



Read the MPPS newsletter to stay up to date with the latest information, upcoming events and celebrations of learning.

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<https://mpp-vic.compass.education/>

Out of Hours School Care:
TeamKids: 1300 035 000
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2023 Term Dates:

- Term 1 - 31 Jan to 6 Apr
- Term 2 - 26 Apr to 23 Jun
- Term 3 - 10 Jul to 15 Sep
- Term 4 - 2 Oct to 20 Dec

Dates to Note:

February

- 21 - Parent Teacher Exchange
- 22 - Year 1-6 Swimming Carnival

March

- 19 - Working Bee (Sunday)

April

- 24 - Student Free Curriculum Day

May

- 22 - Student Free Curriculum Day

July

- 11-14 - MVIMP Camp

September

- 13-15 - Year 3/4 Camp

November

- 6 - Student Free Curriculum Day
- 27-1 Dec - Year 5/6 Camp

Parent's Association Meetings

2023 - 9 March (AGM)

Access the latest school newsletter through the Compass Newsfeed or through the School Website at:

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



WE ACKNOWLEDGE THE WURUNDJERI PEOPLE OF THE KULIN NATION AS THE TRADITIONAL OWNERS OF THE LAND WHICH IS MOONEE PONDS PRIMARY SCHOOL. WE PAY OUR RESPECTS TO ELDERS PAST AND PRESENT AND TO THE ONGOING LIVING CULTURES OF FIRST PEOPLES.



PRINCIPAL REPORT

We are now halfway through the second full week of the term. Classes are building as communities of learners through the MPPS Establishment Program. It has been a fantastic start to the year!

There is lots of information in this fortnight's edition of the newsletter. This includes information about joining and supporting our School Council and Parents Association.

In the next week, students in Years 1 - 6 will begin the process for nominating for the Student Representative Council (SRC) and our environmental group the 'Green Team'. These important groups build student leadership skills and help educate and develop our community.

Our house captains are busy preparing the students in their respective houses for our first sports event for the year, our annual swimming carnival. Congratulations to the following year six leaders:

Lawson	Chisholm	Macarthur	Banks
Andy B Lucy S-Y Jimmy G-W (vice) Eve R (vice)	Sasha A Teagan P Xavi F (vice) Pippa B (vice)	Ollie M Jemima M Ewan G (vice) Angelina E (vice)	Zane G Eva J Ben T (vice) Charlotte R (vice)



In exciting news, we have the Minister for Education, the Hon. Natalie Hutchins MP visiting our school tomorrow at 9am to 'turn a sod' and acknowledge the start of our Capital Works project. Minister Hutchins will be accompanied by the Member for Essendon, Danny Pearson MP. Our school leaders Chloe, Toby, Jemima, Lucy & Oliver will be hosting and leading our VIPs on a school tour which will include a visit into the building site.



COMPASS

For attendance, excursions, camps, bookings, school payments, emails and school communication via the newsfeed.



SEESAW

Stay connected to your child's learning at school. See photos and videos of school learning experiences and talk to your child about this!



SCHOOL WEBSITE

Access School policies, procedures and resources for families. This includes the newsletter and parent downloads.

PRINCIPAL REPORT - CONT.

Well done to Year 5/6A for their amazing assembly presentation last week about the events and activities coming up this year. It was also great to hear our brass students perform as classes arrived. The next assembly where classes perform will be next Thursday 23 February at 3pm in the Gym when Year 5/6 B will present. We will also have the woodwind students perform as we arrive.

As we welcome students back for the start of the 2023 school year, please find information about the following department services and resources to assist:

- Transition <https://www.vic.gov.au/tips-starting-school>
- Help with school costs <https://www.vic.gov.au/help-school-costs-and-fees>
- Health and Wellbeing <https://www.vic.gov.au/health-and-wellbeing-staff-schools>
- What to expect at school <https://www.vic.gov.au/attending-school>

Information Handbooks & Presentations (Foundation - Year 6)

Today information regarding each year level's handbook and presentation was shared via Compass Newsfeed.

These documents/video presentations include information on classroom structures and processes, curriculum, homework, and other important information.

