



Banksia Bulletin

M T M A R T H A P R I M A R Y S C H O O L

Thursday 22nd February, 2018

Mt Martha Primary School strives to empower students to be active learners who make a positive impact in a changing world.

Principal Report

CSEF - A reminder that the CSEF (Camps, Sports and School Excursions Fund) is available for eligible families to assist in the costs of education. A new application is required each year. Eligibility is based on the parent/legal guardian being the recipient of a valid means tested Centrelink concession card. Applications may be made at the school and should be lodged as soon as possible to make funds available in term one. Please refer to the information in the newsletter.

School Council Election - Last Call for Nominations - Nominations for School Council parent member positions close at 4pm today. If the number of nominations is less than the number of vacancies those nominated are deemed elected. No ballot will be required. Remaining vacancies will be filled by co option at the first meeting of the new School Council.

Meet The Teacher - It was great to see so many parents of students taking the opportunity to share information with the teachers at the Meet The Teacher evening on Tuesday and Wednesday. Establishing new relationships with class teachers and open lines of communication is important in the learning partnership we enjoy with students, parents, teachers and other school staff.

Swimming Sports - The first of our school swimming sports was held today with the Years 5 and 6 students swimming at Mornington Secondary College. We always see some excellent personal efforts, some terrific results and high levels of participation, sportsmanship and encouragement. Mr Sweatman always does a terrific job organising the sports and staff, parents, grandparents and student leaders provide valuable assistance to ensure a smoothly run and fun event. Our Year 3 and 4 students are heading off to their swimming sports tomorrow. Good Luck and have a great day!

Bike Safety - Riding a bike to and from school is a healthy travel option. Early in the year it is good to remind our bike riders of road rules, safe riding strategies including wearing helmets and use of shared pathways. In addition to road safety messages the students receive from the school, if parents could remind and reinforce safe bike use with their child that would be appreciated. Thank you.

Whole of School Photos - School photos will be taken on Thursday 8th March. Order form packs will be sent home on Monday 26th February. Please bring the photo envelope on photo day with correct money inside. Please note, for your convenience, online ordering is now FEE FREE.

Kind regards

Martin Page

COMING EVENTS

FEBRUARY

Friday 23rd

- Years 3 & 4 Swim Sports
- Year 1 South Beach Walk

Tuesday 27th

- Year 4 Hip Hop
- Prep Assembly

MARCH

Thursday 1st

- Year 2 Kingswim

Tuesday 6th

- Year 3 Paul Kennedy visit
- Year 4 Hip Hop

Wednesday 7th

- Prep Responsible Pet Ownership

Thursday 8th

- **WHOLE SCHOOL PHOTO DAY**



Please remember to bring your photo packs with correct money enclosed

- Year 1 Kings Swim
- Year 2 Kings Swim

Friday 9th

- Year 1 Kings Swim
- District Swimming

Monday 12th

Labour Day Public Holiday
Students do not attend school on this day.

Tuesday 13th

- Year 4 Hip Hop

Wednesday 14th

- Year 2 Immigration Museum excursion
- Division Swimming

NEXT SCHOOL COUNCIL MEETING
AGM
8th March

6.45pm in the Staff Centre

BEACH PROGRAM

What an amazing start to the year for all the Year 3 - 6 students who participated in the Water Safety program at Mt Martha Beach. Students had a positive attitude during the Beach Program and of course the weather was absolutely magnificent too! (Majority of the time)

The Year 3 & 4 students learnt a variety of survival skills and increased their knowledge of the local beach environment. Understanding the correct techniques for using rescue tubes and nipper boards were other important skills the children learnt. The children also practised running and dolphin diving in shallow water and acquired some useful skills when using a lifejacket.

Well done to our Year 3 students for showing great resilience in attempting the activities in the chilly wind and the very rough conditions on their day. Not only was I proud of their efforts but the teachers and parents also were amazed with the positive attitude towards the program.

