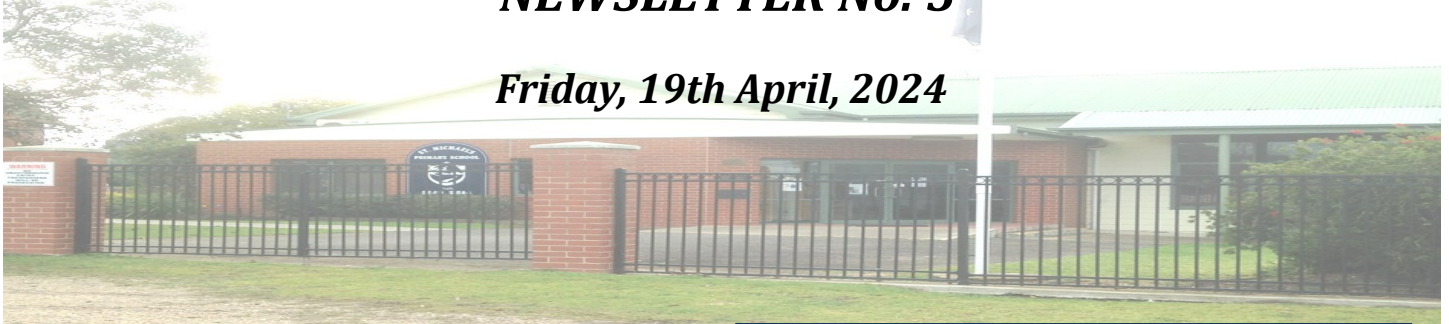




## NEWSLETTER No. 5

Friday, 19th April, 2024



### DIARY DATES

#### TERM 2

#### APRIL

Saturday 20th Confirmation Commitment Mass - 6pm

Tuesday 23rd Denis Huffer Athletics sessions Yr 1-6

Wednesday 24th St Michael's Cross Country 11.30-1pm at the Wetlands

Thursday 25th **Anzac Day - Public Holiday**

Friday 26th **School Closure Day**

Tuesday 30th Denis Huffer Athletics sessions

#### MAY

Wednesday 1st Parent/Child Confirmation Workshop - Maffra @ 4pm

Thursday 2nd - P-2 Swimming Program -

Thursday 20th June Thursdays x 8 wks

Saturday 4th May Confirmation Commitment Mass - 6pm

Monday 6th HDSSA Cross Country

Friday 10th School Photos & Mother's Day Stall

### PRINCIPAL'S MESSAGE

A big welcome back to all students and families to Term 2. I hope you have all had the opportunity to celebrate Easter and spend time with your families. Holidays are the time when we get the chance to catch up with family members and realise how important they are in our lives.

It has been great to see all students get straight back into their learning. The Preps and 1/2 students continue to develop and grow their literacy skills through the implementation of our junior school reading program, 'InitialLit'. Teachers provide explicit instruction to students on how to read, write and spell through daily lessons, using research-based teaching methods. InitialLit uses a range of engaging storybooks to develop children's vocabulary and oral language. In years 3-6 the students have begun their Term 2 Novel study. Great literacy instruction requires

### TERM DATES 2024



TERM 2 - 15 April - 28 June

TERM 3 - 15 July - 20 September

TERM 4 - 7 October - 20 December

#### TERM 2 PUBLIC HOLIDAYS

Anzac Day 25th April

King's Birthday 10th June

#### SCHOOL CLOSURE DAY

Friday 26th April

maximising reading volume and spending quality time deeply engaged in pages of rigorous texts. Shared, whole class reading, in combination with independent reading and teacher read aloud, enables all students to access texts and helps ensure students are reading accurately and deeply. Through carefully planned and implemented approaches to text reading, teachers are building students' fluency, text comprehension, and love of reading, even when encountering challenging and complex texts.

Please keep an eye on the diary dates in the newsletter. A weekly overview of dates will continue to be communicated to families via the Class Dojo 'School Story'.

