

Moyston Primary School

NEWSLETTER

No. 153

7th May 2015

Moyston Primary School aims to develop in our students a purpose of belonging and an understanding of the importance of taking responsibility for their own learning. This is to take place in a caring learning environment that engages students to work towards achieving their personal best in an atmosphere of mutual respect and cooperation, and assisting them to become valued members of the community.



Well done to our school Cross Country team Natalie, April, Ethan, JJ, Aiden, Zac, Jonah and Aiden. Our team competed in the Black Ranges Cross Country race in St Arnaud on Tuesday.

In very unpleasant weather conditions, the students represented our school exceptionally well, showing lots of determination and team spirit!



Principal Anthony Cain

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SCHOOL SPORTS TOMORROW!

**Students need to be at the Halls Gap
Recreation Reserve by 8.40am.**

**Full school uniform please, including SHORTS
for competing.**

SCHOOL SPORTS

Our school Sports will be held tomorrow 8th May at the Halls Gap Recreation Reserve.

Students are to assemble at the Halls Gap Recreation Reserve by 8.40am for a 9.00am start.

Parents are responsible for transport to and from the sports.

Students must wear their red school polo tops, blue shorts, suitable footwear, and other clothing appropriate for the weather.

Bring your own snacks and drinks, there will be some food available to purchase or pre-ordered a lunch orders.

Our students have been training very hard for the sports and we are really looking forward to the day.

We hope to see lots of family and friends in Halls Gap to support Moyston Primary School!



Upcoming events...

Friday 8th May
MDSSA Sports at
Halls Gap

Saturday 9th May
Endurance Horse
Ride Dinner

Tuesday 12th May
School Council 6pm

15th May
Old time dance
Harris/McKinnon

Cross Country



Our students did a fantastic job running in the Cross Country on Tuesday. Thank you very much to all of the parents who helped transport the students to and from St Arnaud. If it wasn't for the support of these parents, some of our students would not have been able to compete on the day.





Thank you to Doug McKinnon who helped take our Cross Country team on a final training race last week. Doug set out a 3km course through the local bushland to give our students some experience in running a proper Cross Country track.



Morning 'Huff and Puff' adventures!

MOYSTON OLDTIME DANCE

All school families are asked to please provide 2 plates of cakes, savouries or slices for our rostered evenings which can be left at the school before 3.30pm or delivered to the Moyston Hall by 9pm on the dance evening.

***OUR NEXT SCHOOL
ROSTERED DANCE
DUTY IS NEXT FRIDAY
15th MAY**

2015 OLDTIME DANCE ROSTER

May 15th

Keilar & McKinnon

August 21st

Johnston & Fitzpatrick

November 20th

Bennett-Farthing & White

If you are unable to attend on your rostered evening, please arrange a swap with another parent or let us know at school.

ENDURANCE HORSE RIDE DINNER SATURDAY

This Saturday 9th May the school is hosting the Endurance Horse ride dinner at the Moyston oval.

If you are able to help with chop up, please join us at the oval on Saturday morning from 9am.

Helpers are needed between 5.30pm and 9pm Saturday night.

The horse riders meals are staggered throughout the evening, so any help, even for half an hour to serve or clean up is appreciated.

If you are able to help, please see Libby or Kelly.



COOKING

Thank you very much to Lydia Jackson who gave up her time yesterday to come into school and cook with the students.

Lydia helped our students prepare slices which will be used for dessert at the Endurance Ride Dinner this weekend.



PEE AND POO CONCERNS?

ARE YOU A PARENT, GUARDIAN OR CARER OF A CHILD AGED 0-8YEARS?

SEARCHING FOR ANSWERS ON ANY OF THESE TOPICS?

