

Our Purpose: The Monmia school community is committed to providing innovative programs that Stimulate and challenge each student to develop lifelong learning skills and strategies. We provide a safe, nurturing environment where teachers, students and parents work in an effective partnership. www.monmia.vic.edu.au Phone: 03 9364 1007



MONMIA PRIMARY SCHOOL

*- Learn and Achieve -***MONMIA MESSENGER**

Dear Monmia Families,

HIGHLIGHTS OF THE LAST FORTNIGHT

- Halloween Dress Up Day was such a fun day. Thank you to everyone who dressed up and gave a gold coin donation to Family and Friends. Many students and staff also enjoyed a Halloween lunch from Queen Baker.
- Thank you to Family and Friends for the successful selling of the Zooper Doopers on Fridays. It certainly is a treat for our students.
- The Science Technology, Engineering, Arts and Mathematics Collaborative Learning Space has finally been revealed! It looks amazing.

STEAM COLLABORATIVE LEARNING SPACE

We are finally able to celebrate the opening of our STEAM Collaborative Learning Space. This incredible centre of learning will house teaching and learning of the Sciences and Technologies as well as Visual and Performing Arts. There is a stage where we will be able to host concerts, presentations and other events on the Arts side of the CLS. Science, technology and engineering will be taught in the other side of this CLS. This will afford our students with a state-of-the-art collaborative learning centre to explore both the Arts and Sciences.



We are inviting our school community to come to the Orientation for our newest CLS on Wednesday 15 November 2023. The students will have the opportunity to go through the building in preparation for starting classes on Tuesday 21 and Wednesday 22 November.

SCHOOL ORGANISATION

- We will be starting our process for grade allocation for 2024. Besides the “in depth” contribution of the class teachers, children also have input in **nominating ‘Learning Buddies’ who are students with whom they work well and are not necessarily their social friends.** Students are guided through this process, as it is our core purpose to give every child the opportunity to develop to their full potential.
- At Monmia, we are fortunate to have wonderful teachers, who work exceptionally hard in collaborative teams to ensure all children receive the same high standard educational opportunities. As teachers are not allocated to grades until all students have been placed, it is **school policy that requests for specific teachers will not be accommodated. It is essential that if there are requests related to student’s educational needs parents/guardians notify the school in writing and due consideration will be given to these.**
- Once the classes are finalised, we are unable to make any further changes. **Even if parents/guardians have made specific requests in previous years, we ask that a new written request be made for 2024. If the request is not in writing and addressed to Lorraine, the Principal, it will not be taken into consideration. All written requests must be handed into the office by FRIDAY 10 NOVEMBER.**
- Parents/Guardians, you have entrusted the school to make the best decisions about your child and their learning all year. Please trust that we will place your child with their best interests considered.
- As we are trying to finalise staffing for next year, it is vital that we have accurate details of enrolments. If you are transferring out of the area at the end of the year or know of new families enrolling at Monmia next year it is very important that you let the office know as soon as possible by completing the slip in this newsletter.

Warm Regards

Lorraine Bell

Principal

SCHOOL ORGANISATION FOR 2024



School planning for 2024 is about to start. If you have a child who turns five before 30 April 2024 and you have not enrolled them, please do so as soon as possible. The prep enrolments will determine the number of Prep classes we will need. Also, if you are planning to leave Monmia please complete the form attached to this newsletter. This will also help us to plan the number of classes at each year level for the rest of the school. School enrolment numbers determine the number of staff we will have for 2024.

Please spread the word with your friends and family if they too have a school age child ready to commence in 2024. Parents/Guardians can contact the office for an appointment to collect an enrolment form or a soft copy can be emailed to you.

If your family is leaving Monmia please complete the following form and return as soon as possible via email to monmia.ps@education.vic.gov.au

Planning for 2024 School Year is now underway.

