



87 Wilson Street
Moonee Ponds 3039
moonnee.ponds.ps@edumail.vic.gov.au
www.mpp.vic.edu.au
<https://mpp-vic.compass.education/>

Out of Hours School Care:

OSH Club : 0448 043 164:

MPPS Program

1300 397 735

Customer Service & Billing

Email:

mooneeponds@oshclub.com.au

www.oshclub.com.au

2019 Term Dates:

Term 4: 7th October - 20th Dec.

Dates to Note:

MVIMP Combined Concert- 14th Nov
Curriculum (Student Free) Day—18th
Nov.

Yr 2 Sleepover—28th Nov

Art Show & End of Year

Celebration – 12th Dec

Parent's Association Meetings

7.30pm in Sports and Performance

Centre (SPC)

21st November

Download our FREE Moonee Ponds
Primary School App now!

or

Register to receive the newsletter via :

<http://www.mpp.vic.edu.au/our-school/newsletters/>

Limited hard copies of newsletter
available at the office and OSH
Club

Check out the School app calendar for all your important dates!

PRINCIPAL REPORT

Italian Day was a great success! The student feedback about the day was extremely positive. It was amazing to see all the students and teachers dress up in the Italian theme and participate in the day's activities. A big thank you to Nancy Berardone for organising the event. On Wednesday 30th October, we had a group of students from Years 3-6 participate in a sustainability leadership program held with the support of CERES. Matt Burke and the students were looking at the schools waste, and ways to support our Green Team. Thank-you to Matt and the students involved for continuing to lead our School on our sustainable journey.

Thank you also Emma Grant, all the students and their families and teachers who supported the **Walk to School** initiative last month.

Up Coming Events

Moonee Vale Instrumental Program (MVIMP) Rehearsals
(30th Oct- 13th Nov)

MVIMP Concert (14th Nov- 7pm)

Student Achievements

Congratulations to Sascha Nelson who competed in the Triple Jump at the State Championships on Thursday 24th October. Sascha represented our school with pride and while he states he didn't have his best day we are still extremely proud of him and his sporting efforts!

Congratulation also to our chess players (pictured on page 3) who competed in the Victorian Primary Schools Chess tournament a few weeks back. From that tournament six out of our eight players will represent the school today in the Grand Final. They are: Sascha Nelson, Atticus Di Florio-Pulis, Henry Lamb, Edison Christov, Aiden Power, and Rhys Valentine. Good luck!

Hamish Keenan has also been nominated for the Pride of Australia award. The award promoted by News Corp requires nomination for inspiring others through dedication, initiative, courage or charity. Hamish was born with one arm and is determined to give every sport or pursuit a try. He loves creative writing, plays football, soccer and also has won gold at the State Swimming Championships. Well done Hamish, you are a great role model and we are extremely proud of your determination. You can check out some of the media on Hamish's nomination at the following websites:

www.heraldsun.com.au/news/victoria/pride-of-australia-young-sports-star-hamish-is-unstoppable/news-story/5ef37ba6d31ead979bcbbc3661bdf2573

<https://twitter.com/7newsmelbourne/status/1182923492091559939?s=21>

PRINCIPAL REPORT (Continued)

Curriculum Day

Our next Curriculum Student Free Day is scheduled for Monday 18th November. This day is part of the MPPS assessment schedule where teachers review assessment tasks, moderate student work and write reports. Please mark it into your calendars. OSHClub will be providing their services to assist families as well.

Foundation Transition and Whole School "Move Up" sessions

This Friday will be the second of the three formal transition sessions for our 2020 Foundation Class. During this time, the current Foundation students will continue to be participating in their transition to year 1. The parents will also be taken through a transition program in the library during this time. A reminder that the uniform shop will be open over these three Fridays from 9.30-11am. Next year there will be two foundation classes.

Students at other year levels will participate in four formal "move up" (transition) sessions beginning on Wednesday 20th November. These sessions focus on providing general information about the year level above and literacy & numeracy based information to assist students with the transition. It is important that children practice coping with new experiences and environments. This is reflected in 'optimism', one of our key school values. These sessions also support students to feel confident and minimise any anxiety they may feel as they make the transition to their next year level. We encourage you to discuss these sessions with your child/ren in the coming weeks. Also if there are any families who will be leaving the school could you please notify the office as soon as possible to arrange a transfer note.

