



MWPS  
Partners in learning

### Assistant Principal Message

Dear Parents and Guardians,

Teeth on Wheels will be at Melton West Primary School during late August or early September. Forms will be coming home soon for you to sign up for the program. Teeth on Wheels cannot treat your children if the forms are not filled out and signed. Teeth on Wheels states that your child will receive quality care from their highly trained professional dental team all of whom are police checked and working with children certified.

Good oral hygiene starts as early as infancy and is important for health and wellbeing. Regular checkups at the dentist will ensure that your child's teeth are looked after. Your visits to the dentist will ensure that your child's teeth are kept healthy by removing plaque build-up and food debris that may be stuck in teeth. This will help prevent bacteria from continuing to grow, which may eventually lead to other dental diseases (e.g. tooth decay or inflammation of the gum tissue).

Depending on your circumstances, the dental treatment may be at no cost to you as it is subsidised by Medicare or it may be at a very low cost. Please take advantage of this service.

Kind regards

Jennifer O'Connor

Assistant Principal Prep-2 Learning Community



**Oral Health  
Education Program**

**TEETHONWHEELS**  
a positive dental experience



### Message:

Dear Parents, Guardians and Students,

We are starting a guess how many lollies are in the jar. We are collecting donations, it will go to the Save the Children Foundation. The foundation will help buy children around the world supplies such as food, blankets and school supplies. At recess and lunch, we will be collecting guesses and donations in the canteen area, each guess will cost 50 cents. The winner will be announced on Friday 4<sup>th</sup> August at assembly. Thank you

Jass, Lila, Hayley and Athaui ☺

### Message from our School Vice-Captains

Hello parents/ guardians,  
Welcome back to Term 3, we have had a successful first 2 weeks back at school. On Monday 31<sup>st</sup> July, the whole school will be attending the Magic Flute Incursion. Preps- 6 will also be attending Swimming Lessons throughout this term.



School Vice Captains  
Alith Panthum & Jessica Hodge

# Getting it right in Reading!

## What is phonics and why is it important?

Phonics is the understanding of the relationship between letters and sounds. It is an important component of reading (and writing!) and supports children when attempting to solve words that are not immediately known. In teacher speak, the process of solving or working out unknown words is referred to as 'decoding'.

It is helpful if the names of the individual letters of the alphabet are learned early, preferably before children begin school. The letter names are constant and help to provide a reference point for teachers (and parents) when teaching the different sounds that these individual letters, or combinations of letters make. Combinations of letters to make a sound are referred to as 'blends'. Some examples of these are /sh/, /ck/, /th/.

Children need practice identifying letters and blends randomly in their environment and in a variety of print displays i.e. signs, posters, billboards, books, food labels. Singing an alphabet song or reading letters in order off an alphabet chart does not guarantee letter knowledge.

As mentioned in previous newsletters, it is important for students to develop their oral language and vocabulary skills. This will support the development of phonic knowledge and skills. Children need a reference point to decide whether the word they are attempting to name using phonic knowledge, is a real word and/or fits in the context of what is being read.

It is important to be aware that letter-sound knowledge alone will not guarantee that children are independent and successful readers. It is possible to solve words yet not know their meaning or comprehend an author's message.

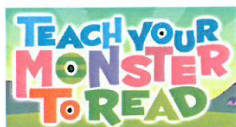
*\*Sourced from Letter-sound knowledge (phonics), Anne Bayetto, Flinder's University*

## Activities to support the learning of phonics

1. Start with supporting your child to learn the individual letters and sounds that make up their name.
2. Use magnetic letters for children to match letters and build words
3. Sort letter cards *What is the odd one out and why?*
4. Have your child make their own alphabet book that includes names of family, pets, hobbies and interests
5. Play games with letter cards such as Snap, Memory or letter-sound-picture bingo
6. Put a plastic pocket over your child's home reader and have them use a whiteboard marker to circle a nominated letter or letter blend. Make this more challenging by setting a time limit.
7. Use and practise with simple flip books (see picture)



## Apps and websites for phonics practice



[www.teachyourmonstertoread.com](http://www.teachyourmonstertoread.com)

\*Also available as an iPad app



Eggy Alphabet  
iPad app



[www.starfall.com](http://www.starfall.com)

\*Also available as an iPad app

*Sarah Marshall- Leading Teacher Literacy*

# Marvelous Maths

All around us, every day.



