



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

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Moonee Ponds 3039
moonee.ponds.ps@education.vic.gov.au
www.mpp.vic.edu.au
<https://mpp-vic.compass.education/>

Out of Hours School Care:
TeamKids: 1300 035 000
Email: info@teamkids.com.au
www.teamkids.com.au



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

Welcome to all our new and returning students and families to Moonee Ponds PS for the start of another year of learning. I again look forward to working with you all as we strive to achieve our mission, vision and values.

Our new Foundation students will begin on Wednesday 7 February. Leading up to this date the students are attending their one-hour interview with their child's teacher. The welcome morning tea for new Foundation parents and carers will be held on Wednesday 7 Feb at 9.15am. The Foundation Information evening is scheduled for Tuesday 13 February at 6pm. A welcome supper provided by our Parents Association will follow at 7pm.

We are excited that our year 3-6 students and staff have begun the year in their new buildings. It looks amazing and the students and staff have settled in well. There are still a few items to complete which include some safety wire for the external stairs and near the lift. This will be completed in the coming weekends. The works have continued in the office area and should be completed by the end of term two. While the administration works are in progress, there are changes to the way we transition around the school:

- There will be **no access to the school from Wilson Street** (main entrance) or Fanny Street. Families will enter school grounds from Bent Street (playground and oval entrances).
- The temporary **administration office area is now in room 5** (next to the junior building – follow the signs). Parents and carers are asked to come here to speak with Jenny Peace (office manager) and Milissa (business manager) as well as to sign in and out of Compass, or if you would like to speak to or leave a message for Matt or Rebecca.
- Access to the year 1/2 classes and the library will be from the door opposite the junior building. There is restricted movement at this access point. Please be mindful as you come and go from this space.
- Year 3/4 classes are situated upstairs in the refurbished building. Access will be from the new external stairs in front of the classrooms.
- Year 5/6 classes are downstairs adjacent to the basketball courts in the refurbished building. Access will be from the doors to the downstairs corridor.

2024 Term Dates:

Term 1 - 31 Jan-28 Mar
Term 2 - 16 Apr-28 June
Term 3 - 15 Jul—20 Sept
Term 4 - 7 Oct—20 Dec

Dates to Note:

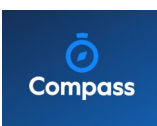
February

7 - Foundation students commence
- Foundation welcome morning tea
13 - Foundation information evening
16 - Years 1-6 Swimming Sports
20 - Parent -teacher exchange
21 - School Photo Day
23 - Year 5/6 Gala Sports day 1
28 - District Swimming

Parent's Association Meetings

Next meeting: Feb 8 2024—7.30pm

Access the latest school newsletter through the Compass Newsfeed or through the School Website at:
<http://www.mpp.vic.edu.au/our-school/newsletters/>



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.

The school year began with staff participating in two professional learning days on Monday 29 and Tuesday 30 February. This included time preparing for our first few weeks and reviewing our School Strategic Plan, Annual Implementation Plan and our Mission, Vision and Values. Staff worked together to re-establish teaching teams and Professional Learning Communities (PLCs). Staff also spent time continuing our professional learning on Scaffolding Literacy and engaging students as writers.

Our school's focus for 2024 will be continuing our school strategic plan goals and actions:

1. Maximising student learning growth for every student in literacy and numeracy
2. To improve student voice and agency.

This includes continuing our work in the following key areas:

- further developing our teaching of writing and numeracy through the work of PLCs
- further implementation of disability inclusion and supporting students with additional learning needs,
- further developing student goal setting,
- continuing to embed respectful relationships across the school including through the Resilience, Rights and Respectful Relationships (RRRRs) curriculum and the High Impact Wellbeing Strategies.

Newsletter

The newsletter will be published each fortnight (alternate week to the school assembly). The newsletter is the main source of communication from the school and I urge everyone to read it! Families will be able to access the newsletter via Compass and on the school website at www.mpp.vic.edu.au/our-school/newsletters/. The next edition is on Wednesday 14 February.

