

MT DANDY NEWS

Discover



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Message from Sally...

REMOTE LEARNING CONTINUES

As we pass the half-way mark for Stage 4 restrictions, I want to once again extend my thanks to you for your support of your children at home and our staff in the work they do teaching remotely.

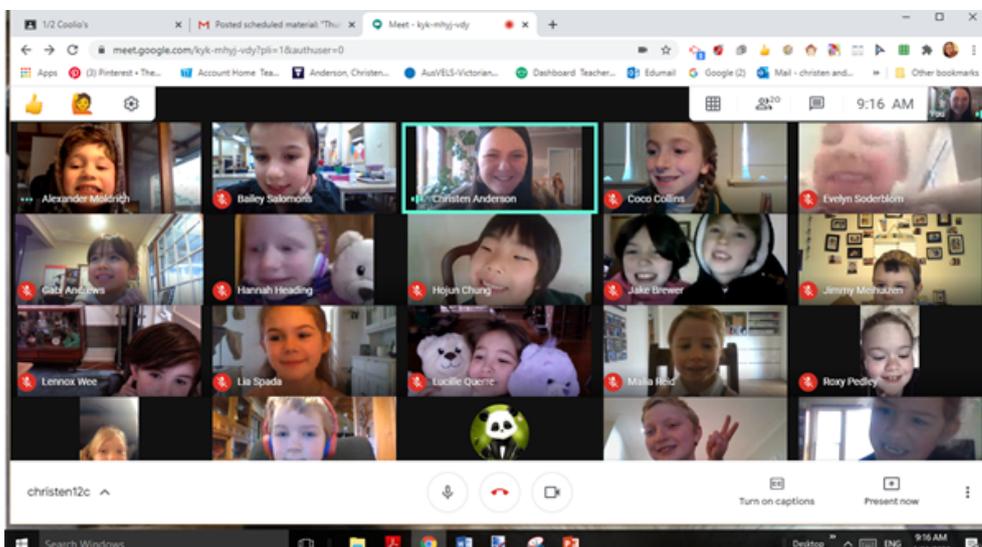
Your child's mental health and wellbeing is the most important thing right now. If your child is not feeling safe and connected, making that happen has to be our number one priority. We know they can't learn if they are in a state of stress. Delivering a one-size-fits all remote learning program is not possible. Some students require much more work than others and so teachers have provided lots of extras for those students who are motivated to achieve more during this time at home. As a result, our teachers are working extremely hard to ensure that the learning program they provide to their students is suitable for a range of different student and family needs. This requires a tremendous amount of work for them on top of managing their own wellbeing and family commitments at this time. For this reason, it is important to remember that everyone is doing their best under very challenging circumstances and I appreciate you showing kindness in all interactions with my staff, as they do towards you and your children.

While your child's mental health is the most important factor at play right now, and we know you are juggling lots of competing demands at home, the benefit of routine and maintaining social connections and expectations for learning is a powerful tool we can use to keep students motivated and positive during lockdown. Keeping up with the daily learning tasks set by their teacher, which can be modified as needed, and attending their online meetings will assist your child in maintaining their routine and connection to school, peers and teachers. You can assist them by providing short periods of focused attention (10 minutes) that can help you to reconnect with your child and set them up to keep going on with their day and feeling more positive. For older more independent students, please also ask questions about how they are going with their set tasks, what they need to submit and if they require any additional help. The teachers are always prepared to meet with your child via Meet to support their understanding, and older children can post questions in Google Classroom or email their teacher to seek help.



As I have previously said, please make sure that you focus on the needs of your family at this time and adapt our program to suit you as required. However, please also be mindful of the legal obligations we have as state school educators to track attendance daily and to provide a learning program for our students that is based on the content of the Victorian Curriculum. We are legally obligated to determine every child's level of proficiency against these curriculum standards and report these to parents and the Department of Education twice per year.

If you choose for your child not to participate in our learning program or submit the required learning tasks in English and Mathematics, it will not be possible for the teachers to accurately assess your child's progress against the curriculum and this will impact on their ability to provide an end of Semester 2 report. If you prefer to concentrate on your own home learning program, you will need to log your child



as absent under "parent choice" in Compass as well as inform the teacher and myself. Thank you for your understanding with this.

At this point in time, we are still awaiting further information on the return to school plan for Term 4. As soon as I have any further information, I will send an update via Compass.

