

# Mount Pleasant Primary School

# NEWSLETTER

Number 2

February 8th 2018

## CALENDAR

**MPPS Athletics Carnival** **Monday 5<sup>th</sup> March**  
*Foundation students resume school fulltime from March 5th*

## STUDENT BANKING

**EVERY WEDNESDAY**



**PLAYGROUP RESUMES ON FRIDAY**  
**FEBRUARY 9<sup>th</sup>**  
**PLAYGROUP MEETS EVERY FRIDAY**  
**FROM 9.00-11.00.**

**ICE CREAM DAY RESUMES ON FRIDAY FEBRUARY 9<sup>th</sup>**  
**ICE CREAMS WILL BE SOLD DURING FIRST RECESS**



**EVERY FRIDAY IS ICE CREAM DAY.**  
**ICE CREAMS ON SALE FOR \$1.00**  
**and 50 cents each.**



**Breakfast Club every Wednesday**  
**8.15am-8.45am**

## IT'S A GIRL!!!!

**Congratulations to Sarah Robertson with the safe arrival of baby Ruby Grace and to Julie Swan with another beautiful baby girl Grace (Gracie).**

## PRINCIPAL'S NEWS

It's a bit scary just how quickly the weeks are ticking by already this year! Classrooms continue to work on developing routines and expectations around developing safe and orderly learning environments. Now is the time, if you haven't already, to act on any concerns you may have about your child's start to the year by speaking to their classroom teacher, Mrs Dyer, or myself. Support for students works best when parents and teachers frequently engage and are on the same page. It's also a great idea to act on any concerns sooner rather than later to ensure they do not manifest into larger issues as the year progresses.

My big push in this edition of the newsletter is to promote, quite possibly, the four most important things you can do for your child to promote their success at school. Facebook often posts videos that have 'hacks' or clever ways to do things to make something simple and easy. Consider these four things 'hacks' to make being successful at school easier for your child.

### 1 – Having a good night of sleep every night.

Making sure children have a regular bedtime routine and receive the right amount of sleep is crucial. Being tired makes it very difficult to function properly at school. As a new dad, believe me I

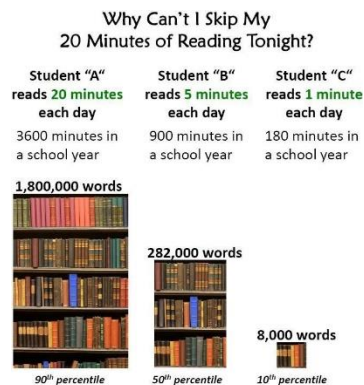
know! Bed time should be exactly that; a time to sleep. Bed time should be technology free and as much as possible commence at the same time every night. Looking at a screen before bedtime makes us more 'awake' so it is often recommended to cease any sort of technology up to 30 minutes before bedtime.

### 2 – Healthy eating!

A healthy diet has a profound impact on our ability to concentrate and behave. The best thing to avoid in lunchboxes and breakfast cereals is sugar. High-sugar foods will make it harder for your child to function in the classroom. If you buy snacks from the supermarket make sure you check the sugar content of the packet... you might be surprised just how much sugar is in some snacks!

### 3 – Reading

Above all else the number one indicator of a child's success is the amount they are read to before school, and, the amount they read every day. Having sustained reading time at school is a big focus for us at school this year because of this, and can be a focus for you at home too. The below chart shows the huge difference between reading 20 minutes a day and 5 minutes a day. Let's make sure Mount Pleasant kids are reading for MORE than 20 minutes a day between school and home.



By the end of 6<sup>th</sup> grade Student "A" will have read the equivalent of 60 whole school days. Student "B" will have read only 12 school days. Which student would you expect to have a better vocabulary? Which student would you expect to be more successful in school...and in life?  
(Nagy & Herman, 1987)

### 4 – Belief, love and support

The final one, as mushy as it is, is that children whose family believe school is important and love and support them will do better at school. Creating a calm and supportive environment that promotes the opportunity to learn as important is critical. Have conversations with your child about what they learnt at school, ask them if they have any concerns or worries about school and home, and most importantly show them that you love and care for them even when they might be frustrating or times are tough! It will have a profound impact on their success.

So remember #sleep eat read love repeat to ensure your child has the best success at school!

PRINCIPAL AWARDS	
Mark Blake	For excellent focus on class work.
Josh Dridan	For putting a fantastic effort into his writing tasks.
Becky Harrison	For great contributions to all class discussions.

