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## **FOS Dates**

Working Bee - May 2nd

Mother's Day Event Friday 9<sup>th</sup> May @ 7pm

# **Important Term Dates**

## **April**

25<sup>th</sup> ANZAC Day –

28<sup>th</sup> April – 2<sup>nd</sup> May Whole School Swimming Program

#### Mav

2<sup>nd</sup> FOS Working Bee

7<sup>th</sup> District AFL

8<sup>th</sup> Yr 5/6 Girls Program

19<sup>th</sup> District Soccer

27<sup>th</sup> Branch Out – Brainstorm Productions Performance

#### June

3<sup>rd</sup> – 11<sup>th</sup> Somers Camp (selected students only)

6<sup>th</sup> District Netball

9<sup>th</sup> 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

## **Principal's Report**

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 2<sup>nd</sup> 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 3<sup>rd</sup> 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 7<sup>th</sup> 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 16<sup>th</sup> of this year marked the 90<sup>th</sup> 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.

# **Year 6 School Reporters**

### **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











## 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 <a href="mailto:mount.macedon.ps@education.vic.gov.au">mount.macedon.ps@education.vic.gov.au</a>

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



<u>SEEN</u> 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



## 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?

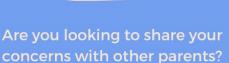


Does your child internalise their issues?



Are you worried about too much screen time?





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.



## 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.

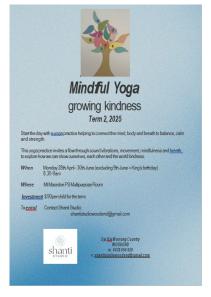
## Being healthy fun facts

- 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 Practice mindfulness Exercise regularly Connect with others Eat a healthy diet

## **Community News**

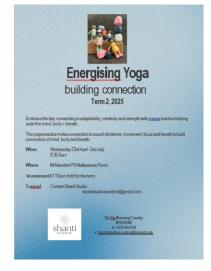


















# SIGNIFICANT DATES TO ACKNOWLEDGE

8th March - International Women's Day

17-23<sup>rd</sup> March - Neurodiversity Celebration Week

17th - 23rd March - Harmony Week

April - Autism Acceptance Month

20th May - Internation 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 - Internation Day of People with a Disability



## Key Aboriginal & Torres Strait Islander Dates

20th March - National Close the Gap Day

26<sup>th</sup> May – National Sorry Day

27<sup>th</sup> May – Anniversary of the 1967 Referendum

27<sup>th</sup> May – 3<sup>rd</sup> June – Reconciliation Week

3rd June - Mabo Day

July 6<sup>th</sup> – 13<sup>th</sup> – NAIDOC Week

4<sup>th</sup> August – National Aboriginal & Torres Strait Islander Children's Day

9<sup>th</sup> August – International Day of the Worlds Indigenous Peoples

3<sup>rd</sup> 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. Your 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.











