



MOSSFIEL PRIMARY SCHOOL

**We are a resilient,
respectful, community of
Learners**

NEWSLETTER – 15 July 2021

MOSSFIEL SCHOOL LEADERS

PRINCIPAL	Paul Maisey		
ASSISTANT PRINCIPAL	Dennis Osborne		
INSTRUCTIONAL LEADER - Foundation	Diane Delapa	INSTRUCTIONAL LEADER - Years 1 & 2	Carmen Morrison
INSTRUCTIONAL LEADER - Years 3 & 4	Andrew Morrison	INSTRUCTIONAL LEADER - Years 5 & 6	Craig O'Donnell

MOSSFIEL SCHOOL COUNCILLORS

Catriona MacLeod – President	Iris Carnat - Vice President	Jane Churchland - Treasurer	Linda Spencer – Minute Sec
Dennis Osborne	Nicole Aquilina	Louise Price	Jasmin Quinn Trencovski
Holly Brunnbauer	Chloe Bell	Jacqueline Drew	
Jo Brown	Desiree King		

MOSSFIEL DIARY DATES

Wednesday	28 July	Whole School Mini Olympics Day
Thursday	29 July	Year Foundation – 2 Swimming Program begins
Thursday	12 August	District Athletics
Mon – Wed	16 – 18 August	Year 5/6 Campaspe Downs Camp
Mon – Wed	25 – 27 October	Year 3/4 Log Cabin Camp

Dear Parents/Carers,

Welcome back to school – I am hopeful that you had a fantastic break and that your young person has made a smooth return to the routine of school.

SCHOOL ATHLETICS

Last term we successfully ran our school athletics day. From this event students have been selected to represent the school at the local district event, however the big story was the way the students worked together and showed pride in the school clearing the track and preparing it for the day. A BIG thank you to all the students who helped.



BUILDING WORKS

I hope you have noticed, when onsite, that we have continued the process of improving our school grounds and we are providing a safe environment for our community. The cracked concrete near the canteen and front of the school was replaced over the holidays and a garden bed introduced. For those with an environmental lens, we have planted native plants as our small part to helping the local environment.



OLYMPIAN

It was great to hear that one of our teachers (currently on leave) Mr Peter Cashin's daughter Amy, has been selected to represent Australia in the Tokyo Olympics. From all of our community we are excited for this fantastic opportunity and wish her and her team all the very best. Peter has provided some further information below, an interesting read!

SCHOOL REVIEW

Today we took another step in completing our school review process. The review panel, made up of Principals and former Principals visited classrooms and talked to our students about their work and learning and all things education. You may hear a story or two from your young person about someone visiting their grade and asking all kinds of questions, This is part of the normal school review process. This information will help inform our future work and set our goals for the next 4 years.

STUDENT REPORTS

Last term we provided a written report available through Compass of your child/rens progress to date. If you have any questions regarding the reports, please make a time with your classroom teacher to discuss these. In addition, we made some adjustments to the reports and how they were presented and will be seeking feedback shortly as we continue to improve. Watch this space!

2022 ENROLMENTS

If you have a child who is eligible to come to school in 2022 (turning 5 years of age by April 30th 2022), we are accepting enrolments now. To enrol please contact the office for information. To help plan for this process you will need to organise and bring:

- **Child's birth certificate**
- **Immunisation certificate**
- **Visa (Passport) if child is not born in Australia**

If you know someone who would like a tour of our school, we will; be running tours on Fridays at 10am ... pending health advice. Please direct them to our website where you can find additional information: <http://www.mossfielps.vic.edu.au/>

COVID SAFE:

As always, we remind our community to stay safe and continue our good Covid practices. This includes, QR coding in, wearing masks if you enter the office or if you can't social distance outside, limiting time onsite, not entering the buildings at the moment and following the governments health advice.

A reminder that if you, your child, or a family member develops symptoms of COVID-19, you should not attend school. If children develop symptoms during the day, we will call you to collect them and take them home. Please do not send your child to school if they have any cold or flu like symptoms. In addition, if you have been contacted by DHHS or need to isolate, please let the school know and look after your families and our community.

*Take care,
Paul Maisey
Principal*

Mossfiel Mini Olympics Day!

On Wednesday, 28 July, during sessions 3 to 5, the whole school will be involved in our own Olympics day!

Each class is representing a different country and will be participating in a range of fun, Olympics themed events.

The classes in each year level will compete against each other, aiming for gold!

Students are encouraged to wear the colours of their class's country on the day. If your child is not aware of these colours, they need to speak to their classroom teacher. If your child prefers to not wear the colours of their country, they need to wear school uniform as normal.

Classes are currently learning about their country, their flag and national anthem.

We look forward to a fun, Olympics day!



