PRINCIPAL’S PERSPECTIVE

On Wednesday the Year 3-6 students all participated in the House Athletics at the George Street Athletics track. They were very fortunate with the weather as it was a beautiful sunny day. The students enjoyed taking part in a variety of activities including relays, shot putt, high jump, long jump, running races, etc. Congratulations to McCubbin who was the winning house. Well done to everyone for great participation and supporting their house team. Thank you to James Will, teachers and the many parents who assisted and went to support their children. A great day was had by all.

On Monday the Year 6 students had a ‘Hands on Science’ incursion when they were learning about, and making, electrical circuits which links in with their unit of inquiry. They have also been using a variety of mediums to learn about circuits and the transmission of electrical currents. They have even discovered that an electrical current can be powered by a lemon.

The Foundation and Year 1 students are continuing with their circus sessions each week in preparation for their Circus Performance on August 17 at the Besen Centre.

The Year 5 and 6 students have started practising for their musical production which will be on 8 and 9 September at Andersons Creek Primary School theatre.

STAFF NEWS

Congratulations to Kellie Harman (Year 4 teacher) who has been appointed to a teaching position at the Renaissance Academy K – 12 school in Utah, USA. This is a great opportunity for Kellie and their gain is our loss. They are very fortunate to be having Kellie working with them. Kellie’s last day at Milgate PS will be on Tuesday as the USA school’s new year starts in August / September. We thank Kellie for her contributions to Milgate PS and in Year 4 this year and we wish her all the best in her new teaching position in the USA. Kellie will be replaced by Emma Amory and we welcome Emma to Milgate PS and look forward to having her join the teaching team.

ANNUAL REPORT

The 2015 Milgate Primary School Annual Report is available on the school website.

Yours sincerely,
Debbie Mierisch | Principal
Karlie Gooding | Assistant Principal
SPORTING NEWS

House Athletics Day

Congratulations to all the Yr. 3 – 6 students who competed at our annual House Athletics Carnival on Wednesday 20th July. We had an amazing day and it was terrific to see so many students out there having a go and putting in 100%. Days like these would not be possible without the support of all our staff and parent helpers who made the day run so smoothly. I know all the students really appreciate all the time and effort everyone puts in. The results from the day were:

1st McCubbin - 499
2nd Boyd - 433
3rd Streeton - 358
4th Roberts - 269

Templestowe District Mixed Tee Ball & Netball Round Robins

On Thursday 21st July, both the Mixed Tee ball & Netball Teams competed in the Templestowe District Round Robins. The teams were a credit to Milgate and played extremely well against some tough opposition. The Mixed Tee ball team played some tough games and managed to place 2nd overall on the day. Congratulations boys on an outstanding day of Tee ball.

Many thanks to Mrs. Megan North and Ms. Emma Ketteridge for training and coaching the Netball Team.

Cadbury Fundraiser

Chocolate orders were sent home with the eldest child on Friday 15th July. Please return the money for chocolates sold by Friday 12th August. Money should be returned in an envelope with the eldest child’s name and class on it please. Additional boxes are also available from the Office.

Bunnings Sausage Sizzle

We have been allocated a spot at the Nunawading Bunnings Sausage Sizzle on Sunday 28th August. We will need lots of helpers! An information sheet will be sent home soon. We hope that you can spare an hour or two to help raise funds for the school. In the past we have raised almost $2,000!

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:

- Deep Creek Preschool | 30th Anniversary
- Manningham Calendar Photo Competition
- Parenting Seminars
- Sporting Clubs
- Coding and Robotics workshops for kids
- Bricks 4 Kidz [Lego®]
YEAR 6 ELECTRICITY INCURSION

On Tuesday, the Year 6 students participated in a Hands On Science session to investigate energy and electricity as part of their unit of inquiry ‘How the World Works’.

They were able to put their knowledge of circuits to the test by lighting up bulbs and observing the energy transferral in their own bodies. They classified materials as conductors or insulators and using steel wool, even made an actual light globe to see how filament glows.

These sessions gave the students an opportunity to refine their understanding so far and have led them to pose questions to find out more!

PLASTIC BAG COLLECTION

Mats for the Homeless

Lisa Ledger is a parent at Milgate and is collecting plastic bags to be made into sleeping mats for the homeless. It takes 600-700 bags to make just 1 mat!! So we really need our Milgate families to collect and donate all their used plastic shopping bags. Please bundle them altogether in one bag and tie them up. Donations can be put into the tub near the Canteen / Art Room. Thank you.

RUN MELBOURNE KIDS RUN

Jett T in 1SB is getting active, involved and helping beat Kids Cancer by running in the Run Melbourne 3km Kids Run to raise funds for the Australian Lions Childhood Cancer Research Foundation. But he can’t do it alone - we need your support! Please donate generously and together we can beat Kids Cancer!


There will also be a collection tin at 1SB for gold coin donations. Thank you for your support!
COMMUNITY GRANT
Help Us Win $5,000 to Improve Our School

At Milgate Primary School we are committed to developing knowledgeable, caring young people who are active members of the community.

Right now, we are eligible to enter a program called ‘CUA Community Care’ that gives us the chance to win $5,000 for our school. This program is a community-focused initiative from CUA, Australia’s largest customer-owned financial institution. Our project proposal is to create a unique, outdoor sensory learning sanctuary that helps to develop positive mental health and build resilience in all students, staff and members of the school community. We are up against 19 other schools in the area to take out the $5,000 prize. The winner will be determined by community voting – so, we need your votes!

