PRINCIPAL’S PERSPECTIVE

MILGATE PS STUDENTS TO STAR IN ‘THE SOUND OF MUSIC’

We are very excited to announce that Kayla M (4DG) and her sister Bronte M (a former Milgate student) will both perform and star in the Melbourne stage production of the ‘Sound of Music’. Kayla will play the role of ‘Marta’ and Bronte the role of ‘Louisa’. This is a wonderful opportunity for them to perform on stage and an amazing achievement to be selected from hundreds of others who auditioned. Congratulations to both of the girls and many will look forward to seeing them perform and sing on stage. The Melbourne Season of ‘The Sound of Music’ is from 13 May to 17 July at the Regent Theatre.

Congratulations girls on this wonderful achievement.

NATIONAL YOUNG LEADERS CONFERENCE

As part of Milgate’s student leadership program, a small group of our budding leaders attended the National Young Leaders Conference at the Melbourne Exhibition Centre. Over 4000 students from across Victoria were treated to a range of inspiring speakers encouraging them to “Master The Little”. By focusing on the little things, everyone can make a big difference. Speakers included:

- Nathan “Dubsy” Want - Youth Speaker
- Dylan Parker - Paper Pilot (Movie: Paper Planes)
- Winter Vincent - 11 year old Pro Surfer and Waves for Water member
- Kate Austin - Founder, Pinchapoo (Young Australian of the Year)
- Harry Baker - Writer/World Poetry Slam Champion

Our leaders demonstrated outstanding responsibility, independence and maturity on the day and have been inspired to lead change within our school in the future.

Yours sincerely,
Debbie Mierisch | Principal
Karlie Gooding | Assistant Principal
COMMUNITY PICNIC NIGHT | Tue 22 Mar [5 – 7pm]

Community Drumming

Our annual Community Picnic Night is held on the school oval and this year at 5:45pm we will have a community drumming session. This will involve everyone playing drums or percussion instruments together and having some fun. So come along and enjoy it together with others from our school community. Parents, students and families are invited to come and bring their chairs, rugs and a picnic. There will also be a sausage sizzle where BBQ sausages can be purchased.

WHAT IS A COMMUNITY DRUMMING NIGHT?

Making Music

Positive Music rhythm-events are unique, empowering and fun. Our experienced facilitator guides, directs and conducts the group to listen, connect and communicate to make music to become a percussion orchestra. The structure for the evening will be a 60 minute interactive rhythm-event with three facilitator/percussionist and 60 drums and percussion instruments.

Drumming has strong and lasting benefits including:

- increased self-esteem and confidence;
- an expression of joy and creativity;
- embedded mutual respect;
- practise taking the lead within a group; and
- expression within a safe environment.

What is Positive Music?

There are 5 components to Positive Music, which are positive drumming, community building, thinking, life skills and transformation. We apply positive psychology to every aspect of our company, music is our tool and positive transformation is our goal.

We get people engaged, energised and inspired; your community will be creating music in a matter of minutes. Our interactive rhythm-events break down barriers, build community spirit, connect teams, get people laughing and bring vitality to your community leaving people engaged and connected.

Experienced Facilitator and Percussionist

Peta Minter has completed a number of “Village Music Circles” trainings courses in America and she is a certified Village Music Circles Drum Circle Facilitator. Peta has travelled to West Africa to live and study African drumming in its original cultural setting. While there, Peta studied and trained intensely with drum masters Afutu Tuza from Ghana and the Griot brothers, Adamana and Madou Keita, from Burkina Faso.

YEAR 4 INCURSION | Values for Life

On Tuesday, our Year 5 students participated in the Values for Life Incursion. This incursion was designed to enable young people to develop community building values, make wise choices and fulfill their potential. It was fully interactive, offering all students to be involved in various games and role plays as they learnt how to bounce back and be more resilient.

Students learnt new ways to problem-solve, think optimistically, categorise real problems and set realistic goals in order to improve their own resilience. Our Year 5 students now have a range of new skills they can implement within the classroom, out in the playground and during everyday life.

YEAR 6 EXCURSION | Immigration Museum

As part of our inquiry into human migration, our Year 6 students attended the Immigration Museum on Wednesday 25 February. The students learnt about different migration stories and looked at important migration periods throughout Australia’s history. They were provided with a ‘Passport’, which allowed them to answer questions throughout each area of the museum.

As part of the excursion, students walked across the Sandridge Bridge and looked at immigration sculptures and migration statistics from around the world.

“I found the immigration video to be fascinating because you got to hear different people’s stories on their migration.”

Matt 6DM

“I liked how we could use the touch screens to find out specific information on certain countries and its migration history.”

Alannah 6CH

“It was great how there were displays in the boat that showed the conditions that the migrants had to go through in different periods of time.”

Alex 6CD
SCHOOL NEWS

POSITIVE EDUCATION
As part of Milgate’s introduction to Positive Education, students and teachers have been practicing gratitude. From gratitude jars to daily diary entries, students and teachers are focusing on the positive things that make them smile each day.

There have been hundreds of studies over the past few years investigating the benefits of practicing gratitude on a regular basis. Some of benefits include: increased happiness, a reduction in anxiety and depression, a strengthened immune system, better sleep, increased resilience and improved relationships. People who practice gratitude have greater appreciation for what they have in their lives and decreases feelings of envy and resentment.

How can you cultivate gratitude in your own life?
- Keep a gratitude journal, recording 3-5 things for which you’re grateful for
- Write a gratitude letter to an important person in your life
- Savor the good in your life – don’t gloss over the positive things that occur
- Focus on intentions – when you receive a gift or if something nice happens to you, consider the person’s intent to bring goodness into your life
- Teach gratitude to your children
- Recognise the positive in your own life

COMPASS | Computer Access at School
There is now a computer available for parents to use at the school to access Compass. It is located in the Admin building near the canteen. Parents are welcome to come and use it to access their Compass account at any time during the day. If you need assistance with this, please speak to the office staff who will be able to assist you.

SPORTS NEWS
Manningham Division Swimming Championships
Congratulations to the 10 Milgate Swimmers who swam at the Manningham Division Swimming Championships on Monday 29 February at Aquanation, Ringwood. They represented Milgate extremely well and displayed some terrific sportsmanship both in and out of the water. In particular well done to the following students who were successful in making it through to Eastern Region Swimming Championships on Monday 7 March at Aquanation, Ringwood.

Isaac L ~ 12 Boys Freestyle, 12 Boys Breaststroke & 12 Boys Freestyle Relay
George C-J ~ 12 Boys Freestyle Relay
Ethan Y ~ 12 Boys Freestyle Relay
Evan C ~ 12 Boys Freestyle Relay
Tayla Mc ~ 11 Girls Backstroke
Nathan W ~ 11 Boys Breaststroke

CANTEEN NEWS | Closure
The canteen will be closed on Tuesday 8 March. Lunch orders and counter sales will NOT be available.

SECONDHAND UNIFORM SHOP
Just a reminder that our Secondhand Uniform Shop will be open on Monday 7 March in the Staffroom from 9 - 9.30am.
Since our last opening day we have received numerous donations in various sizes. All secondhand items are $5 each.

COMMUNITY NOTICEBOARD
Any relevant material is posted on our noticeboard [located outside the Art room] as a service to our school community. Recent articles include:
- OLOP | Community Fete [Sun 20 Mar 11am - 4pm]
- Campfire & Cricket Night | Fri 18 Mar 6 - 7.30pm
- Warrandyte High School | Open Night Thu 17 Mar
- Warrandyte Tennis Club | FREE Tennis Trials
- Whitefriars Auskick | Donvale