



Mount Pleasant PRIMARY SCHOOL NEWSLETTER

A great school in the heart of Ballarat

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*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 8
12th June, 2025**

From the Principal

Hello everyone

As winter sets in, we find ourselves grappling with the seasonal colds and flu that have made their way through our school community. Many students and staff have been affected over the past fortnight, and we appreciate the care families are taking in keeping unwell children at home until they are fully recovered. Your vigilance ensures the continued health and safety of everyone in our school, and we are grateful for your support in maintaining a happy and healthy learning environment during these cold months.

Amid these seasonal challenges, we also continue to navigate staffing complexities, much like many schools across Ballarat and Victoria. Teaching is an incredibly demanding yet rewarding role, and while change is inevitable, our dedicated teachers are doing their utmost to ensure learning continuity and positive classroom environments for our students.

This week, we welcome several new faces to our school community. We extend a warm welcome to our new teachers: Miss. Braybrook (Year 4/5), Tara (Year 3/4), Ms. V (Year F/1), and Cyndle (Foundation). Joining our Education Support staff, we also welcome Jaye, who will be working across the school.

As the term comes to a close, we will be saying goodbye to Mrs. Brearley in Year 6. She has made a wonderful contribution to our school, and we sincerely appreciate all she has done. While we will miss her, change is a natural part of school life, and we wish her all the best in her next steps. In the meantime, we are actively working to recruit a new teacher to step into this role in Term 3 and ensure a smooth transition for our Year 6 students.

Additionally, we are fortunate to have Department of Education regional staff—Melinda, Mike, and Jacob—joining

us for one day a week for the remainder of the year. Their expertise in diverse learning and inclusion will provide invaluable guidance for our staff and help build our collective capacity in these areas.

I am also delighted to announce the appointment of our new Assistant Principal, Ms. Ives, who will be joining us at the end of next week. Ms. Ives will be focusing on wellbeing and disability inclusion, reinforcing our commitment to fostering a supportive and inclusive environment for all students.

As I have shared with you previously, my initial observations as Principal are now shaping concrete actions designed to strengthen and support our school community—students, staff, and families alike. While we are making immediate improvements, sustainable school growth takes time, and I appreciate the collective effort it requires. Thank you all for your continued understanding and commitment to this shared journey.

Lastly, a reminder for your family calendars—**Friday, 20th June, is a Curriculum Day**, meaning students will not be required to attend school. Staff will be engaging in professional development focused on the Victorian Government's priority of Wellbeing, equipping our team with the tools to foster a supportive and enriching environment for both students and staff.

I look forward to working together as we navigate the weeks ahead. Stay warm, stay healthy, and thank you for being such a vital part of our school community.

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

The Friendship First-Aid Kit: Expert Tools for Parents (and Kids)

A positive parenting article from Michael Grose.



**Parenting
Toolbox.**

Friendships can be a rollercoaster for kids, filled with soaring highs and frustrating lows.

As parents, watching our children navigate these social dynamics can be tough.

We want to swoop in and fix things, but the real magic lies in equipping them with the tools to navigate these bumps themselves.

Think of yourself as their guide, not their rescuer

According to **Alfred Adler**, the father of Individual Psychology, managing friendships is one of the three life tasks that everyone encounters. The other two are **work/school** and **family**.

Adler maintains that all three tasks are problematic but pivotal to our contentment and life satisfaction.

Our early social experiences and the relationship skills we develop in childhood influence our future friendships.

Adler urged parents to recognise that a child's friendship capacities are central to their (a child's) wellbeing and a significant contributor to school (future work) success.

Unresolved friendship problems = unhappy child = poor learning outcomes.

So, what to do?

As a parent guide and teacher, you need tools to help your child resolve their friendship issues.

Aim to build your child's agency to manage their friendship issues—not right away but in the long run.

To do this, you must draw on your array of relationship skills to help your child.

Here are ten time-tested tools to add to your parenting toolbox to help your kids become expert friendship problem-solvers.

1. Listen First, Judge Later (or Never!)

When your child comes to you with a friendship woe, your first instinct might be to offer solutions or take sides.

Resist this urge.

Instead, create a safe space for them to vent.

