

MOUNT MACEDON PRIMARY SCHOOL NEWSLETTER

Issue 30 Tuesday 14th October 2026

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Important Term Dates

Term 4

October

19th Yr 6 Headspace Secondary School Transition Talk
20th School Council Meeting
26th SEA Parent Info Session

November

2nd PUPIL FREE DAY

3rd Cup Day Public Holiday
6th SEA Program
11th Yr 6 Remembrance Day Walk to the Cross
2027 Foundation enrolment parent info session
12th Foundation BBQ Dinner
& Yr 1/2 & Yr 2/3 Sleepover camp
13th SEA Program
School Council Meeting @ Mt Macedon Winery
17th 2027 Foundation Orientation Session 1
18th Energy Breakthrough
20th SEA Program
24th Foundation Orientation Session 2
27th PUPIL FREE DAY

December

1ST Foundation Orientation Session 3
5th MMPS Community Fete
8th Statewide Orientation Day
9th Mt Macedon & Macedon Christmas Carols
11th Kids Rule the School
14th Yr 6 Graduation
16th Picnic at Hanging Rock
17th End of Year Assembly
18th LAST DAY OF TERM FINISH AT 1.30

2027

January

28th Students First Day
29th SCHOOL PHOTO DAY

February

3rd NO PREPS
4th Yr 6 Car Wash Fundraise
5th FOS Welcome BBQ
8th & 9th Meet the Teacher Interviews

FOS Events

- Election BBQ November 28th
- Fete Saturday December 5th

Meeting

TBA



Principal's Report

Hello everyone,

Swimming Program Update: What a huge week it has been for our MMPS swimmers! I want to thank everyone involved – parents, staff and students for making the second week of our intensive swimming program a success. Being a strong swimmer is such an important skill and coming into the warmer months it is vital that we prepare ourselves to be able to enjoy the beautiful rivers, dams, beaches and pools that we may be visiting over the summer.

Secondhand Uniform Stall: A huge thank you to Sandi and Katya for helping set up and run our Secondhand Uniform stall today. We have had a large number of uniform donations from families and would love you to let us know if you are looking to purchase any elements of our uniform for bargain prices.

Road Safety: A message has gone out on Compass regarding the importance of using our roads safely, especially at drop-off and pick-up times. It is vital that we make sure we are:

- Travelling at safe speeds
- Parking in legal parking areas – not in 'No Standing' zones or with 30 metres (opposite side of Mt Macedon Road) of the school crossing
- Completely stationary when children are leaving or entering vehicles

We have been in touch with our local Police Officer to make sure he is able to come at these times to make sure people are remaining safe. Keeping our students, and wider school community, safe is our utmost priority.

Fete Update: A form has gone home with students this week helping families to organise how they can best support the school in our Fete preparations. It would be great if you could read through the form and return it to school, indicating how you will be assisting us. Below is a reminder of which stalls each classroom is responsible for:

Foundation/1: Haunted House
Grade 1/2: Snack Street - Lolly and snack food stalls
Grade 2/3: Secondhand books/toys OR Devonshire Tea
Grade 4/5: Bake Sale
Grade 5/6: BBQ

If we had each family offer to help, we would be able to make sure that we spread the effort and ensure everybody gets to enjoy the fete throughout the preparation as well as on the day!

Outside of School Hours Care Update: Today SchoolsOUT! have let me know that they will be unable to continue offering a program here at MMPS. This is a disappointing outcome as we have loved every minute of having them provide after-school care over the past three years. Unfortunately, this decision came down to the fact that we could not meet their student-per-session numbers. The last day SchoolsOUT! will be providing after-school care is Friday the 27th of November.

We will be looking at alternative arrangements, but it is likely that nothing will be in place for the remainder of 2026 and the likelihood of an OSHC service running in 2027 is not set in stone – watch this space! We will provide updates as soon as we can.

At times like these it is important to draw on our wonderful school community as I am sure there are many families that can work together to support each other – feel free to get in touch with me if you are finding anything about getting to school difficult.

Many thanks, Joe.

MMPS STEM CHALLENGE

CAN A FOIL BOAT FLOAT?

This week, our students explored buoyancy and discovered how the shape of a boat helps it float.