At MPPS this year

Our enrolment this year is 289 students. We welcome one new staff member to MPPS, Zak Stewart. Zak will be teaching our new specialist subject (STEM) and works Mondays, Tuesdays and Fridays.

I encourage families to introduce yourself to Zak when you have the opportunity.

Our school assemblies will be held fortnightly on Thursdays this year at 3pm in the Sports and Performance Centre (with our first one being next week). Each fortnight a different class will perform and celebrate one aspect of their learning. Student awards will also be announced. Our Student Achievement Award program acknowledges and celebrates learning and personal growth in all aspects of school life. It reflects our school mission, vision and values. Learning Star awards recognise personal learning growth and the "ROCC Star" award celebrates the way students live our school values. (*R= Respect, O= Optimism, C=Care, C= Collaboration*). We invite all families to come along.

A reminder for everyone that school starts at 9am and finishes at 3.20pm. Parents please ensure your child arrives at school **before 9am** to maximise the beginning of the school day. The start of the day is when the day of learning is explained, and activities begin. Students can often become anxious if they are late, even on one occasion, as entering the classroom when the students and teachers have begun the day is disruptive to their learning and often interrupts the learning of others. We have a yard duty teacher on duty from 8.45am before school and from 3.20 - 3.35pm in the afternoon. There is a second bell at 3.35pm to ensure that all students whose parent or guardian is not on the school grounds will report to the yard duty teacher or the office when the second bell rings.

Again, this year, teachers will be in classrooms from 8.50am if parents and/or students need to quickly clarify or discuss their child's learning. This will provide a window of opportunity for parents to see teachers in the classrooms and ensure that traffic in and around the staffroom/office area is minimised. For longer discussions, teachers may recommend an appointment to discuss your child's learning at another more suitable time. Please note that when the music plays/bell rings staff are required to begin teaching.

PRINCIPAL REPORT - CONT.

Information Handbooks (Foundation - Year 6)

Each year the school creates a year level handbook and an accompanying video presentation for parents/ carers. These documents/ video presentations include information on classroom structures and processes, curriculum, homework and other important information.

Again, families will also be able to ask questions or clarify aspects of the video/ handbook using an online form. The year level handbook/ video presentation will also be available for families to access from Tuesday 13 February through the Parent Download section of the school website at: www.mpp.vic.edu.au/our-school/community/ (password: mpps).

Swimming Sports

Our 2024 school swimming sports carnival for year 1- 6 students will be held on Friday 16 February. Permission and further details will be sent home next week via Compass. This event is held at the Queens Park pool, where students and teachers walk up and participate in events ranging from freestyle, relays to wading & cork scramble events. Matt Feeley (PE teacher) and Jenny (Year 1/2 Team Leader) are busy preparing for the event. We also need parent helpers to assist; please check the Compass newsfeed for instructions. 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 (29 July - 9 August).

In the lead up to the swimming sports, students in years 3-6 will bring home a form about your child's swimming abilities. This information helps us to accurately match students for suitable events based on their capabilities in water. Parents and carers are asked to complete the survey (one survey for each child) and return this to their child's teacher as soon as possible but no later than this Tuesday 6 February.

Parent Payments

In the coming days, the 2024 Parent Payment information will be provided to parents/ carers via a Compass Newsfeed.

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/parent-payment-arrangements-template-primary)

If you have any questions or require any further information, please do not hesitate to call Milissa in the school office.

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 [MPPS-Sun-Protection-Policy-2023.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.

Uniform Shop

A reminder that the school uniform provider is Noone Imagewear. Their shop is located at 541 Keilor Rd, Niddrie where items can also be purchased. Information on the uniform policy and prices can be found on our school website www.mpp.vic.edu.au (remember if you are accessing the parent download section the password is: mpps).

