

Dear Families,

I sincerely hope you are all continuing to do well in your homes. This week I thought I would share with you the benefits of practising **Gratitude**. Many articles have been written about this subject and I have summarised some key points from the various articles and books I have read on the subject of **Gratitude**.

What are the Benefits of Gratitude?

For the individual:

- increased happiness and positive mood
- more satisfaction with life
- less materialistic
- less likely to experience burnout
- better physical health
- better sleep
- less fatigue
- lower levels of cellular inflammation
- greater resiliency
- encourages the development of patience, humility, and wisdom

For groups:

- increases prosocial behaviours
- strengthens relationships
- may help employees' effectiveness
- may increase job satisfaction

A Look at the Research on Showing Gratitude

The researchers analyzed their findings to determine that gratitude does four things:

1. Gratitude disconnects us from toxic, negative emotions and the ruminating that often accompanies them. Writing a letter "shifts our attention" so that our focus is on positive emotions.
 2. Expressing gratitude helps us even if we don't explicitly share it with someone. We're happier and more satisfied with life because we completed the exercise.
 3. The positive effects of gratitude writing compound like interest. You might not notice the benefit of a daily or weekly practice, but after several weeks and months, you will.
 4. A gratitude practice trains the brain to be more in tune with experiencing gratitude — a positive plus a positive, equal more positives.
- Gratitude facilitates helping behaviour,
 - Grateful people help the people who helped them (benefactors) and strangers similarly.

'This is a wonderful day, I've never seen this one before'. – Maya Angelou

Warmest Regards,

Kathy Cvitkovic

Assistant Principal (3-6 Learning Community)

3/4 KANGAROOBIE CAMP REMINDER

Refund forms were sent out via email or mail Friday 31st July. Thank-you to those who have returned forms, these will be processed shortly. For those who are yet to return your form, please do so ASAP via reply email or in person at the office.

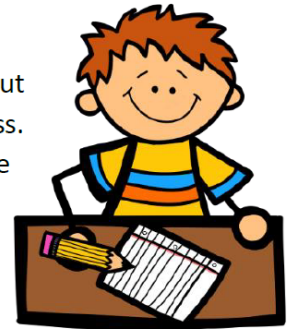
In the event you cannot print the form to sign it please return to melton.west.ps@education.vic.gov.au and we will accept the email as your permission to refund instead of your signature.



Getting it right in English!

Writing Creatively

We know remote learning has been challenging and some days motivating young learners can be a struggle. When students write for a purpose and about things that interest them, they are more likely to engage in the writing process. In the classroom, we often provide opportunities to complete Personal Choice writing. This is an opportunity for students to write for authentic purposes, but in engaging and interesting ways.



Below are some ideas of writing opportunities that are likely to motivate and appeal to students.

Grades P-2

Because creative writing is fun, it is an excellent way to foster a love of writing. You can use a book you have recently read together as a source of inspiration, or create something new.

- ❖ Create a short story in cartoon form.
- ❖ Cut out pictures of people from magazines and create speech bubbles and dialogue.
- ❖ Create your own superhero and have them go on a short adventure.
- ❖ Use artworks found on the web, such as paintings and photographs, as inspiration for a story.
- ❖ Write a story or create a cartoon together by taking turns at writing sentences or cartoon cells.

Grades 3-6

Students are now becoming more familiar with the use of digital technology, which provides opportunities for them to share their ideas and show their creativity.

- ❖ Create a website (or plan a website) with a specific interest in mind, such as a hobby, a sports team, or an historical event that interests them.
- ❖ Write a blog on a hobby or interest.
- ❖ Write a short film script and then shoot the film using a mobile phone, tablet or video recorder. Use editing software to edit the film and create titles.
- ❖ Write a radio script and then record the script using a mobile phone, tablet, or digital voice recorder.
- ❖ Write a short story and record it using a mobile phone, tablet, or voice recorder. Find digital film score music or sound effects to create mood and suspense.
- ❖ Write emails or instant messages to family members.
- ❖ Use presentation or slide software to create presentations for the family about something of personal interest.

