

MURRABIT GROUP SCHOOL

Telephone: 5457 2284

Mobile: 0476 910 683

Fax 5457 2417

Email: murrabit.ps@education.vic.gov.au

Website: www.murrabitps.vic.edu.au

NEWSLETTER

- 1st February 2023

School Values:

- Respect
- Honesty
- Teamwork
- Learning
- Persistence

Dates to Remember:

9 th Feb	Swimming
14 th Feb	Zone Swimming Welcome Barbecue
24 th Feb	Cluster Swimming Sports

An Amazing First Week of 2023 School Year

Parent & Carers Welcome Evening

Next Tuesday we invite all parents and carers to a welcome bbq and catch up. **Tuesday 14th Feb. 6.30pm.** We are an inclusive school and want to make everyone feel they are a valued part of our school community. A lot has happened in the last few years from Covid to floods. This is a time to reset our school community so everyone agrees and understands how they can be involved to create the best learning environment for all children. It's also a chance to meet our staff, if you haven't yet, and have an informal catch up. Children are welcome to attend and we will organise an activity for them while we talk.

A Caring, Country, Community School



Welcome

Welcome to our new families and students the Thomas/ Jeavons family join us from Benjeroop/ Lake Charm with Karleigh in Gr. One and Brandon Gr 3. The Pappin family from Mellool are yet to commence but we welcome Clancy Gr 6, Mrytle Gr 4., Moppy Gr 2 and Dustin Gr F. Also our new Foundation families Olivia and Blair Monk with Lilly, Luke Long and Kaitlin Hull with Tyler and Zoe Dyson-Holland with Liliarna Holland Hogan.

Help Needed

We need some help sorting books and materials we have received from Lake Charm Primary. Any help would be appreciated.

Leadership speeches

We were blown away by the wonderful and thoughtful speeches presented over the last two days. We are very proud of all students that had a go for a variety of positions. Next Monday we will announce the successful students for 2023. Peter Walsh will be invited to present the badges when he is available.

Swimming

Students are having a wonderful time at the pool with mostly sunny weather. We thank Sara and Kellie for helping out. The combined school swimming sports at Koondrook are coming up on the **24th Feb.** and we are still looking for some volunteers. Thank to those that have offered. Zone trials take place on **Feb. 14th** in Kerang starting at 10.30am. Anita and helpers will be there too. Parents will need to transport their children in or organise this. A letter has gone home with details.

Monday Lunches

On Mondays the children may order lunch from the Murrabit Shop. Payment needs to accompany the order. A menu with price list and 'how to order' form has been sent home.

Assembly

Assemblies are on Monday afternoon at 3pm and we welcome anyone to attend.

School Council

The School Council will meet at 7:00pm on **Wednesday 1st March**. We will shortly be holding School Council Elections and we will be calling for nominations. This is a great chance to become involved with the school and we value the input and support of all families.

Camps in 2023

We are hopeful that our camping and excursion program will not have any interruptions this year.

This year the Year 5/6 students will be heading to Canberra with Cohuna, Gunbower, Koondrook and Leitchville Primary Schools. The expected cost will be approximately \$650.00, depending on the cost of the bus. The Year 3/4 students will also join the Cluster Schools - Gunbower, Koondrook and Leitchville, although we are still working through options for a camp. The approximate cost will be \$250

Mosquitos

The school is in a high-risk zone for mosquitos. We have had the school sprayed. The Shire is conducting weekly testing traps and analysing any mosquitos they catch. They will also fog the school area when required. The department has strongly suggested that parents put repellent on their children before they come to school

Children may bring a **roll-on repellent** that they can put on at school.

Drinks

Students **MUST** bring along a drink bottle of water to have on their tables. It is very important that students drink lots of water, especially in hot weather.

Gaby Hogg

Book Club

Bookclub order forms have been sent home and need to be returned before **Wednesday 15th February**.

