

WELCOME TO THE MOUNT Macedon Primary School Newsletter

Issue 26 Tuesday 26th August 2025

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Friday 5th September

Trivia Night
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August

29th JSC Fundraiser – Wear It Purple Day

September

3rd District Cricket

5th FOS Father's Day Pub Dinner – Macedon Village Hotel

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

24th FOS Parent Night

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,

Playground week is upon us!

Playground Update: Last playground update of all time! The temporary fencing has been taken down and we have had the go-ahead to use our brand-new playground. It was so lovely to see students using it and enjoying it after watching it sit empty for so long. Each class had a safety briefing beforehand, we discussed the importance of not crowding the top platform and only having three people on it at any one time. We also talked about moving safely along the bridge sections, not rushing around or playing tiggy on the new equipment. We are running extra yard duty supervision specifically at the new playground for the near future to make sure students are familiarising themselves in a safe way with the new play area.

Signing in late arrivals: We held an evacuation drill last Wednesday where we simulated an emergency at the front of the school that would require us to move to the school oval evacuation area. One of the reflections after the drill was that to create a list of all present students was made difficult by students who arrived late and were not properly signed in. ***We ask that all students who arrive after 9:00AM are signed in at the front desk by a parent or guardian.*** This allows us to have up to date lists of all students who are present, and we can account for them during an emergency.

Production Update: We are deep into our preparation for our upcoming Production: T.R.A.S.H. & Co! Costume notes have gone home, and it is great to see costumes arriving here at school. If you have any questions about your child's costume, please reach out to their classroom teacher.

Tickets will be going on sale in a week or so, keep an eye out for a notification via Compass!

Junior School Council:

Wear it Purple Day: Tomorrow MMPS is marking Wear It Purple Day by inviting students to wear a splash of purple to celebrate and acknowledge the beautiful diversity we see in each other and in our school community. Students at MMPS are such a welcoming and inclusive bunch, Wear It Purple Day is another chance to outwardly express that.

Planting of Indigenous Garden: The JSC have been invited to join Landcare in helping with the planting of our Indigenous Garden at the front of our school. Students will be working with Mel to plant alongside the front fence and in the small garden in front of the office.

District Cricket: Good luck to our District Cricket teams who are heading off to Dixon Field next Wednesday to compete against other schools in our district!

Parent Opinion Survey: Just a reminder that the 2025 Parent Opinion Survey is open and ready to be completed. There is a link to the survey on Compass that contains where you can complete the survey and the login information.

FOS Father's Day Event: Keep an eye out for an invitation to FOS's Father's Day dinner at the Macedon Village Hotel next Friday night, the 5th of September at 7:00PM.

I hope everyone stays warm over the coming days, it's looking possible that we may get a little snow tomorrow, fingers crossed!

Joe.

Year 6 Student Reporters

Riddle

Answer from last week: a coin

I shave every day but my beard stays the same. What am I?

Wear It Purple

On Friday the 29th we will be celebrating Wear It Purple day. It is not a gold coin donation, it is just to raise awareness.



Book week

On the Friday the 22nd we had book week dress up day where everyone dressed up as someone from a book. We had some amazing costumes.

District Cricket

Good luck to our District Cricket teams who are heading off to Dixon Field next Wednesday to compete against other schools in our district!



Jasper



Flora

Book Week Photos!

