



School News



Edition 9 – June 13TH 2023

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PRINCIPAL'S REPORT

If I were ever a revolutionary, my focus would be downtime – for adults as well as kids.

The greatest change I have noticed over the past 20 odd years has been the pace our world moves. The speed of our work is often something we have no control over, however outside of work - we have a choice.

When work finishes, it seems for most of us, our senses continue to be overloaded; whether we are driving our kids to different activities, arranging catchups, flicking on the tv or staring at our phones. We have choice on how often we choose to do this across the week.

More than any other part of our body, our brains need rest. Sleep is one component of this rest, other components include being outside with nature, not looking at screens, being by ourselves doing something we love and finally, connecting with those we love.

Without healthy doses of these past times, we become dysregulated. Dysregulation goes by many names including stressed, anxious, highly emotional and depressed, and the outcomes can be catastrophic for the individual as well as the family.

Wellbeing professionals and activities are businesses that have simply grown on the back of this relentless push to do, see, taste and experience more. My response is "Do less!" and support one another to do the same.

Flick to any research around downtime and it will explain the benefits, including improved emotional regulation, learning outcomes and overall health. Personally, I can't think of three other factors I want more for my kids and myself 😊

Gene VanderZalm, Principal

PARENT STUDENT TEACHER INTERVIEWS (PST's)

Our PST's will be held in the second week of next term. Booking information will be in the next newsletter, Tuesday 11th July with bookings opening later that day. Please keep in mind that once they open, there is only just over a week for booking your interview so log on as soon as possible to secure a time slot.

LUNCH TIME MUSIC GROUP

On Tuesdays for half lunch, we would like to start a music group for the students in year levels 3-6.

For students who would like to participate, we have positions for:

Flute – An initial cost of \$10 to purchase own flute

Guitar – Students will need to bring their own guitar

Ukulele – We have Ukulele's at school or students can bring their own.

Please let us know if you would like to participate and be part of the music group.

Thank you, Marina Gardner and Lisa Murray

CALENDAR

Current 13/6 – 11/7

15th June - Division Winter Sports (selected 5/6 students)

20th June - School Council, 6pm

23rd June - **Last day Term 2**
2.30pm dismissal

10th July - Term 3 commences

11th July - Bookings open for PST's, time TBC

Upcoming

20th July - Parent Student Teacher Interviews (PST's)

25th July - School Council, 6pm

4th Aug - Student Disco

14th Aug - Curriculum Day (Pupil Free)

22nd Aug - School Council, 6pm

13th Sep - School Concert

14th Sep - Division Athletics

15th Sep - Last day term 3,
2.30pm dismissal

NEWSLETTER ITEMS

The newsletter is compiled every second Monday. All items need to be submitted by 1:30pm to be included.

Unclaimed Glasses

A pair of glasses in a black case have been handed into the office.

If these might belong to you, please come in and collect them.

RESPECTFUL RELATIONSHIPS

Once upon a time I dreamed of having a welcoming little room to catch up with kids in. I planned on decorating it with cool things and making it a place where kids felt warm and safe, but our school is a lively and busy place. Every room is a hum of activity, learning and fun. So, I spend Mondays and Thursdays working from the staffroom. This might not seem ideal, but it is.

Each week I watch this hub transform throughout the day. Monday morning everyone is catching up about the weekend, sport and the 'need to knows' before the week starts, then the day flows on with children cooking or playing games in the staffroom. Thursday morning the staffroom smells of toast and the rush of everyone getting ready for Breakfast Club, the day again busy with cooking and games and fun. Always, packed up for lunch and recess when the teachers come back into the room.

Mostly though, this is the space where the people who work at this school connect. This creative, clever bunch of humans come in, refuel and go back out there to be the best people they can for the kids we all care about so much! So today I raise my 'buttery breakfast club toast' to the incredibly hard-working staff at MPS, you are all just wonderful!

Enjoy the last 9 days of this term!

Donna Giliam, Primary Welfare Officer



Congratulations to Cooper who won the Bushman's Whipcrack in his age group at the Man from Snowy River Bush Festival.

Cooper recently brought his trophy and whip into school and gave us all a wonderful demonstration of his whip cracking abilities.