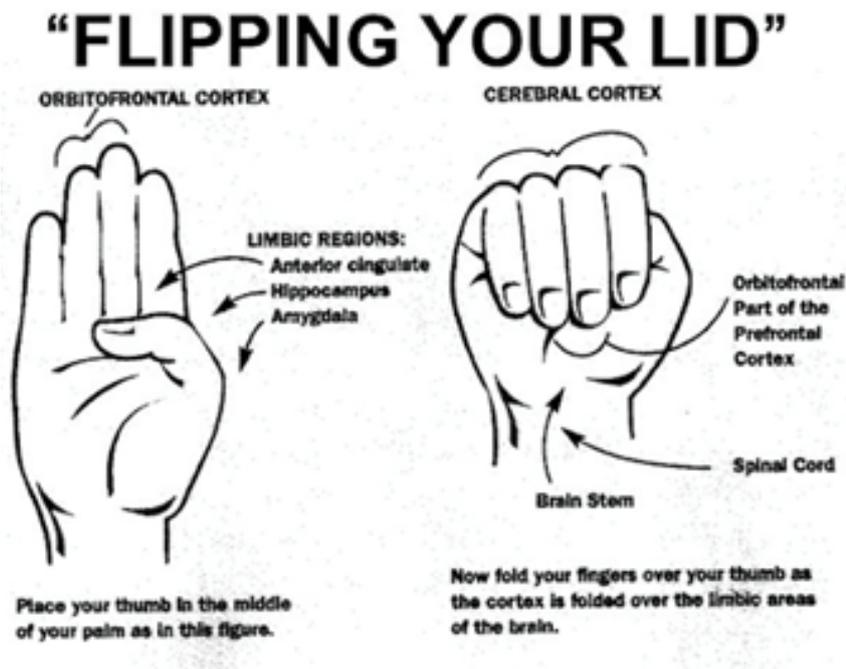
PARENT WEBINAR WITH BUILDING BETTER BRAINS AUSTRALIA



It was great to see such a terrific turnout at last night’s webinar on how to support our children through trauma, including during the Covid-19 pandemic. Sian and Tony were not only extremely knowledgeable but also very entertaining throughout the presentation. The key message for me, was that although our earliest experiences of trauma have a significant impact on our ability to manage our stress responses for the rest of our lives, there is a way to improve our capacity to cope with stress and increase our “window of tolerance”. This neural plasticity is a wonderful thing that enables us to create new neural pathways when we practise the right

techniques – repetitive learning and experiences. “The changes we make in their brains drive their behaviour, thoughts and emotions today and in the future.” (Sian and Tony) We learnt a cool hand model for the brain that we can use to teach our children about how their capacity to think and reason is not there when they are in their flight or fight response.

When faced with challenging behaviour in our children, we must remember that this is driven by a need for safety and connection. The 3 R’s – **regulate, relate, reason** – can serve as a prompt for us to de-escalate the behaviour and return to place where we can reconnect and talk about what the child is feeling. By using strategies such as rhythmic movement and breathing we can help to **regulate** the child’s flight or fight response so they return to a calmer state. Through acknowledgment of their feelings and connection through an attuned relationship we **relate** to our child and reconnect. Finally, once calm we can **reason** with our child, supporting them to reflect, learn, remember and articulate with the goal of greater self-assurance.



Thank you to Sian and Tony and to our wonderful community for supporting this event and thereby our work at school. Our school is continuing to work with BBBA to ensure that our responses to child behaviour are trauma-informed and that we can use teaching and learning about the brain to help our students understand themselves and regulate their emotions for the better.

Any feedback about the session would be most appreciated – please email directly to me and I will forward to BBBA. Sally.Aderton@education.vic.gov.au

Slides and the recording of the webinar will be made available shortly.

PARENT FEEDBACK SURVEY

THANK YOU

Thank you to our parents who completed the survey about our remote learning program. There was lots of helpful feedback in the responses, and as a result our teachers have made some adjustments to their programs such as including more resources to enhance mental health and wellbeing, as well as increased opportunities for group work and collaboration in the Year 3-6 classes. If you have specific difficulties, I encourage you to get in touch with your child's teacher to discuss your concerns directly with them.

BOOK WEEK 2020

Good news! Children's Book Council of Australia Book Week 2020 will now be held in October on the following dates: **OCTOBER 17-23 2020**. The theme is "Curious Creatures, Wild Minds".



These later dates will apply in 2020 only, recognising the exceptional circumstances of the COVID-19 pandemic. From 2021, the CBCA expects that the annual Book of the Year Awards and CBCA Book Week will revert to their normal schedule of the Awards announced on the third Friday in August, with CBCA Book Week commencing the following day.

At Mount Dandenong Primary School, we always look forward to purchasing our collection of the short-listed titles, reading them and completing interesting activities centred on them. This year we will be doing this later this term and into Term 4. Our Book Week learning always culminates in the fun Book Week Parade where we dress up as our favourite book characters. We will definitely be doing this in some form during the week of 17-23 October. We will keep you posted!

