



Monash Primary and Preschool

NEWSLETTER



29th October, 2019 : Term 4 : Week 3

“Successful schooling - Our future’s foundation”

PRINCIPAL - Alana Kitson

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Respect, Responsibility, Success

Dates for your Diary

November

- 1st—SLP Expo
- 4th—2020 Reception Parent/Carer Meet and Greet @ 9.15am
- 4th—2020 Preschool Parent/Carer Information session @ 5.30pm
- 7th—Music. Count Us In at the Monash Hall @ 12.00
- 12th—Governing Council Meeting
- 13th—World Kindness Day (wear a red accessory/gold coin donation)
- 13th—2020 Preschool & Reception Transition visit (afternoon)
- 19th—Parents & Friends Dinner 7pm @ Berri Hotel
- 20th—2020 Preschool & Reception Transition visit (morning)
- 27th—2020 Preschool & Reception Transition visit (full day)
- 24th—29th—Canberra Camp

December

- 2nd—Child/Pupil Free Day
- 3rd—Governing Council Meeting (End of year dinner)
- 4th—Volunteer Afternoon Tea from 2.15—3pm
- 5th—Year 7 Graduation
- 6th—Year 7 Transition Day—Glossop High School
- 10th—School Concert
- 11th—Values Trip
- 12th—2020 Year 1—Year 7 class visits
- 13th—Last day of the 2019 school year—Splash Day—Dismissal 2.20pm

2020 CLASSES

In the next few weeks, staff will begin the process of placing Reception-Year 7 students in classes for the 2020 school year. While staffing arrangements, including teacher appointments, are not finalised until later in the term, we can confirm we will have 7 primary classes next year, with configurations as follows:

- R/1
- 1/2
- 2/3
- 4/5
- 5/6
- 6/7
- 6/7

Placing students in classes is an important part of our end of year work, and as such we have clear criteria and processes when undertaking this task. Our aim is to ensure all students are placed and familiar with their classroom, teacher/s (if possible) and classmates prior to the Christmas holidays.

Parents/carers with information you would like considered in regards to class placement are invited to forward it *in writing*, addressed to Alana Kitson, to the front office by Monday 11th November. Please note that this information is for consideration only and will be noted along with other criteria, so is by no means a guarantee of your child’s class placement.

2020 SPECIALIST SUBJECT OFFERINGS

In 2020, Monash will continue to offer three areas of specialist learning, to be taught by on-site members of staff: Health and PE; Visual Arts and Technologies; and Music, Dance and Drama.

The language we will undertake next year will be Spanish, and we will continue to work with specialist teachers from the Open Access College for this learning. With the endorsement of Governing Council, we have elected to offer Spanish rather than Japanese from 2020, as it is a language taught at our feeder high school (Glossop High School) and is one of the most commonly spoken languages in the world.

OPINION SURVEYS

Being sent home with this fortnight’s newsletter is a copy of the Family Opinion Survey for families with children in Reception – Year 7. Preschool surveys were conducted in Term 3.

Gathering feedback from families is an important part of our self-review process, and we value and appreciate you taking the time to share with us what you think we are doing well and areas for improvement. A trait of a Successful Learner is “I use feedback to improve...” and this is certainly one way we model to our students and community how to seek and use feedback for improvement. We ask you to take the time to complete the survey either online or on the paper copy provided and return it to our admin office.

CHILD/PUPIL FREE DAY—Monday 2nd December

Preschool and school families please be advised that Governing Council has endorsed a Child/Pupil Free Day on Monday, 2nd December for the purposes of yearly review and forward planning for 2020.

Fruit cutters required every Wednesday from 9.00-10am in the multi-purpose room.



PARENTS AND FRIENDS CHRISTMAS DINNER

Parents and Friends would like to invite you to their Christmas Dinner on Tuesday, 19th November @ 6.00pm at the Berri Hotel

We are always looking for new members and this will be a fun, relaxed catch-up with other parents who help support the school.

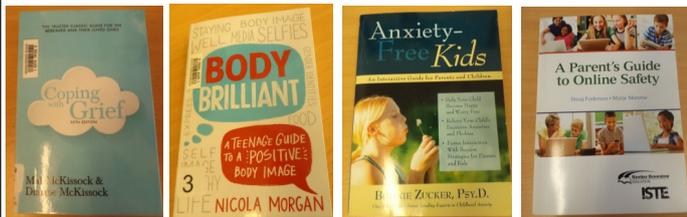
Please bring a small, fun Kris Kringle gift to the value of \$10.00.

