

WELCOME TO THE MOUNT Macedon PRIMARY SCHOOL NEWSLETTER

Issue 27 Tuesday 2nd September 2025

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FOS Events

Next Meeting
08/09/25

Father's Day
Friday 5th September

Trivia Night
October 24th

Important Term Dates

September

5th STEM room Sensory Garden Working Bee
11th Playground & Flag/garden Official Opening
12th Production Full Rehearsal (during school)
18th District Hot Shots Tennis
15th Production Dress Rehearsal (during school)
15 – 18th Production
19th LAST DAY OF TERM – 2.30 finish

Term 4

October

9th – 10th Year 3 Boomerang Ranch Camp
13 – 17th Whole School Swimming Program
27th SEA Parent Info Session @ 7.30pm
31st World Teachers Day

November

3rd – PUPIL FREE DAY
4th – Melbourne Cup Day Public Holiday
5th 7th & 14th SEA Program
17th – 21st **TBC** Year 4, 5 & 6 Cottage by the Sea
Camp
24th Aaron Moar Guitar Concert
18th & 25th 2026 Foundation Orientation Session

December

2nd 2026 Foundation Orientation Session
9th Statewide orientation session
12th Kids Rule The School
15th Year 6 Graduation
17th Picnic at Hanging Rock
18th End of Year Assembly & Morning Tea
19th LAST DAY OF TERM finish @ 1.30

Hello everyone,

Week 7! Can you believe it?

Father's Day Event: FOS have organised a Father's Day dinner to be held at the Macedon Village Hotel this coming Friday night, 5th of September. If you have not yet RSVP'd there is still time! You can do so via the Dad's WhatsApp group or text your name to 0416 504 835. The more the merrier - I hope to see you all there! I also wish all of the fathers and father figures in our school community the best for Father's Day this Sunday. I hope you all get a chance to enjoy the day with your family.

Production Update: Tickets are going on sale today and will be available through TryBooking at the link sent out via Compass this afternoon OR at the link below. *At this stage, please limit your booking to 6 tickets per family to ensure that each family is able to secure seats.* If we have any spare tickets, they will be made available at a later stage. More information is included later on in the newsletter.

<https://www.trybooking.com/DBQNQ>

Performance Times

Monday 15th September: Evening Performance: 7:00PM (Students arrive at 6:30PM)

Tuesday 16th September: Matinee Performance: 4:00PM (students to stay at school)

Wednesday 17th September: Evening Performance: 7:00PM (Students arrive at 6:30PM)

Thursday 18th September: Evening Performance: 7:00PM (Students arrive at 6:30PM)

Moving on the Mount: Grade 5/6 Mt. Towrong Bushwalk: Our grade 5 and 6 students will be going on a bushwalk to the summit of Mt. Towrong this coming Friday. Reconnecting with nature and taking time out of their busy schedules will hopefully recharge them all for a busy end to the term. If you have not yet provided consent for this excursion, can you please jump onto Compass and do so as soon as possible.

District Cricket: As I write this report, we have a number of our grade 4, 5 and 6 students participating in the District Cricket competition down at Dixon Field. I wish them all the best and cannot wait to hear how they go.

Playground and Flag Garden Opening: We are holding our opening for the new playground, Indigenous garden and flags next Thursday, the 11th of September. Representatives from our local RSL, Department of Veterans' Affairs as well as Trish Hyland and Olivia Desormeaux will be present - all of whom were essential in securing the funding for these projects. We will be holding a Welcome to Country and smoking ceremony to help commemorate the event.

New Soccer Goals: We are excited to announce that we will be installing new soccer goals on the school oval in the coming weeks. Our MMPS soccer stars have been utilising the basketball court and the space between the basketball court and the veggie gardens over the last few terms, and it will be great to give them a dedicated space to demonstrate their skills.

Many thanks,

Joe.

Production Ticket QR Code:



Riddle

Answer: a barber

Who makes it, has no need of it. Who buys it has no use for it. Who uses it can neither see nor feel it. What is it?