### SCHOOL CAPTAIN'S MESSAGE

We have enjoyed a nice start to Term 2. It was great to see everyone come back to school and see all their friends. We have lots of events coming up at school. We are looking forward to the Cross Country happening on Wednesday.



If you can come along to the Heyfield Anzac Day Ceremony and represent the school please do. Anzac Day is a commemoration of the anniversary of the landing of Australian and New Zealand troops at Gallipoli, Turkey on 25 April in 1915. Have a great weekend!



St Michael's Primary School acknowledge and pay our respects to the Gunaikurnai people, traditional custodians of the land on which the school is built. As a school community, we commit to walk alongside



## Important Information

### ADDITIONAL CLOSURE DAYS FOR 2024

In September 2022 all DOSCEL schools came under a new workplace agreement. This included recognising the workload of school staff with out of hours commitments and providing what is call

time in lieu for these events and activities. For example, Parent Teacher interviews and school camps accrue time in lieu. This is a fair decision but it does impact the school budget and operation. To support schools with providing this additional time without breaking the budget, DOSCEL has granted us two additional school closure days to be used for staff time in lieu. We have tried to minimise disruption to parents and carers as much as possible by nominating the **day after Anzac Day** and the **day before Melbourne Cup Day**. These days will be a **Friday** and **Monday** respectively.

We hope that you are understanding of this arrangement—it is designed to assist schools in still delivering most of the extra curricular activities that occur within a school. We would not like to have to limit things such as camps and events out of hours. Some schools have already made that decision but we would like to avoid this if possible.

### WINTER UNIFORM

From Week 3, everyone is expected to be wearing winter uniform.

We ask parents to support us in making sure your child or children are in the correct uniform, this includes socks and shoes. If you are having difficulty with obtaining uniform, please contact the front office.

### ST MICHAEL'S WINTER UNIFORM

#### ALL STUDENTS

Woollen Jumper  
Navy soft shell jacket  
with logo (optional)



#### BOYS' UNIFORM

Short Sleeve blue shirt with logo  
Grey long pants  
Grey socks  
Black school shoes



#### GIRLS' UNIFORM

Option 1  
Winter tunic or skirt  
Long sleeve white shirt  
Navy knee high socks or navy tights  
Black school shoes



Option 2  
Navy dress pants  
Long sleeve white shirt  
Navy socks  
Black school shoes

 SCHOLASTIC

# Book Club

Book Club catalogues have been sent home today. Please have your orders in by Wednesday, 1st May.



Truth



## 28th March

**Lily.P:** For improvements in learning her letter sounds.

## 19th April

**Frankie:** For being confident when sounding out words.

**Penny:** For working hard learning her tricky words and using them in sentences.

**Jayden:** For displaying a positive attitude when learning new skills during our Athletics Training.

**Matilda:** For amazing research skills and presentation on the First Fleet!

**Wally:** For listening and acting on feedback during athletics training sessions.

## BIRTHDAYS

Happy Birthday to the following people who celebrated their birthday during the holidays and this week.

Georgia J	13th April
Indiannah	14th April
Noah H	15th April
Gus	15th April



Although we are in Autumn and the weather is cooling down, students are still to wear their school hats outside until the end of April as stated by the Victorian Education Department. Students are welcome to continue to wear their hats if needed throughout the year as well/



## MENTAL HEALTH IN PRIMARY SCHOOLS

Children's mental health is fundamental to their development and learning. Good mental health means having a positive sense of wellbeing, coping with challenges and being able to realise individual potential. Primary schools represent an ideal platform to build positive mental health in children, and teachers are central to this effort.

### What is MHiPS?

The Mental Health in Primary Schools (**MHiPS**) initiative began in 2020 in Victoria. The program was developed by paediatricians, educators, psychologists, researchers and teachers. It involves a partnership between health and education, involving the Murdoch Children's Research Institute and the School of Education at Melbourne University.