TOILET TRAINING
BED WETTING
URINE INCONTINENCE
FAECAL INCONTINENCE
CONSTIPATION

FUNDING AVAILABLE TO HELP YOU SEEK HELP

AN EXCITING OPPORTUNITY TO DISCUSS YOUR CONCERNS AWAITS. WE HAVE ARRANGED FOR A VISITING CONTINENCE ADVISOR FROM THE QUEEN ELIZABETH CENTRE BALLARAT TO BE AVAILABLE FOR AN INFORMATION SESSION

WHEN: **TUESDAY 16TH JUNE 2015**

WHERE: **STAWELL MATERNAL AND CHILD HEALTH CENTRE**

87 D'ARCY ST STAWELL (Taylor's Gully Child Care Centre)

TIME: **7-8:30PM**

COST: **FREE**

RSVP: PHONE [53589060](tel:53589060) TO CONFIRM ATTENDANCE

BMX DATES

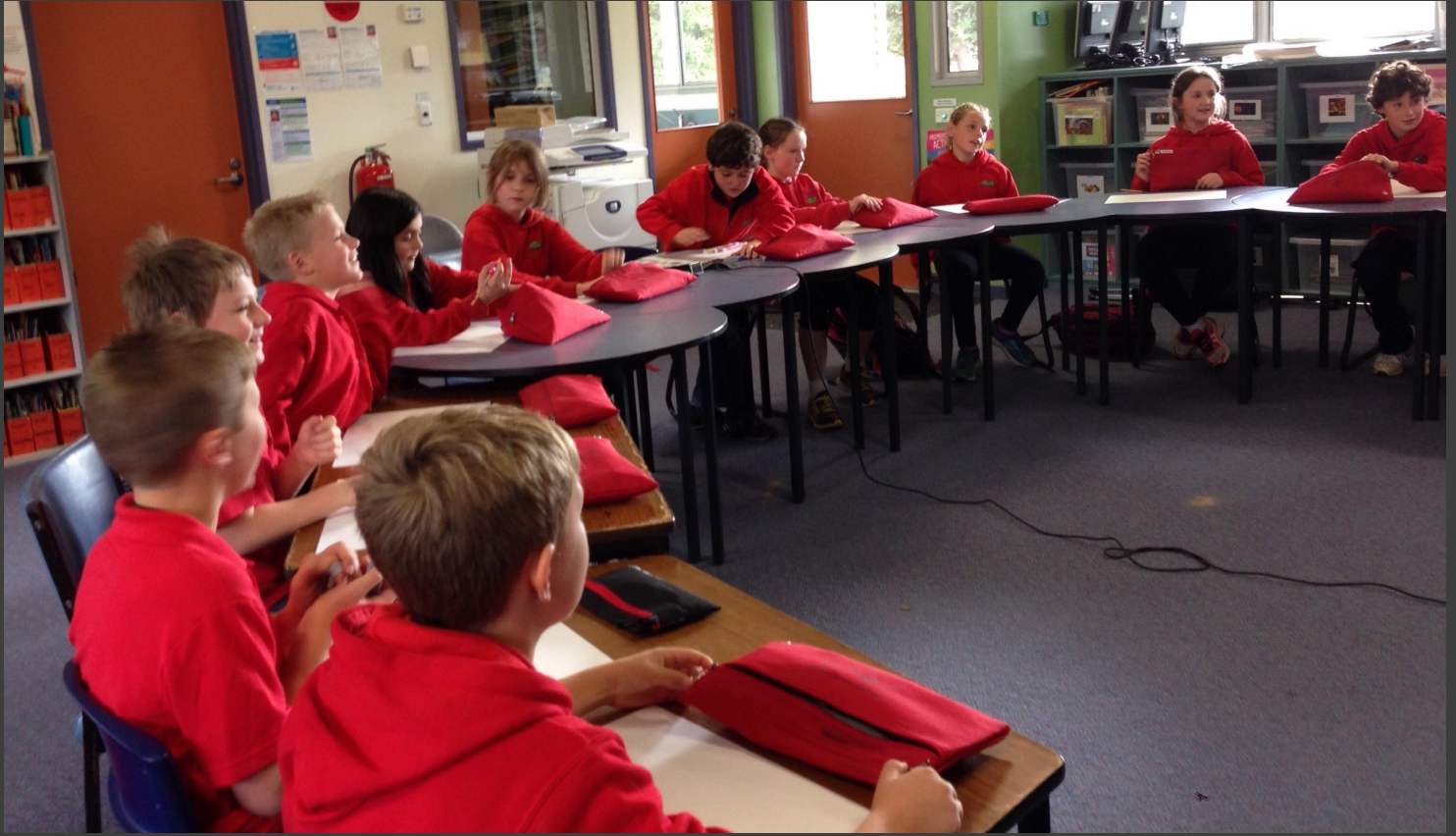
1	Wednesday 5th August	Geelong BMX Club	<u>WHITTINGTON</u>
2	Wednesday 19th August	Lilydale BMX Club	<u>LILYDALE</u>
3	Wednesday 26th August	Shepparton BMX Club	<u>SHEPPARTON</u>
4	Wednesday 16th Sept.	Warrnambool BMX Club	<u>WARRNAMBOOL</u>
FINAL	Friday 9th October	Bendigo BMX Club	<u>BENDIGO</u>

BMX TOPS

We will be placing another order for our Moyston BMX tops. Orders will be placed on **20th May**. Order forms have been sent home and they are also available in the school office. These tops are not compulsory for competing. Adults and family members are also welcome to order a top if they wish.

