



## STUDENTS OF THE WEEK

Showing leadership & being a good role model



### P/1- Chase

For showing wonderful leadership and being a positive role model to others by always making kind choices, helping peers and setting a great example.



### 1/2- Darcy

For being a good friend, always doing his work quietly and helping people in the whole school if they have a problem.



### 3/4- Jett

For continuing to help others and show what leadership looks like by being mature in his actions.



### 5/6- Ben

For his leadership and responsibility assisting the class with new logins.

## DATES TO REMEMBER:

Thursday 7th August	House Athletics 9.30-1pm
Friday 8th August	Gymnastics workshop
Tuesday 12th August	Boite Concert- Melb Town Hall
Friday 15th August	Last Gymnastics workshop
Tuesday 19th August	Grade 3/4 Space Incursion
Thursday 21st August	Grade 5 Leadership with Kylie Captain in Wallan
Friday 22nd August	Curriculum Day- No students at school
Tuesday 26th August	District Athletics
Wednesday 27th August	Book fair opens
Thursday 28th August	Red Nose Day- Come wearing something red & bring a gold coin donation

There is 1 spot left on the roster. Can you help out?



TERM 3 MILO WEDNESDAYS 10.45-11.30am		
DATE	HELPER 1	HELPER 2
23 <sup>rd</sup> July	Mandy W	Juliet Cornish
30 <sup>th</sup> July	Jeanette Mitchell	Lis Kiss
6 <sup>th</sup> August	Orathai Liberts	Sara Wearne
13 <sup>th</sup> August	Travis Roberts	Jess Platt
20 <sup>th</sup> August	Lis Kiss	Kimberley Cusworth
27 <sup>th</sup> August	Rick Roney	Jess Roney
3 <sup>rd</sup> Sept	Sara Wearne	Juliet Cornish
10 <sup>th</sup> Sept	Travis Roberts	Allisha Roberts
17 <sup>th</sup> Sept	Jade Spicer	

**TERM 3**  
**MILO WEDNESDAYS**  
 \$1 each week or \$10 for the term.



**BE SAFE,**  
**BE RESPONSIBLE,**  
**BE RESPECTFUL**



Happy birthday-  
 Ashton- 10th  
 Jaxson- 18th  
 Isaac- 21st

**Next week's Middle Mate's focus is-**  
 Doing what you've been asked to do,  
 the first time.

### SCHOOL BANKING DETAILS

Middle Kinglake PS Acc  
 BSB: 063 855  
 Acc # 1002 8919

Please use your family name and  
 reason for payment as a reference

For example: Jones Swimming



**BOITE:** The concert is on Tuesday! Additional information was sent home on Tuesday– check your email and please ask if you have any questions. Keep practising at home and don't forget to buy your tickets. Here is the link for our concert– Tuesday 12th August at 1pm.

**Buy TIX here:** <https://bit.ly/40fP0n4>

**2026 ENROLMENTS:** Just a reminder that we are accepting Prep enrolments for 2026. Please spread the word to anyone you know with a child starting school next year.



**HOUSE ATHLETICS:** Today from 9.30am! Students will rotate through track and field events throughout the morning. Families are welcome to come and cheer competitors on and students are encouraged to wear their house colours. District Aths will be held on Tuesday 26th August.



**GYMNASTICS:** The Gymnastics workshops are going well. It is great to see the students' enthusiasm and positive attitude to give everything a go. We have two more gymnastics sessions to go.

**RED NOSE DAY:** Junior School Council have organised for us to take part in Red Nose Day Fundraiser on the 28th August. Come along wearing red and bring a gold coin donation! We are also selling merchandise at the office.



P/1 are loving having Miss Aldous in their classroom. Miss Aldous is a preservice teacher from Deakin University and will spend 5 weeks at MKPS. She has been mistaken for Mrs Lang's sister!



**HOOPTIME:** Congratulations to the Grade 5/6 All Stars team who competed at Hooptime on Tuesday. A huge thanks to Cam McCormack who coached the team and to the parents who came along to cheer them on.



**SCHOOL COUNCIL TRAINING:** Thanks to Peta and Stacey who attended SC Finance training this week. Our councillors are always doing their best to learn more about how schools are governed.

**OSHC:** Here's a few from projects we've been working on over the last few weeks and toward the end of last term. Kayden working on his cool street wear designer shoes. Keep an eye open for our new display of amazing styles coming soon. Painting always stimulates our creative minds and gives opportunities to our older student to lead the activities for the younger ones.



# Social Emotional Learning



*with Mrs Mitchell*

Gratitude  
Empathy  
Mindfulness &  
Emotional Literacy

## What is Gratitude?

Gratitude is one of the three core principles within the Resilience Project (Gratitude, Empathy, Mindfulness). Gratitude involves recognising and expressing appreciation for the people, places and things in our lives. Practising gratitude allows us to pay attention to and be thankful for the things we have. It is shown to increase feelings of happiness and can lead to a more positive outlook on life.



