

# MURRABIT GROUP SCHOOL

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## NEWSLETTER

- 31<sup>st</sup> May 2023

### School Values:

- Respect
- Honesty
- Teamwork
- Learning
- Persistence

### Dates to Remember:

<b>2<sup>nd</sup> June</b>	Lightning Premiership
<b>7<sup>th</sup> June</b>	School Council Meeting
<b>9<sup>th</sup> June</b>	Report Writing Day – Pupil Free
<b>12<sup>th</sup> June</b>	King's Birthday Holiday

This week we continue keep consistent and amazing educational programs at Murrabit Group School as families and staff are impacted by sometimes extended and varied illness. Continue to care for yourselves and each other. This week Anita and Ms Taylor are absent, and we welcome Ms Minogue and Ms Devereux into the school. On Monday Ms Hogg will attend the Principal Conference in Melbourne.

### **Grade 5/6 Fundraising**

The students have continued with their fund raising with the hot dog day today. All funds will go to the Canberra excursion.

A Caring, Country, Community School



### **Smiling Minds**

On Friday staff attended PD about integrating Smiling Minds into our wellbeing programs through Respectful Relationships and after lunch quiet time. We have successfully received free access to the school-based program for a year. Sue North also drove up from Melbourne to help unpack our school data and look at educational and wellbeing trends. This will help us better plan for individualised programs.

### **Welcome Back**

We welcome Belle Morton to Murrabit Group School this week, lovely to see past students return for work experience.

### **Winter Sports**

The Year 5/6 students will be participating in a winter sports day (Lightning Premiership) on Friday 2<sup>nd</sup> June at Riverside Park in Kerang. The sports on offer will be football, netball, and T-Ball. We will travel by car to Riverside Park to commence at 9.30am. . Permission notes have been sent home with the students.

### **Grade 2/3/4 Diabetes Talk**

On Thursday Alex Carter will visit the school to discuss diabetes planning and support with the students and staff.

### **NDCHS Healthy Eating**

Today Rachel from NDHS will visit the school to discuss healthy eating and balance and will also bring the mini golf kit for students to enjoy.

### **Cross Country**

Congratulations to all the students who competed in the Mallee Zone Cross Country last week. You all should be very proud of your achievements. On Tuesday 5<sup>th</sup> June, we wish Sophia, Evan, Eve and Jobe all the best as they travel to St Arnaud to participate in the Regional Cross Country .

## Year 5/6 Canberra Trip

The next instalment towards the cost of the Canberra Excursion is due. Please pay \$150 before the end of Term 2. As fundraising is still happening, we don't yet have the total cost, but we will let you know when we do.

## Curriculum Day

There will be **no school** for students on **Friday 9th June**. Teachers will be writing reports. The Kings Birthday holiday will be on the following Monday 12<sup>th</sup> June

## Stay Well This Winter

Symptoms of influenza (flu) can hit very quickly and may last several weeks. Vaccination is the best way to protect yourself and others from getting the flu. [Annual influenza vaccination](#) is recommended from mid-April each year and is free under the [National Immunisation Program](#) for those at higher risk of complications from the flu.

Keeping our School Community Well Parents, carers and students are encouraged to practice prevention measures, including:

- washing and sanitising hands regularly
- avoiding touching eyes, nose and mouth with unwashed hands
- covering nose and mouth when coughing or sneezing
- staying home if unwell and consulting a general practitioner (GP) or [Nurse-on-call](#) as required
- staying up to date with flu and COVID-19 vaccinations.

**Flu Vaccinations**  
Flu vaccinations can be booked through GPs and pharmacies, many of which can also provide COVID-19 vaccinations. Flu vaccination is recommended for everyone aged 6 months and over. Some people are more at risk of complications from flu and are eligible for free vaccination as part of the [National Immunisation Program](#).

**COVID-19 Booster**  
The 2023 COVID-19 booster dose is available for everyone aged 18 and above. Getting your booster dose remains the best way to prevent severe illness or

hospitalisation, especially in people aged over 65 and those at higher risk of severe illness.

You can have your booster dose 6 months after your last dose or COVID infection. Children aged between 5 and 17 years who are at risk of severe illness can also receive a 2023 booster dose. You can get your next dose at your local pharmacy or GP. To find one near you, refer to the [vaccine clinic finder](#) or <https://www.healthdirect.gov.au/australian-health-services?origin=vcf> Find Out More  
For more information about preventing flu, and immunisation, refer to:

[Better Health Channel influenza flu immunisation fact sheet](#) or

- <https://www.betterhealth.vic.gov.au/health/healthyliving/flu-influenza-immunisation>

[Getting vaccinated against influenza](#) or - <https://www.health.gov.au/resources/collections/getting-vaccinated-against-influenza-resource-collection?language=und#-information-for-consumers>



Fitness with Belinda



Gaby Hogg

## Bookclub

Order forms have been sent home and need to be returned before **Wednesday 7<sup>th</sup> June**.