Full payment doesn't need to be paid until after the order has arrived, but we do ask for a \$10 deposit .

Put Yourself in the Picture



This week the Grade 3-6 students Art lesson was via the Polycom.

The students studied portraits of Captain James Cook, Neville Bonner, Nancy Wake and Ken Done.





SCHOOL DAM

The School Dam has been under major construction over the last week.

Contractors have been digging out the dam, making it bigger and deeper.

The students have been fascinated by the process, one in particular getting a little too close!



Following up from our Bushfire Artwork earlier this year, the students have now drawn 'After' pictures.

These beautiful works of art display the rejuvenation of the land after a fire.



Parenting *ideas*

INSIGHTS



Building parent-school partnerships

WORDS Michael Grose

Help your children make sense of natural disasters

As adults we all want our children to live carefree lives and keep them from the pain and even horror of tragedies such as natural disasters. In reality we can't do this.

Recent natural disasters wreak incredible havoc on so many people's lives and will no doubt leave an indelible imprint on our collective psyches. Graphic images have been brought into our living rooms via the media over the last few weeks, and will continue to do so in the immediate future.

As adults we all want our children to live carefree lives and keep them from the pain and even horror of tragedies such as natural disasters. In reality we can't do this.

So what is a parent, teacher, or other caring adult to do when the natural disasters fill the airwaves and the consciousness of society? Here are some ideas:

1 Reassure children that they are safe

The consistency of the images can be frightening for young children who don't understand the notion of distance and have difficulty distinguishing between reality and fiction. Let them know that while this event is indeed happening it will not affect them directly.

2 Be available

Let kids know that it is okay to talk about the unpleasant events. Listen to what they think and feel. By listening, you can find out if they have misunderstandings, and you can learn more about the support that they need. You

do not need to explain more than they are ready to hear, but be willing to answer their questions.

3 Help children process what they see and hear, particularly through television

Children are good observers but can be poor interpreters of events that are out of their level of understanding.

4 Support children's concerns for others

They may have genuine concerns for the suffering that will occur and they may need an outlet for those concerns. It is heartwarming to see this empathy in children for the concerns of others.

5 Let them explore feelings beyond fear

Many children may feel sad or even angry with these events so let them express the full range of emotions. They may feel sadder for the loss of wildlife, than for loss of human life, which is impersonal for them.

6 Help children and young people find a legitimate course of action if they wish

Action is a great antidote to stress and anxiety so finding simple ways to help, including donating some pocket money can assist kids to cope and teaches them to contribute.

7 Avoid keeping the television on all the time

The visual nature of the media means that images are repeated over and over, which can be both distressing to some and desensitizing to others.

8 Be aware of your own actions

Children will take their cues from you and if they see you focusing on it in an unhealthy way then they will focus on it too. Let them know that it is happening but it should not dominate their lives.

9 Take action yourself

Children who know their parents, teachers, or other significant caregivers are working to make a difference feel hope. They feel safer and more positive about the future. So do something. It will make you feel more hopeful, too. And hope is one of the most valuable gifts we can give children and ourselves.

Children's worlds can be affected in ways that we can't even conceive of so adults need to be both sensitive to children's needs and mindful of what they say and how they act in front of children.

In difficult times, it is worth remembering what adults and children need most are each other.



Stay one step ahead of your kids with great ideas & expert advice from Michael Grose. Join Michael's **NEW Parentingideas Club** today at parentingideasclub.com.au. You'll be so glad you did.





Brayden, Nellie, Emily, Lily and Adelia all received Reading Eggs awards this week.
Excellent work everyone!

Pilates with Zaiga

Monday 9am
Friday 2.45pm
School Library
\$8.00

45 minutes
All welcome

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