



Southie Scoop

POSITIVE EDUCATION SCHOOL

Friday 10th May, 2024

“Mildura South Primary School acknowledges the traditional custodians of the land as we choose to bring our best selves to school and love the work that we do”

Dates for your diary

Term 2

15 April, 2024 - 28 June, 2024

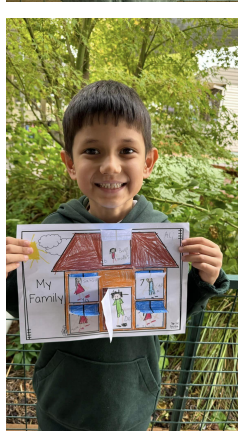
May

13th-17th Grade 2 Swimming
17th Gr 5/6 Interschool Sport
15th **Grade 1 Swimming notes due back**

20th - 24th Grade 1 Swimming
24th Gr 5/6 Interschool Sport
31st Gr 5/6 Interschool Sport

June

10th Kings Birthday Public Holiday - No Students at school



Mildura South PS



(03) 5023 2148



msps.vic.edu.au



593 Deakin Ave, Mildura



Principal's News

living PERMA

I would like to take this opportunity to wish all our mothers a very happy Mothers' Day this Sunday.

On behalf of all of our students:

Thank you for the selfless kindness you show each day.

Thank you for the patience you teach us to have with ourselves and one another.

Thank you for the courage to inspire in us to face daily challenges.

Thank you for your example in listening to and accepting the perspective of others.

Thank you for walking along side us, letting us make mistakes, helping us try again and always believing in our ability to learn and grow.

Most of all, thank you for the love we experience from you each day. Always putting our family first.

You are thoughtful, wonderful and truly amazing.

Thank you for being YOU!

Mothers' Day Stall

I would like to thank the Parents' Club for their hard work organising the Mothers' Day stall. The students enjoyed shopping for their mothers and carers to show their appreciation.



Principal's News

living PERMA

Education Week - May 13-May 17

This year the theme is 'Spotlight on STEM'. Mrs Humphris is providing an engaging program this term all about Earth Sciences.

The Grade 3 and 4 students have been learning about the changes on Earth's surface. Last week they learnt about erosion and this week they've investigated earthquakes.

The Grade 5 and 6 students created a scale model of the solar system around the school. They used almost the whole school boundary. The sun was 26.9cm wide and Mercury was just .09cm! Now they are working on creating their own models of the solar system.

Everyone is very pleased to be learning outside in the sunshine! Thank you Mrs Humphris!

Whole School Open Afternoon

Next week Mildura South Primary School will be celebrating Education Week. As part of our school celebration, on Wednesday, May 15 we will be having an Open Afternoon for all of our families.

We invite you to enjoy recess with your children at 2.00pm and spend time in their classrooms from 2.30-3.30pm.



Principal's News

living PERMA

2025 Foundation Open Day - Wednesday May 22, 12.00-2.00pm

We welcome all future families to visit our classrooms and take a tour of our school with our student leadership team.

Swimming

The Grades 3 and 4 students have enjoyed their swimming program this week.

Next week the Grade 2 students will participate in their swimming program.

Outdoor Education – Bike Education

The Grade 3 – 6 students have enjoyed bringing their bikes, scooters and helmets to school this week and participating in the Bike Education Program that Mr Pettit has run throughout the school.

Many students chose to ride their bikes to school this week and I am confident that many students will continue to do so. Thank you Mr Pettit.

School Hours

Classroom doors open at **8.45am** for all year levels.



Principal's News

living PERMA

Dismissal times:

Foundation - Grade 2 (along with siblings in Grades 3-6) **3.15pm**

Grades 3-6 **3.30pm**

Please continue to use the House Colour gates for entry and exit of school grounds:

Front Gate: **Mungo (Red) and Kulkyne (Yellow)**

Gate near the School Crossing: **Darling (Green)**

Albert Street Gate: **Murray (Blue)**

If your child arrives after 9am, please go straight to the front office to sign in and ensure your child receives a late pass to take to their teacher.

Thank you

School Uniforms

Thank you so much for the fantastic effort you have made ensuring that your children are in the appropriate school uniform. The uniforms assist in developing a sense of identity and pride in our school.

There are a number of students wearing very short skorts and sport shorts that are not an appropriate length for school. Please ensure that the school shorts and skorts that your child is wearing is appropriate for school. I am happy to support families with this by allowing green or black school shorts to be worn.