Once you have viewed the video and read through the handbook, please complete this short survey: <https://forms.office.com/r/v7zuzQidYP>. We will use this information to provide further advice and support to families either through a follow up "FAQ" response or individually at the Parent-Teacher exchange next week.

Swimming Sports – postponed to Wednesday 22 Feb

Due to tomorrow's extreme weather (forecast for a hot and windy 35-degree day) we will be postponing the Year 1-6 Swimming Carnival.

The Year 1-6 Swimming Carnival will now be held on Wednesday 22 February at Queens Park Pool.

We do need more help on the day!

If you have volunteered to help, please confirm your availability on Wednesday 22 February with Matt Feeley (Yr 3-6) or Jenny Clark (Yr 1/2).

If you are now available to help, please let us know! Email Matt or Jenny (emails below) with your details.

- Yr 3-6: Matt Feeley (matthew.feeley@education.vic.gov.au)
- Yr 1-2: Jenny Clark (Jennifer.Clark3@education.vic.gov.au)

We appreciate your support with this change and apologise for any inconvenience caused.

Again, this year we have MPPS (silicone) swim caps available to purchase at the office. They are \$8 each if anyone would like to purchase. They will be available leading up to the swim sports and also during our Foundation – Year 4 Intensive Swimming program in Term 3 (11 – 31 July).

Parent- Teacher Exchange

Our parent teacher exchange will be held on Tuesday 21 February. If you haven't already booked, you can access this information via the Compass Newsfeed.

NAPLAN

This year the NAPLAN will again be online, but it will be conducted in March (not in May as in previous years).

To support the transition and help students become familiar with the online environment and format, students will be participating in a coordinated practice test this term (Tuesday 28 February).

"The National Assessment Program- Literacy and Numeracy (NAPLAN) The NAPLAN Literacy and Numeracy tests for students in Years 3 and 5 are scheduled from Wednesday 15 – Monday 27 March 2023.

Students will complete tests in language conventions, writing, reading and numeracy. Students in year 3 will complete the written test on paper, otherwise all other assessments will be completed online using the NAPLAN application.

The school will be supporting students to familiarise themselves with the type of questions and related functionalities of NAPLAN Online. There is also a coordinated practice day scheduled for Tuesday 28 February where students will have an opportunity to experience a "Practice Omnibus". This single test includes

PRINCIPAL REPORT - CONT.

questions from reading, conventions of language and numeracy. It will help students to become familiar with the platform and test structure. Students will also have an opportunity to complete a writing practice test.

NAPLAN is a great tool for Schools to reflect on their strengths and challenges in teaching and learning. It is data that can help measure the impact of programs and identify goals for the future. It is important that when talking to students about NAPLAN we reinforce that this assessment is for the school. All students need to do is show what they have learnt and do their best.

Information about the NAPLAN will be shared with families of students in Year 3 & 5 shortly via the Compass Newsfeed. "

Working Bee

Our next working bee will be held at school on Sunday 19 March at 10am. We will also be hosting a free BBQ& drinks for families who attend. The job list is growing, and we would love to see you there to assist with ensuring our school grounds are in great condition. If available, parents attending are encouraged to bring garden utensils and a wheelbarrow labelled with you family name. Alternatively, families can opt to contribute to the Working Bee Levy (\$50) by contacting Milissa or Amy in the office.

School Council Elections

Message from the President

"Welcome to the 2023 school year. A warm welcome also to our students, parents and carers who have joined MPPS this year.

There are many ways to be involved in your child's education be it volunteering with reading in class, being active in the Parents Association (PA) or becoming involved in School Council. Each year members of council retire and new members are elected so there is always an opportunity to become involved. I'd encourage you to read the information below and think about nominating for school council as it is a rewarding experience."

Cheers,

Scott Siega (Current President and father of Angus Yr 6 and Jasper Yr. 4)

It is now time to begin the process for filling positions on School Council for 2023. Included below is information regarding the role of School Council.

