

WELCOME TO THE MOUNT Macedon Primary School Newsletter

Issue 22 Tuesday 29th July 2025

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To be advised

Father's Day

Friday 5th September

Important Term Dates

August

1st Principals Day & celebrating 100 days of school
4th MRSC Waste Education Session 1
6th District Basketball (selected students)
11th MRSC Waste Education Session 2
12th District Athletics
15th Meerkat Performance
29th JSC Fundraiser

September

3rd District Cricket
5th FOS Father's Day Breakfast
12th Production Full Rehearsal
18th District Hot Shots Tennis
15th Production Dress Rehearsal (during school)
15 – 19 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
31st World Teachers Day

November

3rd – PUPIL FREE DAY

4th – Melbourne Cup Day Public Holiday
17th – 21st TBC Year 4, 5 & 6 Cottage by the Sea Camp

Hello everyone,

100 Days of School: Yesterday marked our Foundation students' 100th day of school! A huge congratulations to our wonderful Foundation class on this milestone. It was lovely to see the class work on a bunch of fun 100-themed activities, you can read more about it below!

Playground Update: I have just come in from a site meeting with our playground project's architect and site manager and the news is good! We have not come up against any major issues during the project and have been able to extend the amount of rubber surfacing and will be hopefully getting the sign off for completion at some point next week! Watch this space!

DVA Flagpole Grant: Works are set to begin at the front of the school to complete the Flagpole Grant we received from the Department of Veteran's Affairs. We received money to upgrade our flagpoles and the area beneath them and after successfully moving them to the front of the school we are going to be upgrading the paths underneath them as well as working with Landcare to plant some native plants along the fence line.

New Rubbish Bins: We have been working with the Macedon Ranges Shire Council to increase the number of recycling and green-waste bins here at MMPS. As part of this work MRSC will be coming in for two sessions in each class to explore how recycling and green-waste bins work and what we can put in them. It has been so wonderful to see just how interested our students are in sustainability and looking after our environment as best we can.

Bullying No Way Week: We have the national anti-bullying week coming up in a few weeks and classes will be marking this week by exploring a number of activities that promote social skills and working together.

Pre-service Teachers at MMPS: This term we are welcoming three pre-service teachers to MMPS. Yesterday we welcomed Mr Wallace into the grade 5/6 classroom and in a few weeks, we will have a student-teacher in the Foundation classroom and another in the grade 4/5 classroom. MMPS is such a wonderful space for pre-service teachers to get a feel for how calm, cohesive and positive schools operate.

I hope everyone has settled back into the swing of school life well!

Joe.



Year 6 Student Reporters

Weekly riddle

If a rooster lays an egg on a roof which way would it roll?

Student teacher

Every Tuesday from the 29th of July a student teacher, Mr Wallace, will be coming into the grade six classroom to experience what it's like to be in a year six classroom as a teacher.

Principals' day

On Friday the first of August it is principals' day, and we will be thanking Mr Flynn for being an amazing principal.

100 days of school

As well as it being principal's day it will also be the preps first 100 days of school celebration.

Playground

As we all know our school is getting a new playground and it's only going to be a few more days until we can go ballistic on it. The tradies just need to lay down the rubber and woodchips to make it safe!

Production

Just a reminder that this term we have production so if your child(ren) are going to be away for an extended period of time this term then please notify your students' classroom teacher or the front office.