Parent- Teacher Exchange

Our parent teacher exchange will be held on Tuesday 20 February, information regarding this will be sent home shortly via Compass. The purpose of this 8-minute session is for you to inform your child's teacher about your child's learning style, strengths and challenges. It is also a great opportunity to meet the teacher and discuss the year ahead. Bookings will be made via Compass.

PRINCIPAL REPORT - CONT.

Drop Off Zone

With many new parents at the school I encourage you to please ensure you read the information regarding the rules for the drop off zone. Included in this newsletter is the flyer from the council regarding this. The drop off zone is installed, monitored and policed by the Moonee Valley City Council (MVCC), not the school. They are regularly patrolling to ensure everyone is safe around the school and the rules are followed. Many parents have been fined for not obeying the road rules. Please note Rebecca and I are regularly out there too, this is to monitor the students and remind drivers of the rules if needed.

Some major points that I encourage parents to adhere to, include:

- Drivers **MUST** remain in the vehicle at all times (this means **NOT** getting out of the car! Say your good byes to your children before you get to school)
- Students should always use the door on the foot path side (Students should also have their bag close by ready to hop out unassisted)
- Do **NOT** undertake a U-turn in Bent St (please complete a lap around the school)
- In the afternoons, please:
- Do **NOT** wait in the zone if your child is not there! If your child is not waiting for you complete another lap of the school until they arrive waiting for you at the zone. Parents are encouraged to wait to leave your home a bit later (after 3.20pm) and inform your child/ren to come straight to the waiting area; this will help ensure your child is at the zone waiting to be picked up. The drop off zone is often empty at 3.25pm!
- **You cannot park in the Drop-Off Zone between 3-4pm (and 8-9.30am);** during this time it is a no-standing area and you will be fined. **You must not wait in the zone for more than one minute.**
- **Ensure you speak with your child to make sure they are waiting on the footpath ready to be picked up.**

Privacy Information

During the ordinary course of your child's attendance at our school, school staff will collect your child's personal and health information when necessary to educate your child, or to support your child's social and emotional wellbeing or health in the school context. Such information will also be collected when required to fulfil a legal obligation, including duty of care, anti-discrimination law and occupational health and safety law. If that information is not collected, the school may be unable to provide optimal education or support to your child, or fulfil those legal obligations.

For example, health information may be collected through the school nurse, primary welfare officer or wellbeing staff member. If your child is referred to a specific health service at school, such as a Student Support Services officer, the required consent will be obtained. Our school also collects information provided by parents and carers through the School Entrance Health Questionnaire (SEHQ) and the Early Childhood Intervention Service (ECIS) Transition Form.

Our school may use online tools, such as apps and other software, to effectively collect and manage information about your child for teaching and learning purposes, parent communication and engagement; student administration; and school management purposes. When our school uses these online tools, we take steps to ensure that your child's information is secure. If you have any concerns about the use of these online tools, please contact us.

School staff will only share your child's personal or health information with other staff who need to know to enable the school to educate or support your child, or fulfil a legal obligation.

When our students transfer to another Victorian government school, personal and health information about that student will be transferred to that next school. Transferring this information is in the best interests of our students and assists that next school to provide optimal education and support to students.

In some limited circumstances, information may be disclosed outside of the school (and outside of the Department of Education and Training). The school will seek your consent for such disclosures unless the disclosure is allowed or mandated by law.

Our school values the privacy of every person. When collecting and managing personal and health information, all school staff must comply with Victorian privacy law. For more information about privacy including about how to access personal and health information held by the school about you or your child, see our school's privacy policy: <https://www.education.vic.gov.au/Pages/schoolsprivacypolicy.aspx>

PRINCIPAL REPORT - CONT.

Throughout this notice, 'staff' includes principals, teachers, Student Support Service officers, youth workers, social workers, nurses and any other allied health practitioners and all other staff at our school. This includes employees, agents and service providers (contractors) of the Department, whether paid or unpaid.

Lastly...