Child's Name: _____

Child's Year Level in 2023: _____

New School in 2024: _____

Reason for transfer: _____

IMPORTANT DATES FOR THE DIARY

Term 4	2024
<p>Thursday 9 November</p> <ul style="list-style-type: none"> Foundation 2024 Orientation Session 1- 9.30am- 11.00am Foundation 2023 Melbourne Zoo Excursion <p>Thursday 16 November</p> <ul style="list-style-type: none"> Foundation 2024 Orientation Session 2 – 9.30am – 11.00am Family & Friends Meeting @ 9.15am in the Staffroom. <p>Thursday 23 November</p> <ul style="list-style-type: none"> Foundation 2024 Orientation Session 3 – 9.30am – 11.00am <p>Monday 4 December – Friday 8 December</p> <ul style="list-style-type: none"> Swimming -Years F-4 <p>Wednesday 13 December</p> <ul style="list-style-type: none"> Christmas Hamper Raffle <p>Wednesday 20 December</p> <ul style="list-style-type: none"> Last day of Term – Students Finish @ 1.30pm. 	<p>Monday 29 January</p> <ul style="list-style-type: none"> Curriculum Day – Student Free Day Book Pack Collection Day <p>Tuesday 30 January</p> <ul style="list-style-type: none"> Curriculum Day – Student Free Day <p>Wednesday 31 January</p> <ul style="list-style-type: none"> Year 1-6 Students Student start at 9.00am Foundation Students start at 10.00am <p>Tuesday 27 February</p> <ul style="list-style-type: none"> Colour Fun Run / BeYou Twilight Getting to know you Picnic. <p>Monday 11 March</p> <ul style="list-style-type: none"> Labour Day – Public Holiday <p>Thursday 28 March</p> <ul style="list-style-type: none"> Last Day of Term 1 – Students finish at 2.30pm <p>2024 Term Dates</p> <p>Term 2 Monday 15 April – Students Resume Friday 28 June – Last day of Term 2 Student Finish at 2.30pm</p> <p>Term 3 Monday 15 July - Students Resume Friday 20 September - Last day of Term 3 Students Finish at 2.30pm</p> <p>Term 4 Monday 7 October – Students Resume Friday 20 December – Last Day of Term 4 Students finish at 1.30pm</p>

SPOTLIGHT ON SOCIAL & EMOTIONAL LEARNING (SEL)

THE SOCIAL & EMOTIONAL LEARNING SKILL FOR THIS WEEK IS FROM THE:

☒ BOUNCEBACK PROGRAM

☐ RESILIENCE, RIGHTS & RESPECTFUL RELATIONSHIPS PROGRAM

☐ RCH CASEA PROGRAM

THE SCHOOL-WIDE FOCUS IS: REVISIT: BULLYING NO WAY


Dear Parents and Guardians,

It is important to know what bullying is and what it is not. The Department of Education definition is: **'Bullying is when someone, or a group of people, deliberately upset or hurt another person or damage their property, reputation or social acceptance on more than one occasion. There is an imbalance of power in incidents of bullying with the bully or bullies having more power at the time due to age, size, status or other reasons'**.

Bullying can take many forms:

1. Direct physical bullying
2. Direct verbal bullying
3. Indirect emotional bullying
4. Cyber-bullying

IS IT BULLYING?

<p>NOT NICE</p>	<p>When someone or a group say or do something <i>unintentionally hurtful</i> and they only do it <i>once</i>.</p> <p>That is NOT NICE.</p>
<p>MEAN</p>	<p>When someone or a group say or do something <i>intentionally hurtful</i> and they do it <i>once</i>.</p> <p>That is MEAN.</p>
<p>BULLYING</p> 	<p>When someone or a group, say or do something <i>intentionally hurtful</i>. There is an <i>imbalance of power</i> and they <i>keep doing it over time</i>. They even do it when you tell them to stop or show them that you are upset.</p> <p>That is BULLYING.</p>

I hope you found this article interesting and I look forward to any feedback you have.

Warm Regards,

Lucia Vorpasso

Assistant Principal - Student Engagement and Wellbeing



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THE SCHOOL-WIDE FOCUS IS: WHAT IS COURAGE?

Dear Parents and Guardians,

Showing courage is when you feel frightened about doing something scary or difficult but you are brave and do it anyway. Deciding to do the brave thing sometimes happens very quickly but sometimes you have to think about it for a while before you decide to be brave. However if something is dangerous or you or someone might get hurt, then it would be foolish to do it, rather than to show courage.

Everyday courage is when you have to do something ordinary but it makes you feel a bit scared or anxious. This might be trying to do something new at school when you are not sure whether you can do. It might be saying 'No, I don't want to' when someone else wants you to do something silly or mean.

Everyone has fears. When you feel scared it is because you feel unsafe and you realise that there may be a danger to yourself or to others. Do not ignore unsafe feelings and tell someone you trust if you are feeling unsafe. They can help you work out if there is any real danger. Sometimes you need to be brave and face your fear.

