

Wednesday July 13, 2022

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Website: www.murchps.vic.edu.au

Values: Be Safe, Be Responsible, Be Respectful & Be a Learner

From the Principals desk...

Welcome Back Everyone!

There was a real buzz around the school on Monday as we settled back in after the holidays and started getting back to our routines incredibly well.

Over the holidays we have had new storage cupboards installed in the open area and shelving installed in the library.



This term we look forward to our 100 Days of School celebrations, Premiers Reading Challenge, School Photos, House and District Athletic Sports. We will be celebrating Book Week and our State Schools Spectacular team will be heading off to Melbourne later in the term to perform. Plus much more!

NAIDOC Week

This week we are celebrating NAIDOC Week. NAIDOC Week Celebrations are held across Australia each July to celebrate the history, culture and achievements of Aboriginal and Torres Strait Islander peoples. NAIDOC is celebrated not only in Indigenous communities, but by Australians from all walks of life. The week is a great opportunity to participate in a range of activities and to support your local Aboriginal and Torres Strait Islander community.

100 Days Smarter

Next Tuesday our F/1/2 students will be celebrating 100 days at school!! A very special occasion, especially for our Foundation students. They will be participating in games, counting & morning tea.

School Photos

MSP photography will be taking our school photos on **WEDNESDAY JULY 27**. All students have received their envelopes. Please use the Shootkey when ordering. Remember to complete your orders online or return forms to Shelly in the office.

Breakfast Club

Breakfast Club is on from 8:00am - 8:30am every morning. This is a FREE service for all students.

Rapid Antigen Tests (RATs) & Masks

The ongoing supply of RATs will be available in our school in Terms 3 & 4. RATs continue to be required by students who are household contacts or who have symptoms to attend school. Families must continue to notify Department of Health if their children returns a positive RAT result. Additionally, you should inform the school if any of your children are household contacts.

Wearing a face mask can help protect you, your child/ren and those around you. It is highly recommended by the Department people wear a face mask in indoor settings. If you wish your child to wear a mask at school, and/or they themselves wish to wear a mask, we will ensure they are fully supported.

School Crossing – Keeping our Students Safe

Please ensure that you only use designated parking areas when dropping off or picking up students. To ensure that our students are safe when crossing the road. We remind parents that it is illegal to park or stop near the school crossing.

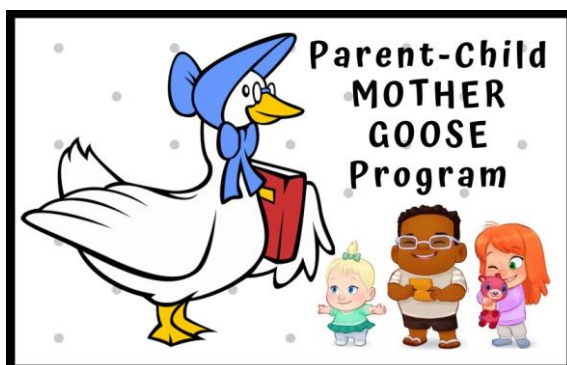
Winter Chills - Please ensure your child(ren) are wearing appropriate clothes for the winter months. Children are encouraged to wear long pants and windcheater/jacket as per our Uniform Policy. We have various items in lost property, if your child is missing any clothing please ask Shelly. We do have second-hand uniforms available for students.

Have a great week everyone

AROUND THE SCHOOL: Be Safe, Be Responsible, Be Respectful & Be a Learner

TERM 3 PLANNER

	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
1	July 11 NAIDOC WEEK		13	14	15 Mother Goose NAIDOC X age activities	16	17
2	18	19 100 Days Smarter F-2	20 "Talk about it" 5-6	21 "Talk about it" 5-6	22 Mother Goose Bee Shop	23	24
3	25	26	27 School Photos School Council	28 Playgroup Book Club Orders due	29 Mother Goose	30	31
4	August 1	2	3	4 Playgroup	5 Mother Goose Bee Shop	6	7
5	8	9	10	11 Playgroup	12 Mother Goose	13	14
6	15	16	17	18 Playgroup	19 Mother Goose Bee Shop	20	21
7	22 BOOK WEEK	23	24	25 Playgroup	26 Mother Goose	27	28
8	29	30 House Athletic Sports	31 Father's Day Breakfast School Council	September 1 Playgroup F-2 DITTO 10:30am	2 Mother Goose Bee Shop Father's Day Stall	3	4 Father's Day
9	5 District Athletic Sports	6	7	8 Playgroup SSS Rehearsal	9 Mother Goose SSS Rehearsal	10 SSS Performance	11
10	12	13	14	15 Playgroup	16 Mother Goose Bee Shop Colour Run Last Day Term 3 2:20 finish	17	18



The Parent-Child Mother Goose Program is a free drop-in for parents, caregivers, and young children, birth to 6 years old to focus on the pleasure and power of sharing rhymes and songs. Please join us for Singing, Rhymes and Snacks.