Jasper



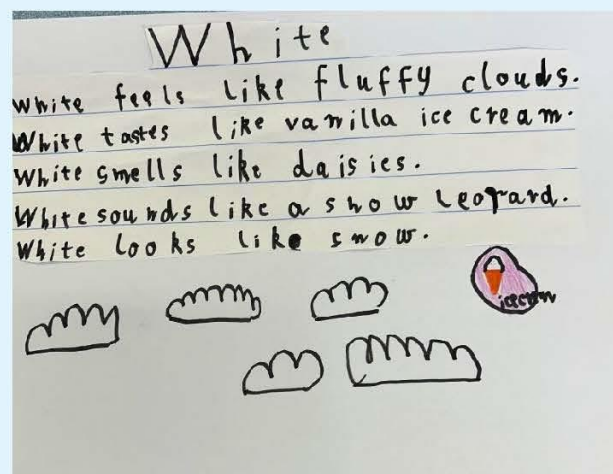
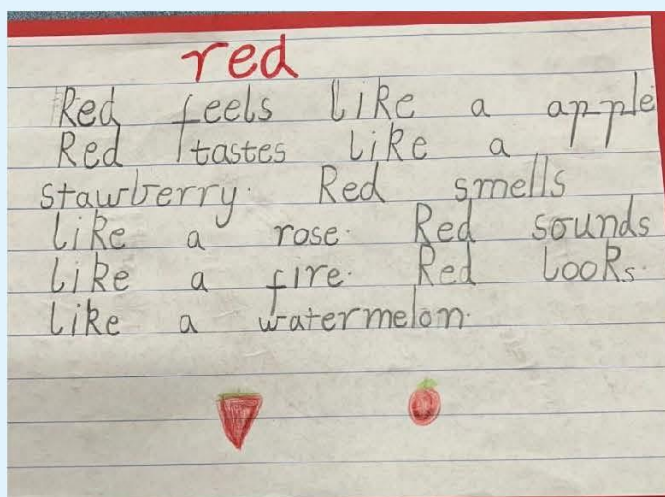
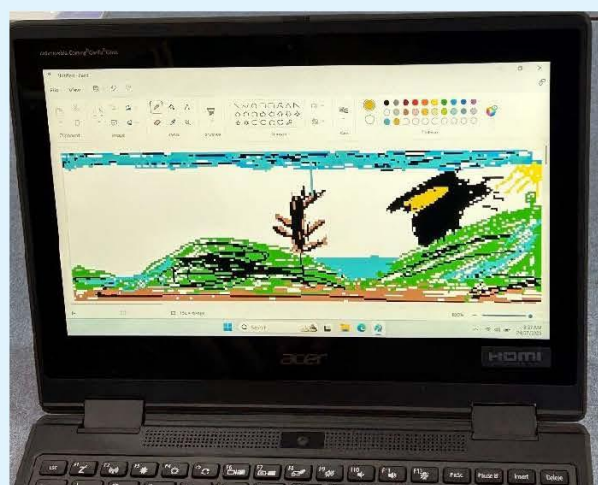
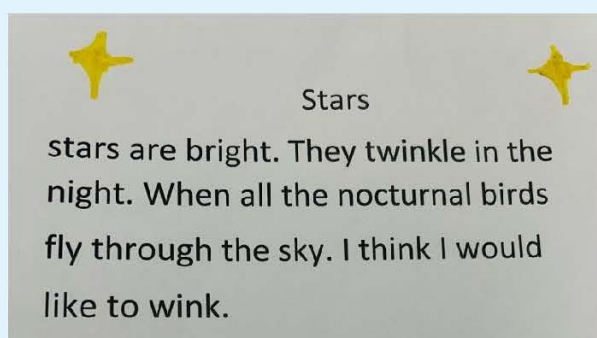
Flora

Grade 1 Inquiry Update:

Our inquiry this term looks at the ways we can share our ideas through art.

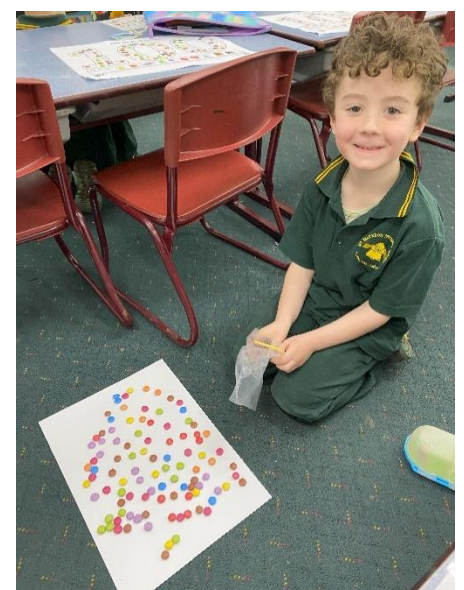
We have started looking at the different types of art that we know, including music, painting, sculpture, dance, poetry, theatre and stories, as well as indigenous art.

