

Partners in Learning Newsletter

Dear Parents/Guardians,

At Melton West Primary School we endeavour in lots of different ways to make stepping up to the next year level as stress free as possible. We understand that transitioning into the next year level can be a highly anxious time for both students and their families.

Our 2020 Prep students will commence their first transition experience next Tuesday 19th November at 2:15pm. They will then engage in three more transition experiences with our staff during November and December. Mrs. O'Connor has continued to engage in school tours for prospective prep students and our numbers are growing.

The Year 6 teachers have met with the Year 7 teachers from the Secondary Schools in the local area to pass on important information about our students' learning, strengths and learning goals. In addition some of our Year 6 students have already visited their Secondary School in preparation for the State wide "Step Up" day on December 10th, 2019.

Teachers have been busy gathering feedback from students in regards to friendship groupings for 2020 classes. All students have been asked to choose 3 students they think they would work well with in 2020 and from these names students will end up in the same grade with at least 1 of the students they have nominated. This is yet another way of ensuring Student Voice is alive in our school. In late December all students will spend an hour with their new classmates and, in most cases, students will be able to meet their 2020 teacher.

As the end of the year draws closer it's very important that we continue to work together, role modelling our school values through our actions and words. Change can be scary but it's also an opportunity for growth and new learning.

"You must be the change you wish to see in the world" – Mahatma Gandhi

Warmest Regards,
Kathy Cvitkovic
Assistant Principal

PROTECT

Everyone has the right to be safe and be protected from abuse. No one should behave in a way that makes you feel unsafe or afraid, including anyone in your family, anyone at school or anywhere else in the community. Tell a teacher or any adult at your school if you feel unsafe.



Melton West Primary School is a Child Safe School

We hold the care, safety and wellbeing of children and young people as a central and fundamental responsibility of our school and base all our decisions on what's best for the students. Please talk to a staff member if you have any concerns about a child's safety at any time.

Hi everyone,

On Monday the JSC held a special Remembrance Day ceremony to pay our respect to and honour all those who served, fought and lost their lives for our country. It was a respectful service whereby we listened to Lateasha (6C) and Daniel (6C) talk about the meaning and importance of Remembrance Day. The entire school community stood silently for the Last Post and National Anthem. Amanda (6S) and Alisha (4B) laid a wreath under the Australian flag.



It was wonderful to see so many of our staff and students wearing a poppy. Mr. Gatt, one of our teachers who has served in the Australian Defence Force, was wearing his service medals with pride. Akur (6S), Sarah (6D) and Mason (6C), along with Mrs Campbell attended the service at the Melton Cenotaph and laid a wreath on behalf of our school community.

We thank everyone for taking part in an event that is an important part of our Nation's history.

Kalais and Mason



IT'S ALLERGY SEASON

Pollens from trees and grasses are a common trigger for people with Hay Fever and Asthma. For many people in Australia with Asthma or Hay Fever, August to March (or the dry season in tropical areas) is a difficult time. At this time of year there is often an increased amount of pollen in the air, which may trigger Hay Fever symptoms or Asthma flare-up or attack. That can make life pretty uncomfortable.



WHAT CAN YOU DO TO KEEP YOUR CHILD COMFORTABLE AT SCHOOL IF POLLEN TRIGGERS YOUR CHILD'S HAY FEVER OR ASTHMA?

- Notify the school that your child's Hay Fever or Asthma is triggered by pollen.
- Have your child's Medical Practitioner complete a Hay Fever or Asthma Plan & provide this to the school.
- Provide medication to relieve symptoms if indicated in your child's care plan.
- Contact the first aid officer and make an appointment to complete a Student Support Plan for your child.

WHAT DO WE DO TO KEEP YOUR CHILD COMFORTABLE?

- During Pollen Season the Pollen Count and Thunderstorm Asthma Forecast is checked daily.
- If a high or extreme pollen count is forecast staff are asked to close all external doors and windows.
- If your child's Hay Fever or Asthma is triggered by pollen you can request for them to remain indoors during recess and lunch.
- The library will be open during recess and lunch for students affected by pollen.
- We will notify all families via SMS if the risk of Thunderstorm Asthma has been forecast as high for our region.
- We will act on advice and warnings from the Department of Education and Training's Emergency Management Division associated with potential thunderstorm asthma activity.

It is the mission of Melton West PS to work collaboratively to ensure high levels of learning for all.

Getting it right in English!

Writing, Oral Language and Technology

Our students explore many iPad apps and websites that build their skills in oral language and writing.

Below you will find a list of some of the most popular iPad apps our students enjoy using at school.

Some are free to download and some have a small cost.

You will find some of these apps are more suited to students at specific developmental levels, while others provide engaging activities for all.



