

WELCOME TO THE MOUNT Macedon PRIMARY SCHOOL NEWSLETTER

Issue 10 Tuesday 22 April 2025

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FOS Dates

Working Bee – May 2nd

Mother's Day Event
Friday 9th May @ 7pm

Important Term Dates

April

25th ANZAC Day –

28th April – 2nd May Whole School Swimming Program

May

2nd FOS Working Bee

7th District AFL

8th Yr 5/6 Girls Program

19th District Soccer

27th Branch Out – Brainstorm Productions Performance

June

3rd – 11th Somers Camp (selected students only)

6th District Netball

9th Kings Birthday Public Holiday

24th Wurundjeri Mob Incursion

July

4th LAST DAY OF TERM – 2.30 finish

Keep an eye on
these dates for
any changes.

Any changes will
be reflected on
Compass

Hello everyone and welcome back!

It was wonderful to have everyone return to school on Tuesday with such enthusiasm and smiling faces.

FOS Events for Term 2: We had our first FOS meeting of the term last night and discussed the busy and fun event program set for this term. FOS are organising a working bee for next Friday the 2nd of May to help tidy up the school grounds after the autumn leaves have fallen. A list of jobs will be published early next week on Compass and at the front of the school.

FOS will also be running an election sausage sizzle and bake sale on Saturday the 3rd of May. We will be offering democracy sausages and sweet treats from 9:00AM – 1:00PM. We do need volunteers for this so please let me know if there is a window where you could offer your assistance.

Our annual Mother's Day event is being held on Friday the 7th of May. Information and RSVP information will be going home on Compass in the very near future. This year's event will be a special dinner including food, drinks, music and the chance to connect or reconnect with other mums and mum figures from our school community.

ANZAC Day: Tomorrow the school will be involved in the annual ANZAC Day commemorations at the Mount Macedon Memorial Cross. Students will be handing out sprigs of rosemary at the Lych Gate and our school captains will be laying a wreath at the cross during the ceremony. Towards the end of last year I was contacted by a former student of MMPS who started here in the mid 1930s. His name was Roger Watkins and he was 4 years old when he attended the dedication of the cross in 1935, March 16th of this year marked the 90th anniversary of this occasion. It is a real privilege to be able to continue to play a role in the dawn service and connect to the significant war memorial that is the memorial cross.

Today in our school hall we held a small ANZAC Day service. We listened to the Ode of Remembrance and The Last Post and held a minutes silence for all who have sacrificed to help make Australia what it is today and to spread peace around the world. It was a moving moment of reflection.

I hope everyone gets the chance to spend the long weekend with family and friends and takes a moment to reflect on the things that are important to you and the beautiful place that we live.

Thanks, Joe.

ANZAC day

As we all know, Friday is ANZAC day and some of us will be going up to the dawn service on the mount and as most of us know it's going to be pretty early but time aside all the grade sixes have been invited to hand out rosemary and the school captains are going to lay a wreath kindly made by Rowena Glenister.

District cross country

On Thursday we are participating in district cross country and all those who made it need to pay on compass and need to be at school by 8:50 am. They need a packed lunch and some water. Good luck to all of those who are going. _

Here are some posters with information about some events coming up



Jasper



Flora

Library

Welcome to Term 2!

As we settle back into the school routine, we kindly ask all students and families to check at home for any school library books that may still be out on loan. We currently have A LOT of books outstanding, and we'd love to see them make their way back to our shelves so other students can enjoy them too!



We're also always looking to add new and exciting titles to our collection! If you or your child have any suggestions for novels or books you'd love to see in the library, we'd love to hear from you. Please email your suggestions to mount.macedon.ps@education.vic.gov.au

A big thank you to **Vicki** and our amazing **senior students** who work hard each week to keep our library up to date, fresh, tidy, and stocked with fantastic reads for everyone to enjoy. Your dedication and care make a real difference, and we truly appreciate the effort you put in to make our library such a special and welcoming space for our school community. Great job, team!

