



MOSSFIEL PRIMARY SCHOOL

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

NEWSLETTER – 26 August 2021

MOSSFIEL DIARY DATES

Mon – Wed	22 – 24 November	Year 5/6 Campaspe Downs Camp
Mon – Wed	25 – 27 October	Year 3/4 Log Cabin Camp

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		

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Dear Parents/Carers,

Welcome to another lockdown edition of the school newsletter. While it continues to be a challenge to operate in COVID lockdown, I would like to thank every member of our community for continuing our remote learning and for keeping us all safe. In addition, it is worth celebrating the recently announced NAPLAN success our state has had (top of the country) and I encourage you to take some time and use this as a chance to reflect on the fantastic work done by each and every one of you to support our kids/students to keep learning during this challenging time.

You may have heard the saying “It takes a village to raise a child” and I really feel together we are making a positive difference.

NEW CHAIRS

You may have heard that the school has begun the process of updating the schools’ furniture. The first shipment of stools arrived before lock down and now another load, this time, chairs has arrived and will be ready for when we are back onsite:



I hope you agree they look fantastic and will add to our already positive learning environment.

BOOK WEEK

It has been a different looking book week this year, however great to see our students and teachers still getting in the spirit. I personally enjoyed the chance to read my favored children’s book “Counting on Frank” and share the story. I know the teachers and book week committee have been hard at work so I would like to thank them and can’t wait until the parade tomorrow.



I look forward to a full wrap up from the team in our next newsletter.

PARENT TEACHER CONFERENCES (AKA Interviews)

The school will be running this term, parent teacher interviews via Google Meets or in the case of our foundation students WebEx. While this is not our preferred option, we feel in this uncertain time, the safest option for our entire community. As communicated via Compass, we will be offering these meetings from Monday the 30th August to Thursday the 2nd of September during the following times:

- Monday 1-3pm
- Tuesday 1-4.30pm
- Wednesday 1-4.30pm
- Thursday 1-3pm

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Parents are asked to book a time using our normal compass booking system, interviews will be booked for 10 minutes. Bookings will be open until 3pm the day prior to the meetings to allow teachers time to prepare. The focus of our conferences will be "staying connected" and while teachers will not have the usual work samples or progress information, the opportunity is still a valuable one. As always if you have any questions please feel free to contact the school.

WE NEED YOU! – Parent Survey Still Open

As you know, we are in the process of gathering vital school information from our Student, Staff and

Parent surveys. This information is used to check in on our progress and support our future planning and work. The parent survey has been generated for a randomly selected number of families and came out via an email from the school. We ask that if you get this email to please take the 20 minutes to give feedback as it forms an important part of our school's improvement journey. Once completed, the school will receive results traditionally by the end of September and we will be able to continue our improvement journey.

FATHERS DAY STALL

While we are hopeful that our community will be released from lockdown on schedule, we are also planning in case lockdown is extended. To assist with your family planning, if we are back on Friday the 3rd September, we will have our Father's Day stall up and running and if not, it will unfortunately have to be cancelled. Fingers crossed Dads.

NAPLAN (Years three and five)

Parent reports detailing their student's achievement in NAPLAN will arrive in schools in early September. We will forward these home to parents at the earliest opportunity. As secondary schools often look for these results – especially if you are considering a private school education for your son or daughter – we encourage you to store these carefully for future reference.

NOW IS THE TIME!!!! 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 is thinking of coming to our wonderful school, please direct them to our website where you can find additional information: <http://www.mossfielps.vic.edu.au/>

COVID SAFE:

A reminder that with COVID and the current outbreak so close to our community, if you, your child, or a family member develops symptoms of COVID-19, you should follow the health advice, and get tested then isolate until you get a negative result. 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.

Together we can all do our bit to keep our community safe.

Take care,

Paul Maisey
Principal

Student Wellbeing Newsletter



Each newsletter I will be posting some exciting Wellbeing content for our Mossfiel 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.

Help Seeking

Everybody needs help-so why is it so hard to ask for it? Asking for help, no matter how big or small the issue might be, is often hard to do. Some people see it as a negative thing but that's simply not the case! Asking for help can be challenging whether you're an adult or a child. Knowing that you're in need of help can be hard to identify or admit because we're often taught to be self-reliant and independent. However, setting a good example about asking for help when we need it is so important for kids to see us do. Teaching young people to ask for help is an important skill they'll need to be successful in life.