District cricket

On the 3rd of September our school is going to be participating in the VIC interschool district cricket competition. If your child is in one of the teams, please make sure you have

Playground opening

On Tuesday the 26th of August the playground opened, we couldn't play on it because it was wet and rainy. So on Wednesday it was very popular. Everyone was so excited and there was a long cue for the twisty slide!

Father's Day

On the 5th of September is Father's Day, we hope that all the dads and father figures have a great day!

Gnarly90 challenge

The Gnarly 90 Challenge is a wellbeing and mental health challenge that gets us up and about and focussing on movement and mindfulness and kindness and creativity.



GNARLY90

CHALLENGE

**We are doing a
12 week
challenge every
Monday
lunchtime**

Why?
To create awareness
and improve our
wellbeing and mental
health.

When?
In Mindfulness
Group (Monday,
Lunchtimes)

**Listen for the
announcement
to let you know
where we are
doing it**

**Ran by Matilda
(Wellbeing Leader)**



Jasper

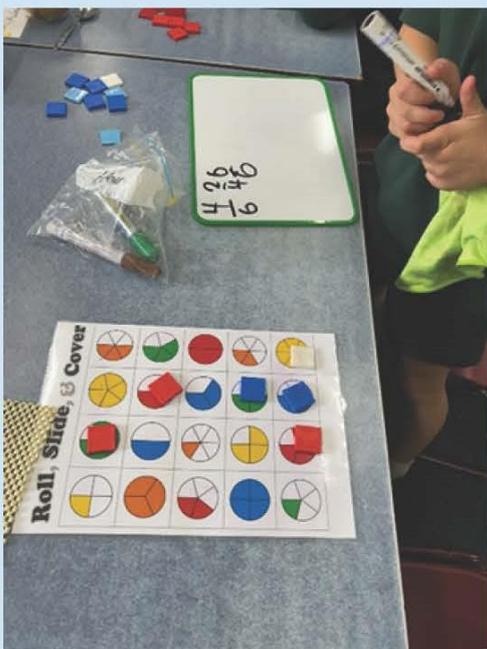


Flora

Grade 1 Classroom Update

In Numeracy we have been looking at fractions. We have done lots of games and hands on activities dividing groups and objects into fractions.

In Literacy we have been looking at narratives and have been busy writing our own picture story books which we have almost finished publishing. We are looking forward to sharing them with the other classes in the school.



Grade 4\5 Inquiry

In inquiry this term we have been learning about different art styles. We have so far learnt about Impressionism, Pop art, Surrealism, Cubism and Aboriginal Art. We have been making posters of each different type of art.

FUN FACTS:

- 
- **ART WAS ONCE AN OLYMPIC SPORT:**
- **BETWEEN 1912 AND 1948, YOU COULD GET MEDALS FOR WORKS OF ART IN ARCHITECTURE, LITERATURE, MUSIC, PAINTING, AND SCULPTURE.**
- **THE MONA LISA ACTUALLY RECEIVES FAN MAIL:**
- **THE FAMOUS PAINTING HAS ITS OWN DEDICATED MAILBOX AT THE LOUVRE MUSEUM, WHERE IT RECEIVES COUNTLESS LETTERS, FLOWERS, AND POEMS.**

