



Safe Respectful Learners

Week 8 Term 1

19 March 2021

Term 1

This week's Bulletin is the last one for Term 1. How quickly that time has passed. Easter is almost upon us! The last day of this term is Thursday, April 1st. Students will return to school for Term 2 on Tuesday, 20th April.

Farewell Mrs Gibbons

Mrs Gibbons will be taking maternity leave at the end of this term. We wish her the very best as she embarks on this exciting new journey and can't wait to meet her new baby when she comes in to visit us next term sometime.

In the meantime, the process to recruit a Kindergarten teacher for the remainder of 2021 is underway. There is a comprehensive handover process planned in order that the transition to a new teacher is as smooth as possible for our students.

Easter Hat Parade

We are planning a traditional Easter Hat Parade for the last day of term. **To ensure equity and opportunity for all students, all Easter Hats will be made in class with materials provided by the school.** At this stage, and weather permitting, we will be able to parade in the playground and this will allow parents and caregivers to attend whilst adhering to the social distancing requirements that are still in place. The parade will take place at 12pm followed by a BYO picnic lunch with parents and the P&C Easter Raffle draw.

Wet Weather Play

There has been a lot of educational research into how children learn and the importance of play. As such, this year we will be minimising the practice of keeping students inside in poor weather. Unless there's extreme weather such as a thunderstorm, pouring rain or a heatwave, we'll be utilising our outside play areas throughout the day to ensure our students get the physical activity, the opportunities for socialisation and fresh air that are all so vital to helping minds and bodies get ready for learning in the classroom (not to mention the learning that happens through playing with others!).

Just as all students wear a wide-brimmed hat so they can play outside when it's sunny, we encourage all students to bring a raincoat with a hood and gumboots for rainy days - I know you'll see quite a few teachers dressed this way too! This will also be helpful when they're walking home when it's raining. Please label both the raincoat and gumboots with your child's name, as they won't be wearing them in the classroom (they'll be hung out to dry just outside the classroom). Student's are to bring their school shoes in their bags, to change into. Students will not be able to play outside without the correct attire. They will also be given the choice to stay under cover on days when the weather is inclement.

UPCOMING EVENTS

Friday 19th March
National Day Against Bullying
& Violence
School Cross Country-
Postponed due to wet
weather

Tuesday 23rd March
Rugby League Gala Day (5/6)
Regional Soccer Trials

Thursday 1st April
Easter Hat Parade – 12pm
(Hats to be made at school)

Last day of Term 1

Tuesday 20th April
Term 2 commences for
students

Friday 23rd April
Dance2bfit commences

Friday 30th April
Zone Cross Country

Thursday 13th May
Minmi Athletics Carnival

Mon – Wed 23rd – 25th August
Great Aussie Bush Camp
Years 5 & 6

Collaborative Planning Days

You may have noticed a couple of days in the last week where we had a number of casual teachers in the school teaching classes while the classroom teachers met together elsewhere in the school. These Collaborative Planning Days enabled our teachers to meet and begin to plan the teaching and learning, assessment, and reporting for Term 2 with their colleagues and will help ensure consistency across the classrooms here at Minmi PS. This is a practice that is embedded in our School Improvement Plan will continue each term as we continue our journey towards excellence. School improvement is a continuous process, centred on maximising outcomes for all students, and sustaining this improvement over time.



Digital Devices (Phones, iPads and Smart Watches)

Last year, the Department of Education introduced a new policy to manage student use of digital devices and online services. At Minmi PS, procedures were developed in order to adhere to this policy. These procedures were endorsed at a P&C meeting and have been in effect since Feb 2020. This policy includes any device with internet connectivity such as phones, iPads and smart watches. Students who bring these devices to school are directed to sign these in at the office as they arrive at school and are able to collect these at 3pm when classes are dismissed for the day. The devices are stored securely in the office for the day. Students who bring, or wear, any digital device to school will need to adhere to these procedures.

Pedestrian Gates

The pedestrian gate at the front of the school, outside the mini COLA is closed at 9.00am each morning. This is to ensure the safety of our students. If you enter the school through this gate during the day, please ensure you close it behind you. The new pedestrian gate adjacent to the staff car park can be opened by waving your hand over the sensor whereupon it swings open automatically. To exit through this gate, press the button which activates a doorbell in the office and we will activate the gate for you to leave.

