



MOSSFIEL PRIMARY SCHOOL

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

NEWSLETTER – 29 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

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

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Dear Parents/Carers,

Welcome back to school – AGAIN! Schools are a much better place when students are here and learning.

Thank you to our families for the way you have supported the school during this challenging time and for your important part balancing your own work and remote learning ... it really is a team effort. Thank you also for following the health advice and wearing masks as you drop off and pick up your children, every little bit helps to keep us safe.

School Swimming Program

The great news for MPS is that our swimming program started as scheduled. Thank you to the hard work of Mrs Maclean and her great organisation skills, the school has exclusive use of the Paul Sadler Swimland in Werribee and thus meets the strict DET guidelines, and more importantly we are still able to provide this wonderful opportunity for our students. Below is an early picture of the program.



Also thank you to the parents and carers for your support, we acknowledge that the timeline coming out of lockdown meant that our program information was delayed, however you have responded with understanding and organisation and it is greatly appreciated.

New Stools

You may have heard from your young person that the school has begun the process of updating the schools' furniture. The first shipment of stools have arrived. These stools will be used around our teacher focus "jellybean" tables and form an important part of our small group work and differentiated teacher instruction. Don't worry if you have a grade 3-6 student, they are on the way!!!



SCHOOL REVIEW

The formal part of the schools' review process has been completed, known as the "Final Day". Our school leadership team, school council president Catriona and the panel discussed at length what we found and set a plan for the next 4 years of work. These goals remain in draft form until

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DET sign off on them and once that process has completed will be communicated to the wider community. This is an exciting time for the school and our whole community as we work together to improve the outcomes for our children.

Devices

The school handed out almost 50 devices to families needing support during remote learning. Thank you for those that have returned them. For those who have not, please send them back through your classroom teacher or the school office. These will be cleaned and returned for student use.

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 at all times, 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



HIP, HIP, HOORAY! IT'S THE...

100th Day

THIS MONDAY 2ND AUGUST

It's finally here, the day we've all been counting up to - Mossfiel's 100 Days of School for our Foundation students! On Monday 2nd August we will celebrate this momentous occasion with 100 day themed class parties and activities. Come dressed as yourself at 100 years of age!





GET ON YOUR MARKS,
GET SET,
GO!!!



MOSSFIEL MINI OLYMPICS

Wednesday 4th of August

Dress in your class's
country colours
and make your chosen
country proud!
Go for Gold!

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 wellbeing topic is on Independence.

"The greatest gifts you can give your children are the roots of responsibility and the wings of independence." Denis Waitley

Why is independence important?

If a child is not allowed to gain independence, they may react with anger and resistance, especially during their phase of self-affirmation, which is often wrongly called the phase of opposition. Children may also react with feelings of abandonment and develop a seemingly indifferent attitude. Developing autonomy also gives the child a sense of self-efficacy ('I can do it on my own') which promotes self-esteem and confidence, and promotes motivation and perseverance in school.

By offering the child activities that make them more independent, you allow them to gain confidence. While teaching them new skills you also help them to develop qualities such as patience, concentration, self-help, cooperation, self-discipline and self-trust. You also promote their sociability, allowing them to develop their levels of self-awareness and sensitivity towards others. A major benefit of encouraging child independence: children learn how to help those around them.

How can we support our children to develop their independence?

As children get older they can manage more and more tasks and decisions on their own. Some kids are confident trying new things, while others need a bit more encouragement.

Finding the right level of support can also be tricky-you're trying to hit a sweet spot where kids are challenged and can learn through trial and error, but also feel secure and know that they have adult backing. It can be an adjustment for parents too, but one that pays off as kids' self-confidence, maturity and resilience grows.

At Mossfiel we are committed to children becoming independent learners and independent human beings. So, often the first thing teachers will ask them is, "**How are you going to sort that problem out on your own?**" or, "**Who are you going to ask to help you?**" By asking questions in this way, we are letting them know that we believe that they can work things out on their own. Children grow and become more independent when we give them many opportunities to experience independence.

To help our kids develop their independence, here are a few things you might like to try:

- Consider having a weekly planner on the fridge.
- Have your kids pack their own lunch and give them a reminder note to put in their lunchbox.
- If your child has a diary, leave any reminders in there.
- Develop routines for after school pick-ups.
- Ask your child what they think is an important skill they need to learn that will help them become more independent? Help them to learn this new skill.

- Talk about the most important skills you need to learn before moving out of home? Rank them from most to least important to learn. Choose one of these skills and learn how to do it.
- Have your child arrange a play date with a friend. They will need to organise snacks and activities.

“Independence is happiness.” Susan B. Anthony.

Thanks for working with us to develop our kid’s independence.

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



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!

Supporting Children's Social and Emotional Wellbeing

COVID-19 continues to shape who we can see and what we can do - at home, school, work and play. No-one really knows yet what the long-term impact, if any, will be on children. What is known though, is that a caring, consistent and open parent or carer, who is coping as positively as they can, is likely important. The evidence shows that this relationship helps support children's resilience and wellbeing when they adapt to big changes, whatever they are.

However, snap lockdowns can put pressure on these relationships when stuck at home together on short notice. Here are some tips ...

