

Be kind, be brave, be your best

Newsletter no 33
October 31st, 2023

Principal's Chat

Hi everyone,

Today **Grassports** carried out their biannual maintenance on our **soccer oval** and it is looking amazing. You may have also noticed that **the garden along the side of the school is getting a makeover**. Glenn, from Mount Alexander Lawn and Garden, has been cleaning up and replanting this area to create a very appealing space for the children to play in. The children have been very intrigued and interested in watching the project evolve. **Our back shed is almost finished with only the concrete floor still to be poured. Once this is complete we will schedule a working bee to move our storage items back into the shed.** Thanks Debra for organising these improvements to make sure our grounds are safe, inviting and well maintained.

This morning RSL members Kevin and Peter came along to listen to the grade 5 and 6 students present their writing for the Remembrance Day Writing Competition. Even though most students felt very nervous about presenting, the RSL members were thrilled with the quality of the writing and the presentations. All students should be very proud of their effort. **Congratulations to the shortlisted writers: Will, CJ, Grace, Elsa and Alice. A big congratulations to Alice who won overall and will now be reading her writing piece at the Remembrance Day service on 11th November.** Alice's name will be engraved on the RSL plaque and she will also receive a special pen, kindly donated by Maldon Newsagency. Thanks to the Maldon RSL for continuing this connection with our school.

Last week we had our **Red Socks Day fundraiser**. It was great to see everyone wearing a splash of red to raise awareness of kidney health. **We raised \$147.80** on the day, so thank you to families for your support.

Last Friday was 'Day for Daniel', a special day following on from the Biggest Child Safety Lesson we did in National Child Protection Week last term. Students participated in lessons, sourced from the Daniel Morcombe Child Safety website, on how to keep themselves safe. In the "Something which may interest our families" section I have included 10 conversation starters for parents/carers to use at home to talk to their children about personal safety. Next week I will include the next 10 conversation starters for you to continue the conversations.

This week's whole school behaviour focus is: I play fairly (Be your best). This focus will be taught through our Respectful Relationships program, but also when playing games in different subjects areas, such as maths and physical education, as well as free play in the yard. The 'I can' statements we will be working towards are:

- I can create fair teams and rules
- I recognise everyone has different strengths and talents
- I play by the rules of the game
- I treat people equally



THIS WEEK AT M.P.S.

Thursday 2nd November

- Kelly Sports incursion, all classes

Friday 3rd November

- Friday Fundraiser
- Assembly, 3pm – Grade 5/6 presenting

Monday 6th November

- Student Free Day

Tuesday 7th November

- Melbourne Cup public holiday



UPCOMING EVENTS

Thursday 9th and Friday 10th November

Smile Squad visiting school

Wednesday 15th November

First transition morning for 2024 Preps

Wednesday 15th November

School Council

Thursday 30th November

Shopping Spree fundraiser

Tuesday 12th December

Statewide transition day

Monday 18th December

Grade 6 Graduation

Tomorrow we say goodbye to Lauren Peeler as she begins a new chapter of her life-motherhood! Lauren has only been with us since the start of 2023 but she has brought so much to our school, particularly in the area of numeracy, and will be greatly missed. We look forward to sharing Lauren's baby news with you soon!

Don't forget next Monday is a Curriculum Day and Tuesday is the Melbourne Cup public holiday. Teachers will be working on Curriculum Planning documents to ensure our teaching and learning programs are building depth of knowledge and skills across subject areas and the different year levels. I hope families enjoy the long weekend.

Take care

Alisa

Reminders

- **Our lost property bin (located inside the entry door near the office) is overflowing with items! If you are missing a jumper (or three) please have a look and see what you can find.**
- **If you would like your child to be seen by the Smile Squad free school dental program please sign them up at <https://dentalhealthservicesvictoria.snapforms.com.au/form/sdp-consent-form> or ask for a paper copy of the consent form at the office.** To date we only have 16 students signed up for the program. Smile Squad will be visiting our school on Thursday 9th and Friday 10th November so please sign your child up a.s.a.p. to allow the Smile Squad to plan their time at our school.

Young Leaders Friday FUNdraiser

Please leave orders with your classroom teacher.

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

- Don't forget to encourage your child to colour in and name the grader as part of the Mount Alexander Shire Council "Name the Grader" competition. **Entries must be returned to the office by Wednesday 8th November.**

Office information

- **2024 Back to school information packs:** Our 2024 information packs are being sent home with students today. Please read through the packs carefully and complete the relevant tasks. **The following forms need to be completed and returned to the office by Wednesday 15th November: the 2024 Contribution form (one per child), Acceptable Use Agreement (one per child), Local Excursion consent form and uniform order form (if required).** Families are also encouraged to return other relevant forms e.g. bus travel, conveyance and CSEF forms by Wednesday 15th November as well.
- **2024 Stationery packs need to be ordered directly from Education Plus** using the instructions on the flyer included in the information pack. Orders must be placed by Friday 15th December, 2023.

