



SCHOOL NEWS



11TH SEPTEMBER 2026

PRINCIPAL'S UPDATE

One Week to Go!

I can't believe there is only one more week of Term 3! What a fast-paced and exciting term it has been.

This term has been packed with memorable learning experiences for our students. From camps and swimming to excursions and incursions, our students have embraced every opportunity with enthusiasm and curiosity. These experiences have enriched classroom learning, built confidence, strengthened friendships, and created lasting memories. It has been wonderful to see students challenging themselves, developing new skills, and engaging so positively in their learning.

A big thank you to all the families who joined us for our Open Morning today. We hope you enjoyed the opportunity to visit classrooms, see learning in action, and spend time with your child at school. It is always a joy to welcome families into our classrooms and showcase the wonderful learning taking place across the school.

While Term 3 is drawing to a close, we are already looking ahead to an exciting Term 4. One of the highlights will be the **MVPS Carnival on Saturday 7 November from 1.00pm to 8.00pm**. This is shaping up to be a fantastic community event, and we are incredibly excited about what is planned.

If you haven't already done so, make sure you purchase your ride tickets and keep an eye on Compass for upcoming information. To make this event a success, we will need the support of the entire MVPS community. There will be many opportunities to volunteer, donate, and lend a hand in the lead-up to the Carnival.

Most importantly, we would love to see our families invite friends, neighbours, and extended family members to come along and enjoy the day. The more people who attend, the more vibrant and successful the event will be. Together, we can make this a truly memorable celebration for our school community.

Finally, a friendly reminder that the last day of Term 3, Friday 18 September, will be an early finish at 2:30pm. We hope everyone enjoys a well-deserved break and returns refreshed and ready for another amazing term.

Thank you for your continued support, and let's make the most of this final week of Term 3!



@MALVERNVALLEYPS

The Importance of a Good Night's Sleep

At Malvern Valley Primary School, we have recently noticed that some students are arriving at school feeling quite tired. During community circle discussions, teachers spoke with students about their bedtime routines and were surprised to hear just how late some children are going to bed on school nights.

Sleep is essential for children's learning, wellbeing and overall development. Children who get enough sleep are better able to concentrate, regulate their emotions, solve problems, remember new information and engage positively with their peers. On the other hand, a lack of sleep can affect mood, behaviour, attention and learning.

School-aged children generally require between 9 and 11 hours of sleep each night to support their health and development.

As families, there are some simple ways you can support healthy sleep habits:

- Establish a consistent bedtime and wake-up routine.
- Limit screen time before bed.
- Create a calm and relaxing bedtime environment.
- Encourage regular physical activity throughout the day.
- Ensure your child is getting enough sleep for their age.

As we approach the busy end of term, it may be a good opportunity to review your family's bedtime routine. A good night's sleep is one of the most effective ways to support your child's learning, wellbeing and success at school.

For more information, families may find these resources helpful:

- Raising Children Network
<https://raisingchildren.net.au/newborns/sleep/understanding-sleep/about-sleep>
- Better Health Channel
<https://www.betterhealth.vic.gov.au/conditionsandtreatments/sleep>
- Royal Children's Hospital Melbourne
https://www.rch.org.au/kidsinfo/fact_sheets/Sleep_problems_children_and_teens/

Together, we can help our children get the rest they need to learn, grow and thrive.

Year 3/4 Camp at Peninsula Outdoors

Last week, our Year 3/4 students attended Peninsula Outdoors Camp, and what an incredible experience it was!

I was fortunate enough to attend from Tuesday to Wednesday and was so proud of the way our students embraced every opportunity. Throughout the camp, they challenged themselves, demonstrated resilience, supported one another, and stepped outside their comfort zones with enthusiasm and courage.

From the exciting activities to sharing cabins, meals, and new experiences together, students developed valuable teamwork, communication, and problem-solving skills while creating wonderful memories with their classmates.

One of the highlights for me was seeing students encourage each other to persevere through challenges and celebrate each other's achievements. Whether they were trying something new for the first time or showing leadership by supporting a friend, our students represented Malvern Valley Primary School with pride.

A special thank you to our wonderful parent volunteers who generously gave up their time to attend camp. Your support, care, and willingness to help made a significant difference to the success of the experience. School camps simply would not be possible without the support of our parent community, and we are incredibly grateful for your contribution.

I would also like to thank our staff for their commitment and enthusiasm in providing such a memorable experience for our students. Camps offer invaluable opportunities for learning beyond the classroom, and it was wonderful to see our students grow in confidence, independence, and resilience throughout their time away.

Well done, Year 3/4 students. We are incredibly proud of you!

MVPS Talent Show

What a fantastic MVPS Talent Show we have had!

It was wonderful to see so many students share their talents with our school community. From singing and dancing to gymnastics, musical performances, and more, our students certainly kept us entertained, with plenty of surprises along the way!

A huge congratulations to all students who bravely entered the competition. Standing on stage and performing in front of an audience takes confidence, courage, and resilience, and every participant should be incredibly proud of giving it a go.

Following our Junior and Senior competitions, we are excited to announce that the top three performers from each division will now compete in our Grand Final on Tuesday. We can't wait to see these talented students take to the stage once again and showcase their amazing skills.

A special thank you to the parents who supported their children and helped facilitate rehearsals. Your encouragement and support played an important role in helping our performers prepare and build their confidence.

The Talent Show has been a wonderful celebration of student voice, creativity, and community spirit. Most importantly, the students absolutely loved it! Thank you to everyone who helped make this year's event such a success.

Good luck to all of our finalists!

Assembly

Our next Assembly will be held on **Friday, 18th September at 1:45 pm** in The Sherwood Centre. **The MVPS Choir and 1C** will be on stage to present an item to the MVPS community. We look forward to welcoming our parents and friends.

