



February 6th 2020

## *Partners in Learning Newsletter*

### **WELCOME – Start the school year with a reading routine**

A very warm welcome to the 2020 school year and the very first edition of our Partners In Learning newsletter for the year!

It is hard to believe that we are already well into our second week of school! It has been truly wonderful to see all our beautiful children back at school smiling, learning and playing. In particular, we have found great pleasure in seeing our new prep students join our learning community smiling, eager and ready to take on board whatever comes their way. At the other end of the scale our year six students have taken on board their leadership responsibilities with dedication and enthusiasm.

Congratulations to all our amazing parents and carers who have braved the journey with their children to school each morning, weaving through the traffic and heat. Your efforts are very much appreciated by your children, I'm sure but also by us, the staff. Well done on setting those alarms and getting your children safely and on time to school this past week as starting strongly and on the right foot will surely set us up for an amazing 2020 school year!!

This year reading continues to remain our key focus, across the school in every classroom. Making time to read regularly with your children is an important part of literacy development. The key is to have a regular routine for reading together at a time that suits you and your family. Children often take their cues from their parents and for this reason, it's so important for us as the adults to show a positive attitude towards reading. All children should have received their Reading Diaries/Logs and brought home books to read. We encourage you, as your child's first teacher, to share in the joys of getting to know the books your child/children are reading simply by talking to them about the book, the main character and the main ideas in the story.

Please find below some useful tips for settling preps into the routine of school.

- \* Check start and finish times where to drop off and collect your child
- \* Be on time to pick your child up from school
- \* Talk about and show your child any after school arrangements
- \* Arrange play dates with families from our school
- \* Encourage independence. Skills like dressing, packing and carrying a bag, applying sun-screen, going to the toilet.
- \* Label all belongings
- \* Be positive, get your child excited, and talk about any worries they may have
- \* Visit a library and read with your child
- \* Start using the name of your child's teacher repeatedly to help build familiarity
- \* Establish predictable routines including dinner, bath and bed time

Enjoy this special time, the beginning of a brand new year with your children and take in all the wonders of the world through their beautiful eyes.

**'All kids need is a little help, a little hope, and someone who believes in them.'** – Magic Johnson

Warmest Regards,  
Kathy Cvitkovic  
Assistant Principal 3-6 Learning Community



#### IMPORTANT DATES

**NO SCHOOL FOR PREPS-  
Wednesday 12th, 19th,  
26th February**

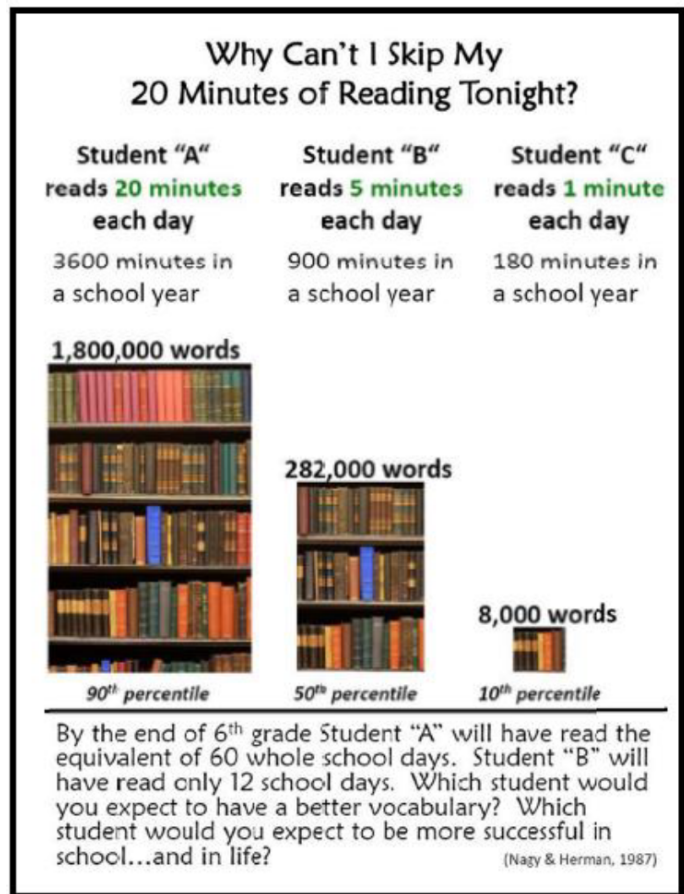
# Getting it right in Reading!

