MOSSFIEL PRIMARY SCHOOL
Principal
Maureen Price
9749 1227
Website:
www.mossfielps.vic.eu.au

NEWSLETTER 21 July 2016

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

DIARY DATES
Fri
22 Jul – 9 Sept
Foundation & 1/2s Swimming program every Friday for 8 weeks
Mon
1 Aug
6pm
OSHC Committee meeting

Tues
2 Aug
STUDENT FREE DAY – NO SCHOOL FOR STUDENTS ON THIS DAY

Thu
4 Aug
JSC Disco F-2s = 5:15 to 6:15, 3-6s = 6:45 – 8pm

Mon
8 Aug
Last day for chocolate Drive

Tue
9 Aug
Subway day – orders due by Thursday 28th July

Wed
10 Aug
5/6 Hoop Time

Wed
10 Aug
7pm
School Council meeting

Thu
11 Aug
Mossfiel Years 3-6 Athletics Day

Wed
17 Aug
F-6
Mini Olympics – all family members invited

Wed
17 Aug – 24 Sep
Maureen Price on leave – Dennis Osborne will be Acting Principal

Tue & Wed
23 / 24 Aug
1/2s Werribee Mansion excursion

FROM THE PRINCIPAL

WELCOME TO OUR NEW STAFF
Mrs Spencer has started as our new Business Manager last week. We welcome her to Mossfiel and I’m sure you will see her when you are next at our school office.

Mrs Hussein has also made a smooth start to teaching 12M last week and we welcome her to Mossfiel.

100 DAYS OF SCHOOL
Our Foundation students are celebrating their first 100 days of school today. Students and Foundation staff were invited to dress up as a 100 year old and they are having a party lunch too. Much talcum powder was used this morning! See the photos later in this edition.

SWIMMING
Our Foundation – Year 2 students start swimming tomorrow at Paul Sadler Pool in Thames St Werribee. Please read the note about how to help your child prepare for swimming. If you have any queries, please contact Mrs Maclean.

MOSSFIEL SPORT SUCCESS
This season, in inter-school sport, 3 of our teams were winners in their group and this week are playing off in the district finals. Yesterday our girls soccer and mixed Netball played and the AFL play tomorrow. Congratulations to those players for their success. Our Soccer Girls team were successful 4-1 yesterday and will play in the regional finals next week. We wish them well for the next round of finals.

CUA GRANT – VOTE FOR US!
The Student Fitness Team has submitted our proposal for a Paper Waste Recycling project at our school. In order to get a grant to set this up we need your help. The first step in getting the grant is for us to run a mini Olympics to raise funds towards the project. We will hold our mini Olympics on Wed 17 Aug and would love to see as many family members here to cheer on and participate.

The second step is for us to win the votes through CUA. We need all Mossfiel families to vote for our project because the school with the most votes [pro rata according to the size of the school] will get the $5000. Please read the information later in this newsletter.

2017 FOUNDATION ENROLMENTS OPEN
The time has come to enrol your child for school next year. If your child turns 5 on or before the last day in April 2017, they are due to start school next year. All children starting school need to have their immunisation history statement. It is wise to complete the 4 year old immunisations now so that the statement is up to date. Schools start planning now and need to know this term about the numbers of Foundation students for next year. Just contact the school to arrange a time to enrol asap. If you know of other children in our
area who will start school next year, could you let them know to contact the school now and arrange the enrolment?

REPORTS
Student mid-year reports were sent home on Friday and we hope all families were able to celebrate the learning progress of their children. We would love to hear your feedback about the reports; the timing, the format, etc. You can email your thoughts to the school email mossfielps@edumail.vic.gov.au.

KIDSMATTER ARTICLE
Later in the newsletter you will find an article from the Kidsmatter website about building resilience in our kids. The website has many resources and links to support for a wide range of issues about raising healthy kids. I recommend this article and the website to you.

Keep Smiling
Maureen Price, Principal

Mossfiel Community
Parents and carers are asked to wait in the yard to collect their child after school. This will avoid potential safety issues associated with congested small spaces and minimise classroom interruptions at the busy end of school day. Please adhere to this procedure.

BOOKCLUB
Due date for Book Club is Friday 22 July. Don't forget you can download the LOOP app and order online.

Classroom / Excursion Helpers
All volunteer workers must sign in/out and at the office. A visitor's sticker will be issued and must be worn during the session/excursion.

UNIFORM SHOP
The uniform shop will be closed on Thursday 28 July and Thursday 4 August. You can place orders at the office during this period and the items will be delivered to your child's classroom within a day or two.

Victorian Premiers Reading Challenge
Congratulations to these children who have completed the 2016 PRC.

