

Mypolonga Primary School & Community

Newsletter

20th February 2017
(Week 4 Term 1)



Family Fun
Night 2017



"3 things you can't recover in life: the word after it's said, the moment after it's missed and the time after it's gone." ~ unknown ~

Term 1 2017 Assembly Roster

Week 4 - Sachin Bartholomeusz, Rhiannon Bowley, Riley Hagger

Week 5 - Clay Burgess, Logan Rankin, Zac Kennison

Included in this Newsletter

- ❖ Swimming lessons highlights
- ❖ 2017 House Captains/Vice Captains

Happy Birthday

27/2 - Logan (Year 7)
28/2 - Jorja (Year 2)
29/2 - Aila (Reception)
1/3 - Reegan (Year 5)
2/3 - Tehya (Year 3)
3/3 - Jackson (Year 6)
4/3 - Sophie (Year 1)
5/3 - Haydn (Year 3)



Friendly Reminders

. Swimming travel costs are now due. \$20.00 per student.

. We have now updated our emergency contact details and medical conditions for all our students. If any details change during the year, please let the office staff know. Also, if you wish to receive (or no longer receive) our fortnightly newsletter by email, please contact Necia in the office.

. When students are late or going to be absent from school, parents/caregivers (not siblings or friends) must provide the school with an appropriate explanation for the student's non-attendance. Usually, this comprises a note in the student's school diary/communication folder, a telephone call or an email to either your child's class teacher or the office. Out of school hours, you may leave a voicemail message on the school's message bank. If there are any unexplained absences at the end of the week, our School Counsellor will contact the parent/caregiver to ask for the reason of absence.

. In the case of a planned absence, a note in your child's diary would be helpful. Families seeking extended leave (5 school days or greater) for family holidays must apply in writing to the school for an exemption, using the appropriate form available from the office or on our website.

Congratulations to Year 6 student Benjamin Peterson who has qualified for the State Individual Athletics Championships in the 100m sprint & high jump. Benjamin will compete at the SA Athletics Stadium on Sunday 19th March 2017. Well done Benjamin and good luck!

Rita's Roar

Family Fun Night

It was great to see so many families connecting and building relationships at our Family Fun Night down at the river on Friday night. A big thank you to Governing Council members Ian Payne and Matt Kruschel, Bill O'Brien and Dee Payne for helping on the barbecue, the Rathjen family for donating the onions and the tireless work Necia and Annie do behind the scenes to make everything happen. But my 'Above and Beyond' Award goes to Mary Gill, who came in and cut up 10 kgs of onions, the day before her daughter's wedding.

That's dedication!



Kick Start for Kids

This week I was approached by Ryan from 'Kick Start for Kids', an organisation, which connects with businesses wishing to give something back to the community with schools. They have connected with 'We All Count', a Murray Bridge accounting firm to provide breakfast for us on Thursday mornings between 8:15am and 8:45am. This service is provided at no cost and while students are naturally welcome, they also welcome parents and younger siblings. While the food is lovely, the purpose of the program is to mentor students by providing positive relationships and role models. Breakfast will be served from Rita's Kitchen, but can be eaten in the luxury of the Upper Primary classroom. The kids are pretty excited and I look forward to seeing the program in action.

Decision Making

Our decision making groups have met in readiness for the Governing Council AGM tonight, which will be held in the Upper Primary classroom. The Lifelong Learning Community, convened by Mel Leane, will continue the focus on reading, but will also look at assessment and consistency of student and teacher judgement, which is a major part of our Site Improvement Plan, along with STEM and literacy.

Students in this group will also attend the Student Learning Community held once per term.



The Sustainability Committee convened by Ian Payne, has a massive membership of keen environmentalists and I think a great many things will be accomplished this year. Students in this group will attend Young Environmental Leaders forums once per term to show and grow their learning. Have you seen the work done at the back of the school? Our aim is to create a space for younger children to explore and play. Thank you so much to Kiarra and Craig's mum Pearl for all the hard work she has done on some very hot days!