Cake Raffle – \$1 per ticket

Our next cake raffle will be held during assembly! This week, our brave bakers are the Parianos Family – thank you for contributing a delicious cake for our school community.

Tickets are just **\$1 each**, and the lucky winner will be drawn during assembly. Don't miss out on your chance to win a scrumptious treat.

Amy Tinetti
Principal

**Buy your MVPS Carnival
tickets here!**



CAPTAIN'S CATCH UP

We have had a jam-packed fortnight at Malvern Valley. Over the last two weeks, the students from Prep to Year 6 have been very busy with everything that has been going on. We had a Talent Show, participated in swimming, and have an Academy Showcase coming up. It has been a busy and exciting fortnight, with so many great opportunities for students to get involved in.

Academy

All students in Years 3-6 have been working hard in their Academy groups over the past 10 weeks. Next week, there will be an Academy Showcase where students can share what they have learned and achieved. Academy is a subject where the Year 3-6 students come together to participate in six different subjects: Future Tech, Shark Tank, Community Crew, Content Creators, Culinary Creators, and Movement and Performance Lab. The juniors will have the opportunity to come and explore what the seniors have done.

Talent Show

On Tuesday, the seniors had their Talent Show, with families coming along to watch and support the performers. It was amazing to see so many students confidently get up on stage and share their talents! The juniors then had their turn to perform the following day.

Congratulations to Jevin for 1st place, Sloane for 2nd place, and Vera for 3rd place in the senior Talent Show. For the juniors, congratulations to The Sassy Swifties, Harry, and Conner & Lewis for making it through.

We are looking forward to seeing our finalists perform again, and a huge round of applause to everyone who took part! 🙌🙌🙌

Swimming

In the past few weeks, all students have participated in the Korowa Swimming Program. They learned new swimming techniques and practised old ones. They also practised water safety on the final day. The Prep to Year 6 students all did a great job swimming in the pool and, of course, having fun!

By Ashar and Olivia
2026 Quinten House Captains

VALLEY PRIDE WINNER



CAKE RAFFLE UPDATE



STUDENTS OF THE FORTNIGHT

PREP T	AIDA & ANDREW
1 C	TAHLIA
1 V	OSCAR
2 G	MAX
2 M	ELLA
3/4 D	SIA & ALEX
3/4 M	ARCHIE & PRAVEER
3/4 P	VALENTINO, TORA & KENZIE
5/6 C	JAEWON
5/6 P	EMILY



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TERM 3 SPECIALISTS AWARDS

ART: Daniel (Prep T), Ella (2M), Luca (3/4P), Ashar (5/6P)

GREEK: Giselle (Prep T), Kate (1V), Ruby (3/4D), Adam (5/6C)

PE: Costa (Prep T), Bodhi (1C), Maddie (3/4P), Edward (5/6C)

PERFORMING ARTS: Harvey (Prep T), Avery (1V), Vera (3/4M), Ethan (5/6K)

WELCOME TO SPARTAN SCHOOL WORLD

The Malvern Valley Primary School range is now available via the following options:

Instore:
Spartan School World
Mount Waverley store

Online:
www.spartanschoolworld.com.au
Select Malvern Valley Primary School from the "FIND MY SCHOOL" list of schools.
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Click and Collect:
Order online and collect instore.

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UPCOMING EVENTS

14/9 & 16/9 Year 3-6 Swimming

14/9 Year 1 Excursion

15/9 Year 3-6 Academy Day

Talent Show Finale

18/9 Assembly @ 1:45

School finish @ 2:30

5/10 First day of Term 4

SPARTAN HOLIDAY TRADING

Orders placed during the holiday break will be held for despatch until the first week of Term 4.

Instore, Home Delivery and Click & Collect will be operating as normal



@MALVERNVALLEYPS

CARNIVAL UPDATE

Saturday 7th
November
1pm-8pm



Carnival Update

TICKETS ON SALE! WIN A GOLDEN TICKET!

Early Bird ticket purchasers will automatically go into the draw to win a Golden Ticket, including two Express Passes valued at \$50, with the winner announced on Friday, 18 September. T&C's at www.mvpscarnival.com.au.



SEEKING BOOKS AND CRAFTS

We are still looking for second hand books, or homemade crafts to be sold at our Book & Crafts Stall. Perhaps over the school holidays you can have a clean up of the bookshelf - or some crafting days !

SPONSOR SPOTLIGHT



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www.mvpscarnival.com.au



CARNIVAL UPDATE



*It's a lucky dip...
in a bottle!*

WE NEED SEALED
IN-DATE BOTTLES:

 WINE, BEER, SPIRITS OR LIQUEURS

 OLIVE OIL OR PANTRY TREATS

 PERFUME, BODY WASH OR SKINCARE

 KID-FRIENDLY BUBBLES OR SHAMPOO

DROP OFF AT MALVERN VALLEY PRIMARY SCHOOL OFFICE
THANK YOU FOR HELPING US RAISE FUNDS FOR OUR
SCHOOL! 



FIND OUT MORE MVPSCARNIVAL.COM.AU

THEIRCARE NEWS



Malvern Valley TheiCare

TERM 3

NEWSLETTER September 2026

Pride Point Party Recap

The children had a wonderful time at our recent pride point party, celebrating their hard work and group accomplishments. They have been saving up their pride points the whole term to increase their party budget, demonstrating a strong understanding of delayed gratification, a key life skill that will benefit them in the years to come! Highlights of the party were: the beautiful decorations the children collaborated on, the glow in the dark theme that was selected, the face and body painting station, and of course the yummy foods on offer! There was ice cream, cupcakes, chicken nuggets, and pizza, all picked out by the children themselves.



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Portraits



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www.theircare.com.au



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