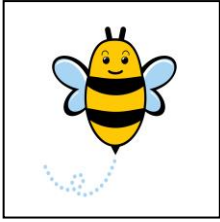
Murchison Primary School

**Fridays during the school term from 9:15am.
Call the school on 58 262 391 for more details.**

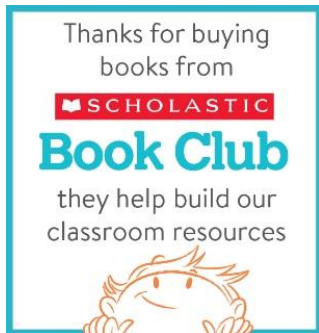
Everyone is Welcome

HAPPY BIRTHDAY!

Saturday July 16 Stella B



BEE FOCUS: - Being a
Learner – Think before you
aCt.



SCHOLASTIC BOOK CLUB-

Issue 5 is due back:

Thursday July 28

A great big thank-you to the families that have supported us so far this year. The Library received a number of new books last term thanks to the credit you have

raised for MPS. We really appreciate your support.

Issue 5 has arrived. This is the first of two issues for Term 3.

There are over 50 books for \$5 or less. If you would like to place an order please follow the L.O.O.P. directions on the bottom of the club brochure or return the completed paperwork to Shelly in the office.

** Keep an eye out for the free book offer in this edition! Thanks*

STUDENT ABSENCES: Please phone the school or send a message via Skool Loop if your child is going to be away. Children are expected to be at school every day unless unwell. Please support your child's learning and ensure they are at school by 8.45am every day.



Murchison Primary School Student Absence Form

Name: _____

Class: _____ Date: _____

Reason _____

Parent's Signature: _____

WEEKLY REMINDERS



Don't forget to bring a water bottle to school everyday



Pie Warmers
Tuesday & Thursday
Lunch Orders
Mon, Wed & Fri



Headphones Everyday

**talk
about it!**

Program Overview

Talk About It is an age-appropriate personal development program for students in Years 5–6 covering identity, puberty, healthy relationships and reproduction.

The program is divided into the following modules:

Years 5 & 6

Stage 1: Year 5

- Who Am I?
- Welcome to Puberty
- Evolving Friendships

Stage 2: Year 6

- Discovering Identity
- Surviving Puberty
- Navigating Relationships
- The Journey of Human Reproduction



A personal development
program for students in
Years 5 – 6

Information for parents and carers



Life Education Victoria

5/739A Main Rd
Eltham VIC 3095

P. 9456 9833
E. hello@lifeeducation.org.au
W. www.lifesmartkids.com.au



Our Program

Delivered separately to our existing health education modules, this program is facilitated by specialist sexual health educators, working in partnership with the classroom teachers.

Our teaching framework is student-centered, interactive and ensures all content is delivered in a sensitive, factual and age-appropriate manner.

School communities have the opportunity to select the content delivered, and the program is aligned with the Australian Curriculum.

The Talk About It program has been developed in Queensland and adapted in Victoria in consultation with teachers, parents and students and frequently undergoes review to ensure it meets best practice standards.

What is taught during the puberty sessions?

Most children are already curious about puberty and the changes that will or have already started happening to their bodies.

During our puberty sessions, students will learn to:

- Identify reproductive systems in the male and female body.
- Describe the physical, social and emotional changes that occur as an individual gets older.
- Understand that individuals experience puberty changes at different ages and stages.
- Examine products that assist in the management of puberty (eg. menstrual products).
- Discuss strategies that can be used in situations that make them feel uncomfortable or unsafe.

We acknowledge and respect that parents/carers are the primary educators of their children. The Talk About It program is designed to complement and support these discussions at home.



Supporting Your Child

It is normal for children to feel nervous and/or embarrassed when learning about private body parts, especially in a setting with their peers.

We encourage you to speak to your child before and after the session to clarify any questions or concerns.

- Some children may become heightened (e.g. laugh, fidget), withdrawn (reduced eye contact) or upset before attending the program.
- A small number of children may experience physical nausea and light headedness when discussing these topics.
- Please feel welcome to discuss what your child will be learning about before they attend the program so they feel better prepared and you are comfortable and confident with the content.
- A free information session will be offered to you to help prepare you for the kinds of questions children might ask and how to respond.
- During any program that focuses on sexuality, there is a possibility of children disclosing personal issues including harm and/or abuse.
- Life Education's policy is for the educator to use protective interrupting which means interrupting students before they disclose and asking them to talk privately with the teacher after class.