PLEASE RSVP TO THE FRONT OFFICE BY FRIDAY, 15TH NOVEMBER



MESSAGE FROM NATALIE BROCK (STUDENT WELLBEING LEADER)

We have some great resources at school that may be helpful to parents/carers and students as different events occur in our lives. Helping children navigate their way through such times of grief, anxiety and the pressures of growing up in a society where social media is such a big part of our lives, can be challenging. Having a book to pick up and help guide us in the direction we can take and what to say can help ease the worry of 'how can I best help my child'. Please feel free to catch up with me if you would like to borrow any of these resources at any time. I would be happy to chat with you about any services that may be of help also.



Monash Primary & Preschool and Riverland Brass Community Concert Band

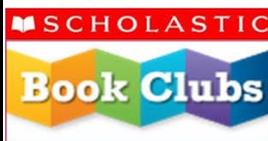
PRESENT

Music. Count Us In. 2019

Thursday November 7th 12.00pm Monash Hall
The Monash Community is invited to this very special
Musical Event.

Staff, Students and Parents join with Riverland Brass to provide
an unforgettable experience for our school community as we
present

'We Are'



ASHTON SCHOLASTIC BOOKCLUB ISSUE 7

Please ensure orders are in by this
Wednesday, October 30th. Thankyou



MESSAGE FROM ERIN HARRALD (PASTORAL CARE WORKER)

Hi everyone,

I hope you have had a great start to the term! We have recently had Mental Health Week, which highlights the successes and struggles of people living with a mental illness and helps inform all of us about mental illness in our communities. It is also a really important week to work on reducing stigma in our society towards mental illness. According to the ABS website, 1 in every 5 Australians suffer from a mental illness in a given year. Almost half the population has suffered a mental disorder at some time in their life. So it is more common than some might think.

Mental health is as important as physical health. Both can effect each other. According to Psychology Today, here are some ways to help to improve your own mental health and your family's:

- 1. Tell yourself something positive.** How you think about yourself can have a powerful effect on how you feel.
- 2. Write down something you are grateful for.** Gratitude has been clearly linked with improved well-being and mental health, as well as happiness. Why not start a gratitude journal, where you can write down something you are grateful for each day.
- 3. Focus on one thing (in the moment).** Being mindful of the present moment allows us to let go of negative or difficult emotions from past experiences that weigh us down. Bring awareness to routine activities, such as taking a shower, eating lunch, or walking home. Paying attention to the physical sensations, sounds, smells, or tastes of these experiences helps you focus.
- 4. Exercise!** Your body releases stress-relieving and mood-boosting endorphins before and after you work out, which is why exercise is a powerful antidote to stress, anxiety, and depression.
- 5. Eat a good meal.** What you eat nourishes your whole body, including your brain. Carbohydrates (in moderation) increases serotonin, a chemical that has been shown to have a calming effect on your mood.
- 6. Open up to someone.** Knowing you are valued by others is important for helping you think more positively.
- 7. Do something for someone else.** Research shows that being helpful to others has a beneficial effect on how you feel about yourself. Being helpful and kind – and valued for what you do – is a great way to build self-esteem.
- 8. Take a break.** When things seem too much, step away and do anything *but* whatever was stressing you out, until you feel a little better.
- 9. Go to bed on time.** Sleep deprivation has a significant negative effect on your mood.

Why not start some of these ideas today!

I hope you have a wonderful week.

Best wishes,

Erin Harrald

Pastoral Care Worker





Icecream in a cone
for Friday 1st November
Please bring back by Thursday morning (31st October)



Name _____

Teacher _____

Icecream in a cone (sprinkles available)

@ \$1.00



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COMMUNITY NOTICES

Blue Light SA
RIVERLAND DISCO
COLLABORATION BETWEEN BLUE LIGHT SA AND POBDODLA PRIMARY SCHOOL
SATURDAY 16 NOVEMBER 2019
6:00 PM TILL 8:00 PM
AGE 5-13 YEARS
With DJ Andrew Brookes
POLICE SUPERVISED/LOCK-IN EVENT
ALCOHOL AND DRUG FREE ENVIRONMENT
\$10 ENTRY TICKETS AT DOOR
BONNEY THEATRE, BARWELL AVE, BARMERA