## GEM Chats

GEM chats are questions or conversation starters relating to the GEM principles. These questions are intended to ignite and inspire the use of GEM values in daily life. It also offers a way to check-in with each other and build stronger connections. GEM chats are discussed in SEL lessons, staff meetings and in the classroom. Try it at home!

### HOW TO USE GEM CHATS

Make GEM Chats a part of your dinner routine to reflect, check in, and practice gratitude.

Try these prompts:



What are you **grateful** for today?



Share a moment that **made you smile**.



How can you **support** someone tomorrow?



What was the **best part** of your day?

## Sleep – Is your child getting enough?

A great day starts with getting enough rest the night before. Sleep is such an important factor contributing to our wellbeing and unfortunately so many of us are struggling to get the amount and quality of sleep that we need. Last term, years 3-6 were surveyed and only 56% of students reported getting at least 8 hours of sleep on most nights of the week.

The Department of Health recommend that children aged 5 to 13 years should get 9 to 11 hours of uninterrupted sleep. Getting enough good-quality sleep is essential to healthy growth. To develop and continue healthy sleep patterns, the Department of Health recommends having a consistent bedtime and wake-up time, avoiding screen time 1 hour before sleep and keeping screens out of the bedroom.

# Choosing a Gratitude Mindset

## SHIFT FROM 'I HAVE TO' TO 'I GET TO'

A simple change in language from 'I have to do this' to 'I get to do this' can change our whole perspective on life and daily tasks. When we adopt the 'I get to' mindset as a gratitude practice, it helps us focus on the positive aspects of our lives and the opportunities we often take for granted.

## HOW CAN YOUR FAMILY PRACTICE THIS TOGETHER?

Here are some examples to get you started:

- I get to wash the dishes.
- I get to make breakfast for my family.
- I get to walk the dog and spend time outside.

## FAMILY CHALLENGE

Try to replace 'I have to' with 'I get to' in your conversations this week. Notice how it changes your perspective, and discuss as a family how it feels to focus on gratitude in everyday tasks.



TO LEARN MORE ABOUT THE RESILIENCE PROJECT, HEAD TO:



@theresilienceproject...



The Resilience Project



The Resilience Project

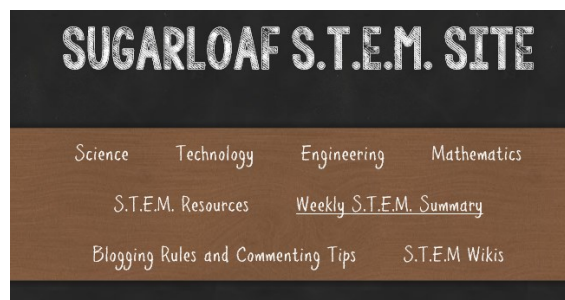


theresilienceproject.com.au





## SCIENCE, TECHNOLOGY, ENGINEERING & MATHS *with Chan, each Monday*



### Sugarloaf STEM Blog

This week in STEM. we got stuck into experiments, we learned about how slime is made and the measurements needed to make the consistency required and learned about how chemical changes occur. We also made predictions about how these would work and tested our predictions. In the senior grade we had a deep dive into chromatography and how to see the unseen in preparation for science week next week. We tried to reveal the colours inside a leaf using the process of chromatography and saw some interesting results. We also learned about how repeatability is important in scientific write ups!

