



Southie Scoop

POSITIVE EDUCATION SCHOOL

Friday 14th June, 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”

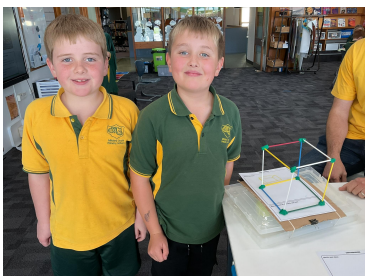
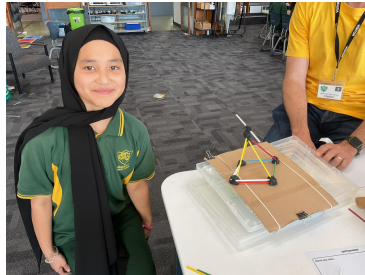
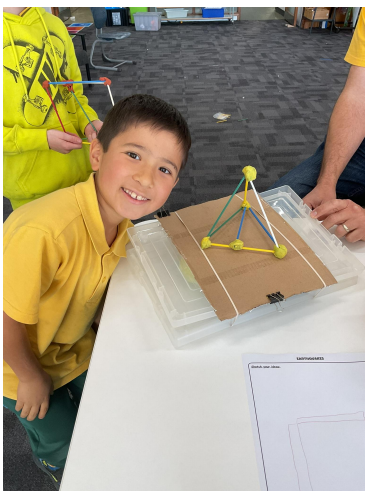
Dates for your diary

Term 2

15 April, 2024 - 28 June, 2024

June

- 17th Foundation Play Afternoon from 4.00pm
- 21st Curriculum Day - no students at school
- 24th-28th Dental Van visit
- 28th Last day of Term - 2.30pm finish



Mildura South PS



(03) 5023 2148



msps.vic.edu.au



593 Deakin Ave, Mildura



Principal's News

living PERMA

Professional Development

Last Friday many of our teaching staff participated in the first day of the Little Learners Love Literacy Professional Development. These staff will have a full understanding of the Science of Reading and Synthetic Phonics. Teachers who had already completed the training worked with Nicki Rivett to plan and further their understanding of Literacy learning for our students. The second day of the Little Learners Love Literacy will be held on Friday 21st June and this will again be a pupil free day. There are still a limited number of spaces available for our Out of School Hours Care Program.

Eisteddfod

We are now in the third week of the Eisteddfod. Congratulations to Gabriel Williams who came second in his Percussion Solo and Lily Hayes who performed in the 12 and under Taylor Swift Song Solo and received an Honourable Mention.

Netball at the Precinct

On Wednesday our Grade 5/6 Boys' and Girls' Netball teams competed at the Precinct against other district schools. A great day was had by all and the scores were very close. Our students showed amazing sportsmanship. Thank you to Mrs Kingsley and Miss Hall who were the cheer squad.

Teamwork ● Respect ● Integrity ● Courage ● Kindness



Principal's News

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Foundation Swimming

Our Foundation Students have had an amazing four days of swimming at First Stroke. The daily sessions have been calm, group sizes have been small and the students have been so respectful. The excitement of the bus travel, mixed in with the swimming lessons has resulted in tired and hungry but happy children.

Wetlands Walk – Grade One and Two Outdoor Education Program

This week our some of Grade One and Two students participated in a Wetlands Walk during their Outdoor Education time. Here the students practised safe and mindful walking, sticking to paths and being aware of road safety. Discussions were based around where the water comes from and how the Wetlands work.

Foundation Play Afternoon

2025 Foundation Students are invited to join our Foundation Teachers in the Foundation Hub on Monday June 17 for a Play Afternoon visit between 4.00pm-4.30pm.



Principal's News

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Glasses for Kids Program - State Schools' Relief

Free eye testing for all students Foundation to Grade 3.

When: Monday August 19-Wednesday August 21

Where: Mildura South Primary School

Permission notes due back Thursday June 20, 3.30pm.