Thank you for supporting our school library and helping us create a space that inspires a love of reading!

Happy reading!



Wellbeing



SEEN is a groundbreaking feature-length documentary that not only explores the transformative power of personal healing for parents but also delves into the scientifically supported effects of such healing on parenting and its impact on child brain development.

Your school parent/carer community can view the film through multiple options including:

- [an online screening - April 24, 7pm](#)
- [Daylesford, May 27, 5pm](#)
- [Star Cinema, Bendigo - June 11, 7pm](#)
- [Trentham, June 4, 5pm](#)

By focusing on the unexplored aspect of parents confronting their own childhood coping mechanisms, "SEEN" is poised to fill a significant gap in current narratives. It promises not just compelling storytelling but also the potential for profound societal impact, making it an appealing proposition for those looking to invest in content that drives change.

The vision was to craft a film that deeply resonates with audiences, sparking a flame of self-reflection and personal growth. Through the unfiltered and authentic narratives of real parents, we reveal the remarkable potential of addressing trauma and attachment styles.

Additional Resources to accompany the film can be found [HERE](#)

Join us for BRanch Out

Cultivating **positive mental health** for your child

Thursday 8th May 6:30pm - 8:00pm

Macedon Primary School



Do you want to help support your child but don't know how?



Are you worried about too much screen time?



Does your child internalise their issues?



Are you looking to share your concerns with other parents?

Together with Macedon Primary, we're hosting clinical psychologist and Tuning into Kids specialist, Professor Sophie Havighurst, for an in-depth discussion on emotional intelligence and building resilient children who are equipped for their future.



**Macedon
Ranges**
Shire Council

Healthy Mind, Body and Soul.

By Cillian wood & Eloise Langhorne in 4/5

In term 2 and 1 our class has been learning about a healthy mind, body and soul. We have been working for 4-5 weeks to present to the class a poster or slide show about our topic. A healthy mind, body and soul is healthy. You can be healthy by:

- By being physical every day.
- Having a balanced diet.
- Having healthy habits\mindset
- running/exercise

How long has exercise been around for?

Exercise, as a conscious practice for improving health and fitness, isn't a single invention but a concept that evolved gradually across human history, with evidence of structured training and fitness practices dating back to around 2000 BC in ancient civilizations like Egypt.

What is physical health?

physical fitness is basically just exercise and good food for you but mental health is A LOT more complicated.

Being healthy fun facts

1. 200,70 thousand choose to eat treats instead of veggies & fruit.
2. If we keep eating sweets, in 2030, fruits and vegetables will drop by 10%
3. If we keep eating junk food , in 2030 it will go up by 18%

The end.

Nurturing Your Mind, Body, and Soul



Community News



Mindful Yoga growing kindness Term 2, 2025

Start the day with a [sujala](#) practice helping to connect the mind, body and breath to balance, calm and strength.

This yoga practice invites a flow through sound vibrations, movement, mindfulness and [breath](#), to explore how we can show ourselves, each other and the world kindness.

When Monday 28th April - 30th June (excluding 9th June - King's birthday)
8.30-9am

Where Mt Macedon PS Multipurpose Room

Investment \$50 per child for the term

To enrol Contact Shanti Studio:
shantistudiowoodend@gmail.com



Dip Gya Warring Country
WOODEND
m. 0432 694 920
e. shantistudiowoodend@gmail.com

Macedon Ranges Shire Council

Register your child for 3 or 4 year old kindergarten 2026

Give your child the best start to their learning journey at one of Council's eight kindergartens. Register online by 31 May 2025.

Visit mrsc.vic.gov.au/childcare or call our Enrolment Officer on 5422 0239 to register.

