Dear Monmia Families,

A very warm welcome back to our lovely Monmia community. It was wonderful to see excited children and their families walking through our school gates. I was so lucky and grateful to receive many cuddles from children as they came through the front gates. It really made my day and put a spring in my step.

Everyone seems to have had a really good break, including me and we are all looking refreshed and relaxed - ready for an action-packed and exciting year ahead. I am feeling that 2015 is going to be an absolutely amazing year.

We promised a sizzling start to 2015 and we certainly achieved that! Starting with the opening ceremony of the newly refurbished sandpit on our first day back last Friday. Thank you again to our incredibly hardworking Family and Friends who raised the funds yet again so that our students benefitted. Thank you to everyone in our community who bought chocolates and supported the many other fundraising activities held throughout the year.

And then there was drum roll..... “The Sausage Sizzle”! A fabulous success with our gourmet chefs Dean Squires, Natalie Creasey and Vineta Mitrevski cooking those sausages at a rapid pace so they would all be ready for the hungry hordes!!! As soon as we were ready the classes came to Deb Hicks, Lucy Vorpasso and I to be served up their delicious sausage with choice of regular, halal or vegetarian! From the way those children were smacking their lips they thoroughly enjoyed their lunch. The big question is if this is going to become a “Monmia Tradition”? Something to think about….

There has been such a smooth transition to the start of this year with everyone settling into routines very quickly. As I visited all the classrooms, I could see happy children working with their teachers and classmates. As several staff have changed roles and time fractions, I would like to introduce to you our 2015 Professional Learning Communities.

Our AMAZING Administration PLC

Jayne Sutcliffe (Library)
Catherine Brockdorff (Student Administrator)
Norma Smith (Business Manager)
Our very PRESENT Principal Class-We are here to be of service to you.

Vineta Mitrevski (AP-School Improvement)
Lorraine Bell (Principal-Lead Learner)
Lucy Vorpasso (AP-Student Engagement & Wellbeing)

Our CHEERFUL Coaches

Deb Hicks (eLearning)
Dean Squires (Numeracy)
Natalie Creasey (Literacy)

Our PLAYFUL Prep PLC

Genevieve Vidmajer
Mandy Peters (Teaching and Learning Leader)

Our WONDERFUL 1/2 PLC

Rene Bernardo
Karen Slatterie
Leanne Molony
Joanne Mavrikos (Teaching and Learning Leader)
Our THOUGHTFUL 3/4 PLC

Lesley Rosochodski
Kim Renda
Regina Koen
Kathryn Buttigieg (teaching and Learning Leader)
Merryn Auld

Our FANTASTIC 5/6 PLC

Monday and Tuesday
Carmel Zumbo
Tan Ly
Kate Burrows
Gary Griffiths
Natalija Caridi (Teaching and Learning Leader)

Wednesday to Friday
Sam Jones
Gary Griffiths
Tan Ly
Natalija Caridi (Teaching and Learning Leader)
Kate Burrows

Our STUPENDOUS Specialist PLC

Jane Coleman (Science)
Melissa Broso (Languages)
Justin Belovitch (Physical Education)
Lisa Tate (Visual Arts)
Cassie Ward (Performing Arts)

Our ENERGETIC Education Support Staff

Helen Fenner
Michelle White
Sharon Stevens
Leanne Anderson
Ros Brelis
Freda Kapodistrias

Collectively, we are all the above and we are all here to be of service to you in any way we can.
I am thrilled that we are able to offer Science for our students as a specialist subject for this first semester. This curriculum will be delivered by Mrs Jane Coleman (Preps and Years 3-6) and Ms Melissa Broso (Year 1/2s). I am also excited that we have been able to provide Performing Arts delivered by Mrs Cassie Ward, especially as this is a school concert year. We have also been very fortunate to link up with a sister school in Japan and you will hear more about this in the future. Another great program that we are introducing is the Perceptual Motor Program for our Prep students. This helps improve the children's gross motor skills and therefore assist with the development of fine motor skills, essential in the learning of reading and writing.

It was wonderful to have the Primary Music Institute musicians perform for us at assembly. It would be terrific to have a concert band for our school. PMI can offer tutoring for interested students and this would be a great avenue for them to perform for our school and maybe even at the school concert. Please see the information regarding this tuition below.

