



MOSSFIEL
PRIMARY SCHOOL

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No 2

NEWSLETTER

23 February 2017

THINK Excellence THINK Respect THINK Resilience THINK Community

MOSSFIEL SCHOOL COUNCILLORS

Brenda Fisher – President	Emma Bartlett	Andrew Graham	Coral Haynes
Simone Mullens – Vice President	Fouad Kerrout	Nick Mullens	Linda Wareham
Maureen Price – Exec Officer	Sue Said	Jason Simpson	Jenny Wilkins
Dennis Osborne- Treasurer	Linda Spencer – Minute Sec		

DIARY DATES

Tues	28 Feb		School Census Day – all students to be at school to be counted in our census
Tues	28 Feb		District Swim Sports
Thur	2 Mar		STUDENT FREE DAY – NO STUDENTS REQUIRED AT SCHOOL ON THIS DAY
Mon	6 Mar	6pm	OSHC meeting
Wed	8 Mar	7pm	School Council meeting
Mon	13 Mar		LABOUR DAY HOLIDAY
Tue	14 Mar		Easter Raffle tickets issued
Thu	16 Mar		Premiers Reading Challenge starts
Fri	17 Mar		Harmony Day
Tue	28 Mar		BBQ day
Tue-Thu	28 – 30 Mar		Parent-Student-Teacher Conferences
Thu	30 Mar		Easter Hat Parade
Fri	31 Mar	End 2:30pm	Last day Term 1 – Assembly 2pm – DISMISSAL 2:30pm
Mon	17 Apr		Easter Monday holiday – no school
Tue	18 Apr	8:45 – 3:05	Start Term 2

FROM THE PRINCIPAL

MOSSFIEL NEW VALUES

Our School Values are:

THINK Excellence **THINK Respect**
THINK Resilience **THINK Community**

One way that parents can build all of our 4 Thinks in their children is to encourage your child or children to become independent. Parents can teach their child to:

- pack his/her own bag,
- place the school bag at the class line before school and
- say goodbye to you at the line and letting them walk into class on his/her own.

SCHOOL COUNCIL ELECTIONS

This week you will have received a ballot paper for our School Council election. We have 7 parents who have nominated to be a school councillor and we have 6 places. Please mark 6 of our parents' names on the ballot paper, put it in the envelope and return to school asap. It is really important for all families to have a say, so please vote now before you forget!

STUDENT FREE DAY Thursday 2ND March

School Council has approved a Student Free Day on Thursday 2nd March.

NO students come to school on Thursday 2nd March.

Our staff are excited to be having a workshop presentation from David Hornsby focussed on developing Student Writing during the day.

FRIDAY FORTNIGHT ASSEMBLIES -2:30pm

Our Assemblies for the rest of this term will be on:

- ♣ Fri 3rd March
- ♣ Fri 17 March
- ♣ 2pm Fri 31 March – last day of term 1

BREAKFAST CLUB

Our Monday and Thursday morning Breakfast Club started this week. All students who are interested can come to the canteen between 8:15 and 8:35 to get a variety of food and drink items for FREE. We have received a government grant to pay for this for all Mossfiel students. Two of our school councillors Andrew Graham and Linda Wareham organise the Breakfast Club for our students. They would love to hear from any adults who can volunteer to help on either or both mornings.

*Keep Smiling
Maureen Price*

OSHC Program Student Free Day

Outside School Hours Care (OSHC) may run on Thursday 2nd of March if there is sufficient numbers. If you are interested in attending this Student Free Day please contact Bev Smith ASAP 0497 476 186. Our 2017 enrolment form must be completed before your child attends the OSHC program.

BBQ day Tuesday 28 March. Note will come home soon.

MATHLETICS

Mathletics is used worldwide by over 4 million students over 20 thousand schools.

Once again your child will have the opportunity to use the Mathletics program. Your child will receive log in details over the next couple of weeks. We encourage parents to participate with their children while undertaking Mathletics. Students can complete activities set by their teachers or participate in live Mathletics, whilst competing against other children all around the world. Students can receive certificates through their participation. Gold certificates will be awarded at each school assembly.