PREMIERS READING CHALLENGE



Finally, one last reminder to get your books read onto the Premiers Reading Challenge website before 18 September:

<https://vprc.eduweb.vic.gov.au/home>

All children who complete the challenge will receive a certificate from the Premiers of Victoria.

TERM 4 SCHOOL EVENTS

We know that this year has been our most difficult ever. Many important events and rituals have had to be put on hold or modified. I want to reassure you that we are doing our best to adapt our well-loved events, most of which take place in Term 4, to accommodate the necessary Covid-19 restrictions. Once we know more about what Term 4 will look like, we will update you with news of our plans for Term 4.



FUN FRIDAY



Tomorrow is our 'Fun Friday' and Crazy Hair Day. We encourage you to go wild with your hair-do and show it off at our assembly and your class meet. Following this, the day is yours to focus on fun and wellbeing with your children. Each teacher or teaching team has planned a fun activity for the children to do at home. You can pick and choose what you would like to do tomorrow. We welcome photos to our Remote Learning gallery that we can show at our next and last assembly for the term on Friday 11 September. Please use a school account to save photos to:

https://drive.google.com/drive/u/0/folders/1LAqp020TguMBUIYw-B_qSMBCokoBbNvu



DATES FOR YOUR CALENDAR

Friday 28 August : Fun Friday

Friday 18 September : Premiers Reading Challenge ends

Saturday 17 October : Book Week
- **Friday 23 October**



MERIT AWARDS

PREP A Harlow Hendricks

PREP L Isabelle Cuthbert

1/2C Bailey Salomons

1/2JS Michael Healy

3/4A Jonty Friend

3/4A Tait Pathirana

4/5M Winston Nguyen

5/6AL Eloise Ravensdale

JAPANESE Lia Spada

P.E. Sophie Robertson

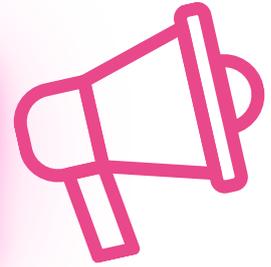
ART Edie Cremean

MUSIC Thomas Barnes



Anna's

SHOUT OUT!



2020 PARLIAMENT PRIZE

Congratulations to all of our entrants into the 2020 Parliament Prize. Students had to submit a 90 second statement that they would make to Parliament if they were an MP speaking about issues that they care about affecting their community. They will be judged on their sense of passion and clear thinking, engaging, creative and coherent expression and level of persuasion and articulation.

Ava Pathirana - Protecting Indigenous Culture

Khevin Chumber - How migration laws need changing

Jasper Francis - Ending Detention for asylum seekers

Will Meyer - The Refugee Crisis

Ava Meyer - Protecting the environment

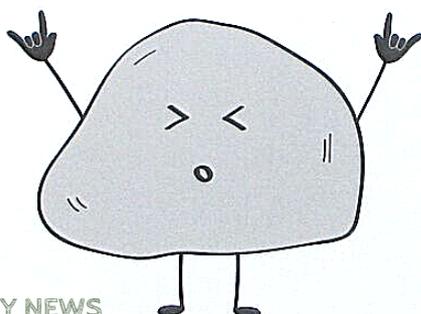


Well done to our MDPS entrants, your school community is so proud of you!

A big shout out to our Captains for producing such amazing videos to support our school during Remote Learning: **Sophie, Ava P, Sarah, Bridget & Ginger.**

Thank you to **Eloise, Cami, Will and The Arts Captains** for sharing their ideas with the rest of the school.