We always welcome feedback and I would love to hear how your child has settled in to their new class. You can speak to me or Vineta, Lucy, Natalie, Dean and Deb. We are all available before and after school. We will be using our Twitter feed more extensively to share the children’s learning so that families can keep in touch with what’s happening at our school. Please follow us on Twitter: http://twitter.com/MonmiaPS. You can also comment, or favourite or retweet our posts.

Looking forward to working with you in partnership.

Warm Regards,
Lorraine Bell
Principal
### DATES FROM THE DIARY

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
</tr>
</thead>
<tbody>
<tr>
<td>Wed Feb 4 - Wed Feb 11</td>
<td>• Life Education Van</td>
</tr>
<tr>
<td>Fri Feb 13</td>
<td>• Book Club Orders Due</td>
</tr>
<tr>
<td>Wed Feb 18</td>
<td>• Twilight Picnic 5.00 - 7.00pm</td>
</tr>
<tr>
<td>Tue Mar 3</td>
<td>• Curriculum Day NO SCHOOL TODAY</td>
</tr>
<tr>
<td>Mon Mar 9</td>
<td>• Labour Day Public Holiday NO SCHOOL TODAY</td>
</tr>
<tr>
<td>Wed Mar 4</td>
<td>• School Photo Day</td>
</tr>
<tr>
<td>Fri Mar 20</td>
<td>• National ‘We Say NO to Bullying!’ Day</td>
</tr>
<tr>
<td>Fri Mar 27</td>
<td>• Last Day of Term 1 Early Dismissal 2.30pm</td>
</tr>
<tr>
<td>Mon Apr 13</td>
<td>• First Day of Term 2</td>
</tr>
<tr>
<td>Fri Jun 26</td>
<td>• Last Day of Term 2 Early dismissal 2.30pm</td>
</tr>
<tr>
<td>Mon Jul 13</td>
<td>• First day of Term 3</td>
</tr>
<tr>
<td>Fri Sep 18</td>
<td>• Last day of Term 3 Early dismissal 2.30pm</td>
</tr>
<tr>
<td>Mon Oct 5</td>
<td>• First day of Term 4</td>
</tr>
<tr>
<td>Fri Dec 18</td>
<td>• Last day of school for 2014 Early dismissal 1.30pm</td>
</tr>
</tbody>
</table>

### SCHOOL BANKING DAY IS THURSDAY!
Can students please give their bank books to their teacher in the morning to be sent to the office in the banking pouch.

### SCHOOL PHOTOS

**Wednesday 4th March 2015.**
Envelopes will be distributed shortly.

### CANTEEN NEWS - SUSHI NOW AVAILABLE

Students will be able to order sushi for lunch from the canteen as of next week!

Please note that sushi must be pre ordered on Tuesday for lunch on Wednesday.

Please see the new canteen price list for sushi options and prices.

Don’t forget to follow us on Twitter: [http://twitter.com/MonmiaPS](http://twitter.com/MonmiaPS)
PRA   Lily S for doing fantastic writing and being helpful starting in Prep.

PRB   Sarah R for making a wonderful start to prep. Thank you for all your help Sarah!

1/2A  Cory A for being a fantastic helper in our classroom. Thank you Cory.

1/2B  Krystiana P for being a confident and caring student who likes to be helpful to others.

1/2C  Jessica C for being a great bucket filler. Well done Jess!

1/2D  Ethan R for making a fantastic start to the school year! Thank you for always sharing your things and helping the teacher. Well done Ethan!

3/4A  Terry M for settling well into Monmia P S and making a great start to the year. Well done Terry and keep up the great work.

3/4B  Aidan B for making a positive start to 2015 and settling in well in the 3/4 CLS.

3/4C  Lesley R for settling into a new school and a new year like a star!! Great start Brendan!

3/4D  Alexander A for being so well organised at the beginning of the year. Congratulations Alexander!!!

3/4E  Dash N for being super organised with his learning. Keep up the wonderful effort Dash!

5/6A  Hannah S for working well, asking lots of questions and contributing to class discussions.