Classes 2020 (repeated)

Class arrangements for 2020 are beginning shortly and any input parents wish to highlight needs to be in writing to the Principal by Friday November 8th.

While we cannot accommodate "teaching shopping - choosing or not choosing your teacher", we always strive to make the best possible placement for students.

There are many issues considered when classes are arranged:

- Dynamics of various groups
- Gender balance
- Academic needs
- Special needs of individual students

As part of the process for developing classes, students in years 1 – 5 will be asked to nominate five "learning buddies" that they hope to be in a class with in 2020. The school will then ensure that each student is placed with at least one of their nominated friends when creating the home groups. If this is not possible, the child/carer will be contacted by the school to confirm alternate arrangements.

Some issues for parents to consider if thinking about making a request include:

- Younger children have fluctuating friendship groups. This is a perfectly normal developmental stage so a request for a particular 'friend' may become less important over time—especially over the Christmas holidays.
- How will a request support our shared work on building resilience?

Again it is normal to feel apprehensive about moving classes or starting a new year. Students in Prep/Foundation, years 2 and 4 will participate in our 'Move Up' days later in the term. These sessions focus on providing general information about the year level above and literacy & numeracy based information to assist students with the transition. It is important that children practice coping with new experiences and environments. This is reflected in 'optimism', one of our key school values.

PRINCIPAL REPORT (Continued)

NAPLAN results

The school recently received our NAPLAN results; the staff and the School Council analyse these results and made recommendations for the future. I have completed an overview report of our schools results and progress, which, overall, were again positive. Included in this, are some of the data sets for our school community. This information is now available through the Parent Download section of the school website (www.mpp.vic.edu.au/our-school/community/). Remember the password is: 'mpps'.

eConnect (1:1 device program)

Students in Year 3 should have received the note regarding this program through Compass. Please see the office if you haven't received it.

The eConnect program is a non-compulsory 1:1 mobile device program for all students currently in years 4, 5 and 6. This program provides the opportunity for our students to enter a new world of curriculum possibilities, enhancing students' engagement and involvement in their learning by having their own mobile device to take to class and home each day. As discussed, all Year 3 students will have received their note inviting them to be a part of this program for 2020. These details can also be found at: <http://www.mpp.vic.edu.au/our-school/community/> (Password: mpps).

Matthew Bott
Principal

CHESS PLAYERS



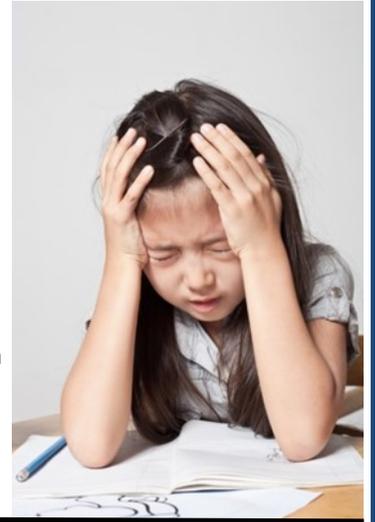
Respect Optimism Care Collaboration

STRESS & THE GROWTH MINDSET

Often it is not stress that causes anxiety, but our reaction to stress that can be the problem. Below is an article that explains stress and our reaction to it in the context of exams. *This article applies not only to exams but any events where we experience anxiety.* Developing a new mindset to help us cope and more importantly thrive in these situations is part of our school's strategic focus on developing resilience and building growth mindset.

Have a read! If you have any questions or concerns about supporting your child with managing stress, talk to your class teacher, let Matt or me know or speak with your GP.

Rebecca McMahon



Don't calm down! 4 ways to harness anxiety

Two-thirds of young people experience levels of exam stress that mental health organisation ReachOut describes as "worrying". Research shows high levels of exam stress can interfere with attention and reduce working memory, leading to lower performance. Early experiences of anxiety and stress can also set a precedent for mental-health problems in adulthood.

But how we see stress can actually make a difference to the way it affects us. Research shows if we believe stress is a helpful response that will increase our performance in a challenging event, it can be a tool that works to our advantage.

