



Wednesday Weekly

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The newsletter of Preston Primary School, 31 August, 2022

Website: www.preston-ps.vic.edu.au

Diary Dates and upcoming events

September

Thu 8 – Division Athletics – **Drivers needed!**

Fri 09 – Professional Practice Day - **Pupil Free Day**

Wed 14 - Grs 4 & 5 watching Gr6 performance (*permission needed*)

Wed 14 – Grade 6 Drama Show – day Rehearsals & Evening Performance

Thu 15 – Grade 5 Debating Round 2 (team)

Thu 15 – Footy Colours Day!

Fri 16 – Last Day of Term 3 : 2.30 pm finish

Term 4:

October

Mon 03 – Term 4 starts

Mon 10 – Tues 11 – Gr 4 City Camp

Wed 12 – Northern Regional Athletics

*Keep an eye on the calendar –
the **Art Show** will be held in Term 4.
Every child will have a piece of artwork on display!
This is being finalised and the date will be notified soon!!*

From the Acting Principal....

School Assembly	
Senior School	Junior School
Friday -15 th September at 2:00pm Assembly (Last day of Term 3 student dismissed at 2.30pm)	Thursday- 1st of September -Assembly Thursday – 15 th of September - Assembly

BOOK WEEK CELEBRATIONS

What a fabulous week we have had, despite the weather not being the best our parade for Book week still went ahead. For me, these types of activities and events are what school is all about. Consistent community involvement and engagement at all levels of the school have been shown time and time again to have significant short and long term benefits. A big shout out to all of our parents and carers for supporting our students to source or make costumes and getting fully into the spirit of the event. It was certainly GREAT being able to hold a parade again and our staff and student costumes were simply amazing.

Dressing up on special days is such a fun way to enjoy and promote a love of reading. Also, it was wonderful to see students in the library at recess and lunch exploring their favourite genres or perhaps picking up something new for the first time. Thank you to all of the teachers for making this day memorable.



CHILD SAFETY AND WELLBEING AT PRESTON PRIMARY SCHOOL

Preston Primary School is committed to providing a child safe and child friendly environment, where students are safe and feel safe. The Victorian Government has announced new Child Safe Standards to further strengthen child safety across organisations, including schools. The new standards recognise the critical importance of families and the broader school community in maintaining and promoting child safety and wellbeing.

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Currently Preston Primary School has reviewed and updated all the child safe policies and practices to ensure they meet the requirements of the new standards. The following are on our website and attached to our newsletter feed:

- Child Safety Responding and Reporting Obligations Policy and Procedure
- Bullying Prevention Policy
- Complaints Policy
- Inclusion and Diversity Policy
- Student Wellbeing and Engagement Policy
- Visitors Policy
- Volunteers Policy
- Camps and Excursions Policy
- Yard Supervision Policy

Wellbeing – Focusing on positive thinking

You can learn to turn negative thinking into positive thinking. The process is simple, but it does take time and practice — you're creating a new habit, after all. The following are some ways to think and behave in a more positive and optimistic way:

- **Identify areas to change.** If you want to become more optimistic and engage in more positive thinking, first identify areas of your life that you usually think negatively about, whether it's work, your daily commute, life changes or a relationship. You can start small by focusing on one area to approach in a more positive way. Think of a positive thought to manage your stress instead of a negative one.
- **Check yourself.** Periodically during the day, stop and evaluate what you're thinking. If you find that your thoughts are mainly negative, try to find a way to put a positive spin on them.
- **Be open to humour.** Give yourself permission to smile or laugh, especially during difficult times. Seek humour in everyday happenings. When you can laugh at life, you feel less stressed.
- **Follow a healthy lifestyle.** Aim to exercise for about 30 minutes on most days of the week. You can also break it up into 5- or 10-minute chunks of time during the day. Exercise can positively affect mood and reduce stress. Follow a healthy diet to fuel your mind and body. Get enough sleep. And learn techniques to manage stress.
- **Surround yourself with positive people.** Make sure those in your life are positive, supportive people you can depend on to give helpful advice and feedback. Negative people may increase your stress level and make you doubt your ability to manage stress in healthy ways.
- **Practice positive self-talk.** Start by following one simple rule: Don't say anything to yourself that you wouldn't say to anyone else. Be gentle and encouraging with yourself. If a negative thought enters your mind, evaluate it rationally and respond with affirmations of what is good about you. Think about things you're thankful for in your life.

