



Melbourne Camp – What a WOW!

Last week I had the pleasure of going to Melbourne on school camp with our Grade Six students. We had the most fabulous time, experiencing lots of wonderful activities and enjoying each other's company. A highlight for me was watching the excitement on our student's faces when we went to the Theatre to watch the live Harry Potter performance. None of our children had seen this show before. The behaviour of our G6 students was superb, we were so proud of them. I would also like to thank the following staff for giving up their own personal time, leaving their families and taking care of the children.



Thank You:

Joe Cavallo, Nikki Gladman, Rachel Parker, Julie -Anne Costa and Donna Kane. And a special thank you to Rachel, who was the organiser of the camp.

Thinking of all those who have been impacted by the floods.

It's been a very challenging time across Victoria. During the past week many people have been impacted by floods. We are expecting to see continued heavy rainfall over the next few days, along with rising river levels. I know everyone will be thinking about all those who are experiencing distress and loss, at this time, and hope that floods do not become too bad, here in Mildura. As a result of the catastrophic floods throughout the state, the Education Department has provided a directive to all schools, stating that they cannot travel into flood affected areas.

G4 Camp – CANCELLED

Unfortunately, the G4 Camp to Campaspe Downs has been cancelled. This is a result of an Education Department Directive. Although very disappointing, we do not have a choice. I'm sure you are all aware of the current restrictions regarding travelling due to the flooding in Victoria. Although we are now unable to go on this specific camp, we will organise an activity before the end of the year. We will let you know as soon as possible. Please contact me if you have any questions.

G1/2 Activity Day & G2 Sleepover – BOTH POSTPONED

The G1/2 Activity Day cannot go ahead either. Once again, this is a result of an education Department Directive. The staff have already organised an alternative experience on Friday 25th November. The G2 Sleepover is now on Thursday 24th.

CATs (Common Assessment Tasks)

Have you read your child's latest school report?

Several have been uploaded onto COMPASS over the last 3 weeks. This week, the following reports will be available for parents to view:

- Grade 3 – Maths
- Grade 4 – Fractions
- Grade 5 - Unit of Inquiry



Pupil Free Day

On Wednesday, 7TH December, pupils will not be required at school. Teachers will be assessing all student learning, moderating and preparing for the student's end of year school report.



GR 6 MELBOURNE CAMP

Last week, the Year 6's were lucky enough to go on school camp to Melbourne! We got to experience fun and educational activities such as the SeaLife Aquarium, Old Melbourne Gaol, Melbourne Museum, Planetarium, lots of shopping, Rock Climbing, Queen Vic Markets, Ice Skating, Street Art and Harry Potter and the Cursed Child. It was so much fun! Here is what some of our Year 6's said about our fantastic camp!

'My favourite thing that we did on Melbourne Camp was the Street Art. There were so many different colours and styles all over the walls and it was amazing to look at!' - Addie

'My favourite thing on School Camp was Ice skating. I thought it was super fun, but I kept falling down! It got better when I slowly got the flow of how to skate properly.' – Daniel

'My favourite thing was Rock Climbing. I loved climbing up to the top and jumping down with the harness so that I went slowly. It felt like floating! I got to do some of the challenges the Staff set for us, and I got lots completed.'

- Ayla

'My favourite thing was Harry Potter. I loved all of the sound effects and it was so magical! I loved how they did the spells and tricks. Sometimes it got loud and scary, but it was still very interesting and very fun.'

- Isla



"We all Had so much Fun"



Supporting our Children to be Resilient!

Resilience is our ability to do well in spite of stress. It is about successfully coping with problems and building strengths that protect and promote wellbeing.

Our resilience comes from a combination of our individual genetic makeup, the skills, strengths and attitudes we develop and the support we have from people around us in our family and community.

Children need to feel that they can make a difference by telling themselves the following:

I can:

- find ways to solve problems
- talk to others about things that frighten or bother me
- control myself when needed
- find someone to help me

'I am a worthwhile person'.

- I am:**
- loved and loveable
 - happy to do things for others and show I care
 - respectful of others and myself
 - willing to be responsible for what I do

'I have people I trust who love and support me'.

- They:**
- show me how to do things right
 - want me to learn to do things on my own
 - will keep me safe.

Parents and carers play an important role in helping children build their coping skills. They do this by helping them feel loved and safe, building relationships, managing feelings, building skills, taking self risks, focusing on strengths, asking for help and importantly, positive thinking.

Positive thinking is an important part of building resilience. When children think positively they are more likely to have a go and succeed.