I hope everyone has a great start to the year, living the school mission, vision and values. <http://www.mpp.vic.edu.au/about-us/>. Please do not hesitate to contact me over the course of the year; our school value of collaboration will continue to be a focus and we look forward to working with you as your child grows and develops.

Matthew Bott
Principal

General School Information

Dropping off and picking up

Please Note: Students may not be in the school grounds before 8:45am or after 3:35pm unless they are attending Before or After School Care. At 3.35pm our last bell rings and students who have still not been collected by their parents must find the yard duty teacher or head to the school office. Any students in the yard beyond these times MUST be supervised by their parents.

Developing resilience and independence supports student learning. To assist in this we ask parents to ensure that their child carry their own bags to and from the classroom. Students beyond foundation should take their own bags to the bag rack or locker provided before school and be lined up at the designated places when the bell rings at the start of the day.

Student Absences

A reminder to parents that if your child is sick or absent, you are required to notify their school as soon as possible **on the day of absence** using one of the following methods:

Compass: completing an 'Absence Note' via the app or online. See the brochure on our website for how to complete this- www.mpp.vic.edu.au/wp-content/uploads/2019/08/ParentBrochure-1.pdf or [A guide for parents & families \(compass.education\)](#)

Telephone: the school number (9375 2511) and leave a message which includes your child's name, class, date of absences and reason.

Notifying the school of your child's absence either prior to, or on the day that they will be away, helps ensure the safety and wellbeing of children and will fulfil your legal responsibility.

Why do I need to notify the school if my child is absent?

Schools need to know when and why a child is absent and you need to know if your child isn't at school. All Victorian government schools are required to contact parents/carers as soon as practicable on the same day of an unexplained student absence. If your child is absent on a particular day and you have not contacted the school to explain why, the absence will be marked as unexplained.

This system also promotes daily school attendance. **Going to school every day is the single most important part of your child's education, they learn new things every day – missing school puts them behind.**

What is your responsibility?

You are legally required to ensure your child attends school every day or you must provide an explanation for their absence. You should let the school know in advance of any upcoming absences or let them know the morning if your child won't be at school. In order for schools to implement the same day notification requirement, it's essential that you provide the school with your most up-to-date contact details. Generally one notification will be sent per family. Should there be circumstances that require both parents and carers to be notified, please contact the school to make the necessary arrangements.

PRINCIPAL REPORT - CONT.

What is the school's responsibility?

The school must notify you of an unexplained absence in relation to your child as soon as practicable on the same day.

Schools will let you know either by SMS, phone call or email. If you can't be reached because the school does not have your correct contact details (i.e. changed phone number, SMS/email failure notification received etc.), the school will attempt to make contact with any emergency contact/s nominated on your child's file held by the school. Where possible, this contact will be made on the same day of the unexplained absence.

For further information, the School Attendance Policy and Attendance Procedures are now available on the school website at: <http://www.mpp.vic.edu.au/school-council/school-policies/>

Early Leave

Prep to Year 6 Students are expected to attend for the full day unless permission to leave early is requested. A 'Departure' slip must be filled out using the Compass Kiosk at the General Office and taken to the class teacher. This is a safety precaution for your children.

Late Arrival

All students who arrive late are required to go directly to the general office to collect a late arrival form from the Compass Kiosk before going to their classroom. They will then give the late arrival slip to the teacher when entering their class. This will ensure the teacher knows the student has been recorded as present and that parents are not sent an absence notification via Compass.

Bikes

Students may ride bikes and scooters only to school. A bike shed is provided and is locked from 9.00 – 3.20 pm each day. The school and DET take no responsibility for bikes/ scooters left in the bike shed outside of these times. If they need to be held in this area outside these times we recommend using a bike lock. Rollerblades and skateboards are not permitted. Insurance of bikes and scooters is the responsibility of parents. We strongly encourage insurance in the light of a number of schools reporting thefts. Helmets are compulsory by law of the State of Victoria. Children will not be permitted to ride bikes if they do not have helmets. Bikes and scooters must not be ridden in the school or on pedestrian crossings to ensure safety. Riding bikes/scooters in the school yard before and after school is not permitted for safety reasons.

