

**Assistant Principal**

**Bully Zero Australia Foundation at MWPS**

On Thursday November 23<sup>rd</sup>, 2017, the Bully Zero Australia Foundation will conduct four sessions at MWPS.

The Prep – 2 students will participate in a 45-minute session covering what is bullying, looking out for your friends, being an upstander and treating others the way you would like to be treated.

The grade 3-4 students will participate in a 60 minutes session covering the bullying definition, what is not bullying, empathy, respect, the role of the upstander and how to treat others.

The grade 5-6 students will participate in a 60 minutes session covering staying safe online, stranger danger, the internet is a public place, being an upstander, what is bullying and what it is not.

Parents and teachers will participate in a 90-minute session covering online games, stranger danger, privacy settings parental safety software, advice to keep kids safe and what to say to your child.

Did you know that the largest most powerful group in a bullying situation is the bystander yet 70% of Australians do nothing to help? Did you know that the majority of onlookers remain as bystanders, failing to stand up, support or assist the victim? Bullying can end in under 10 seconds if a bystander intervenes. Often in bullying situations, the bystander knows the behaviour is unacceptable and inappropriate but unless they are asked for help or made to feel they have a responsibility to act, they may silently collude or walk away.

The work BZAF is conducting with bullies and victims indicates that verbal bullying is usually what the bully is feeling.

The bully tends to be attracted to the victim because they may think the victim is powerless, weak, helpless and non-assertive.

They encourage victims to speak up and use assertive language i.e. words that commence with “I” statements, “I would like, I prefer, I don’t appreciate .....

MWPS is funding this incursion because we support Bully Zero Australia Foundation in their mission to provide genuine and enduring care for bullying victims and their families. They exist to identify and empower victims, to support and stand side by side with them, their families and friends in taking action and creating permanent positive behavioural changes. They are dedicated and committed to raising awareness of bullying and its devastating consequences through schools, workplaces, sporting clubs and community groups. They aim to empower Australians and provide them with hands on educational strategies to prevent bullying.

P-2 Assistant Principal Jenny O’Connor

**IMPORTANT DATES**

-3/4 Basketball– Fri 17th Nov

-Prep Aquarium– Fri 17th Nov

-Grade Prep Community Engagement Evening– Tues 21st Nov @ 5:30pm-6:30pm

-Colour Run/ Walkathon– Friday 24th November

-Girls Rugby Sate Finals– Thursday 23rd November

-Grade 1/2 Sleepover-Friday 15th December



Jessica Hodge



Alith Panthum

**A Word from Our School Vice Captains**

Dear Parents/ Guardians,

Last Friday 10th November MWPS celebrated Remembrance Day at the school Assembly.

On the 15th November Grade 3/4 students attended the Werribee Zoo, students had lots of fun!

Tomorrow Friday 17th November the Grade Prep students will go on the Aquarium Excursion and selected Grade 3/4 girls will attend a Basketball Excursion.

## Getting it right in English!

### Engaging older readers and writers

In the middle to upper years of primary school students use reading and writing to learn and explore other learning areas, and to seek out information for themselves as active learners. It's important to continue to encourage a love for reading and writing at these ages, particularly leading into secondary school.

Below are some activities that might engage your older readers and writers.

#### Share ideas about texts

Talk to your child about how you select books for your own reading. After your child has read a text, encourage him or her to share insights, feelings and understandings of the text.

##### **Some ideas that may suit your child's interests:**

Read about the author or illustrator at their website.

Find and read another story by the same author.

Follow the instructions from a text to create something, for example, recipes, making models, or origami (Japanese paper folding).

Read several articles together on the same issue to get more than one opinion. Discuss the different views expressed.

View a movie based on a book and make comparisons.

Draw or paint pictures about the scenes or characters from a story.

#### Encourage your child to read or write with a specific purpose in mind

##### **Some ideas include:**

Listen to and view texts on the internet, MP3 or other digital audio player.

Read, collect, experiment with and write recipes to create a cookbook.

Find out facts about topics of interest or your family's cultural background

Keep a diary where your child can record events, feelings etc.

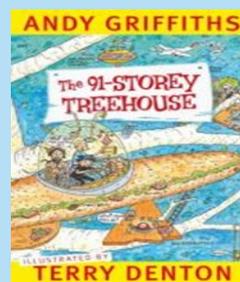
Write a shopping list for a recipe you and your child wish to make.

Play appropriate computer games that require reading (see previous Partner's in Learning for great apps and websites).

Download podcasts to listen and discuss.

Join a blog to read and to make contributions together.

