



Moulamein Public School

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Diary Dates:

November

- ⇒ 11th Kinder 2025 transition
- ⇒ 11th Kinder 2025 Information Session 3pm
- ⇒ 15th Assembly
- ⇒ 18th Kinder 2025 transition
- ⇒ 19th & 20th Barham HS Yr 7 transition
- ⇒ 25th last Kinder 2025 transition

December

- ⇒ 10th Swan Hill College & MacKillop College Yr 7 transition
- ⇒ 11th Yr 6 Graduation Dinner
- ⇒ 17th Presentation Day
- ⇒ 19th LAST DAY of 2024 for students

EXCURSION DATES

- 28th - 31st October
Canberra Year 5 & 6
- 30th October K - 2
Altina

2024 Term 4 Week 2

Relieving Principals Message - Jacinta Wheeler

Welcome back to Term 4. It was lovely to see everyone's smiling faces last week. Term 4 is going to be a busy term. We have high school transition days, Kindergarten Orientation days, excursions, assemblies and swimming lessons. Please keep an eye out on Facebook and in further newsletters.

Music lessons have resumed and students will be showcasing their skills at ERG and Presentation Day later this term.

School Uniform

Students are expected to wear the correct school hat each day. Correct school uniform is required each day, this includes correct school jumper as well as hat. Rivierina jumpers may be worn on Fridays ONLY. New and second hand uniform items are available from our P&C run Uniform Shop, contact LeeArna.



School Bytes

Just a reminder that we are continuing to transition to using School Bytes for correspondence, including permission notes, excursions and information. A SMS will be sent out whenever a note has been sent online.



K-2 Resilience Program

Intereach is coming to undertake a K-Year 2 resilience program starting in Week 2 and running for 6 weeks. It is called Kimochis (KEY.MO.CHEE), which means "feeling" in Japanese. This program is a playful way to help students learn how to identify and express feelings. When they can communicate their feelings effectively, they develop positive social skills that lead to lasting friendships and success in all aspects of life. It teaches the fourth "R" - reading, writing, arithmetic, and RELATIONSHIPS.

Students will learn how to recognise and manage emotions, demonstrate caring and concern for others, establish positive relationships, make responsible decisions and handle challenging situations constructively. Each session a special character is introduced each week that has different feelings to help us recognise and manage those feelings.



A little about the characters:

- ◆ *Lovey Dove* is very friendly and teaches us about being kind, friendly and proud.
- ◆ *Cloud* can very quickly go from being happy to being mad and the feelings sad, mad and happy are discussed.
- ◆ *Huggtopus* has a very in your face personality incorporating the feelings excited, silly, frustrated and proud.
- ◆ *Bug* is very shy character who teaches us to be brave. Discussions about the feelings of shy, left out, scared and brave are undertaken.
- ◆ *Cat* is the bossy one of the group, and the feelings of being cranky, curious and sorry are looked at.

Edward River Gardens Visit

On Wednesday 23 October, Year 5/6 students will be visiting ERG to celebrate Grandparent's Day. They will be taking morning tea to share with residents on this special day.

Grandparents Day celebrates the diversity of grandparent relationships across age groups, cultural backgrounds, and geographical locations. Grandparents, grand-friends, kin, and those who take on the role of a grandparent in their family or community are recognised for their contributions.



Year 5/6 Excursion

Canberra here we come! Time has flown and next week Stage 3 will travel to Canberra. Students are very excited and so are Miss Schaefer and Mrs Wheeler! Keep your eye out on Facebook for daily updates. Students are required to arrive at school no earlier than 5:45am on Monday 28/10 and are reminded to bring a warm jackets as the evenings get cool very quickly.

Kinder – Year 2 Excursion

Kinder, Year 1 and 2 are visiting Altina Wildlife Park on Wednesday 30/10. Students are looking forward to this adventure and Barney is beyond excited!! Reminder that departure time is at 8.00am SHARP. Please arrive at Moulamein Public School at least ten minutes prior to this time so we can mark the roll and pack belongings into the bus. It is expected that the bus will return to Moulamein Public School at approximately 4.30pm. Students will need to be picked up by parents from school. Children will not be permitted to walk home unaccompanied.



Footy Colours Day

On Friday 27th September, we held our Footy Colours Day. After recess, students participated in football related activities, held in three rotations. A HUGE thank you to James White, who gave up his time to come and run an Auskick style rotation for our students. After collecting our gold coin donations our school will forward \$61 to the Fight Cancer Foundation.





CHANGE OF DATES!

Kinder Transition

New Dates:

Monday 11 November - 9am - 2pm

Monday 18 November - 9am - 2pm

Monday 25 November - 9am - 2pm

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PARENT INFORMATION SESSION
MONDAY 11 NOVEMBER - 3PM
IN LIBRARY

What is an unhealthy snack?

Foods high in added sugar, salt or saturated fat (or a combination) are unhealthy options. Generally, these foods have little to no nutrition. They are not needed as part of a healthy diet and should be eaten only occasionally, and in small amounts. Examples include:

- Chocolate
- Donuts, cakes, pastries and slices
- Hot chips and crisps
- Ice cream
- Lollies
- Store-bought muesli and snack food bars
- Sweet or savoury biscuits

How to make healthy snacking a habit

- ✓ Avoid having unhealthy snacks in the house
- ✓ Keep your pantry stocked with healthy snacks
- ✓ Prepare healthy ready-to-eat snacks and keep them in your fridge
- ✓ Start a rewards chart for healthy snacking
- ✓ Take ready-made healthy snacks with you when you go out

Keep a bowl of fresh fruit on the counter



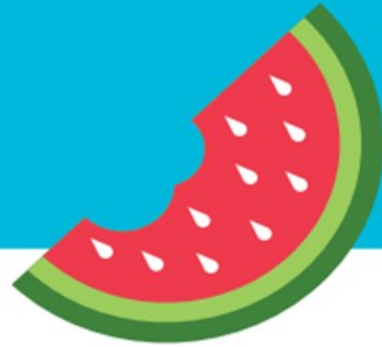
Remember:

It's normal for kids to refuse a new food up to 10 times, so keep trying!



Choose healthy snacks

Snacking between meals can be a good way to help kids and teens keep their energy levels up during the day. Healthy snacks can be a good source of nutrients to help your body grow and work properly. But unhealthy snacks cause health issues, like weight gain and poor development.



Healthy snack ideas

Snacks based on fruit and veggies, reduced fat dairy products and wholegrains are the healthiest choices.



Boiled egg



Reduced fat yoghurt
(plain or fruit flavoured)
[Full fat for under 2 years, reduced fat for over 2 years]



Plain popcorn (unbuttered and without sugar coating)
[Not suitable for under 3 years]



Tomato and cheese on crackers



Rice crackers or corn cakes
(with vegemite or hummus)



Banana on toast



Chopped vegetables and dip



Fruit scone



Corn on the cob



Fresh or frozen fruit

