines: babies, children & teens | Raising Children Network](#)

Last term, there were some behavioural issues occurring in the yard after school (3:15pm onwards). Even though staff are on duty from 3:15-3:30pm, their role is to supervise the children travelling on the bus and those children yet to be collected by parents/carers. **If parents/carers have arrived to pick up their child/children, it is expected that they either collect their child and leave the school grounds or actively supervise them if they continue to play in the yard. Children walking home are expected to leave straight away while Ray is operating the School Crossing.** Teachers have informed children of these expectations and we would appreciate your support to ensure that the after school pick up is a smooth one.

Don't forget that this Friday (6th October) is a Curriculum Day so students are not required at school.

Take care

Alisa

Reminders

- The school nurse will be returning to school on Monday 23rd October to finish the Prep assessments. If you have a child in Prep and are yet to **complete and return your School nurse form** please do so **by Friday 20th October**.
- The Smile Squad team from Bendigo Health are coming to our school in term 4 2023. Smile Squad is the Victorian Government free school dental program. This means all students can get a free dental check-up, preventive services, and treatment at school.

How to access free dental care

We need your consent before we can provide services. Consent is usually provided by a parent or guardian. Sign up to Smile Squad at: <https://bit.ly/smilesquadvic>

OR use the below QR code:



Paper copies of the consent form are available. Please contact the school office if you would like to request one.

Fundraising news

- Don't forget to advertise our Mango fundraiser to family and friends and get your orders in by Monday 23rd October. Order forms are available at the office if you haven't received one. The 2023 mango season isn't shaping up to be a good one and mango prices in the supermarket will be high so order from us instead!!!

Can you help?

We need to get some Mango fundraiser posters up around the town to let the community know to order their mangoes. If any families are able to assist with this please contact the office.



**Coastal Forest
Lodge camp 2023**



What's happening in the community?



**OUTDOORS
NON-CONTACT
INCLUSIVE**

HAVE A BLAST!

Dive into the exciting world of cricket! It's a super fun, inclusive & energetic sport that's perfect for all kids, no matter if you're new to batting or already a backyard cricket champion. Join us at our clinic and let's have a blast together - parents, you're invited too!

MALDON PRIMARY SCHOOL
Friday, October 13 2023
3:45PM - 4:45PM
COST: FREE
Contact: Brett Cole +61439 882 765



Muckleford Cricket Club



SCAN ME!



Introducing...

MALDON KIDS CLUB!

For primary age kids.
Wednesdays in Term 4
starting next Wednesday
11th of October.
After school till 4:30pm.

The kids will be learning the Christmas story and making costumes to put on a Christmas Concert at the end of term!
Afternoon tea, craft and games.

Lots of fun!

Holy Trinity Hall, 50 High St Maldon
No cost.

Contact Darcy on 0407 245 951
for more details.

Anglican Parish of Maldon



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 20 October 4:00-6:00pm
Winters Flat Primary School
3 Roberts Avenue Castlemaine

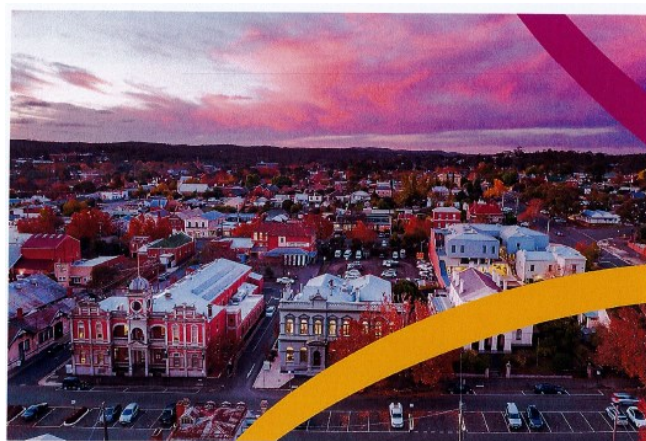
Places are limited and registrations are essential

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.



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



Jobs and Training Expo

11am – 3pm

11 October 2023

Castlemaine Town Hall

Hosted by Mount Alexander Shire Employment, Education and Training Network (MASEETN)

This is your chance to find your ideal job role or training opportunity.

At the Mount Alexander Jobs and Training Expo you will find:

- Employment opportunities
- Volunteering information
- Gain free career and training advice
- Apprenticeships and Traineeships

Book online at bit.ly/MtAlexJobSeeker or scan the QR code below



Supported by:



Occasional Childcare at Maldon Neighbourhood Centre

There are vacancies for 3 to 5 year olds at Maldon Neighbourhood Centre's Occasional Childcare Program.

The sessions run on Mondays 9.30am - 2.30pm. \$60 per session (Eligible families can claim the childcare rebate).

Ongoing enrolment or casual sessions are available. We run a quality program with a relaxed, friendly and inclusive environment.

Please email us on childcare@maldonnc.org.au for more information.



Mount Alexander Kids Radio

for 3-8 years olds

by 3-8 years olds

Listen up: Saturdays 8am

94.9 Main FM



94.9
main
FM

Youth Mental Health First Aid

Learn how to support young people experiencing a mental health problem.



Come along to Youth Mental Health First Aid training where you'll learn:

- The difference between normal adolescent development and a developing mental health problem
- How to have open conversations with young people
- Signs and symptoms of possible mental health problems
- Where to seek further help.

Over four evening sessions you'll learn all this, receive take home resources, meet other parents and enjoy a delicious meal.

What: Youth Mental Health First Aid Training

When: 5pm to 9pm | Thursday 26 October, 2, 9, 16 November 2023

Where: Castlemaine Community House, 30 Templeton Street, Castlemaine

Cost: \$75 full / \$55 concession per person

Book: www.mountalexandershireyouth.com.au/training

Contact: Shannon Lacy | 5471 1700 | youth@mountalexander.vic.gov.au



Parenting in the Modern World TEEN EMOTIONS AND MENTAL HEALTH



EMOTIONS, FRIENDSHIPS AND RELATIONSHIPS CAN BE BIG ISSUES FOR YOUNG PEOPLE. BRON GRIEVE, COMMUNITY HEALTH NURSE FROM DHELKAYA HEALTH, SHARES INSIGHTS PLUS TIPS AND TRICKS FOR PARENTS AND RESPONSIBLE ADULTS TO HELP GUIDE THEIR TWEENS AND TEENS THROUGH THE TOUGH PARTS OF THESE TOPICS.

**THURSDAY
12 OCTOBER
5.15-7PM**



Book Here

or at goldfieldslibraries.com