



Mount Pleasant PRIMARY SCHOOL NEWSLETTER

A great school in the heart of Ballarat

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

03 5332 3646

www.mtpleas.vic.edu.au



*We would like to acknowledge the traditional owners of the lands on which we all live and learn, and recognise their continuing connection to land, water and community. We acknowledge the Wadawurrung people of the Kulin Nation, where we share a place of belonging. We pay our respects to Elders past, present and emerging and thank them for taking care of this country over countless generations.
Koling wada-ngal (Let us walk together)*

**Term 1, Week 2
6th February, 2024**

From the Principal

Hello everyone

A bright new year has commenced, with a whole bunch of enthusiastic students ready to be their best at Mount Pleasant Primary School in 2025. Welcome back to our returning families, and welcome to our new staff and students to our school community.

As shared with you in late 2024, there are seven classes running at school this year, with teachers and education support staff in every class. What a very lucky and well supported model that we have here for everyone.

Foundation: Bek (with Jenna) in Room 3.

Grade F/1: Mrs Parkinson (with Sarah) in Room 1.

Grade 1/2: Ms Cara (with Jason) in Room 2.

Grade 2/3: Miss Burza (with Zoe) in Room 9.

Grade 3/4: Ms Johnson & Mrs Dean (with Kuldeep) in Room 7.

Grade 4/5: Miss Harris (with Max) in Room 5.

Grade 6: Mrs Brearley (with Pierre) in Room 4.

In addition, we have our part-time Specialist teachers, Steiny (Physical Education), Glynis (Performing Arts), Diana (Music and Visual Art), Mrs Tian (Chinese) and Mrs Eames (Library.) And last but not least, our exceptional Office Team, Kylie and Janine; and in Grounds Maintenance, the very capable Dale.

Our Outside School Hours Care program provided by Extend has already commenced for the year. It is a whole lot of fun for the children, and supports working parents who are seeking longer care for their child/ren (or non-working parents seeking outside school hours activities!) To enrol and to find out about the Child Care Subsidy available to you to support attendance, please email

support@extend.com.au or call 1300 366 437. We would like to welcome back our Extend Coordinator, Tahlia, in 2025.

Sentral is our school management portal. Important updates and communications will be posted through this portal and all families should be connected. If you would like some assistance to get (re)started, please see Kylie in the office—she will be very happy to help you.

January was a big month at school with tradies and staff in for a few jobs in readiness for the new school year. Our Junior classrooms and PE Zone have been transformed with a new lick of paint; an air conditioner replaced in the lower building; bifold doors installed between the Chinese and Performing Arts learning spaces; a new phone system installed; and the PE Shed, Bike Shed and Gardening Shed sorted, tidied and cleaned up. Teaching and non-teaching staff were also in to ensure that our classrooms were ready for learning on the commencement of term, allowing students to feel a sense of safety, belonging and ownership for their learning spaces this year. We thank everyone for their contributions over the summer term break.

School Breakfast Club will continue this year every school day. 'Breaky Club' opens at 8:40am, and is a great opportunity for students and staff to catch up over a shared meal. It also provides some wonderful life skills for students, preparing for and cleaning up after a meal. Hopefully these skills can also transfer to home! Please see a note in this newsletter from Ms Johnson, seeking a few more parent volunteers to assist our staff volunteers each morning. If you can help out for a half hour or so (preparing/chatting/cleaning), it would be greatly appreciated.

... continued over

From the Principal (cont.)

From previous ...

School Council will be meeting again twice per term this year. The first meeting of this year has been set for Wednesday, 26th February. I'd like to pass on my thanks to our current Councillors, Sam, Tamara, Suzie, Paul, Grace, Genevre, Ms Johnson and Mrs Parkinson for their ongoing service and valued thoughts and opinions in this forum. More news about School Council vacancies will be in the next newsletter.

The Scholastic Book Club is back this year too, and catalogues for the first order have been sent home—thank you Mrs Eames for organising this for our students and families. Please make the most out of our Book Club twice each term—just remember, we receive awards with Scholastic which are converted to new books in our classrooms for our children.

Finally, I'd like to extend my personal thanks to students, staff and families for welcoming and helping me to learn of school operations and customs at Mount Pleasant Primary School in the first two weeks here. Although I am an experienced Principal, it has been a big learning curve in a new school environment and I am grateful for your kindness and understanding as I navigate my way around! I look forward to working with you all to ensure the best possible opportunities for our school community into the future.

Keep an eye on our Facebook page for snippets and updates in between newsletters, and school families, remember to always view Sentral notifications as they pop up. As always, keep safe and look after yourself, your family, friends and neighbours. Stay grateful, kind and mindful, as we say and do in school.

