

From the Principal

14/11/19 OSHC 1300 665 699

#### Visible Wellbeing

In our commitment to improving staff and student wellbeing across the school, we recently began the journey of Visible Wellbeing training with Mildura South Primary School and Chaffey Secondary College. The Visible Wellbeing (VWB) approach is designed by <a href="Professor Lea Waters">Professor Lea Waters</a>, a qualified psychologist and world leader in wellbeing and education. The VWB approach aims to provide both students and staff with a wellbeing toolkit that allows them to lead flourishing lives, cope with life's challenges and use their strengths so they are able to be at their best.

Here's a great 10 minute video of Visible Wellbeing as featured on ABC TV.

https://www.bing.com/videos/search?

q=youtube+lea+waters&&view=detail&mid=ADF4CB7FD1B95CAA285BADF4CB7FD1B95CAA285B& &FORM=VRDGAR

You can also learn more about Visible Wellbeing by watching this talk of Professor Lea Waters presenting at the World Government Summit in 2018.

https://www.bing.com/videos/search?

q=youtube+lea+waters&&view=detail&mid=CB72BEE502C509FB00E7CB72BEE502C509FB00E7&& FORM=VRDGAR

As a community of staff we discussed the current state of mental health and stress for young people, learned about the SEARCH framework to build mental health in our students, and explored ways that other schools support their communities to boost their wellbeing.

You can learn more about Visible Wellbeing by visiting the website: <a href="http://www.visiblewellbeing.org/">http://www.visiblewellbeing.org/</a>
If you want to see what Visible Wellbeing looks like in other schools, I encourage you to go to the media section on the VWB website where you will see videos that other schools like ours have made of their VWB journey.

#### Word of the Week

In working towards building our toolkit of Visible Wellbeing through Respectful Relationship our next behaviour we are focussing on is '**Optimism**'

**Optimism** is hopefulness and confidence about the future or the success of something. It is about being hopeful, positive, confident and encouraged.

#### **Contact Details**

Please make sure we have your up to date contact details (phone numbers and address). There have been a few cases over the last month where we have been unable to contact home due to follow up on illness and follow up on permissions for camps and excursions. It is important that school is able to make contact with home.

David Midgley Principal

# Worker of the Week

08/11/19

PC-

PS-

PZ-Jamie Pryor

1C-Abbey Mattschoss

1M-Jordan Tatchell

1N-

2A-Destiny Smith

2M-Marley Panapa-Taua

2T-Tyreeka Johnson

3/4A-Izzy Townsend

3/4B-

3/4H-Maya Nayaju

3/4M-Paige Morfett

3/4S-Liana Ireland

5/6B-

5/6L-

5/6N-Andrew Rosebottom

5/6T-Montana Jacobson

Do you have a prep child starting school in 2020?

Are you leaving Mildura / moving to another area in 2020?

#### Please let us know.

This is the time of year that classes are being planned for 2020.

To decide how many classes we will need, it is important to know how many students we will have.

If you have a child ready to start Prep please collect enrolment papers from the office and return as soon as possible.

If your child will be leaving Mildura Primary School at the end of 2019 for any reason, please contact the school as soon as possible to let us know.

## Now taking enrolments for Prep 2020

## **Orientation Dates**

Prepare your child for a positive start at Mildura Primary School by attending our orientation days.

Prep teachers will familiarise children with our school layout and routines.

Sessions will include an activity and a morning snack for the children.

DAY 1– Wednesday 20th November: 9.00am- 10.30am

DAY 2 - Wednesday 27th November: 9.00am- 10.30am

DAY 3 – Wednesday 4th December: 9.00am- 10.30am

<u>Parents</u> please stay on day 3 for our <u>Information session</u> and morning tea.

## **Open Afternoons**

Mildura Primary School offers
8 afternoon sessions from
2:15pm - 3:00pm on Fridays.
Parents, carers and children are most welcome
to come and join in with a Prep classroom.

#### Sessions are:

October– 11th, 18th,and 25th
November – 1st, 8th, 22nd and 29th
December – 6th
Please contact the school for further information. Ph: (03) 50 231851









Wanting to achieve something

Having a go

When I work hard on turning mixed fractions into improper fractions.

## **DETERMINATION IS**



Never giving up



Trying my best

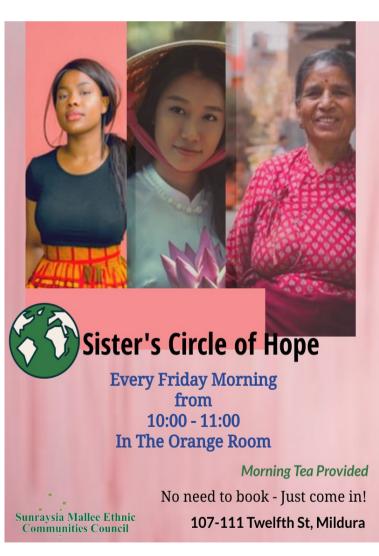


Re-reading to answer questions in the story Working hard on my maths

CREATED BY 3/4M PIC.COLLAGE

## 2019 term 3 Calendar

	Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
<b>⋈</b> 0 <b>⋈</b>	10	11 Prep swimming Gr 5/6 swimming —	12 3/4M Barkindji on Country	13	14	15	16
	17	18	19	20 2020 Orientation day Grade 4 camp	21	22 2020 prep open afternoon	23
_ 	24	25	26 3/4S Barkindji on Country	27 2020 Orientation day	28	29 2020 prep open afternoon	30
D	01	02 G3/4 Swimming	03	04 2020 Orientation day	05	06 2020 prep open afternoon	07
300	08	09	10 Gr 6 orientation day at Secondary College	11 Gr 6 orientation day at Secondary College	12	13	14
	15	16 G3/4 Choir Princes Court Nursing home	17 Prep Pirate day Prep Lifestyle Plus G3/4Ten Pin	18 G1/2 Cinema Day G 6 graduation	19 G5/6 Pizza & pool day Meet the teacher 2020	Last day of 2019 Students dismissed at 2.15	28



### OSHC—2020 Bookings

Dear Families,

Please note your bookings for 2019 **do not** roll over for 2020.

If you require care for 2020 you will need to book your sessions asap via email only. <a href="mailto:tarryn@sharingthecare.com.au">tarryn@sharingthecare.com.au</a> or <a href="mailto:courtney@sharingthecare.com.au">courtney@sharingthecare.com.au</a>

These spots can fill very quickly. Please hurry so you don't miss out!

Thank you,

Stepping Stones.





