

FROM THE PRINCIPAL'S DESK

Dear Parents and Carers,

Thank you again for the work you are undertaking to support your children with their home learning.

We are now nearing the end of the second week of Home Learning and by now you will have established a routine or schedule for your child's day of learning.

Start and end each day with a check-in to help your child:

- clarify and understand the instructions they get from their teachers.
- help them organise themselves and set priorities for their learning at home.

A healthy daily routine is great for mental and physical health, as well as concentration and learning.

Encourage regular exercise breaks. This might mean going for a walk, using exercise DVDs and apps, dancing, floor exercises or using home exercise equipment.

Encourage healthy eating habits and make sure they drink enough water.

Every home is different but it's important to provide a quiet and comfortable space in which to learn. Where possible, extended learning should take place in a space your family shares. For example, a lounge room or dining room. These spaces are preferable over a bedroom, where your child can feel isolated and supervision can be more challenging.

Remember we are here to support you! You can email the school or your child's teacher with any questions or concerns and we will get back to you!

Thank you again to all my staff for embracing the challenge of working in a completely different environment. From our office staff, Education Support staff, specialist teachers and classroom teachers, everyone is doing their best to ensure that your children are engaged in their learning this term.

CHANGE TO PARENT CONTACT DETAILS

If parents need to change or update their contact details this can be done via email to the school office.

THE SCHOOL OVAL

The oval is looking amazing! ONE good thing about our current situation is that when school resumes in the (*we hope not too distant*) future, the oval should be ready for students to play on and celebrate their return to school!

As you can see by this drone photo, work continues on the oval, gardens and balconies at the back of the school.

Kind regards,

Julie O'Brien
Principal



ASSISTANT PRINCIPAL / IB PYP COORDINATOR

Thank you so much to all of our families for embracing Home Learning. We know there have been a few glitches and lots of questions but we are here to support and appreciate everything you're doing in your own homes! Whilst it's important to maintain engagement and support your child in their home learning, wellbeing is vital. If anything becomes overwhelming, then it's critical the you decide what is necessary and what is not. Below are a few tips that maybe helpful and please email your class teacher with any concerns or questions.

WORK EXPECTATIONS

Our teachers have been working hard to prepare weekly home learning plans that include a range of Curriculum areas. Some of the tasks are quite specific and others are more open-ended. If for some reasons a task can't be completed eg. internet issues, lack of resources then the task can be adapted. For example, if your child didn't understand how to write an introduction for a persuasive text, ask them to write a letter to a grandparent. They are still writing and then you can seek clarification from the teacher.

In previous emails, Julie provided general timelines suggested by the Department of Education. We recommend making a schedule that suits your family. Some people prefer to work in a very structured manner eg. 9am start School, break at 11.00am and so on. Others prefer to include work time around other commitments such as scheduled Zoom meetings, parent work and essential appointments. We do not expect students to be "sitting at desks" all day during normal school hours!

Teachers have sent out example schedules and we suggest that children contribute to these so that they have ownership of their learning.

MINDFULNESS

Many of the home learning plans include ideas and tasks as in times of uncertainty, practising mindfulness is imperative. Being mindful is what it sounds like. Taking time to focus on the present, being intentional and thoughtful about where you are and how you are feeling. Trying to center your thoughts and be in the moment. Sounds simple, but it takes work, especially now when concerns about what the future holds feel so pressing. Mindful activities can help. Here are some simple activities:



- *Squeeze Muscles:* Starting at your toes, pick one muscle and squeeze it tight. Count to five. Release, and notice how your body changes. Repeat exercise moving up your body.
- *Belly Breathing:* Put one hand on your stomach and one hand on your chest. Slowly breathe in from your stomach (expand like a balloon) and slowly breathe out (deflate).
- *Mindful Meal:* Pay attention to the smell, taste and look of your food. No multitasking.
- *Meditation:* Sit in a relaxed, comfortable position. Pick something to focus on, like your breath. When your mind wanders, bring your attention back to your breath.

Continued.....

School banking at MENPS every Wednesday.

Our Piggy Saver account is the perfect way to start your kids saving. You'll also be helping the school and our local community. If MENPS can open 50 new accounts at the Mt Eliza Community Bank® Branch we'll be able to increase our sponsorship contribution.