Money and other Valuables

Please encourage your children to leave treasured possessions at home. Teachers may look after money if requested but are not responsible for valuables/ personal items which students bring to school.

Care of Others Personal Belongings

Students who damage or take others property or belongings will be required to repair or replace the damaged or lost article. Personal property is often brought to school by students, staff and visitors. This can include mobile phones, electronic games, calculators, toys, sporting equipment and cars parked on school premises. **The Department does not hold insurance for personal property brought to schools and it has no capacity to pay for any loss or damage to such property.**



Chess-Ed.

Chess Education
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Moonee Ponds Primary School Chess Club – Term 1, 2024

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 analyze and deduce from a set of general principles, to make tough decisions and to solve problems flexibly.

The coaches, David Beaumont, Vincent Nguyen and Phillip Dragic 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.**

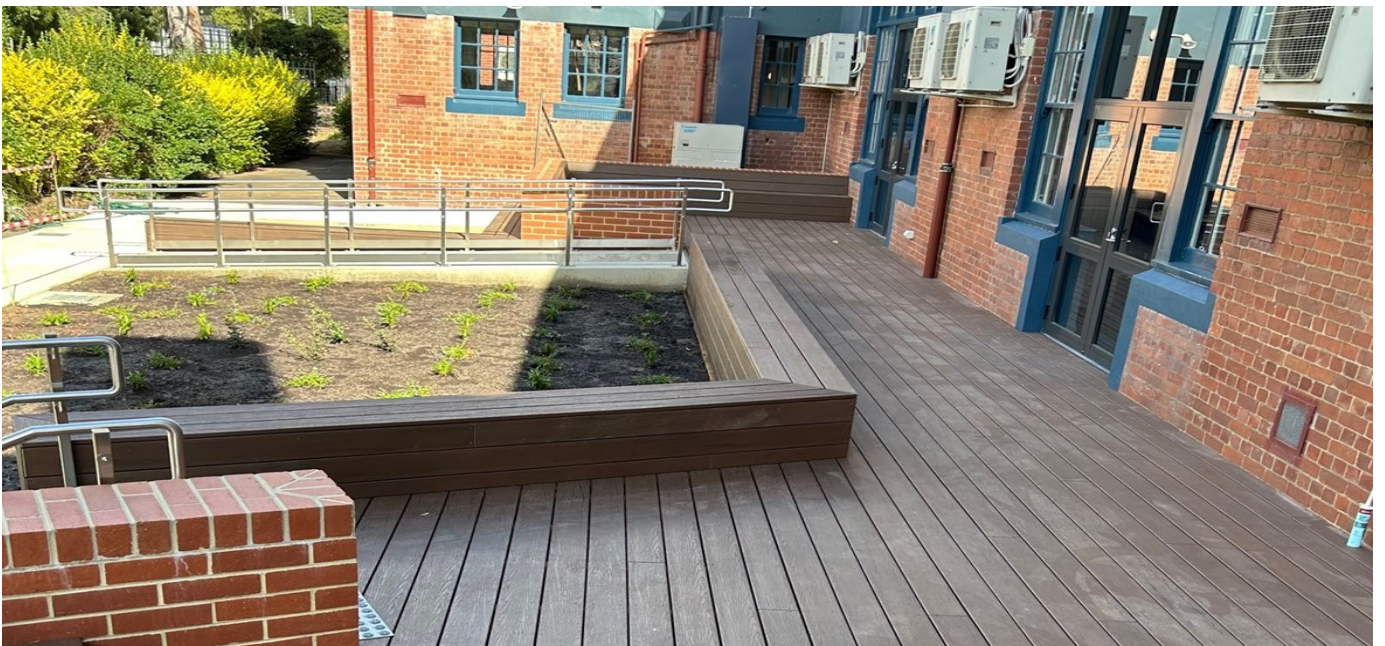
The website has a feature for putting in pro-rata payments. If you know of any classes you will be missing you can adjust your fee when booking by un-checking the box that says "This child will be attending all sessions this Term".