The Year 5 & 6 students were involved in more complex nipper board, surf ski and SUP activities that made them aware of the different skills and survival techniques required in a water environment. A CPR session allowed the students to understand the importance of safety at the beach and all students learnt the proper procedure for assisting a person in need of help using the DRSABCD protocol. To conclude their program, the students participated in a mini "Aqua Relay Carnival" involving small teams competing in running, surf skis, boards, a swim and a water Bow/Arrow shot. To the tune of "Eye of the Tiger" the teams participated enthusiastically in the carnival utilising all the skills they had learnt during the Beach Program sessions. Well done to all our students!

The Beach Program cannot be conducted successfully without the support of **parents** who assisted with the walk down from school, running beach activities, taking small groups for a walk session, judging some beach art creations and of course walking back to school. Thank you!

HUGE thank you to all of the **class teachers** that assisted with activities and made sure that all students were safe and had a great time. As well as turning the occasional sausages too!

The Year 4 students missed out on their last ½ day rotation but will be making up that session on Friday 23rd March. Hopefully we will have a nice day to finish off the beach program for all those students

COLES SPORTS FOR SCHOOLS

Coles Sports for Schools is back to help Aussie kids stay fit and healthy. When you shop at Coles, you'll receive Sports for Schools vouchers that Mt Martha Primary School can exchange for sports gear. The more vouchers we collect, the more sports gear we'll receive. Start collecting today because the race is on!

The collection box is located at the front office under the foyer TV.



Mr Sweatman

PE Teacher

SCHOOL PHOTOS - THURSDAY 8 March 2018

CLASS & INDIVIDUAL PHOTOS – NOTE ONLINE ORDERING IS NOW FEE FREE

Class and individual photographs of all students will be taken at school on **Thursday 8 March**.

ENVELOPES WITH CORRECT MONEY ARE TO BE RETURNED ON PHOTO DAY ONLY

PLEASE DO NOT SEND IN BEFORE THAT DAY

All children will receive an order form pack on **Monday 26 February**.

Packs range in price from \$25 - \$48. There are several options you can choose from depending on how many photos you require.

**** Sorry - No change available at the school office ****

Each student will be given their own order form pack specific to their class.

Each student must hand his / her own envelope to the photographer on the photo day.

If the envelope is not presented the photo pack will not be included in the main delivery to the school.

FAMILY PHOTOS

Parents who want their children to have a Family Photo, need to collect a Family Photo envelope from the office from **Monday 26 February**. The photographer will collect Family Photo envelopes on photo day and the children will be called to pose for those photos during either the morning or lunch recess.

Correct uniform with attention to detail please.



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Grandparents
Carers**

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Our free 6 to 10 Week program helps you to:



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relationships



Set rules and
limits



Manage
everyday
behaviour
problems

Participants complete a workbook or online modules which are supported by weekly 30 minute phone calls with a trained parenting educator.

All of this can be done from the comfort of your own home at a time that suits you.



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positive start to last a
lifetime**

Call us for more information or to enrol

1800 880 660

Enrollments are taken all year round



Our kids matter.

KidsMatter helps our school nurture happy, balanced kids.



Dear Parents and Carers,

Our 2018 school year is off to a great start with students settling in quickly to new routines. This term, for the You Can Do program, we are learning about Getting Along. Across the school we also have a focus on practising mindfulness within the classroom to enhance student learning.

Mindfulness for children

What is mindfulness?

Mindfulness is a whole body-mind state of awareness that involves 'tuning in' to the present moment, with openness and curiosity, instead of 'tuning out' from experience. Mindfulness is a state of being fully awake to life – being aware and undistracted in the present moment. It is about focusing attention on the present, rather than thinking about the past or worrying about the future- which is often our brain's default mode.

Mindful awareness is something that we all possess and that can be strengthened through practice. Mindfulness can be developed through formal sitting meditation practices, or through informal everyday mindfulness activities that use the senses to anchor the attention: such as mindful walking, listening to music, eating or conversation. Mindfulness is a clinically proven tool to support wellbeing and mental health by reducing stress and allowing life to be experienced more fully.