5/6B  Damien D for settling into 5/6B so well and for being so focused.

5/6C  Joanna L for creating multi-step equations with positive and negative numbers and using your calculator to check your answers!

5/6D  Anthony D for starting 2015 with a great attitude and for creating such an awesome self portrait.

5/6E  Lucas T for all your great ideas and energy during ‘What makes a good learner?’

Science Taylan O from 3/4C for making a sizzling start to Science. You were sensational!

Languages Amy T of PRA for actively participating in Japanese class discussions and being able to introduce herself in Japanese. Well done!
SPOTLIGHT ON BOUNCE BACK!
A WELLBEING AND RESILIENCE PROGRAM

THE FOCUS FOR THIS WEEK IS:

Values that underpin Bounce Back! CARING

Dear Parents and Guardians,

Firstly I would like to welcome you all back warmly and know that we will have a very successful partnership in 2015. Monmia will continue to implement the Bounce Back Program this year to support developing students to be emotionally and socially resilient. It is a program that has received many awards for its ability to engage students in exploring skills and attitudes needed to be an effective member of society and a productive individual.

In the first full week of the year I would like to commence with the Core Values that underpin the Bounce Back Wellbeing and Resilience Program. It comes as no surprise that the school values reflect the Bounce Back Program. The Core Value that we will look at this week is CARING which is a Bounce Back value and a school value.

What is a value?
A value is a belief that you have that is important in your life. A value is a principle or standard that guides your behaviour and choices. Our values form our ‘moral map’ which we consult every time we have to make a value-based decision or we face a moral dilemma.

What does caring mean?
- Caring shows thoughtfulness and concern towards others.
- Caring is showing respect and understanding of how others feel.
- Caring is when we show empathy for another person.
- Synonyms for caring are: compassionate, loving, kind, warm, sensitive, sympathetic, responsive, considerate and warm hearted.
- Antonyms for caring are: ignoring, neglecting, disregarding, paying no attention, overlooking.

Family Activity
Interview each member of your family and ask them this question “How have we been caring towards members of our own family?”

I hope you find the articles useful and I look forward to any feedback. Next week we will continue exploring the topic of values.

Warm Regards,

Lucy Vorpasso
Assistant Principal - Student Engagement and Wellbeing
Student Engagement and Wellbeing

Dear Parents and Guardians,

Welcome back everyone! I know that 2015 is going to be a fabulous year for our staff, students and community as the students have already settled in very well into the new classes.

To support the four components of the Kids Matter initiative we will continue to implement the Bucket Filling Philosophy this year. Your child has already received his/her bucket for the classroom and a Bucket Filling pencil. All staff members have a bucket and pencil as well. The philosophy is based on 50 years of research by Dr. Donald O. Clifton (psychologist) who first created the concept in the 1960s. It is now widely promoted by Carol McCloud as an early childhood educator in the United States of America.

Here is a reminder of some points for you to know.

- We all have an invisible ‘bucket’.
- The invisible ‘bucket’ represents your mental and emotional self.
- The invisible ‘bucket’ holds all your good thoughts (stars) and happy feelings (hearts).

When your ‘bucket’ is FULL:

- You are more likely to learn to your potential.
- You feel more confident, connected, valued, secure, calm, patient and friendly.
- You show internal and external happiness that can spread to those around you.
- You form and maintain healthy relationships.

When your ‘bucket’ is EMPTY:

- You can easily become sad, negative, insecure, nervous, angry, depressed, stressed, worried, disengaged or physically ill.
- You have red thoughts and believe that you won’t do anything that is successful.
- You show your emotions in a way that empties the buckets of others around you.
- You find it hard to form and maintain healthy relationships.

3 EASY RULES TO FOLLOW

Rule 1: Be Bucket Filler!
Rule 2: Don’t dip.
Rule 3: Use your lid.

3 EASY LAWS TO FOLLOW

Law 1: When you fill someone else’s ‘bucket’ you fill your own ‘bucket’.
Law 2: When you dip into someone else’s ‘bucket’, you dip into your own ‘bucket’.
Law 3: When someone dips into your ‘bucket’, your lid controls how much is taken out.

How can I become ‘bucket’ filler?