Information regarding the following will be forwarded to families via Compass newsfeed tomorrow:

- 2023 MPPS School Council vacancies
- School Council Elections (and process)

[The role of School Council](#)

What is a school council and what does it do?

All government schools in Victoria have a school council. They are legally constituted bodies that are given powers to set the broad direction of a school, in accordance with Ministerial Order 1280 Constitution of Government School Councils, and the Education and Training Reform Act 2006. In doing this, a school council may directly influence the quality of education for students.

Who is on the school council?

For most primary school councils, there are several possible categories of membership:

- **A mandated elected parent member category** – more than one-third of the total members must be from this category. Department employees can be parent members at their child's school providing that they are not engaged in work at the school.

PRINCIPAL REPORT - CONT.

- **A mandated elected school employee member category** – members of this category make up no more than one-third of membership. The principal of the school is automatically one of these members.
- **An optional community member category** – members are co-opted by a decision of the council because of their special skills, interests or experience. Department employees are not eligible to be community members.
- A small number of school councils have **nominee members**. (MPPS does not)

For all schools with a Year 7 and above cohort, there is an additional category of membership:

- **A mandated elected student member category, two positions.**

Generally, the term of office for all members is two years. The term of office of half the members expires each year, creating vacancies for the annual school council elections.

Why is parent membership so important?

Parents on school councils provide important viewpoints and have valuable skills and a range of experiences and knowledge that can help inform and shape the direction of the school.

Those parents who become active on a school council find their involvement satisfying and may also find that their children feel a greater sense of belonging.

Do I need special experience to be on school council?

Each member brings their own valuable skills and knowledge to the role, however, in order to successfully perform their duties, councillors may need to gain some new skills and knowledge.

It is important to have an interest in your child's school and the desire to work in partnership with others to help shape the school's future.

School Council will meet a minimum of eight times a year, once of the month in the evening from 7.00-9.00 pm. In the past this has been the last Wednesday of each month, however this may change. Councillors are expected also to sit on one of the following committees:

- Finance
- Education
- Facilities
- Out of School Hours Care (OSHC)

The Finance, Education and Facilities sub committees have a monthly meeting schedule (if necessary) and the OSHC is scheduled for one meeting per term.

Code of conduct for school councillors

School councils in Victoria are public entities as defined by the *Public Administration Act 2004*.

School councillors must comply with the Code of Conduct for Directors of Victorian Public Entities issued by the Victorian Public Sector Commission. The Code of Conduct is based on the Victorian public sector values and requires councillors to:

- **act with honesty and integrity** – be truthful, open and clear about their motives and declare any real, potential or perceived conflict of interest and duty
- **act in good faith in the best interests of the school** – work cooperatively with other councillors and the school community, be reasonable, and make all decisions with the best interests of students foremost in their minds
- **act fairly and impartially** – consider all relevant facts of an issue before making a decision, seek to have a balanced view, never give special treatment to a person or group and never act from self-interest
- **use information appropriately** – respect confidentiality and use information for the purpose for which it was made available

PRINCIPAL REPORT - CONT.

- **exercise due care, diligence and skill** – accept responsibility for decisions and do what is best for the school
- **use the position appropriately** – not use the position as a councillor to gain an advantage
- **act in a financially responsible manner** – observe all the above principles when making financial decisions
- **comply with relevant legislation and policies** – know what legislation and policies are relevant for which decisions and obey the law
- **demonstrate leadership and stewardship** – set a good example, encourage a culture of accountability, manage risks effectively, exercise care and responsibility to keep the school strong and sustainable.

Indemnity for school council members

School councillors are indemnified against any liability in respect of any loss or damage suffered by the council or any other person in respect of anything necessarily or reasonably done, or omitted to be done by the councillor in good faith in:

- a. the exercise of a power or the performance of a function of a councillor, or
- b. the reasonable belief that the act or omission was in the exercise of a power or the performance of a function of a council.

In other words, school councillors are not legally liable for any loss or damage suffered by council or others as a result of reasonable actions taken in good faith.

How can you become involved?

By participating in, and voting in the school council elections, which are held in Term 1 each year. However, ballots are only held if more people nominate as candidates than there are positions vacant.