## The importance of regular home reading

You were your child's first teacher and taught them many important skills, including how to speak. As partners in learning, your child will experience the most success in reading when school and home work together. Children learn about the importance of reading as they watch family members use reading and writing for everyday purposes. Reading for pleasure, sharing a story with your child, using a recipe or reading street signs teaches them that reading is a useful skill in today's world.

Reading with your child at home will help your child in all areas of school. Skills in reading extend across all curriculum areas and is a vital skill.

Research shows the importance of reading on a daily basis in developing their use and understanding of vocabulary.



Students from Grades Prep to 6 will have been sent home with a take home reading folder and books this week. With this, a letter will have been sent home outlining the requirements for home reading for your child's grade level. If you are unsure of the process and requirements for your child, please speak with their class teacher.

It is really important to provide opportunity for your child to read to or be read to by you, another adult or sibling. Discuss and share books you enjoy reading now and as a child and encourage a love of reading.

**Rad Readers** is open every morning for students from 8:30am. This is another great opportunity for your child to read to/with an adult or older student.

*Sarah Mills*

Leading Teacher- Literacy



## Marvellous Maths

### Great Maths Apps for Kids

These days more and more kids are using tablets and smart devices. This is providing a great opportunity for parents to use mobile applications (apps) that link Maths to real life experiences as a way of drilling, practicing problem solving and teaching concepts.

These are some of the apps and websites we use in the school. If you are after any more, have a chat to your child's teacher who will be able to make some recommendations.

 <p><b>Bugs and Buttons</b> This app teaches children skills such as sorting, counting and recognising patterns Age group: 5-7</p>	 <p><b>Symmetry Shuffle</b> This app focuses on shape and transformations Age group: 8-12</p>	 <p><b>Little Monkey Maths</b> A variety of apps include: Subitising, Friends of 10, Number Lines, Reading Numbers Age group: 5-7</p>
 <p><b>Beebot</b> This helps children practice the language of position. Age group: 5-7</p>	 <p><b>Targeting Maths</b> There are individual apps focusing on all areas of numeracy, base don grade level. Age group: all ages</p>	 <p><b>Mathsterious Mansion</b> This app is based on whole number understandings, addition, subtraction and the 100s chart, it supports the development of mental computation. Age group: 7-10</p>
 <p><b>Eggy Maths Apps</b> There are several Eggy app for Numeracy. Search on the app store. Age group: all ages</p>	 <p><b>Mathletics</b> Mathletics is available as an iPad app. All students in our school have a login and password access to this resource and can use this at home. Age group: all ages</p>	 <p><b>Nanja Factor Free</b> This app builds fluency around multiplication facts. Age group: 8-12</p>



## INSIGHTS

### Why validation is the best parenting skill of all



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.

# parenting\*ideas

## 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 an award-winning speaker and the author of 12 books for parents including *Spoonfed Generation*, and the bestselling *Why First Borns Rule the World and Last Borns Want to Change It*. Michael is a former teacher with 15 years experience, and has 30 years experience in parenting education. He also holds a Master of Educational Studies from Monash University specialising in parenting education.

## Has Your Child Been Diagnosed With a Medical Condition?



As part of Melton West Primary School’s commitment to the care of your Child and legislative requirements we require you to provide us with an updated Medical Care Plan every twelve months for your child’s medical condition. If your child has been diagnosed with Anaphylaxis, Allergy, Asthma or Hayfever, a form can be collected from the First Aid Room at the school. A Medical Practitioner will need to

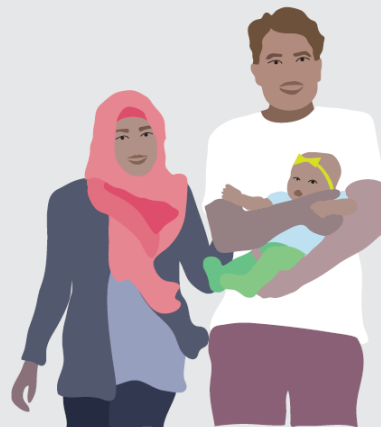
complete, sign and stamp this form.

Please ask your Medical Practitioner to complete a Medical Care Plan on practice letterhead for all other medical conditions.

Please return your child’s Medical Care Plan as soon as possible to ensure we can identify the care your child requires so that the highest level of care can be provided for them whilst at school. Please return your child’s Medical Care Plan with medication and any other device aid your child may require as specified on their Medical Care Plan.

If your Child’s Medical Practitioner has informed you that your child has outgrown a medical condition previously disclosed to the school, the Medical Practitioner will need to provide a letter on practice letterhead notifying the school of any changes to your child’s health.

