



Mount Pleasant Primary School

NEWSLETTER



Newsletter Number 28

9th September 2021

Upcoming Dates

17th September	Last Day of Term 3	* 2.30pm Finish*
4 th October	First Day of Term 4	
4th November	School Photo Day	



Dear Families,

We trust you are all keeping well at this time.

We wish to announce that Meg Bond has been the successful applicant for a position at Alfredton Primary School. We offer Meg our congratulations on this exciting new opportunity and thank Meg for her commitment, hard work and contributions while teaching at MPPS.

A recruitment process is currently underway for a replacement and we will communicate this as soon as we have further details.

As you may be aware school will return onsite this Friday 10th September for students in Foundation to Year 2.

Years 3-6 will continue to learn remotely and students booked in for On-site Supervision are still able to attend.

When further information comes to us, we will communicate this to you. At this stage we are unable to confirm when this will be for students in Year 3-6.

As you all know, we are strictly directed by DET regarding restrictions.

Thank you for supporting your children through this latest lockdown. We know these circumstances are extremely challenging for all of us, yet our community continues to adapt as required.

I must give a big thank you as well to our staff who have worked remarkably both on and off site preparing for both learning, school wide events, keeping connections going, learning new ways to connect and trying as always to balance the varied expectations of so many people. We are truly grateful to our wonderful team at Mount Pleasant Primary School who continue to show great resilience!

All Foundation – Year 2 students will need to please return their allocated device and chargers on Friday ready for onsite learning.

We note that masks are still mandatory and again we are still minimising the number of visitors onsite. Please ensure you use the QR code if you enter the school for any reason to support contact tracing.

It is important that social distancing be followed at all times, especially at drop off and pick up times. We appreciate families continuing to use their allocated gates, we are lucky to be a school that has not needed to have staggered start times.

Your child/ren's teacher is your first point of contact and are best contacted via email.

Warm regards,

Kate Robinson
Principal



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

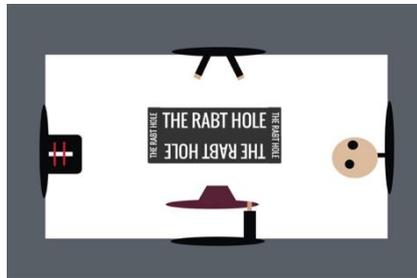


Art during remote learning

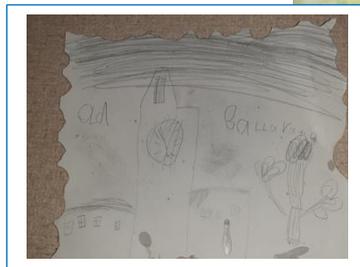
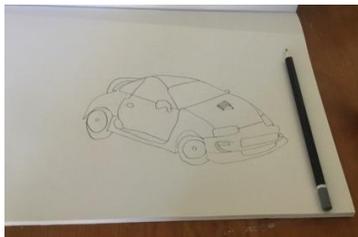
It has been wonderful to see the continued creativity of our students whilst learning from home. The F/1 students were given some wool and hessian and have displayed fantastic skill in sewing, concentration and effort.



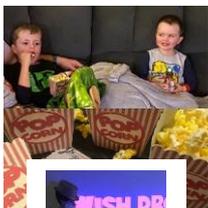
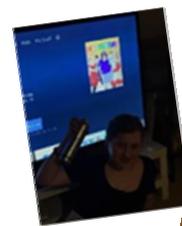
Linking to book week, students designed wonderful artworks about their favourite characters, displaying skills in applying pattern, shape, line and colour.



Other students have been getting creative by practising their drawing, painting and sculptural skills.



I encourage you to be creative every day! Draw and paint as much as you can – and don't forget to upload photos of your work so I can admire them! Kellie.



Looks like everyone had a fantastic **MPPS Movie night** filled with smiles, popcorn and a great selection of movies – well done everyone!





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.

Suggested Weekly Wellbeing Routine

Below is a suggested weekly routine to support the wellbeing of children and young people at home or in the classroom. Understandably, every child, family and classroom will be different. You may choose to do all the activities or a selection. The most important thing is that the activities support wellbeing and provide a break from learning activities so that children can come back to learning refreshed and settled.