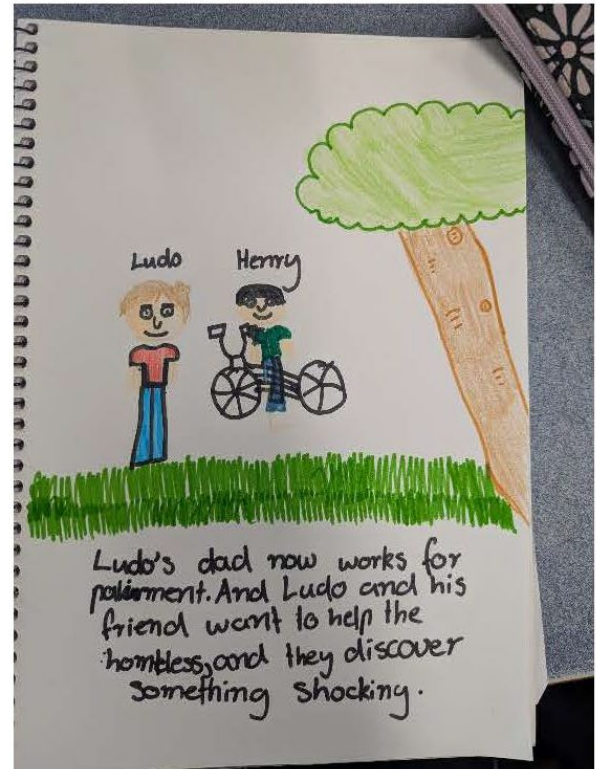
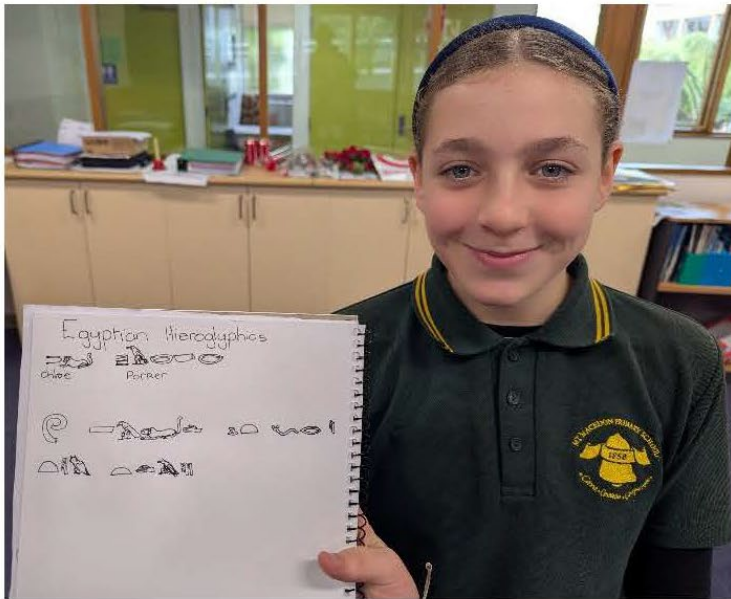


Book Week Photos Cont.

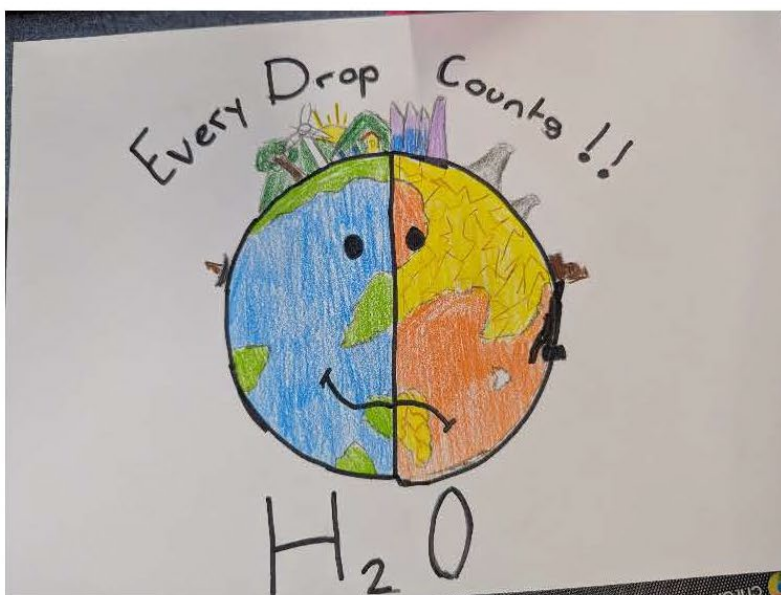


Grade 5/6 Classroom Update

In the classroom this week we have been completing some various reading activities, with many of them linking strongly with our Inquiry unit's central idea which states '*The Media is a Powerful Tool*'. This is after the class completed our class text titled '*Midnite*'. Midnite is an old Australian story of a wild colonial boy set in Western Australia. It is a strange, often funny story that the class really enjoyed!