Put down your phone, point your feet in their direction, make eye contact, and truly listen to their perspective.

You might hear about a playground squabble over a toy, feeling left out during recess, or a misunderstanding about a playdate.

Feeling heard and understood is the first step in them feeling empowered to tackle the issue.

Listen to understand, not to advise.

Avoid starting with "Well, maybe you..." or "Did you think that..." Instead, try phrases like "That sounds upsetting" or "Tell me more about what happened."

2. Help Them Identify the Problem

Once they've shared their story, gently guide them to pinpoint the core issue. Sometimes, what seems like a huge drama is a simple misunderstanding. Ask **open-ended questions** like:

"What exactly made you feel upset/angry/left out?"

"What do you think the problem is here?"

"What did your friend say or do that bothered you the most?"

This process helps them move beyond just expressing their feelings to analysing the situation.

3. Brainstorm Solutions Together

Now comes the good part – exploring possibilities!

Resist the urge to offer quick fixes, unless they are truly stuck.

Instead, ask your child:

"What are some things you think you could do?"

"Have you seen other kids solve problems like this before?"

"What would happen if you tried talking to your friend about it?"

Encourage a range of ideas, no matter how silly they might initially sound.

This teaches them that there isn't always one "right" answer and that they have the ability to generate options.

4. Use Behaviour Rehearsal

Once you've brainstormed some potential solutions, it's time to implement them in a safe space.

Let your child practise what they'd say in different social situations and scenarios.

You can pretend to be a friend, and your child can practice what they want to say or do.

This builds their confidence and helps them feel more prepared when they face the real situation.

For instance, if the problem concerns sharing, ask politely, "Can I have a turn when you're finished?"

5. Focus on Things They Can Control

Kids must understand that they can only control their actions and reactions, not their friends'.

If a friend is consistently unkind, the solution might not be to change the friend, but to learn how to set boundaries or decide how much time they want to spend with that person.

Help them identify what *they* can do in the situation.

6. Discuss Different Friendship Levels

Help your child understand that not all friendships are the same. Friendships fit three different levels:

Close friends—typically, children have between one to three close friends at any one time.

Casual friends are children your child knows well, but don't always form a tight group with.

Acquaintances are a broader circle of friends who may share similar interests, be in the same class, or know each other through after-school activities.

It's okay if some friendships have more bumps than others and if they change over time.

Remove the expectation that every peer relationship needs to be perfect.

7. Emphasise Empathy

Friendship problems often arise from a lack of understanding of each other's perspectives.

Encourage your child to think about how their friend might be feeling. Ask questions like:

"How do you think your friend felt when that happened?"

"Why do you think your friend might have done that?"

"How did it affect your friend, do you think?"

Developing empathy is key to resolving conflicts and building stronger relationships.

...continued over.

Friendship First-Aid Kit (cont.)



From previous ...

8. Help Your Child Understand How Good Friends Act

Help your child understand what a good friend looks like and how they behave so they can be good friends and recognise unfriendly behaviour from others.

For instance, good friends:

Share information, time and possessions. They give of themselves but understand the boundaries of disclosure.

Allow their friends to have other friends and don't expect exclusivity.

Know how to keep secrets and will stick up for their friends.

Use this list to guide a conversation with your child around friendships.

9. Recognise Their Efforts, Not Just the Outcomes

Solving friendship problems is a learning process. Sometimes, despite their best efforts, things might not work out exactly as they hoped.

As the saying goes, *you can't win 'em all!*

Acknowledge their courage in resolving the issue, regardless of the outcome.

Focus on the skills they used – communicating their feelings, brainstorming solutions, or standing up for themselves.

This reinforces that the effort is valuable, even if the immediate problem isn't resolved.

10. Handle Friendship Changes

Best friends forever!

Nice idea, but not practical for most children.

Kids change. Friends drift apart.

They develop and mature at different stages and can leave each other behind.

That doesn't excuse unfriendly or mean behaviour, but knowing that can help children understand why yesterday's friend is no longer close.

Hurtful? Yes.

But natural nonetheless.

Resilient kids cope with this minor loss and form friendships with other children based on shared interests, hobbies, or school subjects.

Know your role

Your role is to empower your child to navigate the social world. So you're **part guide, part emotional supporter and part teacher**.

