

MOSSFIEL PRIMARY SCHOOL



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

NEWSLETTER – 7 October 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

Monday-Wednesday	18-20 October	All Foundations to attend school
Thursday-Friday	21-22 October	All 1/2 Students to attend school
Monday- Wednesday	25-27 October	All Foundation students to attend school
Tuesday-Wednesday	26-27 October	All 3/4 Students to attend school
Thursday-Friday	28-29 October	1/2 and 5/6 students to attend school
Monday	1 November	Curriculum Day- NO students to attend school
Tuesday	2 November	Melbourne Cup Day
Wednesday	3 November	Foundation and 3/4 Students to attend school
Thursday	4 November	1/2 and 5/6 Students to attend school
Friday	5 November	All students to return to school
Monday – Wednesday	22 – 24 November	Year 5/6 Campaspe Downs Camp

Dear Parents/Carers,

I hope that everyone had the chance to relax and take a break from routine during the course of the most recent school holidays. Reports from staff are that their students appear pleased to be back and most are engaging in our online learning program.

Return to Onsite Learning

Slowly we are edging towards a return to school, hopefully this time for good. Below is an outline of the days those students are to return. Of course, this continues to be subject to government health advice and can change at any moment.

Attendance for students as per the government's roadmap are as follows:

- On Monday-Wednesday, October 18, 19, 20 all **foundation** students (only) will attend onsite schooling
- On Thursday – Friday, October 21, 22 children in **years 1 and 2** (only) attend school
- The above arrangements will continue through until November 5, at which time ALL STUDENTS will return to school in a fulltime capacity
- On Tuesday – Wednesday, October 26 and 27, children in **years 3 and 4** come to school – joining the foundation students
- On Thursday - Friday, October 28, 29 **years 5 & 6** will join our year 1 and 2 children onsite. (Foundation and years 3 and 4 stay home)
- As earlier advised, **MONDAY, NOVEMBER 1** is a curriculum day and no students are required at school. There will be no remote learning program on this day. **TUESDAY, NOVEMBER 2** is a PUBLIC HOLIDAY and school is closed for the day.
- On **Wednesday, November 3**, Foundation and Years 3 & 4 will be onsite and on **Thursday, November 4**, Years 1 and 2 and years 5 and 6 will be onsite
- There will be arrangements made for the children of authorised workers who need to attend school on days that their year level is not rostered to be onsite. Parents will need to apply for their child to attend.

Please note that when students are not onsite, they will be required to complete remote learning and no remote learning will be provided on the days students are required onsite.

*As already mentioned, on **Friday, November 5**, all students return for full-time attendance: at school each and every day*

Parents on School grounds

To keep our school safe, we are continuing our important COVID safe practices. This includes:

- **Drop and Go:** Parents who need to assist their children will be allowed on school site for drop off and pick up only, we ask that you leave as soon as possible to support social distancing.

- Where possible students are to enter the school **independently** using the closest gate (no designated gates) and proceed to class – additional staff members will be on duty to support this process.
 - Please **make a plan** with your young person for pickup (Gate would be preferable)
- Gates will be open early at 8.25 to help congestion and support social distancing
- Parents/carers **MUST wear a mask** and will **not be allowed in school buildings**.
- If you need to go to the office, please enter through Langridge Street gate and observe density limits. Where possible please call the office for support.

Please note this will be reviewed on an ongoing basis and may change suddenly.

Camps, excursions and swimming program

The current advice is that these are not to proceed. However, we will confirm this closer to the date of any planned activity. Despite the best efforts of our 3/4 team, the 3/4 camp will not go ahead this year. The good news is that we will run a camp for our student in 3/4 and 5/6 in 2022, stay tuned to compass for options to roll over camp payments or request a refund for the many programs that have been cancelled. For the grade 5/6 Students we continue to keep our fingers crossed that your 2021 camp can go ahead, this will be based on the health advice ... stay tuned.