Here are some examples of how we shift negative self-talk and how you can apply a positive thinking twist:

Putting positive thinking into practice	
Negative self-talk	Positive thinking
I've never done it before	It's an opportunity to learn something new.
It's too complicated.	I'll tackle it from a different angle.
I'm not going to get any better at this.	I'll give it another try.
I don't have the resources.	Necessity is the mother of invention.
No one bothers to communicate with me	I'll see if I can open the channels of communication.

Reminder -Professional Practice Days For Term 3

Just a reminder, we have scheduled our Professional Practice Day (PPDay) for Friday the 9th of September. Students will therefore not be required to attend school on this day. This day has been approved by School Council.

PARKING RESTRICTIONS

All parents need to be aware of the parking restrictions around the school. Cars are not allowed to **park or stop** on the

- West side of Bowden St,
- East side of Ellison St and the
- South side of Shakespeare St
- East side of Foch Street

between **8.30 & 9.30 in the morning and 3.00 & 4.00 in the afternoon.**

There are **no parking** spaces in each street surrounding the Junior School and in Foch St to allow parents to stop and **drop off and pick up** their children, however, you are **not permitted to stop and get out of your car in those spots or park there**. Parents need to be aware that the restrictions are in place to ensure the streets surrounding the school are safe for all of the people who use them.

Please take careful notice of the parking restrictions as the Parking Officers do patrol the streets surrounding the school on a regular basis. They will issue infringement notices to drivers who are not abiding by the road rules.

FATHER'S DAY

This term our classroom teachers have organised some great gifts for Father's Day. Hopefully that will mean dads will get some lovely presents from their children that have been made with lots of love.

I hope all of our dads have a lovely day on Sunday!

**Ameera Hassanein,
Acting Principal.**



Baby News

We have welcomed three new babies to our Preston Primary family.

Rachael Srblin and her partner Matt welcomed their second daughter, **Tiana Vieira**. Big sister Lucia is thrilled!

Claire Woodford and her husband Will have welcomed their first baby, a daughter, **Lyla Maree**.

Louise Douglass and her husband Ewan have also welcomed their first baby, a daughter, **Zoe Beth**.



SUNSMART

Children need to ensure they come to school each day prepared for the heat of the summer days. They **MUST** bring their hat to school **EVERY** day as we have a **“No Hat no Play”** rule that we enforce in Terms 1 and 4.

Students must wear a school hat; baseball hats are not permitted.



Grease the Musical!

On Friday August 19, the Grade 5 and 6 students had a special opportunity to watch a performance of Grease the Musical at the Clocktower Centre in Moonee Ponds. This production was performed by the students from Bacchus Marsh Grammar and we were invited to watch their dress rehearsal in preparation for their main shows.

This gave our students great insight in how a school production comes together from the cast, the sound and lighting crew and the live band. For our Grade 6 students, it was also a great lead up for their own Drama Show in a few weeks and to see what is needed to make a performance great such as voice projection and expression.

Overall, the performance was fantastic. Our students were a wonderful audience and a represented our school in an excellent manner. Their encouragement and enjoyment of the show definitely gave the cast confidence to perform and have fun.

The feedback from our students about the show was very positive and with a common theme – Grease is the word!



Division Athletics

The Division Athletics are being held on **Thursday 8 September**.

- Unfortunately, we have not been able to get a bus for this event.
- The Carnival will be held at Meadowglen International Stadium, 146/156 McDonalds Road, Epping 3076.

We are asking if parents of the team members could either drive their own child/children **or** volunteer to drive students (**we will need to see your licence, registration and full comprehensive insurance documents**).