The project aims to train experienced teachers to become Mental Health and Wellbeing Leaders (MHWL) who work to support staff in building their capacity to better identify and address mental health issues in children, as well as the promotion of good mental health.

MHiPS also aims to create and strengthen a clear referral pathway model within the school and to external community-based services.

### Why was MHiPS developed?

Research indicates that over 8 percent of children aged 4-11 years have a diagnosed mental health disorder, and 20 percent of children experience mental health difficulties that inhibit their daily functioning. Mental health and wellbeing in primary school-aged children is particularly complex, as it can be difficult to differentiate behaviours and emotions that are developmentally appropriate from those that require additional support. For those that do require additional support, it can be difficult for teachers and parents to understand how and where to access help.

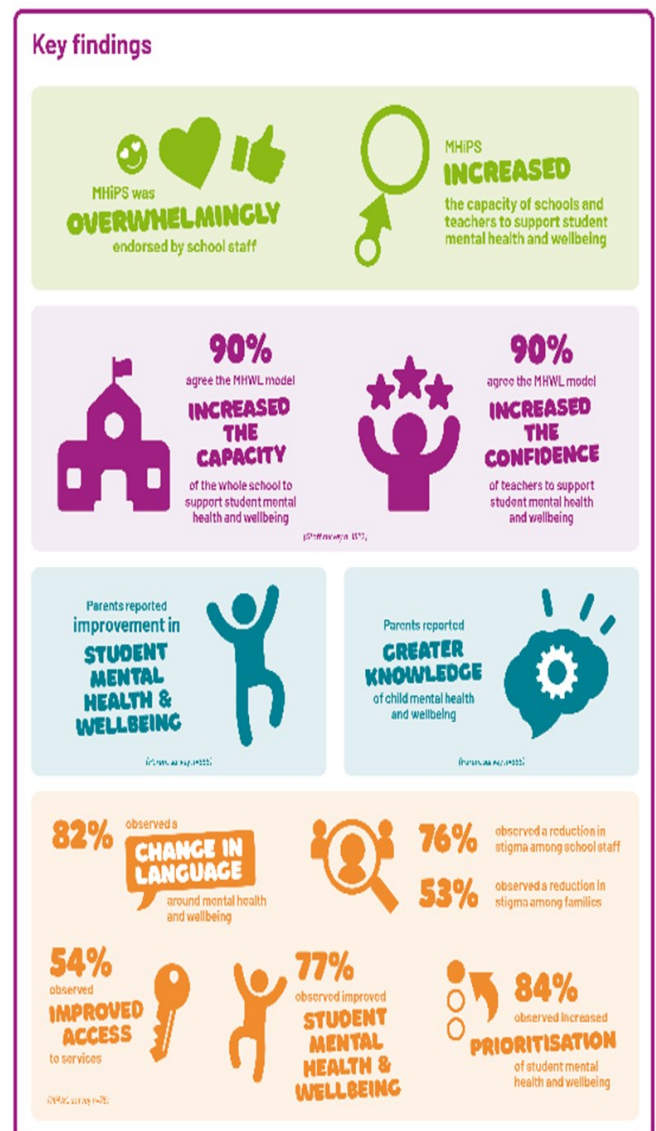
### Who is involved with MHiPS?

At Saint Michael's, Suzi Herbert has been appointed to the role of Mental Health and Wellbeing Leader. She works in collaboration with our school leadership team, Shane Fyfe and Jade Wheeler, and class teachers. Her role is to build the capacity of the school about mental health and wellbeing (identification, promotion and prevention), provide support to staff to better identify and support students with mental health needs, establish clear pathways for referral for students requiring assessment and intervention, and monitor and evaluate student progress. The position is not a

counselling or clinical role, rather it is a support role to build positive mental health within our school.

### How can MHiPS benefit our school?

Using qualitative and quantitative data, MHiPS aims to increase teachers' confidence to support mental health and wellbeing and build capacity to improve student mental health and wellbeing through increased mental health literacy and access to supports and services.