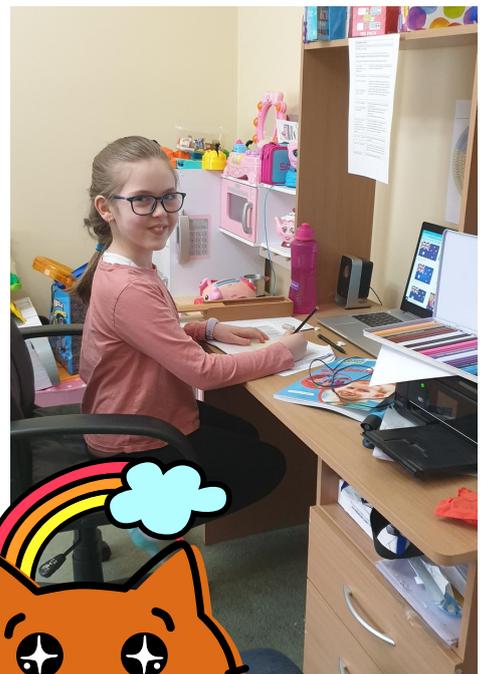
YOU ROCK

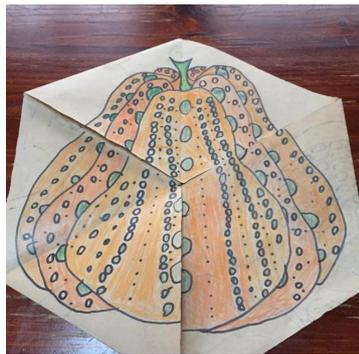
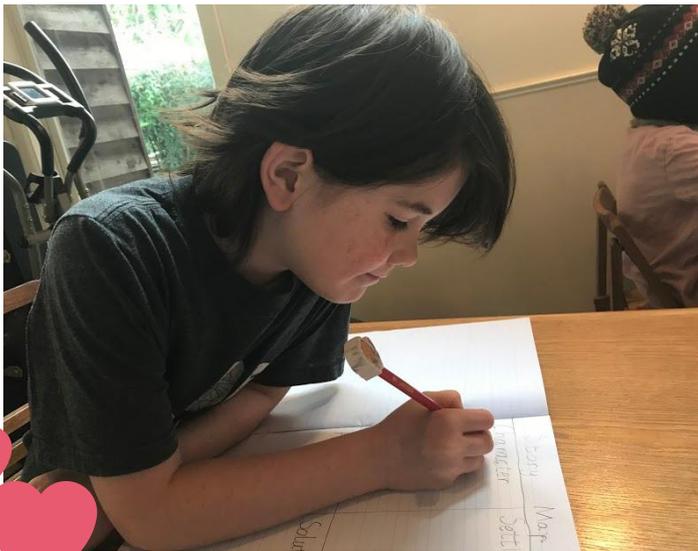


THANKYOU

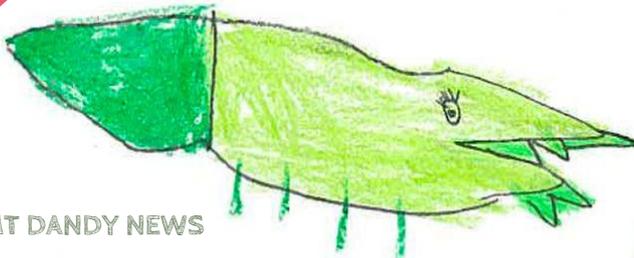
Congratulations to **Ginger & Aden** for joining the district Captains Leadership Forum and thank you for representing the MDPS Community so well!