Respect Optimism Care Collaboration



OUR NEW CLASSROOMS



Respect Optimism Care Collaboration



Servicing Moonee Ponds on a Monday, Wednesday, Thursday & Friday!
Order ONLINE until 8.30am on the DAY LUNCH IS REQUIRED
INGREDIENTS, ALLERGEN INFO ETC ARE ON 'OUR MENU' PAGE OF WEBSITE

LUNCH ITEM ONE

SALADS

- Greek Style Salad with Feta and Olives (V, GF)
- Pic(k)nic Box – Vegetarian (V, GF)
- Pic(k)nic Box with Ham (GF)
- Pic(k)nic Box with a Whole Egg (GF)
- Steamed Veg: Corn wheels, Broccoli & Carrot
- Mexican Inspired Salad (V, GF)
- Tuna Mix with Brown Rice & Quinoa Cakes (V, GF)
- Main course of Fresh Fruit Salad (V,GF)

SUSHI/RICE PAPER ROLLS

- Teriyaki Chicken Hand Rolls (2)
- Cooked Tuna Hand Rolls (2)
- Avocado Hand Rolls (2)
- Cucumber Hand Rolls (2)
- Vegetarian Hand Rolls (2)
- Tofu Hand Rolls (2)
- Rice Paper Rolls – Vegetarian (2)

BAKERY

- Cheese and Bacon Roll
- Cheese and Vegemite Scroll (w/m)
- SCROLL with Ham & Cheese
- Semi Dried Tomato and Olive ROLL
- Topped with Only Cheese Roll
- GOZLEME - Lamb & Beef (H)
- GOZLEME – Mushroom & Spinach (NO CHEESE) (Vegan)
- GOZLEME - Spinach and Cheese (V, H)

BAKED FRESH PIZZAS

(PLEASE NOTE: Baked this morning -Served at room temp)

- Margherita Pita Pizza
- Ham and Pineapple Pizza Slice

SANDWICHES, ROLLS & WRAPS

- Turkey, Cranberry, Lettuce and Cheese Sandwich
- Gluten Free Ham & Cheese Sandwich (GF)
- Simple Salad Roll (V)
- Cucumber & Ham Sandwich (GF)
- Vegemite Sandwich (2)
- Mild Salami and Salad Roll
- Plain Cheese Sandwich (2)
- Roast Beef, Fruit Chutney, Cheese and Lettuce Roll

LUNCH ITEM TWO/THREE

FRESH FRUIT & VEG

- Freshly chopped Strawberries with Grapes
- Fresh Fruit Combo
- Celery & Carrot Sticks with Sultanas
- Chopped Carrot, Cucumber, Red & Yellow Capsicum
- Apple pieces with Lemon Juice, Cinnamon & Brown Sugar
- Sugar Snap Peas, Beans & Cherry Tomatoes
- Cantaloupe & Honeydew pieces
- Freshly chopped Watermelon Pieces
- Edamame (Lightly Salted)
- Cherry Tomatoes with Tasty Cheese & Rice Crackers
- Freshly chopped Orange Segments
- Whole Fruit – Banana

YOGHURT/BOWLS

- Dairy Farmers - Strawberry Yoghurt
- Dairy Farmers – Classic Vanilla Yoghurt
- Chia Bowl with Banana, Coconut & Strawberries
- Stewed Rhubarb & Apple with Custard (V)

BAKED GOODS

- Choc Chip Cookie
- Cornflake Cookie
- Finger Bun with Sprinkles
- Hedgehog Slice
- Choc Cup Cake (GF,DF)
- Blueberry Muffin
- Hot X Bun
- Jam Drop Biscuit (GF, NF, H)