Miss Catherine Barnes, **Acting Principal**

Lunch Orders

Lunch Orders are every Thursday through the Grant Street Takeaway Shop. If you would like your child to have a lunch order please write on a brown paper bag the child's name and classroom, what you would like to order, price and if you require any change. Your child will then place this into the lunch order box first thing Thursday morning to be collected. Price List is attached to the newsletter.

Kylie

Scholastic Book Club

Issue 1 of **Book Club** order forms went home today and are due back on Thursday **13th February**. 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. This is the last one for the year.

Mrs Eames



DET Respectful Behaviours within the School Community Policy

Being back in our classrooms after the summer term break is always a big transition for everyone in our school—students, families, friends and staff, and we all know that a smooth transition and return to routine helps set us all up for success regarding our children's education. As we navigate these changes back to school learning, it's more important than ever that adults in our school community treat each other with respect and kindness.

The Department of Education has a [policy](#) that describes the positive behaviour expected from parents, carers, and other adults in Victorian school communities. The policy sets clear standards of behaviour to create a safe, respectful, and inclusive learning environment for students, staff and adults.

There are also other resources to support safe and respectful relationships in our school community, including information about getting involved in the school, advice on how to raise a concern or complaint, and parenting support resources.



You will also see a new poster up around our school, promoting positive behaviour. I thank you for your support in keeping our school a healthy, safe and respectful place of learning and work for everyone.

Miss Barnes

Annual Privacy Reminder for Our School Community

Our school collects and uses student and parent personal information for standard school functions or where permitted by law, as stated in the [Schools' Privacy Policy](#) and the [Schools' Privacy Collection Notice](#).

Our Photographing, Filming and Recording Students Policy describes how we collect and use photographs, video and recordings of students. The policy also explains when parent consent is required and how it can be provided and withdrawn.

For more information about privacy, refer to: [Schools' Privacy Policy — information for parents](#).

Miss Barnes

Mount Pleasant PS is online



Term 1 Calendar

Term 1	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1 27th-31st January	January 27th Australia Day holiday— SCHOOL CLOSED	28th Staff commence— STUDENT FREE DAY	29th Year 1-6 students commence Term 1	30th Foundation students commence Term 1 Say It Sister Program (selected students)	31st
Week 2 3rd-7th February	February 3rd	4th	5th Foundation Free Day	6th Newsletter Say It Sister Program (selected students)	7th Assembly 9:00am
Week 3 10th-14th February	10th	11th	12th Foundation Free Day Bulldogs Read “Family Information Evening” 6:00-7:00pm (selected students)	13th Say It Sister Program (selected students)	14th Assembly 9:00am
Week 4 17th-21st February	17th Bulldogs Read “Welcome Event” 12:30 -3:00pm (selected students) Details soon.	18th	19th Foundation Free Day	20th Newsletter Say It Sister Program (selected students)	21st Assembly 9:00am
Week 5 24th-28th February	24th	25th	26th Foundation Free Day School Council meeting 4:30pm	27th Say It Sister Program (selected students)	28th Assembly 9:00am
Week 6 3rd-7th March	March 3rd	4th	5th	6th Newsletter Say It Sister Program (selected students)	7th Assembly 9:00am
Week 7 10th-14th March	10th Labour Day holiday— SCHOOL CLOSED	11th	12th NAPLAN window starts for Years 3 & 5	13th Say It Sister Program (selected students)	14th Assembly 9:00am
Week 8 17th-21st March	17th Teeth on Wheels	18th Teeth on Wheels	19th Teeth on Wheels	20th Newsletter Say It Sister Program (selected students)	21st Assembly 9:00am
Week 9 24th-28th March	24th NAPLAN window ends for Years 3 & 5	25th	26th School Council meeting 4:30pm	27th Newsletter Say It Sister Program (selected students)	28th Assembly 9:00am
Week 10 31st March-4th April	31st	April 1st	2nd	3rd Student Support Group meetings TBC	4th Assembly 9:00am Student Support Group meetings TBC Last day of Term 1, 2:15pm dismissal (Term 2 resumes on Tuesday 22nd April)

2/3 – Miss Burza

This week in our 2/3 class we have continued our practicing of MPPS routines, with a focus on our school values of Respect, Responsibility and Resilience.