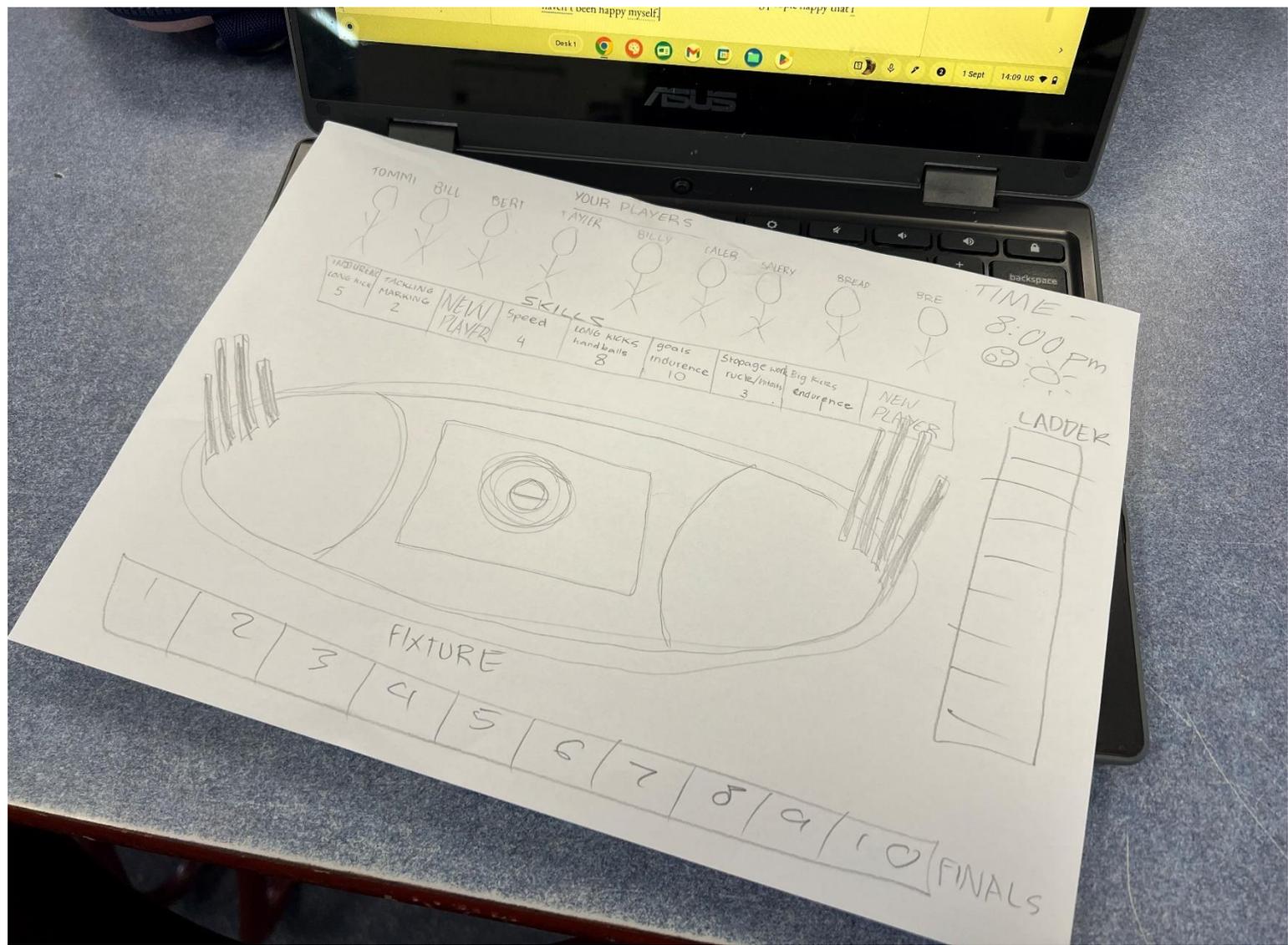
By Eloise and Cillian
Grade 4/5 JSC reps

This week we continued working on the game designs we began in our last lesson. Our focus was on creating a **user interface** (once we figured out what that actually meant) The challenge was to think about how we can best share the important information a player needs without overwhelming them with too much detail.

To explore this, we looked at one of the most effective examples of game and UI design: **Tetris**. Was this just an excuse for us all to play a game of Tetris in class? *Maybe*. Was it also an excuse for me to try to outplay a group of students a quarter of my age with my so-called “superior” Tetris skills? *Possibly*. Am I embarrassed about how that sounds? Not at all.

Below you can see an example of the work produced in class: Pearl’s user interface for her upcoming **AFL Team Management** game which she will then design in Canva to go with her final game design document.