By listening, guiding, and encouraging their problem-solving skills, you're equipping them with essential life skills that will serve them far beyond the playground.

You're teaching them resilience, communication, and the ability to build and maintain healthy relationships—invaluable life skills.



FREE COATS

If your child has either grown out of, or requires a new coat, we have a rack of spare coats for free at the office. Please come past and choose one.



What is the Child Care Subsidy?

The Child Care Subsidy (CCS) scheme is an initiative organised by the Australian government to assist families using government-approved childcare. You can access this in OSHC with Extend at Mount Pleasant Primary School.

Every family must apply via [Services Australia](#) to have access to CCS. Once approved, you will receive a CCS entitlement.

To find out your possible maximum CCS entitlement, we recommend getting your CCS calculated by the [Starting Blocks CCS Calculator](#).
<https://startingblocks.gov.au/child-care-subsidy-calculator>

Programs	Times	Fees* (Early Bird Rate)	After CCS*
Before School Care	6:45am - 8:45am	\$28.71	\$2.87
After School Care	3:15pm - 6:00pm	\$38.31	\$3.83

KIDS CLUB 2025

26 MAY - 9 JUNE THE GREATEST STORY EVER TOLD

Join Extend in Term 2 and create your own storybook as a group!

Top three best stories are published, with all winning participants receiving a copy and author credit!

Fantasy, Sci-fi, History, or something completely NEW, your imagination is the scale.



SCAN HERE TO LEARN MORE ABOUT KIDS CLUB



Students of the Week



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

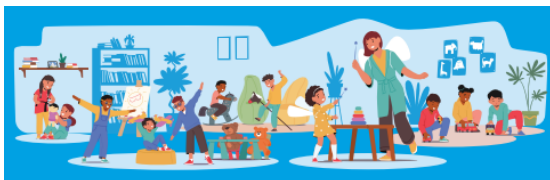
Week 7

Goanar (F), Dotty (F/1), River and Damascus (1/2), Melanie and Felix (2/3), Ivy Sin (4/5), Austyn (6).

Continue being your best!

School Photos

School photos will be held on Monday 16th June. Could all students please be on time and in clean School uniform with hair neat and tidy. All students are to please bring their photo envelope on the day.



Central Kindergarten Registration

Have you thought about kindergarten?

In Victoria, children can start kindergarten at 3 years old, which means two years of **free** kindergarten before school.

Registering for kindergarten

- Register your child from the **January of the year they turn 2 years old** for both 3- and 4-year-old kindergarten.
- Select up to three preferences.
- Registration is free, and you can change your preferences and update your details at any time.
- Registrations for **free kindergarten** are accepted throughout the year.



For more information and to register simply scan the QR code or visit ballarat.vic.gov.au/kindergarten

Do you have questions or need support?

Please contact Family and Children's Services

5320 5720 | kindergarten@ballarat.vic.gov.au

Translation services are available.



Celebrating Diversity and Standing Against Racism

At Mount Pleasant Primary School we value the diversity of culture, ethnicity, and faith of all our students. We are proud of our diversity, and everyone is welcome at our school.

I am aware of some racist incidents that have not supported these values. This has included students using racist language and slurs. This behaviour is unacceptable and will not be tolerated at our school. We are taking immediate action as part of our commitment to make our school a safe and inclusive place for everyone.

Celebrating the diversity of our community makes us stronger, kinder and innovative. We are committed to ensuring that students from all backgrounds feel accepted, supported and are empowered to learn.

We have taken steps to ensure the school is a place free of racism and where everyone feels welcome, respected and supported. To achieve our values and aims, everyone at Mount Pleasant Primary School plays an important role, and we are writing to ask for your support at home, as we support at school through our Respectful Relationships teaching and learning program and links to the Personal and Social Capabilities of our Victorian Curriculum.

I ask that you support your child/ren to:

- understand that we celebrate diversity and multicultural inclusion;
- understand the importance of everyone at school being treated with respect;
- understand that Mount Pleasant Primary School takes racism very seriously;
- understand that the school will support students if they experience or see their classmates experience this racism;
- discuss with your children the impact of using racist slurs and the harm it may cause other students, and the importance of using respectful language at school and in the broader community.