Listen and Involve

Check in regularly with each child. Listen carefully: their concerns might be different to what you expect. Calmly acknowledge and validate their feelings. Then problem solve together as best you can, such as around different ways to stay connected to friends or ideas for a virtual birthday party. Working together supports wellbeing and models positive coping, creative problem-solving and shared decision-making. These are important resilience skills.

Get Outside, Get Active

Exercise reduces stress and boosts mental health. Get everyone active outside as much as the regulations will allow and, where possible, spend time in parks or nature.

Make Memories

Ongoing lockdowns and restrictions can be frustrating and tiring but they won't last forever. Try to keep using these times to try out new things you may not usually do together, such as, games nights or virtual meals with grandparents or friends.

Be Present

Put down your phone, turn off the TV. Put thoughts of the crisis aside. To have quality time together, really be there.

Do Things Together ... and Apart

Make sure there are times every day when you are each doing your own thing. Try the handy Octopus Tool. It can help kids learn to manage boredom positively and independently.

Keep in mind: Home is not a safe place for all children or for some adult/s who care for them. Where this is the case, many of the suggestions above won't likely make it safer. Please seek support from organisations set up to assist families where safety is a concern due to 'stay at home' requirements with ongoing lockdowns.





Managing Big Feelings

Worried? Upset? Bored? Frustrated? It's normal. Feelings like these are important. They let us know when something doesn't feel right and can help remind us to do important things, like wash our hands or call Grandma to cheer her up. Sometimes though, feelings take over our behaviour. Other times, we can get stuck in our thoughts and feelings and it stops us having fun or making the best of the situation. This handy Octopus Tool provides some steps for managing feelings in a positive way. It can be helpful for parents, carers and kids stuck at home. And, for learning emotional literacy.



Handy Octopus Tool

1. Draw an octopus shape and choose an emotion that's bothering you.
2. Think of 8 things you like to do and that you can do by yourself. The more unusual and creative the better! Draw or write them on the tentacles.
3. Stick your octopus somewhere you can find it easily.
4. Now the tricky part ... notice when you are feeling the emotion. Don't try to stop or ignore it, just spot it. Then choose one or more of the activities from your octopus instead.
5. Make a new octopus as often as you want. Try different designs if you prefer - spider, jellyfish, flower, stack of cards ...



★ Top Tip:

It's not always easy to know how you feel, but often your body or behaviour is showing you. For example, if you are whining, feeling grumpy, looking for a snack or bugging others you might be feeling bored. That is a good time to look for your octopus.



★ Keep Talking and Listening

Check in regularly with how each other is feeling about the situation. If you are concerned that you really aren't coping it is important to seek professional advice (many services are available on-line or by phone).

★ Top Tip for Parent/Carers:

Make sure you lay out the resources so children can find these themselves when they need to.



Happy birthday from the 26th July-8th August to:

- **Makaeda 0B**
- **Sefton, 0C**
- **Mary, 1/2D**
- **Sofia, 1/2D**
- **Bentley, 1/2D**
- **Thewng Pi, 1/2C**
- **Marlian, 1/2E**
- **Humphrey, 3/4D**
- **Ehren, 3/4B**
- **Jai, 5/6A**
- **Sa'Olotoga, 5/6E**
- **Rhyne, 5/6E**



This Friday (30th July) is **International Day of Friendship**.

“Through friendship-by accumulating bonds of camaraderie and developing strong ties of trust-we can contribute to the fundamental shifts that are urgently needed to achieve lasting stability, weave a safety net that will protect us all, and generate passion for a better world where all are united for the greater good (United Nations).

Here are a few ideas that you could do this week to foster friendship and friendliness:

- Go for a walk to the local park and say “Hello” to everyone you pass.
- Brighten someone’s day with a kind note or message.
- Cook something and give it to someone else.
- Who are all the friendly people you know? Why do you think they are so friendly? Discuss.
- Create a poster about friendship and hang it in your front window or on the front fence.
- Make an acrostic poem about ‘friendship’.
- Complete a ‘Random Act of Kindness’ for a friend.

“It takes a long time to grow an old friend.” John Leonard.



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CHILDCARE



WHAT'S BEEN HAPPENING AT

O.S.H.C.?

The past week in OSHC our topic has been Welcome back Term 3.

The children interacted sharing their holiday experiences and really enjoyed returning to see their friends.

We created birdseed feeders to place in our own backyards for our feathered friends to eat. We also feed ourselves with our weekly pancakes, baked chocolate bananas, cheese puffs and kept warm with a toastie and hot chocolate.

A lot of dancing took place as we got our groove on and played just dance on Nintendo Switch. We have a new games table which includes air hockey, basketball, football, chess to name a few.

Come and join in the BIG fun

Kaitlin - 0403 554 908

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HOLIDAY CARE



What a fantastic 10 days of vacation care!

We experienced

- Sportsfest
- Pie day
- Welcome to movie world
- BIG-gest Birthday Party
- Hot Zone
- NBA Jam
- Challenge Quiz show
- BIG's Build-a-bear
- Minecraft & Roblox
- The cube

The children enjoyed their holidays, Build-a-bear, birthday party and Minecraft/Roblox we have been told was standout favourite days.