Through our writing we have created colour poems, fun rhyming paragraphs and are about to make our own picture story books. We have also used a drawing program on the computers to create a picture.



Foundation Classroom Update

After recess we listened to a picture book about a student who was celebrating their 100th Day of School. After that we shared our 100 objects with each other. We used these to explore counting to 100 and comparing how groups of 100 can look different depending on the size difference in the objects.



We are super excited to dress up on Friday the 1st of August as our 100 Year Old versions of ourselves. We will show our costumes off at a parade in assembly that afternoon.

This week, students across all year levels at Mount Macedon Primary had the opportunity to explore the exciting world of coding through hands-on activities with Ozobots.

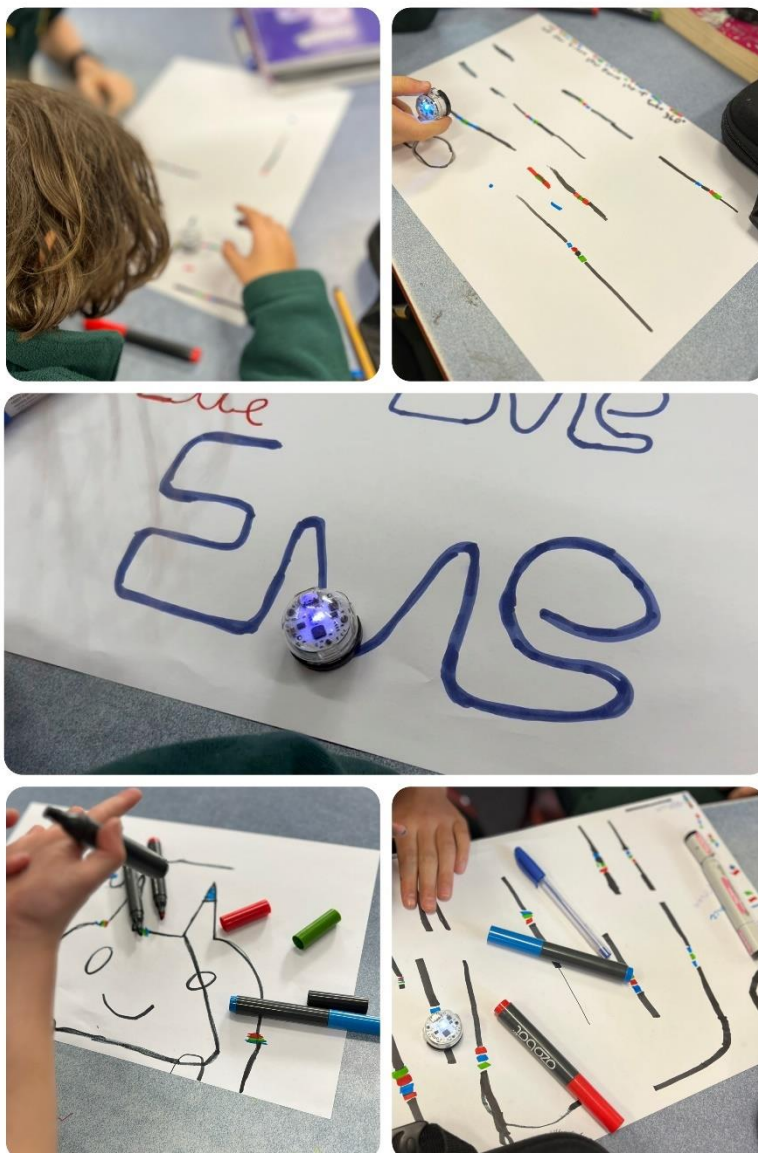
Ozobots are small, smart robots equipped with light sensors that allow them to follow lines and respond to colour patterns. By using coloured markers students were able to “code” the Ozobots using visual sequences. Different colour combinations triggered different behaviours — from changing speed to performing special moves — making it a fun and engaging way to understand the logic behind coding.