A big thank you to Bunnings Hoppers Crossing for their very generous donations of plants and gardening items for our school gardening club. Their donation provides the students with a sense of ownership and community over the garden whilst providing an amazing learning opportunity in plant care. Thank you again for your continued support of our school, it is always very appreciated.

Book Club Issue 5 -2021

Due date Friday 30th July 2021

Book Club LOOP

The EASIEST way for parents to order and pay for Book Club!



Parents: Are you registered for LOOP?
LOOP is the easiest way for you to order and pay online for your child's Book Club order, if you wish to pay by credit card.

Parents who are registered for **LOOP** receive exclusive sneak peeks, downloads and offers throughout the school year—don't miss out!



Head to [scholastic.com.au/LOOP](https://www.scholastic.com.au/LOOP) and register today!



HOW TO ORDER ON Book Club



1. Your child will bring home a Book Club catalogue from school.
2. Choose books together.
3. Order online via LOOP and the school will take care of the rest!
[scholastic.com.au/loop](https://www.scholastic.com.au/loop)
4. The books are delivered to your child's classroom.



If you wish to pay with cash, send in your order filled out using the order form in the catalogue with the exact money and clearly labelled with the students name & grade to the office.

Student Wellbeing Newsletter



Each newsletter I will be posting some exciting Wellbeing content for our community. This may include information about how you can support your children's and families' wellbeing, a snapshot on mental health issues currently prevalent in the community, or information about a local service in the area that might benefit you or your child.

This week's topic is Resilience, Rights and Respectful Relationships program.

Congratulations at making an awesome start to Term 3 2021! I hope you all had a relaxing holiday and feel set up for a great term ahead. It's great to see so many smiling faces and children happy to come in each morning.

What is the Rights, Resilience and Respectful Relationships (RRRR) program?

The *Resilience, Rights and Respectful Relationships* learning materials have been designed for teachers in primary and secondary schools to develop students' social, emotional and positive relationship skills. The RRRR learning materials cover eight topics of Social and Emotional Learning across all levels of primary and secondary education. These are Emotional Literacy, Personal Strengths, Positive Coping, Problem Solving, Stress Management, Help Seeking, Gender and Identity and Positive Gender Relationships.

Why teach RRRR?

RRRR provides an evidence-based approach to social and emotional learning, developing respectful relationships, including a focus on Gender and Identity, and Positive Gender Relations. Efforts to promote social and emotional skills and positive gender norms in children and young people has been shown to improve health related outcomes and subjective wellbeing. It also reduces antisocial behaviours including engagement in gender-related violence.

If you would like to read about the evidence and importance around teaching RRRR, more information can be found here:

<https://www.education.vic.gov.au/about/programs/Pages/respectfulrelationships.aspx#link3>

RRRR at Mossfiel:

Mossfiel's Social and Emotional topic for Term 3 is **Topic 7: Gender and Identity**. Students will:

- Reflect on their identity: likes, dislikes, strengths
- Develop an awareness of positive and negative gender norms
- Develop an appreciation of differences

Foundation will also complete **Topic 8: Positive Gender relations** where students will:

- Develop an understanding of gender-based violence based on what it means to be a boy or a girl
- Identify examples of gender-based violence
- Identify and practice respectful and gender friendly behaviours
- Develop and practice assertive and help seeking strategies to protect themselves when they feel unsafe in situations involving gender-based violence.

It would be great if you could chat to your child about the great learning they are doing at home!

If you have further questions, please feel free to contact me at Kathryn.heenan@education.vic.gov.au or pop in for a chat!

Have a great week!

Katie Heenan

Mental Health and Wellbeing Coordinator

THINK Excellence

THINK Respect

THINK Resilience

THINK Community

In times like these, it's OK to be a bit uncertain.

Maybe a little nervous, anxious or sad.



But when it shows feelings you can't describe, you're not sure what this means, you need help. This is where you need Head to Help the Emergency Helpline.

Call 1800 995 212

and find the free mental health support you need.



1800 995 212

 Need a conversation	 Delivering the level of help you need	 Connect to the best services for you
If health care professionals still advise questions, the information you provide will allow us to understand what support may best fit your current needs.	If you have had discussions for some time or have symptoms that are starting to impact your life, physical health or relationships, we can direct you to services that can assist.	Your treatment and support may be organised through primary care or one of the Head to Help hubs.

Head to Help is now a public service. If you need immediate help or are at risk of harm, request an ambulance or call 000.

Head to Help is a free, 24-hour, open, self-help service of any age when you're experiencing distress or mental ill health.

Head to Help will consider a person's financial situation if recommending other low-cost options.

Our team includes mental health nurses, social workers, peer workers, alcohol and other drug workers, and other allied health professionals, health workers, and psychologists, to support you through self-help, or in person at a hub.