Why practice being mindful?

The way we interact with our kids has a huge impact on the way they think about themselves and their levels of personal resilience. Ellen Langer and team, a world-renowned mindfulness researcher found that children not only prefer to interact with mindful adults, but actually devalue themselves following interactions with mindless adults (Langer, Cohen & Djikic, 2010).

The benefits of mindfulness with children

Research shows that mindfulness training increases connectivity in the frontal lobe of the brain, which is linked to improved attention, memory processing and decision making abilities.

Mindfulness training involves tuning in to internal and external experiences with curiosity resulting in increased self-awareness, social awareness, and self-confidence.

Mindfulness training increases children's ability to self-regulate their emotions, especially difficult emotions such as fear and anger, through breathing and other grounding techniques.

Mindfulness has been shown to improve empathy or the ability to understand what another person is thinking or feeling, which improves children's awareness of others and helps them to build positive relationships.

Mindfulness and childhood mental health

Mindfulness training has been shown to reduce the severity of depression, anxiety and ADHD in children.

Mindfulness builds resilience by giving children skills to help them to cope better with stress, as well as engage more fully with themselves and the world.

Mindfulness for parents

The best thing parents can do to help their children become more mindful is to commit to some regular mindfulness practises themselves! The more present and mindful you are with your children, the more happy, mindful and resilient they will be. Mindfulness training can assist parents to remain in the present moment and engage more fully when interacting with their children. Research shows that parents and carers who practise being mindful around their children contribute to improving their child's sense of self-worth and self-esteem.

Mindful play:

Dedicate a window of time each week to mindfully play with your child or children. Turn off all other distractions such as TV, and put your mobile away and on silent. Try to give them your full attention during this time and if your mind wanders off to all the things you should be doing, that's fine – that's just what minds do! Use your child as an anchor to come back to every time your mind wanders away.

Mindful cooking:

Cooking together can be a great way to spend quality time. Help your child notice the colours, smell and taste of the ingredients as you add them to the meal, and the touch of the different items as you cook.

Mindful dinnertime:

Create a time for your family to appreciate and savour their food at the start of a meal by spending the first few minutes of dinner in silence, just eating and enjoying the food. It's a surprisingly nice activity to do with the whole family, and done regularly, can become a lovely ritual.

Mindful teeth brushing:

Getting kids to brush their teeth can be a challenge, so why not make it a challenge, by inviting them to try to do it mindfully with you? Invite them to pay attention to the feel of the brush in their mouth and the sensation and taste of the toothpaste. Ask them three things they noticed that was different about their brushing tonight than from the previous night.

Mindful learning environments:

Teachers and early childhood educators can influence student wellbeing and learning by understanding, embodying and embedding principles of mindfulness into their learning environments.

Teachers and early childhood educators who are encouraged to develop mindful awareness in their own life will positively influence their whole community.

A mindful partnership:

KidsMatter has joined forces with Smiling Mind, a free program that helps develop Mindfulness Meditation skills in children. Read more about the collaboration between KidsMatter and Smiling Mind. Go to the KidsMatter website at:

www.kidsmatter.edu.au

See also:

Mindfulness for children: Further resources.

Social and emotional learning.

The KidsMatter Team has been committed to introducing Mindfulness activities within the classroom throughout the school to enhance student wellbeing and resilience..

Some families are already taking time together at home to practise some mindfulness exercises. It is a calm and relaxing way to end the day.

Enjoy!

Karen Hodgkins and the KidsMatter Team.

FINANCIAL ASSISTANCE INFORMATION FOR PARENTS

Every Victorian child should have access to the world of learning opportunities that exist beyond the classroom. The Camps, Sports and Excursions Fund helps ensure that no student will miss out on the opportunity to join their classmates for important, educational and fun activities. It is part of making Victoria the Education State and the Government's commitment to breaking the link between a student's background and their outcomes.

