



# Mount Pleasant PRIMARY SCHOOL NEWSLETTER

A great school in the heart of Ballarat



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[www.mtpleas.vic.edu.au](http://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 2, Week 4  
15th May, 2025**

## From the Principal

Hello everyone

As we journey further into Term 2, I want to take a moment to celebrate the incredible learning and growth happening across our school. With mid-year assessments underway, it is heartening to see students approaching their studies with determination and enthusiasm. From individual achievements to class-wide progress, there is so much to be proud of. Whether it's mastering a tricky concept in mathematics, producing a brilliant piece of writing, or showing resilience in the face of challenges, our students continue to rise to the occasion. Their commitment to learning and improving is inspiring, and I commend them all for their efforts.

Of course, this progress is only possible due to the collective hard work of our dedicated teachers, education support staff, and families. Mount Pleasant is a place where everyone plays a role in fostering a positive learning environment, and I want to express my sincere gratitude for all that you do. The care, patience, and encouragement shown each day make a meaningful difference in the lives of our students. Thank you for your unwavering support in creating a school where young minds can thrive.

While we celebrate these successes, it is also important to acknowledge that challenges persist. We continue to address concerns surrounding respectful behaviour, and I ask for the ongoing support of parents and carers in reinforcing kindness, cooperation, and fairness within our school community. By embracing these principles, we can cultivate a supportive and harmonious environment where every student and staff member feels encouraged and valued. Physical and verbal aggression have no place in our school, just as they are not tolerated in our homes or wider Ballarat community. Every student and staff member

deserves a safe, inclusive, and supportive environment, and this is only possible when we collectively uphold the expectations of respect. I encourage you to have regular conversations with your children about how they can contribute to a positive school culture, both in their interactions and attitudes.

This term also brings staff changes, and while farewells are never easy, we want to express our appreciation for those moving on. This week, we say goodbye to Jenna in Education Support, as well as teachers Mrs Dean and Ms Johnson. Their dedication and contributions to our students have been invaluable, and we will truly miss them on our Mount Pleasant team. We wish them all the best as they embark on new adventures.

Looking ahead, I am pleased to announce that we have been actively recruiting new staff, and I am delighted to welcome Ms Schmidt as our new Year 3/4 class teacher, starting next month. She is eager to become part of our vibrant school community. In the meantime, familiar and trusted faces—Ms Braybrook and Ms Nat—will be leading the way, ensuring continuity and care for our students. I appreciate everyone's understanding, flexibility, and support as we navigate these transitions.

Finally, I encourage parents and carers to continue walking alongside our students in reinforcing our school values: Respect, Responsibility, and Resilience. By role modelling these qualities, we strengthen our community and empower our students to be their best selves.

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**

Respect | Responsibility | Resilience

# Term 2 Calendar

Term 2	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Week 1</b> 21st–25th April	<b>April 21st</b> Easter Monday holiday SCHOOL CLOSED	<b>22nd</b>	<b>23rd</b>	<b>24th</b>	<b>25th</b> Anzac Day Public Holiday SCHOOL CLOSED
<b>Week 2</b> 28th April–2nd May	<b>28th</b>	<b>29th</b> Make a Wish Book Fair	<b>30th</b> Book Fair (Parents welcome 3.00pm– 3.30pm)	<b>May 1st</b> Newsletter	<b>2nd</b> Assembly 9:00am
<b>Week 3</b> 5th–9th May	<b>5th</b>	<b>6th</b>	<b>7th</b> School Council Meeting 4.30pm–6pm	<b>8th</b>	<b>9th</b> Assembly 9:00am Mothers Day/Special Person Stall
<b>Week 4</b> 12th–16th May	<b>12th</b>	<b>13th</b>	<b>14th</b>	<b>15th</b> Newsletter	<b>16th</b> Assembly 9:00am Bulldogs Read Melbourne excursion all day Coat Swap 2.45pm— 3.30pm
<b>Week 5</b> 19th–23rd May	<b>19th</b>	<b>20th</b>	<b>21st</b>	<b>22nd</b>	<b>23rd</b> Assembly 9:00am
<b>Week 6</b> 26th–30th May	<b>26th</b>	<b>27th</b>	<b>28th</b> Year 5/6 Doxa Camp Malmsbury	<b>29th</b> Newsletter Year 5/6 Doxa Camp Malmsbury	<b>30th</b> Assembly 9:00am Year 5/6 Doxa Camp Malmsbury
<b>Week 7</b> 2nd–6th June	<b>2nd</b>	<b>3rd</b>	<b>4th</b>	<b>5th</b>	<b>6th</b> Assembly 9:00am
<b>Week 8</b> 9th–13th June	<b>9th</b> Kings Birthday Public Holiday–SCHOOL CLOSED	<b>10th</b> Bulldogs Read Ballarat Library excursion	<b>11th</b>	<b>12th</b> Newsletter	<b>13th</b> Assembly 9:00am
<b>Week 9</b> 16th–20th June	<b>16th</b> School Photos	<b>17th</b>	<b>18th</b> RESCHEDULED School Council Meeting 4.30pm	<b>19th</b>	<b>20th</b> Curriculum Day— SCHOOL CLOSED
<b>Week 10</b> 23rd–27th June	<b>23rd</b>	<b>24th</b> Year 5—Sovereign Hill	<b>25th</b> Year 5–Sovereign Hill	<b>26th</b> Newsletter	<b>27th</b> Assembly 9:00am
<b>Week 11</b> 30th June–4th July	<b>30th</b>	<b>July 1st</b>	<b>2nd</b>	<b>3rd</b>	<b>4th</b> Last day of Term 2, 2:15pm dismissal

