

## *Partners in Learning Newsletter*

Dear Parents/Guardians,

On Tuesday all our students transitioned into their next year level and experienced time with their 2020 class grouping as part of our school's "Step Up Day" practice. Students met their class mates on this day and experienced work at that year level. On Thursday **19th December** students will again step up into their 2020 classes and this time will be told the name of their 2020 class teacher, and where possible, have an opportunity to meet their 2020 class teacher. We have a stable staffing profile so there will not be many new teachers starting with us in 2020.

We understand that students may be anxious as they wait to find out the name of their 2020 teacher and we can do a lot to help ease their worries, particularly in the ways that we respond to their concerns. Research has shown that parents who speak positively about the school their child attends and the staff within it have less anxious and worried children.

Some of the ways in which you can help to ease your child's worries about next year include:

- ◆ Speaking positively about our school and our teachers by saying, "All the teachers at Melton West Primary School are great teachers and I am sure that whoever you get will do a wonderful job".
- ◆ Telling your child that the new teachers coming in were hired by the school because they showed the panel they were knowledgeable, hardworking, caring and kind teachers. So even if you get a new teacher you will have a fantastic year.
- ◆ Emphasising to your child that they have at least one friend with them from their 2019 class going up with them in 2020.
- ◆ Highlighting to your child that they have the skills within them to cope in the next year level and that the school has ways to support them to have a successful and enjoyable year. Encourage your child to share their worries with their current classroom teacher.

Feedback from teachers regarding Tuesday's "Step Up Day" has been very positive and teachers were able to take anecdotal notes referencing how well students were responding to each other as a class.

At this time of year 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.

I would like to take this opportunity to sincerely thank our families and wider community who continue to place their trust in us by communicating their thoughts, ideas and worries in a respectful manner. Your support of our work is greatly appreciated and the greatest beneficiaries of our partnership are your children.

Wishing you all a very Merry Christmas and a safe holiday.

*"My religion is very simple My religion is kindness" – Dali Lama*

Warmest Regards,

Kathy Cvitkovic

Assistant Principal

Hello everyone,

Last week Mrs Cvitkovic and Miss Moore joined us to interview some of our Year 5 students for the 2020 School Captain positions. The standard of applicants was very high and it was a hard decision. We can't wait to announce who will have the honour of School Captains for 2020. Being a school captain comes with many roles and responsibilities. Miss Moore helped us put together a School Council presentation which we presented on Monday night. It was a showcase of our achievements and challenges this year.

Some of our achievements include:

- Leading of whole school weekly assemblies including special events such as ANZAC Day and Remembrance Day
- Welcoming and presenting to the prep parents of 2020
- Attending National Young Leaders Day
- Involvement in Community events which help others such as the Kmart Wishing Tree Appeal
- Student Voice Focus Groups

Tuesday was Step-up Day for our P-5 students, and despite some anxiety about who their teacher will be next year, it was exciting for them to interact with a new group of students. They will meet their 2020 teachers in Week 11. Meanwhile, all Year 6 students attended their secondary schools and were introduced to life as a high schooler.

Graduation was Wednesday night. Everyone looked fabulous and it was an amazing celebration with family, friends and teachers. One of the highlights was the performance of "High Hopes".

Enjoy your week, not long to go now!

Kalais and Mason



#### What's Happening in Term 4

- **Year 6 Adventure Park: Tuesday 17th December**

**(Students will be due back from Adventure Park between 3:30 & 4:00pm)**

**END OF TERM: Friday 20th December**

**1:30pm Finish**

# Getting it right in English!

## Fun family literacy projects

With the summer holiday period approaching, there will be lots of opportunity to spend time together as a family. While the best thing is to be out enjoying the weather, some of those summer days are just too hot! As this is also a longer break, it's especially important to continue to build students literacy skills. Below are some fun literacy activities you can engage in together to continue to practise reading, writing and speaking & listening.

### Below are some ideas for some literacy oriented family projects:

- ❖ Email friends or family members
- ❖ Use social networking sites to communicate with family and friends
- ❖ Read a book series together
- ❖ Read the instructions for a new item together to find out how it works
- ❖ Record family events or travel experiences in a journal or on an online blog
- ❖ Write plays and perform them for family and friends
- ❖ Create hand puppets or finger puppets out of paper and icy pole sticks and put on short performances
- ❖ Read, select and collect news articles and create an album about, for example, a sporting team, pet type, or leisure activity
- ❖ Solve crosswords, word puzzles, brain teasers, play word games and quizzes together
- ❖ Browse libraries and book shops together
- ❖ Make a movie together using a video camera or iPad
- ❖ Follow a map or brochure on an outing, including reading public transport timetables and information signs at public sights
- ❖ Read a recipe together and have a family member record as a cooking show
- ❖ Create a board game, including cards and rules, that can be played together as a family
- ❖ Follow instructions on a website to create some fun paper and craft art projects
- ❖ Create picture books of funny family memories that can be read over and over



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

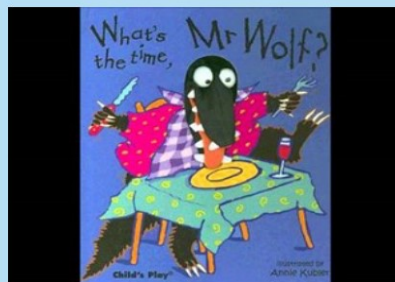
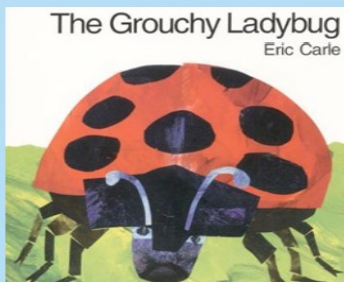
*Sarah Mills- Leading Teacher Literacy*