Mr. Garcia



Junior School Council

'The JSC planned a 'wear it purple day' to raise awareness to the differences of all students at Mount Macedon Primary School. We wanted to do this because we want everyone to feel included and our school to be a place where everyone can feel safe'

By Eleanor, Sophia & Clem

Year 6



Wear It Purple Day is when you wear a splash of purple to represent the fact, we are all different. Many of us wore lots of purple stickers, t-shirts, wristbands and more. It was a very fun.

It is important we all know that it is ok that we are different because we are all special. If you weren't different then people would just have the same ideas over and over again. That would be very bad because that would be boring and nothing would be fun or adventurous in life. Some people have different likes and opinions, and you shouldn't bully them just because they are different from you.

Written by Louis and Daphne ★ Grade 2/3

Wear It Purple Day

Wear it purple day is a day about respecting those who are different, sometimes we have differences but we all respect those differences we have. Even though we are different it doesn't mean that people should tease or leave out other people because we are all the same. I'm sure we all know how it feels like to be disrespected and teased. It is being rude and mean if you purposely hurt people's feelings by doing or saying mean things to them it is pure disrespect to who we are.

By Evie and Amelia
Grade 4/5

Respect



Helping Young Minds Navigate Big World Events: A Guide for Parents

By Michael Hawton, Child Psychologist (MAPS) and [Parentshop](#) founder.

Teenagers today are bombarded with information about climate change, global conflicts, and social injustices through social media and news platforms. Unlike younger children, adolescents have greater cognitive capacity to understand these issues, but they're also more likely to feel overwhelmed by their apparent magnitude and their perceived powerlessness to create change¹.

Whilst teenagers can think more abstractly than younger children, their brains are still developing, particularly the prefrontal cortex responsible for emotional regulation and long-term planning. This means they can understand complex global issues but may struggle to put them in perspective or manage the anxiety these issues provoke.

Research shows that teenagers who set unrealistic goals about changing the world are less happy than those who focus on achievable contributions. This is particularly relevant when discussing climate change and global issues with your teenager.

Four strategic approaches

Encourage Meaningful but Realistic Action Rather than trying to solve climate change single-handedly, help your teenager identify specific, manageable ways to contribute. This might involve joining environmental groups at school, volunteering with local organisations, or researching careers that align with their values. The key is helping them understand that meaningful change happens through sustained, collective effort rather than grand gestures.

When teenagers feel they can contribute meaningfully to solutions, it builds what I call a 'growth mindset' - the belief that challenges are opportunities for growth rather than insurmountable obstacles². This approach helps them develop resilience thinking skills that will serve them throughout their lives.

Discuss Media Consumption Critically Teenagers are sophisticated consumers of information, but they need guidance in developing media literacy. Discuss how news outlets and social media platforms are designed to capture attention through dramatic presentation. Help them identify reliable sources and encourage them to limit their consumption of distressing content.

Unlike with younger children, complete avoidance isn't realistic or appropriate for teenagers. Instead, help them develop skills to critically evaluate information and manage their emotional responses to it. This includes understanding how the constant stream of negative news can create a distorted view of reality.

Facilitate Deep Conversations Teenagers need space to express their concerns about world events without judgment. Create opportunities for meaningful discussions about their fears and frustrations. Listen actively to their perspectives and validate their emotions whilst helping them think through realistic responses.

Use these conversations to explore complex topics like the balance between individual responsibility and systemic change, the role of technology in both creating and solving problems, and how to maintain hope whilst acknowledging serious challenges. These discussions help teenagers develop sophisticated thinking skills and emotional regulation strategies.

Model Proportional Response Show your teenager how to respond proportionally to global challenges. This means taking appropriate action without becoming consumed by anxiety about things beyond individual control. Demonstrate how to stay informed without becoming overwhelmed, how to contribute meaningfully without taking on unrealistic responsibility, and how to maintain hope whilst acknowledging difficulties.