In view of this, you might consider:

- standing for election as a member of the school council
- encouraging another person to stand for election.

What do you need to do to stand for election?

The principal will issue a Notice of Election and Call for nominations in Term 1 of each year. Council elections must be completed by 31 March, unless varied by the Minister for Education.

If you stand for election, you can arrange for someone to nominate you as a candidate or, you can nominate yourself in the parent member category. You can only be nominated by another member of the same electorate that you are eligible for (e.g. a member of the parent electorate may only nominate another parent of that electorate)

Department employees with a child enrolled at a school where they are not engaged in work, are eligible to nominate for parent membership at that school.

Return your completed nomination form to the principal within the time stated on the Notice of Election. You will receive a Nomination Form Receipt via post, email or by hand delivery.

Generally, if there are more nominations than vacancies a ballot will be conducted in the two weeks after the call for nominations has closed.

Remember

- Consider standing for election to school council.
- Ask the principal for instructions if you are not sure what to do.
- Be sure to vote if the election goes to ballot.
- Contact the principal if you are unsure about what is required at any stage of the election process.

PRINCIPAL REPORT - CONT.

Further information about School Councils can be found at:

<https://www2.education.vic.gov.au/pal/school-council-overview/overview>

Details of the 2023 vacancies for School Council will be forwarded to families via Compass Newsfeed tomorrow (Thursday 16 Feb).

Parents Association (PA) - membership and AGM

The Moonee Ponds Primary School Parents Association (PA) works in partnership with the school leadership team, staff and school council. Our aim is to promote and encourage parents to become active in the school, helping build a strong relationship between families and the school. It is committed to contributing to the wellbeing of the school community; its changing needs and aspirations. To maximise the parent voice in the school, two elected PA representatives take community member positions on School Council. This promotes a two-way exchange of ideas between the school's two parent organisations.

The Parents Association meets once a month and all parents are invited to join and welcome to attend the monthly meetings. The Association undertakes numerous social and fundraising activities throughout the year. These events and efforts serve to bring the school community together as well as to fundraise. Funds raised are used for educational and recreational needs as identified through consultation with parents, school council and school leadership.

All information regarding the PA including the DET approved constitution can be located on their dedicated page on our school website: <http://www.mpp.vic.edu.au/school-council/parent-association/>

Parents Association membership

To be an active member of the PA you must join up each year.

As per the DET Constitution parents/carers are asked to join by filling their details. You can access this through the school website (www.mpp.vic.edu.au/school-council/parent-association/) or by clicking on this link: <https://forms.office.com/Pages/ResponsePage.aspx?id=N7Ns2Ycaz0S2mzszM0pMH1XmxPczaFIv5mnVvbNmkJUMjdJMVRINK1DNEIZQjA2UihEQkEwMVIPOS4u>.

This process must be completed before you attend any meetings. By becoming a member you will receive email correspondence for PA matters.

Annual General Meeting (AGM)

As per the MPPS Approved Constitution we will be holding the PA AGM on Thursday 9 March at 7pm. At this meeting we will be voting in the following volunteer PA leadership roles:

President

Vice president

Treasurer

Secretary

School Council Representatives (X 2)

These leadership position descriptions will be forwarded to families via Compass Newsfeed on Friday 17 February.

To nominate for one of these roles parents/ carers will be asked to fill out a 'PA Nomination Form' and either drop it at the school office in a sealed envelope or email the form to the my email (matthew.bott@education.vic.gov.au) before the meeting and by 4pm Wednesday March 8. If more than one nomination is received we will hold an election at the AGM meeting. Please note that you must be an active member of the PA and also be in attendance to vote for PA Leadership positions. The nomination form will also be forwarded to families via Compass Newsfeed on Friday 17 February.

Of course if you have any queries about the roles or process, please do not hesitate to ask.

Parent Payments

The 2023 Parent Payment information was shared with parents/ carers via Compass last week.

