Vision: Through a sense of connectedness to peers, teachers and the community, Mornington Park Primary School provides a safe and harmonious learning environment which nurtures the whole child for success in a changing world.

Values: Honesty, Perseverance, Cooperation, Kindness, Responsibility.

Principal’s Report

School Council members for 2015

School councils play a key role in Victorian government schools. Participating as a school council member is a rewarding and challenging experience. The school council supports the Principal to provide the best possible educational outcomes for students. Even though you may not be a member of the school council, it is possible to be involved in the school through membership of a sub-committee. Our sub-committees are Education, Fundraising, and Facilities. Please let us know if you are interested in joining us for these meetings once a month.

Congratulations to the following parents and teachers who will be representing the community on school council this year.

- Raquel Gartner
- Nicole De Wever
- Lyn Davenport
- Bev Dadd
- Maxine Harrison
- Jeanette Budge
- Kaimi Crombie
- Karen Mack-Treverton
- Sarah O’Tierney
- Jodie Hollands
- Julie Ryan
- Kath Lord
- Lizzy Gardner

Our Annual General Meeting is scheduled for 17th March, 2015

Bev Dadds

Next School Assembly is at 2.35pm Friday 13th March, 2015
Chaplain’s Chat

Hey everyone and welcome to my fortnightly blog!

Did you know that the strongest and most powerful muscle in your body can also be the most destructive or uplifting, can be used to build up or tear down, depending on how you use it? Can you guess which muscle I am talking about? Well, if you guessed the TONGUE, you would be right! The words that come out of your mouth can either have positive or negative effects depending on how you use them. I love seeing kids and adults react to positive, encouraging words to build self-esteem and self worth. A valuable strategy that we can all get into the habit of is found below:

Affirmations are short statements that people say to themselves throughout the day, usually without being aware of them as they become formed into a subconscious habit. They are phrased in the positive and in the present tense and are used to support goals and counter negative self talk. See chapter “Self Talk”.

This chapter is to help you and your child design affirmations for them to motivate them and drive them forward. This technique is regularly used by athletes and other top performing sports people to help them to maintain their level of motivation and success. They are particularly useful if your child suffers from negative self belief and self talk. They are designed to frequently enter specific information into the subconscious and override previously negative information.

One consideration is that they need to be said frequently. The more they are able to repeat them the more easily they will be absorbed by their subconscious mind. They are more effective if spoken out loud and I regularly suggest that you say them whilst in the shower.

Emotion plays a large part in affirmations and they are more effective if they actually make you feel a certain way – choose words that make this happen for you. Also if you say them out loud with great feeling in the way you say them, they will be effective sooner. The best times of the day to say them are early morning and late at night.

Here are some suggestions to get your child started:

- I believe in me
- I am special, there is no-one else like me
- The truth is important to me
- I am proud to be different
- If I think I can, I can
- I choose to make today a great day
- I have great ideas

Mistakes are ok, they help me learn

Written by Nigel Lane. www.nigellane.com.au Used by permission
Hope this helps in some small way! Have a great week!

Trish
All Mornington Park Primary School students embraced Clean Up Australia Day recently, spending the afternoon tidying their school and local reserve. School Environmental Captains Jemiah and Monique helped to organise the event and congratulated the students on their enthusiastic attitude at assembly afterwards. “We put all the bags of rubbish on the stage so that our school could see the difference that they had made,” said Monique. “With no wrappers allowed into the yard at recess and lunchtime, most of the litter seemed to have been carried in by the wind. If we hadn’t picked up this litter it may have blown into the sea and affected wildlife,” Jemiah added.

In addition, other student leaders organised a tidy up of the local creek with their class earlier in the week. Will explained, “Our school is part of the I Sea, I Care program with the Dolphin Research Institute. We were at the creek collecting water samples to test in science class so Jemma and I organised our class to collect any rubbish we could find.” Students were proud of their efforts and pleased to take part in the event.
It is very exciting that some children in Year 5 and 6 will be attending the music camp from 20th – 22nd May at the Briars this year. This is the first music camp that we have been involved in and we will be working alongside other local primary schools as well as Mornington Secondary College to provide expert musical tuition to our children. If you are a musician and would like to be involved by providing instrumental tuition during the camp please let me know.

This year we have instrumental teachers every day at the school teaching vocals, piano, guitar, bass guitar, cello, violin, drums and percussion. If your child is learning an instrument you are most welcome to attend their lessons so that you can help your child with practising at home. Feel free to take notes during the lesson to aid your memory and assist you with practises. It will also help your child if they have a regular time to practise everyday.

If your child is learning the violin, please have a look at the images below to show how to correctly hold both the bow and the violin.

Things to remember for good violin posture:
- If you’re standing, place your feet a comfortable distance apart. The left foot should be slightly in front of the right foot.
- Rest the violin on your left collarbone, with the neck of the violin facing outwards.
- Hold the violin straight so that the strings are parallel to the ground (make sure the violin doesn’t drop down towards the ground).
- Place your left hand at the end of the violin’s neck. You should have a straight line from your left wrist to your forearm. (Your wrist should not go up towards the finger board or violin).

With correct posture it will make it easier for children to learn to play accurately. If you have any questions please speak with me.

Paula Tuck
**Tuesday Hot Lunches**

$2.00 each week or $20 for the whole term.

Next week we will be serving: **VEGETABLE SLICE**

---

**Attendance week ending 20th February, 2015**

Well done to both Prep classes,

Valerie Coles, Social Worker

119 students attended 100%  
School Average 89.70%

---

**MORNINGTON BLUE LIGHT DISCO**

**FRIDAY MARCH 6TH**

6—8PM  
Cruz Club  
Grand Hotel  
Mornington

$5.00 entry includes 2 free drinks & entry into the prize draw. Great prizes to be won!!!

No pass-outs, Drug free, Alcohol free

The disco is supervised by members of Victoria Police, with assistance from Mornington C.F.A., Lions Club and other volunteers.

LSC Mick MEARS 16447  
Mornington Blue Light Committee

**Condition of Entry** to events run by Victorian Blue Light

You consent to being photographed, filmed or recorded and consent to the use of any such image or recording at the discretion of Blue Light Victoria without compensation or notice.

If you do not wish to be photographed, filmed or recorded please notify a police member or volunteer at the earliest convenience.
Mornington Secondary College

PROSPECTIVE PARENTS INFORMATION EVENING
Performing Arts Centre, Thursday 5th March, 2015, 5.30pm—7.00pm

OPEN NIGHT
Learning Centre, Thursday 12th March, 2015, 5.00pm—7.00pm

SCHOLARSHIP APPLICATIONS YEAR 7 2016
Academic Achievement, Instrumental Music, Sport, Sport—Swimming, Notebook—ICT

COLLEGE TOURS
Phone 59 70 0200

DIARY DATES

FRIDAY       6TH MARCH       DISTRICT SWIMMING SPORTS
MONDAY      9TH MARCH       PUBLIC HOLIDAY
TUESDAY    10TH MARCH       PREPS MAINSTREAM & STEINER START FULL DAYS
MONDAY    16TH MARCH       5/6 CAMP
TUESDAY   17TH MARCH       5/6 CAMP
WEDNESDAY 18TH MARCH       5/6 CAMP