THE CHALLENGE

Design and build a boat using aluminium foil, then test how much weight it could carry before it sank!

THINK • BUILD • TEST • IMPROVE

Students added weights, observed what happened and experimented with their designs. They used creativity, problem-solving and scientific thinking to investigate how boats can stay afloat.



What did we discover?

A boat's shape and the way its weight is spread out can make a big difference to how much it carries.

STEM in action at IMount Macedon Primary School

We are proud to share that we have successfully completed the Core Module with Sustainability Victoria, receiving our certificate of achievement! This is an exciting milestone for our school, as completing the Core Module earns us our first star in the ResourceSmart Schools five-star rating program.

Our sustainability journey continues, and we are now working towards earning our second star by completing the Biodiversity Module. Throughout this term, we are fortunate to have the support of Emily from Sustainability Victoria, who has been working alongside our students to explore biodiversity, learn about our local environment and discover ways we can protect and enhance the natural spaces around our school.

This work connects beautifully with our IB Primary Years Programme, encouraging students to become responsible, knowledgeable and caring members of their community. We look forward to continuing our sustainability journey and celebrating further achievements as we work towards a five-star rating!

Our impact



We've reduced our carbon emissions by 325 tonnes of CO₂-e. That's equal to removing 217 petrol powered cars off the road every year.

ResourceSmart
Schools

Certificate
of Achievement

Awarded to

Mount Macedon Primary School

Mount Macedon

For successfully completing the required **Core** module actions.

Matt Genever

Chief Executive Officer

Sustainability Victoria

Date: 14-10-2026

Valid until: 05-08-2031

Our progress

Star Certification

Certified until: 6-Aug-2031



Free webinar: Parent Mental Health with Dr Billy Garvey

We're excited to welcome Dr Billy Garvey back for another free online session for parents and caregivers on Monday 26 October.

Billy will explore the connection between parental mental health and children's wellbeing, sharing practical, no-shame strategies to help parents navigate the challenges of parenting while looking after their own wellbeing.

Please share it with your networks and help us spread the word. It's free and open to anyone!

Event details

Date Monday 26 October
Time 7:30pm AEDT
Topic Parent Mental Health
Cost FREE

[Register for free](#)

About the event

Children's wellbeing starts with the people holding it all together. Dr Billy Garvey unpacks what the research says about the link between parental mental health and how kids grow and cope, and shares practical, no-shame strategies for staying steady and knowing where to turn for support.

October is Mental Health Month: Together We Thrive

There's still plenty of October left to join in! This year's theme, *Together We Thrive*, highlights the important role that connection, belonging and community play in our wellbeing. It's a reminder that small, everyday moments of care, kindness and inclusion can make a real difference, for students, families and staff alike.

The Together We Thrive calendar

To help our community look after their wellbeing, we're sharing the "Together We Thrive" calendar, created by Mental Health Australia and ReachOut with contributions from ReachOut's youth contributors. Each day features a simple, doable activity, like writing down three things you're grateful for, taking a walk with a friend, or putting your phone in another room before bed. Small habits add up, and many can be done together as a family. We encourage you to print it out, stick it on the fridge, and give a few activities a go.

Keep the conversation going at home

At school, students are learning through the Resilience Project, exploring gratitude, empathy, mindfulness and emotional literacy. Why not ask your child what they have been learning? Many of the calendar's activities, such as gratitude lists, mindful breathing and sending a kind text, tie in nicely with these themes and are a great way to continue the conversation at home.

Mental health promotion works best when it's part of everyday life, not just awareness days. At school, we'll keep building on the relationships, connections and supports that help every student feel safe, valued and that they belong, and we'd love for families to be part of that.

Need support?

If you or someone you know needs support, contact:

- Kids Helpline: 1800 55 1800 (free and available 24/7 for young people aged 5 to 25)
- Lifeline: 13 11 14
- Beyond Blue: 1300 22 46 36

Brooke, our Mental Health and Wellbeing Leader, is at school 5 days a fortnight. Please reach out if someone in your family needs additional support or referral information.



POST DIAGNOSIS GROUP PROGRAM

The local is pleased to offer a free five-week online group program for parents following an ADHD or Autism diagnosis for their child.