From good stress to bad stress

Stress is a normal experience when we have a challenging event. We can experience stress when learning something new, starting a new job or being in a race. Our experience of "stress" is actually our body getting us ready to take on the challenge. [A stress response is helpful as it can increase oxygen to the brain and improve attention, focus, energy and determination.](#) The runner in a race needs to be "stressed" to compete successfully. The young person sitting in an exam room needs it too.

Studies show people who are clear about their feelings are more likely to thrive on anxiety and stress and possibly use these to achieve their goals and find satisfaction at work. **Stress and anxiety can work for you. But they become bad when we evaluate events as a threat rather than a challenge and when we believe we don't have enough resources to cope.**

Exams are often treated as a threat because there is potential harm or loss related to our self-worth, identity, and commitments, goals and dreams. If we fail, we think we are a failure and we may never get the future we had hoped for. Our whole life is at stake.

How do we make stress good?

To put it simply, stress can be good if we believe it's good. It'll work for us if we develop a mindset that stress helps our performance, health and well-being (rather than seeing it as debilitating).

In a study from the United States, one group of young people were given information about stress before sitting an exam. The reading material explained stress was not harmful, but that it had evolved to help us cope and perform better. Another group were told to just ignore stress and suppress their emotions. Researchers found the first group performed significantly better in the exam (average five marks improvement) than the group who used the ignore-and-relax approach. In another study of exam stress, students who saw stress as an opportunity and used it for self-growth had increased performance and decreased emotional exhaustion. But students who saw stress as a threat showed decreased effort and performance. These studies didn't examine how to eliminate exam stress. Instead they examined a change in the way students responded to it. Here are some tips for you use stress to your advantage.

Four ways to make stress work for you

1. Read your body differently

Start to read your stress response as being there to help you prepare for the challenge. Instead of seeing it as a threat, try to see it as a coping tool. When you are experiencing stress, you can say to yourself:

I am feeling a little uncomfortable; my heart is beating faster, but my body is getting me ready to compete.

2. Reframe the meaning of the event

Rather than framing exams as a threat, try to frame them as a challenge. Part of the reason they are seen as a threat is because your whole future, identity and worth appear to be at stake. This is not true. Exams are one very small part of your life that does not decide your whole future.

There are always other options, different pathways and opportunities. Vera Wang failed to get into the Olympic ice-skating team and became a world famous dress designer. Sometimes the path we imagine looks a little different.

Not all journeys are straight, and the best ones can have diversions.

3. Accept stress and negative emotions

Some common ways people approach stress is to try to relax, ignore stress and try to reduce it. These approaches actually reinforce that stress is "bad" rather than accepting it as a natural and helpful response. These approaches also lead to poorer performance and emotional exhaustion.

Rather than ignoring the emotions, it's better to feel them, accept them, and then try to use them to your advantage. You can say to yourself:

I feel this way because this goal is important to me, and my body is responding this way because it is getting me ready to perform.

4. Add to your resources



Clearly, changing your mindset is only helpful if you have the resources to cope. It would be like an athlete who is about to compete but has not trained. Put time into study, study in different ways (read, write ideas in your own words, talk about the ideas, draw them) and give yourself time to practise these ideas. When you have done this, your stress response then draws on these resources.

Stress will always be present in our lives as we take on new challenges and grow as a person. When we see low-level stress as a threat it becomes one. It becomes a red flag that we are not coping, that these feelings are wrong and we should retreat. This is not true.

However, if you are feeling severe stress and anxiety in different settings and for an extended period of time you should see your GP and get support.

Mandie Shean, Lecturer, School of Education, *Edith Cowan University*

Invitation to Moonee Valley Primary Schools

Design a decoration for display at Carols in Queens Park 2019!

Dear Principal,

Carols in Queens Park is Moonee Valley City Council's flagship Christmas celebration event held in the stunning surrounds of Queens Park, Moonee Ponds. This much-loved event presents an afternoon and evening of celebration with programmed entertainment and free children's activities.

This year, we would like to invite your students from your school to participate by designing a decoration to celebrate the holiday season.

WHAT IS THE DECORATION PROJECT?

We have included a circular decoration template in this pack.

You can photocopy this template for your students, or contact us for an electronic version

Students can draw or paint a decoration design onto the circle.

