



# Mill Park Primary School

## Newsletter

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ISSUE 24  
10th Aug 2017

Our vision is to be a dynamic school, promoting integrity, life long learning and the attainment of excellence

Excursion Payments - PLEASE NOTE  
NO PAYMENTS WILL BE ACCEPTED  
AFTER THE DUE DATE.

- Year 4 Minecraft Incursion \$12 due 16th August
- Selected Students District Athletics \$8.50 due 16th August
- Year 1 Games and Dinner \$23.50 due 17th August
- Year 6 Water Safety Program \$23 due 18th August
- Year 2 Sleepover \$15 due 18th August

ENROL PREPS NOW FOR 2018

### Coming Events

- Aug 14 Year 1 Wild Action Incursion
- Aug 15 ICAS Testing - Mathematics
- Aug 15 Year 3 Swimming
- Aug 16 After School Chess Program
- Aug 17 Year 5 Water Safety
- Aug 18 H4 Mill Park Library Excursion - R'Orchestra
- Aug 21 Year 4 E5 & E6 Minecraft Incursion
- Aug 22 Year 4 E7 & E8 Minecraft Incursion
- Aug 22 Year 3 Swimming
- Aug 23 Selected Students Bundoora District Athletics
- Aug 23 After School Chess Program
- Aug 24 Year 6 Water Safety
- Aug 25 Year 1 Games and Dinner Night 4.30pm-7.30pm
- Aug 25 H5 Mill Park Library Digital Technology
- Aug 29 Year 3 Swimming
- Sept 1 Year 2 Sleepover
- Sept 1 Yr.6 Graduates, Sports & Special Groups Photo
- Sept 13 Year 5's Try-On Day of 2018 Commemorative Garments

## FROM THE PRINCIPAL'S DESK

### FiSH PHILOSOPHY

You may have noticed the 'Fun With FiSH' display in the Acacia Building.



The FiSH philosophy was modelled after the Pike Place Fish Market in Seattle. It is a technique to make happy individuals alert and active in the workplace. John Christensen created this **philosophy** in 1998 to improve 'organisational culture'.

The FiSH philosophy is made up of four principles:

**Choose Your Attitude:** If you look for negativity you will be sure to find it. Empower yourself to respond to challenges and problems in a constructive and positive way. Celebrate success and sit back; you will see the energy this can bring to a workplace. How do you start your day? When you get dressed every morning, 'put on' your attitude. There are dozens of small things you can celebrate everyday. Where do you invest your energy? Attitudes are contagious. Is yours worth catching?

**Make Their Day:** People complain about being too busy to stop and think about someone else. When thinking about this principle, remember to keep it simple. You might just start with smiling at someone you don't know very well.

### School Council Meetings in 2017

15th August, 19th September, 17th October, 21st November, 12th December (if required).

Finance & Fundraising; Buildings & Grounds; Education & Policy; Community Building & Relations Committee  
Meetings - 12th September  
OSHC - TBA

Turn an everyday encounter into a pleasant experience for someone. Your kindness, patience and thoughtfulness will be returned. You might even enjoy making someone's day! Look at grumpy people as a challenge. What will bring a smile to their face?

**Be Present:** Many of us need to practice this. With so many demands on our time, we often put 'being present' way down on the list of priorities. When was the last time you were completely in someone else's moment? This principle means you are focused, listening and even empathising with someone, not typing or making coffee at the same time. Do you have the ability to understand the private world of another person as if it were your own? Are you just going through the motions or are you present at work?

**Play:** Play is not about games or toys; it is about your state of mind. Being creative in your problem solving. Encouraging people to dare to dream. How can everyday tasks be made fun and challenging? Play energises you and the people around you. What does this mean in terms of productivity for your team? Any job can be boring if you make it boring. Our staff have displayed the FiSH messages around the school as a reminder to be positive and find something wonderful in every day.

### SCHOOL EVACUATIONS

Throughout the school year we conduct a number of evacuations to ensure our students, staff and visitors are well informed in case of an emergency. There are six evacuation procedures for Mill Park Primary School:

- **Shelter In Place School Evacuation:** All year levels to Multipurpose Room.
- **External School Evacuation ONSITE:** Evacuation to Oval or the Car Park
- **External School Evacuation OFFSITE:** Evacuation to Dr Harry Jenkins Park (Mill Park Drive/Child Road) or Coventry Crescent Park
- **Out to In Disaster/Threat (Lunch/Recess):** Entry into nearest School Building
- **Lock Down:** Remain in classroom or entry into nearest School Building
- **Staff after school evacuation**

The procedures and maps detailing entry/exit points are clearly displayed within each room at the school and students are encouraged to remain calm and follow their teacher's instructions. Evacuation training will continue throughout the year.