It's a neuroscience-based program aimed to help you understand and adapt to the diagnosis of ADHD and/or Autism. We are offering a supportive, non-judgmental and safe space to share your story. Each session is two hours long and there is time for questions and discussion.

Week 1 Oct 23rd 10am: Understanding autism and ADHD

- What ADHD is and what it isn't
- What autism is and what it isn't
- Gender differences in presentation
- Viewing challenging behaviours from a different perspective
- The strengths of autism and ADHD

Week 2 Oct 30th 10am: Sensory regulation strategies

- What is sensory regulation?
- Identifying sensory processing difficulties
- Sensory regulation strategies - environmental modifications, sensory work, etc.

Week 3 Nov 6th 10am: Emotional regulation strategies

- What is emotional regulation?
- What emotional dysregulation is (and isn't)
- What is co-regulation and why is it so vital for adults?
- Strategies to help you and your child co-regulate

Week 4 Nov 13th 10am: Strategies to help kids plan, focus and follow through

- What are executive functioning skills?
- Strategies for focus and attention, emotional regulation, impulse control, working memory, organisation and planning, flexible thinking



Week 5 Nov 20th 10am: Advocating for your neurodiverse child in a neurological world

- Knowing your child's rights in the system and state
- Communicating with daycare, kindergarten and schools around your child's needs
- Accessing and navigating the National Disability Insurance Scheme

"Feedback from this program has been very positive. Families state they feel supported to understand and voice their child's needs, receive a message to all our heads and handouts for the session via mail, before the course starts."

Thanks to coordination and support from this program.

- If you'd like to make further enquiries or book a session to discuss your child's needs, please contact Brooke.
- Call Brooke on 1800 433 977 or email: ohwlocal@bchc.com.au



Parent support and education sessions

Term 4, 2026

The Local Children's Health & Wellbeing Local offers two weekly education sessions that address mental health and wellbeing. The sessions are run by a mental health and school health clinician, who is local.

Sessions are open to any parents or carers of children aged 0-11.

Why join in?

- Talk to local staff about your child
- Ask a professional question you've always wanted to ask
- Gain support for yourself as a parent

RSVP: This session is free to book. Please email ohwlocal@bchc.com.au or call 1800 433 977 to book. Please state your name, your child's name and the sessions you wish to attend.

WEEK	TIME	TOPIC
Oct 7	9.30am	ADHD: What is it and how can I help?
Oct 14	9.30am	What is Autism and how can I help?
Oct 21	9.30am	Parent wellbeing
Nov 4	9.30am	Managing big feelings
Nov 11	9.30am	Navigating transitions
Nov 18	9.30am	Anxiety in kids
Nov 25	9.30am	Social skills and self-esteem
Dec 2	9.30am	Sibling rivalry
Dec 9	9.30am	Family rules and consequences



Book in via email: ohwlocal@bchc.com.au. Please state your name, your child's name and the sessions you wish to attend.



Sporting Spotlight

On the school holidays some students from Mount Macedon PS went to Brisbane to compete in the National School Futsal Championships. We went representing Central Vic and there were teams from all over the country there. The people from school were:

- Aston Maxwell 9YO Boys
- Frankie Taylor 11YO Girls
- Evie McCulloch 11YO Girls
- Scarlett Edmunds 11 YO Girls
- Eloise Langhorne 11 YO Girls
- Callan Glenister 12 YO Boys White
- William Muir 12 YO Boys White
- Liam Krajewski 12 YO Boys Navy

Everyone tried their hardest and played really good and everyone should be proud of themselves. Some teams even got close to making the finals. My team (12 Boys Navy) made the Grand Final and we won! It was a close, tough match but we beat Northern NSW. We also got to go to Movie World for the presentation night, and we got to go on all the rides. It was a lot of fun.

By Liam (Sports Captain)



Student Spotlight: London's Poetry

Our grade 1/2 class have been working on writing beautiful pieces of poetry over the last few weeks and below was a number of poems brought up to me by Grade 2 student, London.

It was lovely to see the first draft of his published piece - we celebrate the writing process from the very beginning of an idea all the way up to publishing it in its final form.