REMOTE LEARNING SNAPSHOTS

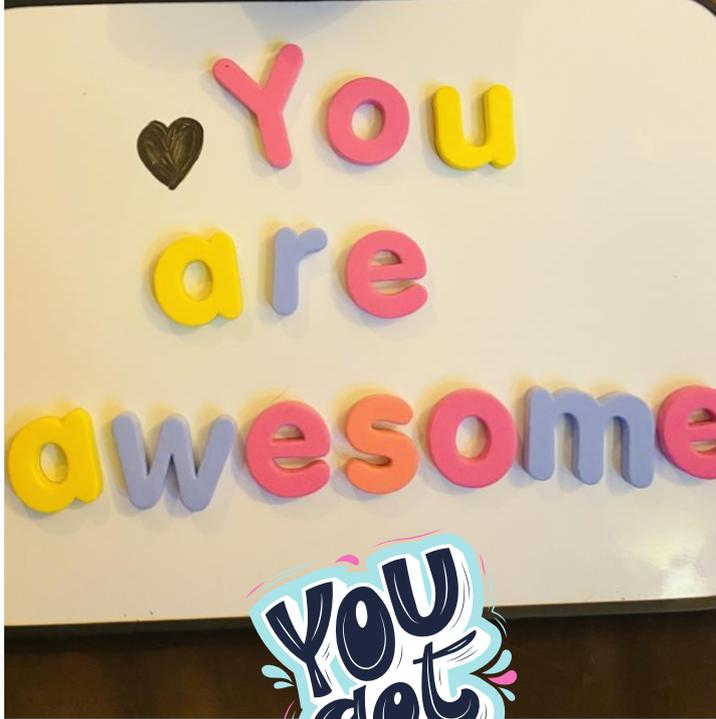
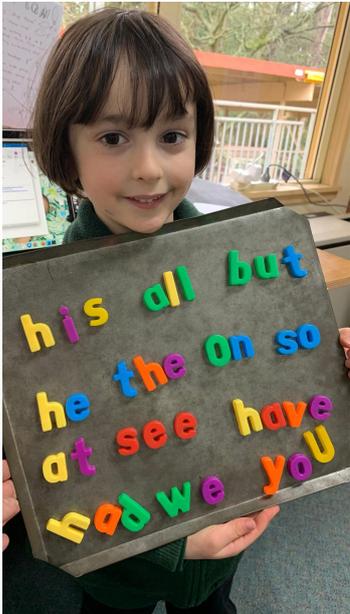
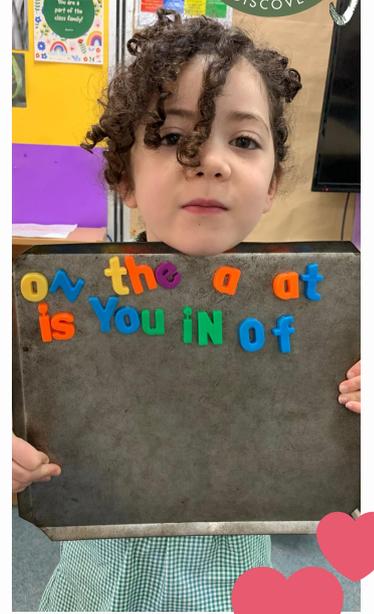
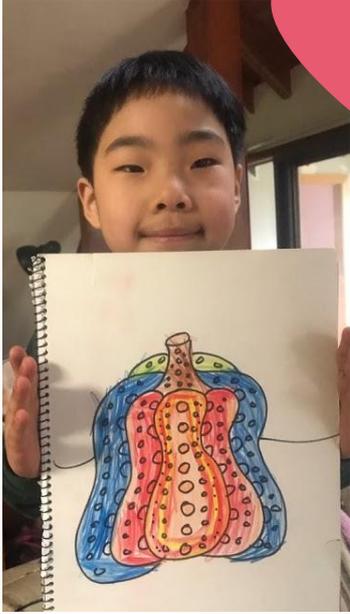




MADE WITH PICJOINER

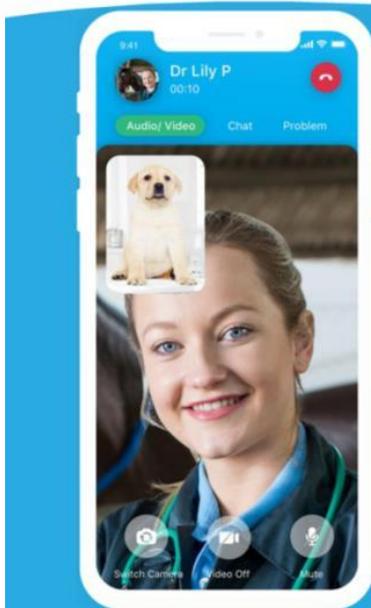


19 Jul 2020 at 6:51 pm





CLICK for more



Phone A Vet (PAV) has arrived!

A phone app offering a convenient and affordable way for pet owners and farmers to speak with Australian registered veterinarians

PAV Phone A Vet
www.phoneavet.com.au



Olinda Cricket Club – Junior Season 2020/21

Olinda Cricket Club invites interested kids to register to play the 2020/21 season.

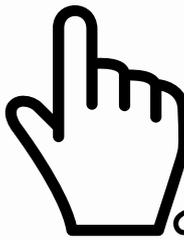
Playing opportunities for ages 5 to 18 – the elusive outdoors, fresh air, sunshine!

All abilities and experience welcome!

Although there is some uncertainty around the form of the season at this stage, we would really appreciate registration of interest – for minimal outlay at this time – at playcricket.com.au by 9 September 2020. Details of fees are available in the online registration process or contact the club Junior Coordinator Glenn Meyer on 0434 093737 or glennemeyer@gmail.com with any queries.





 **CLICK** for more

Form & Practice

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- Reformer Pilates
- Clinical Exercise & Strength Classes
- Back / Neck Pain
- Headaches & TMD
- Post Operative Rehab
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9751 0400 for timetable and pricing formandpractice.com.au

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GET MOVING!

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HSD REMOTE LEARNING

WELCOME TO THE HART SCHOOL OF DANCE
REMOTE LEARNING PLATFORM

Use the page tabs to navigate the site. At the top of each page you will find the link to your weekly Zoom meeting. Scroll down on your classes page for technique, dance at home content as well as videos of your routines for you to practise.

IMPORTANT UPDATES

 Click on the button to join our Members Only Facebook Group. Use our Members Only group to keep in touch with our HSD community and check out updates and great resources.

www.hartschoolofdance.com.au

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