



# Mount Pleasant Primary School

# NEWSLETTER



Newsletter Number 11

27<sup>th</sup> April 2023

## Upcoming Dates

Make A Wish Book Fair  
Book Fair (9-3.30pm)  
Mother's Day Stall

Thursday 4<sup>th</sup> May  
Friday 5<sup>th</sup> May  
Thursday 11<sup>th</sup> May

Dear Families and Friends,

I would like to give you all a big, warm welcome to Term 2! Hopefully you managed some down time with friends and family over the break.

It has been wonderful welcoming our students back to school this week. Teachers have been focussing on routines to quickly develop our sense of belonging. Having a sense of belonging is so important for our students. When we belong, we feel ready to learn. I am in awe of the way our team begins this work straight away with such consistency. It makes a big difference to making the most of our learning time together.

This is a very busy and very short term. Please stay across communications via the Newsletter each week and check in with SeeSaw. This will assist everyone to know what's happening day to day and week to week.

## **Winter Weather**

During Term 2 children wear a winter uniform. Please ensure your child has a clean school uniform each day, appropriate shoes and jacket for play outside – living in Ballarat we know that there's no such thing as bad weather, only inappropriate clothes. We aim to get the children outside as often as possible for a run and fresh air! A jacket is a must during these terms.

## **Attendance:**

The Department of Education has a strong focus on student attendance as we have returned back to school, the school is required to ensure all children are attending school each day unless there is a valid reason for absence.

We value consistent attendance and being at school on time. Being late impacts children's sense of belonging and interrupts classroom routines. From time to time, we understand that your child may be late or miss a day of school due to an appointment or illness. Please notify the Admin Office if your child is absent.

## **Wellbeing:**

We have a strong focus on Wellbeing at MPPS, for our students, staff and wider community. This means following the hygiene measures in our classrooms as well as ensuring we are looking after ourselves through good sleep habits, good eating habits and getting outside for fresh air and sunshine.

At MPPS we provide a broad range of school wide wellbeing supports that includes; School Wide Positive Behaviour, a strong focus on our School Values – Respect, Responsibility and Resilience, Lunch time and Recess Clubs, Small Groups (social/emotional supports/Seasons, Art Therapy), Psychologists, Interoception activities for whole class transitions, Education Support staff for both individual and whole class support, Zones of Regulation, Calm Corners, Cartooning Club, the Learning Ladder, Arts Intensives and a teaching and learning program that is specifically designed to support the needs of learners at their point of need. Beyond this, there are strategies that are student specific to support additional needs of our learners and may include Individual Education Plans, Student Support Groups, alternate timetables, 1:1 Education Support, sensory supports such as fidget toys/brain breaks and many other individual interventions.

This term Bronwyn Wood will join our Wellbeing Team as Student Wellbeing Leader. Bronwyn works Tuesday, Thursday and Friday. This will complement the large number of supports we have put in place of the past few years.

### Interoception Activities

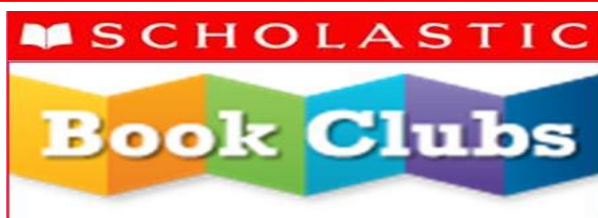
You may have heard your child talking about Mindfulness at school, this year we have replaced our Mindfulness time with **Interoception Activities**. Last term our staff did professional learning with Beth Sutton – DET Psychologist on **Interoception Activities**.

Interoception is the sense of our internal state. It includes thirst, hunger, pain, fatigue, and temperature, as well as emotional states.

With regular implementation **Interoception Activities** support individuals to self-regulate their emotions, exhibit less off-task behaviours and engage in more kind and considerate behaviours. With higher levels of engagement in learning and lower levels of difficult situations in classrooms and preschools, it is evident that interoception can contribute to both the wellbeing of individual. If you would like more information of these types of activities that you can do at home with your child/ren or yourself, please let your child's classroom teacher know.