*Ideas taken from '201 Literacy and maths tips to help your child', Department of Education and Early Childhood Development*



*Sarah Marshall- Leading Teacher Literacy*

## Marvellous Maths

### Mathematics on the Road

Take advantage of 'maths talk' while making trips (short ones or long ones) in the car, on the bus, tram or train. You will find many opportunities to explore mathematics while travelling around the neighbourhood, around the country or around the world.



#### Road Sign Geometry

Look at the shapes of road and safety signs. Discuss the reasons why stop signs, caution signs, and information signs use different shapes, different colours and words. Use the terms circle, octagon, triangle, rectangle, diamond (or rhombus) and pentagon to describe the shapes. Besides learning the names of shapes, you will be developing more observant travel skills for your child.

#### Plan your trip

Discuss the route you will be travelling. How long will it take to get to your destination? You might want to look at a map or sketch your own. If it is a long trip you might want to locate the  $\frac{1}{2}$  way point and the  $\frac{1}{4}$  and  $\frac{3}{4}$  points and discuss the stops along the route.



#### How long is a kilometre?

Estimating the length of a kilometre isn't easy. When you travel, try to guess when you have travelled a kilometre, use the odometer or trip meter to check your guess. Major highways sometimes have roadside markers, try to spot them and calculate how many more kilometres to travel to your destination.

On the freeway, read the signs that show how many kilometres to the next exit.

#### Driving Around

As you drive around, try to use position words to describe landmarks. For example you might say "We just went **over** the bridge." "We went **around** the lake." "We are **next** to the park." "We are going **through** the tunnel." "We are turning **left/right**."

#### Travel Time

Use counting to measure time as you travel. Ask your child questions like: How long will it be until we get to the next stop? How long will the stop light (red light) last?

#### Number Game

Look for numbers on signs, letterboxes and license plates to find numbers in order. Look for number patterns in these environmental numbers, for example, the numbers on letterboxes are odd or even and skip count by 2s.



These examples are from the Information pack provided at the 1/2 Maths night.

## Deadly News

This term, the Koori club has grown in numbers with three new families joining the community. Michelle Marion, the school's Koori Engagement Officer (KESO), has also joined the students on Wednesday afternoons. Students in Koori club have explored more about their culture and language as well as created their own sand art. Students painted rocks, leaves and bark. They added these painted elements into a container of sand along with native flowers and plants creating some beautiful works of art. New Year 6 student, Jahna McKinnon, said about the sand art, "It was fun and interesting getting to paint and create stuff." The students in Koori Club have been practicing songs they sang at the Dream Big Festival in preparation for the Djerriwarrh Parade. The Djerriwarrh Parade will be held on Saturday, the 18<sup>th</sup> of November, in High Street Melton. For more information on the Djerriwarrh Parade, flyers can be found at the front office. The students have been practicing at school; however, the Djerriwarrh Parade is a community project and not put on at the school. If students want to attend the Parade, parents and families will need to accompany them on the day.



\*Some examples of the Sand Art created by Koori club students and their friends.



**CALLING ALL COMMUNITY!**

**The DREAM BIG FESTIVAL & LINKING MELTON SOUTH**

**invites you to join us in leading the**

**Djerriwarrh Festival Parade on Sat. 18 November**

**We are assembling from 9.30 am, Saturday 18 November,  
At corner of High Street and Station Road, Melton.**

**PLEASE BE THERE BY 10AM AT THE LATEST!**

**Parade sets off at 11am**

***WE HAVE FRONT SPOT IN THE PARADE AGAIN! AND A GIANT FLOAT!***

**INTERESTED? TEXT, EMAIL OR CALL US TO LET US KNOW YOU ARE COMING...**

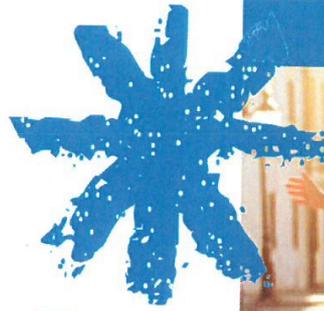
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Amy McDonald – Assistant Coordinator ph: 0457 501 425 e: [AmyMc@djhs.org.au](mailto:AmyMc@djhs.org.au)

**IF YOU ARE JOINING IN THE FIRST PART OF THE FLOAT  
i.e. local Aboriginal Community, PLEASE WEAR ALL BLACK CLOTHING  
Come early and you will be given a deadly T-shirt with this design:**



**Also we have heaps of headbands and wristbands, and will have fresh gum leaves for people to wear too. If you have a traditional ceremonial/dance outfit you wish to wear, that would be great – please contact us!**