## Kids Coat Swap

With winter fast approaching we wanted to offer our families an opportunity to sort through last year's winter coats (as no doubt the kids will have grown!) and see whether you can swap for a bigger coat.

On **Friday 16th May from 2.45pm – 3.30pm** in the school playground we will be holding our 'Kids Coat Swap'. Whether you're on a budget, feel passionate about re-using and preventing clothing going to landfill or like helping others, then please do get involved! There will be a collection box in reception from Monday 5th May and we ask that if you have any outgrown and unwanted kids coats that you leave them in the box. The coat swap is free to participate in, you do not need to donate a coat to take a coat, but if you are able to make a gold coin donation then this will go towards supporting the school to purchase important learning enrichment.

We ask that all items be clean with no major damage.

Thank you in anticipation of your kind donations and for your support for our school community and children.



**Mount Pleasant  
PS is online**



## Art Room Request



Over the next few weeks can families please be on the look out for small cardboard boxes (tissue box size or smaller please, e.g. biscuit boxes, tea boxes) for our sculpture and construction lessons this term. Please hand them to your classroom teacher.

Much appreciated

Diana Hume

## DE Respectful Behaviours within the School Community Policy



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*



# Online Gaming Information for Parents and Carers

Information for parents and carers from the eSafety Commissioner.



## Online gaming has many benefits

Gaming can be a way to:

- Have fun and be entertained.
- Relax and reduce stress.
- Keep the mind active.
- Develop creativity.
- Strengthen decision making and strategic skills.
- Connect with others.

For most gamers, playing is a casual pastime. But a growing number of people play or watch competitive gaming (or eSports) as individuals, teams or families. Many gamers belong to vibrant and active communities.

Gaming can be used for a range of other purposes. These include general school education, right through to specialist workplace training (for example, flight simulations and various defence and cybersecurity exercises).

While gaming often has positive effects on the mental health and wellbeing of participants, it also has risks — like most online activities. This information sheet provides practical tips and links to further information, so you can help your child reduce the risks and maximise the positive experiences of gaming online.

## State of play

According to a major Australian gaming industry report:

- Typical daily casual game play is 10 minutes, twice a day
- Typical daily in-depth game play is 1 hour.
- 47% of gamers are female.
- 78% of gamers are over the age of 18.
- The average age of an Australian gamer is 34 years old.
- Adult players have been gaming for an average of 12 years.

Competitive gaming, known as eSports, is a multi-billion dollar industry that includes many gaming genres and titles, such as League of Legends and Counter Strike Global Offensive. Gamers also watch eSports to learn strategies to improve gameplay.

## Gaming risks

It is important to take a balanced view and recognise that gaming, like everything online, has its pros and cons.

eSafety research has found that people playing online games can be exposed to risks including:

- Cyberbullying (for example threats, verbal abuse, ganging up, exclusion).

- Inappropriate language, age-inappropriate content, or access to pornography.
- Unwanted contact from others, including 'grooming' by a sexual predator.
- In-app purchasing.
- Themes or elements that may encourage young people to gamble now or later in life.
- Giving out too much personal data.
- Spending too much time online.

Many multiplayer games involve hundreds or even thousands of people playing at the same time. The gamers can communicate with friends and strangers through web cam, private messaging or online chat functions. This increases the risk of contact from online abusers or bullying from other players.

## Managing gaming

The best way to help your child manage the risks is to take an active interest in their gaming.

### Select the right privacy settings

Make sure your child only joins games suitable to their age and maturity. The privacy settings can also be restricted so your child only plays or chats with gamers they know.