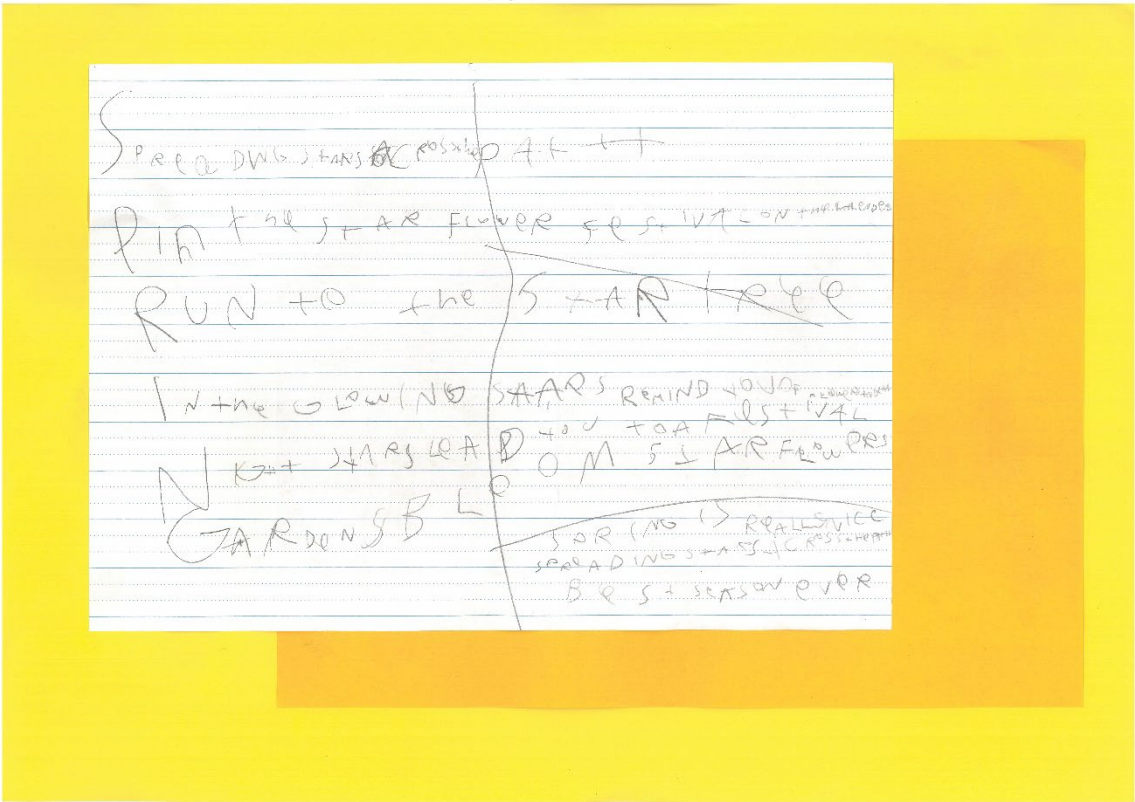
Amazing job London!

- Mr. Flynn

Spring Haiku

Spring is really nice
Spreading stars across the path
Best season ever

Spreading stars across the path
Pin the star flower festival on your Calander
Run to the purple star tree
In the glowing stars remind you of flowers and cats
Night time star flowers bloom and the stars on the path lead you to a festival
Gardens bloom star flowers





MOUNT MACEDON
COMMUNITY
FETE

SAVE THE DATE

Help us spread the word and join us for a day fo fun
and great food in the historic MMPS school grounds

Saturday December 5th
10am - 4pm

Class Stall Responsibilities:

Foundation/1: Haunted House
Grade 1/2: Snack Street - Lolly and snack
food stalls
Grade 2/3: Secondhand books/toys OR
Devonshire Tea
Grade 4/5: Bake Sale
Grade 5/6: BBO

164th Kyneton Agricultural Show

Writing Competition

Does your child love writing? Looking for something to do these school holidays? Why not enter the Kyneton Show writing comp?!

Essay: Students in Years 5 & 6
"ELECTRONIC DEVICES RUIN FAMILY TIME."
Essays must be no more than 300 words, on a single A4 page (one side only) with the entrant's name, age and school clearly written on the back.

