

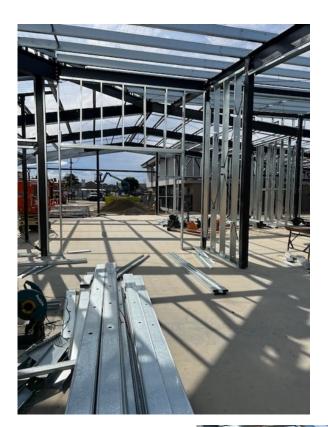
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Middle Campus	19-21 Gloria Avenue, Dandenong North 3175	Phone: 8762 6466	Website: www.emersonsc.vic.edu.au				

PRINCIPAL'S REPORT

At yesterday's site meeting, our School Council President, Heather Norman, Justin Carland and myself were permitted to inspect our new Technology Wing. Roofing materials will arrive next week. It is projected that the roof will be completed by Friday, 23rd August.

The new building is surprisingly large and spacious. Our builders, May Constructions, are doing a wonderful job. We are on track for the building to be completed by late March 2025.

John Mooney Principal







VALUE OF THE FORTNIGHT

We are studying the value of Happiness for the month of August.

The gift of laughter brings many health benefits. Watching a good comedy and experiencing constant laughter provides us with both a physical, and a mental workout.

Research tells us that laughter is good for your health. It relaxes the whole body, boosts the immune system and triggers the release of endorphins. Endorphins promote an overall sense of well-being and can even relieve pain momentarily.

Laughter also protects the heart as it improves the function of blood vessels and increases blood flow which in turn will protect us against heart attack and other cardiovascular problems.

There is a link between laughter and mental health.

Laughter can dissolve distressing emotions. It can help us relax and recharge.

If we can teach ourselves to see situations in a less threatening and more realistic light, we can create a psychological distance thus avoiding feeling overwhelmed.

Laughter with others is more powerful than laughing alone.

I hope you all are taking up the challenge of rewiring your brain to become more positive in your thinking. This will lead to higher levels of happiness.

Remember to take some time each day to ask yourself:

- What is the best thing that happened to me today?
- Who am I most grateful for today and why?
- What am I looking forward to most about tomorrow?

You will be amazed at the results!

Dianne Wright Campus Principal, Middle School



DIARY DATES 2024

FRIDAY 16TH AUGUST - Curriculum Day (NO SCHOOL)

FRIDAY 20TH SEPTEMBER - Last day of Term 3 (EARLY FINISH)

MONDAY 7TH OCTOBER - First day of Term 4

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JUNIOR SCHOOL NEWS— GYMNASTICS

In Term 3, JSE and JSF have been participating in the Junior School gymnastics program, which is held over 5 weeks at Endeavour Hills Leisure Centre. They have been taught valuable gross motor skills such as jumping, balancing, hopping, climbing, bending, stretching and swinging by a qualified gymnastics instructor. Students have enjoyed doing various activities such as the trampoline, the bars, the beam, the rings and the foam pit.

We are very fortunate all Junior students get the opportunity to come down to this fantastic gymnastics centre and learn and practice these new skills through such an enjoyable program.

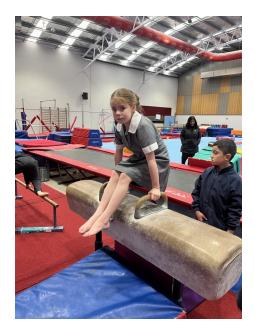
Sam Lambden-Grant Junior School Physical Education Teacher













JUNIOR SCHOOL STUDENT OF THE WEEK AWARDS



SUBWAY ORDERS

SUBWAY ORDERS ARE AVAILABLE TO STUDENTS EACH WEEK ON A WEDNESDAY.

There are special Subway envelopes available at the office of either campus. Please fill in details with the correct money included and hand these to the Office any time before Tuesday 10.00am each week.



MIDDLE SCHOOL STUDENT OF THE WEEK

MSA NGATUPUNA T

For always being happy.

MSB COOPER C

For his improved behaviour and attitude.

MSC CAMPBELL D

For improving his reading and moving to chapter books.

MSD KEVIN U

For listening well to classroom instructions.

MSE MIKI M

For coming to school with a happy and positive attitude.

MSF MUSTAFA R

For his work ethic, manners and always being his happy, smiling self.

MSG BRIAN G

For working well during independent learning time.

MSI DEACON N

For another awesome week of working really hard.

MSJ KEVIN D

For having a great week.

MSK NISINI Y

For completing the Mental Maths Challenge.

MSL KIARA S & WILL C

For their amazing effort during health.

ESO PAUL T

For showing great improvement in Literacy.

MIDDLE SCHOOL MILKSHAKE AWARDS



							
	DANDENONG	PAKENHAM	NOBLE PARK	NARRE WARREN	CRANBOURNE	ENDEAVOUR HILLS	
	YAHYA D	BEN B	ANTHONY	AEDEN F	COOPER C	SIMON P	
STOP							