**Congratulations to all the students that received a Thumbs Up Award this week!**



### 2018 BOOKLET

Last week the 2018 Booklet was sent home with the newsletter. Unfortunately there was some incorrect dates published, these will be updated when the correct information is at hand. Sorry for any inconvenience this may have caused.



**Hey Kids  
"Blue Light Back for 2018"**

***This is an invitation for all Ballarat Primary School Pupils to attend Ballarat Blue Light's next disco on Friday 16<sup>th</sup> February***

***We have plenty more prizes to local attractions to give away this disco, including family passes to Sovereign Hill, Ten Pin Bowling & the Ballarat Wildlife Park. So don't forget to ask your parents if you can come along.***

**Friday 16<sup>th</sup> February; 7PM to 9PM  
Sebastopol RSL Hall: Beverin Street, Sebastopol.**

**Entry \$7 Per Person.**

**This Blue Light Activity is Drug, Alcohol and Weapon Free.  
It's fully supervised and there are No Pass Outs. Canteen Available.  
All Children must be dropped off and picked up by a Responsible Adult.**

**For more information call Leading Senior Constable Des Hudson 0409 865 093  
Don't forget to watch out for your photos in 2017 on  
facebook.com/ballaratbluelightdisco You can also follow us on Snapchat at  
bbluelight.**

**We can't wait to see you there.**

# Book Club



Scholastic book club pamphlets have been sent home with students today.

If parents are having difficulties using the LOOP order system, orders can be left with Mrs Eames – Library/Book Club Co-ordinator

**Orders due back on the 15<sup>th</sup> February.**



### BREAKFAST CLUB

Welcome back to 2018 Brekky Club!

Great news, Mrs. Vallance has once again, kindly volunteered to co-ordinate our Brekky Club which will commence in week 2. Brekky Club will be every Wednesday each term beginning on Wednesday the 7<sup>th</sup> of February, 2018. Brekky Club opens at 8:15 am and concludes at 8:45 am – no more breakfast will be served after the first bell as children need to line up outside their classrooms to begin their learning day.

We are in need of volunteers for the Breakfast Program. Volunteers could either be parents, grandparents or community

members but will need a Working with Children check and are encouraged to complete the online food handler's course. Once completed, please provide your WWC card to the front office for scanning and filing for our records.

#### Food Handler's course:

<http://dofoodsafely.health.vic.gov.au/welcome.php>

Volunteers are asked to arrive no later than 8:05 am to assist with set up and cooking.

Breakfast will be served until 8.45am and then there will be a period of cleaning up. It is envisaged that the session will be completed by 9.30am at the latest. If you are able to assist, please contact the Office on 53323646 or pop in and chat to Lindy or Janine and leave your contact details. Most volunteers only need to work once or twice during a term.

We value our volunteers and would like to take this opportunity to thank all those wonderful people who helped in 2017 and hope that we can see you again this year. We look forward to making new friends with new people in 2018.



# **Sports News**

## **Physical Education News**

### **What do I need for Physical Education and Sporting Schools?**

We encourage all students in our school to come appropriately dressed for both their Physical Education lessons and their Sporting Schools sessions. Not only does this ensure the student can be comfortable while participating in these active parts of our curriculum, but it also allows them to be more involved and perform to the best of their ability.

Appropriate attire would include **suitable footwear (eg runners/joggers)**, **suitable sport shorts** and a **school polo shirt**. It can be difficult and uncomfortable for girls to participate in dresses, so it is ideal if these are only worn on the days that they don't have any active sessions to allow them to get involved in the sessions.

Lastly, we also educate our students on responsible hydration, so it is recommended that students bring a **drink bottle** with them to school to provide them with easy access to **water** while being active. This is especially important during our warmer months to avoid dehydration.

Below are the days that each year level has Physical Education and/or Sporting Schools.

### **Foundation**

Physical Education: Thursday and Friday

Sporting Schools: Tuesday (Weeks 3-7)

### **Year 1**

Physical Education: Thursday and Friday

Sporting Schools: Tuesday (Weeks 3-7)

### **Year 2**

Physical Education: Thursday and Friday

Sporting Schools: Tuesday (Weeks 3-7)

### **Year 3 & 4**

Physical Education: Monday and Friday

Sporting School: Wednesday (Weeks 3-7)

### **Year 5 & 6**

Physical Education: Monday and Thursday

Sporting School: Wednesday (Weeks 3-7)

Your support with ensuring our students are appropriately dressed and have a drink bottle would be greatly appreciated and allow us to continue to provide our students with a fantastic experience during both Physical Education and Sporting Schools.