Camps, Sports and Excursion Fund (CSEF)

CSEF will be provided by the Victorian Government to assist eligible families to cover the costs of school trips, camps and sporting activities. If you hold a valid means-tested concession card or are a temporary foster parent, you may be eligible for CSEF. An application form is attached with the newsletter.

School camps provide children with inspiring experiences in the great outdoors, excursions encourage a deeper understanding of how the world works and sports teach teamwork, discipline and leadership. All are part of a healthy curriculum.

Parents & Friends

Hopefully all the kids have enjoyed the first week back at school and parents are enjoying a little routine.

Please be advised that the P&F meeting planned for this Thursday 9th February is **postponed** with a future date and time to be advised when appropriate. We look forward to connecting again in the near future. **Michelle**



Market Morning Teas

Those families on duty for Market Morning Teas on **4th March** are: **Heffer, McNeil, More, Simmonds and Monk**



Curators

February – 1st Half – Lavey

- 2nd Half – Larkin

March – 1st Half – More

- 2nd Half – Keath



Prep/One News

WOW! What a fabulous week back at school we have had, whilst it's been busy with swimming, we have had some awesome fun in the classroom getting to know each other and learning about how we all are the same but different (as supported by the book: No Difference Between Us by Jayneen Sanders).

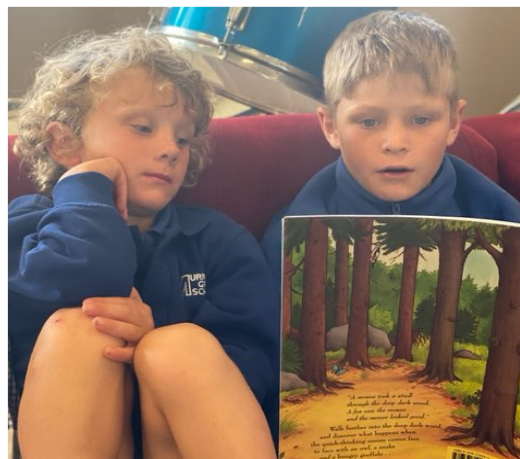
Readers have gone home this week, please try to read with your child each night and sign their diaries, reading at home helps to improve students' development, language skills, imagination, and most importantly a lifelong love of books. Students need to bring readers every day, I will be adding magic words to their reader folders next week. These are words that are most frequently used in reading and writing, practicing these words will further develop students' skills in literacy.

Library books from the MARC library can be borrowed on Monday's and they need to be returned on Mondays also.

We had all but one prep at school this week, here is a group photo of their gorgeous smiles!



Have a great week, *Miss Bath.* 😊



Students of the Week:



Nate West - for modelling a positive attitude to learning and school rules and values



Xavier Hein – for being a fabulous role model for other children in the class at all times of the day.



Oliver More – for demonstrating what it means to be a good role model by organising a class game

Principal Award



Oliver More – for showing initiative, helping others, using manners and being kind consistently.



BODY CONFIDENT PHRASES FOR YOUR KIDS...

"All bodies are different, and they all deserve love."

"I love my body. It gives me the strength to play and have fun."

"I will hug and hold my body. It is safe."

"My body changes, my worth doesn't."

"My body is my friend, and I will treat it with kindness."

"My body is perfect, whole, and complete just as it is."

Follow @gozenlove

Library Story Time

Develop language and fine motor skills through songs and stories. Suitable for pre-school children.



Cohuna - Tuesday, 10.30am
Kerang - Wednesday, 10.30am
Victorian School Terms

Commencing 7 February



DANCESCAPE KERANG

Term One Dance Classes 2023
Commence Tuesday 7th February
Presbyterian Church Hall Victoria St Kerang
(Opposite Central Primary School)
For all enquires
Gabriela Vehlen 0438 568 592



The uneaten lunchbox



Are you a victim of the boomerang lunchbox - what goes in the lunchbox, comes back untouched or barely eaten? There are many reasons why children may not eat their lunchbox foods. Consider these next time you pack your child's lunchbox.