Please feel welcome to contact your local educator if you have any concerns, questions or would like further information.

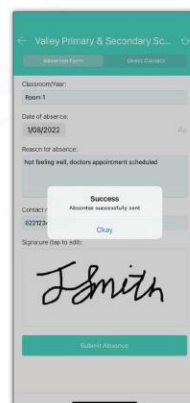
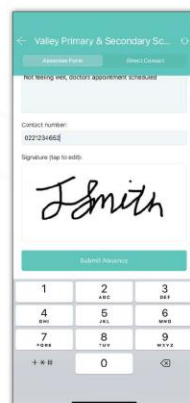
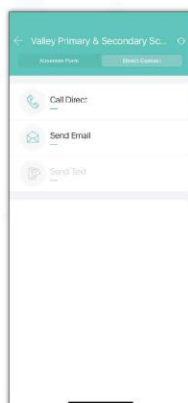
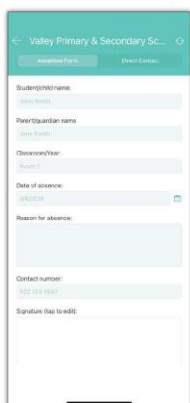
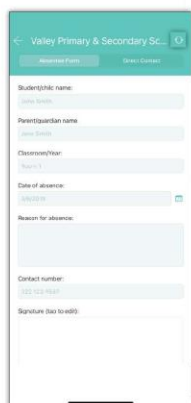
There will be an Online Parent Information Session on the evening of Tuesday July 19. More information will be sent home with students.

Submitting Absentees

with



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msp photography

2 WEEKS
UNTIL MSP PHOTOGRAPHY
VISITS OUR SCHOOL

Please call MSP on 5482 3190 if you have any questions.

MASK News

Welcome back to Term Three. Accounts were sent out in the first week of the holidays and I do appreciate those that have paid already. The cameras are back by popular demand. The children have spent some time snapping points of interest around our school. Last night they were introduced to two bigger cameras. This brought about some frustration as they learnt how to use them, but once they overcame some obstacles, they were off and racing! For beginners, these children are great learners!



Chaplain's News

Hi all. This weeks Chaplains news is inspired by "lending a hand". Its been a long time since I saw someone giving a dink on the bike. Here they were, cruising along without a care in the world. The lending the hand part was evident due to the rider doing all the work while the passenger enjoying the lift. In my teenage years, my friend and I went into dad's garage and proceeded to make a chopper. Cutting and welding seemed like the way to go. A cut here a weld there in short time we made a 26 inch chopper. We decided to check it out so off we went. A long seat meant we could both fit. I was doing the riding while my friend was the passenger. All was going well until a slight bump in the road caused the welds to crack resulting in both of us falling off the bike. I guess I ran out of talent with the welding part. Lending a hand takes a person to receive it for it to work. Enjoy giving someone a hand this week. This week the V8's mechanics group will be looking at a cars electrical (battery) system. It was good to see the plaques installed on the gates. Stay tuned for "at the gate" Coffee club. Chappy



THE VICTORIAN STATE SCHOOLS

SPECTACULAR

The Spectacular brings together government school communities from across Victoria to produce a three-hour live show – involving music, dance and circus arts – which will be performed to an audience of around 12,000 people at John Cain Arena on Saturday 10 September over two shows at 1pm and 6:30pm.

FOR A HEALTHY LUNCHBOX SOMETHING FROM EACH GROUP 1-6!

PICK & MIX



Developed in conjunction with the Achievement Program to support a whole-school approach to healthy eating.



FOR A HEALTHY LUNCHBOX

PICK & MIX

SOMETHING FROM EACH GROUP 1-6!

1-6!