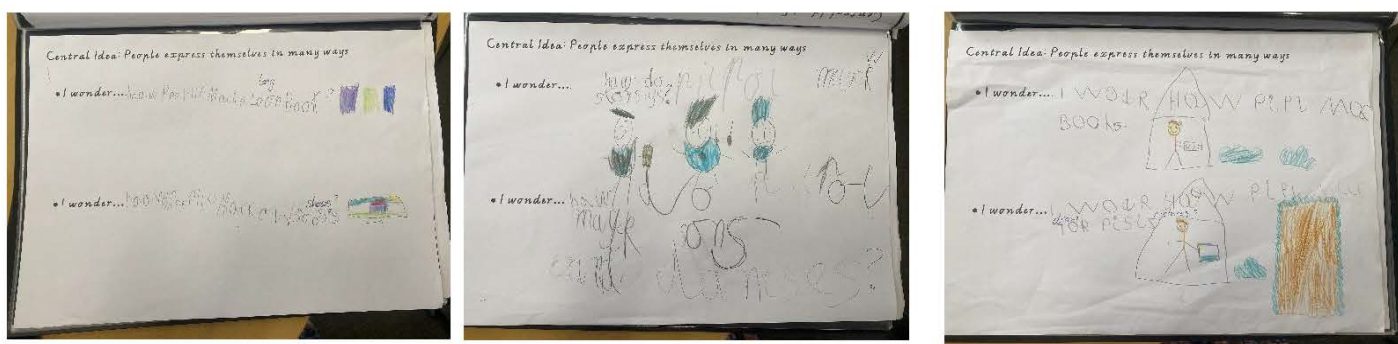


Additionally, students have been working on a poster design for Western Water with the potential to win a prize pack for the student, as well as the school. The theme this year is '*Save Every Drop*'.



Foundation IB Update

This term in the Foundation classroom we have been exploring the central idea that 'People express themselves in many ways'. We have enjoyed exploring the different ways people express themselves including through music, drawing, showing expression by moving our bodies and showing expression through different noises and sound effects.



We have talked about what it means to express ourselves and this looks different for every person. We discussed how expressing ourselves can be ways of showing to others things we like or love, things we might be good at and also to show others how we might be feeling.

One lesson we explored listening to music and drawing how it made us feel. We listened to 5 different types of music and each time the music changed we drew something different.



Another lesson we explored how we can express feelings and emotions just by moving our bodies. We also experimented with making noises and sound effects as a way of expressing ourselves.



We are really excited to finish the term with our whole school production, Trash & Co. We are performing to the song 'Saddle up for a Glide'. We are dressed as Learner Heroes and loving learning our dance.

This year we are having a **Wear It Purple Day on Friday the 29th of August.**

Wear It Purple Day is an annual event that promotes acceptance, visibility, and support for LGBTIQ+ young people. Founded by young people, for young people, Wear It Purple champions the message that every student has the right to be proud of who they are. It's a day for schools to visibly support diversity and challenge discrimination – and it's more important than ever.

Get involved by Going Purple! We are encouraging students and staff to wear a splash of purple clothing or accessories on the day.

Why It Matters:

LGBTQIA+ young people are more likely to face bullying, isolation, and mental health challenges.

Wear It Purple Day is a meaningful opportunity for schools and their communities to foster understanding and send a clear message: you are seen, you are supported, and you belong.

Let's wear it purple, speak up, and make a difference together.





The Resilience Project – 3 Happy Tricks

Martin Heppell from *The Resilience Project* is bringing his high-energy kids' show *3 Happy Tricks* to Victoria these school holidays! Filled with music, laughter and inspiring stories, the show teaches kids simple strategies to build resilience through gratitude, empathy and mindfulness (GEM)—the same wellbeing practices we've been exploring at school this year. For more information and to see venues and ticketing information here is the link - <https://theresilienceproject.com.au/3-happy-tricks-kids-show/#Tickets>

Anxiety in children – Article 4

Building resilience in primary-aged children – Preparing them for the road ahead.

