



# MT PLEASANT PRIMARY SCHOOL



## PRINCIPAL'S WELCOME



Thank you for considering Mt Pleasant Primary School for your child's education.

We understand how big the transition from Kinder to school is for students and families.

Mt Pleasant Primary School sets high academic and behavior standards for our children. We believe our core work is empowering our student to make a difference in their own lives and the lives of others.

As parents, you are an important part of our learning community and a vital influence on your child's education. We believe working in partnership for student achievement and developing a life long love of learning.

We look forward in partnership with you to support and guide your child's learning journey.

Warm regards,  
Kate Robinson  
Principal

## OUR VISION

We empower our students to make a difference in their own lives and the lives of others. We provide our Foundation students with a happy and fun start to school life at Mt Pleasant Primary School. We encourage our families to positively partner with us to learn together.

# SCHOOL INFORMATION

**ADDRESS:**

401 Cobden St.  
Mount Pleasant  
3350

**PHONE:**

03 5332 3646

**EMAIL:**

mount.pleasant.ps@education.vic.gov.au

**WEBSITE:**

[www.mtpleasps.vic.edu.au](http://www.mtpleasps.vic.edu.au)

**VIRTUAL SCHOOL TOUR:**

[www.mtpleasps.vic.edu.au/enrolment-virtual-tour](http://www.mtpleasps.vic.edu.au/enrolment-virtual-tour)

**FACEBOOK:**

<https://www.facebook.com/Mtpleasps>





# FOUNDATION INFORMATION

A transition program is an important part of starting school. We ask that you bring your child to each of these set times. This gives the students an opportunity to meet, play together and explore their classroom.

There will be three Transition days for Foundation students in November/December 2020. These dates are to be advised.

## **PLEASE NOTE:**

Dates for transition and information sessions (subject to COVID-19) will be sent via a letter.

During this session we will:

- give you an overview of our Home Reading Program
- introduce you to our Extend Before/After School Co-Ordinator
- information on school uniforms, start dates/times and our Home Reading Program
- have the school banking officer from Commonwealth Bank available
- ask you to *book your child in for a time/date assessment in Term 1 2021*

We strongly encourage all families/care givers to attend this Prep Information Session – if you are unable to attend you will be allocated a time for your child's assessment via mail.





# START TO SCHOOL ARRANGEMENTS

Your child should arrive at school on the first day wearing the correct school uniform. As Mt Pleasant is a Sun Smart school this includes a broad brimmed hat. Hats must be worn during Term 1 and 4.

**The starting date for Foundation students is Monday February 1st.**

**Every Wednesday in February is pupil free for Foundation.**

School days are from 8.45am – 3.15pm daily.

Recess is from 11am - 11.30am

Lunch Eating Time 12.30pm - 12.45pm

Lunch Recess 12.45pm - 1.45pm

# PREPARING YOUR CHILD FOR SCHOOL

## Getting Ready:

- have some practice runs before school starts
- talk about school in a positive way
- have a special lunch day at home using a lunch box and drink bottle
- encourage your child to organize their school clothes and pack their own bag

## Sleep Routine:

- establish a routine with a set bedtime to ensure your child gets enough sleep, this will set them up by being more resilient during busy school days

# WHAT TO BRING ON THE FIRST DAY

The first day can be lots of things for different people!

For a smooth start we welcome you to stay a while to get your child settled. Your child will have a place for their bag and their hat and there will be a range of table activities you can choose from.

Your child will need:

- a hat
- fruit for "fruit break"
- a snack for recess
- a healthy lunch (please see the included flyer)
- water bottle (water only please)

Please note we promote healthy eating guidelines and encourage foods without wrappers.



# FOUNDATION ENTRY ASSESSMENT

Your child will have a one-on-one appointment with their class teacher during one of the Foundation pupil free Wednesdays in February.

The purpose of this meeting is to understand your child's literacy and numeracy skills so the teacher can ensure appropriate learning tasks.

