Our smooth start to the school year continues with a range of additional activities occurring as well as our classroom learning programs. The beach program is finishing tomorrow and once again provided activities to educate the students on safe and enjoyable beach usage. We had a wide range of weather to plan around this year! A huge “Thank you” to Mount Martha Life Saving Club, our parent helpers, class teachers and Mr Sweatman. We have swimming sports for our Year 5 and 6 students on Thursday 23rd February and for our Year 3 and 4 students on Friday 24th February. The sports are at Mornington Secondary College. Year 4 students commence their Dance program next week which is sure to be another fun learning opportunity.

**School Council Election** - As mentioned in last week’s newsletter, nominations for the 3 parent member and 2 DET employee member vacancies for School Council close at 4pm on Monday 20th February. Nomination forms are available from the Office.

**Meet The Teacher** - It was great to see so many parents of students in Years 4 to 6 taking the opportunity to share information with our teachers at the Meet The Teacher evening last night. We have another opportunity this afternoon and evening for our parents with students in Years Prep to 3. Establishing new relationships with class teachers and open lines of communication is important in the learning partnership we enjoy with students, parents, teachers and other school staff.

**Whole of School Photos** - some advance notice that school photos will be taken on Thursday 9th March. Order form packs will be sent home on Thursday 23rd February.

**Insurance** - Parents are reminded that the Department of Education and Training does not provide personal accident insurance or ambulance cover for students. Parents and guardians of students, who do not have student accident insurance/ ambulance cover, are responsible for paying the cost of medical treatment for injured students, including the cost of ambulance attendance/transport and any other transport costs. Commercial insurers have insurance policies for purchase should parents wish to explore that option.

The Department also does not hold insurance for personal property brought to schools and it has no capacity to pay for any loss or damage to such property. It is always a good idea to remind students of the need to be extra careful when bringing toys, sporting equipment or those special “Show and Tell” items to school.

**First Assembly** - Our first whole school assembly is scheduled for Tuesday 28th February starting at 9.10am. Hope to see you there.
Keeping you in the Literacy Loop

Welcome for 2017 to our regular section of the Banksia Bulletin dedicated to keeping you up to date with what is happening in English both at MMPS and in our wider community. We will include student’s work, information about our school English program, upcoming events, interesting articles and parent information about current literacy practices.

Little Free Library

For families new to MMPS, our Little Free Library is a fun and community friendly way to promote a love of reading for everyone. It is located at the front of the school and contains books for babies to adults. Feel free to borrow books at any time, returning them to either our LFL or any of the others in Mt Martha. A map of the sites is available inside the little house! Books can also be donated by either popping them in the LFL or if there is no room, handing them in at the school office. We hope to create a new LFL this year as our wooden one has seen better days! Happy Reading!

Our focus for Literacy in Term 1

This term, teachers will be using the transition information from your child’s 2016 teacher and their own assessments to learn more about the strengths and weaknesses of their students. Our writing and reading programs will be introduced to the children slowly, ensuring that they understand each part, and the accompanying tasks. Parents will have an important role to play as we hope writing topics will become part of our “talk homework” procedures, and reading become a regular nightly routine. Teachers and students will be working hard to bridge the gap that may have occurred over the holidays. Parents can assist their children’s academic development by:

- returning children to a regular home reading routine and encouraging reading for leisure.
- continuing to read books to their children at bed time.
- ensuring that there are plenty of opportunities at home for discussion, both formal and informal.
- talking about homework expectations and ensuring that children have an area at home, organised for study.
- monitoring screen time.
- modelling activities such as reading, writing lists, using recipes, discussing movies, books and advertising material.
- communicating with teachers if issues arise.

Remember that oral language forms the basis of our Literacy Program and children need to have every opportunity to improve their vocabulary, practise listening skills, share their feelings and opinions and practise the protocols needed to hold a conversation.

NEW FOR 2017 We are excited to launch our new Word Study Program this year.

WORD STUDY@MMPS
The term **Word Study** incorporates 3 important components of the English program at MMPS: **Phonics**, **Spelling** and **Vocabulary**.