Some 'tough self-talk' is needed when you want to be brave and can be very powerful. 'Tough talk' is when you say things to yourself such as:

- I can do it.*
- Just do it.*
- This is important.*
- I will give it my best and I am sure I will be able to do it.*

I hope you found this article interesting and I look forward to any feedback you have.

Warm Regards,

Lucia Vorpasso

Assistant Principal - Student Engagement and Wellbeing



FOCUS: EVERY DAY COUNTS: Absences have consequences!

- *Missing school has significant long term consequences.*
- *If students miss school regularly, they miss out on learning the fundamental skills that will set them up for success in the later years of school.*
- *There is no safe number of days for missing school.*
- *Each day a student misses school puts them behind and can affect their educational outcomes.*
- *Each missed day is associated with progressively lower achievement in reading, writing and numeracy.*

Lucia Vorpasso Assistant Principal: Student Engagement and Wellbeing



EVERY DAY COUNTS





'BE YOU TWILIGHT GETTING TO KNOW YOU PICNIC'

SAVE THE DATE

Dear Monmia Families,

*Monmia is proud to be a 'BE YOU' school. In bringing the community together to celebrate the start of the 2024 school year, we are having the annual **'BE YOU TWILIGHT GETTING TO KNOW YOU PICNIC'**. An invitation is extended to all Monmia families to attend the picnic to meet the staff and other families in a friendly and relaxed way.*

Please put the date in your diary and come along and join in the fun.

DATE: TUESDAY 27 FEBRUARY 2024

We hope that you and your family will be able to join the rest of the Monmia Primary School Community for a fun family night.

Kind Regards

Lucia Vorpasso

Student Engagement and Wellbeing Assistant Principal





MONMIA PRIMARY SCHOOL
- Learn and Achieve -

MONMIA'S ANNUAL COLOUR FUNRUN TWILIGHT PICNIC

Dear Parent/Guardian,

We will be holding the Monmia's Colour Funrun Twilight Picnic as a major fundraising on Tuesday, 27th February 2024! We're doing it to raise much needed money for playground upgrades to our school.

About the Day

Monmia's Annual Colour Funrun Twilight Picnic is a highlight of our year. Not only do you get to meet our amazing staff, but our children get to make a colourful mess. It is one of the most exciting days on our school's fundraising calendar.

How Does My Child Fundraise?

All fundraising is done on an online platform. Fundraising opens when school starts in 2024. We will supply all the details including the website and how to setup your child's in later correspondence.

Online Fundraising

The easiest way to help your child raise money is through online fundraising, where students raise an average of \$120. On top of raising more money, it's also safer and easier than door knocking and you don't have to worry about handling money!

Getting Involved

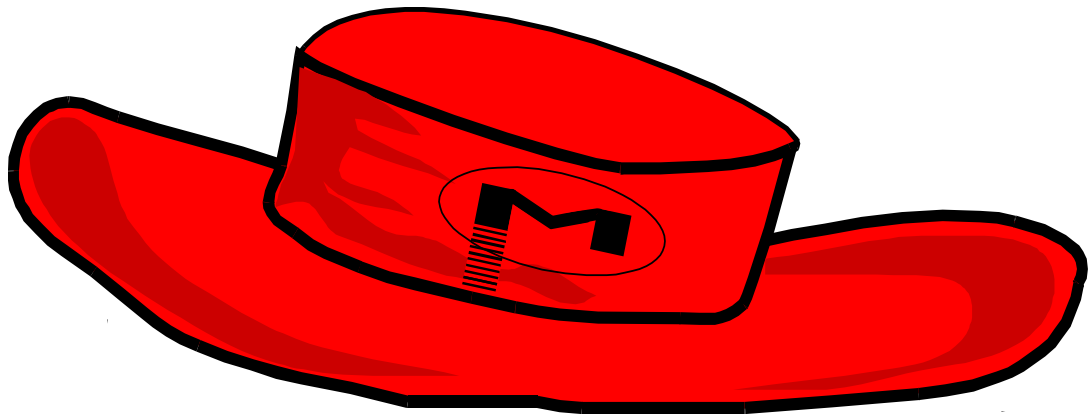
Not only can you support Monmia and it's students with your sponsorship – but you can join in on the fun! We would love to welcome parents and family members to attend the our exciting twilight picnic. If you would like to volunteer on the day, please contact me on the details below.