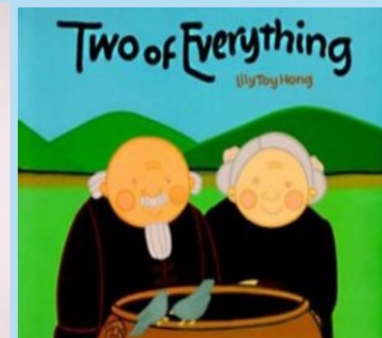
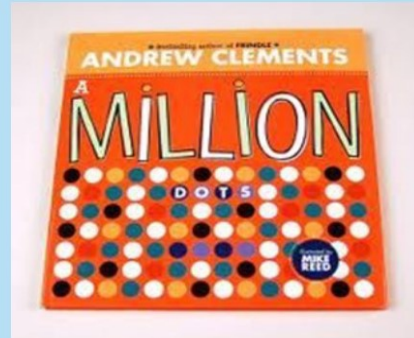
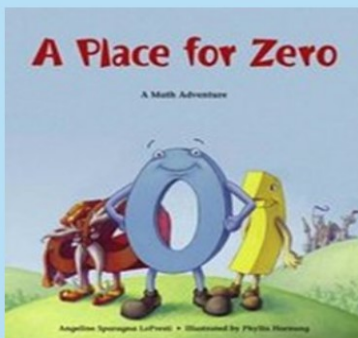
## Marvellous Maths

Reading to your child is both a wonderful way to spend time together and also an effective way to engage your child in conversation. Students of all ages love stories and love to talk about stories. "Literature provides students with opportunities to make connections with their own lives, provides a context to think and practise mathematics, and enriches students' view of the world of mathematics." A Guide to Effective Instruction in Mathematics, Kindergarten to Grade 6. Here are some texts below with mathematical concepts that you could share with your child.

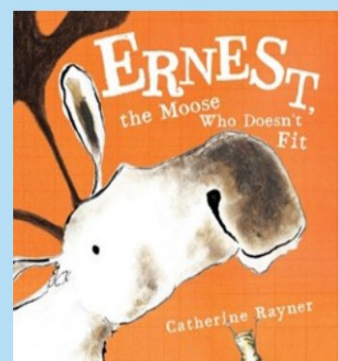
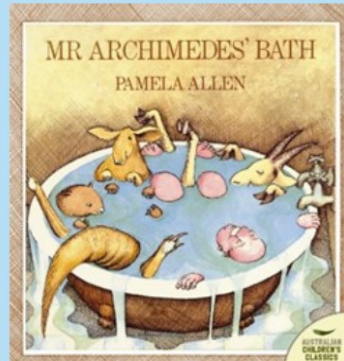
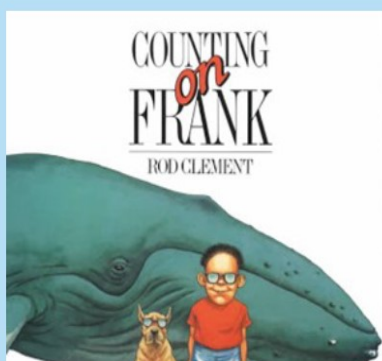
### Time:



### Place Value:



### Measurement:



# 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.

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



### 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.

## Free Sanitary Pads and Tampons in all Public Schools

### Helping schools promote positive menstrual health

Funding of \$20.7 million over four years has been committed by the Victorian Government to provide free sanitary pads and tampons in every government school because being able to access sanitary products shouldn't be a barrier for girls and young women to getting the most out of their education.

The Government's commitment to provide free pads and tampons in government primary, secondary and specialist schools will:

- Provide students with the confidence that there will always be sanitary items available at school
- Relieve female students of the stigma, anxiety and discomfort associated with menstrual hygiene management so they can focus on their studies
- Ease the cost of living for families.

Getting a period is a normal part of life, but for female students it can cause inconvenience, frustration and embarrassment – especially if it starts unexpectedly at school. Students who do not have access to sanitary products often cannot concentrate in class, may not feel comfortable doing physical activity, or may miss school altogether. Sanitary items are a necessity, not a luxury, and the free sanitary pads and tampons in public schools initiative will support tens of thousands of girls and young women in schools across the state. Victoria is the first state or territory in Australia to ensure every government school student has universal access to free sanitary products.

The provision of free sanitary pads and tampons in all Victorian public schools will commence with the installation of dispensing machines in a minimum of one school bathroom in every public school campus. Schools will play an important role in promoting a positive culture around menstrual health and build a supportive environment among the school community.

Schools also have a duty of care to ensure that students accessing tampons at school understand the importance of good menstrual hygiene to reduce the risk of getting toxic shock syndrome, although this is rare. Students will be provided with information about menstrual hygiene management.

The use of sanitary items provided at school will be entirely voluntary. Providing both sanitary pads and tampons allows students to make a choice based on their own needs, cultural beliefs, maturity and preferences.

The Department will provide schools with communication materials to increase parental and community understanding of this new initiative.

### 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.

## 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.



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