### BABY NEWS



Congratulations to Mrs Jacqui Gosling and her husband Dave who are expecting the birth of their third child in January 2018.

### PARENT OPINION SURVEY

Parents who received a request to complete the 2017 Parent Opinion Survey are reminded to please do so by **Sunday, 27th August 2017**. Thank you in anticipation.

### BUNNINGS BBQ

Congratulations to the PFA who ran a successful BBQ at the Mill Park Bunnings last Saturday. I extend a sincere thank you to parents and staff helpers who supported this fundraiser by offering their time and energy. Well done everyone!



### THANK YOU

Principal's Day which was celebrated on 4th August was made very special by the school community. Sincere thanks to all staff, students, parents and the PFA for their warm wishes and acknowledgements. A particular highlight was a 'flower pot' theme from all our year levels with amazing hand painted designs on the pots, as well as the whole school assembly where the Mill Park Singers sang beautifully. Our Assistant Principal, Ms Carol Vidmar, and I were thoroughly spoiled with a special lunch organised by the staff. Thank you to the Mill Park Primary school community – we love what we do and don't look for accolades, however, it's nice to be acknowledged on Principal's Day!



I leave you with a quote from Stephen C Lundin's FiSH book, 'As you enter this place of learning please **choose** to make today a great day. Your colleagues, students, team members, and you yourself will be thankful. Find ways to **play**. We can be serious about our work without being serious about ourselves. Stay focussed in order to **be there** when your students and team members most need you. And should you feel your energy lapsing, try this sure-fire remedy. Find someone who needs a helping hand, a word of support, or a good ear – and **make their day!**'

**Lu Alessi**  
**Principal**

## FROM THE ASSISTANT PRINCIPAL'S DESK



Last Friday was Principal's Day and boy did we get spoilt! Thank you to everyone who made the day very special for Mrs Alessi and I- with lots of well wishes, flowers, gorgeous hand painted pots with plants from our students and a beautiful lunch organized by the staff. I feel very privileged working at our school and lucky to be surrounded by so many kind and generous students, staff and parents.

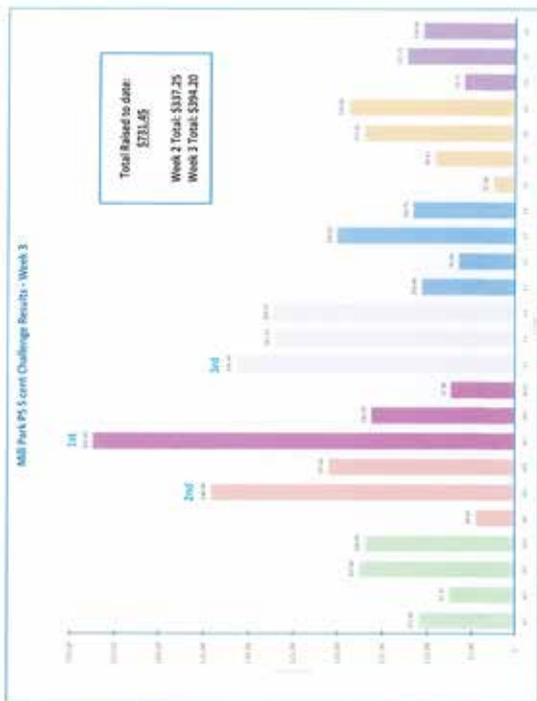
### PFA NEWS

Second week in our 5c Drive and the response has been fantastic again!



Please keep sending your loose coins to your child's classroom, jars will be counted every Friday.

Last week's winning class was W7 once again, followed by W6 and then closely behind E2.



Weekly winners will be announced at each assembly on Friday and graphs displaying the amounts raised by each class will be shown in all classrooms- so start collecting today!

### Woolworths Earn and Learn

Please collect any Woolworths Earn and Learn Stickers if you shop at Woolworths. We have a collection box at the school office for completed sheets and also at the Stables Shopping center. Earn and learn sticker sheets were sent home earlier this week.