Principal's News

living PERMA

Black School Shoes

Big W has kindly donated a range of black school shoes to our MSPS students. These shoes will be available to all families who come in, try them on and then take them home for free.

The shoes can be found in the lost property area outside of the PERMA room. Sizes range from little children's size 10 up to older students' size 2.

Time to access the shoes: 8.45-9.00am and 3.15-3.30pm. Please help yourself as no staff will be present.

Appointments to see Teachers

Teachers welcome open communication with all of our families. Positive Contacts will continue this year where you can expect to be contacted by your children's classroom teachers, celebrating successes.

We know that there are times when families need to speak to Teachers so that questions can be clarified, and concerns resolved. Before school is a busy time when Teachers are connecting with students and ensuring that everything is in place to begin the day calmly and successfully. In order for Teachers to give Parents the necessary time we ask that families make appointments with their Classroom Teacher.



Principal's News

living PERMA

School Lunches

The school is supported by Cowards Cake to supply lunches for students on Fridays. Orders are required to be submitted on the Flexischools App by 2pm the Thursday before the lunch order on Friday.

Brain Food

We would like to encourage the students to bring brain food to school to graze on throughout the day. We ask that this be healthy options as junk food does not assist with nutrition or concentration. Please clarify with your children's classroom teachers if you are not sure what to provide.

Singing for fun, health and development!!

Fiona Beyer is, again, offering singing lessons at the school this year, during school hours. Lessons are weekly, half hour sessions in the music room on a Tuesday morning.

Singing is a super fun and feel-good activity – it develops confidence - improves mood – builds friendships - soothes the nervous system - strengthens and clears airways - assists learning and brain function – and improves speech and memory - along with many other benefits.

Any interested family is encouraged to contact Fiona for more information -

Ph: 0407 876 874

Email: fionatassone@hotmail.com



Principal's News

living PERMA

Parent Contributions

Mildura South Primary School is looking forward to another great year of teaching and learning and would like to advise you of Mildura South's voluntary financial contributions for 2024.

Schools provide students with free instruction to fulfil the standard curriculum requirements and we want to assure you that all contributions are voluntary. Nevertheless, the ongoing support of our families ensures that our school can offer the best possible education and support for our students.

Within our school previous support has allowed us to update our texts and readers to reflect current interests and passions, supply materials and resources to develop our mathematical knowledge and problem-solving skills, purchase materials to support the creativity and exploration in our Arts and Science programs and ensure that all our students have access to equipment to develop into active healthy children.

We invite you to support our school by making a Curriculum Contribution so that we can continue to provide opportunities for all our students.

Please contact the office if you would like to make a contribution or need further information.

Digital Newsletter

The School Newsletter will continue to be distributed digitally on the school Compass, the School Website and Facebook sites. If you wish to receive a hard copy of the School Newsletter, please let your classroom teacher know.



Principal's News

living PERMA

School Assembly

Our School Assembly takes place each **Monday at 2.40pm** in the School Gym. The Grade 6 students will continue to lead the School Assembly each week. A link for our School Assembly will be posted on Compass each week for you to access if you are unable to attend.

Advertising on the School Newsletter

The school newsletter going digital has opened up the opportunity for more families with a business to advertise. If you have a business and would like to investigate the option of advertising on the school newsletter, please ring our Business Manager Chris Callipari who will be happy to outline the details and clarify any questions you may have.

Marie-Therese Milani
Principal



Managing Fatigue as a Parent

Dr Justin Coulson

If you're a parent, I can almost guarantee you're tired. Parenthood and fatigue seem inseparable. Infants and toddlers amplify our tiredness, but regardless of their age, raising children is tiring. (The impact of COVID, economic insecurity, and general life stress from recent years exacerbate this feeling).

It's tempting to see our parental exhaustion as a moral failing. We struggle when we are tired. We parent better when we feel alive and vital. But life conspires against us.

The daily grind combines with ageing to ensure we'll be tired every day. It just happens faster with children than without them! But we misunderstand two things about this exhaustion. The first is that much of our tiredness is firmly within our control; it comes down to choices (with the exception of parenting young children who genuinely require us at all hours and remove a lot of choice for attentive and involved parents).

The second is that we think we have no way around our fatigue, whereas the truth is that we may not have learned better strategies to reduce our exhaustion. We're also afraid... of change. What if we make a change and we're less tired, but that change requires us to sacrifice something we really like in our lives?

If we do have more control than we realise, and if strategies do exist, then there is value in making the attempt to reduce fatigue.

