From the Principal’s desk …

Student Leadership Teams – On Monday students in grade 5 & 6 joined their new teams and were presented with their badges by Cecilie Munro (School Council President). Grade 6 students have joined a team for the fourth and last time for this semester. These students have rotated through the four teams – Community, Junior School Council, Environment & Safety and Sports - having experienced each of the various roles and responsibilities these teams have. We wish the 5/6 students well in their endeavours in their new team and hope that each can wear the badge proudly and live out the values of our school. See photos later in the newsletter.

Our NAIDOC activities last week were a great success! Our class activities led up to our day with Hilda (Cultural & Educational Officer – Parks Victoria) and Jamie (ASHE) on Thursday. They helped students and staff alike to learn more about the aboriginal culture and dreamtime. A special thankyou to Jaidyn, Marli and Lori who lead us in the Acknowledgement of Country and shared some information they researched on NAIDOC and Aboriginal Culture. A report on the day can be in the upcoming editions of the Waranga News and 3610 magazines.

Life Ed Van - Harold and the van have been. Students and teachers spent time with Harold and Sarah exploring various health and wellbeing issues including Medicines, Bullying, Healthy Eating and Practices.

I hear the Grade 5/6 students were very disappointed to hear that Harold would not be a part of their session! BUT after their pleading to see him, Sarah managed to wake Harold to ensure no one went away disappointment.

School Council – the scheduled meeting for July (Tuesday night) was unfortunately cancelled due to lack of numbers. The next meeting will be held on August 9th.

Wellbeing Update

Staff are currently reviewing our Student Engagement & Inclusion Policy and this will be made available in the near future to Parents & Caregivers through the School Website or in hardcopy from the Office for your feedback. The aim of this Policy is to articulate the expectation and objectives of the school community in relation to student engagement, including strategies to address bullying, school attendance and behaviour. So your feedback is genuinely sort and very much appreciated to assist us to reflect our Community. Thanks.

Goulburn Valley Primary School Health Behaviours Monitoring study – Students in grade 2, 4 & 6 are invited to participate in this study. Information went home with students on Monday. It will examine influences on healthy weight and related behaviours (physical activity, sedentary behaviour, diet quality and quality of life) among children and adolescents across the Goulburn Valley region of Victoria. Claire Strugnell will be here on Thursday July 28 to carry out the study from 9-11am. Please see the letter from Claire later in this newsletter.

Winter Chills - Please ensure your child(ren) are wearing appropriate clothes for the winter months. Children are encouraged to wear long pants and windcheaters/jacket as per our Uniform Policy. Lost property is again overflowing and if your child is missing any clothing please ask Shelly to direct you to the pile! We do have second-hand bottle green track pants, windcheaters and limited jackets available to students for a gold coin donation.

One Hundred Days Smarter & Teddy Bears Tea Celebration – It’s that time again for F/1 students to grab their Teddy’s and enjoy a picnic next Wednesday. Students will be celebrating ‘One Hundred Days Smarter’ with an activity morning around ‘Teddy’ and topping off the morning with a Teddy Bears Tea Party! Sounds like the perfect way to celebrate being at school 100 days!! Have fun. 😊 (Note going home with more information tomorrow.)

National Tree Planting Day – Friday July 29. Mr Ford has 105 trees, shrubs and grasses for students to plant! Keep your eye out for more details next week!

Students have settled well into Term 3 and we have eight and half solid weeks of work ahead of us! Let’s all work together – students-parents-staff – to guide and assist them to achieve their best yet! Let’s aim high! 😊

Debbie Turvey Acting Principal
AROUND THE SCHOOL:
Keys to Success - Getting Along, Confidence, Organisation, Persistence & Resilience

“YOU CAN DO IT”

STUDENTS OF THE WEEK

Left to Right
Back: Tegan, Jemma, Jaidyn & Ryan
Front: Ned, Amelia & Joshua

Gr F-1WW – Joshua Bone – For his enthusiasm in all learning areas. It has been great to see his big smile when he learns something new!
Gr F-1WW – Ned Bathman – For showing confidence during guided reading sessions sounding out difficult words!
Gr F-1WW – Amelia Robinson – For showing more confidence & persistence by taking risks when reading and remembering her star folder every day.
Gr 1-2F – Tegan Stewart – Tegan has shown all five keys both in class and in the yard after coming back from holidays. Well done Tegan!
Gr 2-3V – Jemma Albrey – Jemma you consistently try your best with everything you take on! You are a kind & helpful person in our class. Great job Jem!
Gr 4-5C – Ryan Gell – For showing great persistence, confidence and resilience when presenting his NAIDOC week presentation at the last minute on Thursday.
Gr 5-6B – Jaidyn Bathman – For having a great start to the term, being ready to learn and for helping others also for the wonderful work and helping others students during NAIDOC activity day.

TERM 3 PLANNER

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CONVEYANCE CHEQUES ARE AVAILABLE

MASK: Welcome back to term 3. We have some very exciting themes coming up this term in MASK with NAIDOC last week, science week, Father’s Day and book week soon approaching. Because of the cold weather we have been spending lots of time inside doing Hama beading, origami, construction and board games to name a few. Twister, UNO and chess have been a big hit. We are also working on some great displays so make sure you remember to bring in a family photo to add to our MASK family tree.

We have been having large groups so please remember to let the office know if your children are attending MASK. Also a friendly reminder that MASK runs Monday-Friday 3.20pm-6pm. Please keep your accounts up to date and make sure enrolment forms are handed in. Thank you.

Jenna.

RESOURCESMART: Murchison Primary School is working towards becoming a Resource Smart School in the four areas of waste and litter management, energy use, water use and biodiversity. Each week there will be a change we can make to the way we live to reduce our impact on the environment.

