

# MURRABIT GROUP SCHOOL



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## NEWSLETTER

- 24th February, 2021

### School Values:

- Respect
- Honesty
- Teamwork
- Learning
- Persistence

*Murrabit Group School respectfully acknowledges  
the traditional custodians of the land.  
We pay respect to their ongoing living culture.*

### Dates to Remember:

**26<sup>th</sup> Feb.** Cluster Swimming Sports  
**3<sup>rd</sup> March** School Council AGM  
**10<sup>th</sup> March** Welcome Night  
**15<sup>th</sup> March** Prep Screening

Dear Families,

As I write this Mr Adams is in hospital about to have knee surgery. I wish Greg all the best with his recovery and thank him for his thorough handover while he takes the remainder of term to recover. I'm delighted to be spending the next 6 weeks at Murrabit Group School. Already the staff, students and parents have made me feel very welcome and I'm sure I'll enjoy my time here. I have been Assistant Principal at Swan Hill North Primary School for the last 4 years after spending time at both smaller and larger schools in the Swan Hill Area.

We have continued the swimming program this week and I encourage you to read 'Sue's News' carefully as there is important information regarding upcoming swimming events.

### **School Captains, House Captain and Sport Captains**

Congratulations to the Grade 5/6 students for their presentations in applying for leadership positions. The 2021 leaders at Murrabit Group School are:

#### **School Captains**

Xavier Murray, Leah Simmonds and Claire Edgley

#### **School Vice Captains**

Kane Gurnett and Maddison Keath

#### **Bus Captains**

Claire Edgley and Xavier Murray

#### **Bus Vice Captains**

Callum Ettershank, Jed McDonald and Drew McNeil

#### **Sports Captains**

Leah Simmonds and Xavier Murray

#### **Sports Vice Captains**

Lyla Morton, Cooper Hein and Ivy Shea

The Member for Murray Plains, Mr Peter Walsh will be at school tomorrow at 12.45pm to present congratulatory letters and badges.

### **School Council**

Next Wednesday is our AGM and March school council meeting starting at 6pm at the school. At this stage we are looking for new members to join our school council. School councillors play a key role in the running of the school, making decisions about the direction of the school. If you would be interested in being part of our school council please return the self-nomination form attached.

## Welcome Night

We are in the process of organising a 'Meet and Greet' night for Wednesday, **10<sup>th</sup> March** beginning at 6pm at school. We will have more information in next week's newsletter.

## COVID Guidelines

Please be vigilant when entering the school grounds and follow the COVID guidelines that are in place. Sanitise upon entry, wear a mask as per State Guidelines and social distance.

Hope you have a great week and please contact me if you have any queries.

*Marty Gray (0400 484 995)*

## Parents & Friends

Our 1st event for this year will be the Welcome Night Picnic. A great chance for all returning families to catch up and welcome new families to Murrabit Group School. We hope to have a lovely relaxed night with each family bringing their own picnic style meal to ensure we remain Covid Safe. Further details to come but please save the date ~ Wednesday 10th March from 6pm.

We have been lucky enough to fill our Secretary position! Thanks to Jo Danson for taking on this role - we all look forward to working with you throughout the year.

With restrictions easing a little we hope to return to onsite meetings with our next meeting is planned for **Tuesday 16th March** 😊

*The PGF Team* 😊

## Market Morning Teas

The following families are on duty for the Market Morning Teas on **Saturday 6<sup>th</sup> March** are:- **West, Keath, Lavey, Hein N&E, Heritage**



## Curators

**February** – 1<sup>st</sup> Half – **Teasdale**

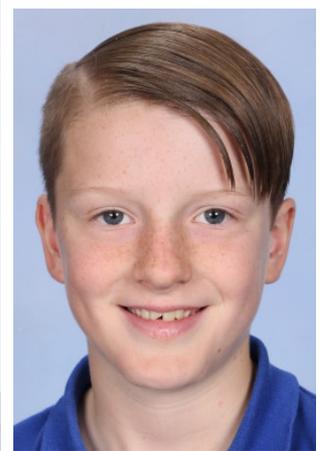
- 2<sup>nd</sup> Half – **West**

**March** – 1<sup>st</sup> Half – **McNeil**

- 2<sup>nd</sup> Half - **Gurnett**



## Students of the Week



**Lyla Morton** and **Callum Ettershank** – for their great work during remote learning

## Italian:

**Charlotte Keath** - for winning the Kahoots game about Italian describing words



**Hudson Hein** – for coming second in the Kahoots revision game about describing words



**Jorja Danson** – for making great progress in Duolingo today. Congratulations, you are the queen!



**Callum Ettershank** – for top marks on Italian General Knowledge quiz. Well done!



**Mason More** – for great learning when using the Italian dictionaries.



## Music:

**Jed McDonald** - for giving the solo part to "Canvas Bags" a try



**Jakob Simmonds** - for assisting the preps with playing the percussion instruments correctly



**Shanae West** - for great focus and learning our new songs. Great job!

*Angie Jones*



## School Nurse Visit

Kerrie McCosh, primary school nurse, will be visiting our school on **15<sup>th</sup> March** this year. The purpose of this visit is to undertake health assessments and discuss health concerns that parents and/or teachers may have with their children/students.