## The Importance of Vocabulary in Maths

Teaching and learning the language of mathematics is vital for the development of mathematical proficiency. As children develop their capacity for understanding, vocabulary becomes a vital link between their natural sense of number and order and conceptual learning. "Children learn mathematics best by using it, and understanding the language of math gives students the skills they need to think about, talk about, and assimilate new maths concepts as they are introduced." (Dr David Chard)

When teachers are planning maths units, the vocabulary that is required to the topic is included and explicitly taught. While students learn how to "do" math, they must also learn how to explain their thinking. Children need learn to recognize and answer the "why" and "how" questions in order to develop important problem solving skills.

At Melton West Primary a selection of students are included in the GRIN program. GRIN is an acronym for Getting Ready In Numeracy. Students who do not know or do not understand the necessary vocabulary have difficulty comprehending their maths lesson. One of the objectives of GRIN is to frontload students with the vocabulary they will need in their next maths lesson thus facilitating their understanding of the concepts taught to them.

A useful website for math vocabulary is:

<http://www.amathsdictionaryforkids.com/>

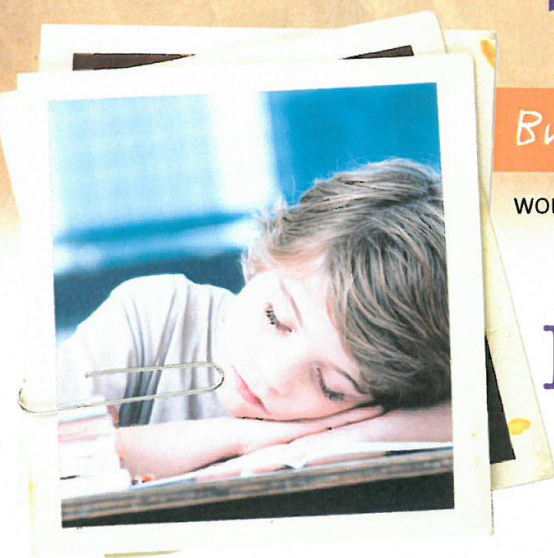






*Building parent-school partnerships*

WORDS Jenny Brockis



## Why effective learning starts with a good night's sleep

Sleep is an active phase of the learning process, which is why as parents the single most important thing we can do to help our kids be more effective learners is to ensure they get enough sleep.

During sleep the brain is very busy replaying the day's activities extremely fast, picking out the key items it believes are most relevant for long-term storage in our memory banks, and tossing out the rest.

The amount of sleep children require varies with age and they require more sleep than adults. In primary school the recommendation is between 10 and 11 hours per night. High school students need around 9 hours to function at their best. The challenge is how to fit everything into the school day along with homework and extra curricular studies such as sport, music and drama, have enough down time to chill and relax, and get enough sleep.

The best way to learn anything is to study the topic hard for a period of time and then go to sleep for 8 hours. While this may not be practical in our every day lives, the principle is pay attention to what needs to be learned and then use sleep

to consolidate memory and deepen the understanding of the subject.

Talking with your child can help them understand why sleep is so important, not just to help with their studies but also to manage their emotions more easily. Anxiety or worry about academic performance, friendship issues and generally keeping up with everything can interfere with sleep, as can receiving text messages or snap chats during the night.

Our children spend many hours engaged with technology to help them study and for social connection. All these gadgets emit a blue light that fools the brain into thinking it is still daytime. Because the brain needs 2-3 hours to wind down and prepare for sleep, switching off the laptop or tablet late at night and then hopping into bed means it will be much harder for your child to then fall asleep.

The most effective way to study for a test is to space the learning. This requires studying the subject for a period of time and then putting it to one side to do something else. Later that day test recall of the subject by jotting down just the key

points. Those that have been forgotten can be quickly revised. Repeating this process with increasing lengths of time between self-testing is an excellent way to strengthen memory because it makes the brain work harder to recall the information. This method has been shown to be far more effective than rewriting or highlighting notes.