Including **Word Study** in our Literacy program enables teachers and students to view a study of words as part of the broader curriculum and in a meaningful context: a much more powerful way to learn. **Phonics** is the systematic relationship between letters and sounds. Students need to experience phonemic awareness activities to “hear” the sounds in our language and then learn the graphemes used to represent them. Phonics establishes a solid foundation for spelling. **Spelling** is more than just phonics. It additionally involves the development of specific strategies and skills which will be explicitly taught at MMPS. **Vocabulary** is the basis upon which other literacy skills can develop and a working knowledge of words is key to learning to read and write.

**WHAT WILL WORD STUDY LOOK LIKE IN THE CLASSROOM?**

The Word Study program has a **silkmoth** as its logo as the word **SILK** is an acronym for:

- **S- Strategies**
- **I- Investigations**
- **L- Literature**
- **K- Knowledge**

**Strategies** - Students will be taught how to use sound, visual, meaning, connecting and referencing strategies to help to spell new words.

**Investigations** - Students will investigate and discover the generalisations that can assist with spelling, rather than them being give as rules.

**Literature** - Quality literature will be used to engage students, build their vocabulary and as a model for exemplary writing.

**Knowledge** - Teachers and students will gain knowledge about the developmental stage of each child and their next learning goal.

We are all very excited about our program, which has been researched and devised by our own teachers. There will be further updates in the BB.

**Teacher Professional Development (PD) Day on January 30th**

Prior to the children returning to school, all teachers participated in a full day PD to further enhance our Writing Program. The VCOP and Big Write initiatives are now embedded into our teaching practice and we spent the day honing our assessment skills. We now have a deeper understanding and ability to target instruction to each child’s individual goals. The day was very successful and we hope to continue to see improvements in student learning.
MUSIC PROGRAM 2017

This year, students have the opportunity to be involved in choirs and the Acoustic Orchestra. Participation is free! Each group works towards performing for the whole school and at times the wider community.

**Junior Choir**

The Junior Choir is open to students in Years 2 and 3. **Rehearsals are held each Wednesday** at the beginning of lunchtime and run for 30 minutes. The focus is on building secure pitch, breathing techniques, music appreciation and expression, as well as learning the skills to sing within a group. The repertoire consists of traditional folk and musical theatre songs that appeal to young children.

**Senior Choir**

The Senior Choir is open to students in Years 4-6. **Rehearsals are held each Monday** at the beginning of lunchtime and run for 30 minutes. The focus is on building secure pitch and singing technique, music appreciation and expression, as well as learning the skills to sing within a group. There is a strong emphasis on singing and performing popular music.

**Acoustic Orchestra**

The Acoustic Orchestra is open to students in Years 3-6 who play the guitar, ukulele or keyboard. They work co-operatively as one group to perform popular repertoire, consisting of different instrumental parts. There is a strong focus on technique, rhythm, style and building the skills required when performing in an ensemble.

**Rehearsals are held each Thursday morning from 8.15am-9.00am.**

---

**Bring out the best in your child with performing arts education!**

The Australian Youth Choir helps young boys and girls from 7 years of age upwards, to discover their vocal talent. Students learn to sing, develop their musicianship and performance skills, and make new friends.

Singing in a choir stimulates the mind, imagination and spirit, with research showing it has a profound affect on a child’s general learning of literacy and numeracy. Weekly rehearsals and 2 concerts a year.

Visit our website [www.niypaa.com.au](http://www.niypaa.com.au) or call 1300 761 039.
Thunderstorm asthma: Community information sessions

The Department of Health and Human Services is running community information sessions to give Victorians an opportunity to hear directly from experts about what thunderstorm asthma is and what steps you can take to help you and your family for the next pollen season. Information will also be provided about the emotional reactions experienced by people during and after emergencies and where additional help is available. Time has been allotted for public questions. To register for one of the remaining sessions, please see the below dates:

<table>
<thead>
<tr>
<th>Date and time</th>
<th>Location</th>
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<tbody>
<tr>
<td><strong>Thursday 16 February</strong></td>
<td>Werribee</td>
</tr>
<tr>
<td>Registration closes: 6.30pm</td>
<td>Auditorium, Building 6, Victoria University</td>
</tr>
<tr>
<td>Seminar: 7.00pm – 9.00pm</td>
<td>Hoppers Lane, Werribee</td>
</tr>
<tr>
<td><strong>Saturday 18 February</strong></td>
<td>Broadmeadows</td>
</tr>
<tr>
<td>Registration closes: 10.00am</td>
<td>Board Meadows Global Learning Centre</td>
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<tr>
<td>Seminar: 10.30am – 12.30pm</td>
<td>1093 Pascoe Vale Road, Broadmeadows</td>
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<tr>
<td><strong>Monday 20 February</strong></td>
<td>Footscray</td>
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<tr>
<td>Registration closes: 6.30pm</td>
<td>Lecture Theatre D232, Victoria University</td>
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<tr>
<td>Seminar: 7.00pm – 9.00pm</td>
<td>Ballarat Road, Footscray</td>
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<tr>
<td><strong>Tuesday 21 February</strong></td>
<td>Oakleigh</td>
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<tr>
<td>Registration closes: 6.30pm</td>
<td>Main Hall, Osleigh Hall</td>
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<tr>
<td>Seminar: 7.00pm – 9.00pm</td>
<td>142-144 Drummond Street, Oakleigh</td>
</tr>
<tr>
<td><strong>Wednesday 22 February</strong></td>
<td>Geelong</td>
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<tr>
<td>Registration closes: 6.30pm</td>
<td>Geelong West Town Hall</td>
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<tr>
<td>Seminar: 7.00pm – 9.00pm</td>
<td>153 Pakington Street, Geelong West</td>
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<tr>
<td><strong>Sunday 26 February</strong></td>
<td>Narre Warren</td>
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<tr>
<td>Registration closes: 10.00am</td>
<td>Civic Centre</td>
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<tr>
<td>Seminar: 10.30am – 12.30pm</td>
<td>Magid Drive, Narre Warren</td>
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HI FAMILIES,

A big welcome to the school year and especially to our new families starting this year with us. For those new to our school the Parent, Teacher Association is about planning and organising social and fundraising events for families throughout the school year. We are nearly through February already so time to get started and organise events for this year. If you have any ideas, we’d love to hear them!

Looking back on 2016 we had a great year for PTA events and fundraising. We are proud to let you know we raised just over $36,000!! Thank you all for your support and help. We had some great events and activities both for parents and children including Student Disco, Parents Trivia Night and our first Saturday Carnivalé and a lot more.

It was decided last year, by popular demand, that PTA funds would go towards the building of a bike shed. I was at the School Council meeting last week and plans for the bike shed are well underway.

There are more projects in the pipeline for this year.

Enjoy the 1st Term and hope all are settling in well.

Cheers,

ELLE & THE PTA TEAM

FOLLOW US ON Mt Martha P.S. Social Noticeboard

PTA BLOG Mmpsptablog.wordpress.com or via the school website

Our beautiful Calendars are still available for sale, just $20 at the School Office
Getting in early for kids’ mental health

Keeping kids healthy and happy involves looking after their mental health as well as their physical health. Mental health is about the way we feel in ourselves as well as what we do, how we think, and how we relate to others.

Having good mental health means being able to enjoy life. It means being able to handle challenges and relate to others in positive ways. It helps children learn and achieve better results. Good mental health in childhood sets up a base for positive mental health and wellbeing throughout life.

Mental health problems in children

When children do not experience good mental health it affects their behaviour, their feelings, their ability to learn and their social relationships, as well as their physical health and wellbeing. About half of all serious mental health problems begin before the age of fourteen. In Australia serious mental health problems affect approximately one in seven children.

Although mental health problems can be effectively treated, many children who could benefit do not receive professional help. Sometimes this may be because there are few children’s mental health services available in their area. It may be due to a lack of information about children’s mental health difficulties and how to get help.

Misunderstanding about mental health issues is common. Often people talk about mental health in very negative ways. They may believe that having mental health difficulties means a person is weak or stupid. This can stop those who have mental health problems from seeking help when they need it. It can make them feel embarrassed and ashamed. It can mean that they are not seen as a person, but only as a problem. Unhelpful attitudes like these make people with mental health difficulties feel worse. Mental health should not be seen differently from physical health. People with mental health difficulties need care and compassion.

Everyone has problems at times.

When children don’t get help for mental health difficulties they can end up feeling bad about themselves. They might have trouble getting on with others or struggle with their school work. It can also lead to health problems and family conflict. Problems that are not addressed can get bigger and affect children as they grow up.
Your school has further information and resources that can help parents and carers understand more about children’s mental health. Teaching staff can also help you find out what children’s mental health services are available in your local area.

KidsMatter Primary has developed this booklet to help parents, carers and school staff understand children’s mental health difficulties.

