

MANORVALE PRIMARY SCHOOL NEWS

Department of Education
and Training

Newsletter 8

Tues, 30th May 2023

PRINCIPAL'S NEWS

Reconciliation Week

National Reconciliation Week runs from 27 May to June 3 and marks the anniversary of the milestone 1967 referendum. This year's theme is 'Be a Voice for Generations'.

National Reconciliation Week has been observed in Australia since 1996. It's a time for us to reflect on how Australians from all backgrounds have contributed to our country's growth, culture and achievements.

The week is preceded by National Sorry Day on May 26 and is framed by two significant events in Aboriginal and Torres Strait Islander people's history: the successful 1967 Referendum and the High Court Mabo decision in 1992.

This year's theme calls on all Australians to honour the work of past generations who fought for justice and the rights of Aboriginal and Torres Strait Islander people. The theme urges us to work together for an equitable and just Australia for all.

Reconciliation is about building a better and more united Australia which respects and takes pride in the 65,000 years of First Nations peoples culture histories, stories and achievements.

The JSC celebrations and events group will be running some activities at lunchtime this week.

Building upgrade announcement

The Victorian Government is investing record funding in our schools to make Victoria the Education State and give every student access a great local school and education.

Our school has been allocated \$12.1 million in the 2023/24 State Budget. This funding will help us to upgrade and modernise our school.

We will work closely with the School Council and the Victorian School Building Authority (VSBA) to deliver an outcome that will benefit the entire community.

To prepare for the upgrade, we will complete an Asset Management Plan over the next 11 weeks. The AMP is a long-term document that helps to plan for a school's future. The plan identifies, organises and prioritises the building works required at the school – ensuring students have access to educational facilities that prepare them to thrive in the 21st century. We will be sharing updates on this and will be gathering input from our teachers and staff and families. We will also involve our students to listen to their unique and important perspective.

Professional Practice Day

The semester one PP Day for teachers will be held this **FRIDAY**, June 2, 2023. Students will not be required at school on that day.

Public Holiday King's Birthday

The next public holiday is on Monday June 12 for the King's Birthday.



SCHOOL MISSION

The school's purpose is to develop optimistic and aspirational students who have the academic and social foundations to become responsible citizens.

UNIFORM SHOP HOURS

Wednesday 3:00-3:30pm

Friday 8:50-9:20am

(Times and days TBC)

Please refer to our "Dates to Remember" section of the newsletter.

**Out of Hours School Care
Camp Australia**
Ph: 0405 428 328

Happy Families

Sponsored by Parents' Club

SCHOOL OFFICE CONTACT DETAILS:

Phone:

9741 6300

Email:

manorvale.ps@education.vic.gov.au

PAYMENT OPTIONS

- * Cash
- * Eftpos
- * Cheque
- * BPay

**Winter School Uniform**

As the weather cools down students should be wearing their **winter school uniform**. Our uniform is available from Rushford's in Watton Street.

Families experiencing difficulty can contact Mr Smith for uniform provided by States Schools' Relief. There is some second hand uniform available for purchase at the office.

The uniform list is attached.

Prep Enrolments 2024 and tours

We are currently running tours for prep 2024 families each week until the end of term. The dates for the tours are:

Thursday June 1 12.30 pm

Thursday June 8 10am

Friday June 9 12.30 pm

Thursday June 15 10am

Friday June 16 12.30 pm

If you would like to attend one of these tours, please contact the office.

Families wishing to enrol a prep student for 2024 will be given an application form to submit. **The application forms are available from the office and can be downloaded from the website.** These forms must be returned to the school by July 9.

Breakfast Club

Breakfast Club has started again on Tuesdays and Thursdays. Students who wish to have breakfast can come to the Gym from 8.30 am. Serving finishes at 8.50 am so that students are on time for class.

Glasses for Kids program

Eligible students will be receiving their glasses shortly. All families of these students have received a letter with details of the optometrist's findings and recommendation for future monitoring.

Water Only at school

Manorvale Primary School is committed to creating a school environment that promotes good physical and mental health. One way that our school helps all students reach their potential is to ensure water and plain milk are the only drinks permitted at school. This means all other drinks are actively discouraged from being brought into school. Sugary drinks, such as sports drinks, energy drinks and fruit juice are a key contributing factor to childhood obesity, the development of type 2 diabetes and poor oral health.