Supporting Emotional Regulation

Teenagers are particularly susceptible to anxiety about global issues because they're developing their sense of identity and place in the world. Help them understand that feeling concerned about climate change and global injustices reflects their developing moral reasoning and empathy - these are positive qualities that, when channelled appropriately, can lead to meaningful contributions.

However, it's important to help them distinguish between productive concern that motivates action and overwhelming anxiety that leads to paralysis. Teach them techniques for managing intense emotions, such as mindfulness practices, physical exercise, and maintaining connections with friends and family.

Building Future-Focused Resilience

The goal with teenagers is to help them develop what I call 'active hope' - the ability to maintain optimism whilst taking concrete steps towards positive change. This involves helping them understand that whilst global challenges are real and serious, human ingenuity, cooperation, and sustained effort have solved significant problems throughout history.

Encourage your teenager to think about their long-term goals and how they might contribute to solutions in their future careers or civic engagement. This forward-thinking approach helps them see themselves as part of the solution rather than helpless victims of global problems.

Discussing world events with teenagers requires balancing honest acknowledgement of challenges with realistic hope for positive change. By helping your teenager develop critical thinking skills, emotional regulation strategies, and a sense of agency, you're preparing them to be thoughtful, resilient citizens who can contribute meaningfully to addressing global challenges.

Remember, the goal isn't to eliminate your teenager's concern about world events - their awareness and care are signs of healthy moral development. Instead, we want to help them channel these concerns into productive action whilst maintaining their mental health and optimism about the future.

¹ Harvard Centre on the Developing Child, "The Science of Resilience" (2015)

² Dweck, C., "Mindset: The New Psychology of Success" (2006)

Michael Hawton is founder of Parentshop, providing education and resources for parents and industry professionals working with children. He has authored two books on child behaviour management: *Talk Less Listen More* and *Engaging Adolescents*. You can find more information, including his books and self-paced online parenting courses at <https://www.parentshop.com.au/parent-courses/>

Next Thursday the 11th of September is R U OK? Day



A CONVERSATION CAN CHANGE A LIFE

R U OK? inspire and empower everyone to meaningfully connect with the people around them and start a conversation with those in their world who may be struggling with life.

You don't need to be an expert to reach out - just a good friend and a great listener.

Use these four steps and have a conversation that could change a life:

1. Ask R U OK?
2. Listen
3. Encourage action
4. Check in

Production is fast approaching, and we are in full swing of singing, dancing and acting rehearsals.

Costumes notes have been sent home and if your child has lines in the production, they also have a copy of their script.

If you could help your child learn their lines at home that would be a great help to build confidence.

Can all costumes please be at school, clearly labelled and in a bag by Wednesday September 10th

Tickets sales are now open!

Here is the URL - <https://www.trybooking.com/DBQNNQ> or QR Code



FOS FATHERS DAY EVENT!

WHERE IT IS..?

Macedon Village Hotel

WHAT TIME?

7:00PM Friday 5th of
September

RSVP:

0416 504 835

OR VIA THE DAD'S WHATSAPP
GROUP BY MONDAY THE 1ST OF
SEP. PLEASE INCLUDE YOUR
NAME IN YOUR RSVP.



Do you have time to lend us a hand?



Friday Sept 5th 3:30 - 5:00 pm

We need your help to plant a colourful, sensory garden in front of the STEM room

Jobs include:

- Digging up the garden bed
- Planting new plant
- Spreading mulch



With thanks and appreciation - your School Council



Mount Macedon Primary School is once again participating in the

Victorian Premiers' Reading Challenge. The challenge encourages students to read a set number of books over the year and record their efforts. Students who complete the challenge will receive a certificate at the end of the year. All students are participating, with junior class teachers keeping a whole class record of books read together, while senior classes (Grade 5 and 6) are adding their own books. The challenge closes at the end of Term 3, so keep reading and adding books!

<https://vprc.eduweb.vic.gov.au/home>



SHANTI STUDIO

| AUG 2025

WELCOME TO OUR

term update

connecting mind, body + breath

OM, HOW ARE YOU?