CAMPS, SPORTS & EXCURSIONS FUND (CSEF)

School camps provide children with inspiring experiences in the great outdoors, excursions encourage a deeper understanding of how the world works and sports teach teamwork, discipline and leadership. All are part of a healthy curriculum.

CSEF is provided by the Victorian Government to assist eligible families to cover the costs of school trips, camps and sporting activities.

If you hold a valid means-tested concession card or are a temporary foster parent, you may be eligible for CSEF. A special consideration category also exists for asylum seeker and refugee families. The allowance is paid to the school to use towards expenses relating to camps, excursions or sporting activities for the benefit of your child.

The annual CSEF amount per student is:

- \$125 for primary school students
- \$225 for secondary school students

MORE INFORMATION

For more information about the CSEF visit
www.education.vic.gov.au/csef

HOW TO APPLY

Contact the school office to obtain a CSEF application form or download from www.education.vic.gov.au/csef

NEW FOR 2018!

If you applied for the CSEF at your child's school in 2017, you do not need to complete an application form in 2018 unless there has been a change in your family circumstances.

You only need to complete an application form if any of the following changes have occurred:

- **new student enrolments;** your child has started or changed schools in 2018 or you did not apply in 2017.
- **changed family circumstances;** such as a change of custody, change of name, concession card number, or new siblings commencing at the school in 2018.

Check with the school office if you are unsure.





ABODE

MT MARTHA

Family Tennis Day

Feb 25th 1pm - 5pm



Free BBQ.



Tennis games & competitions by
Stirling Tennis.



\$5 coffee & muffin combo
at "South Beach Project".



Drinks available to purchase at
clubhouse bar.



Raffle! Win a \$50 voucher from
bring gold coins! Bells Meats.



All Welcome



Thanks to the supporters for the day:



Grade 1 Girls Day!

All existing Grade 1 girls teams **and** any new grade 1 girls wanting to start basketball are invited to join our Grade 1 Girls Basketball Day

Our Grade 1 girls competition is an introductory basketball program for girls wanting to learn the game and love it! If you have a daughter who is in grade 1 or a team of girls that would love to have a go, please come along!

Saturday 3rd March, 4:30 – 5:30pm

Mornington Basketball Stadium

RSVP: manager@morningtonbasketball.com.au

All current Grade 1 girls teams are strongly encouraged to attend.

Players will receive a gift and be involved in fun skills & drills.

Mornington Basketball will be assisting any player looking for a team on the day.



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All of this can be done from the comfort of your own home at a time that suits you.



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positive start to last a
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Call us for more information or to enrol

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Enrollments are taken all year round



COMMUNITY NOTICES



Anger Management workshop dates for boys 11-17

Raging Bull is happening on **Mon 26th of Feb & Mon 12th of Mar.**

Event link <https://www.eventbrite.com.au/myevents/>

Mum & Dad do you have a son who has issues with anger?

Are you struggling to deal with the outbursts & the outcomes?

Are you starting to see changes in his attitude & mood that have your worried?

If so this event might be exactly what you're looking for.

Raging Bull is a workshop for parents & boys 11-17 who are regularly dealing with issues around anger both in the home & at school.

Star News article on Motov8. <https://grow.starcommunity.com.au/2018/02/walking-the-talk-for-kids/>

Our kids matter.

KidsMatter helps our school nurture happy, balanced kids.



CONTACTS



M T M A R T H A P R I M A R Y S C H O O L

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Mount Martha 3934

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Absence Line 5973 7700 or visit the school website

E-mail: mount.martha.ps@edumail.vic.gov.au

Website: www.mtmarthaps.vic.edu.au

Office Hours 8.30am-4.15pm Monday - Friday

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Thursdays: 3.00pm-4.00pm

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& Sat 10am - 1.00pm.



A friendly reminder to families and friends that Melrose Dve is reserved for STAFF PARKING. Please use Eco Park or Glenisla Dve.

Mt Martha Primary School strives to provide a safe environment for students, staff and visitors. Please alert the office to any hazards.