Our new amphitheatre is complete, with our regular Friday Gatherings being held there the last couple of weeks. Parents/carers are always welcome to join us at our gatherings starting at 3pm. We are in the process of adding further seating for families to use when joining us at these events.

PROFILE OF THE WEEK



Taneka Roffey

Student Support

What were you doing before coming to MPS?

I was working at Mary Mackillop

What are you looking forward to this year at MPS?

Making new connections with students and staff

Where did you grow up?

15 minutes down the road in Foster

One word to describe you would be...

Adventurous

What is something you have always wanted to try?

Sky Diving

What was your favourite bedtime story as a child?

At the beach written by Alison Lester

What is your favourite past time?

Swimming and diving with whale sharks

What is your favourite holiday destination?

Kangaroo Island



Drumming Incursion

8th June



COMMUNITY NEWS

The following Community News articles promote community connections and communications. They are not considered school activities.

Southern Fusion Netball:

SFNC is the South Gippsland representative club which aims to develop players into Netball Victoria Development pathway. Players will complete in state-of-the-art facilities on indoor courts, Wednesday nights, at Casey Netball Association's Casey Stadium. The spring season runs from July-November (no play during the school holidays). Scheduled training sessions are held on Sundays at Meeniyah & District Sports Stadium.

The selection process for the Spring 2023 season is open

Date: Tuesday 13th June (Meeniyah Sports Stadium)

Time: Under 13's – 5.30-6.30

Under 15's – 6.00-7.00

Under 17's – 6.30-7.30

Sunday 18th June (Meeniyah Sports Stadium)

Under 13's – 10.00-11.00

Under 15's – 10.30-11.30

Under 17's – TBC

Dress: wear a white or light top with shorts. NO skins or leggings

Register your intention at

https://docs.google.com/forms/d/1LIhOYvMengPBuFN97lg9a_PUPjGk1dkm8TNiWANQv0/edit

For further information please phone Leonie on 0400 153 092 or e:mail info@southernfusion.com.au

Australian Ballet's Holiday Program (FREE):

Join the Australian Ballet's Education and Outreach team to create a new dance work in 4 days! Open to all levels, no need for prior dance experience. Participants attend across **4 days (Tues-Fri)** and will be involved in warm ups, creative games, dance exercises and learning the tools to make a dance. On the final day, participants will present their dance at the Warragul Leisure Centre Stadium for an audience and will have the opportunity to watch a professional performance of *The Story of Pomi and Gobba*.

Grades 3 & 4: Tues – Thurs 1.00-2.30 (performance Friday 1.00-4.00)

Grades 5 & 6: Tues – Thurs 2.45-4.15 (performance Friday 1.00-4.00)

To register/for more info please visit: <https://bit.ly/WarragulGrades3-4> or <https://bit.ly/WarragulGrades5-6>

Auskick Burst:

Mid-season entry. It's not too late to join the fun! Register for NAB AFL Auskick now for only \$55 plus receive an exclusive goodies pack! play.afl/auskick





CHILD SAFETY STANDARDS WHAT WE EXPECT AT MEENIYAN PRIMARY SCHOOL

- ❖ Everyone connected to our school can help children be safe.
- ❖ We have zero tolerance of any abuse of children.
- ❖ We have policies and procedures in place to protect the care, safety and welfare of children.
- ❖ There are clear boundaries about how adults in our school community may interact with our students.
- ❖ The new Child Safe Standards go further than child protection arrangements did in the past.
- ❖ The Child Safe Standards apply to school staff, volunteers, contractors, visitors and students' family members.
- ❖ Keeping children safe is everyone's responsibility.
- ❖ To ensure you know how we are keeping your children safe at school, and how we would like you to support us.
- ❖ Unsupervised contractors will be asked about their child safety arrangements as a condition of working with us if they work with children enrolled in the school (or children can reasonably be expected to be present while they are at the school).

Please see further information on Child Safe Standards on our school website.

Community members are encouraged to raise any concerns about child abuse with the Principal or report directly to Child Protection / Police.

Meeniyani PS Beanies available
for purchase from the office
\$20 each

