

Balanced
Caring
Communicators
Inquirers
Knowledgeable
Open-Minded
Principled
Reflective
Risk-Takers
Thinkers



We develop a love of learning

PRINCIPAL'S PERSPECTIVE

Welcome back to all families! Hopefully you all found some time to relax and managed to keep warm in this cold weather. We are excited to commence another term of challenging learning and have many exciting opportunities for students throughout the coming weeks.

We have a number of new students joining us at Milgate PS this term. We welcome them and know that they will enjoy their learning at Milgate. Many of these students are from overseas, some are here for a shorter term and some for the remainder of their primary schooling. We also welcome back Linda Hill 3LH and Sarah Brown 1SB who have been on leave.

Throughout Semester 1, students across the school investigated different mathematical concepts through real life experiences as part of their Maths Talent Quest investigations. These projects will be on display at the Maths Talent Quest Expo on Monday 24 July from 3.30 – 5.00pm. Please come along to see the incredible work our students have completed.

Yours sincerely,
Debbie Mierisch
Principal

Karlie Gooding
Assistant Principal

David Mander
Assistant Principal [Acting]

DIARY DATES | Upcoming

Mon 24 Jul	Maths Talent Quest 3.30 – 5pm [Manuka Building]
Wed 26 Jul	YRS 3 – 6 House Athletics
Fri 28 Jul	YR 5 Maker's Market – 9am – 12:30pm [Manuka Building]
Fri 28 Jul	FOUNDATION 100 Days of school celebration

**Fri 22 Sep LAST DAY of Term 3
2.30pm Dismissal**

2017 DATES

Wed 20 & Thu 21 Sep	School Musical
Thu 14 Dec	Carol's Night 7pm
Fri 15 Dec	End of Year Celebrations
Tue 19 Dec	Year 6 Graduation
Thu 21 Dec	Meet new Teacher / Class
Fri 22 Dec	LAST DAY of 2017 1.00pm Dismissal

Full calendar details available in Compass.

REMINDERS

LATE ARRIVALS [after 9am bell]
Students must report to the Office to be signed in by an Office staff member.

EARLY DEPARTURES [before 3.30pm]
Parents are required to have an Office staff member record the early departure BEFORE collecting your child from their classroom.

Parents are still required to enter their approval into Compass afterwards.

9842 7744

milgate.ps@edumail.vic.gov.au

2017 TERM DATES

Term 1	30 January	31 March
Term 2	18 April	30 June
Term 3	17 July	22 September
Term 4	9 October	22 December



SPORTS NEWS

Golden Boot Award / Active Travel

Last week's Golden Boot award winner: 4JM
It has been fantastic to see so many students coming to and from school by an active mode of transport on a more regular basis. It would be terrific to see more people involved, even if you can try to be active twice a week, that would be awesome.

Active Travel at Milgate PS

Milgate's Active Travel Program encourages families to actively travel to and from school and even if you have driven, parking at least 400m away provides both fun and fitness, increases children's connectedness to their local community, and is a sustainable way to travel. It also helps improve local safety around the immediate school area as it reduces traffic considerably.

Parking is becoming more restricted around the school, so parking further away and teaching your child to walk along certain safe routes, will make the drop-off & pick-up times less stressful and less dangerous. To help implement and promote the active travel program we have established an Active School Travel committee. The committee meets at the start of each term to plan for the term ahead. We are calling out for more parent reps to assist us with running the program.

Events include, Walk to School Month, Ride to School Day and coordinating the Golden Boot Trophy. If you are interested in being a part of this committee, or have some ideas to share, please email Mr. Will, PE/Outdoor Learning Coordinator on:

will.james.d@edumail.vic.gov.au

Manningham City Council are running a training session for new parent reps on Mon 24 Jul at Park Orchards PS at 4pm. For more information email:

manningham@manningham.vic.gov.au

Templestowe District Netball & Tee ball Round Robin | Thursday 20 July

Our Boys Netball and Tee ball teams competed at the Templestowe District Round Robins. Both teams played extremely well and were a credit to Milgate on and off the field. The Tee ball team were Runners Up on the day, which is an outstanding effort. Well done boys.



