



Mount Pleasant Primary School NEWSLETTER



Newsletter Number 21

22nd July 2021

Dates to Remember

PJ Day

Lal Lal Falls Excursion

Grade 5/6 Ardoch Excursion

School Photo Day

Student Free Day

TOMORROW

Friday 30th July

Postponed

Monday 9th August

Tuesday 7th September



Dear Families,

What an incredible job we have all done in getting back to Remote Learning! Well done to families, teachers and students who have all managed this transition so smoothly.

Our teachers are providing some student choice through the activities that are being sent home. Every family is different and we understand the needs also vary. From my own perspective, my own children have spent a lot of time cooking, baking, colouring in, making their own lunch and creating indoor cubbies for reading – this is all learning!

This term we will send out the Parent Opinion Survey to our families. We encourage all families to fill in this survey to assist us with future planning. It only takes about 10 minutes and is anonymous.

Wellbeing:

Focussing on your wellbeing right now is more important than ever. We invite you to have a go at some of these activities to support your social, physical, emotional, cognitive and spiritual wellbeing to help you thrive!

Focusing on your social, physical, emotional, cognitive and spiritual wellbeing can help you to thrive!

Across Monday to Friday, try to complete one of the below activities to support your wellbeing. You don't need to complete all 5 tasks on each of the days, but think about completing 1 or 2! If you have some ideas of your own, use the following page to fill out your own personal grid.

	SOCIAL	PHYSICAL	EMOTIONAL	COGNITIVE	SPIRITUAL
MONDAY	Write a letter to your teacher.	Go for a walk.	Keep a journal.	Organise your books into alphabetical order.	Sit down for 10 minutes and listen to relaxing music.
TUESDAY	Write a letter to a loved one.	Dance to music.	Find 5 jokes to tell your family at the dinner table.	Create an artwork using materials from outside.	Keep a journal.
WEDNESDAY	Prepare 5 questions to ask your family at dinner.	Create an obstacle course.	Think of 5 things that you are really good at.	Learn 5 new phrases in a foreign language.	Set a new goal.
THURSDAY	Connect with your friends. Make sure you ask, "how are you?"	Participate in a 'Just Dance' YouTube video.	Notice the trees, flowers and plants that are outside.	Learn 1 thing new about your family and friends.	Using chalk, write a positive message on the walkway.
FRIDAY	Look through photos with your family.	Participate in a family challenge.	Think about what your parents do for you.	Read a new book.	Spend 5 minutes focusing on your breathing.

EXTEND OUTSIDE SCHOOL HOURS CARE.



I SPY... ADVENTURE, FUN AND FRIENDSHIP!

Extend continue to provide quality and safe care during the most challenging of circumstances. We are proud to offer support to families and social connections to children.

Our holiday programs allow children to reconnect with friends and to have fun!

So what are you waiting for? Find captivating experiences, non-stop entertainment and new pals these holidays!

Find your nearest Extend Squad holiday program at extend.com.au

Book 14 days in advance to receive the Early Bird Rate.



Instagram:

Our school now has an Instagram. Only students who have a current media release will be featured.

www.instagram.com/mountpleasantprimaryschool

CCTV:

The school has been approved by DET to have CCTV installed. This will happen over the coming weeks.

2022 Enrolments:

At this stage we are not able to do school tours onsite. If you know anyone who is enrolling with us next year please ask them to contact the school directly for an enrolment pack on 03 – 5332 3646.

School Photos and School Uniform:

Wearing school uniform is compulsory at Mount Pleasant Primary School. Wearing a uniform develops a sense of belonging and promotes equality in our learning community, assists in student safety by ensuring staff are able to identify children when on local walks and excursions, and reduces clothing costs over time. School photos are this term and all students are required to wear a clean school jumper for their class photo.

Pick Up Times and After School Care:

A reminder that school pick up time is between 3.15pm and 3.30pm. We kindly request that families observe these times. We are lucky to have on site After School Care that you can book your child/ren into if you need a later pick up time.

SeeSaw and Class Meetings:

We encourage all families to check into SeeSaw and their whole class meetings. This is a great opportunity to catch up!

Kate Robinson

Principal

I respectfully acknowledge the Traditional Owners of Country throughout Victoria and pay respect to the ongoing living cultures of First Peoples.



SCHOOL PHOTOS



The School photographs will be taken on **Monday 9th August**. Personalised student envelopes must be returned with payment on the day of photographs and all students are required to be in **full school uniform**.

If anyone would like a family photograph, please collect a separate family envelope from the general office.

Please remember ...

On photo day, please send your child to school with:

1. A completed envelope (even if not placing an order or ordering online)
2. **Best school clothes including school jumper.**
3. Their very best smile



Learning Packs for Remote Learning

There is still a few remaining Student Learning Packs to be picked up from the school office.
Collection between 12 -3pm. 😊



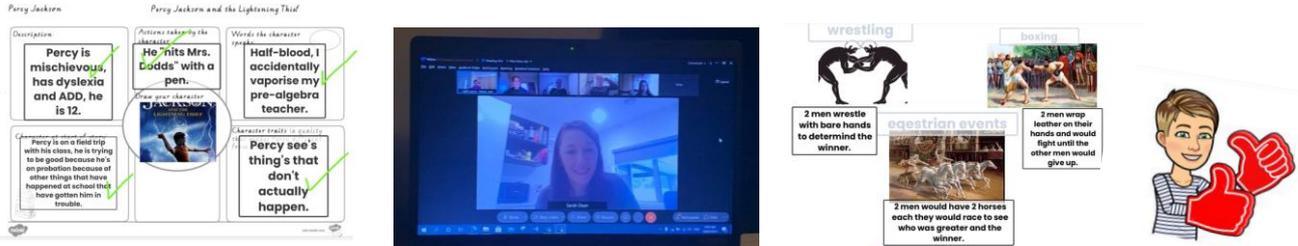
Year 5/6 Update

Remote Learning 5.0 began this week in Year 5/6 with a whole class check-in meeting on WebEx. We had a discussion about our weekend, discussed any questions about the learning Choice Board for the week and a chance to chat and connect as a class.