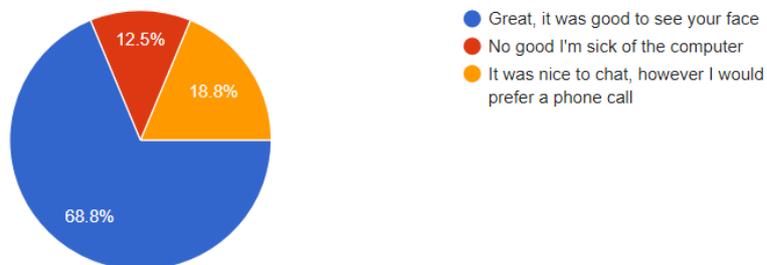
Parent Teacher Conferences (AKA Interviews)

Thank you for participating in our recent PTC feedback survey, from all accounts it was a great success with the majority of our families connecting with their classroom teacher. While we know there was a few hiccups, thank you for you solution focussed approach to making these interviews happen.

As we work together and collaborate, we will continue to improve as a school community, below are a couple of results that highlight that the online interview was well received and that our community would like a flexible approach to PTC in the future, this will of course be considered when planning. Thank you again.

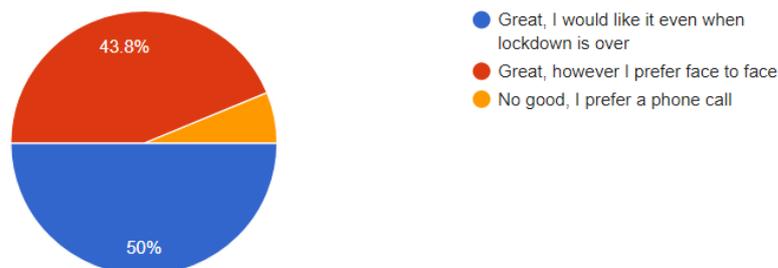
How did you find using Google Meets/WebEx

16 responses



Overall, how did you find this approach?

16 responses



Planning for 2022

Planning for 2022 is well underway, inclusive of the recruitment of staff and ordering of supplies. Hence, we are looking for a little help. If you know your child will NOT be attending Mossfiel PS in 2022 please send an email to the school account so that we do not include them in our numbers. It would also be helpful if you could let us know where they will be going. We do understand that family circumstances change from time to time, and this necessitates the need for children to change schools. You do not need to advise us about your year six student: we have assumed they are leaving! For all other children, you do not need to re-enrol them for the upcoming school year: they are automatically counted for 2022 if they are in attendance in 2021.

Also, if you have a child, or know of one, who will be attending MPS next year but is yet to enrol, please ask them to contact our office as soon as possible to obtain an enrolment form, or, alternatively, click on the enrolment button on our school website. We are starting to think about classes, and it would be helpful to have close to an accurate representation of who we will have in attendance.

From time-to-time parents have a comment to make about their child's placement in the upcoming school year. If you wish to do so, please email the school with the word 'confidential – Principal' in the subject line, or put your request in writing, seal it in an envelope and address it to the principal – again marked 'confidential'. This envelope can be left at the front office. Please note requests for particular teachers, or those of one gender, will NOT be considered.

Hats are compulsory in term four

A reminder to children who are attending school, that hats are compulsory when working or playing outside in terms one and four. Please ensure that these are named – and encourage children to leave them at school in their lockers so that they are not left at home on occasion. The only permitted hats are our green school hats. Other hats and caps are not permitted as a part of our uniform policy. Children without hats will need to sit in a designated shady spot when it is break time. This request is more relevant than ever because we will be trying to take as many of our classes as possible outside to minimise the risk of infection.

Reminder:

THINK Excellence

THINK Respect

THINK Resilience

THINK Community

Curriculum Day: Monday, November 1. **NO** students are required at school on this day.

Melbourne Cup Day: Monday, November 2. **NO** students are required at school on this day.



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 our families and our community.

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

Have an enjoyable weekend everyone, and I look forward to seeing you hopefully in the not-too-distant future.....



Take care,

Paul Maisey

Principal

Mossfiel Primary School Library News



**IT'S TIME TO START LOOKING
FOR ANY LIBRARY BOOKS
YOU MAY HAVE AT HOME**



Please return your books on your return to school;

18th October - Foundation

21st October - Year 1/2

26th October - Year 3/4

28th October - Year 5/6

library@mossfielps.vic.edu.au



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 Mindfulness.