**PLEASE NOTE: this is a COMMUNITY PROJECT NOT A SCHOOLS PROJECT  
IT IS ESSENTIAL THAT FAMILIES TAKE RESPONSIBILITY FOR CHILDREN  
– AND THEN THE ADULTS CAN BE IN IT TOO!**



## Managing Christmas Chaos as a Sole Parent

by Penny Webb

*Did anyone else blink and miss 2017? December is hard to navigate at the best of times, but when you're a single parent it can be particularly challenging logistically, physically, emotionally and mentally.*

The end-of-year school concerts, presentation ceremonies, work parties, school parties, social catch-ups, Christmas shopping, decorating, more parties ... anyone else exhausted just reading this?

Nevertheless, here we are just weeks away from the busiest time of year, so it's time to get proactive about managing the chaos that comes with Christmas.

### 1. Get technical

Technology has been my saviour in recent years. If it isn't in my smartphone, it doesn't happen! As soon as you receive an invitation or notification of an event, enter it into the calendar on your phone. This will minimise the risk of double bookings or at least get you on top of logistics early. For each event I set a reminder for a week ahead, a day ahead and an hour ahead.

Cozi ([www.cozi.com](http://www.cozi.com)) is a scheduling app that can link multiple users within a family. If you and your ex-partner are on Cozi, you can both see important dates that have been scheduled, such as school concerts and end-of-year presentations. Cozi is particularly useful for families that have shared care of the kids, helping everyone to stay across important dates with much less risk of something getting missed.

There is also the Parachuute app ([www.parachuute.com](http://www.parachuute.com)) to help with the logistics of getting multiple children to multiple locations. Created by two Melbourne mums, Parachuute is a carpooling app that allows you to tap into your trusted network for help with transporting the kids to their various events.

### 2. Ask for help

There is a reason the saying "It takes a village..." is so popular. It absolutely DOES take a village to raise a child, especially if you are doing it solo. You physically cannot be in two (or more!) places at once, so reach out and ask family, friends and neighbours you trust for help.

When I moved two hours away from our family home in Sydney, I didn't know anyone. But less than a year later, I have a lovely bunch of friends – mostly parents of my sons' friends – whom I feel confident I can turn to when I need extra help. It may feel uncomfortable, but asking for help is one of the simplest things you can do to manage the busyness of Christmas.



### 3. Lower the high expectations you've set for yourself

We're a Parenting Ideas school

[parentingideas.com.au/schools](http://parentingideas.com.au/schools)

# parenting \*ideas

This was a big one for me. Once I realised that aiming for perfection was only going to lead to disappointment – let's face it, nobody is perfect! – I relaxed the ridiculously high standards I had set for myself. These standards were borne of parent guilt, divorce guilt, any sort of guilt you can think of. I did the emotional and mental work necessary to loosen up and lower those expectations.

Why spend hours handmaking individual gifts for teachers, coaches and dance instructors when a handwritten and heartfelt note of thanks will make just as much, if not more, of an impact?

#### 4. Parenting down

My wonderful therapist shared this concept with me. It's for those tough days – those times when everyone is a little exhausted, ratty and emotional. You don't have to serve up a fresh, homemade meal with the perfect ratio of the five food groups. No way! If it's been a tough day, parent down. That's what 2-minute noodles or Weet-Bix for dinner is for. Give yourself a night off from your own expectations.

#### 5. The gift of presence

Your financial situation changes when you separate, sometimes for the better and sometimes for the worse. If money is a little tight, the kids won't mind if there are less toys under the tree. Give the gift of your presence. Make a list of fun, low or no-cost experiences you can share together. Bushwalks, trips to the beach, even an afternoon running around under the sprinkler in the backyard. These are what memories are made of and memories last much longer than the latest Pokemon.



I also use this little ditty to keep a lid on gifts: "Something they want, something they need, something to wear and something to read." Add some fun family experiences into the gift-giving mix and you'll have happy kids.

Christmas can be a tough time of year for single parents. Getting on the front foot from an organisational point of view will stand you in good stead for managing the physical, logistical and emotional demands December brings.

Just keep swimming. You got this.



#### Penny Webb

*Penny Webb is the Publisher and Editor of Lift, the e-magazine for mums flying solo. After her marriage broke down, she moved her two sons to the Southern Highlands of NSW and started a new life. So far so good! Check out Lift Magazine at [www.liftmagazine.com.au](http://www.liftmagazine.com.au) and connect online via Instagram @lift\_magazine and Facebook [www.facebook.com .au/liftmagazine.com.au](http://www.facebook.com.au/liftmagazine.com.au).*

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