



NEWSLETTER No. 15

Wednesday May 25, 2016

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School Values: Quality, Respect, Community & Responsibility

From the Principal's desk ...

District Cross Country

Congratulations to all the students who participated in the District Cross Country event today in Murchison. They all represented themselves and our school beautifully and should be proud of their efforts. Thank you to Michelle Donders, Jodie Robinson, Kelly Bedwell, Shannyn Bathman and Michelle Brown for organising the food today for all the competitors at the event.

Congratulations to Mark & James who have qualified to participate in the Ranges Division Cross Country event to be held next Tuesday May 31, (10:00am) at Yea Golf Course.



Uniform

With the weather becoming cooler, please make sure children are dressed appropriately for the cold. If you need jumpers, we have a large number of second hand ones available. Please see Shelly! Please make sure jumpers are named clearly in case they are misplaced. We have had a lot of jumpers left at school without names on them. Thank you!

Head lice

We have had a case of head lice reported to the school. Please check your child/rens hair regularly and treat if necessary. Please let the school know if you have treated for head lice. Thank you for your ongoing assistance.

School Essential Items

Families will soon be receiving invoices for your child/ren's School Essential Items (fees). The cost per student for the year is \$220. It is NOT a voluntary contribution. This money goes towards paying for your child/ren's essential items such as books, pencils, folders etc. all the items your child uses on a daily basis.

Camps

This week our Grades 3 – 6 children received information regarding their camp program which will be held during Term 4 of this year.

Our Grade 3/4's will be going to Camp Jungai at Rubicon and our Grade 5/6's to Canberra. At this stage it is important for families to fill in the expression of interest form attached to the camp notes and return these with your deposit. In the information sent home about each camp a payment schedule was included; please use this as a guide to helping you pay off the camp during the next two terms. If you need any further assistance with making payments for your child's camp, please do not hesitate to contact me.

Special Religious Instruction

Special Religious Instruction (SRI) is currently being held on Thursdays at lunchtime, 1:30 – 2:00 for children in Grades 1 – 6. If you would like your child to participate, please see Shelly for a consent form.



JSC Footy Colours Day

On Friday, June 17 the JSC are organising a footy colours day. Children are encouraged to dress up in their favourite footy colours – footy, rugby or soccer and bring a gold coin donation. A highlight of the day will be our parents/teachers v students' footy match at lunchtime.

Website

Have you been on to look at our new school website? www.murchps.vic.edu.au

Melissa Houlihan
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: Alex, Mitchell & Maeve

Front: Frankie & Daija

Gr F-1WW – Frankie Ewart – For her great attitude towards learning and always presenting her best work. Well done Frankie!

Gr 1-2F – Daija Lavea – Daija has used the Persistence, Confidence and Organisation keys to write great sentences in her writing. Great work Daija!

Gr 2-3V – Maeve Dalgliesh – For working really hard in reading groups to develop her reading comprehension. She is also a kind, happy & helpful member of the class. Thankyou Maeve!

Gr 4-5C – Alex McLarty – Alex is a caring, thoughtful and compassionate member of 4/5C. He works hard and gets along with all his peers.

Gr 5-6B – Mitchell Roberts – For working really hard in science and helping other students complete their experiments. Keep up the good work!

TERM 2 PLANNER

	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
7	23	24	25	26 AFL Sporting Schools	27	28	29
8	30	31 Division Cross Country	JUNE 1	2 AFL Sporting Schools	3	4	5
9	6	7	8 RSA – Training 6pm Bowls Club	9 AFL Sporting Schools	10	11	12
10	13 QUEENS BIRTHDAY	14 School Council	15 Regional Cross Country	16	17 JSC Footy Colour Day	18	19
11	20 Reports go Home	21	22 Parent Teacher Interviews	23	24 Last Day Term 2 2:30	25	26

MURCHISON SUPA VALU CENTRE – proud sponsor of the School Newsletter
CELEBRATING 25 YEAR'S SERVICE TO THE COMMUNITY
SUPERMARKET MILKBAR NEWSAGENCY

Shop Hours: Mon – Thurs- 5:00am - 6:30pm,
Fri- 5:00am – 7:00pm, Sat- 6:00am – 6:30pm,
Sun- 7:00am – 6:30pm.

BATTERY RECYCLE DEPOT

SHOP LOCALLY FOR CONVENIENCE & SERVICE CITYLINK PASSES available



WELLNESS & WELLBEING

"Being a Good Sport"

Footy, Netball and Soccer have started!

Sports can be a rewarding experience for children as it can help build confidence.

However, for many children sports can bring performance anxiety, competitive behaviour and sometimes disappointment.

Here are some tips for Parents and Care Givers on how we can be a good role model ourselves and help our children with important skills.

1. Ensure sport doesn't dominate your family-life or your child's life. Insist on a balance between different areas (family – friends – hobbies – leisure) and encourage your child to vary his or her interests.
2. Make sure you are a neutral observer at games and events involving your children. Take an interest and be encouraging - avoid adding pressure by having too much stake in the end result or your child's performance. Encourage enjoyment and fun!
3. Focus on effort, improvement, enjoyment and participation rather than on the results. Your child is learning, so winning should not be the only aim of the game at this stage. Yes, they do keep a score but you don't have to focus on that.
4. Be positive with all your comments about performance. Encourage your children to be good sports and display sportsmanship.
5. Remember that sport teaches children many life lessons, such as how to work together, solve problems and also how to accept the disappointment of defeat.