Your partnership in reinforcing these values at home will significantly help create a more respectful and inclusive environment at school.

For more information, please see [Racism: talking with children and teens](#), [Raising Children Network](#).

If you or your child/ren have experienced racism or other unfair treatment at school, we are here to help. Talk to our Leadership Team. They can help you understand the school policies, access support and follow up with action.

If you don't feel comfortable reporting the incident to school, you can call or email the Report Racism hotline. The Department of Education runs the Report Racism hotline. It is available 9am to 5pm, Monday to Friday (excluding public holidays) on [1800 722 476](tel:1800722476) or via email at report.racism@education.vic.gov.au.

If you need an interpreter to help, please let me know.

Thank you for your help and support.

Miss Barnes

Congratulations Niamh

Congratulations to Niamh who is performing in Bound for Broadway as Gertrude.

Each show runs for approximately one hour—perfect for kids and families to enjoy together!

When: Saturday 28th June (2 shows) Sunday 29th June (3 shows) Where: Gay Gough Theatre Mt Clear

Tickets \$20 - \$40: <https://ticketing.humanitix.com/tours/2025-bcma-productions-tickets>

Bound for Broadway is a high-energy celebration of imagination, adventure, and the magic of musicals! This year's junior revue takes audiences on a whirlwind journey through jungles, oceans, courtrooms, and kingdoms — all brought to life by our talented young performers. Featuring hits like Hakuna Matata, Under the Sea, Alone in the Universe, and more, this colourful, joy-filled show is a tribute to the fun, freedom, and friendships found in musical theatre. Don't miss this wild and whimsical ride!

Come along and enjoy these fabulous shows— tickets selling fast. Don't miss out.

Ballarat Centre of Music and the Arts present

BOUND FOR BROADWAY
A JUNIOR MUSICAL REVUE

GO! DOLLS JR.

28th and 29th JUNE
Gay E. Gough Theatre
Tickets for both shows on sale now!

PIANO BAR Jetsonian constructions Doherty Clark SIXT Biggin Scott

Mount Pleasant Primary School before and after school care survey

Below is a link to provide feedback about our OSHC program through Extend. Please take a few minutes to complete this short survey. Your feedback is greatly appreciated and will be used in planning to improve our service going forward.

<https://forms.gle/R5gHGYEKbXp7AbZv5>

Thank you,
Taliah
Service Coordinator

DISCOVER. LEARN. PLAY.

EXTEND SQUAD

BALLARAT & SURROUNDS

ALL GIRLS 5 WEEK PROGRAMS

AFLW Player Visits attending as part of the AFLW Community Camp

nab AFL Auskick

4 - 7 YEAR OLDS

Gross stains are guaranteed at NAB AFL Auskick. An introductory program to Australian rules football, teaching skills through fun activities and mini games.

Ballarat & Surrounds ALL Girls Auskick
Monday 4:15 PM - 5:15 PM
Starting 2nd June - Brown Hill Rec Reserve
AFLW Western Bulldogs Players attending 5th June session extra session
USE DISCOUNT CODE: 3FA7976E

REGISTER NOW

AFL Superkick

7 - 12 YEAR OLDS

Level up your skills with modified match play in weekly sessions. NAB AFL Superkick is tackle-free and great for Auskick grads and newbies.

Ballarat & Surrounds ALL Girls SUPERKICK
Monday 4:15 PM - 5:15 PM
Starting 2nd June - Brown Hill Rec Reserve
AFLW Western Bulldogs Players attending 5th June session extra session
USE DISCOUNT CODE: 3FA7976E

REGISTER NOW

PLAY.AFL

READY FOR THE ROAD AHEAD?

BOOK EARLY FOR TERM 3!

Strap in, because we're flooring it straight to Term 3!

We're on the road to a brand new term of creative activities tailored to make your children laugh, learn and have fun!

WHAT'S ON FOR TERM 3?

- Engaging arts, crafts and indoor games
- Outside play and sport for the warmer days
- Delicious health snacks made fresh!



BOOK 14 DAYS IN ADVANCE TO SAVE!
BOOK ONLINE AT [EXTEND.COM.AU](https://www.extend.com.au)

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