Communicating with Teachers

I know that strong communication is the best way to ensure all aspects of our school run smoothly, whether it's communication through the school bulletin, via text message, notes home, the school Facebook page, the Skoolbag APP, a phone call, email (minmi-p.school@det.nsw.edu.au), Seesaw or a face-to-face chat. We use all of these different methods to get messages home, and often more than one method for the same message.

One of the best benefits of the lovely size of our school is that all of our staff get to know all of our students quickly, which is pretty special. If we're worried or have a question about your child, their progress or wellbeing, someone from school will give you a call or send you a message to have a chat.

As a parent and an educator for a long time, I know that sometimes you may also have a question or a concern about things at school. If you're worried about your child's progress or wellbeing or a specific incident at school, the classroom teacher is always the first port of call, as they have the most contact with your child and know them well. Our teachers are always keen to chat with you about your child/ren - after all, we see them for 6 hours a day, they're

like our extended family :) - however please be mindful that our teachers are preparing for the day in the morning and some staff meetings are also held in the morning.

During the day they're teaching, undertaking playground duty and often running extra-curricular activities in their lunch and recess breaks. You are welcome to send them a message, or leave a message throughout the day, and if they can, our teachers will get back to you on the same day however sometimes it may be after school or the next day if there are things they need to look into in order to answer your question. Our teachers may call you or send you a message via Seesaw, depending on what's appropriate.

Please be respectful of our staff by being mindful of the time that you send a message and the timeframe in which you expect them to respond. Thank you for your support and understanding - our teachers here at MPS are amazing; they constantly go above and beyond for all of our students and we appreciate the partnership we have with all parents, carers and families in helping our students grow and learn.

Share Our Space

Due to the upcoming installation of the Outdoor Learning Area (which is really exciting!), Minmi PS will not be participating in the Share Our Space Program during the upcoming holidays. We anticipate rejoining this program for the holidays in July when the playground and the outdoor area are complete.

Road Safety

Concerningly, road safety around the school continues to be of great concern. Please be aware that both the Newcastle Council Rangers and the police have been notified of these concerns and both have indicated that they will be increasing their presence around the school, particularly in the busy times before and after school. In addition to obeying the road and parking rules, please be aware of the directions of our crossing guards; they are there to keep our kids safe. It is also imperative that children wear a seatbelt at all times when being driven in a car.

Parent Teacher Interviews

These will take place in Weeks 3 and 4, next term (3rd May – 14th May). This year, we will be trialling an online booking system for parents to set up appointments with teachers. Separate information will come home about this at the beginning of next term.

Ms Mace – Leave

Ms Mace will be on leave for the remainder of Term 1. Mrs Brooke Vitnell will be teaching the 3/4 class in her absence. Ms Mace and Mrs Vitnell have already held a handover meeting and have made plans to ensure the teaching and learning program continues uninterrupted for the next two weeks.

Out of School Hours Care

As you may be aware, OOSHCare have been awarded the contract to provide out of school hours care here at Minmi PS. They are currently taking enrolments and plan to commence operations on Monday, 19th April. There are enrolment packs available at the school office or you can contact them directly on admin@ooshcare.com or by calling Chris on 0428 380 491.

Dance 2bfit

All students will be taking part in the Dance 2bfit program as part of school sport next term. The Program is energetic, innovative and a fun way for our students to get fit and learn the latest funky dance styles to popular music tracks. This is a great program to improve the fitness levels of students while they are having a great time.

Students will be taught a new dance every lesson over the 10 week program. Each student will also receive a free Dance2bfit Microphone ruler which they will use in one of the song and dance routines.

Please do not hesitate to contact the school if you would like to have a confidential discussion about financial assistance for this program.

Alison Fittler
Principal

Chat with the Chaplain

It's almost the end of term 1 and Easter recess is approaching. Some parents love the school holidays. They enjoy the break from the before and after school routine, more time with family, and perhaps a vacation. However, school holidays can be challenging for parents juggling work and other commitments. And, despite kids' best intentions, boredom can sometimes set in. To help ward off this final challenge at least, here are five quirky holiday ideas that you can plan now:

1. Visit the Hunter Wetlands Centre on Saturday 3 April from 9.30 am to 2.00pm for Easter fun. "There'll be a jumping castle, dip-netting, Easter craft, reptile encounters, a Bunny Trail to follow and lots more. And, of course, meet the Easter Bunny! Enjoy the sausage sizzle (\$2.50), eat at the Wetlands Café or bring a picnic" (Hunter Wetlands, 2021). All tickets must be booked online (<https://wetlands.org.au/easter-fun-day/>). A family of 4 is \$25. There will be no ticket sales on the day.
2. Exercise at ANZAC Memorial Walk. This is a, "spectacular coastal walk with a personal connection for thousands of locals. The Walk is located above Memorial Drive, The Hill" (Newcastle Council, 2021). Finish with a picnic in King Edward Park overlooking the ocean or a swim at nearby Bar Beach. Free.
3. Visit Toboggan Hill Park (on the way to Nelson's Bay) for a mix of indoor and outdoor activities. Try roller skating, rock climbing, etc., or tackle the toboggan track itself. Entry is \$8 per person and includes one ride. Then pay for each subsequent ride or buy a bundle to save. See: <http://www.tobogganhillpark.com/>
4. Escape for the holidays. Why not try the latest escape room craze? Book your family into this fun puzzle room experience and use the clues to escape together! \$33 per person. Note: not suitable for toddlers due to small parts. See <https://www.escapezone.com.au/escape>
5. Start training your Lego Masters. Book the kids into a Bricks4Kids holiday workshop. Brick4Kids goal is to, "create extraordinary experiences for kids which also promote interest in Science, Technology, Engineering and Maths in a safe and nurturing environment" (Brick4Kids, 2021). There are minion, mining, superhero, amusement park, Star Wars and even remote control Lego days. It's a bit pricy (\$80 per child for the day) but, as their website points out, they accept Creative Kids vouchers. The Creative Kids vouchers are worth one hundred dollars and are available from the NSW Government as part of the Creative Kids program. Each school age child is eligible for one voucher per calendar year. Visit <https://www.bricks4kidz.com.au/nsw-lakemacquarie/program-events/school-holiday-activities-newcastle/> to book Lego. For Creative Kids vouchers visit <https://www.service.nsw.gov.au/transaction/apply-creative-kids-voucher>

Reminder:

All entries for the colouring competition must be returned to the school office by Monday 22nd March! See Week 6 newsletter for competition details and prizes.

Ms Williams, School Chaplain

CONGRATULATIONS!

Term 1 Week 7 – Class Awards

Kindergarten – Jayden W – producing quality work during writing sessions **Mia B** – being a kind and caring friend. **Clive C** – always trying hard to produce quality work.

K/1 – Bronte B – being an active participant in all learning experiences. **Lincoln M** – having a positive attitude towards all aspects of learning. **Molly M** – being an enthusiastic and motivated learner.

1/2- Jaylee D – having a positive attitude to all aspects of learning, **Leo N** – producing quality work in literacy. **Ariah D** – always working hard and trying her best.

3/4 – Sophie S – always being a safe, respectful learner, **Olivia S** – working hard in all areas, **Tyler C** – showing resilience and working hard.

4/5 – Jones J – excellent work in Maths, **Joel H** – improved resilience in the classroom and on the playground, **Rikita J** – always working hard and trying her best.

5/6 - Maggie J – showing dedication and enthusiasm during Maths, **Anas A** – working hard to improve his writing, **Kennadee D** – for demonstrating a great work ethic during collaborative writing.

Principal's Award - **Patrick F** – for being a 'Safe Respectful Learner'.



Simple Sweet Swaps

Have you already tried swapping?

Next week, why not challenge yourself to try one of these sweet swaps:

- Chocolate biscuits to fruit bread
- Muesli bar to pikelets
- Juice to water with fresh fruit



Making these sweet swaps can protect kids from tooth decay. Visit:
<http://www.goodforkids.nsw.gov.au/primary-schools/swap-it/swap-it-sweet/>



Good for kids
good for life



Quick everyday lunchboxes

It doesn't take a lot of time to pack an everyday lunchbox.

To save time try:

- Packing the lunchbox the night before
- Using leftovers from dinner in the lunchbox
- Packing whole fruit and vegetables, such as apples, bananas, cherry tomatoes or baby cucumbers.



For more time saving tips visit:
<http://www.goodforkids.nsw.gov.au/primary-schools/swap-it/tips/tips-to-save-time/>



Good for kids
good for life

Nutrition Snippet

EASTER TREATS.



Our banana pikelets make a healthy breakfast or snack without the sugar load!