Water is the best choice of drink for students to bring to school. All students should be coming to school with a drink bottle to ensure they're hydrated throughout the day. Plain milk is provided as a part of our Breakfast Club program, this is the only other drink that should be consumed at school.

What can Parents/Carers do to support Water-Only at school:

- give your child a drink bottle they can take to school, make sure it is clearly named
- encourage them to fill the drink bottle with tap water at home and at school
- at home, keep sugary drinks for extra special occasions only

Helen Watson
Principal



5/6 News - Camp Narmbool and Sovereign Hill

The year 5/6 students have an opportunity to attend an extra-curricular event to Camp Narmbool, which is located in Elaine, Victoria. The 2 nights - 3 day camp will be held in Term 3 from Wednesday, 9th August to Friday, 11th August 2023.

The cost of the camp is \$300. **A deposit of \$100 is required NO LATER THAN Monday, 19th June 2023.** The maximum number of students who can attend camp is 70. **Late payments WILL NOT be accepted.** The final payment will be required by Tuesday, 1st August 2023. Families will be notified once the camp is at capacity which may be before the deposit payment date listed above.

Many families have accumulated family credit or CSEF funds that can support the cost of the camp. EFTPOS payments can be made by calling the office on 9741 6300, or coming into the office.

All camp information, itinerary and details will be sent home to families as soon as Camp Narmbool has finalised the itinerary. The camp will include a lot of outdoor physical activities, as well as a focus on the environment, sustainability, aboriginal history and culture and team building. The third day will be spent at Sovereign Hill participating in organised, educational activities.

Notes went home with students last week regarding deposit and payments.

Scholastic Book Club

Book Club Issue 4

Issue number 4 Book Club catalogue when home with students last week. There are some amazing books available from prices as low as \$3!

All Book Club orders for issue 4 need to be placed by FRIDAY 9th JUNE.

Orders must be placed online at www.scholastic.com.au/LOOP

NO CASH PAYMENTS ACCEPTED.

Books arrive 2 weeks after the order date.



Working with Children Check Clearance and Child Safe Policies

Dear Parents- Carers,

Any person undertaking any paid or volunteer work at the school needs to have a Working with Children Check clearance and be familiar with some of our Child Safe policies to ensure the safety and wellbeing of all students.

If you would like to be involved in the school by:

- hearing students read
- supporting classroom or specialist program activities
- attending excursions/incursions
- assisting with school events
- supporting Parents' Club
- being a member of school council
- etc

It is important that that you obtain a Working with Children Check Clearance. Please refer to the following website to register for a WWCC card: <https://www.workingwithchildren.vic.gov.au/>

Once you have received your WWCC card, please present it at the office so a copy can be made. The Child Safe Standards declaration form also needs to be completed, signed and presented at the office. This form is available from the office.

Lily Ibrahim

Assistant Principal



The Focus For Term 2 Is RESPECTFUL, RESPONSIBLE, ASPIRING, CARING

STUDENT OF THE WEEK

Congratulations to the following students for being named as STUDENT OF THE WEEK.

PREP SIOMOS	Averie and Florentina for segmenting words to hear the sounds during daily Sounds Write lessons.	3/4 JOHNSTONE	Libby for showing a growth mindset in all areas of her learning. Taw Meh for working hard and seeking feedback on her learning goals.
PREP McCORMACK	Jiren for identifying the sounds he knows. Bradley for achieving his maths and spelling learning goals.	3/4 PULFORD	Thomas for accepting challenges in mathematics and striving to learn new skills. Amelia for displaying a positive attitude towards school and learning.
1/2 BATES	William for always being kind and caring towards his classmates and ensuring everyone is included. Larisa for being kind and caring towards her classmates and for supporting a new student.	5/6 KOCISKI	Lucien for actively participating in his independent work and a renewed focus on his learning goals. Tyson for being a responsible and respectful leader in class helping his peers when in need.
1/2 ANDERSON	Brandon for achieving his reading goals. Akyla-Jade for reading confidently and saying the sounds to read unfamiliar words.	5/6 RIEKSTS	Alexis for concentrating well and making great effort in collaborative work, in reading. Jack for making good progress in reading.
1/2 BOS	Anantarjot for taking care with his bookmark. Georgia for demonstrating the value Caring by being a wonderful friend.	5/6 KHALIF	Emily for engaging in class discussions, with thoughtful and emerging confidence. Brian for showing passion and dedication in creating an information poster on the Karen-Burma War.
3/4 RUSSELL	Alexandra for taking care with the presentation of all work she completes. Ebony for working hard to improve the vocabulary she uses in narrative writing.		
SIGNORA MAIORANA LOTE	Jayce for packing up the Italian books. Pippa for naming most of the Italian words from the Fairy Floss story.	MRS HOOPER LIBRARY	Florentina for taking great care when reading books. Luke for being a great help when tidying up the library at the end of the session.
MR BOULTER PE	Alexis for displaying great sportsmanship and game play when playing soft larcrosse.	MS CARLISLE ART	Sayler for completing his work and helping to hand out paint for others. Cara for creating a great painting in the style of Jimmy Pike.