Getting sufficient sleep ensures the brain is fully rested and refreshed to study more effectively. A tired brain finds it harder to concentrate, focus, remember or learn. Feeling grumpy or irritable doesn't help either!

The temptation to stay up late and cram for a test or exam can be strong, especially if others are doing it. Encouraging your child to get a good night's sleep instead means their brain will be far better prepared to enable them to deliver their best the next day. Trying to stuff more facts into a tired brain just leads to feeling stuffed, which isn't helpful to anyone and not worth the one or two extra marks they might have been hoping to gain.

more on page 2 >>



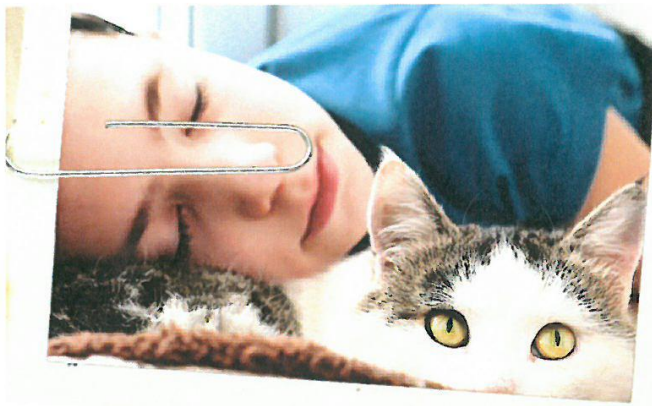
Want more ideas to help you raise confident kids and resilient young people? Subscribe to Happy Kids newsletter, my **FREE** weekly email parenting guide at [parentingideas.com.au](http://parentingideas.com.au). You'll be so glad you did.



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

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## ... Why effective learning starts with a good night's sleep ...

### Helpful tips to assist your young person to get enough sleep

- 1 Keep to a regular sleep schedule for both going to bed and getting up. It can be tempting to sleep in over the weekend, but while getting an additional hour or so can be helpful to pay off some sleep debt, spending longer than that is counterproductive as it further disrupts the normal sleep pattern.
- 2 If they are tired, suggest kids start going to bed 10 - 20 minutes earlier each night. It may not seem like much but can quickly start to make a difference to daytime alertness and wellbeing in just a few weeks.
- 3 Encourage daily physical activity. Some kids are naturally sporty but if your child dislikes exercise, suggest they go for a daily walk for 20-30 minutes or engage in an activity such as dancing. Movement primes the brain for better learning, reduces stress hormones, enhances mood and wellbeing and helps us all sleep better.
- 4 Many young people use their mobile phones as an alarm clock. If so, they can switch it to silent so messages from friends won't wake them during the night. Or buy them a clock so they don't need their phone at all!
- 5 There are a number of apps such as f.lux that will change the display light on computer screens to yellow, which doesn't impact the brain disrupting sleep patterns.

Sleep is essential to better brain health and performance, which is why getting enough sleep is never negotiable.

*Jenny Brockis*

Dr. Jenny Brockis is the Brain Fitness Doctor. She speaks and writes about brain health and performance. Her new book *Future Brain: The 12 Keys to a High Performance Brain* is available online and at all good bookstores. [www.drjennybrockis.com](http://www.drjennybrockis.com)



Want more ideas to help you raise confident kids and resilient young people? Subscribe to Happy Kids newsletter, my **FREE** weekly email parenting guide at [parentingideas.com.au](http://parentingideas.com.au). You'll be so glad you did.



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## KOORIE

### Deadly News

Many aboriginal people use the word 'deadly' to describe something that is excellent or very good. This section of the newsletter will be devoted to all things deadly that are happening at MWPS.

MWPS proudly supports Aboriginal students learning about their culture and background through involvement in Koori Club. Koori is a term used to recognise aboriginal people from Victoria and New South Wales. Koori Club is a time where students of Aboriginal and non-aboriginal background come together to learn, discuss and share aspects of the Koori language, culture and history, led by Wurundjeri man Mathew Gardiner.

Last week, during Koori Club students worked on what 'Makes them Proud'. Some of the things that made the students feel proud included accomplishments they had achieved, their cultural background, people in their lives and what other people have done.