The following three solutions can be helpful, and they make a difference.

Solution 1 Sleep:

The Ultimate Recharge. Sleep is non-negotiable, but so many of us treat it like a luxury item. Get real about sleep (unless you are dealing with a baby or toddler) by:

- Switching off screens (no streaming, no socials, no games) at least 30 minutes before bed.
- Focusing on reading or connecting with your partner before sleep.



- Aiming for a solid 7+ hours each night (recognising some people need up to 9). ·
- Waking up early enough to be tired at night. ·
- Staying off the coffee, sweets, and alcohol, particularly in the afternoon and evening.

Solution 2 Diet:

Fuelling the Body Quick, sugary snacks and convenience foods exacerbate fatigue (and inflammation). It sounds boring, but: ·

- Minimise drinking anything other than water (and drink plenty of it). ·
- Increase your vegetable intake for snacks and at meals.
- Grab a handful of nuts rather than sweets when you need a snack. ·
- Prep well-loved, nutritious meals in batches on the weekend to minimise stress on busy nights. ·
- Set up a routine where you have the same meals each week or fortnight to minimise cognitive load. Eg: Monday is Mediterranean, Tuesday is Tacos (Mexican), Wednesday is a one-pot solution, Thursday is Pizza, Friday is Fish, Saturday is BBQ, and Sunday is leftovers (or a roast).

Solution 3 Attention Management:

Be Present. Multi-tasking is both exhausting and inefficient. Focus on one thing. Do it well. Be present. Engage. When complete, move on.

Your energy flows where your attention goes. Putting attention on too many things pushes energy in too many directions. Be clear on your focus. Direct your energy. Watch your productivity increase while your exhaustion drops.

Parenting requirements shift from moment to moment, day to day, and week to week. But improved sleep habits, better systems, and clearer focus will increase your balance and allow you more time and energy to spend on what (and who) matters most—your family.

Child Safety Standards



School Crossing

Last year we had the ongoing concern of adults and children not using the School Crossings when crossing Deakin Avenue and the service road (often while holding a toddler or pushing a pram and holding the hand of a student at the same time).

The mandated Child Safety Standards require that all members of our school community use the School Crossings on both roads to ensure that all of our students arrive safely to school and leave safely from school.

You may think that because you are with your child crossing Deakin Avenue and/or the service road outside of the School Crossing that you can ensure their safety - this is not the case. If a Parent chooses to cross Deakin Avenue and the service road without using the School Crossings, they are teaching their children unsafe behaviours and modelling this unsafe behaviour for other students who may follow.

I would like to thank each of you who do use the School Crossings correctly as you help me not only keep your children safe but all the children who attend Mildura South Primary.

If I observe any adult not using the School Crossings, I am obliged to speak to that person and support that person in adhering to our Child Safety Standards and use the School Crossings.

Staff Car Park



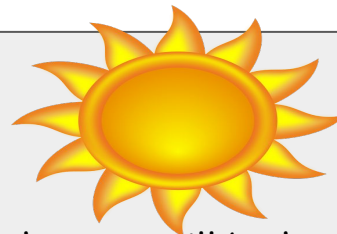
Please do not use the gates and walk through the Staff Carpark. Cars are coming and going all the time and it is not safe.

Child Safety Standards



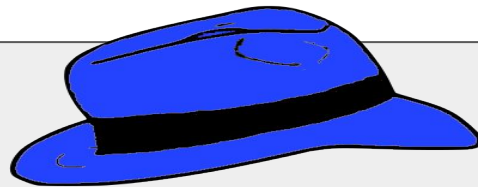
Playing on the Playground after School

No children are to play on any of the Play Equipment after school. I am grateful to the Parents who assist staff after school by asking their children to leave the Play Equipment, particularly the Grade 1/Foundation Play Equipment at the front of the school.



Hot Weather

When the temperature is 36 degrees or higher, we will be having a 'hot day timetable'. Having lunch earlier in the day sometimes allows the students to have an opportunity to get some fresh air before the heat.



Hats

Students will not be required to wear hats in the school yard during Term 2 and Term 3.

Bus Route and Fares – CDC Mildura Bus Information



For all bus route options please go to the website

<https://cdcvictoria.com.au/services/school-services/> for all school bus routes and maps.

Mildura for school routes for Victorian residents and Wentworth for school routes for NSW residents.

Mildura Bus have had a fare price rise with their 2024 bus fares as per below.