It is not a test and there is no need to prepare at all. The play based session is an opportunity for new Foundation students and their teacher to get to know each other.

The information used from this session is used to plan a program that will enhance your child's learning and develop their individual learning goals.





# SCHOOL READINESS

The majority of children starting school should be able to do the following:

## **Social Development**

Play cooperatively with other children.  
Cooperate with adults other than family.  
Initiate conversations with others.  
Display appropriate behavior.

## **Physical Development**

Go without sleep during the day.  
Use the toilet unaided.  
Wash and dry own hands.  
Take own clothing on and off e.g. windcheater, coat, shoes (not necessarily laces).

## **Emotional Development**

Separate easily from parents.  
Express own needs verbally.  
Concentrate on a task (5 minutes).  
Persevere with a task that they find difficult.  
Accept rules.  
Display appropriate behaviour.

## **Fine Motor Skills**

Draw a representation of a person or object.  
Cut with scissors.  
Copy recognisable shapes.

## **Academic Skills**

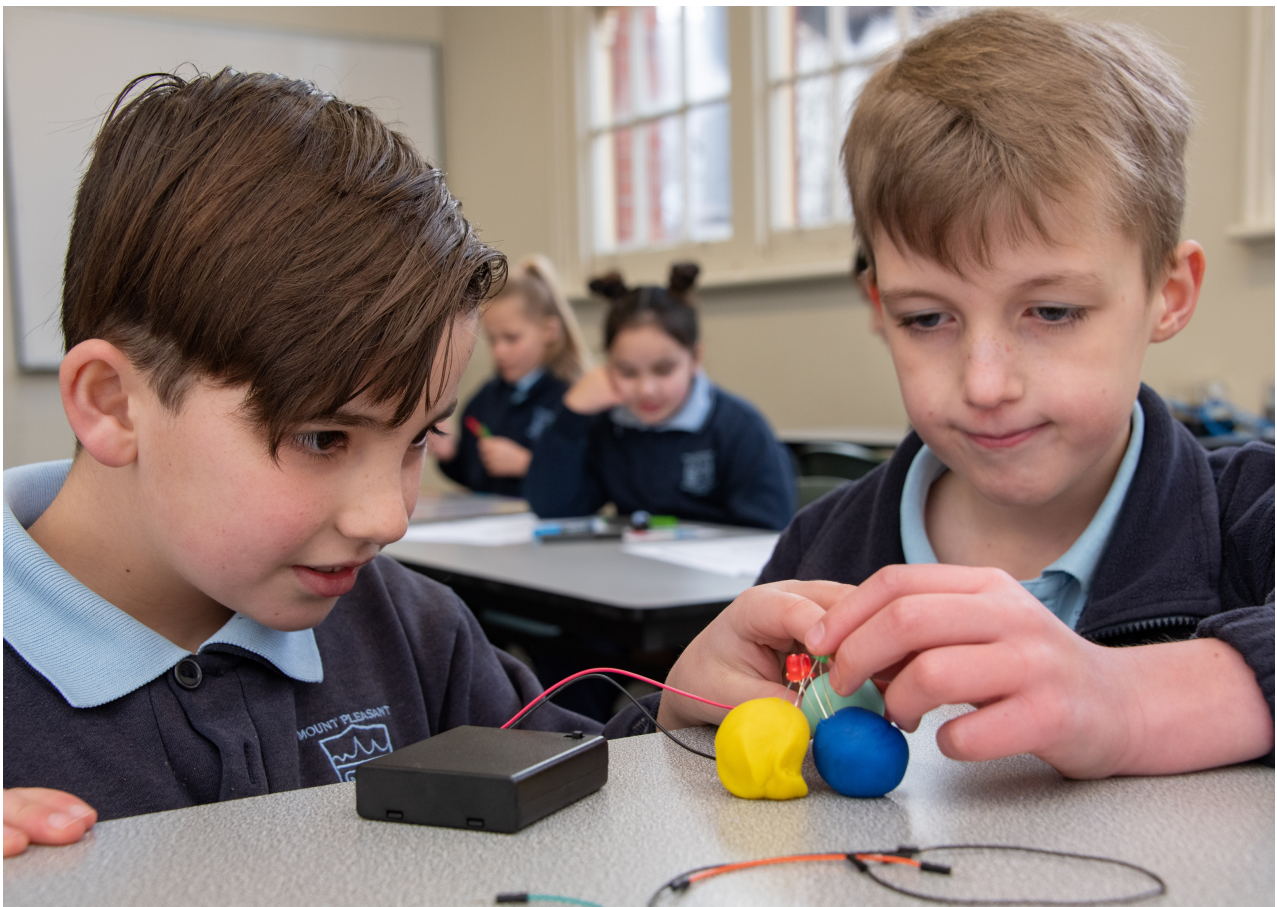
Recognise own name.  
Enjoy listening to stories.  
Identify basic colours.  
Show an interest in print e.g. names, signs.