FOR MORE INFORMATION CONTACT -
AUSSIEHOOPS@MRBA.ORG.AU

aussie hoops x MRBA

TERM TWO REGISTRATION NOW OPEN AUSSIE HOOPS

8 WEEKS | 60 MINS SESSIONS
INTRODUCTION TO BASKETBALL

GISBORNE (MRSP) -
WEDNESDAY - 4:45PM - 5:45PM
SATURDAY - 8:30AM - 9:30AM

WOODEND (BUFFALO STADIUM) -
FRIDAY - 4:30PM - 5:30PM
SATURDAY - 8:30AM - 9:30AM

Prospective Parent Evening

This event is aimed at families of current Grade 5 & 6 students

Tuesday 29th April
6.00pm - 7.00pm
The Barcham Theatre, Gisborne Secondary College

Scan the QR code to find out more and register your attendance

THE MOUNT PLAYERS PRESENTS
BY SPECIAL ARRANGEMENT WITH ORION THEATRICAL

WRITTEN BY RACHEL WAGSTAFF AND DUNCAN ABEL

DIRECTED BY FRANK HARVEY AND GERMAINE GARBUIT

THE GIRL ON THE TRAIN

A PSYCHOLOGICAL THRILLER

MAY 9 TO MAY 25 2025

BOOKINGS AT WWW.THEMOUNTPLAYERS.COM OR CALL 5425 1892
MOUNTVIEW THEATRE 56 SMITH STREET MACEDON

Energising Yoga building connection Term 2, 2025

Embrace the day connecting to adaptability, creativity and strength with a [sujala](#) practice helping unite the mind, body + breath.

This yoga practice invites connection to sound vibrations, movement, focus and breath to build connection of mind, body and breath.

When Wednesday 23rd April - 2nd July
8.30-9am

Where Mt Macedon PS Multipurpose Room

Investment \$110 per child for the term

To enrol Contact Shanti Studio:
shantistudiowoodend@gmail.com

Dip Gya Warring Country
WOODEND
m. 0432 694 920
e. shantistudiowoodend@gmail.com

APRIL 06

SEISMIC SHIFTS

PRESENTED BY: CREATIVE RANGES

**HANNAH COOPER
BANGAS AND MASH
DENZIL GREEN
CLIFFORD CLUB**

SONGS IN THE KEY OF STEVIE WONDER

CREATIVE RANGES FOUNDATION
FREE / WINTER CONCERT SERIES

SAT MAY 17 - 12PM OR 3PM SHOWS
MOUNTVIEW THEATRE, MACEDON
ADULTS \$28 / 18 & UNDER \$15

#playtolearn with The Ranges Music Network at your school!

Keyboard | Strings | Guitar | Drums | Harp | Woodwinds | Brass | Voice | Composing | Electronic Music | DJ | Ensembles

+ CODING | MAKING | FILM & PHOTO | CREATIVE ARTS

Launchpad

a fun mix of individual & small ensemble instruction where you learn the language & then start speaking right away!

Individual
tailored just for you and your interests working 1:1 with your mentor

Just for P-2
Lift Bikes individual lessons & Discovery are perfect for our youngest musicians & creatives

visit rangesmusic.net to get started

WJFNC

TRIVIA Night

Join Woodend Junior Football Netball Club for our first fundraising event of the year! Gather your friends for a fun, kid-free night out. Test your trivia skills, meet other parents and win some amazing local prizes!

Saturday 3 May
7.30 PM - 11.30 PM
Social Rooms @ Gilbert Gordon

Book Now!

SIGNIFICANT DATES TO ACKNOWLEDGE

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

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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

💛 🖤 ❤️



May is Domestic and Family Violence Prevention Month in Australia, a time dedicated to raising awareness about the impact of domestic and family violence (DFV) and promoting actions to prevent it. This month serves as a reminder that everyone has a role to play in fostering safe and respectful relationships. Domestic and family violence affects people of all ages, genders, and backgrounds, with lasting consequences on individuals and communities.

Schools play a critical role in prevention by educating students about respectful relationships, promoting open discussions, and ensuring support services are accessible for those in need. Schools may acknowledge this month through awareness and classroom discussions on healthy relationships and conflict resolution. You can find resources through organisations such as [1800RESPECT](#) and [Our Watch](#)

Acknowledgement of Country

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.