Girls Tee ball Manningham Division Final

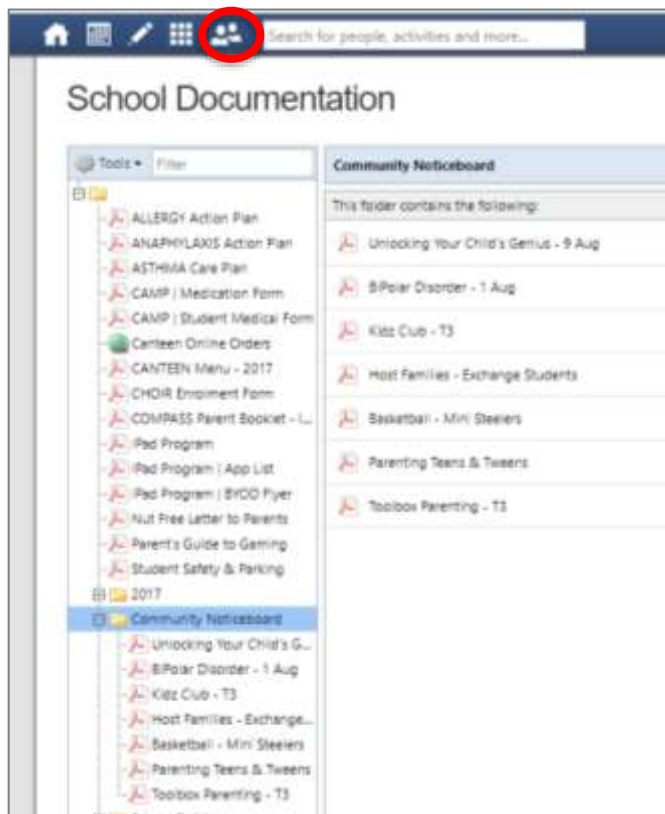
On Friday 28th July, the Girls Tee ball team will play in a Manningham Division Final against Templestowe Valley PS. We wish you all the best girls and look forward to hearing the result. Go Milgate.



COMMUNITY NOTICEBOARD

This is now available on Compass so parents can access these items at any time and from anywhere. Once logged into Compass, just go to:

- Community [two people on top-left menu]
- School Documentation
- Community Noticeboard





School Disco

Neon Dreams Disco & White Nights

What a fantastic night! Thanks to all the volunteers who worked incredibly hard to make the night so enjoyable for the kids. Thanks to DJ Vanduo for donating his services. Thanks to all the kids who came along and had a great time, your dancing was awesome!

Woolworths Earn & Learn



We're thrilled to announce that the Woolworths Earn & Learn program is back for 2017. Now anyone can help our school earn amazing equipment by shopping at Woolworths from 26th July. All you need to do to help is shop at Woolworths during the promotional period, collect your stickers and send them to school. Ask grandparents, aunts, uncles and friends to collect the stickers too and we can earn even more fantastic equipment for our school.

Term 3 | Save The Date

Woolworths Earn & Learn - 26 July to 19 September

Father's Day Stall - Thu 31 Aug & Fri 1 Sep

Family Photoshoot - Sat 16 & Sun 17 Sep



MILGATE SCHOOL BASKETBALL | Finals



Congratulations to the following teams who all made the Doncaster and District Primary School Competition Grand Finals recently.

- Under 9 Girls Gems (coach: Sherry McMillan; TM: Stacey Collins)
- Under 9 Boys Bullets (coach: Simon Mosley; TM: Donna Mosley)
- Under 9 Boys Magic (coach: Joseph Martinez; TM: Louisa Angelogelou)
- Under 9 Boys Rockets (coach: Travis Daniel; TM: Michael Dwyer)
- Under 11 Boys Comets (coach: Amy Mollard; TM: Annie Tso)

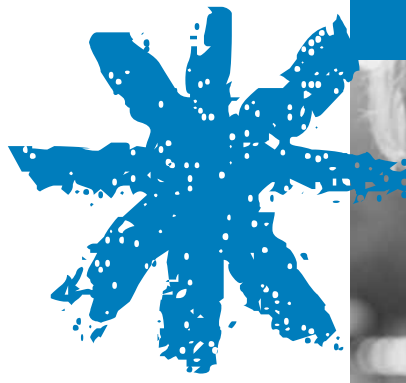
Whilst we were unable to come away with a premiership, all teams put in a great effort! The feedback was that everyone was excited to receive their runners-up medals and flags. Well done everyone, and a very special thank you to our coaches and team managers for all your hard work this last season.