Teachers can collect the finished designs and return them to Moonee Valley Council in the self-addressed envelope provided

Return your designs by Friday 15 November

Students' designs will then be specially printed and hung at two locations:

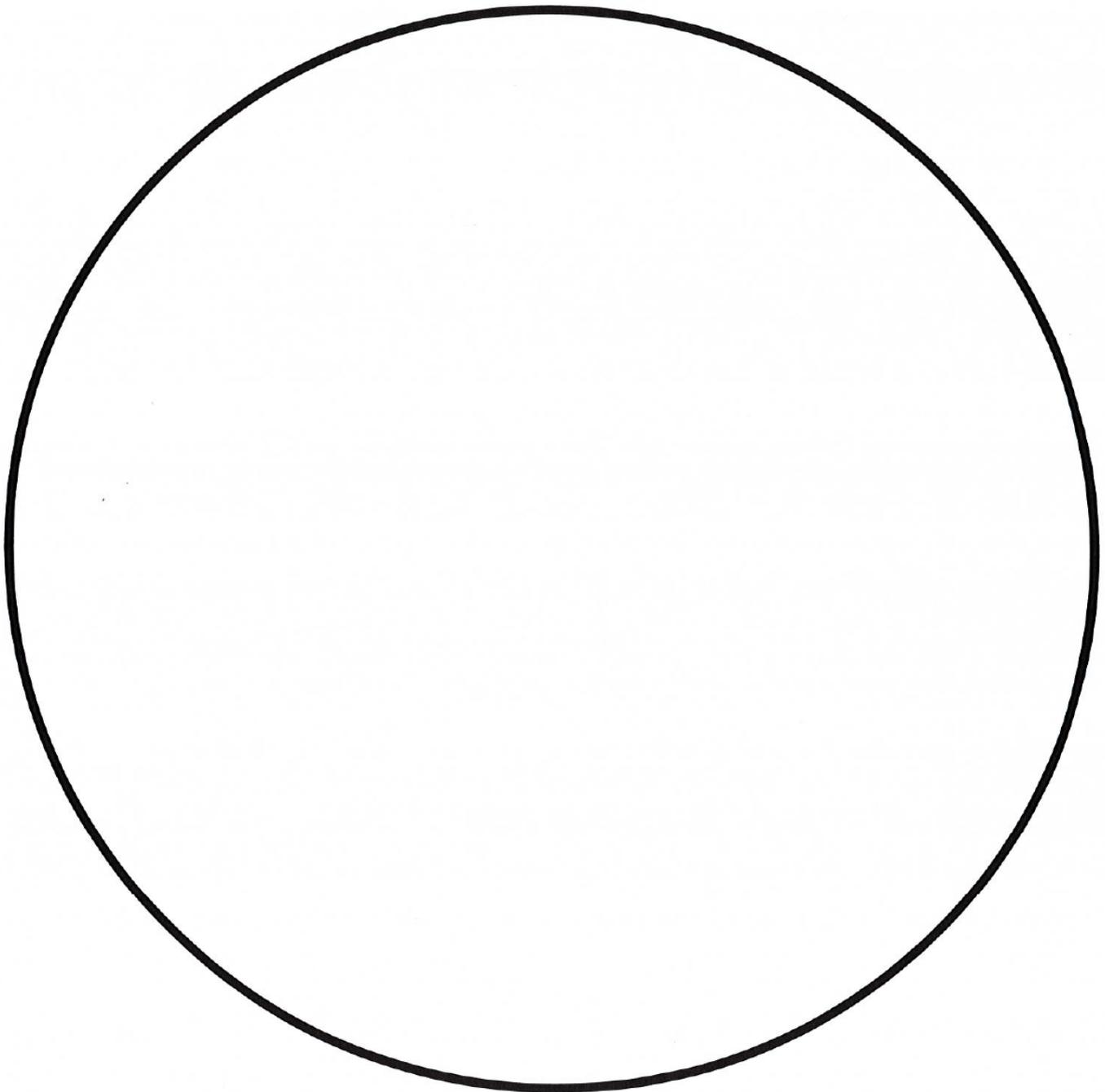
- The Christmas Tree on Mount Alexander Road
- On the front of the stage at Carols in Queens Park on Saturday 7 December

Schools participation in the project will be acknowledged on the stage.

For more information about Council's Decoration Design Project, or other visual art programs at Council email incinerator@mvcc.vic.gov.au or call 03 9243 1750

Paint or draw your decoration design in the circle.