STUDENTS OF THE WEEK

Think Resilience Community Respect Excellence

56S	Joel	Community	Being inclusive of others and being a good classmate
	Joel, James, Dennis, Daniel, Marium, Sehar, Durga, Laura	Excellence	Showing confidence and nominating themselves for a leadership role
56G	Logan	Excellence	Trying his hardest in all subject areas
	Braydon	Excellence	Nominating himself for a leadership role
56M	Tylah, Abi, Chloe, Belinda, Hailey, Zak, Alex	Excellence	Nominating themselves for a leadership role
56D	Steven	Excellence	Completing his homework to a high standard
	Holly	Respect	Being very co-operative and friendly
56W	Zaman	Excellence	Always being on task in class and using class time effectively
	Sujal	Community	Being inclusive of others and being a good classmate
56H	Yar	Excellence	Always being ready to learn & asking for assistance when needed
	Alesa	Respect	Improving his listening skills
12F	Chase	Excellence	Being a hard working student who is always listening
	Hannah, That Kyi Moo, Yahya	Community	Settling into their new school
12C	Sienna	Excellence	Always listens and follows instructions
	Lily	Community	Helping others during group activities
12O	Amelia	Excellence	And excellent start to the new school year
	Bereaa	Excellence	Getting to school on time this week
12V	Brooklyn	Community	Fantastic effort in helping all of her peers
12M	Zeus	Excellence	A great start to Mossfiel
	Maw King, Sui, Anasimos, Emily, Tegan	Excellence	Being great role models in the classroom
12S	Charlotte Rose	Community	Great start settling into Grade 12S
	Elijah, Paw Lwe Say	Community	Great start at Mossfiel



QR CODES



This year, some communication with families will be via QR codes. These codes, when scanned will redirect your internet enabled mobile device to a website, picture, etc. Students will have a QR code scanner installed on to their iPads, although we suggest parents to have their own QR code scanner.

These can be downloaded for free through the Apple App Store or Google Play Store.

Werribee Secondary College Information Night

Werribee Secondary College will be holding a 2018 Enrolment Information Night on **Wednesday, 15th March, 2017** commencing at 7.00pm in the College Auditorium. Come along and find out what our College can offer your child. Information regarding the Select Entry Learning Program will be available. Contact us on 9741 1822 for further information or to book a tour of the College.

Helpful tips from Kidsmatter website <https://www.kidsmatter.edu.au/families>

Helping children cope

There are lots of ways you can help your child to cope during challenging or worrying situations. You might like to:

- **Listen and talk** to your child. Help them to identify their concerns or worries and acknowledge how they are feeling. For example, you could say, "it sounds like you are worried about who you will play with at school tomorrow." (For more information on active listening, see [Starting school: Understanding behaviour](#)).
- **Comfort** your child. There may be times when your child does not want to talk and just having a parent nearby engaging in a shared activity or giving them a cuddle is helpful. Reassure your child when they are feeling worried or unsure. For example, you could say, "it is a big playground but there is an area for just the little kids to play."
- **Demonstrate and model** ways that you cope with situations. For example, you could say, "I am going to take five deep breaths to help myself relax."
- **Prepare** your child for changes. Talk positively with your child about school, show them their new surroundings and do activities together that relate to starting school, such as reading stories about change.
- **Encourage help-seeking** by teaching your child when to ask for help. For example, your child could ask a teacher for help to open their lunch box.
- **Problem-solve** the situation with your child through a step-by-step process. (For more information, see [Starting school: Problem solving](#)).
- Encourage your child by talking positively about their attempts to cope.

Managing strong emotions

When faced with a difficult or challenging situation your child may feel angry, worried or perhaps distressed. It can be hard for them to think clearly at these times, and it makes communication and cooperation difficult. If your child is experiencing a strong emotion, it's important to acknowledge it and be nearby to support your child. You may also consider teaching your child strategies to calm themselves. There will be different strategies that help each child to feel calmer, and some children need more time and structure than others. Follow your child's lead to find out what helps them to feel relaxed.

Some suggestions include:

- counting to ten
- taking five deep breaths
- jumping on the trampoline
- going to a quiet place
- playing with toys.

Promote helpful ways of thinking

Another way you can help your child to cope is by helping them to begin to understand that how we think affects the way we feel and how we behave. This means that how we think also affects how we cope with a challenging situation. You can begin to teach your child that sometimes we have 'helpful' thoughts that make us feel and act in positive ways. Some examples of helpful thoughts include:

- "I drew a really good picture at school today."
- "This is hard to do, but it will get easier the more times I try it."
- "I can try my best."
- "I can always ask my teacher if I need help."

You can also begin to teach your child that at other times we have 'unhelpful' thoughts that can lead us to feeling negative or bad about ourselves or a situation and can stop us from doing what we want to do. Some examples of unhelpful thoughts include:

- "I can't do this."
- "No one will like me."
- "I won't be able to do it without Mum."
- "I'm stupid."
- "It's too hard, I will never be able to do it."