These can be paid online through the Compass portal using Compass Pay. Alternatively, you can use the information and payment form and return to the school office with your payment details. Parent contributions continue to provide an important and critical source of funding which enables us to supply resources necessary to maximise successful delivery of our learning programs. For further information please refer to the Parent Payment Arrangements Policy - [Parent Payment Arrangements Template \(Primary\) \(mpp.vic.edu.au\)](http://www.mpp.vic.edu.au) If you have any questions or require any further information, please call Milissa in the school office.

PRINCIPAL REPORT - CONT.

Sun Smart

With the hot weather and summer conditions, it is important for us all to be wary of the sun and the UV rays. We have a school sun smart policy which can be found at <http://www.mpp.vic.edu.au/wp-content/uploads/2013/05/MPPS-SunSmart-policy-2019.pdf>. With the swimming sports in the coming weeks and the hot weather continuing, please ensure you read through the document and ensure students have hats and sunscreen available when outdoors. Rash vests, hats and sun screen are recommended at the swimming carnival. Staff will be on duty reminding students to be sun smart; however, I encourage parents to discuss this with your child beforehand as well. Remember students need to be wearing a hat during recess and lunch until the end of April.

Matthew Bott
Principal

BUILDING WORKS UPDATE



Respect Optimism Care Collaboration



Chess-Ed.

Chess Education
Manager: Nick Speck
Email: info@chesseducation.com.au

ABN: 45 801 319 770
Ph: 0402 339 600
Website: www.chesseducation.com.au

Moonee Ponds Primary School Chess Club – Term 1, 2023

Chess is one of the most powerful educational tools available to strengthen a child's mind. Most 6–7-year-olds can follow the basic rules and some children as young as 4 or 5 can play. Whatever a child's age, chess can enhance concentration, patience, and perseverance, as well as develop creativity, intuition, and memory. Most importantly, children can develop the ability to analyse and deduce from a set of general principles, to make tough decisions and to solve problems flexibly.

The coaches, David Beaumont, Vincent Nguyen and Archie Beaumont are experienced chess teachers and players.

The chess classes will take the children through a structured chess course with the dual aim of achieving the maximal educational benefits the game offers and providing an enjoyable learning environment.

**** ENROLMENT PROCEDURE ****

You may now register and pay for your classes online at www.chesseducation.com.au

Using an email address, you can create an account to book and pay for your classes. Once you register with your email address you will be sent a confirmation email – when you click on this you will be taken back to the website where you can enter some basic details allowing you to book in for the chess classes. Make sure you select Moonee Ponds PS as your school. You will also be able to download the puzzle sheets each week from the website and a copy of the Introduction to Chess booklet is also available for download from your account.

When selecting your child's level just select the one you think is appropriate. As a general guide: -

Learners: just starting out and needs to learn the rules

Beginners: knows the rules and is ready for the basic strategies

Intermediate: knows how to perform most basic checkmates and keep control of their pieces

Advanced: ready for tournament play

We use these levels to give us a general idea of your child's chess ability and it also helps us when placing the children in different groups.

At the moment the following payment options are available online:

Paypal: you can use your paypal account or a credit card to make your payment – a receipt will automatically be emailed to you if you chose this option

Pay by Direct Deposit: this option provides you with details to do a Direct Bank Transfer. It is very important you put the correct reference number in when making your Bank Transfer. Once the transfer has come through (this may take a few days sometimes) we will confirm it and a receipt will be sent to your email.

Pay Cash: if you select this option your class is booked and you can leave the payment in an envelope at the school office with your details on it (especially your order number) and you'll receive a receipt via email once we've collected and processed your payment. We prefer you use this option only if you can't use either of the first two.

The website has a feature for putting in pro-rata payments. If you know of any classes you will be missing you can adjust your fee when booking by un-checking the box that says "This child will be attending all sessions this Term".

Note that for TERM 1 we won't be taking Foundation students in the classes – we will allow them to join from Term 2 onwards.

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- **When:** Thursday lunchtimes (1:30pm start), 7 classes in Term 1 on 9/2, no class on 16/2 due to swimming, 23/2, 2/3, 9/3, 16/3, 23/3 and 30/3.
 - **Where:** Library
 - **Cost:** \$70 per child (7 lessons - \$10 per class, includes GST).
 - **Enquiries:** to Nick Speck on 0402 339 600 or email at info@chesseducation.com.au
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MPPS PARENTS ASSOCIATION NEWSLETTER

Term 1 - Newsletter 1



SIGN UP!!