### PFA Bunnings BBQ!



Last Saturday the PFA held the Sausage Sizzle at Bunnings in South Morang. I would personally like to thank all the parents and staff that gave up their time on Saturday to either prepare, cook, serve or clean up during the day! The atmosphere between the parents and staff was uplifting and everyone was so willing to help; it was terrific.

**A BIG THANK YOU** to the following people that helped make the day a big success!

Cathy Maisano, Aisha Latheef, Darren Symes, Christine Gale, Michael Harkness, Alina Freestone, Daniela Tosevska, Tryphena Cochrane, Vicki Michalopoulos, Vasanthy Surenthiran, Steven Edwards, Stephanie Bakopoulos and Angela Falso.

### Buildings and Grounds

Hopefully you have noticed the new mulch that was added to the playground equipment area near Higgs Ave. The volunteer funds that are paid each year go to things just like this. The playground areas are high maintenance areas, with the mulch regularly aerated to ensure it is soft and gentle for our students to land on. Keep your eyes out on the Veggie Garden too, our Year 5 and 6's Student Action Teams will be developing that area!



### Student Attendance



It's NOT OK to be away!  
It's COOL to be at SCHOOL!

**Remember that being at school and on time, every day, can improve student learning!**

Please make sure you continue to send a note if your child is going to be absent from school. Our goal is to ensure that we are able to significantly reduce any unexplained absences and encouraging our students to attend school. Remember that it is your responsibility to provide the school with an explanation for your child's absence.

If you are concerned about your child having to have a long term absence, please ensure that you contact the school and keep us informed.

Remember that everyday your child is at school they not only enrich their learning but also develop stronger relationships with their peers and feel connected with the school routine. These important factors help each child feel a sense of belonging to our school.



### Curriculum News

Asking your child questions helps to encourage deeper thoughts and develops curiosity.

By asking questions you can support your child to:

- Share their enjoyment of reading and writing.
- Develop a better understanding about the characters or topics.
- Develop a sense of empathy for others.
- Develop their values, attitudes and beliefs about the world.
- Broaden their experience and knowledge of the world.
- Foster their imagination.
- Consider the important points in what they are reading.

By getting involved in your child's learning, you will make a big difference to their future. A little bit today will help them to shine!

Have a great week, cuddle up and stay warm!



**Carol Vidmar**

**Assistant Principal**

## WELFARE NEWS

### Breakfast Club

We are still running Breakfast Club this term so come along on a Tuesday morning from 8.30am and enjoy a yummy breakfast in the Eucalypt Building.

### Resilient Kids Conference

This year's conference is being held on Saturday 9th September from 9am – 4pm at the Crossway Centre in Burwood East. The cost of the conference is \$69 and bookings are essential.

#### The speaking topics include:

- ◆ Tackling anxiety in young people
- ◆ Building resilience in children and teens
- ◆ Understanding and responding to self-harm
- ◆ Supporting the development of resilience
- ◆ Sexualisation of children
- ◆ Embracing ASD
- ◆ Pre-Teen adventure

#### The Presenters include:

- ◆ Hugh Van Cuylenburg – Educator and Founder of the Resilience Project
- ◆ Kate Johnson – Founder of Spectrum Journeys
- ◆ Sharon Witt – Author, Speaker, Educator on Adolescent issues
- ◆ Dr Michael Carr-Gregg - High profile psychologist and specialist in children/adolescents and parenting
- ◆ Michelle Mitchell – Author and Speaker, Founder of Youth Excel
- ◆ Melinda Tankard Reist – Author and Speaker, Advocate for girls

If you would like any further information about the conference go to [www.resilientkidsconference.com.au](http://www.resilientkidsconference.com.au)

#### Attention – information from 'Kids Sense'

##### What is attention?

Attention is the ability to obtain and sustain appropriate attention to a task. This can be influenced by motivation, self-esteem, sensory integration, practice, language difficulties and any existing diagnosis.

##### Why is attention important?

Effective attention is what allows us to screen out irrelevant stimulation in order to focus on the information that is important in the moment. This also means that we are able to sustain attention which then allows us to engage in a task for long enough to repeatedly practice it. Repeated practice is crucial for skill development. Attention also allows us to pay attention to the important details (e.g. in language: "do this, then...that before your brush teeth").

What are the building blocks necessary to develop attention?