**Prep Grade Health Assessments:** All parents/guardians of prep grade children will be asked to complete a Health Questionnaire and return the form to the school before March 15<sup>th</sup> 2021. If you do not wish your child to be seen by the school nurse, please sign the non-consent section and return the form to the school.

**Referrals (All Grades):** Parents and/or teachers may refer children from any grade for assessments of vision, hearing, basic speech, physical abilities, medical conditions, behavioural and parenting issues. Please collect a referral form from the school office. Completed forms are to be handed into the school office prior to March 15<sup>th</sup> 2021. Should parents wish to have an interview with the School Nurse, please indicate your request on the form. Please note: You can talk to the school nurse at any time throughout the year. The school has her mobile phone number.

## Sue's News

### A Super Swimming Week!

Last Friday, our children did a fantastic job at the Kerang Division swimming trials. We had 13 children compete in a range of strokes. They all swam to the best of their ability and represented our school with pride. We even had two late entries for the butterfly. And guess what? They made it... but were unfortunately disqualified! It was lovely to hear the children cheering for one another throughout the day. Thank you to parents who came and supported our day, it was great to see you there.

From our Kerang trials, we had 9 students qualify for Mallee Division which was held on Monday (22/2). Congratulations to Evan, Xavier, Callum, Cooper, Drew, Ivy, Jed, Lyla and Freya (Lake Charm) who participated on this day. It was a highly competitive day and a top effort by everyone!

Here are a few comments from our determined and excited swimming squad:

Evan – I had a really fun day. I came 9<sup>th</sup> in my freestyle. Sue said that this was awesome as I can swim in this age group again next year. My freestyle relay was disqualified and I hope that doesn't happen again!

Jobe - It was a fun day in Kerang but I did not get through because I hit the lane ropes heaps. I came 4<sup>th</sup>. I am definitely going to have another go next year.

Callum – It was a great day. I could not believe that I made it through to Swan Hill. I came 5<sup>th</sup> in my backstroke on Monday and my freestyle relay came 3<sup>rd</sup>.

Cooper – It was a great day. I came 4<sup>th</sup> in my breaststroke and backstroke in Kerang. Our relay team qualified and we came second in Swan Hill. I hope we can make it again next year.

Drew – Awesome day. I sadly did not get through to the Regionals but I did my best in my breaststroke and relay. Better luck next time I hope!

Ivy – It was a fun day. I came second in breaststroke and was beaten by a 'second'. I got a red ribbon. Dad came to watch and he said 'Well done, good job.' I hope I can go again next year.

Jed – It was a great day. I came 9<sup>th</sup> in freestyle and 4<sup>th</sup> in backstroke. Our relay came 2<sup>nd</sup> and I hope I get to the next level next year.

Lyla – I came 5<sup>th</sup> in my backstroke and freestyle events. I took 16 seconds off my backstroke time and only hit the lane rope once! Yay! My relay has qualified for the Regional trials and I am excited. Hope we win!

Maddi – I came 4<sup>th</sup> in breaststroke and almost got through to Swan Hill. I also swam in the freestyle and came 5<sup>th</sup>. I had a great day and I can't wait to go again next year.

Claire – I had an amazing day and I raced in the breaststroke. This is my favourite stroke and can't wait to next year.

Leah - I swam in the freestyle and came 3<sup>rd</sup> in my race. It was a fun day and I was proud of my efforts.

Xavier – It was a great day and I had lots of fun. I made it through in the relay and we came second in Swan Hill. Hope they win next year! Lyla 's relay team has qualified for the twilight Regional event on March 18<sup>th</sup> in Swan Hill. Congratulations! What a super effort!



### **Cluster Swimming Sports...2 more sleeps!**

This Friday, 26<sup>th</sup> of February we have our Cluster Swimming Sports where we compete against Gunbower, Koondrook and Leitchville. This event begins at 10.00am and is being held at the Koondrook pool. The bus will be departing school at 9.10 am. (No sleep-ins this day please) and returning by 3.15pm.