FRUIT 1	VEGETABLES 2	MILK, YOGHURT AND CHEESE 3	MEAT OR MEAT ALTERNATIVE 4	GRAIN AND CEREAL FOOD 5	WATER 6
<p>FRESH FRUIT</p> <ul style="list-style-type: none"> Apple Banana Mandarin Orange quarters Passionfruit halves (with spoon) Watermelon, honeydew, rockmelon chunks Pineapple chunks Grapes Plums Nectarines, peaches, Apricots Strawberries Cherries Kiwifruit halves (with spoon) Pear <p>MIXED FRUIT</p> <ul style="list-style-type: none"> Fruit salad Fruit kebabs <p>DRIED FRUIT</p> <ul style="list-style-type: none"> Dried fruit, nut, popcorn mixes* <p>TINNED FRUIT/SNACK PACKS/CUPS</p> <ul style="list-style-type: none"> In natural juice (not syrup) 	<p>FRESH CRUNCHY VEGIES</p> <ul style="list-style-type: none"> Corn cobs Carrot sticks Capsicum sticks Green beans Cucumber sticks Celery sticks Snow peas Tomatoes (e.g. cherry and Roma tomatoes) Mushroom pieces <p><i>Can serve with either:</i></p> <ul style="list-style-type: none"> Hummus Tomato salsa Tatziki Beetroot dip Natural yoghurt <p>SALADS</p> <ul style="list-style-type: none"> Coleslaw and potato salad (reduced fat dressing) Mexican bean, tomato, lettuce and cheese salad Pesto pasta salad* <p>BAKED ITEMS</p> <ul style="list-style-type: none"> Grilled or roasted vegetables Wholemeal vegetable muffins or scones Vegetable slice (with grated zucchini and carrot) Popcorn <p>SOUP (In small thermos)</p> <ul style="list-style-type: none"> Pumpkin soup Potato and leek soup Chicken and corn soup 	<ul style="list-style-type: none"> Milk Calcium-enriched soy and other plant-based milks Yoghurt (frozen overnight) Custard <p><i>Tip:</i></p> <ul style="list-style-type: none"> Freeze the night before to keep cool during the day <ul style="list-style-type: none"> Cheese cubes, sticks or slices Cottage or ricotta cheese Cream cheese Tatziki dip <p><i>Can serve with either:</i></p> <ul style="list-style-type: none"> Fruit Wholegrain cereal, low in sugar Vegetable sticks Rice and corn cakes Wholegrain wheat crackers 	<ul style="list-style-type: none"> Tinned tuna or salmon in springwater Lean roast or grilled meats (e.g. beef, chicken, kangaroo) Falafel balls Lean meat or chicken patties Tinned tuna or salmon patties Lentil patties Lean deli meats (e.g. ham, silver side, chicken) Boiled eggs Baked beans (canned) Tofu cubes Hummus dip Lean meat or chicken kebab sticks Peanut butter* <p><i>Can serve with:</i></p> <ul style="list-style-type: none"> Wholegrain sandwich, roll, pita or wrap bread with salad Rice and corn cakes Wholegrain wheat crackers Side salad <ul style="list-style-type: none"> Vegetable fritatta Skinless chicken drumsticks Savoury muffins or scones (e.g. lean ham, cheese and shallots) Homemade pizzas with lean roast or deli meats and vegetables <p><i>Can serve with:</i></p> <ul style="list-style-type: none"> Side salad Steamed or roasted vegetables 	<p>MAINS</p> <ul style="list-style-type: none"> Wraps Sandwiches Rolls Toasted sandwiches <p><i>Tip:</i> Use breads such as wholemeal, multigrain, rye, sourdough, pita, flat, corn, mountain, lavash, white fibre-enriched, soy and linseed, herb, naan, bagels, focaccias, fruit bread and English muffins.</p> <ul style="list-style-type: none"> Pasta dishes Rice, quinoa or couscous dishes Noodle dishes Sushi <p>SAVORY BAKED ITEMS</p> <ul style="list-style-type: none"> Homemade pizzas Wholemeal savoury muffins or scones (e.g. ham, cheese and corn muffins) Vegetable based muffins Pasta or noodle bake <p>SWEET BAKED ITEMS</p> <ul style="list-style-type: none"> Fruit loaf Wholemeal fruit based muffins <p>SNACKS</p> <ul style="list-style-type: none"> High fibre, low sugar cereal (e.g. muesli) English muffins Crackers Crispbreads Rice cakes Corn thins Wholemeal scones Pikelets Crumpets Hot cross buns (no icing) 	<ul style="list-style-type: none"> Take a water bottle (for refilling throughout the day) <p><i>Tip:</i></p> <ul style="list-style-type: none"> Freeze overnight to keep foods cool in lunchboxes <p>Sweet and savoury snack foods (e.g. muesli/fruit/nut bars, biscuits, crisps, cakes, muffins, slices) should be limited in lunchboxes. They can lead to excess energy intake if consumed in large amounts.</p> <p>Sugar sweetened drinks and confectionery should not be provided in lunchboxes. They can lead to excess energy intake and tooth decay.</p>

For more information about healthy eating and for many tasty recipes, visit the the Healthy Eating Advisory Service: <http://heas.health.vic.gov.au/>



*Check your school's policy regarding the use of nuts and products containing nuts.

Murchison Swimming Pool AGM
Wednesday August 3
Held at the Murchison Bowls Club
6.30pm

Our Pool is one of the great assets we have in our town.

It is owned and run by the Murchison Community

The Pool committee has lots of plans for this upcoming season.

It might be cold, but planning starts in August for an opening at the end of November.

Many hands make light work.

If you are interested in knowing more, you have an interest in planning and organising events or would like to contribute.

Please come along and join the Pool Committee.

All welcome!!!!

See you there.

MURCHISON
Swimming Pool Inc.