- ◆ Sensory Processing
- ◆ Executive Functioning
- ◆ Self-Regulation
- ◆ Receptive (understanding) Language
- ◆ Auditory Processing difficulties
- ◆ Hearing impairment

- ◆ Learnt helplessness
- ◆ Limited motivation
- ◆ Environment

### How can you tell if my child has problems with attention?

If a child has difficulties with attention they might:

- ◆ Not attend to a task when required/requested to do so.
- ◆ Miss details in instructions.
- ◆ Repeatedly makes the same mistakes (due to not learning from past attention).
- ◆ Be unable to listen to all of the information presented.
- ◆ Find it physically difficult to either calm down (as they are too physically active) or to 'wake up' as they appear sleepy and lethargic.
- ◆ Begins a task but then gets distracted by something else and then 'forgets' to complete what was asked of them.

### What other problems can occur when a child has attention difficulties?

When a child has attention difficulties, they might also have difficulties with:

- ◆ Learning new skills.
- ◆ Successful social interaction.
- ◆ Learning and broadening a repertoire of play skills.
- ◆ Inability to follow instructions.
- ◆ Receptive (understanding) language.
- ◆ Auditory processing (accurately understanding verbal information)
- ◆ Hearing.

### What can be done to improve attention?

- ◆ **Repeat instructions:** When you have given an instruction to a child, encourage them to repeat it back to you to ensure that the child has grasped/understood what is expected.
- ◆ **Sensory Integration therapy:** To addresses attention difficulties that are sensory in nature.
- ◆ **Eye contact:** Get close to the child to ensure they are able to hear you and see your face; get down to their level.
- ◆ **Simple language:** Use clear, specific language when making requests and, if necessary, show them what you want them to do.
- ◆ **Reduce background noise and distractions:** To help a child maintain attention long enough to grasp the information required to complete a task.

- ◆ **Develop Receptive Language:** Improve your child's receptive language (i.e. understanding of language) so that they are better able to understand expectations and information and are therefore better able to respond to information.

Enjoy the remainder of the week! 'You get lost in life when you are always doing things in urgency. Find a moment of **STILLNESS**; give your heart a chance to tell you where you really need to be'- taken from 'Gentle Reminders' by Dodinsky.

**Kelly Spurr**

**Welfare Coordinator/Leading Teacher**

## ENTERTAINMENT BOOK

**Hurry only 2 books left.** Enjoy thousands of up to 50% off and 2-for-1 offers from the best restaurants, hotels, activities, travel and more. Get your book today for only \$70 and help Mill Park Primary to fundraise for the students.

**Angela Falso**

**Business Manager**

## STUDENT BANKING

**Congratulations to Jai W6, Angelina W7, Aleisha E6 and Sophia E7.** Please come to the office to collect your reward.

**Vivian Gulia**

**Student Banking Coordinator**

## FOUNDATION CELEBRATION OF 100 DAYS OF SCHOOL

On Wednesday 2nd August, the Foundation students celebrated 100 Days of Learning!

To commemorate this very special day, all of the students and teachers dressed up as if they were 100 years old.

To begin the day, we started with a lolly hunt where the lollies were individually numbered from 1 to 100. When they were found, they were placed on the classroom counting chart and shared out at the end of the day.

In the morning, all of the Foundation students got together for a parade where they were able to showcase their outfits. When they returned to their classrooms, they participated in a variety of team building and S.T.E.M (Science, Technology, Engineering and Mathematics) based activities such as: build using 100 pieces of Lego, create a structure with 100 cups and make a number line using 100 number cards.



After lunch, the students rotated between all of the Foundation classes and completed a craft activity based on the 100 theme. The activities included making paper chains using 100 links, painting a gum machine with 100 gum balls in it, creating 100 year old portraits of themselves and making a 100 days of learning crowns.

It was an amazing day and we're not sure who had the most fun; the students or the teachers?

**Vanessa Fasulo, Stephanie Bakopoulos, Stacey Bilchouris and Joanne Wharton**

**Foundation Teachers**

## SPORTS CORNER

### Divisional Tee Ball Championships – Mill Park heading Regionals!

Our Tee Ball girls were too strong at the Whittlesea Divisional Championships held at the YMCA Softball Complex in Mill Park. All parts of the team's game from defence to offence were unmatched and on 17th August the following girls will be tested again at the Northern Regional Championships.