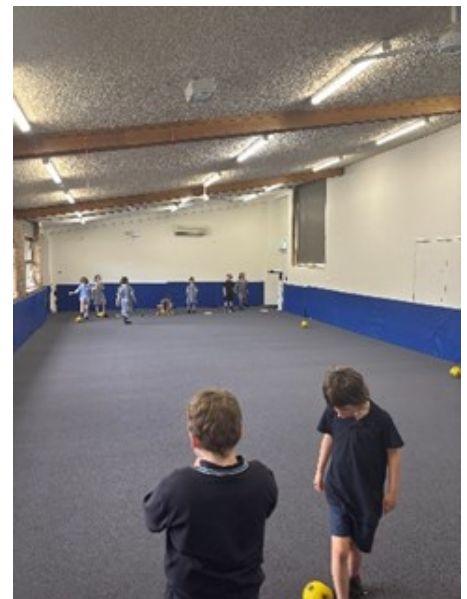
We have created a 'respect' poster with all the ways the students believe we need to demonstrate respectful behaviour to one another.

It has been a great start to the year, and we have enjoyed coming together as a new classroom, and participating in our Chinese, Music, Art, P.E., and Performing Arts subjects. We are developing skills that promote inclusivity, encouraging our peers and playing with new friends.

In our Literacy lessons we have been revising and consolidating our phonics and linking these with our first Core Knowledge topic of Fables and Stories. This week we read *The Boy Who Cried Wolf*, we encourage you to read this again with your student! Our Maths focus will be on Whole Numbers and Time. With analogue clocks becoming less common, we encourage families to find any opportunity to use them and practice telling time at home.

We look forward to the rest of Term 1 in our 2/3 class, we are sure it's going to be a fabulous one.

Miss Burza



Camps, Sports & Excursions Fund applications

The Camps, Sports and Excursions Fund helps eligible families to cover the costs of school trips, camps and sporting activities.

If you have a valid means-tested concession card, such as a Veterans Affairs Gold Card, Centrelink Health Care Card or Pensioner Concession Card, or are a temporary foster parent, you may be eligible. There is also a special consideration category for asylum seeker and refugee families.

Payment amounts this year are \$154 for eligible primary school students. Payments are made direct to the school to use towards expenses relating to camps, excursions and sporting activities for the benefit of your child.

If you applied for CSEF through our school last year, you do not need to complete an application form this year, unless there has been a change in your family circumstances.

If you would like to apply for the first time, please contact the school office on 5332 3646 and ask for an application form.

You can also download the form, and find out more about the program and eligibility, on the Department of Education's Camps, Sports and Excursions Fund web page.

Check with the school office if you are unsure, and please return completed forms to the school office as soon as possible.

Janine

Bulldogs Read is here in 2025!



Senior students have had the opportunity this week to express their interest in a new program to Mount Pleasant this year—participating in the Bulldogs Read Program—a learning and wellbeing program in partnership with the Western Bulldogs Football Club. Congratulations to the 20 students who have been successful! What an opportunity to link literacy and sport; to represent our school; and enjoy the rewards of reading, writing and footy!

During the year, Bulldogs Read students will meet Western Bulldogs Football Club players, attend great events, have players visit via Zoom, meet students from other schools who are part of the program, and have the opportunity to win AMAZING prizes!

Bulldogs Read students and their parents/carers will have their first (introductory) session with staff from Ballarat Libraries and Campbell from the Western Bulldogs next week. This session will be held at the Ballarat Library, 178 Doveton Street North, Ballarat, on Wednesday 12th February, 6.00pm - 7.00pm.

We will then look forward to seeing Bulldogs Read students with your teachers at the Welcome to 2025 Event on Monday, 17th February.

If you have any questions, please contact Julie Millard (Children's and Youth Librarian) at the Ballarat Library 5338 6850.

Miss Barnes with Danielle, Tamara, Meg and Cam (Bulldogs Read)

Prospective Family School Tours

I encourage our local families—new to the area or new to primary education, to come along and see our beautiful school. Personal tours for prospective families are available by appointment, and can be made by calling the school on 5332 3646.

Miss Barnes

The image shows a rectangular road sign with a yellow top section and a white bottom section. The yellow section contains the text 'SCHOOL ZONE' in bold black letters. The white section is divided into two parts. The left part contains the school hours: '8 - 9³⁰ AM' and '2³⁰ - 4 PM' on the top line, and 'SCHOOL DAYS' on the bottom line. The right part contains a circular speed limit sign with a red border and the number '40' in black. Below the sign, there is a block of text: 'The roads to and around our school have a 40km/h speed limit during drop off and pick up times (with Cobden Street 40km/h at ALL times. For everyone's safety—students, families and staff, please abide by this speed limit when arriving and departing from school at all times. Thank you.'