Sport is a great character-builder for people of all ages.

6. Encourage children to talk about sport, but don't force them to communicate if they don't want to.
7. Get to know your child's coach and understand that his or her job is to teach skills, develop positive attitudes and promote personal development. Winning should be further down on their list of priorities as a coach.
8. Take an interest in other participants, not just your child. By removing the focus from your child you are more likely to keep a balanced view of sport.
9. Model good sportsmanship and other desirable attitudes for your children and insist that he or she acts in a sportsmanlike manner at all times, both on and off the field.
10. Emphasise fun rather than winning, learning rather than perfection and teamwork rather than individual performance. If you want your child to excel in a particular sport he or she must enjoy their participation. Many children need to get more from their sport than just trophies and ribbons to keep them participating over the long-term.

This ten-point plan is easy to read, but hard to put into practice, particularly when your child is about to make the winning score. You may say that you're not fussed, but deep inside, you are cheering for your children to do well.

Most Parents are proud of their children, win or lose. It's a matter of keeping your perspective, and remembering that participating in sport is to benefit your children.



Murchison Primary School Student Absence Form

Name: _____

Class: _____ Date: _____

Reason _____

Parent's Signature: _____

Please hand to
your class
teacher

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



**In the market for a new property?
We'll get you purchase ready.**

Bendigo Bank Bigger than a bank.

check out our loans

SCHOLASTIC BOOK CLUB- Issue 4 is due back: **Thursday May 26**



Buy a book from Scholastic Book Clubs to build our classroom resources!

Thanks once again to the families that have supported MPS by

making a purchase from Book Club. Issue 4 has been handed out. This is the final issue for Term 2. On each edition you will find a selection of books available for \$1 or \$2 each as Scholastic are aiming to make book affordable to everyone.

If you would like to place an order please return the completed paperwork with correct payment (in an envelope labelled Book Club) or alternatively go online and place your own order. Just follow the L.O.O.P. directions on the bottom of the brochure. If paying by cheque make it out to Scholastic Australia. Thanks!

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 14: SET THERMOSTATS TO 18-20°C IN WINTER! Only heat the spaces used. Keep doors and windows closed. Dress for the weather – wear long pants & long sleeved shirts inside. Close curtains, seal drafts and insulate.

Tip 15: TURN APPLIANCES OFF AT THE POWER POINT! (do not leave them on standby).

CFA – VOLUNTEERS: Are You Interested In Becoming A Volunteer Firefighter With The Country Fire Authority?
Then Murchison Fire Brigade Needs You!
We are now actively recruiting people interested in joining this community based service. Firefighting and non-fire fighting rolls are available. Full training with nationally accredited courses and protective equipment provided. Join the local team!

Call for a no obligation chat.
Murchison Fire Station, Robinson Street, Murchison
Every Sunday 10 am to 12 noon!

MASK: We have been having some cold and wet weather the last few weeks, so in MASK this means a lot more inside time! We have been doing lots of construction activities, making forts, playing with the race car mats, loom bands and a favourite the last week has been Hama beading! I have seen some amazing and creative designs so far! The next few weeks we are hoping for some nicer weather to be outside playing games, making paper planes and flying kites.

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. Thankyou Jenna.



Responsible Serving of Alcohol Course

This course will provide knowledge of laws and regulations and the correct service of alcohol.

Date: Wednesday June 8, 2016

Time: 6.00pm - 10.00pm

Cost: \$50

Venue: Murchison Bowls Club

Please note: Payment is required before the beginning of the class

Bookings and payments can be made to Murchison Neighbourhood House, 23 Impey Street (next to the doctors). Please note – no EFTPOS facilities
Office hours: 9:30-2:30 weekdays

On successful completion of the Responsible Service of Alcohol course a certificate from the Liquor Licensing Commission Victoria will be issued.

RSA registration needs to be updated annually with the Liquor Licensing Commission. This can be done free of charge on-line to www.justice.vic.gov.au/alcohol. Updated registration ensures continuity of your original certificate.

For more information, call Jenny 5826 2373

 12oz Heavy Beer 8% Alc/Vol 1.0	 42oz Heavy Beer 4% Alc/Vol 1.0	 16oz Mid Strength Beer 5.5% Alc/Vol 0.8	 42oz Mid Strength Beer 5% Alc/Vol 1.2	 16oz Light Beer 4% Alc/Vol 0.6	 42oz Light Beer 3.5% Alc/Vol 0.5
 12oz Quality or Can 5% Alc/Vol 1.5	 12oz Quality or Can 4% Alc/Vol 1	 12oz Quality or Can 3% Alc/Vol 0.8	 12oz Quality or Can 2.5% Alc/Vol 1	 12oz Quality or Can 2% Alc/Vol 7	 12oz Quality or Can 1.5% Alc/Vol 1.5
 40oz Quality or Can 4% Alc/Vol 1	 40oz Quality or Can 3% Alc/Vol 1	 40oz Quality or Can 2% Alc/Vol 1	 40oz Quality or Can 1.5% Alc/Vol 1	 40oz Quality or Can 1% Alc/Vol 1	 40oz Quality or Can 0.5% Alc/Vol 1

COMMON STANDARD DRINKS