

# 2019

# Mackellar Primary School Newsletter

Weekly Newsletter —November 1, 2019 — Issue 32



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Dear Mackellar Families,



## Curriculum Day Monday November 4th, 2019—School Closed

Mackellar Primary School will be conducting a Curriculum day in Term 4. The Curriculum Day will be Monday November 4th, 2019. The school will be closed to allow the staff to undertake professional development. Full day out of school hours care will be available on this days if there are sufficient bookings. Bookings can be made by contacting the Out of School Care program coordinator, Wendy Feeley, on 0447 302 473

## Public Holiday Tuesday November 5th 2019—School Closed

## Statewide Year 6 to 7 Orientation Day

The statewide Year 6 to 7 Orientation Day will be held on **Tuesday 10th December 2019**. Grade 6 students are not to attend Mackellar on this day. They attend their secondary schools. Starting times may vary from school to school so if you are unsure about what time your child must be at their secondary school in the morning please contact them.

Students who are not attending government schools in 2019 may have an alternative orientation day. If this applies to your son or daughter and you are unsure of the orientation date, please contact the secondary school.

If you have any concerns please contact or visit our Transition Coordinator Alecia Mayne in the 5/6 Building, Room 18.

## The Grade 3 & 4 Smoothie Incursion

Yesterday, our Grade 3 and Grade 4 students participated in a fascinating whole day incursion, 'The Smoothie Bar' as part of their Inquiry learning. Students were challenged to create a marketing campaign for a smoothie product that promoted health and wellness within their community. Students collaborated in teams and worked through market research, design and costs for their smoothies. They researched nutrition, then blended and tested their smoothies with trial and error encouraged. Using their digital literacy skills, students developed marketing materials to promote and sell their product. Each team presented their research, findings, results and marketing to a panel of teacher judges. Congratulations to our Grade 3 and Grade 4 students for their amazing effort!



## 2020 School Terms

Term 1 - Jan 29 to March 27

Term 2 - April 14 to Jun 26

Term 3 - July 13 to Sept 18

Term 4 - Oct 5 to Dec 16

## Open Session for Families

Thank you to our parents, carers and grandparents who attended an afternoon session of learning recently. Teachers were thrilled to have families see the social and emotional learning program 'The Resilience Project' in action. Student Journals were proudly displayed, and some parents/carers engaged in mindfulness sessions and worked with their children on lessons around the themes of Gratitude, Empathy or Emotional Literacy.

## Conversations and School Values

It's great to hear students using the language around our new school values: **Learning**, **Respect**, **Resilience** and **Teamwork**. As we know, at the end of the school day, children aren't always willing to engage about their day straight away, but a couple of hours later around dinner time when they've had a break, they usually have more to communicate.

Conversations about your child's school day could start around one of the values and open-ended questions, such as:

- 'How were you **resilient** at school today? Was there something that you weren't sure about, but really persevered to understand? How did you do that?' Or, 'How could you be more resilient with that next time?' *Then share your own experience of resilience in the day.*
- 'What do you feel was your strength in **learning** today? How would you describe or rate out of ten the effort that you put into your learning? How do you feel about that?' *Then share one of your own learning experiences.*
- 'How did you demonstrate **respect** today? (Self-respect, respect for others and the environment.). Did you treat others the way that you like to be treated? How did others treat you with respect?' *Then share your own experience and feelings about it.*
- 'How did you work in **teams** today? Did you help your team? Did other team members help you?' *Then share your own experience.*

Having children talk about their school day in a meaningful way encourages them to be reflective about their behaviour as learners and community members. The focus isn't about them giving us the answers that we want to hear, but more about them being able to talk openly and honestly about their strengths, perceptions, interactions with others and areas that they feel that they could improve at. What is most important is that they **communicate by sharing and talking about their feelings**. Let them know that you appreciate them sharing how they feel. Some days will be better than others and there will be times when, despite our best efforts, we experience feelings of frustration. Talking about these experiences is an opportunity to remind our children and ourselves that we are all unique and the journey of life and learning includes engaging with others, being challenged, persevering, making errors, problem-solving and exploring different strategies. Having a positive mindset along the journey of life and learning is the key.

## Keeping Children Safe Online

Parents, carers and educators play a key role in guiding children as they encounter the online world and learn through exploration, play and social interaction. Children need to be protected from online risks such as encountering harmful online content, contact with strangers or spending too much time on computers and missing out on physical activity. The questions that parents and carers often ask are:

When is my child old enough to explore the online world on their own?

How soon are they ready for smartphones and social media accounts?