To find out more, call 1800 995 212 or go to headtohelp.org.au



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Happy birthday from the 28th June-25th July to:

- Sajid 1/2A
- Raj-Dean 1/2A
- Vani 1/2A
- Daejahn 1/2B
- Blake 1/2B
- Brianna 1/2B
- Nikolai 1/2C
- Mehtab 1/2C
- Malo 1/2E
- Taizae 3/4A
- Ryan 3/4A
- Your Heh Tha 3/4A
- Su Mu 3/4B
- Moala 3/4B
- Aristidis 3/4C
- Suizi Par 3/4C
- Imaan 3/4D
- Ibrahim 3/4D
- Alexandra 3/4D
- Saphira 3/4D
- Angus 5/6B
- Haytam 5/6C
- Sui 5/6D

Introducing Olympian 🇺🇸 AMY CASHIN!!! 🇺🇸

Amy Cashin is from Werribee, Victoria, and runs for Western Athletics Club.

As a young child Amy did gymnastics and swimming. She was a state-level gymnast and participated in the sport from age 3 to 12 and again from 14 to 18 as a supplement to her running. Amy started running at 10, after school cross-country (XC) when her PE teacher suggested she take up athletics. She went along to Werribee Little Athletics in 2003. In that first year there were several girls quicker than Amy, but she had fun, made friends and looked forward to going. As she got older events such as 800m and 1500m were introduced and she started to show some talent for the longer distances.

In 2006 she was lucky enough to team up with her first coach Peter Burke and join local athletics club Western Athletics.

In Year 7, 2007 she ran in her first national track race in Sydney and her first national cross race in Perth. At aged 14 in 2008 she won the U15 2000m Steeplechase Pacific School Games title in Canberra and in 2009 won the 3000m at the Australian Nationals in Hobart.

Amy ran XC for Team Vic from 2008 to 2012 and came second twice (Nowra 2009 & Adelaide 2012) and third (Brisbane 2010) at the National XC Championships.

In 2013 Amy was selected in the Australian team for the World Junior Cross Country Championships in Poland.

She was then off to college in West Virginia University where she was coached by Sean Cleary, her current coach. During 2013/14 she ran cross country and indoor track. Her 2014 season was cut short when she was concussed after a door shut on her head.

She ran indoor and outdoor track in 2015 with a best time of 10:44 (3000m steeplechase). There was good progress in 2016, running 10:11 in the steeplechase. In 2017 she ran 10:01 in her regional meet and qualified for her first NCAAs.

On the track in 2018 she smashed PBs across all her distances - 1500m, mile, 3000m, 5000m and steeplechase. She placed ninth in the mile at the NCAA Indoors and in the NCAA Outdoors made it to the semi-finals in the steeplechase, where she ran a PB 9:58.75. She finished representing WVU as a three time All-American and was a member of the Academic All-American Track & Field/Cross-country First Team.

Shortly before the 2019 track season she suffered a serious concussion, after a medicine ball dropped on her head in the gym.

Some early season performances in 2020 were very promising. She ran an 8:57 indoor 3000m on 28 February 2020, but within days the season was shut down due to Covid 19.

Amy completed her Masters while waiting out Covid 19 in the USA and commenced a Ph.D. in early 2021, focusing on coaches' mental health.

In April this year, in her first steeplechase since 2018, she ran 9:48.60, followed by 9:43.89 in early May. Amy travelled across the USA to Portland, Oregon and ran 15 second PB and Olympic Qualifier of 9:28.60 in early June to book her ticket to the Tokyo Olympics.

The 3000m steeplechase is 7 ½ laps long and there are 5 steeples to jump over each lap and one of those steeples has a water jump. In the All-time Australian Rankings, Amy is now the 5th fastest Australian in the Women's 3000m Steeplechase.

Four days after her 27th birthday, she will live her dream and make her Olympic debut in Tokyo. As a young girl Amy liked the saying: Nothing is impossible, the word itself has "I'm possible".



THINK Excellence

THINK Respect

THINK Resilience

THINK Community



Breakfast Club at Mossfiel!

Mossfiel has partnered with FoodBank Victoria to provide a nutritious, filling breakfast free of charge **every Tuesday from 8.15am in Block D**. Mossfiel's Breakfast Club aims to ensure students start the day with a healthy meal!

If anyone would like to join us for breakfast you are most welcome! No need to sign up, just turn up and come inside Block D and we will take your orders of cereal, fresh fruit, fruit cups, milk and toast.

If you are joining us for breakfast at 8:15am, please be aware that you are to stay in Block D until the yard is supervised from 8:35am.

A big thankyou to Bakers Delight Hoppers Crossing, who kindly donate bread for our Breakfast Club each week!