SCHOOL TERMS 2018

TERM 1 31st January to 29th March 2018

TERM 2 16th April to 29th June 2018

TERM 3 16th July to 21st September 2018

TERM 4 8th October to 21st December 2018

Our school purpose is to ensure a high quality and engaging learning program that builds on the capability of every student.

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2018 FRIDAY LUNCH ORDER LIST

Lunch Day: Friday ONLY		Download app via itunes or Google Play	
Orders in by 8am		Search "bakerymade"	
Call 0400 082 035 for late orders			

<u>HOT FOOD SELECTIONS</u>		<u>SANDWICHES</u>	
Lasagne Beef or Veggie	\$ 5.50	Cheese	\$3.00
Penne Bolognaise	\$ 5.50	Cheese & Vegimite	\$3.50
Cheesy Penne Pasta	\$ 5.50	Ham	\$4.50
Chicken Casserole	\$ 5.50	Ham & Cheese	\$5.00
Chillie con Carne	\$ 5.50	Ham Salad	\$5.50
Shepherds Pie	\$ 5.50	Chicken	\$4.50
Baked Potato with Bolognaise & Cheese	\$ 4.50 (gfree)	Chicken Cheese	\$5.00
Baked Potato with Baked Beans & Cheese	\$ 5.50 (gfree)	Chicken Salad	\$5.50
Vegetable Frittata	\$ 4.50 (gfree)	Salad	\$4.00
Zucchini & Bacon Slice	\$ 4.50	Tuna	\$4.50
Spinach Corn Fritter	\$ 5.00	Tuna Salad	\$5.50
Baked Beans	\$ 4.00	Vegimite/ Honey/ Jam	\$3.00
Pumpkin Soup	\$ 5.00 (gfree)		
Minestrone Soup	\$ 5.00 (gfree)	Cheesymite Scroll	\$3.00

<u>MUFFINS/SLICES/COOKIES</u>		<u>PIES/PASTIES</u>	
Croissant	\$ 2.50	Pie Plain Beef	\$5.00
Chocolate Croissant	\$ 3.50	Pie Chicken Leek	\$5.00
Jam Doughnut	\$ 3.00	Pie Chunky Beef	\$5.00
Choc Chip Cookie	\$ 4.00	Pastie Vegetable	\$5.00
Choc Chip Muffin	\$ 4.00	Pastie Lamb & Veg	\$5.00
Banana Muffin	\$ 4.00	Spinach Ricotta Roll	\$5.00
Apple Cinnamon Muffin	\$ 4.00	Sausage Roll	\$4.50
Date & Oat Muffin	\$ 4.00		
Raspberry Muffin	\$ 4.00	<u>FRUIT SNACK</u>	
Chocolate Hedgehog	\$ 4.00	Diced Pears snack pack	\$3.00
Chocolate Brownie	\$ 4.00	Diced Peaches snack pack	\$3.00
Lemon Slice	\$ 4.00		
Raspberry Oat Slice	\$ 4.00		
Caramel Slice	\$ 4.00		

SEE OVER FOR HINTS ON ORDERING

HINTS FOR ORDERING

Ordering via the app on your phone or tablet

1. Download app from itunes and google play search for "Bakerymade" (all one word)
2. Enter "Sign In" & register as a customer.
3. "View Account" & add your address details.
4. Select your products to order
5. School, class, name etc entered at product
6. At check out select payment option "Monthly Account Customer"
7. Order history to review orders

Any set up problems please call Jon 0400 082 035

PAYMENT PROCESS

If using the mobile app for purchases:

+

All payments via credit card processed monthly

Credit Card details required on set up of account

Receipt for payments sent monthly

Pay as you go available via Website purchases using Paypal

Website: www.bakerymade.com.au

Troubleshooting Notes:

When placing orders via the app when checking out if your address does not appear for selection do not create a new one.

The app has timed out from your previous login but will still appear to have you logged in. Please log out and sign back in and this will fix this problem.

We have sent requests to the developer to fix this glitch so we appreciate your patience.