"You practice mindfulness, on the one hand, to be calm and peaceful. On the other hand, as you practice mindfulness and live a life of peace, you inspire hope for a future of peace." Thich Nhat Hanh.

I hope you all had a lovely holidays and were able to use the time to slow down and take a breath. With the challenges of home schooling and remote learning, many of us have been pushed further than we might have wanted to be. Perhaps you might like to consider some *mindfulness* to help with this.

What is Mindfulness?

Mindfulness could be thought of as a calm and focused effort to be present to the moment. It could be an awareness of our thoughts, feelings, bodily sensations, and surrounding environment without judgement. Mindfulness is not thinking about the past or the future.

Some scientists believe that practising mindfulness can help us reduce our anxiety and help us avoid depression. They also say that it can reduce our distractions and improve focus. American author, scientist and mindfulness expert, Jon Kabat-Zinn, said, "In Asian languages, the word for 'mind' and the word for 'heart' are same. So, if you're not hearing mindfulness in some deep way as heartfulness, you're not really understanding it. Compassion and kindness towards oneself are intrinsically woven into it. You could think of mindfulness as wise and affectionate attention." Mindfulness might also be thought of as being in the moment or being present to what is happening right now.

How can you practice mindfulness?

To help foster mindfulness, you might like to choose one or two activities from the following list to do together as a family.

- Turn off the lights and sit quietly somewhere. Notice your breathing. Feel each breath as it enters your body and then calmly exits. Do this for five or 10 minutes. Talk about what you noticed.
- As a family, do some colouring in together in silence. Listen to the noises outside. Can you hear the pencils rubbing on the paper? What other noises do you notice? What body sensations do you feel?
- Go for a walk to the local park, river or beach. Sit quietly and listen to the sounds around you. Take some paper and a pencil and divide your page into five parts. In each section, write down everything you hear, what you see, any smells you notice, anything you physically feel and also the emotions that you feel.

- When you are having a meal together, choose one item of food from your plate. Look carefully at it before smelling it then slowly eating it. Talk about all the things that you notice before doing it again with another item of food.
- Blindfold someone in the group. Have them smell different items and let them describe what they smell. Does the smell remind them of anything else? Repeat with taste, touch and listening.
- Download the free app 'Smiling Mind' and have a play with it. See what you discover.
- Go outside and lie on the grass and watch the clouds float past. Try this during the day and also when it starts to get dark at night.

“Mindfulness is about love and loving life. When you cultivate this love, it gives you clarity and compassion for life, and your actions happen in accordance with that.” Jon Kabat-Zinn.

I hope you all have a great week, stay safe and see you all back at school soon!

Many thanks,

Katie Heenan

Mental Health and Wellbeing Coordinator



Happy birthday from the 4th October to the 17th of October:

- **Tas, 1/2D**
- **Ari, 1/2D**
- **Aayan, 1/2E**
- **Boizalian, 1/2E**
- **Michelle, 3/4A**
- **Matilda, 3/4C**
- **Isaia, 3/4C**
- **Chaise, 3/4D**
- **Deepika, 3/4D**
- **Marzuq, 5/6B**

Supporting children's return to school during COVID-19



Children have experienced a lot of sudden change over the past few months, and may experience difficulty returning back to normality.

Here is a guide that includes information to support your child with their gradual transition back to school.

How your child may be feeling...

Excited or happy: Some children feel ready for their return to school and be excited to see their friends and teachers again.

Nervous or anxious: Due to being away from their peers and routine structure, some children may feel uncertain about their place amongst their peers and how school will look on their return.

Frustrated or annoyed: Some children may have enjoyed learning in the home environment and do not want to return to school.

It is important to remember that **all of these feelings are normal** and we all react in different ways.

How should I talk to my child about returning to school?

Children may feel a variety of emotions. By providing children with a space to discuss and explore their feelings, we can support them to regulate, problem solve and overcome any difficulties.

Be aware of your child's emotions. It is important to show your child that it is safe to share their feelings by showing acceptance and holding a non-judgemental attitude.

Validate and normalise their feelings and experience. Here are some ideas:

"You feel worried about returning to school. You don't know what to expect. Everything changed so quickly."

"I can see you're so excited to go to school and see everyone."