## **MPPS Athletics Day – MONDAY 5<sup>TH</sup> MARCH**

On **Monday 5<sup>th</sup> March**, we will be holding our annual school athletics day at Llanberris Reserve. As this is only a few weeks away, during Physical Education, the students will be preparing for the event and learning all the skills necessary for the day. Stay tuned for more information regarding this event in upcoming newsletters and look out for the Athletics Day posters displayed around the school.

## **MPPS Athletics Day HELPERS NEEDED**

We are looking for anyone who can assist at our Athletics Carnival on Monday 5<sup>th</sup> March. If you are available to assist, please come and speak with Mrs Tung on Mondays, Thursdays or Fridays. Any assistance is important in the day running smoothly and would be greatly appreciated. Considerations can also be made so that you still have time to watch your child/children participate in their events.

## MPPS Swimming Program – TERM 2 – Grades F-6

This year we will again be holding our annual swimming program during Term 2. This program provides an opportunity for any student from F-6 to get involved in a worthwhile swimming program, providing them with experience in the water and improved knowledge on water safety. These are vital life skills that we see as necessary for all our students to have.

Forms and information will be coming out in the coming weeks, but it can be a good idea to start saving now or looking for swimming gear specials as this is a great time to get organised. Stay tuned!

## Sporting Schools In-School Program – Softball – Week 3-7

Our Term 1 Sporting Schools program will start in Week 3 as Zac and the Kelly Sports team take our students through a Softball program. The aim of this program is to increase our student's physical activity and provide them with some experience in alternative sports that they may not get to experience in their Physical Education lessons.

## Mount Pleasant United Major League Soccer

Mount Pleasant United Major League Indoor Soccer Team lost their first grading match on Friday 19-0. The Blue Devils won their first match 3-0. Well done to all students who played on Friday. If any students from years 4-6 are interested in playing indoor soccer, please come and see Mrs Tung.

# Am I ready for PE/Sporting Schools?



## My PE/Sporting Schools Days are:

### Foundation

Physical Education: Thursday and Friday

Sporting Schools: Tuesday

### Year 1

Physical Education: Thursday and Friday

Sporting Schools: Tuesday

### Year 2

Physical Education: Thursday and Friday

Sporting Schools: Tuesday

### Year 3 & 4

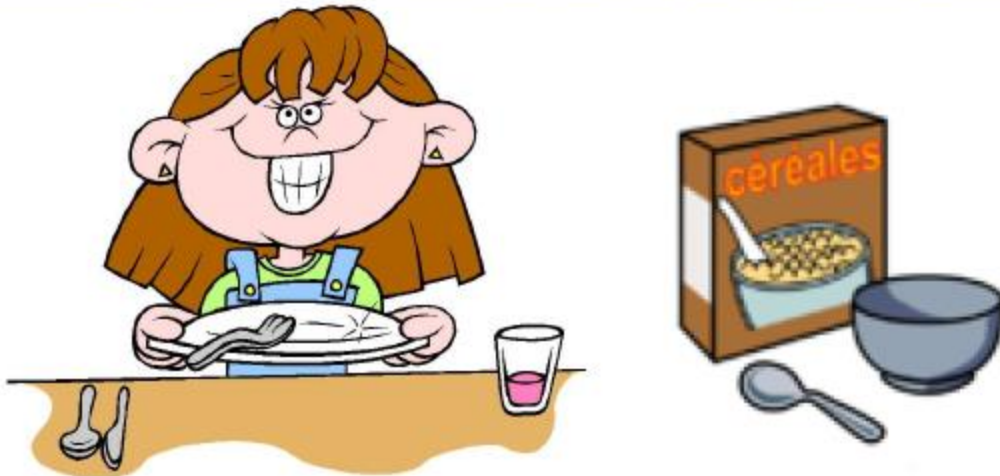
Physical Education: Monday and Friday

Sporting School: Wednesday

### Year 5 & 6

Physical Education: Monday and Thursday

Sporting School: Wednesday



Term 1 - Breakfast club will begin again on Wednesday the 7th February, 2018 between 8:15 am and 8:45 am. Don't be late!

