



Mount Pleasant Primary School

NEWSLETTER



Newsletter Number 22

29th July 2021

Dates to Remember

Lal Lal Falls Excursion	Postponed
Grade 5/6 Ardoch Excursion	Postponed
Green and Gold Day	Friday 30 th July
School Photo Day	Monday 9 th August
Student Free Day	Tuesday 7 th September
Father's Day Stall	Wednesday 3 rd September
Lunch Orders	Wednesdays

Green and Gold day - TOMORROW!



Wear green or gold to celebrate our Aussie team's achievements in the Olympics!

Dear Families,

We wish you a very warm welcome back!

Thank you all for supporting our students through this latest lockdown. These circumstances can certainly be challenging however I can confidently say that our wonderful learning community at Mount Pleasant is getting better every time at managing these situations.

To our families, teachers and students you have all worked so hard to transition to and back from Remote Learning and the work we put into setting our children up pays off. Remaining calm throughout an enormous number of changing announcements has been key.

As the world continues to grapple with COVID-19, the likelihood of this re-occurring is probable.

Please note that masks are still mandatory inside and outside. We ask that if you are entering the Admin Office that you use the QR code and abide by the restrictions of numbers of people allowed in that space.

Please adhere to social distancing restrictions and prompt pickups at the gate. Our school and staff are required by the DET to abide by these Operational Guidelines that are put in place by the Victorian government.

Tomorrow 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:

We continue to focus on Wellbeing, for our students, staff and wider community. This means following the correct hygiene and restrictions measures. It also means ensuring we are looking after ourselves through good sleep habits, good eating habits and getting outside for fresh air and sunshine when it is here.

Available services:

There are a range of services available to support families, including;

The Orange Door

1800 219 819

cha@orangedoor.vic.gov.au

21 Armstrong Street North

Ballarat, 3350

52 Grant Street

CAFS (Child and Family Services)

Phone: 1800 692 237

Head Space

28 Camp Street, Ballarat Victoria 3350

03 5304 4777

If you require help accessing these services, please contact Wellbeing Co-ordinator - Leah Lacny to assist. There are further details regarding services in this Newsletter.

2022 Enrolments:

We are beginning to plan our 2022 Transition Program for our new Foundation students next year. 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. Contact Extend directly on 1300 366 437

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



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>

#InThisTogether

Tips for your mental health and wellbeing during COVID 19



Seek support
IT'S OK TO NOT FEEL OK



Follow the facts
PAUSE THE SCROLLING



Talk
DON'T JUST TYPE



Routine helps
CREATE A NEW DAILY ROUTINE



Take a break



Helpers
NEED help too



Reach out
to those WHO MAY NOT HAVE CONNECTIONS



Stay connected
GET CREATIVE IN THE WAYS YOU CONNECT



Get sweaty
EXERCISE IS GREAT FOR YOUR MENTAL HEALTH



Check-in & be kind
TO YOURSELF



Keep kids communicating
LET CHILDREN KNOW IT'S OK TO BE WORRIED, AND TALK IT OUT



Financial stress is real
TALK ABOUT IT



Play your part

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



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

This Friday July 30th is 'Green and Gold day' where we encourage the whole school to dress in Green and Gold.



This day is about painting the country in our national colours and being proud of Australia's sporting achievements, it's about all Australians coming together and celebrating the green and gold.

PLEASE WEAR SCHOOL UNIFORM

School uniform is compulsory at MPPS.

Please ensure your child/ren are wearing a clean uniform to school each day.

Lunch Orders are back! 😊

Wednesdays

Form attached and available at the office.



Year 5/6



Remote Learning 5.0 continued this week with students supplied with a Choice board full of English, Maths and Inquiry learning activities. We continued our checkins via WebEx meetings - Mrs Dean asked the class about something that could be true/not true with the rest of the class trying to guess.

Returning to school the Year 5/6 students were asked to answer one of the following questions, now we are back - Share 1 thing you liked about Remote Learning 5.0 or what did you miss most about school?

Here are their responses:

"I missed reading at school ".

"I got to choose what subject to focus on".

"What I missed about school was doing my Maths".

"I loved sharing my facts of Greek Mythology".

"I really enjoyed having Webex class meetings "

"I liked the freedom of working at my own pace".

"I missed seeing my friends "

"I missed being in the classroom"

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)