*Ideas taken from 'Literacy and Numeracy tips to help your child every day' by the Department of Education and Training.

Sarah Mills- Literacy Leading Teacher

Maths at our house: gardening and measuring

It's not just dirt and worms and weeds, there are lots of numbers lurking in the garden. Spending time with our children in the garden is a wonderful experience and an opportunity to explore and learn about plants and animals and also maths!

Measuring lengths and amounts

Gardening is a rich experience to practice measuring. For young children it can be as simple as measuring the garden or pathway in steps to practice counting. How many baby steps from here to there? How many GIANT steps? Another idea is to have a measuring tape in your garden tools so while you are working your child can measure various things and practice reading the numbers. Encourage them to place one end at the edge and then read the whole numbers using words like longer, shorter, high, tall etc.

The garden provides opportunities to measure:

- length (centimetres between seeds or plants, metres for rows or fences)

The packet tells us these need to be planted 5 cm apart. How far is that?

If we plant these 12 plants 30 cm apart, how long will the row need to be? Do we have enough room?

It says this plant grows 2-3 metres tall and needs full sun. Where's the best place to put it do you think?

- area (square metres for planting, paths, or bricks)

For this patch we need 12 square metres. What size of rectangles could we make?

It says this paint will cover 10 square metres. Is that enough for the whole fence?

- volume (litres for liquid or cubic metres for bark and soil)

We used 3 cubic metres of bark for this part. How much do you think we'll need for that that part? How could we work it out?

This bucket holds 20 litres, and the wheelbarrow holds 65 l. How many buckets will fill up the wheelbarrow?



Older children can be included in the fraction and ratio figuring out that is needed in the mixing work in the garden. It is very important that ratios are considered when mixing fertilizer or sprays. For example if the fertilizer needs to be mixed at a 1:10 ratio with water how much should we mix up in our watering can?

+Measuring the weather

It is also possible to get a thermometer from garden shops or discount stores that will stick to the window so that children can practice reading a scale and measuring the temperature each day. A simple weather station can be set up in your garden with a thermometer, a measuring cup or bottle as a rain gauge and a pinwheel to show wind.

Encourage them to compare what their weather station is saying to the report on the news or in the newspaper.



Measuring time

Gardening is also about timing and planning. Children can learn lots about time, seasons, months and weeks, through keeping track of what is happening in their garden on a calendar. Calendars with big squares that can be written on are available at discount stores. When you plant something, help your child record this on a calendar and then check the seed packet for the information about germination, harvesting etc. Together you can figure out when they should see sprouts and when you may be able to harvest. Talk about days and weeks and months explaining that each week has 7 days or that a fortnight is two weeks.

Children can also record when the flowers appear on fruit trees or plants and then how long it takes for the fruit to be ready to eat. Which takes longer to mature: lemons or apples? Peas or tomatoes? How much longer?

Enjoy and have fun. (With thanks to nzmaths.co.nz for the ideas)

Jennifer O'Connor

Assistant Principal Prep-2 Learning Community

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.

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

INSIGHTS

Standing behind difficult decisions



Johan and Harry were both suspended from school for a day after willingly watching a schoolyard fight. Their school had a zero-tolerance policy toward fighting and believed that those who watched a fight were as complicit in the conflict as those engaged in the fighting.

The reactions of both sets of parents to the boys' suspensions differed greatly. Johan's parents supported the school's actions and made the necessary changes to their work schedules to accommodate the suspension. Privately, they thought that the suspension may have been harsh, but as they agreed with the school's zero tolerance approach to violence, they knew they had no option but to accept the suspension. They counselled their son against similar behaviour in future and made sure his time away from school was spent doing schoolwork.

Harry's parents weren't quite so supportive. Thinking that their son's suspension was unfair, they contacted the school's principal asking to have the suspension removed. The principal listened to their concerns however she didn't remove the suspension. She reminded Harry's parents of the reasons behind the school's zero tolerance approach to fighting and urged them to support of their policy. Disappointed but obviously not deterred, Harry's father took time off work to take his son on a fishing trip on the day of the suspension. This action showed little regard for the school's efforts to encourage a culture of respectful relationships, as well as scant respect for the principal's authority.