When do we need help?

Obviously, adults and children have different kinds of problems. However, when we face a problem at any age larger than our ability to cope with it, we have an excess of stress. These problems could be to do with work, family, friendships, health and more. That excess of stress can affect our bodies physically as well as emotionally. So, when do we decide we need help? Asking for help before the issue causes too much stress is the key. We learn to cope with our problems by watching our role models cope with their problems. Kids are the same. If we ask for help when we encounter a big problem, so will they.

Barriers to asking for help

Here are some of the main reasons why people don't ask for help.

- They see it as a sign of weakness
- They don't like to rely on others and prefer to do things themselves
- They're not sure who they can trust and if they will keep what they say confidential
- They've tried asking for help in the past, but it didn't go very well and it put them off
- It's hard to know when it's ok to cope by themselves or when they really need help
- It's too expensive or they don't have the right service in their neighbourhood

Who do we ask?

Getting past these barriers may be tricky, but once you realise that no problem is too big to be shared, you will be thankful you asked someone for help. Finding out who your trusted people in your life are can help identify who you can go to for help. For kids that will be parents, teachers and siblings or cousins. For adults, that may look a bit different, but there is always someone. If there is no one your trust to discuss your problem with, there are other people willing to help.

Please see below a fact sheet of different numbers that your or your child can access in any difficult situation. Often, we just need someone to talk to and hear us.

Take Care,

Katie Heenan

Mental Health and Wellbeing Coordinator

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Kids Help Line

Confidential and anonymous, telephone and online counselling service specifically for young people aged between 5 and 25. **Phone: 1800 55 18 00**

www.kidshelp.com.au/[\(link is external\)](#)

Australian Government: Head to Health

Head to Health can help you find digital mental health services from some of Australia's most trusted mental health organisations. Provided by the Australian Department of Health, Head to Health brings together apps, online programs, online forums, and phone services, as well as a range of digital information resources.

headtohealth.gov.au/[\(link is external\)](#)

Beyond Blue Support Service - Support. Advice. Action

Information and referral to relevant services for depression and anxiety related matters.

Phone: 1300 22 46 36

www.beyondblue.org.au/get-support/get-immediate-support[\(link is external\)](#)

Black Dog Institute

The Black Dog Institute is a world leader in the diagnosis, treatment and prevention of mood disorders such as depression and bipolar disorder.

www.blackdoginstitute.org.au/resources-support/[\(link is external\)](#)

Blue Knot Foundation Helpline (formerly Adults Surviving Child Abuse)

The Blue Knot Helpline provides information and short term counselling nationally via telephone for adults survivors of childhood trauma on **1300 657 380** and email helpline@blueknot.org.au[\(link sends e-mail\)](#) 7 days a week 9am to 5pm AEST.

www.blueknot.org.au[\(link is external\)](#)

Butterfly Foundation

Butterfly provides support for Australians who suffer from eating disorders and negative body image issues and their carers. **Phone: 1800 33 4673**

thebutterflyfoundation.org.au/[\(link is external\)](#)

Carer Gateway

Are you one of the 2.5 million Australians who care for a loved one, friend or neighbour? Find out information about the support services available to you, on the Carer Gateway.

www.carergateway.gov.au[\(link is external\)](#)

Friendline

FriendLine is for anyone who needs to reconnect or just wants a chat. All conversations with FriendLine are casual and anonymous and our friendly volunteers are ready to talk about anything and everything.

friendline.org.au[\(link is external\)](#)

Gambling Helpline

Starting to think gambling might be a problem? Find out about the signs of a problem and assess gambling issues and spending. **Phone: 1800 858 858**

<http://www.gamblinghelponline.org.au/>[\(link is external\)](#)

Headspace

Headspace is the National Youth Mental Health Foundation. We help young people who are going through a tough time.

www.headspace.org.au/[\(link is external\)](#)

Lifeline

24 hour telephone counselling service. **Phone: 13 11 14 or Text: 0477 13 11 14 6pm - midnight AEST**

www.lifeline.org.au/[\(link is external\)](#)

Mensline Australia

A dedicated service for men with relationship and family concerns. **Phone: 1300 78 99 78**

www.mensline.org.au/[\(link is external\)](#)