We can help our children do this by:

- Telling children positive stories about themselves. When children hear positive stories about themselves, such as their strengths, or times they were able to cope well or succeed, it helps shape how they view themselves and their ability to face challenges.
- Talk positively about situations. For example, saying 'I was just thinking that when you allow enough time and really try hard with your math homework you usually get good results', is more helpful than 'See, you never allow enough time and you really don't try hard enough with math'.
- Reframe what children say. For example, if they say they don't have any friends, you could say 'Sometimes it's hard to find a friend, but last week you had fun when you were playing that game with Jake'.
- Show you understand negative thoughts and feelings. For example, saying 'It sounds like you're worried about that test' is more helpful than saying they're being silly or telling them not to think like that. They will be more likely to express their feelings next time.
- Help children replace negative thoughts with positive ones. Some positive thoughts are: - 'Things always get easier the more I do them' - 'I can try my best' - 'I have done well before' - 'I can always ask someone to help me'. Some unhelpful thoughts are: - 'This is too hard for me' - 'I am no good at this' - 'I can't do it on my own' - 'No-one likes me'.

Negative thinking can get worse with each setback and become self-fulfilling, eg 'Every time I try to kick a goal I miss anyway, so I may as well not try anymore and not even go to practice. I never get picked for the team anyway'. Children can feel down and hopeless and find reasons things won't work. They can give up before even trying.

By Annemarie Villiva and Natalee Catanzariti, Student Wellbeing Coordinators, Mildura West Primary School.

20th October 2022

Important Dates

1st November

- Melbourne Cup – Public Holiday

16th & 17th November

- MWPS Concert evenings

24th November

- Prep Orientation session #1
9:30 – 12:30pm

2nd December

- Prep Orientation session #2
9:30 – 12:30pm

7th December

- Student Free Day

9th December

- Prep Orientation session #1
9:30 – 12:30pm

Camp Dates

Gr 4 – Campaspe Downs Vic

- 24th – 26th October (**Cancelled**)

Gr 2- Sleepover at School

- 27th October (**Postponed**)

Gr 2 sleepover at school

- 24th November (**New Date**)

Prep Activity Day

- 25th November

Student Led School Assembly

21st Oct – Gr 4B

WEST STAR

Class

Prep L

West Star

Valentina Evola

Reason

For being a risk taker in reading and also reading every single night at home. Super effort Valentina

Prep P

Finn Pain

For being a risk taker and trying new things. Fantastic effort Finn!

Prep S

Violet Westbury- Walters

For being a caring member of our class and looking after her friends. Well done Violet

1A

Aivah Kerr

For being a Risk-Taker and trying her best in all areas of learning. Welcome to 1A!

1J

Lily-Rose Thiele-Wright

For being a risk-taker and working hard to improve her writing. Fabulous work Lily-Rose!

1T

Toby Fitzsimmons

For being a risk taker in writing by using his imagination to write a creative narrative! Well done Toby!

2N

Indigo Morris

For being Principled during dance rehearsals. Great work for being a role model, Indigo!

2O

Lachlan O'Brien

For being a Principled and Caring member of our classroom. Well done!

3K

Nate Coss

For working hard on his Self-Management Skills during and between lessons. Well done, Nate!

3L

Indianna Kerr-Robertson

For being a caring member of her classroom by always being kind and helpful. Fantastic Indi!

4B

Keira Ross

For being a principled member of our class and always trying her best. Keep it up, Keira!

4T

Dane Cook

For being a Risk-taker during Writing. Well done, Dane!

5B

Indi Hillas

For being a Risk-Taker while publishing her information report

5N

Neiva Ings

For being a great communicator through her writing and using agency to know where to go to next.

6N

Phoenix Sutton-Scarlett

For working on his goal of being a Communicator when interviewing an Expert for the Exhibition UOI. Well done Phoenix!

6R

Shujaat Jeffrey

For being a good Communicator when interviewing an Expert for the Exhibition UOI. Great work Shujaat!

Digital

Hazyq Endy

For being a 'Thinker' and applying his creative ideas to programming projects.

Technologies

Music

Elijah Anemaet

For having a positive attitude and being a Risk Taker in Music every week. Amazing effort Elijah!

Physical

Tristan Tonne

For his confident kicking and cooperative play during soccer! Such a superstar!

Education

Visual Arts

Jeremy Downes

For being a deep thinker and communicator in Art.

Environmental

Indi Kerr-Robertson

For her enthusiasm in the Enviro Area and caring for our plants and animals. Awesome work Indi!

RREP

Khloe Partington

For always being a caring RREP Leader in the Friendship Zone. Well done Khloe!

ENVIRO NEWS

Market Day

What an overwhelmingly positive response we had to our Market Day last Thursday! The Enviro Area was full of families taking a tour around our amazing space. All of the produce, flowers and pot plants were snapped up so quickly. There would have been lots of yummy meals prepared at Westie homes during the week using the fabulous veggies we grew! We are very grateful for the donations we received totalling \$125.00 to help our school purchase more fruit trees. Thanks so much to Bridget, Judy and the Enviro Leaders for organising such a happy celebration of our harvest and Enviro Area!



Enviro West Star

One of our Grade 5 Enviro Leaders, Olivia, suggested that we have a weekly 'Enviro' West Star award. Our Enviro Leaders thought this was a great idea! Olivia said the purpose of an Enviro West Star is to "show children that the environment matters, and we need to care for it. This will help make our earth's future look brighter!" Keep your eye out for our Enviro West Star each week.