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

The primary school years represent a critical window for developing the emotional resilience that will serve your child throughout their life. Yet increasingly, I'm observing Australian parents falling into what I call 'appearances parenting' - rushing to rescue their children from every disappointment or challenge, often more concerned with how their parenting looks to others than what truly serves their child's development.

Jonathan Haidt's research in his book *The Anxious Generation* reveals that we're facing an unprecedented shift in childhood. We've become overprotective in the real world whilst under protective in the virtual world. For primary-aged children, this manifests as parents who won't let their 8-year-old walk to the corner shop alone but will hand them an iPad or phone unsupervised for hours.

This overprotection in the real world is robbing our children of essential learning opportunities. When we consistently step in to resolve their playground disputes, complete their forgotten homework, or smooth over every social disappointment, we're inadvertently teaching them that they're incapable of managing life's inevitable challenges.

Perhaps most concerning is the research showing an increase in children with an external locus of control - the belief that their destiny is determined by outside forces rather than their own actions. Locus of control refers to the extent to which individuals believe they have control over the events in their lives. It's a concept in psychology that describes whether a person believes their actions and decisions influence outcomes, or whether external forces like luck, fate, or other people are more responsible. An external locus of control correlates to higher levels of anxiety and learned helplessness while an internal locus of control is related to more resilience thinking and higher academic results. This shift directly correlates with rising anxiety levels in young people. When children believe they have no control over outcomes, they naturally become more anxious and helpless.

The solution isn't to throw children into the deep end without support. Instead, we need to become skilled at scaffolding their problem-solving abilities and helping them to challenge cognitive distortion. When your Year 5 child comes home upset because their friend didn't play with them at lunch, resist the urge to immediately contact the teacher or arrange a playdate.

Instead, try these approaches:

Ask curious questions: "If you could imagine tomorrow going really well with your friend, what would need to happen?" This helps them visualise positive outcomes and think through practical steps.

Challenge catastrophic thinking: When they declare "Everyone hates me," ask them to look for evidence both ways. "Can you think of three people who showed kindness to you this week?"

Practice problem-solving: "What are a few different things you could try tomorrow to make lunch time more fun?"

It is more commonplace in Australian schools and within Australian families to, whilst well-intentioned, inadvertently contribute to this problem through structures that reward maintaining children on anxiety lists rather than helping them overcome their challenges. When schools receive letters excusing children from normal activities like sports or public speaking "to avoid stress," they're often acting against best clinical practice or long-term resilience building for the child.

The research is unequivocal: accommodation increases anxiety over time. Accommodation in a psychological sense refers to parents or schools adjusting a task for a child to reduce or prevent a child's distress. While this is sometimes necessary, overtime it can be unhelpful or harmful to child's resilience and development. What actually reduces anxiety is gradual exposure to the challenging event - helping children have a go at increasingly challenging tasks with appropriate support.

Practical Strategies for Parents

Start with age-appropriate independence. Let your 6-year-old pack their own school bag, even if they forget something occasionally. The natural consequence (borrowing a pencil or going without a snack) teaches responsibility more effectively than your constant reminders.

Create problem-solving opportunities. When siblings fight, don't immediately arbitrate. Ask them to come up with three possible solutions and choose one to try.

Model emotional regulation. When you face your own challenges, narrate your problem-solving process aloud: "I'm feeling frustrated about this traffic, but I can choose to use this time to plan my day instead of getting angry."

The goal isn't to eliminate all stress from your child's life - it's to help them develop the tools to manage stress effectively. Every challenge they overcome independently builds their confidence and resilience for the bigger challenges ahead.

Remember, building resilience is like physical fitness - it requires regular practice with gradually increasing challenges. I like to say, prepare the child for the road ahead, not the road for the child. By scaffolding rather than rescuing, you're giving your primary-aged child the greatest gift possible: the belief that they can handle whatever life brings.

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/>

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 will go on sale in the coming weeks, keep an eye on compass for any further updates.

Thank you.



Do you have time to lend
us a hand?



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

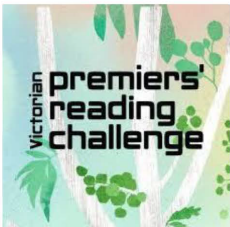
We need your help to plant a colourful, sensory
garden in front of the STEM room

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

WALK OR RIDE TO SCHOOL

Why walk or ride?