**Dayna, Afua, Paige, Katia, Nikita, Kya, Erin, Isabel, Mihaad, Kiara and Naomi**



#### Year 5 and 6 Basketball news

This past Friday the following students competed against 6 other schools at the Bundoora District Basketball Tournament. All teams had wins and played with great sportsmanship and team-work.

**Kristian, Sam, Max, Charlie, Bailey, Alexander, Tayyab, Nathan, Izaak, Nicholas, Aryan, Amon, Andy, Grady, Katia, Keely, Holly, Dayna, Erin, Maddison, Amalie, Paige, Charli, Naomi, Toni, Emma, Muna and Kya**

A massive thank you to all the parents that attended and cheered on our teams throughout the day and especially to Mr Beradi, Mr Smith and Mr Dionis for coaching 3 out of the 4 teams!!!!

#### Running Club News

Last week was the official start of the Mill Park Running Club that was open to students in **Years 4 to 6 (capped at 50)**. **The club is held every Wednesday morning from 8:00am to 8:45am** and run by Jonathan Martin (parent) and Jason Gray. Although just the first week, the kids have learned a lot about proper running techniques and different types of stretches to facilitate strength and elasticity in the muscles.

#### District Athletics

This week training officially starts for members of the District Athletics team.

**Monday before school - Shot Put and Discus**

**Wednesday before school – Running Club**

**Friday before school – 4x100m Relay teams**

**Friday after school – Hurdles**

**Friday Lunch – High Jump**

Sincerely,

**Jason Gray**

**PE Teacher/Sports Coordinator**

## READING MATTERS

What a wonderful surprise to come back from a week on Norfolk Island to find my pigeon hole and my desk loaded with completed Challenge forms. We currently have 320 students completed and I am sure by the end of today there will be many more. There are only 3 weeks until the Premier's Reading Challenge is over for another year. We are so close to having everyone complete the Challenge for the seventh year in a row. Come in out of the cold. The library is open at lunchtime every day of the week. There is a tub of PRC Books next to the heater. Grab one, read and write it down, I will add it to your list. Goals set early in the year are hard to maintain as the year goes on but we are almost there and the sense of achievement will be amazing for all.

### PREMIER'S READING CHALLENGE

Please bring your completed sheets to my office (Eucalypt building next door to E8) so that I can update the data. As the Premier's Reading Challenge is part of our Literacy Program it is therefore compulsory for each child to enter. **Home Reading books are not on the list so please borrow from the tub in the library.**

The website for the Premier's Reading Challenge Book list is [www.education.vic.gov.au/prc](http://www.education.vic.gov.au/prc)

### OVERDUE BOOKS

Overdue notices will go home tomorrow (Friday). I still have books overdue from Term 1 and now Term 2. Please look through your bookcases, under beds, in the car for these missing books. If yours is highlighted then these books have been missing for quite a long time. The library is open from 8.30am – 3.45pm. Students may return and borrow during that time. So there is no excuse for an overdue book.

Happy Reading

**Sharon Turner**

**Library Booked**

## PARENTS & FRIENDS ASSOCIATION

### FUNDRAISING CALENDAR – Term 3

#### 5 cent Challenge

#### Father's Day Stall

The PFA extends our thanks to all of the parents that helped at the Bunnings BBQ on Saturday and to those that came along and purchased sausages. The day was a great success and your support was most appreciated.



The Parents and Friends Association meet on the second Tuesday of each month in the Community Room.

These meetings are open to all parents and guardians, grandparents and interested members of the School Community.

Our next meeting will take place on **Tuesday 15th September at 9.05am in the Community Room.** We hope to see you there!