Dates to Remember

Term 2

Selected	Wyndham Division Cross Country	31/05/2023
All	Pupil Free Day - no students at school	02/06/2023
All	Public Holiday - King's Birthday - no students at school	12/06/2023
Yr 5/6	Camp Narmbool deposit due	19/06/2023
	CSEF Applications Close	23/06/2023
Yr 1-4 Selected	Swimming Program - every Wednesday Term 2	
Yr 5/6	Camp Narmbool balance due	01/08/2023
All	Premiers' Reading Challenge closes	08/09/2023
All	Hot Dog Day lunch and end of term	23/06/2023

Manorvale Primary School
232-246 Greaves Street North
P.O. Box 591, Werribee. 3030
Principal: Helen Watson
Assistant Principal: Lily Ibrahim and Tyson Smith
Phone: 03 9741 6300 Fax: 03 9742 5703
E-mail: manorvale.ps@education.vic.gov.au
Website: www.manorvaleps.vic.edu.au

TERM DATES 2023

Term 1	27th January to 6th April
Term 2	24th April to 23rd June
Term 3	10th July to 15th September
Term 4	2nd October to 20 December

SCHOOL HOURS 2023

Start	8:55 am
Lunch in rooms	11:30 am to 11:40 am
Lunch Play	11:40 am to 12:10 pm
Medication Bell	12:30 pm
Snack in rooms	1:50 pm to 1:55 pm
Recess Play	1:55 pm to 2:25 pm
Dismissal	3:15 pm

REPORTING STUDENT ABSENCES

To avoid receiving a phone call or a note/letter from the school when your child is absent please remember to contact the school using one of the following methods:

1. Reporting on the Compass Portal
2. Contact the school by telephone on 9741 6300
3. Send an email to manorvale.ps@education.vic.gov.au
4. Write a letter or note to the classroom teacher explaining your child's absence
5. Verbally inform the classroom teacher.

If families have not advised the school of a student absence, a text message will be sent at 10:00am alerting the family. Families are expected to respond to the school with a reason for the absence as soon as possible.

Parents' Club News

Parents' Club is run by volunteer parents of students who attend Manorvale PS. It's a great way to get to know a little more about what's going on at school; get to know other parents and potentially raise money for projects that benefit the school. **We would love your help.**

HOT DOG DAY

Parent/carers volunteers will be required to help out at the end of term Hot Dog Day. If you are able to help out on the day, please contact the office on 9741 6300.

VOLUNTEERS WANTED

Do you have free time of a morning or afternoon? If so, we are looking for you!
Manorvale PS is looking for someone to help run the **Second Hand Uniform Shop**.

The uniform shop is a way for preloved items of school clothing to be used again at a very reasonable cost.
Flexible times and days.

YES, I CAN HELP - Monday, Tuesday, Wednesday, Thursday, Friday
AM or PM - Please circle your preferences and return to the office,
or call the office on 9741 6300.

Rochelle Reynolds
Parents' Club President



Victorian Premiers' Reading Challenge

To Parents/Caregivers,

The Victorian Premiers' Reading Challenge is now open and Manorvale Primary School is excited to be participating. The Challenge is open to all Victorian children from birth to Year 10 to highlight the importance of reading for literacy development. It is not a competition; but a personal challenge for children to read a set number of books by 8 September 2023.