Warm regards,

Kate Robinson  
Principal  
Mount Pleasant Primary School



**Issue 3 of Book Club order forms went home today and are due back on Thursday 11<sup>th</sup> May. Orders can be placed and paid for online via the LOOP or by completing the form on the catalogue and return to the school with cash.**

## Book Fair Friday 5<sup>th</sup> May



The Scholastic Book Fair will hit Mount Pleasant on Friday 5<sup>th</sup> May. Students will have the opportunity to view the books on Thursday 4<sup>th</sup> May where they can select books to put on a wish list. On the day of the Book Fair (Friday 5<sup>th</sup> May) we encourage parents to send money to school with their children as students will have the opportunity to purchase books and staff will be there to assist them. The Book Fair will be open to parents from 2.30pm – 3.30pm. **PLEASE NOTE: school gates will close at 3.30pm.** If you have any queries, please contact the office.

# Basketball Ballarat Term 2 Community Programs

Basketball Ballarat provide children with a fun and safe basketball experience that will serve as an introduction to a lifetime involvement in the game. A wide variety of introduction to basketball programs are ran by Basketball Ballarat, allowing children to start learning basketball as young as 2 years old.

Basketball Ballarat's introduction to basketball programs:

- Aussie Hoops – perfect for children aged 4 – 7 years
- Rookie Hoops – perfect for children aged 8 – 11 years
- All Abilities Rookie Hoops – perfect for children aged 5 – 18 years whom are living with a disability
- Mini Miners – perfect for kindergarten aged children, 2 – 4 years
- Next Level – suited for domestic players 2011-2013 born

Registrations are now open for all community hoops programs, with the programs starting the week beginning May 1<sup>st</sup>.

For more information and to register: [Community – Ballarat Basketball](http://Community – Ballarat Basketball)

For further details please contact Ethan Fiegert via email [development@ballaratbasketball.com](mailto:development@ballaratbasketball.com) or call reception on (03) 5338 1220.

## COMMUNITY PROGRAMS

Meet and learn from all your favourite Ballarat Miners players

- Mini Miners ( 2 - 4 years old )**  
Develop fundamental skills and movement
- Aussie Hoops ( 4 - 7 years old )**  
Introductory basketball development program
- Rookie Hoops ( 8 - 11 years old )**  
Introductory basketball development program
- All Abilities Hoops ( 5 - 18 years old )**  
Introductory basketball development program
- Next Level ( 10 - 12 years old )**  
Learn new concepts and build on skills

[BALLARATBASKETBALL.COM.AU](http://BALLARATBASKETBALL.COM.AU)



## ARE YOU READY FOR AN AMAZING TERM 2?

The Extend team is ecstatic to get ready for another term of outstanding creativity and inspiring activities!

Join us for artsy programs that make the most of your children's talent and recycling abilities!

Create terrific coloured tubes, cool cotton ball creatures, little foam-made friends and fantastic firework paintings!

All that and more awaits you at Extend!



**extend**  
BEFORE • AFTER  
SCHOOL CARE

Join us for amazing arts and crafts in Term 2  
Book 14 days in advance to receive the  
Early Bird Rate at [extend.com.au](http://extend.com.au)!



## JOIN THE FUN!

**East Point Dragons All Girls Auskick Centre**  
**White Flat Oval, Ballarat**  
Friday April 28th - July 21st from 4:30pm-5:30pm  
For more information please contact  
Alex Campbell: 0448 598 934



Scan the QR Code to register!





**REMEMBER  
ONCE A WEEK,  
TAKE A PEEK**

Please remember to check your child's hair weekly. Checking hair on a regular basis helps us keep this issue under control. Thank you for your support.

### Extend After School Care onsite at Mount Pleasant Primary School

Log online at [www.extend.com.au](http://www.extend.com.au) or phone 1300 366 437 to book.

### STUDENT ABSENCE – PROCEDURE

To reduce absences, parents are asked to advise the school of impending student absences (between 8.30am and 9.00am) by:

- Telephone – 5332 3646
- SMS - 0409 323 652 (Please note change of phone number)
- Email – [mount.pleasant.ps@education.vic.gov.au](mailto:mount.pleasant.ps@education.vic.gov.au)

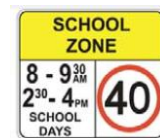


If your child is missing any belongings, please check our lost property at the office. We urge families to **please name their school uniforms/lunch boxes** so that items brought to the office can be returned to students.