Lunch Orders – Thursdays only New Price List 2025

Off the Grill		Cold Food	
Chicken Parma Roll	\$6.00	BLT Roll	\$6.00
Chicken Schnitzel Burger	\$6.00	Cheese Roll	\$6.00
Vegetarian Burger	\$6.00	Chicken & Salad Roll	\$6.00
		Ham & Salad Roll	\$6.00
Hot Food		Salad Roll	\$6.00
Chicken Nuggets(3)	\$2.50	BLT Sandwich	\$6.00
Chicken Nuggets(6)	\$4.50	Cheese Sandwich	\$6.00
Dim Sim	\$1.50	Chicken & Salad Sandwich	\$6.00
Pie	\$4.50	Ham & Salad Sandwich	\$6.00
Party Pie	\$1.50	Salad Sandwich	\$6.00
Party Sausage Roll	\$1.50	BLT Wrap	\$6.00
Veggie Pastie	\$4.50	Cheese Wrap	\$6.00
		Chicken & Salad Wrap	\$6.00
Drinks		Ham & Salad Wrap	\$6.00
Orange Juice	\$2.50	Salad Wrap	\$6.00
Apple & Blackcurrant Juice	\$2.50		
Strawberry Milk	\$3.00	Snacks	
Chocolate Milk	\$3.00	Fruit Salad	\$3.50
		Yoghurt & Muesli	\$3.50

Appreciation—a parenting skill for the ages

A positive parenting article by Michael Grose

Do you have a child who craves attention? Does their attention-seeking at times deflate and overwhelm you? If so, you are not alone. Attention-seeking is perhaps the most common misbehaviour in families.

“Look at me, Mum” and its many variations become like a nervous tic driving parents to distraction. It’s good to give kids your undivided attention but there are limits to how much attention you can give. Unfortunately, attention-seeking becomes a pattern of behaviour that’s hard to break.

My first parenting mentor Prof. Maurice Balson, author of *Becoming Better Parents*, believed that children who constantly seek attention are generally discouraged. “I am not good enough” is their belief.

The antidote to discouragement according to Balson, was to increase the amount of encouragement that a child or young person received. Encouragement, literally meaning ‘to give heart or courage’ focuses on the processes of improvement, effort, enjoyment and contribution.

The latter, contribution, is the most potent of these processes. Kids will usually belong to their families in two ways. They are either contributing members, or are known for their poor behaviour. For kids known for poor behaviour, their usual way of operating shows a mindset of “If I’m not appreciated, at least they’ll know I’m around”.

Attention or appreciation? There’s no contest. Appreciation is the genuine deal when it comes to helping kids feel good about themselves.

Why appreciation works

Appreciation is highly motivating. Even adolescents will generally respond to a parent’s appreciative comments, although their faces won’t always show it.

Appreciation has an old-brain connection. The job of our old brain or survival brain, is to keep us safe. Our safety can only be guaranteed if we are a part of a group, so parent appreciation helps kids feel secure, preventing them from resorting to negative attention-seeking behaviour to feel part of the group.

Appreciation is approval on steroids

Approval says I like what you do. Appreciation means much more. It shows how behaviour impacts on another person on an emotional level, which has a stronger impact.

Showing appreciation is a wonderful way to shape a child’s behaviour in positive ways. “Thanks so much for cleaning your toys away without asking. It makes my life so much

easier.” This type of comment will usually generate a dopamine (feel-good chemical) response from a child, which means they are likely to repeat the behaviour to replicate the feeling.

How appreciation works

There are four rules to be mindful of, when you show appreciation:

It must have meaning

Appreciation must be real and related to a specific behaviour for it to be effective.

It should let child know the emotional impact of their behaviour

Either with words (“It makes me feel happy”) or through non-verbals (a smile, a hug or high-five) your child should see that their behaviour has had a positive impact on you.

It should be genuine

You can’t fake sincerity with a child or young person as they are generally adept mood detectives.

It’s best if it has small differences

Showing appreciation is not a one-size fits all behaviour. Appreciation should be shown a way that matches the situation and suits your child. Consider writing a note to show appreciation for something special. Boys often prefer private encouragement rather than public acknowledgement so consider when and where you shower them with encouragement.

Positive side effects

There are plenty of positive side effects to showing appreciation for a behaviour. An appreciative parent comment helps create a healthy, happy family atmosphere. Appreciation can change the mood of the giver and receiver and it’s a behaviour that if adopted by children can be experienced by the next generation. That makes parent appreciation a behaviour for the ages.



parenting * ideas

<https://parentingideas.com.au>

Respect | Responsibility | Resilience

Learning times

The times for learning in class remain the same for 2025.