<table>
<thead>
<tr>
<th>Class</th>
<th>Name</th>
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<tbody>
<tr>
<td>3/4J</td>
<td>Adnan</td>
</tr>
<tr>
<td>1/2G</td>
<td>Marzuq</td>
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<tr>
<td>5/6W</td>
<td>Siosaia</td>
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<tr>
<td>FA</td>
<td>Arielle</td>
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<tr>
<td>FF</td>
<td>Benjamin</td>
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<tr>
<td>FF</td>
<td>Haytam</td>
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<tr>
<td>1/2F</td>
<td>Madiha</td>
</tr>
<tr>
<td>1/2G</td>
<td>Henry</td>
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<tr>
<td>1/2O</td>
<td>Maisam</td>
</tr>
<tr>
<td>1/2G</td>
<td>James</td>
</tr>
<tr>
<td>3/4D</td>
<td>Joshua</td>
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<tr>
<td>5/6A</td>
<td>Hayley</td>
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<tr>
<td>5/6W</td>
<td>Kobie</td>
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<tr>
<td>5/6M</td>
<td>Cloe</td>
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<tr>
<td>1/2M</td>
<td>Akshika</td>
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<tr>
<td>1/2D</td>
<td>Jasdeep</td>
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<tr>
<td>5/6W</td>
<td>Paw Eh Ah</td>
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<tr>
<td>1/2D</td>
<td>Chase</td>
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<tr>
<td>1/2D</td>
<td>Rafferty</td>
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<tr>
<td>1/2D</td>
<td>Ryland</td>
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The Challenge ends in 4 weeks time. If you have not yet logged your books please remember to return your sheet to school. We have over 100 children who have completed the Challenge so far.

COMMUNITY NOTICES
Wyndham City Youth Services Facebook Friend or Foe Parent Information Evening on Thursday 28 July at Wyndham Vale Community Centre 86 Manor Lakes Bld Wyndhamvale from 7-8:30pm. To book please call 8734 1355 or email rosie.barbara@wyndham.vic.gov.au
At Mossfiel Primary School we think it is very important to encourage our students to lead active and healthy lifestyles. Through our participation in the School Mini Olympics – a healthy alternative to the traditional Easter Egg raffles – we are eligible to enter a program called ‘CUA Community Care’ that gives us the chance to win $5,000 for a school or community project of our choice.

This program is a community-focused initiative from CUA, Australia’s largest customer-owned financial institution and our project proposal is to become a Paper Smart school, looking at ways to Reduce, Reuse and Recycle paper in our school and community.

We are up against 8 other schools in the area to take out the $5,000 prize and as the winner will be determined by community voting - we need your votes!

Voting is open from 26 July – 23 August and you can register your vote online at www.cuacommunitycare.com.au and in CUA’s Werribee branch. Each person can make one online and one in-branch vote. Also, voting is open to anyone so please feel free to get friends and families involved and voting. Please give us your support and help us win $5,000 to improve our school!
Resilience


Amelie’s story
Two-year-old Amelie had a new baby brother. Amelie was much loved and her parents expected that she would welcome baby Noah with their support. Although Amelie was loving towards the baby, she became very clingy to her mother, started to show off when visitors came to admire the baby and no longer wanted to go to the playgroup that she had always loved. Her parents gave her as much time and love as they could and allowed her to decide for herself whether or not to go to playgroup. Over the next few weeks Amelie gradually became more like her old happy self and one day said that she would like to go to playgroup again.

Everybody’s life has ups and downs
Adults sometimes look back on their childhood as a time when they were always happy, but life’s ups and downs are a part of childhood too. Children need to build resilience skills to be able to both enjoy good times and deal with hard times. Helping children learn how to manage life’s ups and downs and build their coping skills supports their mental health and wellbeing now and into the future. Feeling good protects mental health and wellbeing.

Did you know that experiencing positive emotions such as joy, pleasure and having fun are essential experiences for building and maintaining a healthy mind across our whole lives?

Skills and qualities that help children cope with life’s ups and downs
- Trust - that the world is safe and that there are caring people to help them.
- Belief - in their ability to do things for themselves and achieve their goals.
- Feeling good - about themselves and feeling valued for who they are by their parents and carers.
- Optimism - that things generally turn out well.
- Regulation - Ability to manage their feelings, thoughts and behaviours.

Children develop these skills and qualities and learn to keep a balance over time, initially through their experiences in coping with small stresses with help from supportive adults. When bigger stresses come along, even though at first they might feel quite distressed, children can draw on what they have learned about helping themselves to cope and feel better. Looking to others for support continues to be an effective way of coping.

How are your child’s resilience skills developing?
Resilience is the ability to cope with life’s ups and downs. Children’s resilience is enhanced when they:
- are loved by someone unconditionally
- have an older person outside the home they can talk to about problems and feelings
- are praised for doing things on their own and striving to achieve
- can count on their family being there when needed
- know someone they want to be like
- believe things will turn out all right
- have a sense of a power greater than themselves
- are willing to try new things
- feel that what they do makes a difference in how things turn out
- like themselves
- can focus on a task and stay with it
- have a sense of humour
- make goals and plans, both short and longer term.

Feeling optimistic and hopeful are key parts of mental health and wellbeing.

This information has been adapted from the International Resilience Project