## Market Morning Teas

Those families on duty for Market Morning Teas on 3<sup>rd</sup> June – **Danson, Heffer, McNeil and More**



## Curators

**May** – 2nd Half - **Heffer**

**June** – 1st Half – **Hein B&N**

2<sup>nd</sup> Half – **Danson**



## Parents & Friends News

Our first fundraiser for this year is happening now. Crazy Camel Art Work offer some great products that can be used as special gifts for family and friends. A wonderful way to share the kids creativity and a special keepsake all in one. Order forms are attached with this weeks newsletter, apologies for the delay! For those that are wanting to make an order, forms need to be returned to school by 9am Friday June 16th. Once orders have been placed, paper templates will be sent home for the kids to complete their art work creations which will then be collected and sent for printing. 😊

Michelle 😊



## Students of the Week:




**Nate West** - for always being kind and considerate of his peers in all the choices he makes.



**Xavier Hein** – for always being kind to himself and others



**Casey Heffer** – for demonstrating kindness, helpfulness and empathy towards others


**CHILDREN'S BOOK WEEK**  
 #CBCA2023

**READ  
GROW  
Inspire**

Spectators are encouraged to view the parade from Albert St, Scoresby St, Fitzroy St, Wellington St, and Victoria St in the Kerang CBD.

Kerang and District Schools  
**Book Parade**  
 11.30am, Friday, 25th August

ARTWORK BY MATT OTLEY  
© 2023 THE CHILDREN'S BOOK COUNCIL OF AUSTRALIA

**Book Competition**  
 2023

2nd place winner for Year 5 & 6 in 2022

Create your own Picture or Story book.  
 Open to all children in Primary school.  
 Full details and entry forms can be collected from The Little Blue Book Shop.

Closing date 28 July 2023 and winner announced on 19 August 2023

1st place winner for Year 5 & 6 in 2022







**E-CIGARETTES/VAPING**  
 World No Tobacco Day - 31st May 2023

Brought to you by 

**DO YOU KNOW what's in an e-cigarette?**



E-cigarettes, also known as 'vapes', are battery operated devices. The 'cloud' from vaping is aerosol, a fine spray of chemicals that enter the body via the lungs. Vapes can have the same harmful chemicals found in weed killer, bug spray, nail polish remover and cleaning products.

Young people make hundreds of great decisions each day, but the tobacco industry spends millions of dollars trying to undermine those decisions. They do this through manipulative techniques, and by not listing the harmful chemicals in Vapes on the pack. The good news is - **It's your body, your lungs, your life, and you're in charge.**


Recently the Government have announced new reforms to protect young people from the dangers of vaping







- No more bubblegum flavours, pink unicorns or vapes disguised as pens for kids to hide in pencil cases. Instead, plain packaging with plain flavours
- All single-use disposable vapes will be banned.
- Non-prescription vapes will be banned from importation, and the federal government will work with states and territories to close down the sale of vapes in retail settings.

Want more information?

QUIT  VIC GOV ADVICE FOR PARENTS 

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 <p><b>Is vaping nicotine harmful?</b></p>	 <p><b>Are e-liquids dangerous?</b></p>	 <p><b>Can vaping lead to dependence?</b></p>
<p><b>Yes.</b> Many contain nicotine - even if it's not displayed on the packaging. Yes. Vaping has been linked to serious lung disease.</p>	<p><b>Yes,</b> they contain hazardous chemicals. Even those labeled 'nicotine-free' can contain nicotine and additives toxic to young people.</p>	<p><b>Yes.</b> Many vapes contain nicotine, which is an addictive substance.</p>
 <p><b>Do vapes contain nicotine?</b></p>	 <p><b>Is vaping bad for your lungs?</b></p>	 <p><b>Is vaping risky?</b></p>
<p><b>Yes.</b> Nicotine vapour contains chemicals and additives hazardous to a young person's health.</p>	<p><b>Yes.</b> Vaping has been linked to serious lung disease.</p>	<p><b>Yes,</b> vapour contains several cancer-causing agents, as well as chemicals that can cause DNA damage.</p>

Sourced from <https://adf.org.au/>. Visit their page to get all the facts today!



**Italian -**

Sophia Larkin - for looking up facts about the Pantheon and the Colosseum



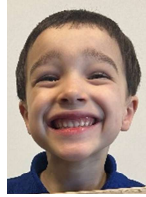
**Music:**

**Rumi**

**Hein** - for great listening and participation



**Jasmine Maclean** - for excellent drumming and good chord changing on the guitar



**Tyler Long** - for brilliant drumming and for respectfully listening to others

*Angie Jones*