The Parents Association ONLY runs with the help of Volunteers, can you volunteer some time.

When you Scan the QR Code it will take you through to register for the PA. Please take a moment to scan and register – Get on board and support PA and our school.

www.mpp.vic.edu.au/school-council/parent-association/

WELCOME BACK TO SCHOOL FOR 2023!!

Welcome all new and existing families, we hope you are all rested and ready for another wonderful year of learning and some fun.

Upcoming events for your calendar in Term 1.

Thursday 30th March	Wednesday and Friday afternoons	Thursday 9 th March
End of Term Lunch. Sausage Sizzle. Jane to host and organise	Selling Icy Poles We need volunteers to sell – in the afternoons.	Parents Association Meeting And AGM 7.00pm

Upcoming events for your calendar in Term 2.

Friday 12 th May	Wednesday 7 th June	Friday 16 th June	Friday 23 June
Mothers Day Stall	Pie Drive	School Disco	End Of Term Lunch

If you would like to know more about what the group does, please join the Parents Association Meetings, they are held on the 2nd Thursday of each month. Dates below

PA Meeting Dates for 2023.

Meetings will be held online and onsite when safe to do so.
Please put these dates on your calendar, we hope to see you there.

Term 1	Term 2	Term 3	Term 4
Thursday 9 th March (AGM)	Thursday 11 th May Thursday 8 th June Thursday 13 th July	Thursday 13 th July Thursday 10 th August Thursday 14 th September	Thursday 12 th October Thursday 9 th November

Prep Welcome Morning Tea

A lovely morning thank you to all the parents for popping along and to all the parents who helped make the morning such lovely success.

Call out thanks to Phoebe, Yvonne, Kate, Allison, Gill, Kate, Kirrily, Loretta and Kelly for taking time out and helping with all the set up and clean up.



Term Lunch

The Parents Association will be holding the students end of term lunch, date to be confirmed (suggested Thursday 30th March). This Term the lunch will be a BBQ – sausage sizzle. The PA will be looking to the parents of Grades 5 and 6 to help prepare, cook, serve and clean up. If you are able to pitch in, please reach out to Jane Stivala who has offered to run the lunch.



*****NEW APPROACH*****

For the next three term lunches we will be asking that volunteers from each of the following parent groups help. By dividing the commitment across the school, we hope that people will feel ready to engage. Without volunteers the PA cannot keep hosting these events.

Term 2 Lunch – Grade 3 and 4 parents

Term 3 Lunch – Grades 1 and 2 parents

Term 4 Lunch – Foundation parents

Volunteers Needed

Wednesday and Friday afternoons in term 1 for approx 30 minutes. Please sign up to the MPPS Icy Poles Facebook group.

A graphic featuring the text 'Volunteers Needed' in large, bold, black letters. To the right of the text are four vertical bars in green, yellow, blue, and red. Below the text is a yellow curved shape. At the bottom of the graphic are five colorful ice cream bars in shades of orange, yellow, green, and blue.

LOOKING FORWARD

Message from current Vice President - Kate Mikkelsen

Due to a change in work and personal commitments I won't be re-applying for the position of Vice President of the PA at the upcoming AGM. The last three years have been very rewarding as we were set the goal of raising money for the new senior play equipment which after many end of term lunches the Bush dance and every event in between we have managed to achieve! The PA is such an essential part of our wonderful school community and I look forward to continuing to contribute, just in a smaller way.

Message from current Secretary - Phoebe Armitage

I have been involved with the Parents Association since my grade 5 son Nicholas started Prep and have spent the past 2 years as Secretary. It has been a rewarding experience and one I have enjoyed. I have really loved seeing the smiles on the kids faces during the Bush Dance, End of Term lunches, Icy Poles, School Disco, Mothers and Father's Day stalls and other events. I have decided to step down from this position in order to focus on my boys substantial out of school activities and to devote my time and energy to that. I hope the PA can continue and other parents find it as worthwhile as I did.