Our Prep and Junior students focused on creating shapes and patterns, learning how to guide the Ozobots along lines they designed themselves. It was wonderful to see their curiosity grow as they discovered how their choices influenced the robots’ paths.

Meanwhile, our Senior students took things further, exploring more advanced coding techniques. They worked with increasingly complex sequences and commands, experimenting with how to generate specific outcomes through careful planning and testing.

The sessions were a fantastic introduction to computational thinking and problem solving and students had a great time learning through play and creativity.

Mr. Garcia



Term Three Production – *Trash & Co*

School productions are a long-standing tradition at Mount Macedon Primary School, and this year's show, *Trash & Co*, promises to be another fun and memorable event for our students and wider school community.

Performances will take place in the final week of Term Three on the following dates:

- Monday 15th September at 7:00pm
- Tuesday 16th September at 4:00pm (matinee)
- Wednesday 17th September at 7:00pm
- Thursday 18th September at 7:00pm

A full cast rehearsal will be held on Friday 12th September (Week 8) from 11:30am to 1:00pm.

If your child will be absent for the performances or away for an extended period during the term, we kindly ask that you inform the school as soon as possible to assist with our planning.



Picture Yr 6 Students 2018

Understanding Emotions: Introducing the Mental Health Continuum and Zones of Regulation

This term, we have begun introducing the *Mental Health Continuum* and *Zones of Regulation* in classrooms as part of our whole-school approach to mental health and wellbeing. These tools give students simple, everyday language to understand that mental health and emotions are normal, fluid, and ever-changing.

The *Mental Health Continuum* helps students recognise that everyone moves up and down the continuum depending on what is happening in their lives. Just like physical health, our mental health can be in a ‘healthy’, ‘coping’, ‘struggling’, or ‘unwell’ space at different times, and that’s okay.

The *Zones of Regulation* complements this by helping students identify how they are feeling ‘in the moment’—whether they’re in the *Blue* (low energy), *Green* (calm and ready to learn), *Yellow* (heightened but in control), or *Red* (very heightened and losing control) zone. By noticing and naming their emotions, students can learn strategies to manage their feelings and return to a place where they feel safe, calm, and ready to engage.

This work is closely linked to our participation in the *Mental Health in Primary Schools (MHIPS)* program and builds on our school’s ongoing commitment to *The Resilience Project* and *Respectful Relationships*, which focus on building emotional literacy, empathy, and positive relationships. By embedding this shared language across classrooms, we are supporting students to better understand themselves and others, while reducing stigma around mental health.

We encourage families to use this language at home too—ask your child which ‘zone’ they’re in, or where they feel they are on the mental health continuum. If you would like a copy of the posters we have added to our classroom walls to use at home, please reach out to Brooke.

How to use the Be You Mental Health Continuum



What is the Mental Health Continuum?

The Be You Mental Health Continuum is a tool for educators designed to assist you in knowing when to seek support for a child or young person who you think may be experiencing mental health issues or in need of extra support.

As an educator it is not your role to diagnose mental health conditions – this can only be done by a health care professional. Instead it's your role to notice changes in behaviour, know when to be concerned, and know where to refer to for help.

The Be You Mental Health Continuum provides guidance on how to do this with the following sections:

1. What to notice

'What to notice' provides a list of behaviours in children and young people to indicate where on the Mental Health Continuum they might be sitting. This can be used in conjunction with the Behaviour Emotions Thoughts Learning and Social Relationships (BETLS) observation tool to help you in documenting observations about a child or young person you are concerned about.