What's happening in the classroom?

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

P/1: Darcy for looking out for, and speaking up for, his classmates (Be brave)

2/3: Hannah for contributing her ideas, and confidently expressing herself, when writing a persuasive text "It is cruel to keep animals in cages" (Be your best)

4/5: Harriet for using kind words whilst speaking up and supporting others (Be brave)

5/6: Chloe for always having other people's backs and being kind to her peers (Be kind)

Art: Emily for the creative way she completed her Dali inspired bird.

Performing Arts: Lelu for the focused way she attempts all activities.

Prep to 2 kickball excursion:



Something which may interest our families...

Information for Parents and Carers (Follow up from 'Day for Daniel')

All children have the right to feel safe. Personal safety education for children can help to prevent child abuse and can support the development of healthy relationships free from violence and harm. Personal safety education includes children being able to **Recognise** body clues, **React** in an unsafe situation and **Report** to an adult who can help.

Teaching personal safety to your child is more than just one talk, it's an ongoing conversation that continues overtime as your child grows up. Some parents and carers may find entering a dialogue with their child to be a little difficult. This resource has been designed with that in mind, and is intended to provide you with the opportunity to engage in effective personal safety conversations with your child.

Pre-activity chat

Before you begin, inform your child or children that taking part in this activity is about personal safety because everyone has the right to feel safe. Share these important rules for the session:

- 1) *Be nice, respectful and kind to each other*
- 2) *Try to join in but it's okay if you want to 'pass' a question*
- 3) *You are welcome to ask questions during the activity*

Ask children to identify who they can talk to if they have questions or want to talk about the lesson.

Activity instructions

This resource contains 10 questions designed to spark conversations about personal safety for children at home, in an environment where they feel safe and valued. They are suitable for a range of ages, learning styles and abilities, including those with additional learning needs.

This activity doesn't only have to involve just your child or children; adults can play a valuable part in answering questions which model assertiveness and appropriate help-seeking behaviour, as well as modelling through role play activities with your child.

The Conversation Starters can be used anywhere; but we would recommend sitting somewhere quiet, without distractions and where your family is most comfortable.

The sense of readiness for when to talk with your child may be influenced by various factors, such as: perceptions of age-appropriateness, access to resources, personal experiences and gender of the child.

As these Conversation Starters have been designed for a range of ages, you are welcome to select the questions that you believe are most appropriate for you and your child. Remember, these Conversation Starters have been designed to provide the opportunity for an open and approachable conversation about personal safety.

1. Every person in the world has the **right to feel safe**. As a child, you have a safety network of grown-ups you can ask for help.

Who are the grown-ups in your safety network that you can talk to about anything?

Answers could include: Mums, Dads, Caregivers, Grandparents, Teachers, Sports Coaches, Uncles, Aunties, Friend's parents, Police

Activity: Complete My Safety Network activity. See page 13.

2. Max and Lyla are friends. One day, while they are playing on the swings, Lyla tells Max that someone she knows well has hurt her.

What do you think Max could say to help Lyla?

Answer: Max could tell Lyla to talk to one of her safety helpers. He could reassure Lyla that she will not get into trouble for telling one of her safety helpers. Max could tell one of his safety helpers what Lyla has told him.

Activity: Ask your child to role play how they would support a friend seeking help.

3. A grown-up that James knows gives him a nice present, something he really wants, but the grown-up asks James to do something in return that makes him feel uncomfortable or scared.

What could James do?

Answers: James can say no, even if the adult is someone close to his family or a family member. Although it is scary and can be difficult to do, James can say no to anything that makes him feel uncomfortable. He needs to tell a safety helper. He should never have to do a favour for someone that makes him feel uncomfortable or scared.

Activity: Ask your child to role play what they would do if James was their friend.

4. Everyone has **public** and **private** body parts.

Which parts of the body are the private body parts?

Answers: Your private parts belong to you and are covered by underwear or swimmers. People are not allowed to touch or look at your private parts, make you touch or look at their private parts, or make you look at photos or videos of private parts. It is important to teach children the correct anatomical names for their private parts, these are the words that a doctor would use.

Activity: Complete body parts female and body parts male activities. See page 11 and 12.

5. There is a difference between a **safe secret** and an **unsafe secret**. Safe secrets make people feel happy or excited. Unsafe secrets make people feel uncomfortable or scared.