### CONGRATULATIONS TO THE STUDENT WHO RECEIVED STEM AWARDS THIS WEEK-

P/1– George  
1/2– Skye  
3/4– Jett  
5/6– Curtis



The **Boîte** presents

# Mai Fali Eh!

*Songs and Stories of Timor-Leste*

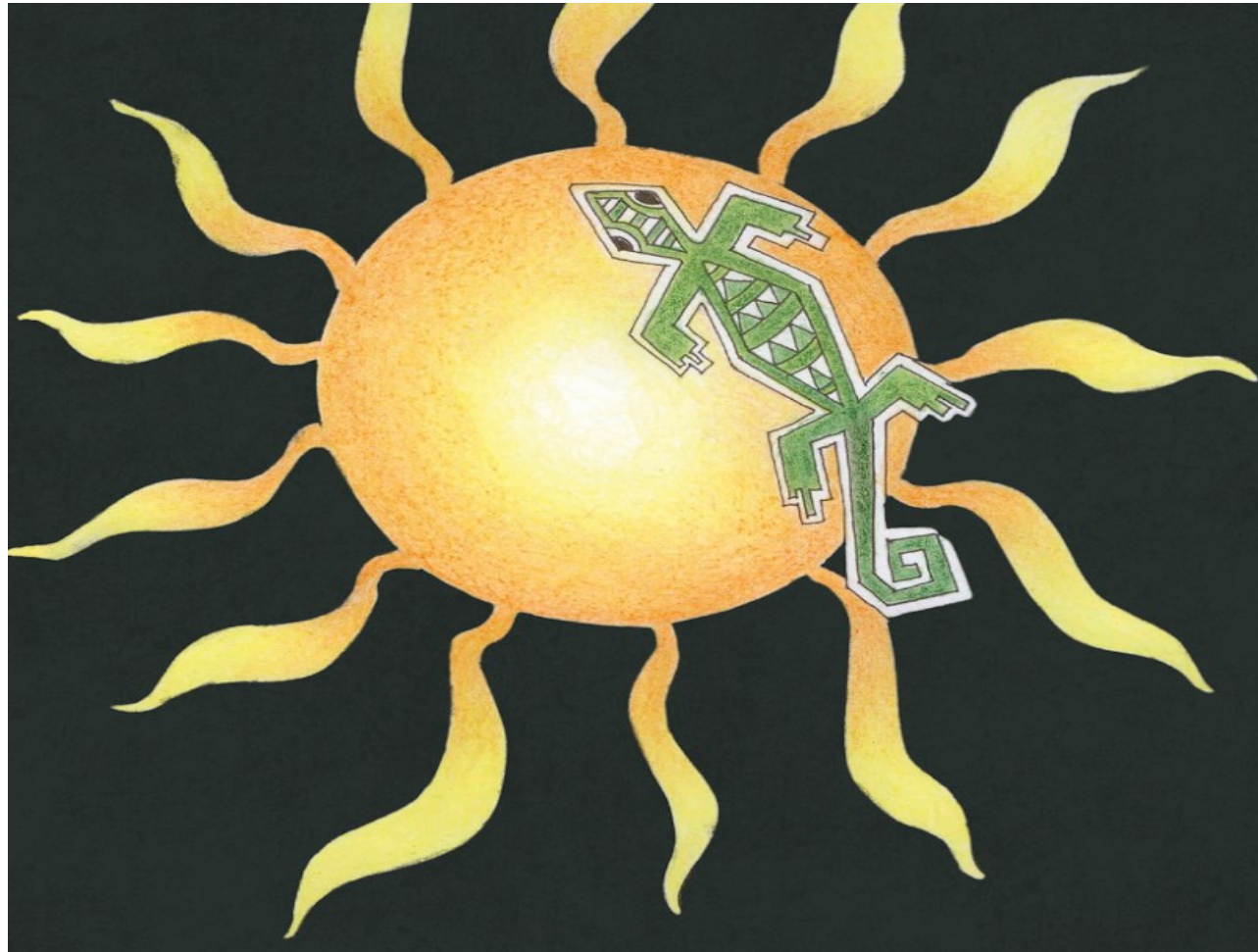
THE BOÎTE SCHOOLS CHORUS 2025

**Tuesday 12 August - 1pm, 7pm**  
MELBOURNE TOWN HALL

**Sat 6 September - 1pm**  
MOUNT CLEAR COLLEGE  
MOUNT CLEAR, BALLARAT



tickets via [boite.com.au](https://www.boite.com.au)



Link to the Boite Facebook event:

<https://www.facebook.com/share/1SHDE6Hgd3/>





# **Sporting Schools is back for Term 3!**

**AND IT IS FREE!**

Monday & Thursday afternoons  
3.30-4.30pm

*Starts Monday 28th July &  
concludes Thursday 11th September*











Come along and join in the fun with  
Michael & Remi!  
Fun based game play & skill development.

Contact Meagan or Michael for more details.







# August 2025

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
					1 Gymnastics workshop 	2	3
Wk 3	4 Ms Callander returns	5 5/6 Hooptime  5-7pm SC training	6	7 House Aths 	8 Gymnastics workshop 	9	10
Wk 4	11	12 Boite concert 	13	14	15 Gymnastics workshop 	16	17
Wk 5	18	19 Grade 3/4 Space incursion 	20	21	22 Network Common Curriculum Day	23	24
Wk 6	25 Felicity returns	26 District Aths 	27 Book Fair opens! 	28 Wear something red 	29	30	31

# September 2025



	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Wk 7	1	2 Kids Teaching Kids  inspiring future environmental leaders	3	4	5	6	7
Wk 8	8	9 6.30pm SC	10	11	12	13	14
Wk 9	15	16	17	18 P-2 Camp Activity Day Grade 2 Sleepover	19 Footy Colours Day!  9am Assembly & parade 2.30pm Dismissal	20 Friday *EOT Hot Lunch *No After School	21
	22	23	24	25	26	27	28
	29	30	