Try these healthy ideas for Easter:

- Shape apple and date bliss balls into Easter Eggs
- Carrot cake oat biscuits the Easter Bunny's fav!
- Green smoothies for thirsty bunnies

healthylunchbox.com.au



Healthy Lunch Box recipe

Fried rice muffins



Ingredients

- 1 cup jasmine rice, cooked and cooled
- 100g cooked chicken, shredded
- ¼ cup frozen peas
- ¼ cup frozen corn
- 1 small red capsicum, finely chopped
- 2 spring onions, thinly sliced
- 2 garlic cloves, crushed
- 2 eggs, lightly beaten
- 2 tbsp reduced-salt soy sauce
- ¼ cup wholemeal flour
- Olive oil spray

Method

Preheat oven to 200°C. Lightly spray a 12 cup muffin tray with olive oil.

Add chicken, peas, corn, capsicum, spring onion, garlic, egg, soy sauce and flour to the rice and stir to combine. Spoon mixture evenly into the muffin tray. Lightly press with the back of spoon and spray with a little more oil.

Bake for 20 to 25 minutes or until golden and just firm to touch. Stand for 10 minutes then carefully remove.

For more recipes visit:
healthylunchbox.com.au



MINMI WANDERERS FC



Come and play at the oldest club in Newcastle

Registrations now open!

5 – 7 Years	\$180
8 – 11 Years	\$205
12 – 18 Years	\$230

Register and pay online at www.playfootball.com.au

[f/minmifc](https://www.facebook.com/minmifc)

✉ minmifootballclub@gmail.com

parenting * ideas

INSIGHTS

The power of sorry



Our boys tend to get into trouble more than our girls. There are lots of cultural and biological reasons for this but much of it boils down to the fact that boys are still soft-wired to be 'mammoth hunters,' ready to react to any threat.

Generally, boys have more muscle than girls and, with that, a physicality that gets them in strife. There's also brain research that shows that, while females tend to quickly shift emotions from the brain's limbic system to the word centres of the brain, males tend to shift them into their bodies.

This is more obvious as our boys become teens as they can be as big and strong as men, but their brains are under construction and their bodies are flooded with testosterone.

Author and counsellor Michael Gurian writes that boys tend to seek external measures of success to feel good about themselves. It is critical they maintain credibility and status in the eyes of the 'tribe'... that's their peers, not you.

Inevitably, all this means your son will probably make many mistakes; or hurt himself; hurt someone else; or make a very poor, thoughtless, seemingly stupid or cruel choice.

React with compassion not shame

How you react as a parent can significantly impact how your son recovers from mucking up. Your first reactions may be anger, disappointment or the urge to discipline harshly. However, there are other ways of reacting that can strengthen your bond with your son and ensure he learns from the experience through growth rather than shame.

Listen to him, guide him to see the impact of his poor choice, help him make it right, forgive him and ask him what he might do next time he's in the same situation.

Break down the old male-code

This code told us that men don't apologise as it's a sign of weakness. One of the most powerful things we can teach our boys is that when we make mistakes, we own up to them and we apologise if need be. Teach your boys that saying sorry when they really mean it is a sign of courage and strength, not the opposite. It is also about taking responsibility for your actions, which is important for boys to learn. They need to see the men in their lives – particularly dads – apologise.

Don't force an apology

Forcing a boy to apologise can be problematic. A genuine apology is very different to a forced apology. A genuine apology has a real sense of remorse attached to it. Coach your son to see the situation through the other person's eyes. If someone has been impacted, he needs to apologise and make amends even if he didn't intend for the consequences of his poor choice to happen. It doesn't mean he's wrong. It just means his choice affected someone.

parenting * ideas

Embrace failure

To help your son better learn about failure, have conversations about things you hear in the media where boys and men have experienced failure and recovered. Steve Smith, the former captain of the Australian cricket team who was involved in a ball-tampering scandal, is a great example. He owned his mistake, publicly apologised, paid his dues and went on to have a very successful return to cricket.

Your son is going to make poor decisions repeatedly until he has enough myelin in his brain to be more mindful of the choices he makes. That is just a fact of life. As parents, your job is to, day-by-day, help your son learn a culture of accountability without a need for severe punishment, shaming or ridicule.



Maggie Dent

Commonly known as the 'queen of common sense', Maggie Dent has become one of Australia's favourite parenting authors and educators, with a particular interest in the early years, adolescence and resilience. She has written seven major books including the bestselling *Mothering Our Boys* and her 2020 release, *From Boys to Men*. Maggie is host of the ABC podcast, [Parental As Anything](#). She is the mother of four sons and a very grateful grandmother. For further details visit maggiedent.com