	Monday	Tuesday	Wednesday	Thursday	Friday
Before Learning Day	5 minute mindfulness activity (e.g. body scan, mindful breathing)	5 minute mindfulness activity (e.g. body scan, mindful breathing)	5 minute mindfulness activity (e.g. body scan, mindful breathing)	5 minute mindfulness activity (e.g. body scan, mindful breathing)	5 minute mindfulness activity (e.g. body scan, mindful breathing)
Morning	Mindfulness (e.g. mindful eating, mindful walking)	Physical Activity	Mindfulness (e.g. mindful eating, guided imagery)	Physical Activity	Mindfulness (e.g. sensory jar, superhero senses)
Afternoon	Physical Activity	Mindfulness (e.g. mindful eating, mindful exploring)	Physical Activity	Mindfulness (e.g. mindful listening, smell the flowers)	Physical Activity
After Learning Day	Check-in and Gratitude Activity				

During lockdown it can be a difficult time for families. We are all in this together.

Here is 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



CAFS (Child and Family Services)

52 Grant Street

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 – Mrs Leah Lacny to assist. There are further details regarding services in this Newsletter.

One of the most important things we can do to slow the spread of coronavirus (COVID-19) in our community is to stay at home when we are unwell, even when we have the mildest of symptoms.

What you need to know

1. If a child is unwell, even with the mildest of symptoms, they must stay at home

If a child becomes unwell during the day, they must be collected from school/early childhood education and care (ECEC) as soon as possible.

2. If a child has any of the symptoms of coronavirus (COVID-19) outlined below, however mild, they should get tested and they must remain at home until they receive their results:

- fever
- chills or sweats
- cough
- sore throat
- shortness of breath
- runny nose
- loss of sense of smell or taste.

In certain circumstances headache, muscle soreness, stuffy nose, nausea, vomiting and diarrhoea may also be considered symptoms.

For further advice:

- call the 24-hour coronavirus (COVID-19) hotline 1800 675 398
- call a general practitioner
- use the Department of Health and Human Services (DHHS) [online self-assessment tool](#).

Visit: [Where to get tested](#).

3. A child must stay at home until they are symptom free, even if their coronavirus (COVID-19) test is negative

If a person has tested positive for coronavirus (COVID-19) or been identified as a close contact they must isolate/quarantine until they receive clearance from DHHS.

Children with persistent symptoms due to underlying conditions such as hay fever or asthma

whose symptoms are clearly typical of their condition can continue to attend ECEC/school. They should be tested for COVID-19 if they develop symptoms that are different to or worse than their usual symptoms. They should consider getting a medical certificate from their GP to attend ECEC/school if they have persistent symptoms that may overlap with symptoms of COVID-19 such as cough or runny nose.

Younger children (pre-school up to Grade 2) may have prolonged post viral symptoms such as a runny nose or cough and may return to school/ECEC following a negative COVID-19 test even if they are not completely free of symptoms. They will need a medical certificate from their GP to confirm they are otherwise well or have recovered from their acute illness.

For information on the minimum periods students and children need to stay at home for other conditions, refer to the [DHHS school exclusion table](#).

4. Children do NOT need a medical certificate before returning to school/ECEC

Once symptoms have cleared, there is no requirement from the Department of Education and Training or DHHS for children/students to have a medical certificate before they return to school/ECEC.

Thank you for your support in following these steps, together we can all stay safe.



This advice has been prepared by the Department of Education and Training, Safer Care Victoria and the Department of Health and Human Services



24/7 Mental Health Services

Beyond Blue

Anyone feeling anxious or depressed

 beyondblue.org.au

 1300 22 4636

Kids Helpline

Counselling for young people aged 5 to 25

 kidshelpline.com.au

 1800 55 1800

MensLine Australia

Men with emotional or relationship concerns

 mensline.org.au

 1300 78 99 78

Open Arms

Veterans and families counselling

 openarms.gov.au

 1800 011 046

Lifeline

Anyone having a personal crisis

 lifeline.org.au

 13 11 14

Suicide Call Back Service

Anyone thinking about suicide

 suicidecallbackservice.org.au

 1300 659 467



Is it an emergency?

If you or someone you know is at immediate risk of harm, call **triple zero (000)**