### Choose the right games

Collaborate with your child on game purchases — have them suggest the game they wish to play or purchase. Ask them to find out the recommended age, information about the content and how to use the privacy settings.

... continued over



# Online Gaming continued ...

... from previous

To identify if a game is beneficial, ask:

- Are there emotional benefits? (Is it fun?)
- Are there cognitive or learning benefits? (Do you need to solve problems?)
- Is creativity required? (Do you build stuff?)
- Is it a social game? (Do you connect with other players and is the connection safe?)

## Ratings and reviews

You can look up games on the Australian Classification website to check their rating and other information about the content, to help you decide if it is suitable for your child. Check out the video Quick guide to Australian classification ratings.

The eSafety Guide has information about popular online games, apps, social media sites and other digital platforms. The guide explains what the game is and how people use its tools and functions. It also provides the gaming company's age recommendation and links to key safety information, including how to report and block abusive players.

eSafety can direct an online service or platform to remove illegal content or ensure that restricted content can only be accessed by people who are 18 or older. Find out more about illegal and restricted online content.

Commonsense media provides parents with reviews of the latest games and apps (as well as movies, TV shows and books).

## Get involved

### Co-play

Many gamers watch video tutorials or 'walkthroughs' to help them play. You can watch these with your child so you can both understand the games better. Learn the lingo with your kids — you can search online together to check the meaning of terms like 'walkthroughs', 'first player shooter' and 'PVP'. Play the game yourself, or even get into the habit of co-playing with your child.

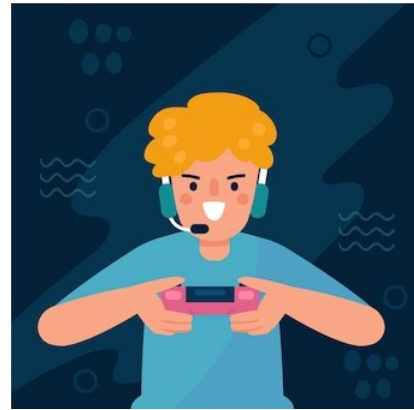
### Listen and ask questions

Have a conversation with your child about common gaming issues using the eSafety kids and eSafety young people pages to guide them. You can workshop strategies to deal with upsetting or inappropriate behaviour and learn together how to report, mute and block abusive players.

### Co-design rules

Kids are more likely to follow rules if they helped to create them. Part of the discussion and negotiating is explaining why a rule might or might not work.

One of the things that may help to manage your child's gaming is negotiating the time they are allowed to spend



online — before they start playing. Together you could decide a limit on how many games or levels can be completed, or the length of playing time.

It's also good to establish rules about when and where digital devices and consoles can be used. For example, making it clear that games have to be played in open family areas not in bedrooms, homework has to be finished first, or screen time ends an hour before sleep.

## Help regulate time online

You may be concerned that your child is spending too much time playing online games. There is no magic number for 'healthy' hours or minutes. If gaming is balanced with other activities and sleep, there is usually no need for concern. Many young people game a lot and still study, socialise and feel happy.

But if gaming starts to have negative impacts on your child or your family, you may need to encourage them to better regulate their time online. You can read more about the signs to look out for when your child is spending too much time gaming. It may be useful to get your child to reflect on the impact gaming is having on their life by helping them do a self-evaluation.

If you have serious concerns about your child and online gaming or gambling, seek professional advice from a doctor, psychologist or school counsellor. Gaming disorder has now been recognised by the World Health Organization as a mental health condition and there are practitioners who specialise in internet overuse problems. eSafety does not recommend any particular practice but there are listings on niira.

Responsible gambling Victoria has information to support conversations about gaming and gambling.

For other relevant advice and resources you can also check out our list of counselling and support services, or go directly to KidsHelpline, eHeadspace or Beyond Blue.

eSafety Commissioner

## Students of the Week



Congratulations to the following students for being recognised for their achievements in our school with our Student of the Week:

### Week 3

Lukas (F), Molly (F/1), Kiaan (1/2), Ivy (2/3, absent), Summer (3/4), Samantha (4/5), Zoey (6).

Continue being your best!