I can't wait to see you at our event!

Tal - President Family and Friends

talithiadiessel@gmail.com

NO HAT



NO PLAY

*Mid-August until
the end of April*

Please wear a Monmia Primary School Wide Brimmed or
Legionnaire Hat when outside to keep your skin safe.

FAMILY & FRIENDS NEWSLETTER



2nd Hand School Uniform Shop

If your child needs more school apparel, please remember that you can contact the school office to purchase second hand uniforms:

Polo tshirts/School dress - \$2
Jackets/jumpers - \$5
Shorts/Pants/Skorts - \$1
School Bag - \$5
Hat - \$1

Join us at the
next meeting!



Date: 15th November 2023
Time: 9.15am
Venue: Staffroom



FRIDAYS!!!

Thank you to our helpers for the past weeks –
**Angelina, Heidi, Tya, Nicole, Tal, Emma and
Radiance.** Parents are welcome to help at the stall!
(1.15pm – 2.30pm)

Thank you for all your support!

**We will see you again
this Friday!**



Coming Next

CHRISTMAS HAMPER RAFFLE 13TH DECEMBER



BE part of the Monmia Family & Friends team!

It is **FREE** to join!

You will be in the loop of all the fundraising news and events organised by Family & Friends. It is also a great way to get to know families and form great friendship within our Monmia community.

Membership forms are available at the school office.



Second Hand Uniform Donations

If you have any uniforms no longer in used, you can drop them off in the [Monmia Uniform Donation box](#) outside of the school office.

THANK YOU!



STUDENT AWARDS



PRA	<i>Amitej S.</i> <i>Alana N.</i>	For posing questions and collecting data from your classmates. For staying on task and completing your work.
PRB	<i>Línk C.</i> <i>Albert T.</i>	For writing a detailed recount of his weekend. For recognising sounds that each letter represents.
1/2A	<i>Marah I.</i> <i>Melika D.</i>	For improving in all areas of learning and always trying her best. For always having a go and being kind and friendly to all.
1/2B	<i>Maleta A.</i> <i>Dillon S.</i>	For learning her doubles facts for the numbers 1 to 6. For writing a great persuasive text about our school library.
3/4A	<i>Aleteia A.</i> <i>Faith L.</i>	For making such excellent progress in her reading. Congratulations Aleteia! For being able to count by 2's and 3's to 100 on a number chart. Well done Faith!
3/4B	<i>Kíara C.</i> <i>Aurora P.</i>	For always striving and achieving her best with all class work. For always demonstrating commitment and effort with take home reading.
3/4C	<i>Harley S.</i> <i>Minh T.</i>	For making smart choices about where he sits and listening to teacher instruction. For achieving his pen license. Well done!!!!

5/6A	<i>Love S.</i> <i>Alex C.</i>	For great improvement in Reading. For enthusiastically leading the JSC in his role as President.
5/6B	<i>Alex M.</i> <i>Hamza B.</i>	For a huge improvement in your numeracy results on your recent post-test. For showing excellent comprehension during your assessment.
Physical Education	<i>Kayden L.</i> <i>Evie N.</i>	for being a caring class member who always puts in 100%. Well done! For always having a positive attitude in P.E. Amazing job Evie!
Japanese	<i>Jacob L.</i> <i>Filip P.</i> <i>Hamza B.</i>	For outstanding effort in Japanese. For showing hugely improved, effort and concentration during Japanese class. For showing hugely improved, effort and concentration during Japanese class.
Performing / Visual Arts	<i>Isaak B.</i> <i>Xavier B.</i>	For always working hard on his task in Visual Arts. For always focusing on his task in Visual Arts.
TLI	<i>Noah C.</i> <i>Zain B.</i>	For practising great reading and displaying fabulous comprehension. For practising great reading and displaying fabulous comprehension.
STEM	<i>Kíara C.</i> <i>Sophía G.</i>	For working cooperatively with your team in STEM. For working cooperatively with your team in STEM.