In reading students listened to the first chapter of 'Percy Jackson at the Lightning Thief' completing a character analysis about Percy Jackson (what he looks like, actions, feelings, traits).

In spelling we have been revisiting homophones (2 or more words that sound the same with different meanings/spelling). Can you put they're/their/there in a sentence correctly?

As the Olympics start this Friday, students are researching this week the ancient Olympic games using prior knowledge and selected websites, writing about four sports that took place.



Teachers are so pleased with the effort being put in. Keep working hard Year 5/6.

EXCURSION UPDATE

Grade 5/6 Excursion to Ardoch has been postponed and the Grade 5/6 Lal Lal Falls excursion is re-scheduled for **30th July**.

All forms need to be returned prior to the excursion. Students will not be able to attend excursions without a returned form.



Issue 5 of Book Club order forms went home last week and are due back on Wednesday 28th July. Orders can be placed and paid for online via the LOOP.



What a better way of celebrating Friday by having a PJ Day.

Students are encouraged to wear their PJs (onesie or oodie), **this Friday** as they complete their Remote Learning activities and upload a picture to our school padlet (see email from class teacher padlet link).

If your child attends onsite, please make sure they are wearing appropriate footwear.



Volunteer Information Session



For new volunteers

Learn about the unique volunteer experience at Ballarat Hospice Care. Volunteering with us makes a local impact and directly helps people in our community. Volunteering can be a time of growth, new friendships, appreciation and understanding. It starts by attending an information session.

Come along to find out about

- Ballarat Hospice Care – who we are and what we do
- Current volunteering opportunities
- Things to consider before volunteering

Details

Venue: Ballarat Hospice Care
Address: 1836 Sturt St, Alfreton VIC
Date/Time: Thursday August 12, 10-11am
Date/Time: **QR** Thursday August 19, 6-7pm
Parking: Front of Ballarat Hospice Care or on the street
Registration: By August 11, 2021 on [Eventbrite here](#) or go to the Eventbrite website and search for Ballarat Hospice Care



Need more information?

P: 03 5333 1118
E: admin@ballarathospicecare.org.au



Cancellation policy: Ballarat Hospice Care Inc. reserves the right to cancel or postpone this event if minimum numbers of participants are not achieved. Participants will be offered a place in the next available information session.

#InThisTogether

Tips for your mental health and wellbeing during COVID 19



If you need to talk, these free support lines are here to listen 24/7:
Lifeline **13 11 14** | Beyond Blue **1300 22 4636** | Kids Helpline **1800 55 1800**

National Coronavirus Helpline **1800 020 080** or headtohealth.gov.au



Australian Government
National Mental Health Commission

Service	Call
Emergency (Police / Fire / Ambulance)	000
Lifeline (Crisis Support)	13 11 14
Beyond Blue (Counselling and Support)	1300 22 4636
Kids Helpline (Support for children and young people aged 5-25)	1800 55 1800
Child and Family Services (Connecting families to resources and support)	5337 3333
The Orange Door (Support for Family Violence)	https://orangedoor.vic.gov.au
Safe Steps (Support for women and children who are victims of family violence)	1800 015 188
MensLine Australia (Counselling service for men with family and/or relationship issues)	1300 78 99 78
Child Protection (For children and young people whose safety is at risk)	13 12 78

Raising Children Network

Australia's leading parent support and advice network for all ages of child development.

Visit <https://raisingchildren.net.au/>

Student Wellbeing Hub

Providing parents, students and educators with resources to support the wellbeing development of children in their care.

Visit <https://studentwellbeinghub.edu.au/>

e-Safety

Resources and strategies to support parents in keeping their children safe online.

Visit <https://www.esafety.gov.au/parents>

MOUNT PLEASANT PRIMARY SCHOOL

\$5 Lunch

Child's Name: _____ Class: _____

Please choose (and tick) ONE item from each section.

HOT FOOD

- Party Pies (3 pack)
- Party Sausage Rolls (3 Pack)
- Dim Sims (3 Pack)
- Penne Napolitana

SNACKS

- Chocolate Chip Biscuit
- Jelly
- Watermelon

SAUCE

- Tomato Sauce
- Soy Sauce

JUICE BOX

- Apple & Blackcurrant
- Tropical
- Orange
- Apple
- Water Pop Top

MOUNT PLEASANT PRIMARY SCHOOL

\$8 Lunch

Child's Name: _____ Class: _____

Please choose (and tick) ONE item from each section.

HOT FOOD

- Meat Pie
- Penne Napolitana
- Pizza (Ham & Pineapple)
- Sausage Roll
- Dim Sims (4 pack)

SNACKS

- Iced Doughnut
- Chocolate Chip Biscuit
- Jelly
- Watermelon

SAUCE

- Tomato Sauce
- Soy Sauce

DRINKS

- Chocolate Oak Milk (300ml)
- Strawberry Oak Milk (300ml)
- Fresha Orange Drink (300ml)
- Mount Franklin Water (500ml)