Final message from President – Sally

After three years of holding the position of President and 5 years as an active member of the PA I have made the decision to step down. It has been an actioned packed three years. Covid hit! We had to redesign how we ran events, to selling items online through Compass, introducing new fundraising ideas and selling a few hundred pies and icy poles. Held a fabulous Bush Dance, sorted many lunches, hosted a few discos, and over all raised enough money to buy a NEW senior school playground. It's been a fabulous experience and I will always see it as a resounding success overall.

But I did not do this alone, there is NO way I could have done it without the help of Kate Mikkelsen, Karyn Di Florio, Phoebe Armitage, Astrid Adamson. Also, a thanks to Matt, Beck and Amy who always supported my ventures and so generous with their time to help

I believe it is now time for a new person to have this role, make it their own and bring new opportunities for our kids and school community. Although a challenging role, when you volunteer and donate your time. You see the results, HUGE smiling faces! It so incredibly worth it.

2023 will be an exciting time for the school and I hope to see this wonderful association grow and prosper in the coming years.

Kind regards

Sally

SO....

The Annual General Meeting will be held in March 2023. At this meeting the school will be looking for 4 volunteers to run the Parents Association. Each of the following positions will need a volunteer, they are President, Vice President, Treasurer and Secretary. Without the commitment of these individuals the Parents Association will fold. These positions are required to be filled as the Parents Association is governed by a strict constitution. All funds raised will stay with the Association, Disco's and lunches will go ahead, but only if we have the association actively working.

Please reach out to Matt or Sally if you have any interest or questions about what would be involved.

The next meeting will be held on Thursday 9th March 2023 at 7.00pm.

At this time all positions will be decided.



INSIGHTS

happy families. 

ISSUE 1 | TERM 1 | 2023

Starting the year right

Welcome to 2023. The holidays are over. School is back. And routines are recommencing. For many families this means:

- extra stress (some kids don't feel excited about heading to kindy/prep/reception or school),
- extra costs (let's face it, uniforms, shoes, and the rest of it all)
- extra challenges (ADHD, dyslexia, other needs, friendship issues, learning difficulties).

Of course, it's not all bad news. Some families are delighted. Holidays create stress because of babysitting challenges, costs for entertainment, and more.

And fortunately, there are tens of thousands of our kids that actually enjoy school and are glad to be back.

As it happens – so are we! Parenting Ideas has been providing helpful parenting advice to parents in early learning centres, primary schools, and high schools around Australia, New Zealand, and the world for over two decades! This year it's no different.

How can we help?

As we dive into 2023, we want to know how we can be most useful to you. Headed up by Dr Justin Coulson, co-host and parenting expert of Channel Nine's Parental Guidance and host of Australia's #1 parenting podcast, Dr Justin Coulson's Happy Families, Justin and a team of experts will be bringing you a range of articles designed to give you the best parenting advice available to help make your family happier.

Provided as part of our school's Happy Families Membership



Respect Optimism Care Collaboration

If there's a major challenge you'd like help with, email us and let us know. Title your email "Parenting Ideas advice" and email schools@happyfamilies.com.au. We're here to help.

For the first Insights article of 2023, we're going to look at how we can get our routines on track at the outset and keep everyone focused on what matters most for making your family function.

Starting the year right

If you're like most parents, you really wanted to start things off well, but it's been a little rocky. Getting back into a routine, being on time, sorting out school lunches... it's a bit tricky. Best laid plans haven't quite been as smooth as you might have liked. To dial in your morning and evening routines, I'm going to suggest a few principles to help.

Get clear on what 'getting it right' actually means.

You might know what you want the morning to look like. But is it clear to you? Can you write it down? Can you put it on the fridge? Can you explain it to your kids and help them to buy into why it matters? Clearly explaining what you want and why is going to be a critical first step.

Set up a system.

Author, James Clear, says that "you do not rise to the level of your goals. You fall to the level of your systems." So what does your system look like for making things happen? Can you create a system that will facilitate a smooth morning for every member of the family?