STUDENT WORK

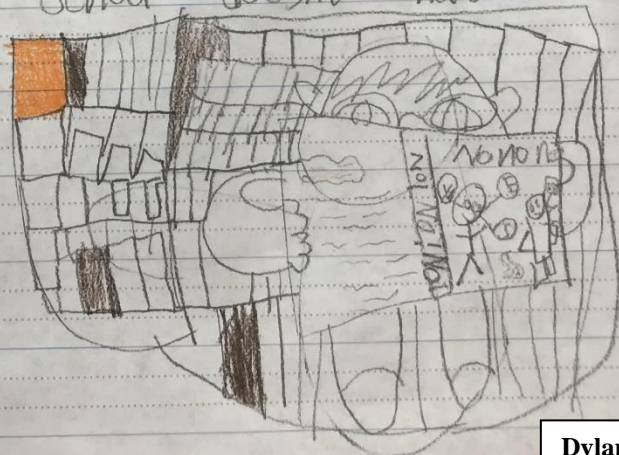


Atticus T PRA

Recount

I like going to the library because it's peaceful and relaxing. Also when I read a book I feel like I'm in the Zone and it is so quiet too!

I love reading new books with my friends. I also read with my Mom and dad. If your school doesn't have a library go to the public one!



Dylan D 12B

Dylan D 12B



SWIMMING – Years P- 4

Students in years Foundation, 1/2, and 3/4 will be given the opportunity to participate in learning to swim class at Paul Saddler Swimland Parkwood Green Primary School in Hillside.

The classes will run for a week starting **Monday 4 December to Friday 8 December**. The swimming program will be delivered at **NO COST** to students and their families.

To enrol your child please fill out permission forms electronically on QKR App.

If you require any help, please do not hesitate to contact the office. If you would like a paper version, please contact the office.

Respectful Relationships

Yellow highlighted services have multiple different cultural supports

1800RESPECT
NATIONAL SEXUAL ASSAULT, DOMESTIC
FAMILY VIOLENCE COUNSELLING SERVICE
1800 737 732



Fitzroy – 9419 3000
Epping – 8592 3920
Preston – 9403 3300
St Albans – 9419 3000
Unit 2/22 Victoria Street Mon-
Tue 9-5pm & Fri 9am -4pm

Translating and
Interpreting Service
TIS [131 450](tel:131450).

Australian Muslim Women's Centre
for Human Rights 03 9481 3000



Department
of Education

1300 78 99 78
**MensLine
Australia**

[HR Web](#)

1300 361 008



GenWest (previously Women's
Health West)
03 9689 9588

[Intouch 1800 755 988](tel:1800755988)

SAFE+EQUAL
safeandequal.org.au

Standing strong
against family
violence



Previously Child First
222 Ferris Road,
Cobblebank, Melton

queerspace
our health in our hands
www.queerspace.org.au



1800 015 188

Family Violence
Response Centre

Cyber Safety

Balancing time online

How can I talk about
healthy screen habits?



Devices are a part of everyday life for families. Whether it's a tablet, digital TV or a smart phone, it can sometimes be difficult to find a good balance between screens and IRL activities.

As your child grows and their school work increases, it becomes more important to plan screen time with purpose.

Achieving digital balance is good for mental and physical health, so get to know the signs that your child needs a break and talk regularly about how tech can set them up for healthy screen habits.

Too much screen time can affect your child physically, mentally and emotionally.

It's a good idea to keep an eye out for signs that your child needs a break from their screens and have a conversation with them about how they can identify the signs within themselves.

What are some signs³ of too much screen time?



Physical

- Headaches
- Tiredness
- Sore eyes
- Poor personal hygiene

Conversation starter

How long does it take until you feel sore eyes or neck from looking at your screen? What could you do when that happens?



Mental

- Not interested in social or physical activity
- Poor concentration on school tasks
- Withdrawn from friends and family
- Obsession with apps or games

Conversation starter

Can you tell me about a time you were playing your favourite online game and you missed out on completing schoolwork or seeing friends? Why did you keep playing the game?



Emotional

- Irritable when away from online activity
- Anxious when interacting with people in real life
- Anger when asked to take a break
- Sad when scrolling particular social media accounts

Conversation starter

How has an online game or social media account changed the way you feel about yourself? How has it changed how you feel about other people around you?



Your child complains that they are having trouble sleeping and you notice they are always on their devices right before bed

Handy hint

Add a screen time widget to your child's home screen and show them how to set daily usage limit.

Studies have shown bright screen light affects the body's natural ability to fall asleep.