Sock Puppets

iPad app

Sock Puppets lets you create your own lip-synched videos



Strip Designer

iPad app

Strip Designer allows you to create comics.



Book Creator

iPad app

Book Creator allows you to make your own books, with voice overs. Books can then be transferred into iBooks and read over and over again.



Show Me

iPad app

ShowMe allows you to record voice-over whiteboard tutorials and share them online. Great for those YouTube buffs!



Story Arc

iPad app

Story Arc helps you learn key storytelling principles while crafting stories.



Red Writing

iPad app

Red Writing allows students to practise forming letters and numbers.



Toontastic

iPad app

With Toontastic, students can draw, animate and create their own cartoons.

Sarah Mills- Leading Teacher Literacy

Educational Mathematics Apps for Primary Aged Students

Smartphones and tablets and the apps that go with them can have a reputation for being time wasters and distractions, but they aren't just for games or social networking. In fact, these technologies are becoming more and more common in the classroom due to the wide range of educational opportunities they offer.

Below are some fantastic Mathematics Apps that you can download and start using with your child.

1,2, 3 Sheep!!

Learning Focus

To teach students to look for patterns.

Learning and Teaching Ideas

Practise counting in three different games. Looking for different numbers of sheep (in groups), putting the correct number of sheep in the pens and looking at odd and even numbers (counting in 2's, etc).

Aussie Kids Count Coins

Learning Focus

Features six game modes to present the different ways in which money can be used: Buying things, Giving change, counting pocket money, comparing amounts, and more!

Khan Academy

Learning Focus

Khan Academy covers a massive number of topics, including K-12 math, science topics such as biology, chemistry, and physics, and even the humanities with playlists on finance and history.

Learning and Teaching Ideas

Students are able to brush up on statistics, discover how the Krebs cycle works, learn about the fundamentals of computer science and learn how fire stick farming changed the landscape of Australia

Tell Time- Little Matchups

Learning Focus

Use this app to practise analogue and digital time by using the various activities within the game.

Learning and Teaching Ideas

It could be used to work on a planner for a student's day (what activity they do each day) and understanding difference between am and pm.

insights



Why validation is the best parenting skill of all

by Michael Grose

At a time when the mental health and wellbeing of children and teenagers is firmly in the spotlight, validation is an essential parenting skill.

When a child or teen comes to you when they are struggling emotionally, they want you to understand their dilemma. They don't want to be dismissed or told to 'get over it'. They generally want someone to acknowledge that their concern is real with comments such as:

"I see you're worried about going to camp. I can understand that."

"Thanks for telling about the scary monsters in your bedroom. Let's see what we can do about them."

"I'd be afraid too if I was left alone on my own for that long."

Validation of a child's struggles helps them

Validating a child's struggles helps in a number of ways. It works to:

Build deep connection

Relationships built at the time of vulnerability go deep and are hard to break.

Promote a child's wellbeing

Validation helps kids feel safe, which is what 'worry warts' and anxious kids want. Lack of understanding rather than fear itself often impacts negatively on a child's happiness.

Overcome disappointment and build resilience

Validation encourages kids to give voice to their concern or disappointment and either takes steps to rectify it or move on.

Develop emotional intelligence

Parental validation models emotional intelligence for children and teens. It requires you to identify the emotions that may be behind their language or behaviour.

Encourage empathy

Validation requires you to stop, listen and get on the same wavelength as your child.

Four steps to validating your child's emotions

Follow these steps when your child comes to you with their worries or concerns to make sure they feel understood.

Attend

Stop what you are doing and give your child full attention.

Observe

Listen with your eyes as well as your ears.

Reflect back their worries

Get down to their eye level if necessary, saying something like, "I see you're really concerned about this."

Touch

If appropriate, gently touch their shoulder or give them a hug when you speak to them. This will help them feel safe and comforted.

There's no better feeling for a child or teen who is struggling than knowing someone they value truly understands them.



Michael Grose

Michael Grose, founder of Parenting Ideas, is one of Australia's leading parenting educators. He's the author of 12 books for parents including *Spoonfed Generation* and the best-selling *Why First Borns Rule the World and Last Borns Want to Change It*. His latest release *Anxious Kids*, was co-authored with Dr Jodi Richardson.

TERM 4 EXCURSION/INCURSIONS

- Year 3 Immigration Museum: Friday 15th November
- Year 2 Sleepover: Friday 29th November
- **Payment due: Monday 25th November**
- Year 6 Graduation: Wednesday 11th December
- **Final Payment— \$25 due Friday 22nd Nov**
- Year 6 Adventure Park: Tuesday 17th December
- **Final Payment—Monday 2nd December**

END OF TERM: Friday 20th December 1:30pm Finish