Creative Writing :
7 years & under • Up to 100 words
8 years to 10 years • 100 to 200 words
11 years to 12 years • 200 to 300 words
13 years to 17 years • 300 to 500 words

All must be on an A4 page (single sided only) with the entrant's name, age and school clearly written on the back.
Entries can be submitted to the school front office, no later than Friday 16th Oct

Sensory Swim Session

Come and try our new Sensory Swim Program

- Saturday 31 October
- 6pm to 7pm
- Kyneton Toyota Sports & Aquatic Centre
- Pool entry fee applies

- Sensory-friendly and inclusive.
- Reduced lighting and noise.
- Makes swimming more accessible.
- Supports physical, social and emotional wellbeing.
- Bring along your supports as required

mrrsc.vic.gov.au | 0447 629 863

A NIGHT OUT WITH THE BLOKES of the Ranges

DATE: Thursday November 26th

TIME: 6pm

VENUE: Mount Macedon Golf Club

Dinner provided at no cost followed by Key note presentation from Guest Speaker from "Purpose through Pain."

REGISTER FOR FREE TICKET USING QR CODE.

TOGETHER WE THRIVE

OCTOBER 2026

MON	TUES	WED	THURS	FRI	SAT	SUN
YOUR MENTAL HEALTH MONTH STARTS right here! REACHOUT NEED RESOURCES? YOU'RE TIED SIT WITH A MONKEY MOVE YOUR WAY LEARN A MICRO-SKILL LEARN A HAND	RIGHT HERE! AN EASY HOBBY TAKE A NATURE WALK THE NINE COFFEE DATES ROCKY HORSE COBBLEST WITH ANIMALS	BRIDGE TOGETHER EMPOWER FOR A BIT QUIET TIME	PROTECT YOUR KIDNEY WALK & TALK BOARD BODIES ONLINE GAME NIGHT LOCAL WITNESS BOARDS SNAP TIPS	PRACTICE MINDFULNESS WHEELS OF HEALTH SEND A KINDNESS LETTER RAIDERS GET OF KIDNESS MAKE A VOICE NOTE SNAP TIPS	WALKING ROUTINE TALK PINK POTLUCK RAIDERS GET OF KIDNESS CONGRATULATE YOU NAUGHTY!	WALKING ROUTINE TALK PINK POTLUCK RAIDERS GET OF KIDNESS CONGRATULATE YOU NAUGHTY!

hello world TRAVEL

THE TRAVEL PROFESSIONALS

GISBORNE

TRAVEL & LIFESTYLE EXPO 2026

Sunday 25 October 2026

10am - 3pm

Gisborne Primary School Stadium

EXCLUSIVE TRAVEL DEALS

FREE ENTRY

MEET TRAVEL EXPERTS

hello world TRAVEL

THE TRAVEL PROFESSIONALS

WOODEND CRICKET CLUB

CRICKET BLAST

BOYS & GIRLS AGED 5-10

COME AND GIVE IT A GO!

LEARN NEW SKILLS, MAKE NEW FRIENDS AND HAVE FUN! NO EXPERIENCE NEEDED! STARTING NOVEMBER – REGISTER NOW!

9

Wominjeka- Welcome

WURUNDJERI WOI WURRUNG CULTURAL HERITAGE ABORIGINAL CORPORATION

26th January – Australia Day

17th February – Lunar New Year (Chinese & Vietnamese)

2nd March – Holi Festival

25th April – ANZAC Day

May – Australians Biggest Morning Tea

11-15th August – Bullying No Way, National Week of Action

August – Daffodil Day

Key Aboriginal & Torres Strait Islander Dates

21st March – National Close the Gap Day

26th May – National Sorry Day

27th May – 3rd June – Reconciliation Week

June – Mabo Day

July – NAIDOC Week

August – National Aboriginal & Torres Strait Islander Children's Day

August – International Day of the World's Indigenous Peoples

September (First Wednesday) – Indigenous Literacy Day



2026 Health & Wellbeing

October		
12 - 18 Oct	National Carer's Week	
30 Oct	Day for Daniel	
November		
All Nov	Movember - Men's Health	
13 Nov	World Kindness 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 viik, Country.

Nagujin, thank you.

KNOW
YOUR
COUNTRY
KNOWYOURCOUNTRY.COM.AU

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