"You look nervous about seeing your friends after so long. It is normal to feel nervous. I felt a little nervous about that too."

Listen, be curious and encourage the conversation. Here are some ideas:

"I wonder if you are feeling nervous about seeing your friends."

"You're excited! What are you most looking forward to?"

Encourage hope by supporting your child to problem solve, plan or consider a difference perspective.

When they come home from school, take the time to talk about their day, for example:

- *"What did you like about today?"*
- *"What was it like seeing your friends again?"*
- *"What did you learn?"*
- *"Is anything worrying you?"*

Your child may have a hard time understanding and expressing their feelings.

As a result, you may notice some **changes in their behaviour:**

- Changes to sleeping or eating habits, such as struggling to fall asleep;
- Becoming quieter or more withdrawn;
- Clinginess or difficulty separating from you;
- Becoming fidgety and restless;
- Seeming irritable and acting out, possibly refusing to attend school;
- Physical complaints such as an upset stomach or headaches;
- Excessively asking questions or seeking reassurance.

These are normal reactions to stress.

Advice for parents about child mental health during COVID-19 from the Chief Psychiatrist

For parents and carers concerned about their children's mental health during the COVID-19 pandemic, the Department of Health's Chief Psychiatrist Dr Neil Coventry has some helpful suggestions.

Talk to your child and listen

- Try and understand what they think is going on.
- Ask about how they feel about themselves and others.
- Most importantly, ask about their relationships with peers and with other adults in their lives.
- Find out what is happening at school academically and socially.
- Are they being teased or bullied on social media? Do they feel safe?
- How much time are they spending on social media? What are they watching on Tik Tok, Snapchat or any other social media platforms?

Spend time with your child

Spend time with your child and find the right time to talk to them about how they're feeling.

"We need to be talking to our children about how they are coping. Please, reach out to your kids. Don't be anxious and afraid to have a conversation about how your kids are coping. What are their challenges and confusions about what is going on? I stress, this is a series of conversations. Not a one-off single intense conversation," says Dr Coventry. "Choose your opportunity as a parent when you may be doing an activity with your child you can have these conversations. It is a case of less is more and repeated conversations to explore how your child might be feeling," he says. "Encourage them to ask questions and, as adults, try to answer those questions as truthfully as we are able to do. It is really important to acknowledge the feelings of children and to recognise and help them to understand how they can manage this distress that they experience."

Check your child is getting enough sleep

National guidelines advise at least 9 hours sleep a night for kids aged 5-12 and 8 hours for kids aged 13-19. During home schooling, it's particularly important to get a balance between study, relaxation, chillout time, exercise and meals, says Dr Coventry, "but also, more importantly, around the sleep patterns, particularly for vulnerable teenagers."

Ensure your child is getting enough exercise

You can spend time with your children walking, cycling or running as a way to encourage activity.

Talk to your child's teachers

What have your child's teachers observed? Ask if they can keep a close eye on your child and advise on what may be going on. There are mental health counsellors in almost every public secondary school and in some primary schools. Can your child access this support?

Engage other trusted adults

Find out whether there are other adults your child trusts such as a teacher, a relative, family friend or health professional, who they feel comfortable talking to.

Be persistent and get professional help

It is important for parents to not give up trying. If your child is not their normal self, and does not respond to your attempts to help and problem solve, get in touch with your GP, [headspace](#) or [your local child and youth mental health service](#).

If an appointment is offered, take it no matter how far into the future it is. In the meantime, work with your GP and your child's school to help support your child. In an emergency, parents should contact their local child and youth mental health service for advice, or emergency services by calling triple zero (000) if the situation is urgent. Most importantly parents should try not to panic. "We know from research and experience that children and youth are reassured by parents who approach uncertainty with what appears to be a plan," says Dr Coventry.



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CHILDCARE



WHAT'S BEEN HAPPENING AT

O.S.H.C?

The last week of term 3 we participated in Safety Week. We were able to have Rebekka from RACV in a teams meet to chat about how to be safe. Children continued the week with learning the recovery position and making fruit cars.



HOLIDAY CARE



During the spring holidays the children explored days filled with scavenger hunts, remote controls, football, space, bakery, Big active, shadow art, kids on wheels and finished the holidays with a spring break party!