Workshop it.

Setting up a system when you're a parent is pretty easy. But bringing the family along can be trickier. By having a meeting and developing the system with input from your kids, you get to be clear, establish the system, and create buy-in. Ask your children to make suggestions and design the morning based on their ideas. Fashion it with your expert knowledge. And watch the results improve because your children have been part of it. Involvement is a central success pillar when it comes to developing a system that works in any family.

Curate competence.

The real secret to successful routines is helping the kids become self-sufficient. It takes time, but teaching them to toast their bread or crumpets, fry or scramble some egg, or organise their cereal or yogurt, or even blend a smoothie means that there is less friction with your routine. They feel good about doing what needs to be done because they know how to do it. And while it's slow at first, it becomes wonderfully efficient over time.

Provided as part of our school's Happy Families Membership



Support autonomy.

Kids love to have choices. They appreciate being able to make their own decisions. Support them in that while ensuring they know what the guidelines and boundaries are for making things happen well.

Here are the golden rules of a magic morning (from a dad of six who has talked with thousands of parents about getting this right):

1. Your morning begins the night before. Get the prep done for tomorrow at bedtime so uniforms are ready, bags are packed, and library books or sports gear is sorted.
2. Create margin by waking up a little early, and getting the kids up (gently) a little early too. Room to breathe makes everything work better.
3. Create the structure so everyone knows what needs to be done.
4. Keep the kids accountable in a supportive way.

In spite of your best efforts, things will go pear-shaped now and then. When this happens, stay calm (remember: emotions are contagious), don't sweat the small stuff, be flexible for the morning... but get it back on track the next day by having a calm conversation in the evening, reinforcing the system, and working together on making it work.

Whether it's magic mornings or excellent evenings, the process is the same. Work as a team, and watch the magic happen... at least sometimes.



AUTHOR

Dr Justin Coulson

Dr Justin Coulson is a dad to 6 daughters. He is the parenting expert and co-host of Channel Nine's Parental Guidance, and he and his wife host Australia's #1 podcast for parents and family: The Happy Families Podcast. He has written 6 books about families and parenting. For further details visit happyfamilies.com.au.

HELLO TERM 1



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3 MARCH

MON, 27TH FEB
- FRI, 3RD MAR



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NEW TO TEAMKIDS?



Did you know TeamKids has a book and e-book? Charlie's First Day at OSHC is here to answer all your questions and help ease any first day jitters.

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TERM 1 2023 CALENDAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
February 13	February 14	February 15 No Foundation Students (Appointments Only) Newsletter	February 16	February 17
February 20	February 21 Parent/Teacher Exchange	February 22 Year 1 to 6 Swimming Carnival No Foundation Students (Appointments Only) School Council Meeting	February 23 Assembly 3pm	February 24 5/6 Gala Sports #1
February 27	February 28	March 1 District Swimming No Foundation Students (Appointments Only) Newsletter	March 2	March 3 5/6 Gala Sports #2
March 6	March 7	March 8 No Foundation Students (Appointments Only)	March 9 Divisional Swimming Assembly 3pm Parents Association Meeting AGM	March 10
March 13 Labour Day Public Holiday	March 14	March 15 NAPLAN Year 3 & 5 No Foundation Students Newsletter	March 16 NAPLAN Year 3 & 5	March 17 NAPLAN Year 3 & 5
March 20 NAPLAN Year 3 & 5	March 21 NAPLAN Year 3 & 5	March 22 NAPLAN Year 3 & 5 School Council AGM	March 23 NAPLAN Year 3 & 5 Assembly 3pm	March 24 NAPLAN Year 3 & 5

Newsletter

The newsletter will be published fortnightly all year. The newsletter is the main source of communication from the school and I urge everyone to read it! The newsletter will be sent out to all families via Compass. Families will be able to access the newsletter via Compass and on the school website.

How to access the school newsletter:

1. View it on the COMPASS Newsfeed: <https://mpp-vic.compass.education/>
2. Visit the school website: <http://www.mpp.vic.edu.au/our-school/newsletters/>