Ticket concession price

2hrs \$1.40

Daily \$2.80

Weekly \$13.10

You can purchase tickets upon boarding the bus. Please note that Mildura Buses are cash only and it is preferred to have change close to the ticket price.

Alternatively, Mildura Bus offer prepaid term passes that can be purchased from the Mildura Bus office in Bathurst Court. You will need to bring a small headshot of the child to go with the pass. If you email the photo, name of your children and the school they attend Mildura Bus can print the photo, create the pass and let you know when the pass is ready to collect save having to wait. These passes are based on the student concession prices; Prepaid options are no cheaper than purchasing tickets on the bus however, they are a more convenient options for parents.

Term 1 (30/01/2024-28/01/2024): \$110.40

Term 2 (15/04/2024-28/06/2024): \$139.40

Term 3 (15/07/2024-20/09/2024): \$131.00

Term 4 (07/10/2024-20/12/2024): \$142.20

Yearly (All terms excl school holidays): \$523.00

These passes can be used 7 days a week including weekends during the school term only, they cannot be used during the school holidays.

These passes can be used on any of the **CDC Mildura Victorian services**.

We accept payment by cash, cheque or eftpos.

If you choose this option and throughout the Term the child lose their pass, you will be required to come into our office and pay \$10.00 for a replacement card and another photo is required to make another pass.

If you require any assistance, please contact CDC Mildura on 5023 0274.



Celebration of Strengths



Creativity



Curiosity



Judgment



Zest



Honesty



Social Intelligence



Fairness



Teamwork



Forgiveness



Self-Regulation



Humility



Appreciation of Beauty



Perspective



Bravery



Perseverance



Kindness



Love



Leadership



Love of Learning



Gratitude



Spirituality



Prudence



Hope



Humor

Foundation
Foundation Purple
Rexlee Y.

Grade 2
2B
Charlie N.

Foundation Blue
Tahiem K.

2C
Mason P.

Foundation Orange
Theodore C.

2P
Hudson P.

Grade 1
1B
Ivy S.

Grade 3/4
3/4H
Sara M.

1H
Ivie-Mae B.

3/4I
Tessa W.

1S
Kilton S

3/4M
Archer H.

1T
Noah D.

3/4R
Simione V.

3/4T
Alexander I.

3/4W
Benji P.



Celebration of Strengths



Creativity



Curiosity



Judgment

Grade 5/6
5/6C
Elle C.

PE
Ali H.
5/6J



Zest



Honesty



Social Intelligence

5/6H
Kieren G-M.

ITALIAN
No Award this Week



Fairness



Teamwork



Forgiveness

5/6J
Emirhan D.

STEM
Macey R.
5/6C



Self-Regulation



Humility



Appreciation of Beauty

5/6K
Lily D.

DIGI TECH
Jett J.
1S



Perspective



Bravery



Perseverance

Specialists
ART
Arleo G.
2P

OUTDOOR
EDUCATION
T'Sharni Z
5/6J



Kindness



Love



Leadership

PERFORMING
ARTS
Quinn D.
3/4I

HUMANITIES
Kobe M.
3/4T



Love of Learning



Gratitude



Spirituality

HUFF & PUFF
Estelle P.
2P



Prudence



Hope



Humor

Gabriel W.
3/4I

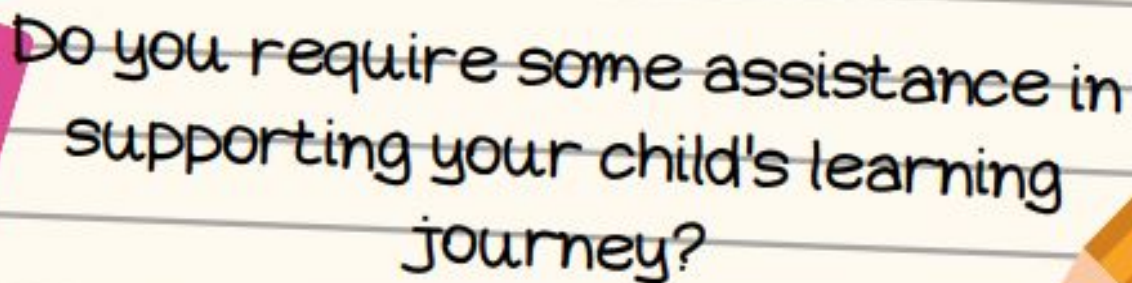


We would like to take this opportunity to say a big Thank you to Jo Chisari of Barry Plant Real Estate' for his generous donation of: Trophy and \$50.00 Book Voucher to our Aussie of the Month recipients.