Physical activity is good for kids' physical and mental health

Kids that are active are more likely to continue healthy behaviours later in life

Kids who walk or ride to school have been found to be more attentive and focused in class

Kids who walk to school will have a greater connection with their community

Remember

Plan ahead
Plan with your parents or guardians so everyone knows which paths you will take, and who you will walk or ride with

Safety first
Take care when crossing roads. Always follow the road rules. Plan for hot, cold, or wet days. Wear a helmet when riding

Part way is OK
If you can't walk all the way, why not park the car a few blocks from school and walk, ride or scoot the rest of the way?

For more information visit: walktoschool.vichealth.vic.gov.au

Department of Education

2025 Parent / Caregiver / Guardian Opinion Survey:

WE WANT OUR PARENTS / CAREGIVERS / GUARDIANS TO TELL US WHAT THEY THINK

Our school is conducting the annual Parent / Caregiver / Guardian Opinion Survey offered by the Department of Education and is seeking your feedback. The survey is designed to assist schools in gaining an understanding of current perceptions of school climate, student behaviour, and student engagement. The survey is optional, but we encourage and appreciate your participation.

Our school will use the survey results to assist in identifying areas for improvement and professional development needs in the school, to target school planning and improvement strategies.

The Parent / Caregiver / Guardian Opinion Survey will be open online from Monday 18 August to Friday 19 September 2025.

All families are invited to participate in the survey.

The survey will be conducted online, only takes 20 minutes to complete, and can be accessed at any convenient time on desktop computers, laptops, tablets or smartphones.

The online survey will be available in English and 10 other languages including Arabic, Greek, Hebrew, Hindi, Indonesian, Japanese, Korean, Mandarin Chinese, Polish, Russian, Spanish, Vietnamese. Resources are also available in additional languages to assist parents / caregivers / guardians who speak a language other than English at home. Please reach out to your child's teacher or the school directly for survey guides in your language.

Last year we used the survey results to plan for our School review and continue to use this data to explore areas for improvement.

Information on how to access this year's PCGOS will be sent out via Compass in the coming days.

A Safe Space for Everyone

JUST DROP IN. NO BOOKING NEEDED.

Tuesdays & Wednesdays 5:30pm - 8:30pm, 47 Forest St, Woodend.
For an update on opening hours, follow us on social media

facebook.com/MRSPAG

mrspag.com.au

SCAN ME

- Warm, welcoming, and inclusive.
- Free cuppa & conversation.
- Quiet space to relax.
- Creative & wellbeing activities available.
- Friendly trained volunteers ready to listen.

Roses in the Ocean

Kindergarten Tours

Drop-in sessions

Come and see our kindergarten services

No bookings required. To find out more scan the QR code or visit: mrsc.vic.gov.au/kindergarten-tours

Kindergarten tours available in September!

Scan here

SERIOUS FUN WITH AI

Are you curious about artificial intelligence but not sure where to begin?

Whether you're a newcomer to AI or want to dive in with your children, we've got you covered!

Join us at Woodend Neighbourhood House for an eye-opening, fun, and safe introduction to AI—offered in two tailored sessions:

Monday 25th August: 11.30am - 12.30pm
Everyone welcome

Thursday 28th August: 5.30pm - 6.30pm
Parents and Students

Woodend Neighbourhood House, 47 Forest St
\$5 donation encouraged
Book your spot now via our website

For More Information
5427 1845

Visit Our Website
www.woodendnh.org.au

SCHOOL HOLIDAYS FUN AT WNH

SEPTEMBER - OCTOBER 2025

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

ROBO MASTERS

Join the STEM Buddy team for this interactive workshop, featuring LEGO Robots.

Monday 22 September
12.30pm - 3.30pm
\$55
Grades 3 - 6

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

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

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

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

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

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

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

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.

FREE ENTRY
BOOKINGS ESSENTIAL!
<https://tinyurl.com/5hede7lr>
12 FIRST ST, MOORABBIN AIRPORT, 3194
P. 9580 7752 E: info@aarg.com.au

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