Drop into our Mt Eliza branch in the Ritchies Village, 89 Mt Eliza Way or phone 9787 1224. You can open your PiggySaver account today with as little as one dollar.

ID required: pasport or birth certificate + Medicare card for children. Drivers' licence or pasport for parents.

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ASSISTANT PRINCIPAL / IB PYP COORDINATOR *continued...*

FEEDBACK IDEAS

When you're supporting your child in their remote learning it can lead very quickly to frustration if you're not sure what to do, the child is anxious or the quality of the work isn't what you would expect. Grading of tasks, critical feedback and negative comments about your concerns can easily escalate a situation where as positive, constructive feedback can help.

You can utilise the success criteria that will be outlined in future plans to help determine if the work they've completed is appropriate. Here are some questions you could ask each member of your family to help focus on the positives and set reasonable goals for the following day:

1. What was the best part about remote learning today?

Mum – I loved how organised you were, ready to start learning at 9am.

Son – I really enjoy the Zoom meeting and seeing my friends

2. What was the hardest part about remote learning today?

Mum – asking you to keep adding more detail to your writing, let's try tomorrow to reread your work before you say you're finished.

Son – writing. I don't like writing but I'll try to add more tomorrow!

3. What work are you proudest of?

Mum – your maths because you concentrated (no daydreaming!) and completed the task.

Son – my maths because I like going online and I tried my hardest.

4. What will you do differently tomorrow?

Mum – I'll reduce the amount of times I ask you to improve something and discuss a goal together.

Son – I'll set myself a goal in writing of doing at least 10 sentences so I know how much to do.

Remember, remote learning is new for many of us and we want our students to be healthy both physically and mentally. Play lots of games, read lots of books, enjoy being at home and support your children through these challenging times. Please don't hesitate to email!

Peita Cooper

Assistant Principal / IB PYP Coordinator

ART & DESIGN SHOW



In light of the current situation with COVID-19 I met with Julie O'Brien to discuss the impacts to the Art & Design Show this year. Given all the variables we have decided that the Art & Design Show will not be going ahead. As you can imagine this was a difficult decision to make given how much the children, parents, staff and local community enjoy the show, however without knowing what restrictions will be in place this unfortunately means we cannot plan ahead as per usual.

Thanks to everyone who had come forward this year with suggestions or offers of help - please hold onto those thoughts for 2021!

Take care and stay safe.

Paula Mogg

Art & Design Show Convenor

UNIFORM SHOP

As a result of the current Covid-19 restrictions, we have taken the decision to close the on-site shop until further notice. However, should you wish to purchase any item of uniform you can still do so by completing the order form which can be found on the school website.

Orders will be processed and delivered to your home. All deliveries will be contact free with packages left at your front door or in the mailbox. Phone contact will be made to confirm delivery.

Please note during this time payment can only be made by card - no cash or cheques.

Second hand uniforms will not be accepted. Whilst we realise that the demand for school uniform is going to be minimal in the short term, we believe it is important that we continue to provide the service.

Lee Miller

Uniforms By Design

Let's Celebrate Our Wonderful Women



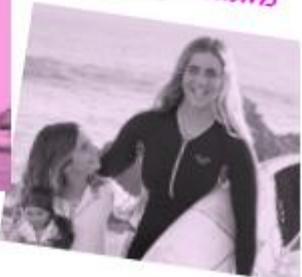
Grandmothers, Nannas



Mum, Aunties, Godmother, Step Mum



Sisters & Cousins



We would like to invite all students to *CREATE* an image or a creative writing piece that best symbolises their mum or a significant female in your life.

This could be a poem, a RAP, short story, drawing, painting, photograph or any medium you like.

For those who are interested in participating in this activity, please send an image of your entry as a PDF file (even creative writing pieces) via email to minoquec.menps@gmail.com

Due Date: Friday 1st May

Ms Minogue will make a musical slide montage to share on the Mount Eliza North PS website - 'Home Schooling' to celebrate Mother's Day on the 10th of May.

Looking forward to seeing your entries.

(If you include a photograph, please make sure you have permission)