Bike Education Reminder

This is just a friendly reminder that Bike Education will run for the whole term for all Year 3-6 students. **We encourage all students who can, to bring their own bikes/scooters and helmets.** We understand that not all students can do this and are happy to support them by lending them bikes/scooters and helmets if required. However, we have many students who are not bringing their own helmets, so they are borrowing the school helmets. This is not ideal as many students are required to have helmets fitted each lesson which takes away learning time and there is also the risk of head lice being spread. If your child has a helmet, can it please be brought to school to support the Bike Education program.

Thank you for your support and understanding.



Principal's News

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School Uniform

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.

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.



Principal's News

living PERMA

Appointments to see the 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.

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



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.



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.

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.



Principal's News

living PERMA

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.

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.

Diane Hunt
Acting Principal



Establishing digital boundaries for a good night's sleep

by Dr Kristy Goodwin

It's well established that sleep is vital for children and adolescents' learning, physical health, mental wellbeing and emotional regulation. Yet, a concerning number of Australian children and adolescents aren't meeting the national sleep guidelines according to a recent study.

There are many reasons for young people's poor sleep habits including school demands, co-curricular and/or work commitments, perceived pressure from parents and educators and consumption of energy drinks. Young people's digital device habits can have a significant, negative impact on their sleep.

Handheld devices emit blue light which hampers melatonin production. This can result in the delayed onset of sleep and potentially shorten critical phases of the sleep cycle. Research confirms that children who have not yet gone through puberty are particularly vulnerable to blue light exposure in the evening as they have larger pupils, compared to post-puberty adolescents.

Strategies to stop screens from sabotaging your child's sleep

Parents can have a positive influence on their child and teens' digital habits and doing so will yield positive results for their child's sleep and subsequent learning and wellbeing.

Establish a digital bedtime

It is helpful for children to switch off digital devices 60 minutes prior to falling asleep. Reinforce this habit by establishing a 'landing zone' such as a kitchen bench, or desk in a study or sideboard where digital devices go for charging and storage. Many students report that they 'need' to complete homework or submit assignments late at night. Verify the validity of such statements and work in partnership with your child's school to limit this type of required screen activity at night. Parents need to also be good role models by switching off before bed too.



Tech-free zones

Bedrooms need to be tech-free zones so consider buying an alarm clock if your child uses a mobile phone to wake themselves up. Keeping devices out of bedrooms removes the tech-temptation to use them throughout the night, reduces the likelihood that they'll reach for them upon waking and lessens the chance of cyberbullying incidents. Ensure any devices left in bedrooms are on airplane mode and that the device is away from their line of sight.

Ensure a daily dose of 'greentime'

Exposure to natural blue light from sources such as the sun is critical for regulating circadian rhythms and promoting sleepiness at night. Ensure your child/teen is exposed to bright, natural, daytime light preferably before midday each day.

Use blue light filters

Most devices include options for 'night mode' or 'dark mode' that reduce blue light exposure. Dimming the brightness of the screen in the settings or applying a filter on a desktop or laptop also assists.

Do a screen swap before bed

Encourage passive tech activities before bed such as watching TV, listening to an audiobook, music or podcast, or reading on an e-reader.

It can be a challenge navigating digital boundaries with your child or teen particularly when it involves sleep, which is vital for health, wellbeing and learning. Talk to them regularly about the importance of sleep using science and facts to substantiate your claims.

*The Australian Department of Health recommends between 9-11 hours of sleep for children (aged 5-13 years) and between 8-10 hours of sleep for adolescents (aged 14-17 years). A 2019 study published by the Australian Institute of Family Studies found that a quarter of 12-15 year olds were experiencing a concerning lack of sleep and more than half of the 16-17 year olds in the study were not getting the recommended 8-10 hours/night ([Source: https://aifs.gov.au/sites/default/files/publication-documents/lac-asr-2018-chap4-sleep.pdf](https://aifs.gov.au/sites/default/files/publication-documents/lac-asr-2018-chap4-sleep.pdf))

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



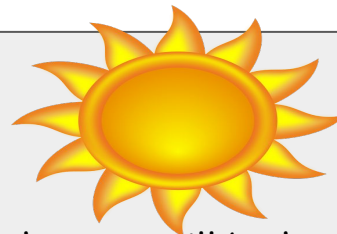
Please do not use the gates and walk through the Staff Carpark. Cars are coming and going all the time and it is not safe.