Voting is open from 26 July – 23 August and you can register your vote online at www.cuacommunitycare.com.au and in CUA’s Eastland branch. Each person can make one online and one in-branch vote. Also, voting is open to anyone so please feel free to get friends and families involved and voting. Please give us your support and help us win $5,000 to improve our school!
GROWTH AND FIXED MINDSETS

Carol Dweck, a world-renowned psychologist from Stanford University, has spent decades researching Growth and Fixed mindsets. What she found was those who had a fixed mindset believed that character, intelligence and ability are givens and can't be changed. This plays a key role in motivation and achievement. Those who had a growth mindset believe that their intelligence can be developed with hard work, commitment and an understanding that failure is a springboard to growth and stretching our existing abilities.

"In a fixed mindset students believe their basic abilities, their intelligence, their talents, are just fixed traits. They have a certain amount and that's that, and then their goal becomes to look smart all the time and never look dumb. In a growth mindset students understand that their talents and abilities can be developed through effort, good teaching and persistence. They don’t necessarily think everyone’s the same or anyone can be Einstein, but they believe everyone can get smarter if they work at it." — Carol Dweck, Stanford University.

Dweck’s research found that those who have a growth mindset also held many other positive attitudes, such as: valuing learning as a goal, efficacy of effort, errors or mistakes are important, and being open to constructive feedback.

What you can do at home to help:

“If parents want to give their children a gift, the best thing they can do is to teach their children to love challenges, be intrigued by mistakes, enjoy effort, and keep on learning.” — Carol Dweck

- Ask your child about their day with questions such as these:
  - “What did you learn today?”
  - “What mistake did you make that taught you something?”
  - “What did you try hard at today?”
- Share what you learnt, too. This models for your child that you learn new things every day, including from failures.
- Give your child feedback on the process, not their ability
- Encourage risk-taking, failure and learning from mistakes. This builds resiliency and strengthens their growth mindset
- Encourage and model positive self-talk eg. “This may take some time and effort”, “I can always improve so I’ll keep trying”
- Explain to your child that their brain can grow — intelligence is not fixed, it’s changeable.

<table>
<thead>
<tr>
<th>FIXED Vs GROWTH MINDSET THINKING</th>
<th>FIXED MINDSET</th>
<th>GROWTH MINDSET</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Belief that intelligence, personality and character are carved in stone; my potential is determined at birth.</strong></td>
<td><strong>Look smart in every situation and prove myself over and over again. Never fail!</strong></td>
<td><strong>Stretch myself, take risks and learn. Bring on the challenges!</strong></td>
</tr>
<tr>
<td><strong>Belief that my intelligence, personality and character can be developed! A person’s true potential is unknown and unknowable.</strong></td>
<td><strong>Will I succeed or fail?</strong></td>
<td><strong>Will this allow me to grow?</strong></td>
</tr>
<tr>
<td><strong>Will I look smart?</strong></td>
<td><strong>Will this help me overcome some of my challenges?</strong></td>
<td><strong>“I failed”</strong></td>
</tr>
<tr>
<td><strong>“I’m a failure”</strong></td>
<td><strong>“I’ll try harder next time”</strong></td>
<td><strong>Challenges</strong></td>
</tr>
<tr>
<td><strong>Avoid challenges; Get defensive or give up easily.</strong></td>
<td><strong>Embrace challenges; Persist in the face of setbacks.</strong></td>
<td><strong>Effort</strong></td>
</tr>
<tr>
<td><strong>Why bother? It’s not going to change anything.</strong></td>
<td><strong>Growth and learning require effort.</strong></td>
<td><strong>Criticism</strong></td>
</tr>
<tr>
<td><strong>Ignore constructive criticism.</strong></td>
<td><strong>Learn from criticism. How can I improve?</strong></td>
<td><strong>Success of others</strong></td>
</tr>
<tr>
<td><strong>Feel threatened by the success of others. If you succeed, then I fail.</strong></td>
<td><strong>Finds lessons and inspiration in other people’s success.</strong></td>
<td><strong>Result</strong></td>
</tr>
<tr>
<td><strong>Plateau early, achieve less than my full potential.</strong></td>
<td><strong>Reach ever-higher levels of achievement.</strong></td>
<td></td>
</tr>
</tbody>
</table>
From May, put sun gear away

Autumn leaves are falling and so are Victoria’s ultraviolet (UV) levels – so it’s time to start thinking about your sun exposure and vitamin D over winter.

From May to August in Victoria UV levels are typically low (below 3), so it’s time to put sun hats and other sun protection gear away and get some sun for vitamin D. Vitamin D is essential for healthy bones, muscles and general wellbeing. The best natural source of vitamin D is the sun’s UV.

During these months it is recommended that you try to get outdoors during the middle of the day each day with some skin uncovered.

Sun protection is not usually required at this time of year, unless near highly reflective surfaces such as snow, outside for extended periods or when the UV reaches 3 and above.

SunSmart’s top winter vitamin D tips:

- Physical activity assists with production of vitamin D, so get the family outside and active in the middle of the day.
- Clothing acts as a barrier to vitamin D absorption, so put away the hat and roll up the sleeves when you’re outdoors.
- Download SunSmart’s free app to check the daily sun protection times and know when you do or don’t need sun protection.
- No app? Check the weather section of the newspaper or visit sunsmart.com.au to find out when you do and don’t need sun protection each day.
- If you are concerned about vitamin D, speak to your doctor for advice.

For more information visit sunsmart.com.au or call 13 11 20.