**Christine Gale**

**PFA Secretary**

Mill Park Pre-School



**Taking Enrolments**

**For**

**3 year old and 4 year old  
Kindergarten at**

**Mill Park Preschool**

**Please contact: 9404 2623**

Rear 7 Mill Park Drive  
Mill Park Victoria 3082

## Citizenship Awards



### Term 3 Week 4

#### Foundation

**Waratah 1: Marko**

**For demonstrating the value of Respect.**

**Waratah 2: Thomas**

**For demonstrating the value of Compassion.**

**Waratah 3: Peter**

**For demonstrating the value of Compassion.**

**Waratah 4: Summer**

**For demonstrating the value of Excellence.**

#### Year 1

**Waratah 5: Sienna**

**For showing the value of Respect.**

**Waratah 6: Samani**

**For showing the value of Compassion.**

**Waratah 8: Sidney**

**For demonstrating the value of Respect.**

#### Year 2

**Waratah 7: Mohamed**

**For demonstrating the value of Integrity.**

**Waratah 9: Emily**

**For demonstrating the value of Integrity.**

**Waratah 10: Lucas**

**For demonstrating the value of Excellence.**

#### Year 3

**Eucalypt 2: Fraser**

**For demonstrating the value of Compassion.**

**Eucalypt 3: Alex**

**For showing the value of Integrity.**

**Eucalypt 4: Serena**

**For showing the value of Excellence.**

#### Year 4

**Eucalypt 6: Britnie**

**For demonstrating the value of Respect.**

**Eucalypt 7: Eleisha**

**For demonstrating the value of Integrity.**

#### Year 5

**Hibiscus 1: Teresa**

**For displaying the value of Excellence.**

**Hibiscus 2: Jennifer**

**For displaying the value of Excellence.**

**Hibiscus 3: Raymond**

**For demonstrating the value of Integrity.**

**Hibiscus 7: Keerthana**

**For demonstrating the value of Respect!**

#### Year 6

**Hibiscus 4: Jazmine**

**For demonstrating the value of Respect.**

**Hibiscus 5: Bindee**

**For demonstrating the value of Respect.**

**Hibiscus 6: Jesse**

**For demonstrating the value of Integrity.**

## Learning Awards



### Term 3 Week 4

#### Foundation

**Waratah 1: Jax**

For working well as a team when he was doing his Mass rotations.

**Waratah 2: Wendy**

For trying her very best during Maths sessions.

**Waratah 3: Nehara**

For trying his best during all reading rotation activities.

**Waratah 4: Ilias**

For a wonderful holiday journal.

#### Year 1

**Waratah 5: Zaid**

For excellent working adding 3.

**Waratah 6: Jai**

For improving his confidence in Writing.

**Waratah 8: Max**

For fabulous Number Partners.

#### Year 2

**Waratah 7: Brooklyn**

For learning rules to help her spell words.

**Waratah 9: Ashley**

For a great effort with counting in Maths.

**Waratah 10: William**

For completing great work on "groups-of" in Multiplication.

#### Year 3

**Eucalypt 2: Jenaan**

For demonstrating the excellence in all learning areas.

**Eucalypt 3: Olivia**

For being a dedicated learner

**Eucalypt 4: Issie**

For her excellent work during Maths rotations.

#### Year 4

**Eucalypt 6: Zimo**

For her hard work with multiplication in maths.

**Eucalypt 7: Fouad**

For being a good team member during Reciprocal Guided Reading.

#### Year 5

**Hibiscus 1: Sibell**

For great commitment to her project work.

**Hibiscus 2: Kholoud**

For excellent project work.

**Hibiscus 3: Tharinie**

For putting an excellent effort into her work.

**Hibiscus 7: Harrison**

For always striving to improve himself in LDG's.

#### Year 6

**Hibiscus 4: Rishant**

For his excellent work during Literature Discussion Groups.

**Hibiscus 5: Daniel**

For excellent writing strategies.

**Hibiscus 6: Suraka**

For always applying herself in Maths.

## Year 3 Swimming Program



The Year 3 Swimmers have had an amazing time at TRAC in Thomastown over the past three weeks. As representatives of Mill Park Primary School, the Year 3s showed great respect to the patrons in our community and worked extremely well in their swimming groups. They practised a whole range of skills, from floating, torpedos, freestyle, backstroke and breaststroke.

Here are some statements from the students in E4 talking about this great experience.

Yanni: 'It was really fun and challenging'.

Wyatt: 'I liked doing dives at the end of the lesson'.

Thomas: 'I liked jumping in the water'.

Ryan: 'I liked learning how to do a tumble turn'.

Himanish: 'I liked doing torpedos'.

Josh: 'I loved doing the pin drop in the deep end'.

Luxman: 'I liked that we learnt new skills like: freestyle and backstroke'.

Kennan: 'I liked jumping in the deep end and swimming'.

Owen: 'I liked jumping in the deep end'.

Our students who did not attend the swimming program also became experts in water safety. They studied the different places that could have water hazards for example: the beach, at home, lakes and rivers. They also had the chance to design their very own water park with all the necessary safety feature and awesome rides.