Your drawing can reflect your favourite thing about holidays or Summer.



LEARNING STAR AWARDS—30/10/2019



Learning Star...	Name	Reason
Foundation A - Melanie Woods	Hayley Cocks	For writing a very thoughtful thank you card to Nancy! Well done!
Foundation B - Alice Hargreaves	Zara Susler	For always trying hard!
Foundation C - Leigh Richardson	Spencer Hutchison	For developing great editing skills!
1/2 A - Matt Burke	Eli Megalla	For putting a lot of effort into achieving his writing goals. Great work!
1/2B Mae Risson	Mia Ristig	For completing some fantastic work with clocks and working hard to understand time.
1/2 C - Holly Coleman	Emily Harry	For writing a fantastic persuasive text.
1/2 D - Jenny Clark	Alessia Gangemi	For trying hard to remember and follow the structure of a persuasive text.
1/2 E - Antony Brock	Aryan Hossain	For the amazing passion, hard work and knowledge that you bring to every maths class.
1/2 F - Maegan St Lawrence	Nina Cartwright	For working hard to solve her problems at lunchtime in a more positive way and trying hard to understanding other people's point of view.
3/4 A Nicole Macrae	Nadya Goonetilleke	For crafting an imaginative short narrative using interesting word choices to engage her reader
3/4 B David Kiddle	John Giannarakis	For working hard to recise his writing.
3/4 C Candice Ryan	Avery Hutchison	For included short, sharp sentences in her writing to engage her readers.
3/4 D Lee Pregnell	Rhys Valentine	For his focused approach when constructing his fraction walls.
5/6 A - Libby Haigh	Annie Nightingale	For showing greater team work and preparation for your debate.
5/6 B - Chris Mizis	Anna Dona Doni	For being a collaborative and caring buddy when working with her buddy class.
5/6 C - Stef Lipoma	Archie McGregor	For presenting a strong debate with supporting arguments.
Italian Nancy Berardone	Gracie Senior	For wanting to challenge herself further in Italian. Brava!
	Isabella Brockman	For wanting to challenge herself further in Italian. Brava!

ROCC STAR AWARDS—30/10/2019



ROCC Star...	Name	Reason
Foundation A - Melanie Woods	Mahlia Stewart	For showing respect in the classroom by not
Foundation B - Alice Hargreaves	Eloise Bunton	For showing respect and optimism.
Foundation C - Leigh Richardson	Annabel Mezo	For showing great enthusiasm for Italian Day!
1/2 A - Matt Burke	Xavier Ferraro	For being a respectful classmate and collaborating well with others.
1/2B Mae Risson	Zoe Pham	For always demonstrating care towards her classmates and being a respectful learner.
1/2 C - Holly Coleman	Solomon Knight	For showing optimism by always having a go and trying his best.
1/2 D - Jenny Clark	Cohen Talko	For trying to be more collaborative when working with a partner.
1/2 E - Antony Brock	Anita Diao	For working at your friendships – being a kind friend and being brave to make new friends.
1/2 F - Maegan St Lawrence	Owen Lamb	For is great improvement in handwriting. Owen has worked hard to form his letters correctly and improve his spelling. Well done!
3/4 A Nicole Macrae	Declan Myers-Stewart	For continuing to show respectful behavior and focusing on his learning in class.
3/4 B David Kiddle	Luke Leventis	For being supportive and encouraging when giving feedback.
3/4 C Candice Ryan	Henri Davis	For working productively in the classroom and showing active listening.
3/4 D Lee Pregnell	Ambre Coruble	For the care she shows when looking after Bubbles.
5/6 A - Libby Haigh	Deylan Stopford	For supporting and encouraging your debate team.
5/6 B - Chris Mizis	Charlotte Siega	For learning how to deal with tricky friendship situations by applying appropriate strategies.
5/6 C - Stef Lipoma	Adrian Stamatov	For demonstrating the will to challenge himself in all tasks.
Italian - Nancy Berardone	Kila De Busch	For being a great role model to younger students on Italian Day. Fantastico!

Respect Optimism Care Collaboration



Hello Everyone !