Make the most of learning moments

Both sets of parents thought that the suspension of their sons was harsh. However, only one set saw the situation as a learning experience for the son. Johan's parents discussed with their son the place that bystanders play when violence breaks out. They reinforced the message that although it may take courage to stop a fight or bring it to the attention of teachers, it's these sorts of actions that constitute positive leadership.

Harry's parents couldn't see past the injustice of the suspension and missed a great opportunity to teach their son any number of lessons. These include what he may do next time a similar incident occurs, how he might respond when he sees someone being bullied or even how to nip conflict between peers in the bud before it escalates. There are many discussions they could have had with their son due to the suspension. From an educative perspective, this was an opportunity missed.

Trust the process

Arguably, the bigger issue in this story is that just as Johan's parents did, we parents need to trust the processes that teachers put in place at school, even when we don't always agree. Family-school partnerships are strongest when parents stand behind the difficult decisions that teachers make, even though the wisdom behind them may not be immediately evident. Sometimes, we all have to stand back and trust a process that's been in place, particularly when it's been implemented after a great deal of thought and diligence.

Provided as a part of our school's Parenting Ideas membership

parentingideas.com.au



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.



How can parents help?

Good vision is important for a child's educational, physical and social development

Approximately one in five Australian children suffers from an undetected vision problem, or requires ongoing assessment. To help give children the best chance of reaching their full potential, it is important for parents to recognise the possible symptoms of vision difficulties.

Many signs of vision problems are quite obvious, but others are harder to identify. Some of the more common signs include:

- > one eye turning in or out while the other points straight ahead
- > noticeable tilting or turning of the head when the child is looking at something
- > frequent blinking or rubbing of the eyes
- > red or watery eyes
- > difficulty reading, such as skipping and confusing words, and holding a book very close while reading
- > complaints of headaches and blurred or double vision
- > squinting or having difficulty recognising things or people in the distance

Creating a healthy eye environment at home is very important

These useful hints will help you achieve this:

- > Take your child to visit an optometrist on a regular basis, especially at the first signs of a suspected vision problem, because once recognised, many eye problems are easy to correct or treat.
- > When reading at home, always read in a room with good and even lighting, and encourage regular breaks.
- > Encourage your child to spend a few hours outdoors each day.
- > Encourage your child to wear sunglasses and a broad-brimmed hat while outside as this reduces the amount of UV exposure to their eyes.
- > When watching television or playing on smartphones, computers or video games, ensure the room is well lit and reduce glare and reflection from lights or windows.
- > Limit computer sessions and have short breaks from looking at a computer for at least five to 10 minutes every hour.
- > Limit television watching to less than two hours at a time, before having a break, and encourage your child to sit as far as possible from the screen.
- > Have the top of computer monitors/televisions at, or slightly below, eye level.
- > Promote healthy eating by including plenty of vegetables, fruits, nuts and fish in your child's diet. These foods contain important nutrients such as antioxidants, vitamin A and omega-3s, all helpful in maintaining eye and body health.

Optometry Australia recommends that children have a full eye examination with an optometrist before starting school and then regular visits as they progress through primary and secondary school.

AUDIOLOGY SERVICES 2020

IPC Health (Deer Park)

Phone: 9219 7142

Fax: 9363 7110

Address: 106 Station Rd Deer Park

Appointment days: Tuesday, Wednesday & Friday

Audiologist: Amani Hanna

Referral: Primary School Nurse referral accepted.

Cost: This is a free service for children on a Health Care Card (0-17yrs). Non-Health Care Card holders pay a fee based on income. Fee starting from \$10.10-\$50.95 (full fee).

Joan Kirner Women's & Children's Hospital Sunshine

Phone: 8345 1727 (Audiology Office)

Fax: 8345 0416

Address: 176 Furlong Road, St Albans

Appointment days: Monday – Friday

Audiologist: Cathy Lowry, Melissa Dourlay & Karen Montgomery

Referral: GP referral letter required.

Cost: No charge for Medicare card holders. Non-Medicare card holders please check with reception when booking.