Parents would also be able to take their child for their event only. **PLEASE let us know if you plan to do this!** We have not got the event schedule yet; it will be distributed as soon as possible.

Please let Karen Jones know as soon as possible if you can help out.

Email karen.jones6@education.vic.gov.au or email the school preston.ps@education.vic.gov.au

MATHLETICS MASTERS

Congratulations to our top Mathletics leaders! Our 3 school leaders each week get to hang the Mathletics medal in their classroom until our next assembly.



Keep earning those points by completing your activities, problem solving quests and playing Live Mathletics!

Good luck!
Mrs Bright.

YEAR LEVEL LEADERS						
Prep	Grade 1	Grade 2	Grade 3	Grade 4	Grade 5	Grade 6
Jessie PAD	Anastasia IAA	Louie 2AA	Elizabeth 3AB	Xavier C 4AB	Robson 5AD	Azura B 6AB

SCHOOL LEADERS				
GOLD MEDAL	SILVER MEDAL	BRONZE MEDAL	TOP YEAR LEVEL	TOP MATHS GROUP
 Jessie C PAD	 Louie C 2AA	 Anthony A 2AC	PREPS	Helen's Grade 2 Maths Group

2022 Term Dates

Term 3 : 11 July to 16 September
Term 4 : 03 October to 20 December

2022 Pupil Free Days

Friday 09 September (Professional Practice)
Friday 9 December

Grade 4 Report

What's the Matter?

That is the question that has been asked in science this term in Grade 4. The students have been investigating the three different states of matter, solids, liquids and gases and their properties along with how they can change under different conditions.

The children have been involved in four different hands-on activities with different teachers and we definitely have some budding scientists amongst us!



Drama Report

In Drama the **Grade 4** students have been creating their own dramas and learning how to create clear scene beginnings. Their scenes were inspired by listening to aural story, music and in response to given scenarios. We have enjoyed watching students perform a great variety of dramas about haunted houses, Aboriginal dreamtime stories and brave paramedics (see photos).

Grade 5 students have been exploring ways to make strong, clear narratives in their dramas. Their work has been in response to picture stories, and a 'borrowed then reinterpreted' storyline. The students came up with inventive ways to create their characters while clearly communicating the story's message.

In **Grade 6** we have been creating our scenes for the Grade 6 show called "Mad Mall". Students developed their characters and scripts in groups. They have been rehearsing with props in preparation for the show, working with ideas such as The Food Court, The UnderMall World, Disaster and, of course, Shopping! Once again, our Grade 6 show promises to be highly entertaining!



Artists of the Week



Zongling J, 6AD



Neve A, 6AA

2022 ART SHOW

It's coming in Term 4

Every child will have a piece of art work displayed!

The date is being finalised and we will let you know as soon as we can!

Oakhill Farm's 1st birthday is on 10th September!

Follow the link for more info on what's
happening on the day!

[https://www.oakhillfarm.org.au/event-
details/oakhill-farm-1st-birthday-party](https://www.oakhillfarm.org.au/event-details/oakhill-farm-1st-birthday-party)

happy birthday

OAKHILL
food justice
FARM

Saturday 10th September ~ 12pm - 3pm
233 Tyler St, Preston, Wurundjeri Country

**Workshops
+ Garden Tours**

Seedlings + Compost For Sale!

Entry: Gold Coin Donation

12pm: See what Preston PS students are growing
12.15pm: Garden Tour with head farmer Gemma
12.30pm: Growing tropical plants in a temperate garden with Urban Farmer Clare Hooley
1pm: Growing berries with Angelo from 'Deep Green Permaculture'
1.45pm: Hear about about our paid internship program
2pm: Hear from fermentation guru Sharon Flynn of 'The Fermentary'
2.30pm: Garden Tour with Oakhill's head farmer Gemma
2.45pm: Hear about about our paid internship program
12pm - 3pm: Tea, water kefir, seedlings and compost for sale

SUSTAIN the Australian food network [oakhillfarm.org.au](https://www.oakhillfarm.org.au)