

COMMUNITY NEWSLETTER

12 March, 2018

Term 1 Week 7

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WEEK 7 REMINDERS

- Return Year 7 2019 high school forms by Friday
- Return school photo money
- Deliver Easter egg donations to office

Leadership Awards

Last Monday, the Hon Matt Thistlethwaite, Member for Kingsford Smith, attended our school assembly to present leadership awards to the student leaders for 2018. Our school captains, prefects, house captains, library monitors and audio visual monitors were presented with their certificates by Mr Thistlethwaite, who also spoke about the qualities of a leader.



Coles Sport For Schools

Please support Matraville Public School by shopping at Coles and collecting vouchers that help us buy sport equipment. You can place your vouchers in our box at the Eastgardens store or in the box in the school office up until 3 April.

Thank you for your support!

Sporting Achievements In Stage 3

A huge congratulations to Keilani for achieving a place in the 11 year girls breaststroke at the zone swimming carnival which places her in the regional swimming carnival on 20 March! Well done to Billy and Paula for achieving a place in the ESPSSA Rugby League Married trial held on the 13 March! We are so proud of you all! GOOD LUCK!!!



TERM 1 CALENDAR – 2018

WEEK 7

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| Wednesday 14 March | Souths Cares School Oral Health Senior Dance Auditions |
| Thursday 15 March | Selective High School Test |
| Friday 16 March | PSSA Sport AFL Seniors vs Pagewood #2, Junior vs Pagewood #2, Softball vs South Coogee Heffron Pk #1 |

WEEK 8

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| Monday 19 March | School photographs |
| Tuesday 20 March | Regional Swimming Carnival |
| Wednesday 21 March | Harmony Day |
| Friday 23 March | P&C AGM 9:15am PSSA Sport Round 5 |

WEEK 9

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| Tuesday 27 March | Parents as Partners |
| Thursday 29 March | Easter Hat Parade |
| Friday 30 March | Good Friday - No school |

WEEK 10

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| Monday 2 April | Easter Monday - No school |
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5KM Use a Positive Mindset!

At Monday's assembly, 5KM presented their fabulous artworks to the school, to showcase some of the great learning they have been doing in class. As well as showing us their creative artworks, they spoke about some positive messages related to their learning. 5KM shared their thoughts about the importance of having a positive mindset, trying hard at all times and learning from our mistakes. These are all great rules for us all to remember in our daily learning.



TTFM Student Surveys

In Term 1 2018, our school is taking part in the Tell Them From Me student survey. The survey will provide us with valuable feedback on what our students think about school life, how engaged they are with school and the different ways that teachers interact with them. Students in Years 4-6 will participate in these surveys. These students have received an information and consent form. Please read the information and see your child's class teacher if you have any questions. Consent forms only need to be returned if you do not wish for your child to participate. Surveys will be completed in class in the coming weeks.

Parents as Partners

Last Wednesday's Parents as Partners was an opportunity to celebrate P&C Day and acknowledge all of the work our P&C do for our school. A number of parents enjoyed a lovely morning tea in the garden. Thank you to everyone who attended and thank you to our P&C for everything you do for us!

Bikes and Scooters

Due to the location of our school on such busy roads, we do not encourage students to ride their bikes or scooters to and from school. If there are special circumstances that require your child to ride to school, please make an appointment to discuss these with Ms Hoskins. Please note that bikes and scooters are not to be brought onto the school grounds, as we do not have a secure area for them to be kept.

P&C Annual General Meeting

The P&C Annual General Meeting will be held on Friday 23 March at 9:15am in the Community Room. At this meeting, new executive members for the P&C will be elected. Positions include President, Vice President, Treasurer and Secretary. All parents and carers are encouraged to attend the P&C meetings held each month. This is a great opportunity for you to meet other parents, hear about the school and have your say. If you have any questions please contact the P&C executive (email: matravillepublicschool@pandcaffiliate.org.au). New members are always welcome!

School Photos

School photos will be taken on Monday 19 March. Students have received a personalised envelope with which to order and pay for photos. Please return this envelope with the correct money, a money order or online payment details before Monday 19 March. Please still return your child's envelope even if you do not wish to purchase photos - every student will be photographed whether they are purchasing photo packs or not.

On photo day, please ensure your child wears the correct school uniform, including either girls check tunic dress or white polo shirt with school logo and green school cullottes/shorts, white socks and black school shoes.

Maroubra Peaceful Kids for 4-12 year olds

'Peaceful Kids' is a Mindfulness and Positive Psychology based program to lessen anxiety and stress and increase resilience in children. The program has been created to fulfil a need in schools to offer all children a developmentally appropriate program that gives children the skills, practice and support to utilize coping strategies that lessen the symptoms of anxiety and stress. The program also involves parental involvement and commitment to supporting the strategies at home.



Outcomes of the Peaceful Kids program:

- Lessen symptoms of anxiety and stress in children
- Teaches children to self-calm
- Empowers children to manage their own anxiety
- Supports children so they know that they are not alone with suffering from anxiety

Program structure:

- Peaceful Kids is a 8 week program of 50 minute sessions
- Sessions include learning a range of mindfulness strategies and meditations and positive psychology exercises.
- Children are guided through meditations daily online via the Peaceful Kids website: peacefulkids.com.au

More information on the Peaceful Kids program: Peacefulkids.com.au

Next group to be held near you, run by Lilly Pilly Counselling:

Where: Yoga, Level 1/822 Anzac Pde, Maroubra

When: 3:30- 4:20 Mondays, Starting on 21st May 2018

Cost: **FREE** - A GP mental health treatment plan for your child will be required to secure attendance in the 8 week PSS group program
GP consultation fee may apply

Bookings: contact Leanne 0422173512 or Vivien 0450370496 or email:

lillypillycounselling@hotmail.com

Lilly Pilly Counselling Incorporated is a Provider Organisation for Psychological Support Services (PSS) program funded by Central and Eastern Sydney PHN

Disclaimer: Any advertising in the "Matraville PS Community Newsletter" is not endorsed by the school or the Department of Education.