FOR FURTHER INFORMATION, PLEASE CALL
BERRI POLICE ON 8595 2023



LOXTON HISTORICAL VILLAGE
COMMUNITY DAY
Allen Hosking Drive, LOXTON SA
FUN DAY OUT FOR THE WHOLE FAMILY!
SATURDAY, 9th NOVEMBER
10am - 4pm
200 members & their cars coming from the NATIONAL CHEVROLET CLUB
Adults \$12
Conc. \$10
Children \$6
Family \$30
Members FREE (Become a member for \$12/\$30 Family, and get unlimited entry for 12 months)
OPERATING EXHIBITS, BLACKSMITH & BAKERY, FOOD/DRINK & CRAFT STALLS, OLD TIME GAMES FOR KIDS & MORE...
ALL WELCOME!
VILLAGE COORDINATOR: JULIE NOBLE
Ph: 08 8584 7194
hvl@p@loxtonvalerie.sa.gov.au

BLOODS
WANT TO KNOW WHY EVERYONE LOVES FEMALE FOOTY?
COME & PLAY WITH US
Come and plays are a great way of getting involved with footy for the first time
Girls and women will have a quick intro to handball and kicking before being split into teams to play. Modified footy rules means it's safe and lots of fun!
Who: 11 years and above
Age Groups: U11 & U15
When: Sunday 3rd November | 10:00am - 12:00pm
Where: Barmera Oval
REGISTER FOR FREE NOW
<https://sanfl.com.au/male/sanfl/events>
Bring: Water bottle, closed in shoes and a hat
A parent information session will be run side by side to the come and play. This will help parents understand the modified rules the girls are playing, answer any questions and will link families to their local community club.
For more information contact the Female Engagement Team
femaleengagement@sanfl.com.au
#GirlsKickingGoals



2019/20 VACSWIM online registrations **now open!**
VACSWIM is a South Australian Government supported initiative which provides **primary school aged children** with opportunities to develop a range of skills and positive experiences in the areas of water safety, confidence and competence in the water, personal survival activities and basic aquatic emergency procedures.

HAIR WITH HEART

Melody's Magnificent Mane



Hi there, for my Student Led Project I've been researching cancer and discovered there are lots of kids suffering from hair loss due to illnesses. I've decided to have my hair cut and turned into a wig to be given to a child who needs it more than me. On November 1st I'll be getting my hair cut during assembly and donating my 46cm long ponytail and money raised to Variety. If doing this makes at least one child smile, then I'll be so happy to know my project made a positive difference in someone's life.



I can't do this alone. To make a donation please visit:
<https://hairwithheart.everydayhero.com/au/melodys-mane>
All funds raised will be donated to 'Variety - the Children's Charity' to help give Aussie kids in need a fair go.





Star Students

Term : 4

Weeks : 1 & 2

Well done to these students for demonstrating the characteristics of 'Successful Learners' and 'Social and Emotional Learners'

Dreschool:Mrs Alder

★ Poppy—Successful Learner—For persisting with her “Who Sank the Boat?” drawing; taking care with her work and adding fine details.

JP Unit:Miss Iskra/Mrs Barnett/Mrs Jackson

★ Kobe—Successful Learner—For always knowing his learning goal and following his learning plan to achieve it.

★ Olivia—Successful Learner—For identifying her writing goal and persisting towards achieving it.

★ Henry—Social and Emotional Learner—Henry showed empathy for a classmate when he identified the problem they were facing and helped them to solve it during InitialLit lesson.

★ Ellie—Social and Emotional Learner—Ellie saw that a classmate was not sure of an instruction and went to them and asked if she could help them by doing the learning with them. She showed empathy and solved the problem.

2/3:Miss Kunoth

★ Eliza—Successful Learner—For showing persistence in maths.

★ Anthony—Social and Emotional Learner—For identifying problems and helping others to solve them.

3/4:Ms Thompson

★ Jett—Successful Learner—For super success in spelling.

★ George—Social and Emotional Learner—Showing greater resilience in maths. Putting up his hand and having a go.

4/5:Mr Thiele

★ Tanika—Successful Learner—Using feedback to improve her Japanese learning.

★ Chloe—Social and Emotional Learner—Positively engages in play and interactions.

4/5:Ms Strout/Mrs Neumann

★ Janelle—Successful Learner—Working hard to efficiently achieve her reading goals in completing 2 quizzes in one day and helping others to access their quizzes.

★ Lexie—Social and Emotional Learner—Being proactive at solving problems and caring about other students in assisting them at assemblies or in the yard.

6/7:Mrs Kilsby/Mr Vlassopoulos

★ Melody—Successful Learner—Persisting in all areas of her learning, setting challenges for herself and showing support to others.