As you may already be aware, we will be open for the curriculum day on the 18th of November. Places are filling up fast, so please book in advance so we can organize adequate staff-to-ratio for that day

Last Thursday, Anna & Gracie S presented the Oshclub and MPP sustainability award. We awarded the 'Oshclub Chicken Staff' Jemima McClelland, Sofia Jancovski & Charlotte Siega for their initiative and dedication in taking care of the school yard and spending each afternoon creating rosters, sweeping gardening & teaching their peers of how to take care of the chickens and yard. They are great sustainable role models, Well done girls!!



Safety around schools

Providing safe school zones for all children



Keep children safe in a school zone by:

- walking or cycling to school to decrease traffic congestion
- adhering to the 40km per hour zone when travelling in an operated school zone
- checking the restrictions set by the regulations and parking signs in the area and abiding by them
- not stopping or parking illegally – these actions will be noticed and infringements will be issued by Council.

You should:

- always let your child out on the kerb side of the road
- never call your child from across the road – teach them to wait until you walk over to get them or to use the school crossing

- talk to your child about what they should do if you are not there on time.

A children's crossing is a legal crossing when two flags are in place.

Teach your child to:

- always stand one step back from the kerb
- wait for the Crossing Supervisor to go out onto the crossing and blow their whistle (two short blasts), then cross the road
- not ride bikes, bounce a ball, fight, muck around or run across the crossing
- always stay within the lines of crossing and walk in front of the supervisor (never behind them)
- always be alert and listen to what the Crossing Supervisor says.

Parking near a school.

- Do not park on or near a school crossing
- Do not double park and let your child out on the road.
- You cannot stay in the drop off/pick up zone for longer than two minutes or you will be issued with an infringement.

Make sure your child is waiting in the zone before you arrive

Infringements

Council regularly patrols schools as part of our School Crossing Program. Council will issue infringements to anyone who does not obey signs or regulations. Infringements can be affixed to the vehicle or posted to the registered owner of the vehicle.

Offence	Offence description	Fine
Stopped in a 'no stopping' area	Drivers cannot stop, even briefly.	\$165
Stopped in a bus zone	Only public buses can stop here.	\$99
Parked for period longer than indicated	This is when you have overstayed the time limit indicated on the sign.	\$83
Stopped in a parking area for people with disabilities	You need a special disabled parking permit to park here. The permit number and expiry date must be visible from the outside.	\$165
Stopping on or near a children's crossing	A driver must not stop on a children's crossing, or on the road within 20 metres before, or 10 metres after the crossing.	\$165
Stopped on a footpath	You cannot leave your car standing on a footpath, it obstructs the path of pedestrians and is also very dangerous.	\$99
Stopped on or across a driveway or other way of access	No part of your vehicle can be parked or stopped across a driveway or other way of access.	\$99
Parked/stopped on a nature strip	A driver must not stop on a nature strip as it can obstruct the view of oncoming traffic and cause damage to infrastructure.	\$99

Updated October 2019

Moonee Valley Language Line

العربية	Arabic	9280 0738	Ελληνικά	Greek	9280 0741	Español	Spanish	9280 0744
廣東話	Cantonese	9280 0739	Italiano	Italian	9280 0742	Türkçe	Turkish	9280 0745
Hrvatski	Croatian	9280 0740	Somali	Somali	9280 0743	Việt-ngu	Vietnamese	9280 0746

All other languages 9280 0747

National Relay Service 13 36 77 or relayservice.com.au

This publication is available in alternative accessible formats on request.

Moonee Valley City Council

9 Kellaway Avenue | PO Box 126 Moonee Ponds VIC 3039

Phone 03 9243 8888 Fax 03 9377 2100

Email council@mvcc.vic.gov.au    

mvcc.vic.gov.au



The drop off and pick up zone



You might have noticed our pink signage and line markings for our drop off and pick up zone. This zone is not for waiting in.

Carers should always drop off or pick up their child/ren from the designated area and, in this zone:

- ask your child to head straight to the pick up zone once the bell rings – they will then be ready and waiting once you arrive
- plan to arrive after the bell rings, not before, as you cannot wait in the zone
- remain in your vehicles at all times
- move forward to join the queue so that other vehicles can get into the zone
- use the hand brake and put the vehicle in park when it is stationary
- do not double park
- do not park across a pedestrian crossing
- do not undertake a U-turn in close proximity to the school.