### PARKING, TRAFFIC AND SCHOOL CROSSING INSPECTIONS

The City of Ballarat traffic unit staff will be actively enforcing all parking and traffic regulations around schools and inspections will be undertaken randomly throughout the year. All parents and visitors are reminded to please observe all parking, traffic and school crossing rules.

*Student and community safety should be our priority.*



### Extend After School Care

**3.15 pm– 6.00pm**

**Call 1300 366 437 for enquiries**





**LUNCH ORDER ~ PRICE LIST ~ 2023**  
**GRANT STREET TAKE-AWAY**  
**40 Grant Street, Ballarat Central 3350**



**Thursday Only**

Pies	\$3.60
Veggie Pasties	\$3.60
Party Pies	\$1.20
Sausage Rolls	\$1.20
Steamed Dim Sims	\$1.20
Chicken Nuggets x 3	\$2.20

Sauce	.20
Soy Sauce	.20

**OFF THE GRILL**

Chicken Schnitzel Burger with Lettuce, Cheese & Mayo	\$4.90
Chicken Parma Roll	\$5.00
Vegetarian Burger with Salad	\$4.90

**SANDWICHES**

Ham & Salad	\$3.50
Chicken & Salad	\$3.50
Salad	\$3.00
Cheese	\$2.50
Bacon, Lettuce & Tomato	\$4.00

**WRAPS**

Ham & Salad	\$4.00
Chicken & Salad	\$4.00
Salad	\$4.00
Chicken Caesar	\$4.00
Bacon, Lettuce & Tomato	\$4.00

**ROLLS**

Ham & Salad	\$4.00
Chicken & Salad	\$4.00
Salad	\$4.00
Cheese	\$4.00
Bacon, Lettuce & Tomato	\$4.00

**EXTRAS**

Fruit Salad	\$3.00
Yogurt & Muesli	\$3.00

**DRINKS**

Flavoured Milk~ Small	\$2.70
Choc or Strawberry	

Prima:	\$2.20
Orange/Apple/Orange & Mango/ Apple and Blackcurrant	

- Be sure the writing is neat and clear.
- Correct money is appreciated, as change can be lost.
- If insufficient payment is enclosed we will send a lunch to the enclosed value.

**Please set out paper bags as below:**

<b>John Student</b>	
<b>3/4S</b>	
3 Party Pies	\$3.60
Sauce	.20
Prima Orange Juice	\$2.00
Total	\$5.80
Enclosed	\$6.00
Change Required	.20



# Mount Pleasant Primary School

## Term 2 2023 Parent Planner



	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Week 1</b>	<b>April 24</b> Professional Practice Day – No students at school	<b>April 25</b> Anzac Day Public Holiday	<b>April 26</b>	<b>April 27</b>	<b>April 28</b>
<b>Week 2</b>	<b>May 1</b>	<b>May 2</b>	<b>May 3</b>	<b>May 4</b> Make A Wish Day - Book Fair	<b>May 5</b> Book Fair 9-3.30pm
<b>Week 3</b>	<b>May 8</b>	<b>May 9</b>	<b>May 10</b>	<b>May 11</b> Mother's Day Stall	<b>May 12</b>
<b>Week 4</b>	<b>May 15</b>	<b>May 16</b>	<b>May 17</b>	<b>May 18</b>	<b>May 19</b>
<b>Week 5</b>	<b>May 22</b>	<b>May 23</b> School Photos	<b>May 24</b>	<b>May 25</b> A Day in May – Dress as a Popstar Fundraiser Challenge	<b>May 26</b> Curriculum Day – No students at school
<b>Week 6</b>	<b>May 29</b>	<b>May 30</b>	<b>May 31</b>	<b>June 1</b>	<b>June 2</b>
<b>Week 7</b>	<b>June 5</b>	<b>June 6</b>	<b>June 7</b>	<b>June 8</b>	<b>June 9</b>
<b>Week 8</b>	<b>June 12</b> Monarch's Birthday Public Holiday	<b>June 13</b>	<b>June 14</b>	<b>June 15</b>	<b>June 16</b>
<b>Week 9</b>	<b>June 19</b>	<b>June 20</b>	<b>June 21</b>	<b>June 22</b>	<b>June 23</b> Rewards Day  Last day of School – 2.15pm finish  Reports to go home.

Public Holiday	Student Free Day
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