9:00am	School starts; formal class learning
11:00am	First recess
11:30am	Formal class learning
12:30pm/12:50pm	Lunch eating time (Thurs/Fri depending on Specialist timetable)
1:45pm	Second recess
2:15pm	Formal class learning
3:15pm	Dismissal

If you require to collect a child early or drop off a little later due to (for example) a medical appointment, please visit the Office and sign him/her in the Sign In/Out booklet.

Wellbeing

Many families are finding times economically tough. Food Bank currently provide us with many of our food items for our wonderful Brekkie Club each day. They have established an initiative where you simply click on the QR code, add your postcode and you will be provided with a list of organisations in your area that can assist with relief. Some of these organisations are; Food Bank, Uniting Vic/Tas, Anglicare Victoria and many more.

Simply click on the link below.



Find Food Support

- 1 Go to foodbank.org.au/find-food
- 2 Search your suburb or postcode.
- 3 Choose the type of food you need.
"Food and groceries to prepare" or
"Meals prepared on site"
- 4 Choose a service from the list to find more information.



About Foodbank Victoria

Foodbank Victoria work with a wide variety of charity partners across Victoria to support their food programs.

Drop Off & Pick Up Times

Families are reminded that formal school supervision begins each day at 8:40am and concludes at 3:30pm. Before and after these times, teachers plan and prepare learning programs and meet together to discuss school matters.



Please respect this as important time for teachers in their professional practice; and ensure that you drop off your child/children between 8:40-9:00am each morning and collect them before 3:30pm.

Breakfast Club is back



Our school is pleased to share that our partnership with the School Breakfast Club Program will continue in 2025. This is such a valued service available to all students from Foundation to Year 6, every morning before school.

Breakfast Club is run from the Arts Centre every school day from 8:40-8:55am. We encourage students to pop in for toast, cereal, milk and fruit during this time, and start the day with a happy (and full) tummy ready for learning.

We are very grateful for our parent and staff volunteers who are able to facilitate Breakfast every morning for our students—many thanks to:

Courtenay, Claudia, Sarah, Steiny, Miss Barnes, Ms Johnson, Kylie and Janine.

We have a couple of spots available for additional parent helpers on Wednesday and Thursday mornings. Are you able to help? I'd be keen to hear from you!

Ms Johnson



Supporting Our Community

Basketball Ballarat Term 1 Community Programs

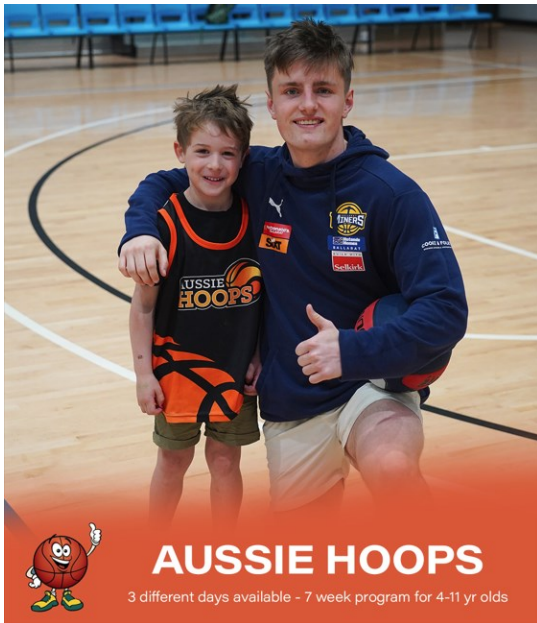
Basketball Ballarat offers children a fun and safe way to experience basketball, setting them up for a lifelong love of the game. We run a variety of introductory programs, catering to children as young as 2 years old to late teens.

Our introduction programs include:

- **Aussie Hoops** – Ideal for kids aged 4 to 11, including All Girls Programs
- **All Abilities Rookie Hoops** – For kids aged 5 to 18 with disabilities
- **Mini Miners** – Perfect for kindergarten-aged children, 2 to 4 years old

Next Level – For domestic players born 2012-2014
Registrations are now open, with programs starting the week of **Feb 10th**. For more information and to sign up, visit [Basketball Ballarat Community Programs](#).

For further details, please feel free to contact me, Zack Cummins, via email at programs@ballaratbasketball.com or call reception on (03) 5338 1220.



SATURDAY 8th Feb

10am - 3pm | 212 Ripon St Sth, Ballarat Central



find out more and book your spot here

fb. Ballarat Development Brass Band

m. 0438 081 453



REGISTER YOUR INTEREST
Visit cafs.org.au or call 1800 692 237