# MINDS



# MATTER



## MENTAL HEALTH FORUM FOR FAMILIES

**SUITABLE FOR FAMILIES WITH YOUNG  
CHILDREN AND THOSE STARTING THEIR  
PARENTING JOURNEY**

**HEAR JAMILA RIZVI'S EXPERIENCE OF  
MOTHERHOOD AS WELL PRACTICAL  
TIPS AND INFORMATION FROM MENTAL  
HEALTH EXPERTS**

### **FEATURING**

- Jamila Rizvi – Author, Presenter, Speaker, Mum
- Professional speakers
- Expo showcasing local service providers working in mental health and parenting support

### **Registration essential!**

To register visit: <http://bit.ly/MHFHF>

**Thursday  
27 February, 2020  
5-8pm**

Fraser Rise Community Centre  
46 City Vista Court, Fraser Rise

**Expo 5-6pm** (light supper served)  
**Forum 6pm sharp**

**Families of all types are very welcome**

This event is family friendly. You are welcome to have your baby with you during the forum and there will be free activities for children aged 2-8. Bookings essential via registration.

**FREE  
EVENT**

FOR MORE INFORMATION PLEASE CONTACT MELTON CITY COUNCIL ON  
**9747 7200** OR [SOCIALPLANNINGPROJECTS@MELTON.VIC.GOV.AU](mailto:SOCIALPLANNINGPROJECTS@MELTON.VIC.GOV.AU)

PRESENTED BY  
Melton City Council





# Chickenpox (varicella)

Chickenpox (also called varicella) causes an itchy, blistering skin rash and mild fever. It is usually a mild disease that lasts for a short time in healthy children, but it can be more severe in adults. Chickenpox is a serious disease because it can cause scarring, pneumonia, brain damage and sometimes death. One in 33,000 people with chickenpox can develop encephalitis (brain inflammation). After you have had chickenpox, the virus stays in your body. It can come back later in life and cause shingles (also called herpes zoster).



## What are the symptoms of chickenpox?

The main symptom is an itchy red rash that turns into blisters, which then burst and crust over. Chickenpox can also cause flu-like symptoms, such as fever, headache and sore throat. Symptoms usually start about two weeks after catching chickenpox. The symptoms stay from between 10 to 21 days.



## Who is at risk from chickenpox?

Chickenpox can affect people at any age. Children usually have mild disease and recover quickly. Adults, newborn babies and people who have a weakened immune system usually have a more severe illness from the virus. During pregnancy, chickenpox can be serious for both the mother and the baby. Pregnant women who get chickenpox for the first time can have severe disease. The baby can be born with severe chickenpox, or have damage to their skin, limbs, eyes or nervous system.

## How do you get chickenpox?

- when an infected person coughs or sneezes, and you breathe in virus particles
- by direct contact with the fluid from someone else's chickenpox blisters.

## How do you prevent chickenpox?

Vaccination is the best protection against chickenpox. The chickenpox vaccine prevents most, but not all, people getting chickenpox and complications caused by the disease. Immunised children who get chickenpox generally have a much milder form of the disease. They have fewer skin lesions, a lower fever and recover more quickly. Chickenpox vaccination also protects you from developing shingles later in life.

If you have chickenpox, you can help stop the disease spreading by:

- staying away from childcare, school, work or other places where you could spread the infection – your doctor will tell you when you are no longer infectious
- washing your hands often
- covering your coughs and sneezes.

## How do you know if you have chickenpox?

If you think you or one of your family members has chickenpox, see your doctor. Chickenpox is usually diagnosed by looking at the rash. It is important to let the receptionist know of your concern so that you can be separated from other people in the waiting room.

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

**\*\*\*\*\* Melton West Primary PLAYGROUP \*\*\*\*\***

**Welcoming All Families to our Playgroup sessions!**

**We are located in the After School Care room on  
Tuesdays & Wednesdays from 8:50am – 11.00am.**

**Our playgroup is open to families and friends of our school and local community.**

**2020 SESSIONS BEGIN ON TUESDAY 11<sup>th</sup> FEB.**



**For any inquiries or further information, please contact:**

Maria Robinson – Playgroup Facilitator: [robinson.maria.m@edumail.vic.gov.au](mailto:robinson.maria.m@edumail.vic.gov.au)

Or phone our school on: (03) 9743 5818



## STUDENT BANKING

Please ensure you have opened an account for your child at a local Commonwealth Bank branch prior to utilising this service. We will issue a student number once this has been done.