The joy of sharing yoga this term has embraced exploring same but different on Mondays, stretching mind + body on Wednesdays.

Yoga, in its entirety, is more than movement. It's how we care for ourselves, each other + the world.

It's:

- connecting mind, body + breath
- learning to lean into what is useful + letting go of what is not
- while inviting curiosity as to how repetition, kindness + adaptation, can enhance balance, focus + strength within life.

These before school yoga practices move from sound vibrations to movement, breathwork to mindfulness to help peace, calm, kindness + love ripple into the day.



Family practice

MONDAY 1ST
SEPTEMBER
8.30AM - SCHOOL MUSIC



WEDNESDAY 3RD
SEPTEMBER
8.30AM - SCHOOL MUSIC

Macedon Cricket Club

COME AND TRY SESSIONS

Junior Girls U15 and Women
 Saturday 13th September @ 11am-12:30pm
 Sunday 21st September @ 3pm-4:30pm
 Saturday 4th of October @ 3pm-4:30pm

Junior Girls U13
 Monday 22nd of September @ 3:30-5pm
 Monday 29th of September @ 3:30 - 5pm
TONY CLARKE RESERVE, MACEDON



For further information:
 contact Kym and Amy via email:
 macedonwomenscricket@gmail.com
<https://www.macedoncricket.com.au/>

SCHOOL HOLIDAYS FUN AT WNH
 SEPTEMBER - OCTOBER 2025

<p>ROBO EXPLORERS Join the STEM Buddy team for an interactive workshop, designed to teach coding and control. Monday 22 September 10am - 12noon \$45 Prep to Grade 2</p>	<p>ROBO MASTERS Join the STEM Buddy team for this interactive workshop, featuring EV3 LEGO Robots. Monday 22 September 12.30pm - 3.30pm \$55 Grades 3 - 6</p>
<p>ZENTANGLE PILLOWCASES Decorate your own butterfly or fish pillowcase with zentangle patterns to create a unique dream pillow. Wednesday 24 September 10.30am - 12noon or 1pm - 2.30pm \$35 Prep to Grade 4</p>	<p>BUG CREATIONS Scavenge for natural materials, then get creative in the garden as you craft your very own bug! Monday 29 September 10.30am - 12noon \$35 Prep to Grade 6</p>
<p>SUN COLLAGES Craft your own sunshine with textured papers, inspired by artist-illustrator Claire Youngs. Tuesday 30 September 10.30am - 12noon or 1pm - 2.30pm \$35 Prep to Grade 4</p>	<p>STORYBOARD DRAMA Join the crew at Storyboard Drama for a fun and energetic performance workshop. Wednesday 1 October 9.30am - 12.30pm or 1pm - 4pm \$35 Prep to Grade 6</p>
<p>BENDY BUDDIES Bendy Buddies Yoga is a joyful and playful yoga adventure designed for little yogis. Thursday 2 October 9am - 9.30am \$10 Aged 2 - 5 years</p>	<p>CREATIVE YOGA Join Sarah for this unique blend of yoga, fun and relaxation perfect for primary school kids. Thursday 2 October 10am - 11am \$15 Prep to Grade 6</p>

For more information or to make a booking, visit our website: www.woodendnh.org.au or call 5427 1845

Living with wildlife

Fledglings (baby birds)

Have you seen baby birds on the ground?
 A fledgling is a young bird that has left the nest but is still learning to fly.



Did you know?

- Most fledglings don't need rescuing – their parents are nearby collecting food and watching them.
- Common fledglings you might see are magpies, ravens, butcherbirds and magpie-larks. They can spend up to two weeks on the ground.
- Birds like noisy miners, honeyeaters and wattlebirds usually stay in shrubs or lower branches of trees.
- Unlike other birds, Tawny Frogmouth fledglings should not be on the ground. It may have fallen from its nest. Call Wildlife Victoria for more information.