2. When to be concerned

'When to be concerned' provides a checklist to use to help guide decision-making around whether you should seek further support for the child or young person. While it's always best to act on the side of caution, reflecting on the ten questions below can help you determine whether you need to raise your concerns with the person responsible for wellbeing in your setting.

3. What to do

'What to do' provides a list of evidence-based actions educators can take to support mental health at key points across the continuum. These are split into three tiers:

- Good for all – actions to take to promote positive mental health and wellbeing for all children and young people.
- Necessary for some – actions focused on **internal supports** for children and young people who may be experiencing emerging signs of poor mental health.
- Essential for a few – actions to take when a child or young person is in need of **external professional support** outside of the early learning service or school.

Children and young people can move along the Mental Health Continuum at different stages of development and life. Children and young people can have mental health issues and still be flourishing.



With delivery partners



Funded by



Zones of Regulation

BLUE	GREEN	YELLOW	RED
Sick Sad Tired Bored Moving Slowly	Happy Calm Good to Go Focused Ready to Learn	Frustrated Worried Silly/Wiggly Anxious Excited	Mad/Angry Mean Yelling/Hitting Out of Control I Need Time and Space



Centre for Community Child Health

The Children's Wellbeing Continuum



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Recognising Anxiety in Children: A parent's guide in the face of rising childhood anxiety

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

As a psychologist who has worked with families for over thirty years, I've witnessed firsthand the sharp rise in childhood anxiety that's sweeping across Australia. What once seemed like isolated cases have now become the norm in many households and classrooms. The recent work by Professor Patrick McGorry and his colleagues in The Lancet Psychiatry Commission paints a stark picture: we're facing a mental health crisis among our young people that has reached what they describe as a "dangerous phase."^[1]

McGorry's research reveals that the mental health of emerging adults in Australia has been declining steadily for the past two decades, with anxiety disorders at the forefront of this troubling trend. The COVID-19 pandemic and global megatrends—including social media pressures, climate anxiety, and economic uncertainty—have further accelerated this decline. As parents, this means we must become more adept at recognising the early signs of anxiety in our children before these patterns become entrenched.

Before we dive into identification, it's essential to understand that anxiety exists on a spectrum. We must be careful not to pathologize every worried thought or nervous moment our children experience and be cautious of the language we use around children. The term 'anxiety' is becoming more common in everyday language and that can result in children using it in their self-talk, their internal dialogue – '*I'm feeling anxious today*', '*I can't do it, I'm too anxious*'. Normal developmental anxiety—such as a child worrying about a school test or feeling nervous before a performance serves an important purpose in building resilience and gives them experience of overcoming worrying times.

However, when anxiety becomes persistent, interferes with daily functioning, and causes significant distress, we're looking at something that requires intervention. The key distinction lies in whether the anxiety is proportionate to the situation and whether it's preventing your child from engaging in age-appropriate activities.

Early childhood and early primary (Ages 3-6)

Young children often express anxiety through their behaviour rather than words. Look for sudden clinginess when separation was previously manageable, frequent complaints of tummy aches or headaches without medical cause, and regression in behaviours they've already mastered (such as toilet training or sleeping independently). These children might also develop intense fears of imaginary threats or become unusually upset by changes to routine.

Primary school years (Ages 7-12)

School-aged children may begin to articulate their worries more clearly, often focusing on academic performance or social acceptance. You might notice excessive worry about being "perfect," avoidance of school activities or social situations, and physical complaints that seem to coincide with stressful events. These children often seek repeated reassurance about everyday situations and may struggle with decision-making.

Children's bodies often tell the story before their words do. Persistent headaches, stomach complaints, muscle tension, and sleep disturbances are common physical manifestations of anxiety. Emotionally, you might observe heightened reactivity—what seems like an overreaction to minor setbacks, increased irritability, or sudden tearfulness over seemingly small issues.

Pay particular attention to avoidance behaviours. When children consistently dodge activities, they once enjoyed, refuse to attend social gatherings, or resist going to school, anxiety may be the underlying culprit. These patterns often develop gradually, making them easy to miss until they become entrenched.