Firstly make sure that you fill people’s ‘buckets’ by acknowledging their efforts and achievements. In the school’s front office area you will find a large red bucket for community members to use that has drops for you to fill in. So when you are at the school next, fill in one of the drops and place it in the ‘Community Bucket’. Your drop will be acknowledged at the whole school assembly or given to the person or group.

In next week’s newsletter I will provide you with more information about the ‘Bucket Filling Philosophy’ at Monmia PS.

Happy Bucket Filling!

Kind Regards,

Lucy Vorpasso
Assistant Principal - Student Engagement and Wellbeing
From the start of September to the end of April, there are 5 things to remember!

_Slip! Slop! Slap! Seek! Slide!

Dear Parents and Guardians,

Last year The Cancer Council of Victoria recommended that Sunsmart processes should be implemented from the start of September to the end of April. Therefore Monmia Primary School will be implementing its **NO HAT, NO PLAY** process as part of the Sunsmart and School Uniform Policy.

Please encourage your child to wear his/her **broad brimmed or Legionnaire hat** at school. Should you require another sunhat, they can be purchased from the school office for $11.00 each.

Any student without a hat will be asked to sit in the shade.

Thank you for your cooperation with this very important health and safety measure.

Kind Regards,

Lucy Vorpasso
Assistant Principal - Student Engagement and Wellbeing

**PLEASE READ BELOW!**

From September, Victoria’s UV levels are on the rise, so it’s time to dust off the sun protection gear and _Slip, Slop, Slap, Seek, Slide_ whenever you are outside. Check the SunSmart UV Alert for daily sun protection times – you can find it on the free SunSmart app, online (sunsmart.com.au), in the weather section of newspapers, or as a free website widget. If you can’t check the UV Alert each day, make sure you use sun protection every day from September to the end of April in Victoria. Don’t just wait for hot, sunny days.

**REMEMBER THESE 5 SUNSMART STEPS DURING THE SUN PROTECTION TIMES, EVEN IF IT’S COOL OR CLOUDY**

1. **Slip on covering clothing.** If you can see skin, UV can reach it. Is your child’s skin covered with cool clothing today?
2. **Slop on SPF 30 or higher broad spectrum sunscreen.** Apply sunscreen before going outdoors and reapply every two hours. One application is not enough. Has your child had sunscreen applied and reapplied today?
3. **Slap on a sun protective hat.** The best hat shades the head, face, eyes, ears and neck. Does your child’s hat protect all of these areas?
4. **Seek shade.** Shady spaces help block some of the sun’s UV but not all so you still need to wear hats, clothing and sunscreen even in the shade. Does your child have shady places to play?
5. **Slide on sunglasses labelled AS 1067.** If practical, help protect your child’s eyes with sunglasses. Are your child’s eyes safe in the sun?

_A note about vitamin D_

The sun’s UV is the best natural source of vitamin D.

From September to April in Victoria, most people need just a few minutes of sun exposure to the face, arms and hands (or equivalent area of skin) mid-morning or mid-afternoon on most days of the week to help with vitamin D. Even with sunscreen you can still get some vitamin D. Sun safe outdoor play throughout the day should not put your child at risk of low vitamin D. Children with naturally very dark brown or black skin need even more sun exposure to help with vitamin D. These children usually don’t need to apply sunscreen but they should still use the other SunSmart steps during sun protection times.
Monmia Artshow needs helpers!

Would you like to be a part of an exciting/ fun team of people?

This team will assist in the setup and organisation of the 2015 Artshow.

Please fill in below form or contact Lisa Tate (Visual Art Teacher) if you are interested.

Thank-you
Lena Tate
Visual Arts Teacher

I would like to assist with the 2015 Artshow.

Name: …………………………………………………………………………………

Email: …………………………………………………………………………………

Phone number: ……………………………………………………………

Child’s name/ grade: ……………………………………………………………

Don’t forget to follow us on Twitter: http://twitter.com/MonmiaPS
2015

AGM / MEETING
Monday 16th February
After Assembly
In the Community Room.
Everyone is Welcome

EXCITING NEWS FOR 2015

Join us for Our First
Family & Friends Committee Meeting
We have lots of fun interesting things happening this year.