MI Networks

Offering access to relevant, up-to-date information, peer support and connections to local community networks, Mi Networks members provide a personalised response to the needs of individuals living with mental illness, their carers, friends and family members. **Phone: 1800 985 944**

www.minetworks.org.au/[\(link is external\)](#)

1800RESPECT

National sexual assault, domestic family violence counselling services 24-hour online support for workers and professionals. **Phone: 1800 737 732**

www.1800respect.org.au/[\(link is external\)](#)

PANDA - National Perinatal Depression Helpline

PANDA's National Perinatal Depression Helpline, funded by the Australian and Victorian Governments, provides vital support, information, referral and counselling to thousands of Australian parents and their families. Callers do not need to have a diagnosis of antenatal or postnatal depression to make contact with the Helpline, PANDA is keen to support any new parent struggling during pregnancy or after the birth of their baby, as well as their partner, family and friends. **Phone: 1300 726 306 from Mon – Fri, 9am – 7.30pm (AEST/AEDT).**

www.panda.org.au/[\(link is external\)](#)

QLife

QLife provides Australia-wide anonymous, LGBTI peer support and referral for people wanting to talk about a range of issues including sexuality, identity, gender, bodies, feelings or relationships. **Phone: 1800 184 527**

qlife.org.au/[\(link is external\)](#)

ReachOut.com

ReachOut.com is Australia's leading online youth mental health service. ReachOut.com is an initiative of the Inspire Foundation, an Australian non-profit with a mission to help young people lead happier lives.

au.reachout.com/[\(link is external\)](#)

Relationships Australia

Relationships Australia is a leading provider of relationship support services for individuals, families and communities. **Phone: 1300 364 277**

<http://www.relationships.org.au/>[\(link is external\)](#)

SANE Australia

SANE Australia is a national charity helping all Australians affected by mental illness lead a better life – through campaigning, education and research. SANE conducts innovative programs and campaigns to improve the lives of people living with mental illness, their family and friends. It also operates a busy Helpline and website, which have thousands of contacts each year from around Australia. **Phone: 1800 187 263**

<http://www.sane.org/index.php>[\(link is external\)](#)



Happy birthday from the 23rd August-5th September to:

- **Maddison-Lee, 5/6D**
 - **Mayor, 5/6B**
 - **Madiha, 5/6B**
 - **Taylor, 3/4B**
 - **Holden, 5/6A**
 - **Julieta, 1/2B**
 - **Rahma, 1/2A**
 - **Ella, 1/2A**
 - **Rizwan, 3/4C**
 - **Angel, 3/4A**
 - **Addison, 1/2E**
 - **Nathalia, 1/2E**

Wellbeing Tips for Families

As we go into yet another week in lockdown, here are some tips and ideas to promote you and your family's wellbeing.

Stay Active

Go outside for a walk as a family, YouTube some at home workouts or go to a park.

Eat Well

Having regular meals is not only important for our health, but is also a great time to catch up with your family members and connect.

Good Quality Sleep

Unwind with a regular sleep routine, go to sleep at the same time each night and turn off electronic devices.

Try Something New

- Cook a new recipe
- Learn a new skill
- Do a fun activity like drawing portraits of family members.
- Take up a new hobby

Family Time

Talk to each other about how your feeling, have a family games nights, get everyone involved in cooking dinner or watch a movie together.

Reach Out

Connect with friends and family members.

Me Time

Take some time for yourself to relax or engage in a hobby, whether that's reading a book, listening to music, catching up on a TV show or doing some gardening.

If you need any support, please reach out to us or your community

Source [Raisingchildren.net.au](https://www.raisingchildren.net.au)

Youth cup
Empowerment
Project 2021



4 week football PROGRAM

COME ALONG
AND BE TRAINED
BY YOUNG COACHES.
FORM A TEAM FOR
THE YOUTH CUP
TOURNAMENT

Across three locations:

Arndell Park:

5-7pm starting 23 August
Every Monday until 13 September

Mossfiel Reserve:

6-8pm, starting 23 August
Every Monday until 13 September

Hummingbird Reserve:

5-7pm starting 24 August
Every Tuesday until 14 September

Early Bird Entry to
Youth CUP Tournament
to all attendees

TO REGISTER YOUR
INTEREST SCAN THE
QR CODE.



T: 8735 2346

E: youthcup@wyndham.vic.gov.au

W: www.wyndham.vic.gov.au/youthempowermentproject

wyndhamcity
Youth
ServiceS