Tip 20. Refuse, reduce, reuse and recycle! Minimise wasteful packaging and materials by first refusing, then reducing, reusing and recycling.

Tip 21: Buy energy efficient appliances.

PARENT-CHILD MOTHER GOOSE PROGRAM: There is nothing more important than the bond between parent and child. Parents/ grandparents with children aged from 0-5 years are invited to come along to a morning filled with singing songs, action finger rhymes and story telling! The Parent-Child Mother Goose Program will take place at Murchison Primary School every Friday from 9.30am-10.30am during the school term. Sessions are fun, free and morning tea is provided!

For more information contact (03) 58262391.

THE SHEPPARTON SMALL SCHOOLS NETWORK PROUDLY PRESENTS...

“Helping the Anxious Child”

Guest speaker – Michelle Trudgen – Clinical Social Worker

WHEN: Monday 8th August 2016
WHERE: The Shepparton RSL
COST: Free

TIME: 6.30pm to 8.00pm (a light supper will be provided)
RSVP: Bookings are essential.
RSVP to your school by Wednesday 3rd August

Michelle will teach parents about:

- The psycho education of anxiety as a normal human response.
- How anxiety is acquired and is maintained.
- The importance of parents’ understanding of social learning theory - your children are watching you cope with the inevitable pain in life!
- How to increase their child’s coping skills.
- When to seek professional help for your child.

Go to...
How many books have **YOU** read so far!

Congratulations to everyone who is participating this year! We only have about 10 weeks to go, the PRC will close on 9 September 2016.

More than 207,000 students from 950 schools and 6,086 children from 283 early childhood services and homes have signed up. It’s great to see that thousands of children across the state are discovering new authors and getting hooked on reading. Well done to US here at MPS! I wonder who’ll be having morning tea next week? Will it be **YOU**!

Good luck and happy reading.

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**SCHOOL BANKING EACH WEDNESDAY AT MURCHISON PS - See Shelly for information about opening an account so you can become a weekly saver too.**

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**Learn to Play Basketball**

8 Week Programme For Children Ages 6-10

**When:** Monday 4.15-5.00 pm  
Commences July 25 - registration and first session on this night.  
**Where:** Tatura Basketball Stadium  
**Cost:** $75 - includes Aussie Hoops pack.  
For more details please contact Lisa Cullum on 0428242889.

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**TATURA BASKETBALL SPRING COMPETITION**

will commence August 15.

This competition is open to ages 8-16 (must still be 16 on December 30 2016).

**Registration Night:** 6-7.30pm Monday July 25,  
Rego and Payment must be made on this night.  
For further information please contact Lisa Cullum, President, at [taba@viberts.com.au](mailto:taba@viberts.com.au) or on 0428242889.

Can past players please return any playing singlets they may have on registration night.

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**Murchison Primary School Student Absence Form**

Name:________________________________________

Class:_____________  Date:____________________

Reason________________________________________

Parent’s Signature:____________________________
Dear Parent/Guardian,

The Goulburn Valley Primary School Health Behaviours Monitoring study is an exciting study that is being conducted at your school. All Grade 2, 4 and 6 students at your school are being invited to participate. This study will examine influences on healthy weight and related behaviours (physical activity, sedentary behaviour, diet quality and quality of life) among children and adolescents across the Goulburn Valley region of Victoria. We ask that you please read the information carefully, so that you can make an informed decision about your child’s participation. We ask that you only return the OPT-OUT consent form should you and or your child decide NOT TO participate.

We are using an OPT-OUT consent process whereby your child’s participation in this study is assumed unless you indicate via the return of the signed OPT-OUT consent form that you do not wish for your child to participate. If you and your child agree to participate we would like your child to complete the following activities:

- Complete a brief physical activity, sedentary behaviour, food intake and health and wellbeing questionnaire (Grade 4 and 6 only);
- Have their height, weight and waist circumference measured in a private and professional manner with trained researchers (All Grades 2, 4 & 6);
- Some children will be asked to wear a match box sized activity monitor (accelerometer) on their right hip during waking hours for 7-days. They will need to return this monitor to school at the end of the week (All Grades 2, 4 & 6).

All activities will be conducted throughout a normal school day, in school time.

All information obtained in connection with this research that can identify your child will remain confidential. Your child’s data will be made anonymous during analyses, therefore, you child will not be identified in any report, publication or presentation.

Results of this study will provide information about effectiveness of current efforts to improve the health of Victorian children and adolescents. This information will be used by educators, policy makers, health service providers and researchers in future efforts to improve the health of Victorian children and adolescents.

If you require further information or have any problems or concerns regarding this research, you can contact Dr Claudia Strugnell.

With warm regards,

Claudia Strugnell
Research Fellow, World Health Organization Collaborating Centre for Obesity Prevention, Deakin Population Strategic Research Centre
Geelong Waterfront Campus, Deakin University
Locked Bag 20000, Geelong Vic, 3220
PH: (03) 5227 8483

Michelle T Flyer
Coming very soon, the public activation of the Neighbourhood House website. In addition to information about Neighbourhood House activities, the site will contain local news, information about local contacts and a community calendar where you can add your event.

We would like to feature images from around Murchison within our site, so if you have photos of local people, places or events, we would like to hear from you. Please call 5826 2373, or email us murch-nh@hotmail.com

New this term is beginners Italian. Classes will run Tuesday mornings, 9:30-11:30, cost $10 per session. Start date dependant on numbers
Bookings required, no experience necessary.
Bookings Murchison Neighbourhood House Ph. 5826 2373

FOUND!~!~