The Winter Season of school basketball is commencing this weekend and we wish all teams a fantastic season. GO MILGATE!

Janine Moll and Kym Hartley
Milgate Basketball Coordinators
milgatebasketball@gmail.com



parenting *ideas insights



Parenting kids through the challenges of change

By Michael Grose

Parenting is always challenging, but perhaps never more so when you are undergoing change yourself.

Recently I spoke to staff at the General Motors Holden in South Australia about how they could help their families navigate the imminent plant closure, and subsequent loss of jobs. Change of this magnitude generally impacts on everyone in a family, bringing an added layer to parenting. Essentially the job of these parents was to help their children successfully navigate changes rather than isolate or protect them from the changes that will occur.

From a child's perspective, it's not the change itself but how parents react to adjustments that is most significant. Change tests individual and family resilience, but managing it well builds resilience. While most people yearn for certainty and consistency there will always be times when circumstances change – people shift jobs, families relocate and parents split up. These situations are difficult to manage at the time but inevitably people adjust and more often than not, end up with a better situation – a job that they enjoy; a better lifestyle or finding family peace.

While change is not easy to endure, there are some things we can do as parents to help our children cope and hopefully grow from those changes.

The following five ideas will help:

1. Acknowledge feelings

Every difficulty or challenge we face is accompanied by uncomfortable feelings such as sadness, anger and disappointment. When feelings aren't acknowledged, children will either act out or act in. That is, they will either become aggressive, agitated and hurtful or become moody, anxious and depressed. Give kids permission to talk about emotions by talking about your own feelings and your emotional reactions to events. Help children of all ages verbalise their feelings by asking children how they feel in response to different events. "How do you feel about this?" is a great way to initiate conversations on an emotional level.

2. Look after yourself (and your partner)

Change is usually stressful for adults. Feelings of anxiety are common in times of uncertainty. "Will life ever return to normal?" is a common question. Self-care is essential in times of change. It's hard to parent well when you are stressed, anxious or depressed so do all you can to stick to the building blocks of well-being.



parenting * ideas

Parenting kids through the challenges of change

That is, sleep well (life's always better after a good night's sleep); get some exercise (to release the feel-good endorphins); actively maintain your support networks (talking about difficulties is therapeutic); get some relaxation (it's important to take your mind of your worries for a time) and pursue at least one interest that you enjoy (fun and play is an antidote to depression).

3. Stay optimistic

Optimism is characteristic of resilient people. I'm not suggesting that you take a Pollyanna-ish attitude that 'everything will be all right'. Instead project the attitude that the current situation may be difficult or that life at the moment may be difficult but you will get through this. "This too shall pass" is a powerful resilience concept for kids to experience and learn.

4. Maintain consistency and routine

When disruption appears in your life try to keep things as normal as possible for children. In particular, stick to regular mealtimes; keep bedtimes regular and keep the traditions that kids enjoy and bring your family together. This type of familiarity is comforting for kids, helping them maintain feelings of control, which is something they crave in times of change.



Special note: I'm thrilled to announce that my latest book *Spoonfed Generation: How to raise independent children* is out. It's available at parentingideas.com.au

5. Maintain consistency and routine

Resilience is best practiced as a family or community, rather than as an individual so look for ways to bring your family together. Family mealtimes; shared enjoyable experiences and simply hanging out together are the types of activities that build strong families. In times of change and upheaval what we need most is each other.

Life is full of changes. Some are welcome and some aren't. It's human nature to resist change, particularly when it's unwelcome. But change also presents opportunities for growth and development. Helping kids cope with change, even when it happens to you, is a chance to build their resilience, which will be tested many times throughout their adult lives.



Visit our website for more ideas and information to help you raise confident and resilient young people.