Next article: Responding to Anxiety in Children: What you can do as a parent

References:

1. McGorry, P.D., Mei, C., Dalal, N., et al. (2024). *The Lancet Psychiatry Commission on youth mental health*. The Lancet Psychiatry, 11(9), 731-774.

- Healthdirect Australia: <https://www.healthdirect.gov.au/anxiety-in-children>
- Royal Children's Hospital Melbourne: <https://www.rch.org.au/anxiety/>
- Parentsshop Parent resources: <https://www.parentshop.com.au/for-parents/>
- Australian Psychological Society – Find a psychologist: <https://psychology.org.au/find-a-psychologist>

Sacred Heart College Kyneton

Free Online Parent Session

PARENT INFORMATION SESSION

JOIN THE CYBER SAFETY PROJECT FOR EXPERT ADVICE

NAVIGATING THE DIGITAL PLAYGROUND

Feeling confident navigating their child's online world
Create a safer, more balanced digital environment at home
Support digital wellbeing and encourage responsible tech use
Know what to do (and where to turn) when things go wrong online

WHEN & WHERE
LIVE ONLINE
7pm - 8pm
Tuesday 8th August 2023

PRESENTED BY
Cyber Safety Project, Australia's premier online safety education provider
Cybersafetyproject.com

SCAN TO REGISTER or visit
<https://bit.ly/sacredheartcollege>
or Google Sacred Heart College
Parent Engagement for the booking link

Parent Engagement Partnership
A Ministry of Mercy Education Limited ABN 69 154 531 870

WOODEND NEIGHBOURHOOD HOUSE

After School Classes at the Woodend Neighbourhood House

ART CLUB
Tuesdays or Wednesdays
3.45pm - 5pm
Prep - Grade 4
Art Club for Kids is a fun and inspiring class where kids explore a range of themes, mediums, and techniques.

CREATIVE YOGA
Tuesdays
4pm - 5pm
Prep - Grade 6
Creative Yoga is a welcoming class where you connect as a group. Flow with your breath, and move your body with ease.

BENDY BUDDIES YOGA
Tuesdays
10am - 10.30am
2 - 5 Years
Bendy Buddies Yoga is a joyful and playful yoga adventure designed especially for preschool kids.

For More Information 5427 1845
Visit Our Website www.woodendnh.org.au

The Art Pause!

WHAT IS IT?
Need a little creative escape? During our special drop-in sessions, you're warmly invited to come as you are and make art your way.

DROP IN HOURS
WEDNESDAYS
10am - 12pm | Adults Only
A calm, creative space to unwind.
1pm - 3pm | Child-Friendly
Bring the little ones along for some shared art play.
THURSDAYS
6pm - 8pm | Adults & Teenagers
Evening wind-down with paint, clay, and quiet vibes.
PLEASE NOTE: If no one in attendance by 7pm I will close up the studio.

WHATS INCLUDED?
Your drop-in session includes everything you need to relax and get creative.
Complimentary Tea & Coffee - Freshly brewed from real beans.
Hot Chocolate & Bottled Water.
All Art Supplies Provided - Paints, clay, pencils, brushes, paper, canvases and more!
Creative Prompts & Inspiration Stations - for when you want a gentle nudge

Just drop in, take a breath, and create!

REGISTER ONLINE OR DROP IN
PAY ON THE DAY
Cash Card
Register via website

The Studio @ No.4
Factory 4
8 Sauer Road
New Gisborne

Term 3 In School & In Hub!

#BigSing & #BigBam Break time ensembles
Just \$36 a term or \$56 for both!

Launchpad combining Individual Ensemble learning from \$347 a term!

Creative Hub Woodend
OPENING SOON! 42 Urquhart St
Become a Member!
Music, Visual Arts & Literary Arts
Coding, Game Design & Making
Lessons, ensembles & workshops
Rehearsal, podcast & project studios
Industry tools + Makerspace
Creative Arts Community!