TOO MANY NEW FOODS

- Include foods your child is familiar with and comfortable eating.
- If trying something new, be sure to also pack something you know they will eat.
- Remember it can take up to 15 times of exposure before children will accept a new food.



TOO MUCH FOOD

- A lunchbox full of food can be very overwhelming for young children.
- Be realistic with what your child can eat and include them in packing their own lunchbox.

CAN'T ACCESS THE FOOD

- Some lunchbox containers and packages are tricky for little fingers to open.
- Check they can open containers before using them for school.
- Remember to pack a spoon or fork for some meals and snacks.



TOO BUSY PLAYING

- For many children, playing is much more important than eating.
- Schools can help by providing designated sit-down eating times with no pressure to eat.

REMEMBER

Children's internal sense of hunger, appetite and fullness is stronger than adults. Trust they will eat the right amount to grow well whether it be at school or home.



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www.healthylunchboxweek.org.au



30th Cohuna Bridge to Bridge Sunday, March 5



Ride / Run / Walk

Apex Park, Island Rd. Cohuna

- Mawsons Kids K
- thegannawarra.com.au 6.5km Fun Run/Walk
- North Central CMA 12.5km Trail Run
- Cohuna Auto Electrical 21.1km Trail Run
- AWMA Water Control Solutions 6.5km Junior Cycle
- 25km Cycle
- 50km Cycle
- Virtual options for each event



Major fundraiser for the



with proceeds going towards an upgrade to the outdoor area for the aged care residents in the nursing home.



Neighbourhood Houses
The Heart of Our Community

Organised by the
Bridge to Bridge Committee, under the
auspices of Cohuna Neighbourhood House.

www.bridgetobridge.org.au for full details and to enter

REGISTRATIONS CLOSE: Saturday, March 4 at 3pm



KICKSTART THE YEAR WITH HEALTHY LUNCHBOXES

Brought to you by NOCH

What makes a healthy lunchbox?

1. Grain Foods: Wholemeal or multigrain sandwich/wrap/roll, pasta, noodles, rice, crackers, rice/corn cakes



2. Fruit: Apple, orange, grapes, strawberries, cut-up watermelon, banana, mango, blueberries, peach, apricot, kiwi fruit, fruit salad



3. Vegetable: Cherry tomatoes, capsicum sticks, snow peas, carrot/celery/cucumber sticks



4. Dairy: Plain UHT milk, natural yoghurt, cheese cubes or sticks, smoothie, custard, yoghurt ric pudding, tzatziki



5. Protein: Chicken, egg, tuna, hummus, baked beans, lamb, pork, tofu, lentil pattie



6. Bottle of water



For more information and recipes please visit:
healthylunchboxweek.org.au

YOU'RE INVITED TO JOIN



NOLEN'S PARK

PARKRUN

BREAKFAST

FREE



When:

SATURDAY FEB 11TH AT 8AM



Where:

Starting at Nolen's Park, Boort near the exercise equipment



What:

JOIN US FOR A HEALTHY BREAKFAST AFTER PARKRUN



It's healthy lunchbox week, 1 of 3 lunchboxes to be won for children and young people.

PROUDLY SUPPORTED BY



EVERYONE WELCOME

FIND US ON FACEBOOK @nolensparkparkrun
OR ONLINE www.parkrun.com.au/nolenspark/

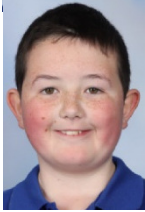


Italian



Jorja Danson - for helping with the mangoes and for winning the Christmas Kahoot

Jasper Heritage – for playing revision games respectfully and for completing his Italian facts book.



Cooper West - for playing respectfully the spinner/Google Earth Italy game!



Music:

Sophia Larkin: for copying the drum rhythm patterns perfectly and listening respectfully to others.



Jade Lavey: for lovely sweet singing our Christmas Songs and for making marvellous suggestions.

Angie Jones