★ Josh—Social and Emotional Learner—Managing his emotions and showing resilience when obstacles in his SLP arise.

6/7:Mr Trobbiani

★ Sarah—Successful Learner—Making connections, using feedback & persisting even when it's hard and setting real & challenging goals.

★ Dimitri—Social and Emotional Learner—Showing great empathy towards junior students and engaging positively in his role as sports vice-captain.

Mrs Walters (Art/Design & Digital Technologies)

★ All students (Loxton Show entries)—Successful Learner—Exhibiting work to a wide audience. Well done.

Mrs Ridley (Music, Dance & Drama)

★ Mia, Isla, Raine & Matthew D—Successfully auditioning for Auslan support at our Music. Count Us In event, and the school concert.

Mr Vlassopoulos (Health & PE)

★ State tag rugby students—Successful Learner/Social and Emotional Learner—For representing our school very well at the Carnival and playing some outstanding tag rugby.



State Tag Rugby Carnival

On Tuesday, October 23rd, students from Monash Primary School participated in the State Tag Rugby Carnival which was held at Barratt Reserve, West Beach, Adelaide. Monash had a boys and girls team participating in the Carnival. This was the 4th year in a row that our school had been given the opportunity to participate in this Carnival. The teams were coached by Mr Vlass & Mrs Kilsby. This was a great opportunity and experience for our students, with a number of them never having been to Adelaide to participate in a Carnival like this before. Both teams came up against some very tough opposition with many primary schools in Adelaide and South Australia having specialist sporting programs. However, both teams acquitted themselves very well on the day by playing some outstanding tag rugby and demonstrating fantastic sportsmanship. I received many positive comments from umpires and opposition coaches/supporters admiring the way our students were playing the game (skills, positioning, teamwork and sportsmanship). The girls had 16 teams in their division and the boys had 17.

The boys played 6 matches for the day and came up against some very tough opposition (a lot of kids they came up against looked like they could have been in high school), winning 2 and losing 5 (the losses were by very narrow margins). Overall, the boys finished 12th out of 17 teams, which was a good effort.

The girls played 6 matches on the day, winning 3 and losing 3. Similar to the boys, the girls losses were by very narrow margins. The girls won their last two matches of the day which enabled them to win the 'Cup Competition' (a cup for the lower ranked teams to compete for). Overall, the girls finished 11th out of 16 teams, which was also a great effort.

The students who represented our school were:

Monash Girls: Jessica, Kaitlin, Ella W, Emily D-C, Mia, Emily R, Meg, Miley & Shamon

Monash Boys: Lachlan (C), Brayden, Josh, Dimitri, Aaron, Matthew, Mitchell, Hayden & Ryan

A big thank you to all parents/family members who transported the students and supported the teams on the day.

Jimmy Vlassopoulos



An update from our student leadership teams : **SRC and KidsMatter Student Team**

This year the two student leadership teams have been working on a project.

We have used a project planning tool called the "**Voice It' Kit**", which has been developed by the Dept for Education as a student wellbeing ambassador kit - ambassador being a representative or promoter of a specific activity.

The KidsMatter Team have been working on a project that will improve student wellbeing and connection. While the SRC have had 2 committees, those being **1.** Events and Fundraising and **2.** Grounds and Improvements, and each has planned a project.

Students have worked through the first 4 of 7 steps so far, which are as follows:

Explore - gain student ideas for possible projects

Imagine - chose an idea after investigating ideas, possibilities and actions required

Connect - walk with others in the school and community to collect information

Plan - Identify and allocate tasks, source resources, manage timelines

The projects are as follows:

SRC Events and Fundraisers : Kindness Week in week 5, particularly celebrating World Kindness Day on Wednesday Nov 13th, which will include :a buddy class activity, taco lunch on Friday, kindness scavenger hunt and a couple of surprise activities. Students will be invited to wear a red accessory to their uniform and to bring a gold coin donation to support the Children's Variety Fund. This fund has been the charity that Melody B has raised money for this year as a part of her SLP.

KidsMatter Student Team & SRC Grounds and Improvements: These teams ended up merging their project ideas which involved developing the garden area and classroom wall behind the school bell. They will be developing a **kindness rock path** through the garden and paint a mural on the wall. Students are currently running a competition to get ideas for a **mural** design. While students will paint a rock in art as a part of the Kindness Week event. Members of our school community are invited to participate in the mural design competition—see below.