All students are welcome to come along, you don't have to register or be regular. We'd love to see students popping in for a yummy breakfast prepared by our volunteers. You can have toast and cheese, cereal, porridge or baked beans. Come along and have a try!

# Parenting *ideas* INSIGHTS

## Building parent-school partnerships

WORDS Michael Grose

# Let the consequences do the teaching

Behavioural consequences are a parent's best friends. When consistently applied consequences will improve kids' behaviour and increase personal responsibility.

Too often parents will overtalk or repeat themselves to get cooperation from their kids. Too much talk and most modern kids tune out.

Alternatively, parents who protect their kids from the consequences of poor or selfish behaviour aren't doing them any favours as they are robbing them of terrific learning opportunities. I love the notion of behavioural consequences as they teach kids to take responsibility for their lives and to make smarter choices.

Parents can use two types of consequences – logical and natural consequences. A logical consequence is used more frequently in family situations.

They require adult intervention and are used when their behaviour disturbs other people. A child who makes a noise in the family room is asked to leave; children who refuse to clean their toys lose them for a period of time; and teenagers who come home late from a party lose the right to go out next time.

### The 3 R's of consequences

Consequences often involve the withdrawal of a privilege or a right. For example, a teenager who spends more time than agreed on Facebook, may lose access to technology for a day or two.

Restitution, or making up to someone for unfair treatment or for loss of a possession is another form of consequence. A child who willfully breaks his sister's toy may make full or part payment for a replacement. In both these

examples the consequences are **related** to children's misdemeanours, and are **reasonable** and **respectful** of their dignity.

A natural consequence involves NO adult interference. For instance, a child who leaves an excursion note at home will miss the excursion; a child who spends all his pocket money on the first day will have nothing for the weekend and a child who oversleeps and misses the bus walks to school. In these examples, children learn from the direct consequences of their own decisions and thus they are not protected from negative outcomes from their parents.

### "It's your fault, mum!"

Some kids are experts at manipulating their parents to rescue them from experiencing the consequences of their poor choice. They'll blame their parents for not getting them out of bed on time, or for not reminding them about their responsibilities. It's best to stand back and let the consequences work their magic! Note you shouldn't use natural consequences when safety is an issue. Act decisively to ensure your child is safe.

### Here are four simple tips to help make sure your consequences are effective:

#### 1 Set consequences like a neutral cop

Issue a consequence using sarcasm or anger and your kids will be angry at you. Issue it like a neutral cop free from emotion or without being heavy-handed and your kids are more likely to be mad at themselves.

#### 2 When possible, negotiate consequences prior to engaging in new activities

If your young person is going out for the first time with friends at night, talk about their behaviour and home time. Also discuss the likely consequences if kids don't stick to the agreement. As a rule, kids are more likely to abide by consequences when they've had a say in deciding them.

#### 3 Avoid life sentences

Ban a child from going out for a few days rather than leaving the duration open-ended. Set a time-frame for the consequences and remember the second of the 3R's – reasonable – means that parents shouldn't go overboard with consequences.

#### 4 Don't acquiesce to terrorism or guilt

If your child issues a threat saying something like, "There's no way you can make me come home at six o'clock," don't rise to the bait. Deflect it by saying, "We'll talk about this tomorrow." Don't give into the threats of running away or non-cooperation. "I hope you don't run away. It's great having you at home. I want what is best for you." Avoid stating what you would love to say, which maybe something like, "Yeah, try running away. You wouldn't last inside two days before you are back here begging for a good feed and comfortable bed!" Bite your tongue instead, and let the consequences do the teaching!



Stay one step ahead of your kids with great ideas & expert advice from Michael Grose. Join Michael's **NEW Parentingideas Club** today at [parentingideasclub.com.au](http://parentingideasclub.com.au). You'll be so glad you did.



[parentingideas.com.au](http://parentingideas.com.au)

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# The CommBank School Banking program is available at your school.

Ensure your child starts two great journeys at once.

For more than 85 years, the School Banking program has been providing a fun, interactive and engaging way for Australian children to learn about the value of money and smart saving. It's also a great fundraising activity, as CommBank offers your school commission for your child's first School Banking deposit as well as deposits made as a part of the program.