Children from Prep to Year 2 are encouraged to read or 'experience' 30 books with their parents and teachers. Children from Year 3 to Year 6 are challenged to read at least 15 books.

All children who meet the Challenge will receive a certificate of achievement signed by the Victorian Premier and former Premiers.

All students will be coming home this week with their user name (which is their first and last name as recorded on the roll plus a number) and password which they can use to log onto the reading challenge application to enter their books at home. Children will also be bringing home a reading record log where they can record the books they have read and they will be given the opportunity to enter them onto the website at school if they do not have access at home or need assistance. The challenge website is <https://www.vic.gov.au/premiers-reading-challenge>

We would like to see all students participating in this challenge as it is complimentary to our classroom and library reading programs. Aside from entering books no additional work is required!

If you have any questions, please do not hesitate to get in touch.

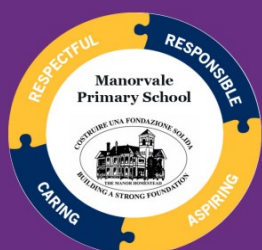
Thank you,

Kate Hooper
(Librarian)



SCHOOL BREAKFAST CLUBS PROGRAM

BREAKFAST CLUB



ALL STUDENTS WELCOME

DAYS: **Tuesdays & Thursdays**

TIME: **8:30am - 9:00am**

ROOM: **Gymnasium**

**REOPENING
Tuesday 9th
May**

Parent Volunteers needed: Any parents interested in volunteering at our School Breakfast Club, please email tyson.smith@education.vic.gov.au

EAT. LEARN. SUCCEED.



Manorvale Primary School Breakfast Club



Respectful	Responsible	Caring	Aspiring
<p>We will...</p> <ul style="list-style-type: none"> • say please, thank you and good morning • use manners at all times • use utensils appropriately • use a quiet inside voice • put all rubbish and scraps in the bin 	<p>We will...</p> <ul style="list-style-type: none"> • sanitise our hands when we arrive • place our bags neatly in the bag area • line up quietly to get food • sit at a table to eat • pack up when finished • push in chairs before leaving 	<p>We will...</p> <ul style="list-style-type: none"> • welcome and include others • help others when needed 	<p>We will...</p> <ul style="list-style-type: none"> • sign in on arrival • speak in full sentences • try new food sometimes



INSIGHTS

happy families. 

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Mindfulness

As a psychiatrist working with young parents, it became clear that one of the most important jobs I had was to find ways to help people connect with each other when emotions were running high. So often in my own conversations with them, I would see how well a parent could bring wisdom and clarity to challenging situations that were going on in relationships with their partner or children. But I also saw that there were times when, away from our sessions and in the heat of the moment, they would be unable to think clearly or would be triggered into lashing out in anger.

What was also clear was that the more often these painful experiences of disconnection occurred, the more likely it was that they would recur. This is no accident. It relates to a process called *neuroplasticity*, a term which refers to the way the brain is always reshaping and rewiring itself according to how we think and behave.

We now know that in the first two years of life, before language skills are present, memories of difficult experiences are laid down in what is called *implicit memory*. These memories are not attached to a logical story line - that can only happen when children have language skills and can make meaning of their experience.

For young babies, tiredness, hunger and physical discomfort are often the reasons they become distressed. But what is less well recognised, is that babies are hardwired to detect emotional disconnection and are powerfully caught up in the emotional reactions of those around them. Decades ago, Ed Tronick, a professor of child psychology, demonstrated this in what is now called the "still face experiment" which you can [see here in a short video](#).

As humans we retain a lifelong sensitivity to the emotions of those around us.

When we are triggered into strong reactions of anger, fear, or shame, emotions are amplified by their connections to parts of the brain that store *implicit* memories. This is why, even in relationships with people we know well and trust, from time to time, confusing and distressing disconnections are inevitable.

So, what can be done about this very human vulnerability?

Well, we can take advantage of the process of neuroplasticity and use mindfulness practices to build stronger connections between our more primitive centres of emotion and the more highly developed higher centres of our brain which are capable of clear seeing and flexibility.



The way this is done however, is not intuitive. Left to its own devices, when we are feeling out of our comfort zone, our brains usually direct us into either distraction or unhelpful behaviours like over eating.