Child Safety Standards



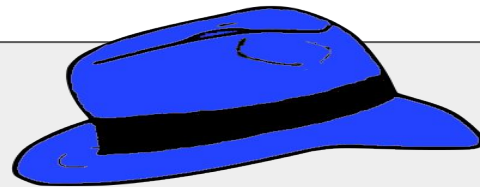
Playing on the Playground after School

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
Isabelle G.

Grade 2
2B
Oswald R.

Foundation Blue
Riley B.

2C
Isabella M.

Foundation Orange
Mason McC.

2P
Jala G.

Grade 1
1B
Ali A.

Grade 3/4
3/4H
Grace S.

1H
Aurora A-K.

3/4I
James C.

1S
Jett J.

3/4M
Charli W.

1T
Sontay G.

3/4R
Sajida H.

3/4T
Airlie M.

3/4W
Aaliyah S.



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Perseverance



Kindness



Love



Leadership



Love of Learning



Gratitude



Spirituality



Prudence



Hope



Humor

Grade 5/6
5/6C
Elissa H.

5/6H
Willow C.

5/6J
Ella S.

5/6K
Christopher L.

ART
Lacey D.
1H

PERFORMING
ARTS
Charli E.
2C

PE
Ali H
5/6J

BAND
Natasa S.
5/6K

ITALIAN
Essa H.
Simon N.
Xavier M.
5/6K

STEM
Macey R.
Elissa H.
5/6C

DIGITAL
TECH
Rory McC.
1B

OUTDOOR
EDUCATION
Ryan N.
3/4M

HUMANITIES
Hugo C.
3/4H

HUFF N PUFF
Emiko G.
5/6K



Celebration of Strengths



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Appreciation of Beauty



Perspective



Bravery



Perseverance



Kindness



Love



Leadership



Love of Learning



Gratitude



Spirituality



Prudence



Hope



Humor

5/6C
Abbie F. and
Elissa H,

5/6H
Lea K. and Jai
J.

5/6J
Vada M. and
Sienna S.

5/6K
Natasa S. and
Aaliyah S.

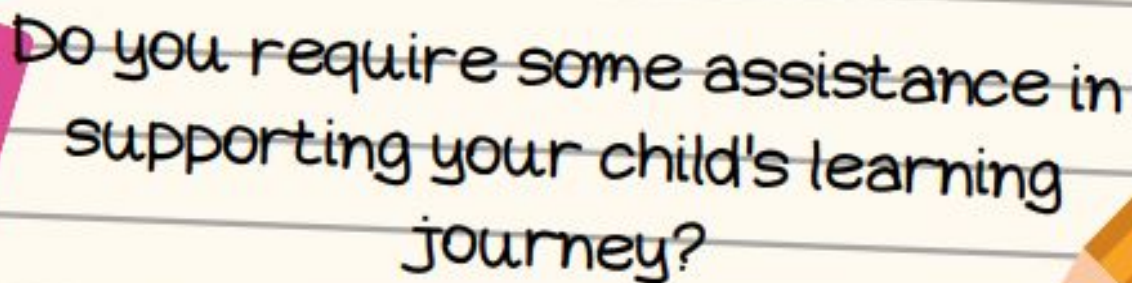


We would like to take this opportunity to say a big Thank you to Jo Chisari of Barry Plant Real Estate' for his generous donation of: Trophy and \$50.00 Book Voucher to our Aussie of the Month recipients.



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



**Bookings essential
contact**

**Sunraysia Regional
Consulting on
03 5023 7612**



SCHS
Sunraysia Community
Health Services



**Children
welcome**



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



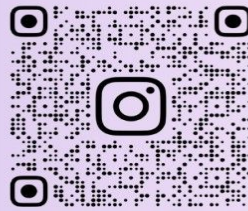
CUSTOMISED PACKAGES
AVAILABLE



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