To be involved, all your child needs is a Youthsaver account. They can then make regular deposits at school on banking day and will even be rewarded along the way with our exciting Rewards Program. They can also keep track of their savings and more with the CommBank Youth app, available to download from the App Store.\* This innovative banking app helps to teach children real-life money skills, in a fun and secure digital environment.

Get ready to meet the Dollarmites and be on the lookout for more School Banking information when your child starts school.



To find out more about the program, visit [commbank.com.au/schoolbanking](http://commbank.com.au/schoolbanking)



# Three ways to open a Youthsaver account for your child.

## 1. Apply online at [commbank.com.au/schoolbanking](http://commbank.com.au/schoolbanking)

## 2. Log on to your CommBank app (if you bank with CommBank)

Head to the menu on the top left corner, select 'Products & offers', then 'Bank accounts' and 'Student & youth accounts', scroll down to Kids and tap 'Open account'.

## 3. Visit any CommBank branch

### What you'll need

You'll need personal identification for you and your child. You can use a birth certificate, passport, driver licence or citizenship certificate.\*\* If applying in branch, please bring along your child's birth certificate and/or any applicable Court Order to help us identify you as the parent or legal guardian.



Your child will receive a Dollarmites deposit wallet when you open a Youthsaver account in branch, or in the mail if opened online. They will use this wallet to make their School Banking deposits.

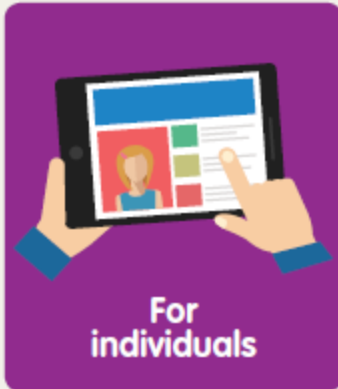
**Things you should know:** As this advice has been prepared without considering your objectives, financial situation or needs, you should, before acting on this advice, consider its appropriateness to your circumstances. Full terms and conditions for the Youthsaver account are available at [commbank.com.au](http://commbank.com.au) and should be considered in any decision about the product. If you have a complaint in respect of this product, the Commonwealth Bank's dispute resolution process can be accessed on 13 2221, Commonwealth Bank of Australia ABN 48 123 123 124. \*The CommBank Youth app is available to download on any iOS device 9.0+ from the App Store. Your child will need a NetBank client number and password to log on to the app. You can set this up when applying for a new account. Existing customers simply visit a CommBank branch with identification for you and your child's birth certificate, or if you can see your child's account in your NetBank or CommBank app, visit [commbank.com.au/youthapp](http://commbank.com.au/youthapp) and follow the steps. Only one child can log on per device for security purposes. \*\*If the child is under the age of 18, the Bank will accept one of the following documents as acceptable identification on its own. Please note citizenship certificate can only be used as identification in branch. Birth certificate or the birth extract issued by an Australian state or territory. Birth certificate issued by a foreign government, the United Nations (UN) or an agency of the UN. Citizenship certificate issued by the Commonwealth. Citizenship certificate issued by a foreign government. Note: if written in a language not understood by the person carrying out the verification, the document must be accompanied by an English translation from either a translator at the level of Professional Translator (or above) currently accredited by the National Accreditation Authority for Translators and Interpreters Ltd (NAATI) or another accredited translator who currently holds an equivalent accreditation. NAATI is the Australian government owned National Accreditation Authority for Translators and Interpreters. Where a parent/ legal guardian is a signatory to the child's account, they are required to be identified to the acceptable identification standard.

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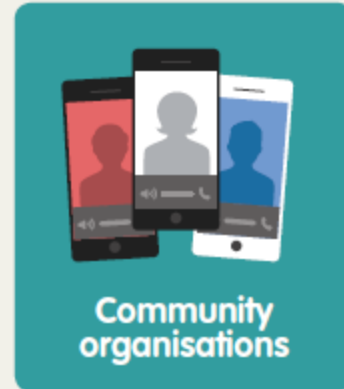
Stay Smart Online is a trusted, one-stop source for simple cyber safety advice to help Australians.



For individuals



Small to medium business



Community organisations

<https://www.staysmartonline.gov.au>

We share simple and practical advice to help you prevent or respond to online risks and threats, and give you the tools you need to be safer online.