Music Therapy Mondays
University of Melbourne & The Ranges Music Network

Visit us at creativ_ranges.org to see the full Creative Hub calendar!

GET IN TOUCH
email: info@rangesmusic.net
text: 044 992 2425

NEW Break Ensembles!

JUST \$36 / Term or \$56 for BOTH!

part of the Creative Ranges Foundation's commitment to getting as many young musicians singing & playing as possible in the Macedon Ranges!

Visit rangesmusic.net to get started.

#BIGSING! #BIGBAM!

RDFNL

UNDERS 2025

'All Girls' Modified Junior Football Introduction

WHERE
Macedon Ranges Sports Precinct,
153B Hamilton Rd, New Gisborne VIC 3438

WHEN
Four Friday Evenings
Commencing August 1st
4:30-6:30pm

FREE TO REGISTER! SCAN BELOW

REGISTER: WWW.PLAYHQ.COM/AFL/REGISTER/502AF6
CONTACT: CAMPRELL.ALLAN@AFL.COM.AU

RDFNL

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STAND TOGETHER

MEN'S WELLNESS BBQ & FORUM

Join us for a free evening of food, connection, and real conversation. Enjoy a BBQ dinner (meat and vegetarian options), hear from guest speaker Mark Thomas - former Police Sergeant and mental health advocate - and connect with mates and local supports in a relaxed, scenic setting.

No pressure. Just good food, honest stories, and support.

THURSDAY
23 OCTOBER 2025
6:00 PM

MOUNT MACEDON GOLF CLUB

SCAN ME

MARK THOMAS
FORMER POLICE SERGEANT & CO-FOUNDER OF THE CODE 9 FOUNDATION


Poster by Rose M

GISBORNE Secondary College
KYNETON HIGH SCHOOL

INTO THE WOODS

Music and Lyrics by **STEPHEN SONDHEIM**
Book by **JAMES LAPINE**
Originally Directed on Broadway by James Lapine
Orchestrations by Jonathan Tunick
Licensed exclusively by Music Theatre International (Australasia)

Friday 8th - Sunday 17th August 2025
Barcham Theatre, Gisborne Secondary College
Tickets \$15-\$60
www.trybooking.com/DAUCG



THE MOUNT PLAYERS PRESENTS
BY SPECIAL ARRANGEMENT WITH ORIGIN THEATRICAL

A Skull in Connemara
A DARK IRISH COMEDY

WRITTEN BY **MARTIN McDONAGH**
DIRECTED BY **TRAVIS HANDCOCK**

AUGUST 15 TO AUGUST 31 2025

BOOKINGS AT WWW.THEMOUNTPLAYERS.COM OR CALL 5426 1892
MOUNTVIEW THEATRE, 56 SMITH STREET MACEDON



MUSIC IN THE STICKS PRESENTS:

BATTLE of the Bands

\$5 entry fee

THE MODS
THUNDERCHIEF
ELECTRIC EELS
FELONY'S
MOUSIE COCO
ELYSIUM

\$2.50 PIZZA SLICE
\$2.50 SOFT DRINK

Friday 1 August
6 - 10PM
Kyneton Town Hall, 129 Mollison Street

For tickets go to mrsc.vic.gov.au/mts or scan:



Macedon Ranges Shire Council | Youth Services | **AMPLIFY** | **VICTORIA** Trade Exports Australia | **X** STREETS

Fully supervised | A Victorian Government initiative
All-ages event | Drug, alcohol, smoke & vape free | No pass outs

Macedon Ranges Shire Council

New draft key Council documents now out for consultation

24 July - 20 August 2025

your say

Scan here for more info



or visit yoursay.mrsc.vic.gov.au

Shaping The Ranges
2025-2035
DRAFT FOR CONSULTATION

Asset Plan
2025-2035
DRAFT FOR CONSULTATION

Financial Plan
2025-26 to 2034-35
DRAFT FOR CONSULTATION

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.