## Values Tokens

Showing our school values of Respect, Responsibility and Resilience is so important in every classroom, every play space, every day. Well done to our students who were 'caught out being great' and demonstrating our values across

	Term 2 Week 2	Term 2 Week 3
Foundation (Room 3)	Lukas. Whitley, Bella	Logan, Levi, Makayla
Foundation/Year 1 (Room 1)		Aahana, Caleb, Chad
Year 1/2 (Room 2)	Par, Sebastian, Thomas	
Year 2/3 (Room 9)	Isabelle, Ava, Amelie	Dylan, Felix, Charlie
Year 3/4 (Room 7)	Archie, Saul, Asia S: Elliott	Oliver K, Wyatt C, Wyatt D, S: Elly
Year 4/5 (Room 5)	Brittany, Millie, Duke	Oscar, Pepper, Willow
Year 6 (Room 4)		

## 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.

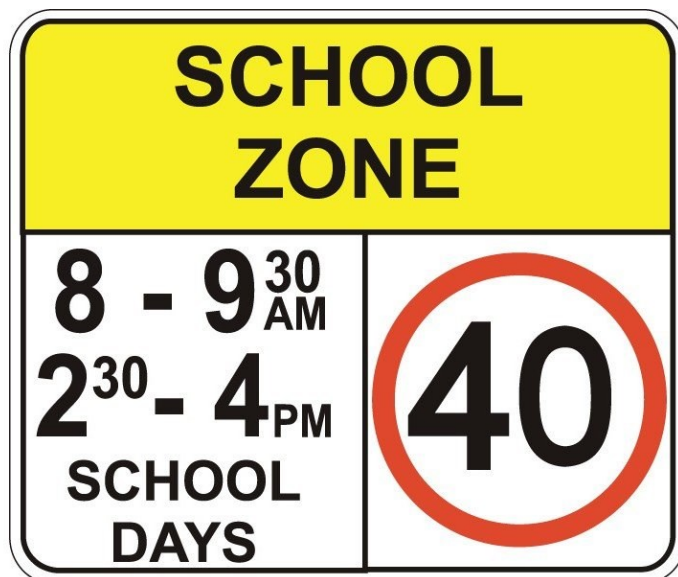
Miss Barnes

## 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.



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.



# Sydney Dance Company Workshop

On May 1st, Grade 6 students had an exciting opportunity to work with members of Sydney Dance company in a dance workshop, held at school. Jamie and Natalie led a packed program with a fun warm-up using student leaders, then an intense 25 minutes of learning choreography from the company's show *Momenta*. There was even some time to create our own choreography based on places we know.

Our students rose to the challenge and did an incredible job, never flagging from the tasks. It was an energetic and memorable experience to gain insight into the creative process of one of Australia's leading dance companies. I was totally puffed out at the end of it, and so proud of our students who are marvellous movers!

Glynis Angell

*Performing Arts Teacher*





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Book 14 days in advance to secure the Early Bird Rate!

## Aussie Hoops

Aussie Hoops is a **fun and engaging** basketball program for kids aged **4–11!** Designed to build **confidence** and **fundamental skills** like ball handling, passing, and shooting, it's the perfect first step towards playing in our domestic competition.



## AUSSIE HOOPS

JOIN IN ALL THE FUN

Aussie Hoops is our introductory basketball program for children aged 4–11, providing a fun and safe environment to learn the game. Through engaging sessions, kids develop fundamental skills like ball handling, passing, shooting, defence, and footwork, building confidence to transition into domestic competition.



Scan here for more info

## Head Lice

### Comb and Conditioner Method

What you need for this method:

- Normal comb to detangle hair prior to using metal lice comb
- Fine toothed metal lice comb (available from your local chemist or supermarket)
- Conditioner - buy a cheap brand as you will be needing a lot of it, and preferably one that is white to make spotting the head lice easier

### White paper towel

Comb and Conditioner removal involves applying conditioner to dry hair. Cover all of the hair with conditioner, detangle hair with normal comb and separate into sections. Then, using a fine long toothed metal lice comb, comb through the hair in sections. The conditioner does not kill lice but stuns them for about 20 minutes enabling easier removal. The long toothed metal comb will remove nits and the stunned head lice. Wipe the comb on a white tissue and check for any lice or nits. Keep combing until no more appear on the tissue. This method should be done every second or third day until no nits and lice remain, usually about 7 to 10 days.

### Chemical removal

What you need for this method:

- Normal comb to detangle hair prior to using metal lice comb
- Chemical treatment containing synthetic or natural insecticides that kill head lice (talk to your local pharmacist to identify the treatments containing insecticides)
- Fine toothed metal lice comb (available from your local chemist or online)

### White paper towel

If you choose to use a chemical treatment, remember to follow the instructions carefully. You will also need to comb through the hair to remove all the dead head lice and nits. It is very important that you repeat the chemical treatment in seven days to kill any newly hatched eggs as most chemical treatments will not kill the eggs (nits).



Once a week, take a peek!

Once your child is free of lice and nits, remember to regularly check with a fine toothed head lice comb and conditioner as described above. Early detection and treatment will prevent re-infestation of other family members and classmates.

By checking your child's hair each week it will help to reduce the chance of headlice.



## 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