# A SMOOTH BEGINNING

---

It is important that from the beginning of the year, children are collected on time. This will minimise the upset that very young children might experience if a set routine is not adhered to. It is a requirement that prep children be collected from their classroom. We ask all parents to wait at the external exit of the classrooms.

If for any reason you are unable to collect your child on time, please contact the Administration Office as soon as possible on 5332 3646. If during the months of February and March the weather is very hot and unpleasant, children will be given activities appropriate to the condition. Rest time will be an important part of the school day.





# HOW TO HELP YOUR CHILD OVERCOME FEARS

1. Listen to your child.
2. Show interest, trust and support.
3. Be aware that small children do not learn at the same rate as adults or older siblings.
4. Visit your child's classroom to view his/her work.
5. Have a special place at home to display your child's work.
6. Familiarise them with their classroom.
7. Ensure they know where the toilet is and how to use it.

Children love to share their experiences with others and derive much benefit and pleasure from doing so.



# READING

Make a regular time for reading every day.

Enjoy a story with your child by:

- turning off the television.
- letting your child know that you enjoy the time together.
- making listening to reading a special time.
- encouraging your child to make use of local and school libraries.
- Some things to do:
  - encourage your child to guess what the story is about.
  - praise when an idea or word is used that you know will come up in the story.
  - ask questions like - "What can you tell about the story from the picture?" "What do you think will happen in the story?"
  - read from the pictures, encouraging your child to build up a story before looking at the print.
  - talk about the start of the story, what happened by the end of the story, the people in the story etc.
  - mention things like - "The person who wrote the story—the author." "The person who did the illustrations—the illustrator." Remember — that children learn at different rates.



# MATHEMATICS

Foundation students at Mt Pleasant Primary School cover these mathematical areas:

- Number
- Shape and colour
- Pattern and order
- Measurement
- Money
- Symmetry
- Chance and data
- Time

Throughout all of these areas, the students are exposed to activities which enhance their fine motor skills by cutting and pasting, colouring, constructing, and working with concrete materials. Through these activities, students develop their mathematical knowledge and understanding of areas covered.

How can I help my child with Maths at home? As a parent, there are many things that you can do with your child to introduce, assist and further their learning of mathematics by:

- talking about shape, colour, time, money, size.
- asking questions like - "What colour is that car?" "How many wheels are on that bike?" "What day is it today?"

- looking at and discussing patterns in the environment, e.g. wallpaper, carpet, outside.
- counting groups of objects like birds in trees or cars in the street.
- letting your child pay for small items when out shopping.
- Playing games and singing songs and rhymes.
- letting them measure some ingredients when cooking.
- practising counting objects like shells, marbles or toys.

And always remember to:

- Be patient.
- Talk to your child and ask them questions.
- Praise them for a correct answer or observation.
- Listen to them and encourage their interest in Maths.





# HEALTHY EATING

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!

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