As a parent or carer, it can be difficult keeping up with technology or even know when to start the conversation about online safety in your household. Please explore the following link that provides many specific safety guidance tips. <https://www.esafety.gov.au/parents>

It is extremely important to follow the guidelines around the ages that children may use certain apps and sites. Many issues arise when children are using apps that they are too young to use.

**There are certain signs to be aware of If you are concerned that your child's online activity may be having a negative impact on them, their friendships or on your family:**

- ⇒ Becoming withdrawn from family and/or friends
- ⇒ Tiredness, sleep disturbance, headaches or eye strain
- ⇒ Changes in eating patterns
- ⇒ Obsession with particular websites or games
- ⇒ Extreme anger when being asked to take a break from online activity
- ⇒ Appearing anxious or irritable when away from the computer

**What to do if you are concerned:**

Keep the lines of communication open. Some of the behavioural changes mentioned are a normal part of growing up, but it is important to explore the causes. There may be underlying issues such as cyberbullying, friendship difficulties or mental health issues. As part of regular conversations, ask your child about how much time they actually spend online and what they could be missing out on.

If you have any concerns about your child's online activity at home and you need support, [esafety.gov.au](https://www.esafety.gov.au) links are extremely helpful. Your child's classroom teacher can also provide advice or please don't hesitate to contact our Student Wellbeing coordinator for further support.

Have a wonderful weekend everyone!

Sincerely,

*Tanya Lindsay-Clark*

Student Wellbeing

## Student Acknowledgements

This week, we are celebrating the value of

# RESILIENCE

*Our ability to cope during challenging times*

*Using our strengths*

*How we grow from difficulties*

### *Congratulations to the following students:*

Prep K	Anton	For showing great resilience by accepting change in his daily routines and working productively during the two week swimming program.
Prep E	Imogen	For demonstrating perseverance when preparing for swimming classes.
Prep P	Maylee	For persevering and trying her best in all areas.
1G	Payamullah	For adjusting to different classroom routines during the swimming program.
1T	Muhammad	For demonstrating the value of resilience by never giving up, completing all work with increased confidence, asking questions and contributing to class discussions.
1E	Chelsea	For being courageous and resilient during the swimming program.
2B	Astrea	For showing resilience throughout our swimming program.
2M	Joshua	For always trying his best and displaying a calm and positive attitude when faced with challenges.
3I	Shenay	For displaying resilience by turning her everyday learning obstacles into learning opportunities.
3M	Tonyia	For demonstrating resilience during the swimming program.
3K	Leonardo	For showing resilience when problem-solving.
4L	Vanessa	For working hard to improve her resilience in the classroom and the yard.
4G	Ryan	For demonstrating resilience by persevering in his written work.
4K	Lucas	For showing great resilience this week in the classroom and the yard.
5W	Sandra	For showing outstanding resilience when facing challenges during collaborative learning tasks.
5G	Dennis	For demonstrating the value of resilience within the classroom, working exceptionally well and showing continued effort, even when circumstances change.
6A	Daniela	For displaying resilience by having a go when tackling new concepts in the classroom.
6S	Henry	For showing resilience by making positive choices in the classroom.
6P	Kann	For demonstrating the value of resilience by focussing on his set goals.

## Attendance Award Term 4

Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8	Week 9	Week 10
Grade 1G	Grade 3K	Grade 3M							



# Students of the Week



## Congratulations

Ryan, Tonyia, Henry, Sandra, Lucas, Joshua,  
Dennis, Daniela, Leonardo  
Shenay, Vanessa, Astrea, Muhammad, Payamullah,  
Chelsea, Maylee, Ayah, Imogen, Anton

28.10.19

## HONEY POT CAFÉ

Mackellar's Honey Pot Café is open on Thursday afternoons from 3pm. Please come along to this exciting experience created by our student caterers who are looking forward to serving you!