Upcoming events for Term 1

1st Meeting & AGM: Monday 16th February 2015
9:30 AM (after Assembly) in the COMMUNITY ROOM
My School Walk Fun Run THURSDAY 12th February
Easter Hamper Raffle Out OF Uniform Day WEDNESDAY 18th March
More details coming soon..

We look forward to you joining our friendly and informal monthly meetings:
Interested new families and friends
Previous members (including Parent Club)
Current members. No experience necessary.
A chance to meet and make new friends and discuss and share your thoughts and ideas for our school or just being able to help in any way possible.
We have many things planned and hope that they will raise lots of money for the school, which will benefit all of our children.
Looking forward to seeing you there

Don't forget to follow us on Twitter: http://twitter.com/MonmiaPS
# Canteen Menu 2015

## Hot Items
- Allied Lasagne: $3.80
- Allied Macaroni & Cheese: $3.80
- Nacho with Cheese & Salsa: $2.50
- Chicken Burger with Lettuce, Cheese & Mayo: $4.00
- Beef Burger with Cheese, Sauce: $4.00
- Yummy Drumminy: $1.50
- Dim Sims: $1.00
- Fantastic Noodle (Chicken or Beef): $3.00
- Traveller Pie: $3.50
- Party Pie/Sausage Roll: $1.00
- Regular Sausage Roll: $3.00
- Skewers Hot Dog: $3.00
- Hash Brown: $1.20
- Corn: $1.50
- Homemade Mini Pizza: $1.00

## Sandwiches (Fresh or Toasted)
- Salad: $3.50
- Ham: $2.50
- Ham & Cheese: $3.00
- HCT (Ham, Cheese & Tomato): $3.50
- HLT (Ham, Lettuce & Tomato): $3.50
- Chicken with Lettuce & Mayo: $4.00
- Tuna with Lettuce & Mayo: $3.50
- Vegemite & Cheese: $2.50
- Fairy Bread: $2.00
- Egg with Lettuce & Mayo: $3.50

## Rolls
- Salad: $4.00
- Ham: $3.00
- Ham & Cheese: $3.50
- HCT (Ham, Cheese & Tomato): $4.00
- HLT (Ham, Lettuce & Tomato): $3.50
- Chicken with Lettuce & Mayo: $4.50
- Tuna with Lettuce & Mayo: $4.00
- Vegemite & Cheese: $3.00
- Egg with Lettuce & Mayo: $4.00

## Wraps
- Salad: $4.00
- Ham: $3.00
- Ham & Cheese: $3.50
- HCT (Ham, Cheese & Tomato): $4.00
- HLT (Ham, Lettuce & Tomato): $3.50
- Chicken with Lettuce & Mayo: $4.50
- Sweet Chilli Chicken Wrap: $4.50
- Tuna with Lettuce & Mayo: $4.00
- Vegemite & Cheese: $3.00
- Egg with Lettuce & Mayo: $4.00

## Halal
- Hot Dog: $3.20
- Pie: $3.50

## Ice Creams
- Paddle Pop Variety: $1.80
- Mini Calippo: $1.20
- Frozen Yoghurt (Strawberry, Mango): $2.20
- Frozen Fruit: $0.20
- Zooper Dooper: $1.00

## Drinks
- 200ml Juice (Orange, Tropical, Apple): $2.00
- 600ml Water: $2.00
- 300ml Oak Milk (Chocolate, Strawberry): $2.50
- 350ml Outroot: $2.00

## Snacks
- Cookies: $2.00
- Microwave Popcorn: $2.00
- Jelly Cup: $1.50
- Minute Noodle & Rice Snacks: $1.00
- Toast (Recess): $0.40

## Salad
- Fruit Salad Cup: $1.50
- Salad Plate-Lettuce, Cucumber, Tomato, Carrot, Beetroot: $4.00

**Healthy Option**

**Specials:**
- Any Aired Pasta and 300ml Oak $6.00
- Salad, Pudding, Juice and Jelly Cup $7.00

**Sushi—Wednesday’s Only.**
Please order on the Tuesday before.
- California Roll: $2.90
- Tuna: $2.90
- Chicken Teriyaki: $2.90