



MOSSFIEL PRIMARY SCHOOL

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

NEWSLETTER – 11 November 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 Trenevski
Holly Brunnbauer	Chloe Bell	Jacqueline Drew	
Jo Brown	Desiree King		

MOSSFIEL DIARY DATES

Monday – Wednesday	22 – 24 November	Year 5/6 Campaspe Downs Camp
Friday	3 December	School Fete
Friday	17 December	Last Day of School – 1:30pm dismissal

Dear Parents/Carers,

It has been great to see our students and community back at MPS, I think we can all agree that schools are better places when students are onsite 😊

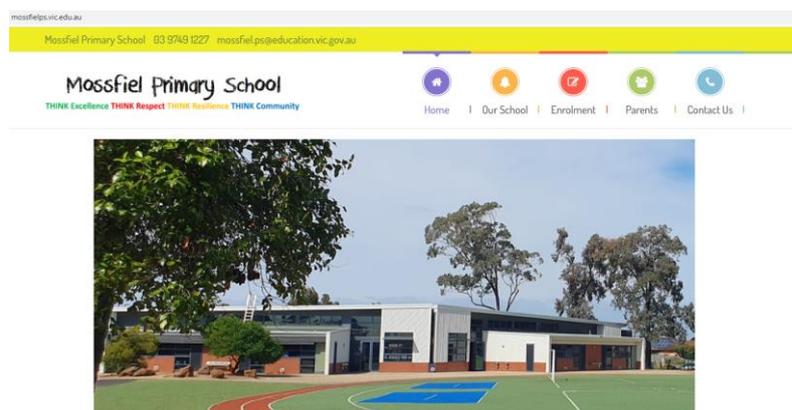
Farwell

Today we said Farwell to one of our newest staff members, Katie Heenan. Katie is having a baby and we wish her and her family all the best. Katie came to our school as part of a health and wellbeing initiative and since coming to the school supported, many of our staff and students. All the best Katie.



New Website

This year the school has been working in the background to update our school website. While it has now gone live, we still have some more work to do. We encourage all our families to have a look and provide feedback as we work to improve it over time.



Canteen

The canteen has made a successful return to MPS for lunch orders and walk up treats at both recess and lunchtime. The menu is below and remember we are open only on Thursdays and Fridays.

THINK Excellence

THINK Respect

THINK Resilience

THINK Community



Early finish – December 17

We have just come back, and we are already talking about the end of the year, however this will be upon us before we know it. Please note that school will close for the Christmas holidays at 1.30pm on Friday December 17. There will be no lunch break on this day. Please ensure that you arrange for the earlier collection of your children – our OSHC Big Childcare program will also begin at this time on this day. School resumes for all students on Tuesday February 1, 2022. This may be different to other local schools.

Graduation – Wednesday 15th December

Yep, the end of year is coming fast and for our grade 6 students that means they will be leaving us. While this may seem a little sad, we know they will go on and do great things. As far as graduation is concerned, our plans to celebrate are underway. While they may look a little different than in the past, I have no doubt the grade 5/6 Team will make it a memorable one.



Outdoor Learning

As part of the school commitment to follow the COVID safe practices (the 3 V's) and getting back to the new normal you will hear stories from your young person of lunches outside and classes learning in outdoor spaces. Following is a picture of our a grade 3/4 enjoying the chance to learn outdoors.



Time to move fast - New Enrolments

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 keen to support our families and our children through the transition program.



Contact the School

A reminder that with the return to school in the new COVID normal and the current outbreak so close to our community, it is more important than ever, if you, your child, or a family member develops symptoms of COVID-19, you should **STAY HOME**, 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. In addition, please contact the school and **let us know**, we can provide support and it will help keep our entire community safe.

Take care,



Paul Maisey
Principal

2020 was an anniversary year for Mossfiel Primary School!



Last year, Mossfiel celebrated 50 years of quality education!

To celebrate, the week from **Monday 29th November to Friday 3rd December**, students will be involved in a range of commemorative activities. These will include playing games such as marbles, skipping and hopscotch and writing letters for a time-capsule!

On Thursday, students are asked to dress up either as if they are 50 years old or like they would have dressed in the 1970's! We can't wait to see all the different outfits!!

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 GEM: Gratitude, Empathy, Mindfulness

"He who knows he has enough is rich." Lao Tzu

GEM is all about Gratitude, Empathy and Mindfulness and stems from *The Resilience Project*.