Students should:

- keep your seat belt on until the vehicle has stopped in the zone
- have your school bag and other items in a safe position on the floor and ready for you to take with you when the vehicle has stopped
- always get in and out of the vehicle through the safety door (the rear footpath-side door).

What does the no parking sign mean?

It means that you cannot park in the zone during the times identified on the sign as it is to be used only as a pick up or drop off zone during those times.

You can only stay in this zone for two minutes. If you overstay this time limit, you could receive an infringement.



Moonee Valley Language Line

العربية	Arabic	9280 0738	Ελληνικά	Greek	9280 0741	Español	Spanish	9280 0744
廣東話	Cantonese	9280 0739	Italiano	Italian	9280 0742	Türkçe	Turkish	9280 0745
Hrvatski	Croatian	9280 0740	Somali	Somali	9280 0743	Viêt-ngu	Vietnamese	9280 0746

All other languages 9280 0747

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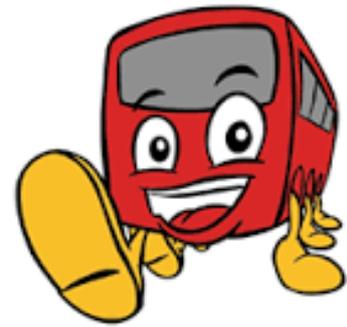
9 Kellaway Avenue | PO Box 126 Moonee Ponds VIC 3039

Phone 03 9243 8888 Fax 03 9377 2100

Email council@mvcc.vic.gov.au    

mvcc.vic.gov.au





**We need a
conductor &
volunteers
for the
Walking
School
Bus**



Looking for a fun way to:

- * Encourage fitness?
- * Teach road safety skills?
- * Build belonging & community

Any new Walking School Bus Volunteers that need to complete the induction or you are wanting to start a Walking School Bus at school, please contact Lisa Bagnati directly via email:

lbagnati@mvcc.vic.gov.au

TERM 4, 2019 CALENDAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Nov 4	Nov 5 Cup Day Holiday	Nov 6 MVIMP Rehearsals NEWSLETTER	Nov 7	Nov 8 Prep Transition
Nov 11 MVIMP Rehearsals	Nov 12 MVIMP Rehearsals	Nov 13 MVIMP Rehearsals	Nov 14 Assembly 3pm MVIMP Combined Concert 7pm	Nov 15 Prep Transition
Nov 18 Curriculum Day No Students	Nov 19	Nov 20 NEWSLETTER Move up Session #1	Nov 21 PA Meeting —7.30 pm	Nov 22 Year 5/6 PT Challenge
Nov 25	Nov 26	Nov 27 School Council NEWSLETTER Move up Session #2	Nov 28 Prep Collingwood Children's Farm Assembly 3pm Yr. 2 Sleepover	Nov 29
Dec 2	Dec 3	Dec 4 NEWSLETTER Move up Session #3	Dec 5 P.A. Meeting	Dec 6
Dec 9	Dec 10 Yr. 7 Orientation (current Yr. 6's)	Dec 11	Dec 12 Yr. 3/4 Werrilbee Zoo Art Show & End of Year Celebration	Dec 13
Dec 16 Yr. 6 Graduation Move up Session #4	Dec 17	Dec 18 School Council	Dec 19 Whole School Picnic (TBC)	Dec 20 1.00pm Assembly 1.20 pm Finish

Newsletter

The newsletter will be published each week during February and then published fortnightly thereafter. The newsletter is the main source of communication from the school and I urge everyone to read it! It will be sent home in hard copy today for all families but will be published on line as of next week; this will help minimise our paper usage and protect the environment. Families will be able to access it on the school website, school smart phone application or by signing up to have it emailed to your inbox when published. **Sign up for the newsletter today!** <http://www.mpp.vic.edu.au/our-school/newsletters/> Limited copies will be available at the office or Out of School Hours Care.

How to access the school newsletter:

1. Visit the school website: <http://www.mpp.vic.edu.au/our-school/newsletters/>
2. Download the Moonee Ponds Primary School application from your relevant smart phone app store (search for: Moonee Ponds Primary School)
3. Sign up for it to be sent to your email address on the school website:
<http://www.mpp.vic.edu.au/our-school/newsletters/>