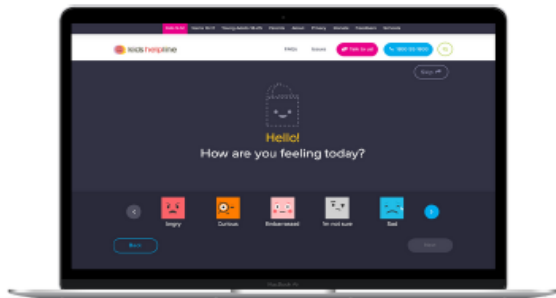
Truth



Each term, students in all levels are participating in online safety and wellbeing incursions delivered by Inform & Empower. As part of these sessions, they have learnt about the importance of seeking help when encountering uncomfortable or unsafe situations.

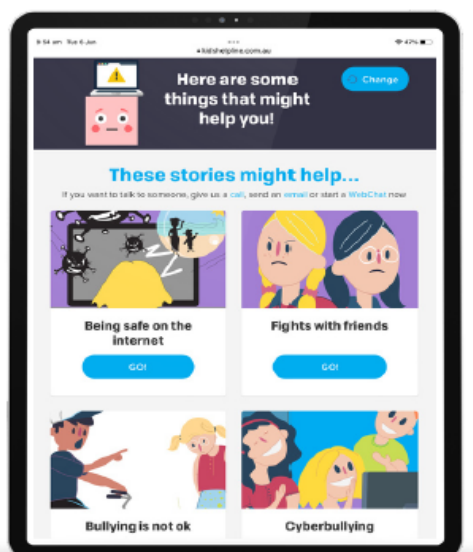
Despite our best intentions, young people are not always willing to seek help from their own parent or carer. In fact, a 2022 survey by Inform & Empower found only 33% of students in Years 3-6 were 'very likely' to seek help from a parent or carer if they encountered an issue online. For this reason it is vital that we provide other avenues for them to access support. One alternative is the free Australian resource, Kids Helpline.

[www.kidshelpline.com.au](http://www.kidshelpline.com.au)



Kids Helpline provides a variety of evidence based support options via their interactive website. Kids, teens and young adults can seek help from trained counsellors via phone, email or even webchat.

We strongly encourage you to find some time to explore the website together with your child. This will provide an opportunity to open up important conversations as well as giving them the confidence and permission to visit the website independently.



Inform & Empower is a proud supporter of Kids Helpline. Thanks to your school (and many more) who participate in our live streamed incursions, we have donated \$57,804 to support this incredible service.

INFORM & EMPOWER



## Recognising our 2024 Duck Cup Sponsors

B'Kays Cleaning	Sale Greyhound Racing Club	Vern Graham's Mitre 10
Baker's Delight	Heyfield Lotto	Gippsland Real Estate - Heyfield
Semmens Funerals	Whelan's Group Investments	Rocky's Solar
Heyfield Timber Festival	On Point Home Inspections	Heyfield Resource Centre
SR & SL Cook Transport	Lewy's Quality Meatz	Bendigo Bank
Invictus Windows & Doors	Southern Rural Water	piPfiT
Brian Higgins Insurance	Timberline Store	Quick Cuppa
Wilmour Motors	Heyfield Bakery	Nutrien Ag
Café 3858	Aldersea & Higgins	Motel 3858
Innesdale Angus	Supa Truss	ER Plumbing & Civil
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ASH Timber	D & J O'Brien Plumbing	Gippsland Pest & Weed Control
Thomson Valley Service Centre	Lazzaro Bros	Sue's Cut 'N' Style
Maffra Vision Care	Semmens, Hatch & Anderson	EFM Eastern Fitting & Machining
TJM Building	Valley Fire & Security	McInnes Earthmoving
Millar's Transport	Cowwarr Quarries	ADLI Floors & Walls
Johnson Street Clinic	A 2 Z Electrical	Direct Sound & Vision

***The P&F and St Michael's School thank our many loyal & generous sponsors of our annual fundraising event!!***