Mindfulness practices have been shown to powerfully harness the brain's capacity to rewire itself. However, when most people think of mindfulness, they imagine sitting quietly and following a guided meditation, or trying to bring a more focussed awareness to simple activities such as eating a meal. While this can be helpful, it doesn't really tackle the challenge of what happens when the brain gets hijacked by strong emotion.

To bring about this sort of radical change, we need to find ways to expose ourselves to the very situations that trigger us, but in ways that we can actively recruit the parts of our brain which enable us to remain steady and wise.

Imagination is a powerful way to start this process. The way our brains work, is that even imagining a particular situation, activates areas of the brain that are brought into action when the activity is actually happening.

When doing this exercise, it is important to not take on anything too distressing and set yourself a fixed period of time – only a few minutes. Getting overwhelmed with emotion is not the aim.

Let's say that you want to develop the capacity to not react with anger when your children are arguing. Choose a time when you will not be interrupted. Sitting or lying down, bring yourself into the moment by connecting as best you can to sounds around you or to sensations in your body. When you are feeling a sense of calm, bring to mind a recent memory of when the children were fighting and you became angry. You don't need to dwell on the image, just connect with it for as long as it takes for you to feel a bit caught up. Can you feel the reaction in your body? Where is it located? Use this spot as an anchor to gently redirect your attention to, away from the image and any intrusive thoughts.

Gently but firmly, again and again, redirect the focus of your attention in this way. This is a bit like working out in the gym. If you use this way of getting into the driver's seat of your brain and setting small challenges of reconnecting to challenging situations, it won't take long before you begin to feel a greater sense of being grounded when difficult situations arise.

Next time difficult situation arises, with greater awareness of what is happening, slow down the speed at which you talk. Soften your voice tone and talk more quietly.

All of these shifts will influence not only your bodily systems, but also those of the people around you.

**AUTHOR****Diana Korevaar**

Diana has worked as a perinatal psychiatrist for over 20 years. She has specialised in mindfulness training, the management of trauma and teaching methods of building emotional resilience. She wrote a book on how to use mindfulness techniques in parenting and relationships ("Mindfulness for Mums and Dads") and she was recently a therapist in a Melbourne research trial using psilocybin assisted psychotherapy for treatment resistant depression.



Rushfords Schoolwear

Official supplier of uniforms to



Manorvale Primary Uniform Pricelist Valid to June 30th 2023

uniform	Windcheater (Navy with Logo)	All sizes	\$33.50
	Bomber Jacket (Navy with Logo)	All sizes	\$50.95
	Polar Fleece Windcheater (½ Zip with Logo)	All sizes	\$37.95
	Summer Dress (Gingdress)	All Sizes	\$29.95
	Polo Short Sleeve (Gold with Logo)	4-16	\$31.95
		S-M-L	\$33.95
	Skort (Navy)		\$26.00
	Shorts Navy Rugby Knit	4-16	\$24.50
	Shorts Navy 120CH	from	\$24.95
	Winter Tunic	All sizes	\$63.95
	Trousers (Navy, Double Knee, Drawstring 134)	from	\$39.95
accessories	Double Knee Track Pant (Navy)	4-16	\$29.95
	Straight Leg Track Pant (Navy)	4-16	\$29.95
	Netball Skirt (Navy)		\$29.95
	Socks		
	White Sports 3 Pack		\$16.95
	White/Navy Anklet 3 Pack	from	\$15.95
	White / Navy Knee Hi 2 Pack	from	\$14.50
	Tights (Navy Cotton)	from	\$18.00
	Slouch Hat (with Logo)		\$16.50
	School Back Pack (no logo)		\$56.50
	Artsmock (Navy, Paint Resistant)		\$21.00
	Rainjacket (Waterproof, Polar Fleece Lining)		\$49.50
	Scarf		\$10.95
	Beanie		\$10.95
	Gloves		\$9.95
	NAME LABELS Pre-ordered Garment Labels (Sew or Iron on)	Per 50 Units	\$24.50

All prices are subject to change without notice.

Rushfords Store Trading Hours

Monday to Friday 9:00am-5:00pm

Saturday 9:00am-1:00pm

Shop 1 / 13 Barnes Place Werribee VIC 3030

LAY-BY, VISA, MASTERCARD AND EFTPOS ALL WELCOME

Phone: 03 9741 3211 Fax : 03 9741 3155 Email : rushfords@noone.com.au