If a bird looks injured or you're unsure:
 Contact Wildlife Victoria on (03) 8400 7300.
 Let's look after our local wildlife!

For further information, visit: wildlifelvic.org.au or musc.vic.gov.au/enviro

Macedon Ranges Shire Council

MOORABBIN AIR MUSEUM

YOUTH AVIATION CAREERS EXPO

SAT SEPT 6, 10am to 3pm



Considering a career in Aviation or Aerospace?
 Come and talk to professionals from the industry and discover your future career.

Set among the incredible collection of aircraft at the Museum, this is a unique opportunity to learn about all aspects of aviation and pathways to achieve your goals, from pilots, to engineers, to crew and more. Also meet the amazing youth groups and theatre group that operate from the Museum on the day.

airservices australia | Moorabbin Airport | AVIA | ADF CAREERS | LEARN TO FLY | BASE Aviation | BOEING | TRISTAR AVIATION | CAE | SCOUTS AUSTRALIA

FREE ENTRY
BOOKINGS ESSENTIAL!
<https://tinyurl.com/5hcd7tr>
 12 FIRST ST, MOORABBIN AIRPORT, 3194
 P. 9580 7752 E: info@aarg.com.au

Macedon Ranges Shire Council has organised the following fun school holiday event:

Join us for a fun filled treasure hunt these school holidays as we explore the beautiful Jacksons Creek and Gisborne Botanic Gardens!

Date and time: Tue, 30 Sep 2025 2:30 PM - 3:30 PM AEST
Location: Gisborne Administration Centre, Macedon Ranges Shire Council, 40 Robertson Street Gisborne, VIC 3437

Book your tickets here: [Citizen Science Adventure for Kids - School Holiday Treasure Hunt](#)

Emma Stevens
 Junior Landcare Facilitator
[Upper Deep Creek Landcare Network](#)

Mobile: 0428 291 904
Email: udc.junior.landcare.facilitator@gmail.com

Available: Wednesday 9:30am to 5:30pm or by appointment.

Wominjeka - Welcome

WURUNDJERI WOI WURRUNG CULTURAL HERITAGE ABORIGINAL CORPORATION

8th March – International Women's Day
17-23rd March – Neurodiversity Celebration Week
17th – 23rd March – Harmony Week
April – Autism Acceptance Month
20th May – International Day of Happiness
MAY – Australians Biggest Morning Tea
12-17th May – Mental Health Awareness Week
17th May – IDAHOBIT
11-15th August – Bullying No Way, National Week of Action
30th August – Wear it purple day
31st August – Daffodil Day
10th September – World Suicide Prevention Day
12th September – R U OK? Day
October – Mental Health Awareness Month
10th October – World Mental Health Day
14th November – World Diabetes Day
3rd December – International Day of People with a Disability



Key Aboriginal & Torres Strait Islander Dates

20th March – National Close the Gap Day
26th May – National Sorry Day
27th May – Anniversary of the 1967 Referendum
27th May – 3rd June – Reconciliation Week
3rd June – Mabo Day
July 6th – 13th – NAIDOC Week
4th August – National Aboriginal & Torres Strait Islander Children's Day
9th August – International Day of the World's Indigenous Peoples
3rd September (First Wednesday) – Indigenous Literacy Day



Acknowledgement of Country

written by 2024 student leaders Lenny, Ava, Cienna & Henry



Wominjeka, Welcome.

At Mount Macedon Primary School, we would like to acknowledge the Wurundjeri people of the Kulin Nation, the traditional custodians of the land, where our school stands. The Wurundjeri people believe Bunjil the eagle, created the people, the animals, the land and the waterways. We are grateful that they cared for this land, and we commit to continuing its care and to learn and grow here with our kir-rip, friends. We pay our respect to Elders, past and present, and acknowledge their ongoing connection to biik, Country.

Nagujin, thank you.



CLOSING THE KNOWLEDGE GAP
ABOUT FIRST NATIONS HISTORY AND
CULTURE STARTS AT SCHOOL