Children may wear their bathers but remember to wear your uniform over the top please. Don't forget cut lunches, drinks and towels. Older children who are swimming lengths may use flippers for the butterfly event so if they have their own set, they are welcome to bring them. Please make sure they are named.

Entry cost is \$2.50 (unless you hold a seasons ticket). **This needs to be paid by Friday (26/2) please.** Spectator entry is \$1.50.

**Remember all swimmers... Be determined, swim with courage and of course, show great sporting behaviours!**

**"GO MIGHTY MURRABIT GO!  
YOU CAN DO IT!"**



### **Water Safety Day...**

#### **...Wednesday 10<sup>th</sup> of March**

This very important swimming session is on **Wednesday 10<sup>th</sup> of March** providing the weather is above 25.C (Back-up date is Friday 12/3). We will have an early lunch **10.45 am** and the children will take their snacks to the pool. We will depart school at **11.10am** and return by **3.15pm**.

If your child has a life jacket, please bring it on the day. Children in grades 3-6 also need to bring clothes to practise swimming in (such as shirt, shorts, jumper or pants). It may also be useful to bring more than one towel as the students are often getting in and out of the water. The children will participate in the following water safety activities – reach, row and throw rescues, PFD's and boating.

We have booked the water slide for the end of the day to celebrate our wonderful swimming efforts! The children may also bring a small amount of money (\$5 or less) to support the canteen and to experience real life money transactions. If you have any queries regarding this event please do not hesitate to contact me (0428160008)



### **Cricket Champs!**

Well done to our Under 16 Murrabit Cricket team for winning the cricket last Friday night. What a match! Congratulations to Brad H and his team. It's hard to believe that last season, they won one game and 12 months later they are the trophy holders! A mighty team effort! We are very proud of you all!

**Thanks, and happy, strong swimming everyone! Super Sue**

## Junior Golf



GFCL0129 www.fotosearch.com

Junior Golf begins on February 21<sup>st</sup> at 10 am at the Barham Golf Course Clubs are supplied - \$2 per session.

Any enquires to Irene Whelan – 0427 532 849



Northern District Community Health

NDCH-your first port of call in the pursuit of good health!

### Tips for Better Sleep

Good sleep is important to our health and well-being. Sleep helps us grow, learn, concentrate, be happy and helps us to stay fit and healthy.



#### BEDTIME ROUTINE

- Have a bath
- Put PJs on
- Brush teeth
- Go to the toilet
- Read a book
- Sleep time



#### POSITIVE SLEEP ENVIRONMENT

- Not too hot or cold
- Dark
- Quiet
- Comfortable



#### QUIET ACTIVITIES BEFORE BED

- Reading
- Yoga
- Colouring
- Puzzles
- Writing
- Bath/Shower



#### HEALTHY EATING & PHYSICAL ACTIVITY

- Each day aim for:
- 2 pieces of fruit
  - 5 serves of vegetables
  - 60 minutes of physical activity

### DON'T FORGET



**KEEP ELECTRONIC DEVICES OUT OF BEDROOMS:**  
and have at least 1 hour before bed without devices

For more tips and information visit: [sleepfoundation.org/articles/back-school-sleep-tips-0](https://sleepfoundation.org/articles/back-school-sleep-tips-0)

[www.ndch.org.au](http://www.ndch.org.au)

## GIRLS COME AND TRY

Are you interested in Aussie Rules Football?  
Keen to try something new?  
Open to ages 8-16 years of age.

Wednesday 10<sup>th</sup> March 5.00 – 6.00  
Kerang Football Oval  
Wednesday 17<sup>th</sup> March 5.00 – 6.00  
Swan Hill Recreation Reserve

**REGISTER TODAY!**  
[REGISTRATION FORM](#)



## IGNITE A PASSION FOR THE GAME!

### REGISTRATIONS OPEN 2021

Boys and Girls 5-12 Years of Age. All abilities

For New and Existing participants. ALL WELCOME!

Go to the website below to register with your local Auskick Centre. Support our Community!

[play.afl/auskick](https://play.afl/auskick)

NAB AFL Auskick is one of the best, first experiences kids aged 5-12 will have learning Australian Football.

In weekly sessions, Auskickers and their families will run, jump, kick, laugh and create their own special moments playing footy.

No matter their skill level, ability or knowledge of the game, Auskick is for everyone!

**Registration is this simple!**

- 1 **WWW.**  
Visit [play.afl](https://play.afl)
- 2 **SELECT**  
Select 'Where to play'
- 3 **ENTER**  
Enter your suburb
- 4 **REGISTER**  
Find your local club and register!

[play.afl/auskick](https://play.afl/auskick)