#### TOP TIPS FOR YOU

1. Limit what you share: be proactive by checking privacy and security settings on your online accounts and apps
2. Create strong passwords: use a unique password made up of at least 12 characters and two-factor authentication if possible
3. Backup: regularly backup your computers and devices and store the backups offline
4. Watch out for suspicious links: never click on links in emails, SMS, social media posts or on websites unless you know they're legitimate
5. Install anti-virus software: keep software up-to-date and install anti-virus software as updates become available



Australian Government



Subscribe to our free email alert service for the latest online security information.

<https://www.staysmartonline.gov.au/alert-service>

 <https://www.facebook.com/staysmartonline>

CALLING ALL  
GIRLS AGED 8-18



**EAST POINT DRAGONS**  
FEMALE FOOTBALL CLUB

# GET IN THE GAME

**COME  
& TRY &  
REGISTRATION  
DAY!**



**East Point  
Dragons Female  
Football Club  
are recruiting  
for Season 2018**

*No experience  
necessary!*

Come & Try **Thursday 22nd** of February at  
**White Flat** between **4.30pm - 6.00pm.**

*For further information visit:*

- 1 East Point Dragons Football Club -  
Female Football Division Facebook page
- 2 email us at: [Eastpointfncinc@outlook.com](mailto:Eastpointfncinc@outlook.com)
- 3 or call Neville (Club President): 0419 380 537

- 'Come & Try Day' for new members
- Old and New players Welcome
- We offer U/13's, U/15's & U/18's all female teams!
- 'Registration Day' for new and existing members
- A Great Family Friendly Club
- BBQ & fun provided

## **EVERY HEART BEATS TRUE!**

**Piano and Keyboard Theory Tuition**  
**Karen Cox MGTA, Australian Guild of Music**  
**814 Barkly Street, Mt Pleasant Ballarat.**  
**53307002      0404601481**



**Karen's Music School for Adventurous Musicians**

All enquires welcome

\$20.00 per ½ hour


I have working with children check.


From pre-school - VCE and all adventurous players welcome.


Examinations through the Australian guild of music (if wanted).

Please don't hesitate to contact me. I will answers all enquiries.

# What is Saver Plus?

 A free ten-month savings program providing financial education, budgeting and savings tips.

 Participants receive up to \$500 in matched savings for education costs for themselves or their children.

 Delivered by Brotherhood of St Laurence, Berry Street, The Benevolent Society and The Smith Family and other local community organisations.

 Offered in communities across Australia in every state and territory.

## A Saver Plus Participant's Journey



### Goal

Talks to a Saver Plus Coordinator from a community organisation and, if eligible for the program, sets a goal to save a regular amount of money over 10 months



### Saving

Opens an ANZ Progress Saver account and makes regular deposits



### Education

Completes the MoneyMinded financial education program with support from a Saver Plus Coordinator



### Matching

Reaches savings goal and receives matched funds, up to \$500, for their own or their children's education costs

## Who can join?

Participants must meet all of the below criteria:

- have a Centrelink Health Care or Pensioner Concession Card
- be at least 18 years old
- have some regular income from work (themselves or their partner)
- have a child at school or attend vocational education themselves.

## Benefits for participants<sup>1</sup>



**87%**

continue to save the same amount or more up to three years after completing the program



**81%**

were better equipped for unexpected expenses



**93%**

reported increased self-esteem



**85%**

had more control over their finances

## How did it start?

Saver Plus began in 2003 as a Brotherhood of St Laurence and ANZ pilot program with 268 participants in three sites across Victoria and New South Wales.

Since then, the program has expanded to all Australian states and territories, reaching more than 32,000 people, making it the largest and longest-running program of its kind in the world.

## Since 2004<sup>1</sup>:



**32,000+** participants



**\$17.3m** - total amount saved by participants




**\$14m** - matched funds paid by ANZ




**\$753** average amount saved per participant

## Find out more

 1300 610 355

 [saverplus@bsl.org.au](mailto:saverplus@bsl.org.au)

 [www.saverplus.org.au](http://www.saverplus.org.au)



saverplus

<sup>1</sup> RMIT University, 2016. A number of Saver Plus program evaluations have been carried out since 2004. For more information see [anz.com/saverplus](http://anz.com/saverplus)

Saver Plus is an initiative of the Brotherhood of St Laurence and ANZ, delivered in partnership with Berry Street, The Benevolent Society and The Smith Family and other local community agencies. The program is funded by ANZ and the Australian Government Department of Social Services. Go to [www.dss.gov.au](http://www.dss.gov.au) for more information.