Djerriwarrh Health Service (Melton West)

Phone: 9747 7609 (Option 3)

Fax: 9746 0668

Address: 195-209 Barrie's Rd Melton West

Appointment days: Monday & Tuesday

Audiologist: Anna Ly

Referral: No referral letter required from GP.

Cost: No cost for Medicare card holders.

Sunbury Community Health

Phone: 9744 4455

Address: 12-28 Macedon Street, Sunbury

Appointment days: Variable

Audiologist: Bridget Gayle

Referral: Primary School Nurse referral accepted.

Cost: This is a free service for children on a Health Care Card (0-17yrs). Non-card holders, fee \$15-\$25.

Westgate Medical Centre

Phone: 9311 3115

Fax: 9748 4199

Address: 381 Sayers Road Hoppers Crossing

Appointment days: Tuesday & Wednesday

Audiologist: Liam Hickson

Cost: Bulk Billed with referral letter from GP.

Wyndham Health Care

Phone: 9749 2766

Fax: 9748 8240

Address: 233 Heaths Road Werribee

Appointment days: Monday, Wednesday & Friday

Audiologist: Justine Talevski, Ben & Peter Altidis

Referral: Primary School Nurse referral accepted.

Cost: This is a free service for children on a Health Care Card (0-17yrs). For non-Health Care Card holders please enquire re: fees when booking.

Updated January 2020

COMMUNITY DENTAL SERVICES 2020

Altona Meadows IPC Health

Phone: 8368 3000

Address: 330 Queen Street Altona Meadows, Vic 3028

- This is a free service for Health Care Card holders (0-17yrs)
- Non Card holders Pay a fee of \$33.50 per child course of care
- Bulk billing available through the Child Dental Benefits Schedule if eligible

Footscray CoHealth

Phone: 94485502

Address: 78 Paisley Street Footscray, Vic 3011

- This is a free service for children 0-12 yrs.
- Bulk billing available through the Child Dental Benefits Schedule if eligible

Kensington CoHealth

Phone: 9448 5538

Address: 6 Gower Street, Kensington Vic 3031

- This is a free service for children 0-12 yrs.
- Bulk billing available through the Child Dental Benefits Schedule if eligible

Melton Health

Phone: 9747 7676

Address: 195-209 Barrie's Road, Melton Vic 3337

- This is a free service for Health Care Card holders (0-17yrs)
- Non Card holders aged 0-12yrs pay a fee of \$33.50 per child per course of care
- Bulk billing available through the Child Dental Benefits Schedule if eligible

Niddrie CoHealth

Phone: 9448 5520

Address: 3-15 Matthews Avenue Niddrie, Vic 3024

- This is a free service for children 0-12 yrs.
- Bulk billing available through the Child Dental Benefits Schedule if eligible

ST Albans IPC Health

Phone: 92961360

Address: 1 Andrea Street, St Albans, Vic 3012

- This is a free service for Health Care Card holders (0-17yrs)
- Non Card holders pay a fee of \$33.50 per child
- Bulk billing available through the Child Dental Benefits Schedule if eligible

Updated January 2020

HOW TO WEAR A FACE MASK

Wearing a face mask protects you and your community by providing an additional physical barrier to coronavirus (COVID19).



Wash your hands before putting on the mask.



Make sure it covers your nose and mouth and fits snugly under your chin, over the bridge of your nose and against the sides of your face.



Do not touch the front of the mask while wearing it. If you do touch the mask, wash or sanitise your hands immediately. **Do not allow the mask to hang around your neck.**



To remove the mask wash or sanitise your hands first. Carefully remove your mask by grasping the ear loops or untying the ties. For masks with a pair of ties, unfasten the bottom one first, then the top one. If your mask has filters, remove them and throw them away. Fold the mask and put it directly into the laundry or into a disposable or washable bag for laundering. **Single use surgical masks should be disposed of responsibly.**



Wash or sanitise your hands after removing the mask.

What you need to keep doing

- Wash your hands regularly
- Keep 1.5 metres from others
- Get tested, even if you have mild symptoms
- Stay home if you're feeling unwell.