DIPS & CRACKERS

- Tzatziki Dip with Rice Crackers
- Avocado Dip with Rice Crackers
- Spring Onion Dip with Rice Crackers
- Spicy Capsicum Dip with Rice Crackers

POPCORN/SNACKS

- Dried Fruit Medley with Yoghurt Sultanas
- Popcorn - Lightly Salted
- Popcorn - Slightly Sweet, Lightly Salted
- Roasted Chick Peas.
- Lime & Black Pepper Chick Peas
- Balsamic & Sea Salt Fav'va Beans

Respect Optimism Care Collaboration



INSIGHTS

happy families 

Riding the Waves

Anxiety in our young people is at an all-time high. It has been rising for decades, and since COVID the numbers have exploded.

Why the huge rise?

Social media is the common scapegoat. There are good reasons to blame Facebook, Instagram, Snapchat, and TikTok, but they are not the most convincing reason. A majority of kids use social media (and screens) at surprisingly high levels with no mental health difficulties.

No. It's not social media. Or friendship issues. Or a lack of outside play. Or not enough physical activity. They all contribute to anxiety. They always have. But they don't explain the huge rise.

What does? Parenting. For two reasons:

Parents are more invested in their children, and as investment in children goes up (emotionally and financially), so do expectations - and those expectations are generally unrealistic. And...

Parents with high expectations are often overly critical of their children (which leads to lower resilience and increased anxiety), and they are more controlling of their children.

These parenting practices make sense if you believe we live in a world that is an increasingly competitive, dog-eat-dog, zero-sum world. Taking control is the only option to assure success in an environment like this.

But it's wrong. And it's creating anxious kids. Let's add a third challenge here as well:

Parents become anxious about their children's anxiety, which feeds control, which amplifies anxiety (theirs and ours). We're uncomfortable with our children's emotional discomfort which leads us to try to stop them feeling uncomfortable and exacerbates anxiety about anxiety.

Our children need more models and less judges. Solutions require a reset of our parenting practice. Less control and criticism. More empathic exploring and ebullient empowering.

"But what have they got to worry about?"

It can be easy to look at our children's lives and think that they've got it made, especially if they're being raised in a significantly improved situation than yours was. But their anxious responses may not be as excessive as you think. This is due to the very real result of "worry stacking".

Over time, small, even seemingly insignificant worries or concerns can accumulate and build upon each other, ultimately creating a larger and more overwhelming sense of anxiety or stress than the sum of their parts. (And considering how much we're cramming into our kids' lives now, is it any wonder?)

By learning how to effectively manage each worry as they arise, our kids can keep the stack from growing too high and maintain a sense of control over their anxiety. This is essentially like hitting the "reset" button on their nervous system.

How to push the "reset" button

A healthy reset requires relationship and connection, a feeling of competence and capability, and a real sense of control.

In addition, we can teach our children about regulating anxieties and worries. It's essential to process worries, reset between challenges, and ensure concerns don't accumulate.

1. Balance the body

Recognise the physical sensations of anxiety. Where does your child feel it? Is it in their chest, shoulders, or stomach? Somewhere else? Identifying these sensations helps manage them effectively.

Rather than saying, "I am feeling anxious," which can intensify anxiety, have your child say, "I'm beginning to notice anxiety in my chest." This simple shift in language helps create distance from the anxiety and it's processed more effectively.

Deep breathing is a powerful tool for regulating emotions. Try box breathing (Inhale, 2, 3, 4. Hold, 2, 3, 4. Exhale, 2, 3, 4. Hold, 2, 3, 4.) A splash of cold water, or a brief cold plunge or a cold shower can help with a reset and refocus on the here and now.

Nature is an anxiety balm. Touch the grass. Breathe fresh air. See the sky. Soak in the sun.

2. Re-calibrate cognitions

The mind magnifies threats when we're anxious. Remember, thoughts are thoughts, not facts. Challenge unhelpful, unkind, or unproductive thoughts.