### Menu

Muffins	\$2.00
Coffee	\$3.00
Apple / Orange	\$1.50
Iced Coffee	\$4.00
Tea	\$2.00



Date	Event	Time
Thursday 31st October	Prep Toys Over Time Incursion Grade 3 & 4 The Smoothie Bar Incursion	11.45am to 1.15pm 9.15 am to 3.00pm
Friday 1st November	Grade 5 Jewish Holocaust Museum Excursion	11.00am to 3.15pm
Monday 4 <sup>th</sup> November	Curriculum Day – Students do not attend school on this day.	All Day
Tuesday 5 <sup>th</sup> November	Cup Day	Public Holiday
Friday 8 <sup>th</sup> November	Prep Breakfast	9am to 11am
Friday 15 <sup>th</sup> November	Grade 1 Mad about Science Incursion	9am to 2.00pm
Tuesday 12 <sup>th</sup> November	2020 Prep Transition	9.15am to 10.30am
Tuesday 26 <sup>th</sup> November	2020 Prep Transition	9.15am to 10.30am
Wednesday 4 <sup>th</sup> December	Mackellar Primary School's 28 <sup>th</sup> Birthday Lunchtime disco. Students may wear their party clothes to school if they want to. (Not a gold coin event.)	Lunchtime disco All day party clothes.
Monday 9 <sup>th</sup> December	Teeth On Wheels	For the week
Tuesday 10 <sup>th</sup> December	2020 Prep Transition 2020 Prep Information Night	9.15am to 10.30am 5pm to 7pm
Tuesday 10 <sup>th</sup> December	State-wide Grade 6 Transition Day to Year 7 Grade 6s attend their secondary school for 2020 for the entire day	All Day
Wednesday 11 <sup>th</sup> December	Parent/Carers Morning Tea	11.00am to 11.30am
Thursday 12 <sup>th</sup> December	Grade 6 Graduation Rehearsals will be during the day.	5.30pm to 9.00pm (For students/staff) 7.00pm to 9.00pm (For parents)
Thursday 12 <sup>th</sup> December	Toy Fund donations are due for St. Vincent de Paul Collection	By 3.30pm
Monday 16 <sup>th</sup> December	Mackellar Twilight Family Celebration	5.30pm to 7.00pm
Wednesday 18 <sup>th</sup> December	Last day of school for students Students Step Up to their 2020 classes Final whole school assembly for 2019 will be at 9.00am.	3.30pm Finish

# 2019

## MACKELLAR PRIMARY SCHOOL CANTEN MENU

Please ensure all lunch orders are placed in class boxes by 9.30am  
All lunch orders are to be in bags suitable to hold food and drinks otherwise 10c will be charged per bag  
Please use correct change or as close to correct change as possible, as large amounts of change may not be given until it is available.

### MONDAY SPECIAL

#### BAKED

#### POTATOES

\$5.00

Baked Potatoes include

grated cheese and sour cream

**ONLY AVAILABLE MONDAYS**

### SANDWICHES AND ROLLS

(white and wholegrain available)

Vegemite	\$3.20	Cheese	\$3.70
Egg	\$4.20	Egg and Lettuce	\$4.70
Chicken	\$4.50	Chicken and Cheese	\$4.80
Ham	\$4.50	Ham and Cheese	\$4.80
Salad	\$5.00	Salad – add meat	\$5.50
(lettuce, tomato, cucumber, beetroot, carrot, cheese)			

any extras add 50c each

Roll add \$1.00

### HOT FOOD – add sauce 50c each

Large Pie	\$4.50
Large Sausage roll	\$4.30
Party Pies	\$1.50 each
Party Sausage Rolls	\$1.50 each
Hot Dog in Roll	\$4.00
Chicken Nuggets	\$0.80c each
Dim Sims	\$1.00 each
Cup Noodles	\$3.00
(chicken, beef, oriental)	
Crumbed Chicken Tenders	\$2.50 each
Plain Hamburger	\$5.50 add cheese \$6.00
Grilled Chicken	\$5.50 add cheese \$6.00
Chicken Tender Roll	\$5.50 add cheese \$6.00

### SALAD TUBS

Garden Salad	\$5.00
(lettuce, tomato, cucumber, carrot)	
add cheese	\$5.50
add ham or chicken	\$6.00

### TOASTED SANDWICHES

Ham	\$4.50
Cheese	\$4.50
Ham and Cheese	\$4.80
Cheese and Tomato	\$4.80
Ham, cheese and tomato	\$5.00

### HEALTHY HOT FOOD

Plain Pasta	\$2.50 add cheese	\$3.00
Napoleatana Pasta	\$3.00 add cheese	\$3.50
Beef Lasagne		\$5.00
Macaroni Cheese		\$5.00
Pizza Slice	\$4.50 (hawaiian or margarita)	

### WINTER ONLY –

chicken noodle soup	\$1.00
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### DRINKS

Nippys Choc or Strawberry Milk	\$3.00
Orange juice	\$2.50
Water	\$2.00

Burritos contain chicken, capsicum, spices, grated cheese and sour cream

**ONLY AVAILABLE THURSDAYS**

### THURSDAY SPECIAL

#### CHICKEN BURRITO

\$5.00