"Empathy is about standing in someone else's shoes, feeling with his or her heart, seeing with his or her eyes. Not only is empathy hard to outsource and automate, but it makes the world a better place." Daniel H. Pink

If you would like to do some GEM activities at home this week, you may consider doing one or some of the following:

Gratitude:

- Write a letter or card to someone and thank them for something that they have done for you.
- Talk about all the things that you are grateful for in your lives.
- What are the best things about your family? Make a list.
- What made you smile and laugh today? Talk with your friends about these things.

Empathy:

- Play a game together. Take note of everyone's emotions and how they change throughout the game. How do you think they were feeling?
- During dinner, imagine what it would be like for some people who have very little to eat. How would they feel?
- Can you imagine someone who would like some flowers that were picked from your garden? Why would they like them?
- Talk about who you think would benefit from a 'random act of kindness' and why they would.

Mindfulness:

- 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?
- Put on some relaxing music and listen.
- When you are eating 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.
- Go outside and lie on the grass and watch the clouds float past.

“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

Thanks for being grateful, empathetic and mindful

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 and THURSDAY from 8.15-8:40am 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.



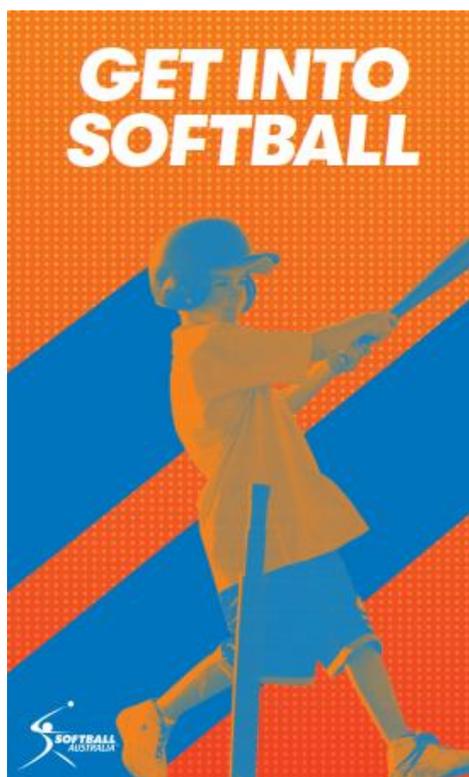
Happy birthday from the 15th to the 28th November:

- Claire, 3/4D
- Luke, 3/4C
- Yoni, 0C
- Emanee, 1/2B
- Ava, 1/2C
- Gurshaan, 3/4A
- Monica, 5/6A
- Yabets, 5/6E
- Israel, 1/2D
- Sylvia, 1/2B
- Akshay, 1/2A
 - Shi, 5/6A
 - Lillian, 5/6A
 - Shin, 3/4D
 - Hiliau, 1/2D
 - Srihith, 0A
- Ridhaan, 1/2C
 - Razan, 1/2E
 - James, 5/6E
 - Ali, 3/4C



Softball Australia's national participation program, Softball Batter Up, is designed to be fun, flexible and engaging for children from kindergarten age to Year 6, focusing on fun activities while learning basic throwing, catching and striking skills.

Every registered participant receives an Official SBU Starter Kit to begin their softball journey.



HAWKS FASTPITCH SOFTBALL BATTER UP 2021

Venue: Presidents Park, Gate 3 McGrath Rd

Dates: Sat 20 Nov - Sat 18 Dec 2021 (5 weeks)

Times: 9:30am - 10:30am Ages: 4 - 8

Contact: Jason Kriehn Ph: 0400 392 213

Email: hawksfastpitch@outlook.com

Register: <https://www.softballbatterup.com.au>

Cost: \$60 with pack included, \$40 without pack

WHATS BEEN HAPPENING IN OSHC

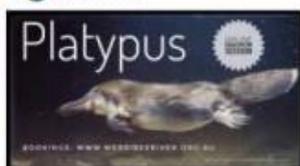
This week in OSHC we have had some fun improving our gardening skills and participating in some exciting Halloween activities.



COMING UP NEXT WEEK IN OSHC

TOPIC – AUSTRALIAN ANIMALS

- Virtual meet with the Werribee River Association to discuss the wonderful unique platypus.
- Outdoor games linked to Australian Animals
- Story time – Wombat stew
- Many craft experiences to gain our knowledge on our favourite Australian animals



ASC - Monday 8th November

Creative activities



Physical activities