SUNRAYSIA
REGIONAL CONSULTING

PARENTS' HOMEWORK CLUB



Do you require some assistance in supporting your child's learning journey?

Come join us for a morning tea where you can receive learning support, connect with other parents, and explore services that can assist you in supporting your children.

commencing
3rd May 2024

FRIDAYS

term time only

9:30-11:30

HomeBase

Youth Hub

89-91 Pine Ave,

Mildura



SCHS
Sunraysia Community
Health Services

**Bookings essential
contact**

**Sunraysia Regional
Consulting on
03 5023 7612**



**Children
welcome**

SUNRAYSIA DISTRICT TENNIS ASSOCIATION

WINTER JUNIOR TENNIS

The Sunraysia District Tennis Association is looking for junior tennis players for this year's winter tennis competition.

**RUNNING ON SATURDAY MORNINGS (9AM - 11AM)
FROM MAY TO SEPTEMBER**
Beginners through to A Grade

TENNIS IS A GREAT SPORT FOR KIDS!!
Safe, great exercise, social.
Play tennis now and you will have a sport for life!

Contact one of the Club Delegates listed below for further information or to register your child

Carole - Sacred Heart: sacredheartjuniors@gmail.com

Robyn - St Andrews: robynherberte@gmail.com

Brenda - Sarnia: brendaghornsby@gmail.com

Rob - Red Cliffs: robbie@mannafarms.com.au

Louise - Alcheringa: louiseswenolofsson@gmail.com

Cheryl - Wentworth: cheryl.vines@bigpond.com



HOT SHOTS Tennis 4-12yrs

Where: Sacred Heart-St Andrews Tennis Club

Aero Complex 11th Street Mildura

When: Saturday Mornings 9-9.45am

Cost: \$10 Per Lesson

Match Play: 9.45-10.15am @\$3

{an opportunity to play a couple of modified sets}

Receive free Hot Shots T-Shirt

Racquets available - Learn the fundamentals of tennis in a social fun environment

<https://hotshots.tennis.com.au/already-playing/>

To enrol or for more information

ph: Lisa Hill 0400 726824

email: lisa.joy.hill70@gmail.com

Community Play Coordinator



MILDURA TENNIS
ACADEMY

TENNIS

ALL YEAR ROUND
LEARN A LIFE SKILL
HOT SHOTS

CARDIO TENNIS
ADULT SESSIONS
TEEN TENNIS

www.milduratennis.com.au
play@milduratennis.com.au



Teamwork ● Respect ● Integrity ● Courage ● Kindness



LITTLE GLITTER SHACK



BOOK FOR ALL
TYPES OF EVENTS



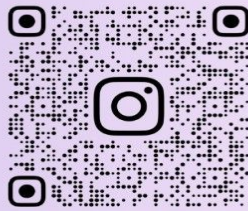
CUSTOMISED PACKAGES
AVAILABLE



GLITTER & HAIR
MERCHANDISE

Festival inspired pop up glitter art & braiding services.

SCAN THIS QR
CODE TO VIEW
OUR PRODUCTS &
SERVICES



@LITTLEGLITTERSHACK

WERE YOU
BORN TO SPARKLE?

BOOK NOW





IRYMPLE BASKETBALL ASSOCIATION



MINI BALL



REGISTRATION OPEN

REGISTER VIA PLAY HQ

[HTTPS://WWW.PLAYHQ.COM/BASKETBALL-VICTORIA/REGISTER/BF8EE1](https://www.playhq.com/basketball-victoria/register/bf8ee1)

IF YOU HAVE TROUBLE REGISTERING PLEASE CONTACT ROWENA USING THE DETAILS BELOW.

FREE BASKETBALL PACK WITH EVERY REGISTRATION



Start Date: Saturday April 20th 2024

Season runs for Terms 2 & 3

Registration Fee \$65 (through PlayHQ)

Weekly Game Fee \$5

Open to students in Grade Prep - Grade 4

Children will be placed into teams once registered. Each Saturday they will participate in a 20 minute game and 20 minute skills session ran by Mildura Heat players (when available) and our IBA coaches. Uniforms and equipment are supplied, although we encourage children to bring along their own basketball.

Further information can be found on our website listed below.

CONTACT ROWENA

ibaminiball@gmail.com | 0418 317 264

<https://www.irymplebasketballassociation.com.au/iba-competitions/mini-ball>