Someone has asked Jake to keep an unsafe secret, what could Jake do?

Answers: It is never safe to keep an unsafe secret, even if it is a family member or someone Jake knows well who has asked for the unsafe secret to be kept.

Jake could tell one of his safety helpers and know that he will never be in trouble for doing so.

6. Someone has made Freddy feel uncomfortable and he has told a grown-up on his **safety network**, but Freddy didn't feel like that grown-up listened to him.

What would you tell Freddy to do?

Answer: Freddy should talk to his safety helpers and they should listen to him. However, if Freddy feels like he was not listened to, he should tell them again and tell another one of his safety helpers. **It is important that he keeps telling adults in his safety network until someone listens to him.**

7. When someone feels uncomfortable or unsafe, they might get some '**body clues**'. These can include a sick feeling in their tummy or their heart might beat faster.

What are some other body clues someone might have if they feel unsafe?

Body clues could include:

- Wobbly knees
- Sweaty palms
- Quick breathing
- Warm cheeks
- Heart pounding
- Goosebumps
- A shaky voice
- Eyes wide open or shut
- Hair standing on end
- Tears
- Shaking or shivering
- Accidentally going to the toilet
- Feeling like they have a lump in their throat

It is important to recognise these body clues, take action to feel safe again and then immediately tell a safety helper what happened to make the body feel these things. A child will never be in trouble for speaking to a safety helper.

8. Izzy is waiting to be collected from her netball match. Her Dad's friend, Marie, drives past and offers to take her home. Izzy asks Marie for their **family password**. Marie doesn't know it, so Izzy doesn't go with her. A few minutes later her Dad turns up to take her home.

What is a family password and why was it important that Izzy's family had one?

Answer: A family password is a simple way to prevent someone tricking you into going with them. With your family, choose an easy word to remember, like 'pizza' or something silly like 'batman sneezes' (don't use these ones though, because lots of people will see these). Your parents or carers will choose who knows your family password. If a person comes to collect you, make sure they know the family password. No password- no go! It's important that Izzy's family had a family password because it meant she didn't go with Marie, which could have put her in an unsafe situation.

Video: [Create a family password](#)

Available on our website: Keeping Kids Safe resources > Videos and Activities > Parents and Carers > Creating a family password

9. Recently Nate has been feeling unsafe.

Why is it important that Nate tells a grown-up from his safety network that he doesn't feel safe?

Answer: All children have the right to feel safe. It is important that Nate tells one or more of his safety helpers so that they can help him to feel safe. Everyone has the right to feel safe.

10. Do you know the phone numbers of your safety helpers?

Who else can you call if you ever feel unsafe and need to tell someone?

Answer: You should keep the phone numbers of your parents or carer somewhere safe so you can access them if you need them, like in your school bag, pencil case or phone. Try to memorise the numbers if you can. **If you are in danger, immediately contact the police on 000.**

Fundraising news

Maldon Shopping Spree

AN EVENING OF SHOPPING AND FUN IN
THE STREETS OF MALDON

THURSDAY NOVEMBER 30th, 2023

5.15pm to 8.00pm

FORGET MELBOURNE

FORGET BENDIGO

SHOP FOR CHRISTMAS IN MALDON!



Ticket price includes
a Maldon shopping bag,
discount vouchers,
refreshments and music
whilst
shopping and a free ticket
in the raffle on the night

Exclusive discounts from
participating traders and a huge
raffle on the night

Fundraiser Supporting



Tickets \$15 (or \$20 if purchased after
November 17th).

Tickets available from Maldon Newsagency,
Beatons Store or Maldon
Primary School ph 5475 1484

What's happening in the community?



JUNIOR CRICKET REGISTER NOW!

FITNESS FRIENDS  INCLUSION FUN

NO EXPERIENCE OR EQUIPMENT REQUIRED!
Are you between 5 - 10 Years old & wanting to learn to play cricket?

Come & join Muckleford's Woolworths Blast Program on Thursday nights @ North Muckleford commencing Nov 17th

Scan the QR Code to register!
For further details, contact Brett Cole on:
+61 439 882 765
brettcole49@hotmail.com
Nth Muckleford, Muckleford-Walmer Road, Muckleford VIC



Muckleford Cricket Club



SCAN ME!





PRESENTS...



CELEBRATING 50 YEARS OF HIP-HOP

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DANCE SHOWCASE (3 SHOWS)
11TH & 12TH OF NOVEMBER 2023
PHEE BROADWAY THEATRE, CASTLEMAINE

MOVEMENTZONEDANCE.COM