A good night's sleep is essential to help recharge the energy it takes to develop a young person's body. Regularly using a device for long hours before bed can delay the body clock by 1.5 hours, which can result in not enough sleep.⁶

Handy hint

The good news is our devices are equipped with the latest wellbeing tools to help get a better night's sleep. Guide your child through:

- ✓ Setting up sleep schedules
- ✓ Turning on a blue light filter in the evening
- ✓ Setting time limits for apps that are most distracting before bedtime
- ✓ Pause connectivity on mobile devices and Wi-Fi⁷

What to do if your child needs more help



If you and your family need more support to create healthy digital balance, you can search:

- [eSafety Commissioner](#) for more resources

If your child needs to talk to someone about their feelings or worries, they can contact:

- [Kids Helpline](#) on 1800 55 1800 for free, private and confidential 24/7 phone and online counselling services
- [13YARN](#) on 13 92 76 for a free, private and confidential talk 24/7 with an Aboriginal or Torres Strait Islander Crisis Supporter





masterpass

For quicker, hassle-free school payments, try Qkr! today

Introducing Qkr! (pronounced 'quicker') by Mastercard, the secure and easy way to order and pay for school items from your phone at a time and place that suits you.

With Qkr you can:

- Pay for a variety of school items;
- See your receipts on the app and get them sent by email if required.



Getting started is easy - try it yourself today

Step 1 Download Qkr!

on your Android phone or iPhone. iPad users can download iPhone app



Step 2 Register

Select your Country of Residence as 'Australia' and follow the steps to register

Step 3 Find our school

Our school will appear in 'Nearby Locations' if you're within 10kms of the school, or search for our school by name.

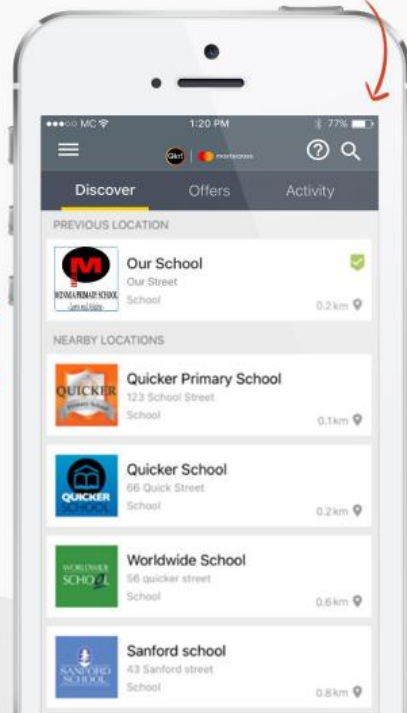
Step 4 Register your children

When first accessing our school you will be prompted to add a student profile for your child. This allows you to make orders and payments for them.

If you have made a purchase you can select our school from 'Previous Location'

If you're within 10 kms of the school, you can select our school from 'Nearby Locations'

Search for our school name



Add your children's details in Student Profiles

Select 'Add student profile'

Add each child's details

Manage each child's details in Student Profiles



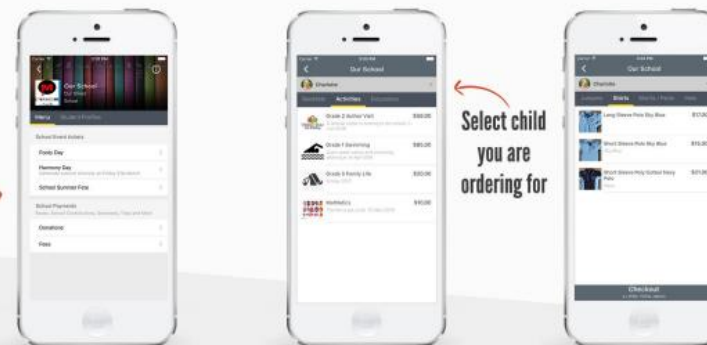
Purchase school items

Select a menu from our school

Select child you are ordering for

Select your items

Tap 'Checkout' then confirm and pay



Making payments

Add up to 5 cards to your wallet

At checkout select which card to pay with.

Pay with any cards accepted by the school.

Once your payment is approved you can continue to the home page, or view your receipt.





Scan me!

Find out more about
foster care and
how you can make
a difference.

Could you be a Foster Carer?

We want to work with you to make a positive and lasting difference to the lives of children in your community.

As a Key Assets foster carer we'll provide you with 24/7 support, a dedicated social worker and on-going training. If you're looking to provide love, safety and care for a child we'd love to hear from you.