Question assumptions and beliefs that amplify anxiety.

1. Create capacity

Your child can't control the curriculum, can't trash the timetable, can't end exams, and can't save the planet. But they can hug their parent, can be present, can breathe, can play or run or be active, can cook dinner with you, can wrestle with you on the carpet, can read a book.

They can study, can call a friend, can help someone struggling.... There is so much they CAN do. They just need help seeing it.

Unhealthy anxiety is embedded in our culture. But it doesn't have to be embedded in yours. Or your child's. Let go of control. Recentre, rebalance, rethink, and recreate.

And trust that things will work out. They almost always do.

Seasons for Growth Transitioning Tips



Transitioning back into the new year after the holiday period, may cause feelings of anxiety especially for those who find change challenging.

The holidays may provide a reprieve from work or school, but after having weeks of no homework, no school or work hours and later bed-times, it can be difficult to adjust straight back into the usual routine.

Here are some suggestions to ease back into the start of a new year.



Routine

Get back into a routine by

- setting bed-times and wake-times
- reducing screen time
- turning off devices an hour before
- sleep-time
- reading books

Choices

Giving kids choices can help them

- feel they have some control Get back into a routine by
- choosing their breakfast
- what to eat for recess and lunch
- helping pack their bags

Healthy Eating

Healthy eating choices are important to keep an active body and healthy mind

- be aware they are eating a healthy
- breakfast
- provide ample food for lunch to get them through the day



Listen

Talk to your children about their day and give them the opportunity to share any worries. Don't share your own anxieties. Listen to your child's concerns and validate their feelings to show them you are listening and know they can handle it.



Acknowledge

Acknowledge the transition back to school may not always be smooth. Listen to any worries and make a plan for dealing with these challenges. Perhaps practice with your child by role playing. This may help your child feel more confident to handle the situation if it arises.



Encourage

Focus on the positive moments ahead. Discuss the things your child is looking forward to, whether it's seeing or making new friends, playing sport or beginning a new activity. Encourage your child to participate in new activities and help them manage their time in the first term of school.



MPPS Parents Association

presents the 2024

TRIVIA NIGHT

SAVE THE DATE

2024

March 15th

7:00pm

MPPS
Sports &
Performance Centre

All money raised will go to
the MPPS PA to purchase
STEM equipment for our new
STEM centre

PRIZES AWAIT OUR WINNERS!

**Please look out for Trivia Night
Tickets and Raffle Tickets**

TERM 1 2024 CALENDAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
January 29 Curriculum day	January 30 Curriculum day	January 31 Students commence	February 1	February 2
February 5 MVIMP Commences	February 6 Staff Meeting	February 7 Foundation 9:15am-1.20pm	February 8 Foundation 9am-1.20pm Parents Association Meeting	February 9 Foundation Full day
February 12	February 13 Foundation Info Evening 6pm	February 14	February 15	February 16 School Swim Sports
February 19	February 20 Parent Teacher Exchange	February 21 School Photo Day	February 22	February 23 Yr 5/ 6 Gala Sports #1
February 26	February 27	February 28 District Swimming School Council	February 29 School Photo Day (catch up)	March 1 Yr 5/ 6 Gala Sports #2

JUNIORS OPEN DAY 2023

Sunday, 19th February, 9am-12pm @ Ormond Park

GIRLS & BOYS TEAMS
U8's, U10's, U12's, U14's, U16's, U18.5's

- ✔ Meet our 2023 coaches ✔ **FREE** sausage sizzle
- ✔ Mouthguard Man onsite for sizing & orders
- ✔ Buy new socks, shorts and other merch + second-hand gear
- ✔ Returning players registration **NOW OPEN** via SportsTG on TeamApp

CONTACT FOR MORE INFO:

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Junior Girls Co-ordinator
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Junior Boys Co-ordinator
0429 882 594



mooneevalleyfc.com.au



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/>