The resource sheets contained in this booklet provide information and suggestions on how to help children experiencing mental health difficulties. They also suggest how you can find professional help when needed.

Mental health professionals have developed a number of very successful ways for helping children with mental health difficulties and their families. Just like taking your child to the doctor with physical health problems, it is important to get help and advice for mental health difficulties.

Helping children to be mentally healthy is a major part of caring for kids. Caring families, schools and communities working together offer strong support for children’s mental health. Sharing knowledge about what to do and where to go for help can make a big difference to children’s lives.

This is why we want everyone to know that...

Getting help is cool in a KidsMatter school!

Further information about children and mental health difficulties is available in the KidsMatter Primary resource sheet, Children’s mental health difficulties and how to get help and on our website:

www.kidsmatter.edu.au/resources/information-resources

This resource is part of the KidsMatter Primary initiative. We welcome your feedback at www.kidsmatter.edu.au.

Australian Government beyondblue APS

Australian Psychological Society
Let's talk about mental health

In Australia, one in six young people aged 16 to 24 years currently experiences anxiety and one in 16 young Australians currently experiences depression.

The University of Melbourne, with funding from beyondblue, has developed guidelines to help parents reduce the risk of depression and anxiety in their children. Some of the key things parents can do are:

- Establish and maintain a good relationship with your child
- Establish family rules and consequences
- Encourage good health habits: diet, exercise, screen time and sleep
- Minimise conflict in the home
- Help your child to manage emotions
- Help them to set goals and solve problems
- Provide support when something is bothering them
- Encourage professional help when needed

More information about the guidelines and other tips can be found at www.parentingstrategies.net/depression or www.beyondblue.org.au.
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Children & Adult Specialist Orthodontist
Creating Beautiful Smiles
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PH: 9783 4511

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mmitchell@chisholmgamon.com.au
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T 03 5974 6888
Visit www.chisholmgamon.com.au

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emmakaman@gmail.com
www.emmakamandance.com.au

FAMILY FRIENDLY
Open 7 days from noon
LUNCH & DINNER
Call 5974 4435 2/42 Lochiel Ave, Mt Martha.
SCHOOL PHOTOS - THURSDAY 9 March 2017

CLASS & INDIVIDUAL PHOTOS
Class and individual photographs of all students will be taken at school on Thursday 9 March.

ENVELOPES WITH CORRECT MONEY ARE TO BE RETURNED ON PHOTO DAY ONLY
PLEASE DO NOT SEND IN BEFORE THAT DAY
All children will receive an order form pack on Thursday 23 February.
Packs range in price from $25-$45. There are 8 options you can choose from depending on how many photos you require.
** Sorry - No change available at the school office **
Each student will be given their own order form pack specific to their class.
Each student must hand his / her own envelope to the photographer on the photo day.

If the envelope is not presented the photo pack will not be included in the main delivery to the school.

FAMILY PHOTOS
Parents who want their children to have a Family Photo, need to collect a Family Photo envelope from the office from Thursday 23 February. The photographer will collect Family Photo envelopes on photo day and the children will be called to pose for those photos during either the morning or lunch recess.

Correct uniform with attention to detail please.

CONTACTS
Mt Martha Primary School
Glenisla Dve
Mount Martha 3934
Phone: 5974 2800 Fax: 5974 3634
Absence Line 5973 7700 or visit the school website
E-mail: mount.martha.ps@edumail.vic.gov.au
Website: www.mtmarthaps.vic.edu.au
Office Hours 8.30am-4.15pm Monday - Friday

OSHCP: 0407 438 858
Uniform Shop: 1800 337 396
Tuesdays: 8.45am–9.45am
Thursdays: 3.00pm–4.00pm
Cash, credit card & EFTPOS facilities.
Sorry, no cheques accepted
Online ordering available at: www.psw.com.au
PSW Frankston
21 Playne St, Frankston
(03) 9769 6510
Shop Hours Sun & Mon Closed. Tue to Fri 8.30am-4.30pm
& Sat 9am - 2.30pm.

SCHOOL TERMS 2017
TERM 1 1st February to 31st March 2017
TERM 2 18th April to 30th June 2017
TERM 3 17th July to 22nd September 2017
TERM 4 9th October to 22nd December 2017

Our school purpose is to ensure a high quality and engaging learning program that builds on the capability of every student.