The Love of Reading

At Mypo we believe developing a love of reading is critical for success, and the way you learn to love reading is by reading! I have been so excited by the calibre of our leadership teams this year and our House Captains have already demonstrated their influence.

The Literacy Cup points were collated this week with Gold in front but the scores are neck and neck. One child not reading can make a difference. We have a competition! Fasten your seatbelts; its going to be a bumpy ride!

Warm Regards, Rita

Student Representative Council "SRC"

Introducing...

Keeley Rathjen
(SRC Leader)

As an SRC Leader, I hope to... achieve goals, which the school presents to me, and to make the school a better place.



Something you don't know about me is... I received 1st in long jump on District Day.

I read... Fiction books.

I watch... David Attenborough documentaries and The News.

I listen to... the new hits on Nova 919.

One day I hope to... become a nurse and achieve to make it into state netball.

If I could change something in the world, I would... help the environment with global warming and help animals to have a better habitat.

The best thing about Mypolonga Primary School is... the location and the friendliness, from not only my peers, but the teachers too.

Someone I really look up to is... Emma Sleath (Contax netball player) because she is a really talented defender in Netball.

Counsellor's Corner



I found this article and it's a great reminder of the simple but important things in our children's lives...

This is another great read from Michael Grose, one of Australia's leading parenting educators.

Every parent needs to read this!

Sleep can be a vexatious issue for some parents: the amount of time spent trying to get kids to sleep, worrying about kids not sleeping, being woken up by kids who should be sleeping...it goes on and on!

It's an important issue for parents of teens too. The sleep-wake cycle for teenagers is delayed by up to two hours. That is, they are sleepy later and awake later than when they were children. Many teenagers today are sleep deprived because they don't get enough sleep. They need between nine and 10 hours sleep each night, yet most get about seven or eight hours sleep.

Sleep experts have noted that children who develop good sleep patterns tend to carry these into adolescence.

So here are 5 tips for good sleep habits, and 5 extra tips for teens to help manage their changing sleep cycle.

Good sleep habits include:

- 1 Regular bed-times** Kids may fight this, but be regular during the week and let kids stay up a little later on weekends.
- 2 Have a wind-down time** of up to 45 minutes prior to bed. This includes, removing TV and other stimuli, calming children down, and limiting food intake (and caffeine for teens).
- 3 An established bedtime routine** that makes the brain associate behaviour such as cleaning your teeth and reading in bed with sleep.
- 4 Keeping bedrooms for sleep** and not for TV. Bedrooms that resemble caves seem to be recommended.
- 5 Maximising the three sleep cues** of: darkness (cave-like bedroom), lowering body temperature (baths can be good for this) and melatonin (work within their cycle).

Sleep tips for teens:

- 1 Allow them to **catch up** on lost sleep during the weekends.
- 2 Help your young person **schedule** their after school activities to free up more time for rest.
- 3 Discuss ways to **limit stimulating activities** such as television and computer around bedtime. Encourage restful activities such as reading.
- 4 Afternoon naps are good ways to **recharge** their batteries.
- 5 Make sure they go to **bed early** each Sunday night to prepare for the coming week.

Cheers, Kerry

Student Representative Council 'SRC'

The SRC represents the views of the students of Mypolonga Primary School. It is an integral part of the decision-making, which occurs through the school. Our SRC Co-ordinator is Kerry Daniel. Class elections were recently held and we congratulate the following students on being elected SRC representatives for Terms 1 & 2:

Junior Primary: Dominick Swansson, Ava Hagger, Akira Harris

Lower Middle Primary: Autumn Stapleton, Ruby Montgomery-Pittaway, Matilda Stone

Middle Primary: Kobe Hobbs, Rhea Kempe, Makayla Stimpson

Upper Primary SRC Leaders: Coen Martin, Keeley Rathjen, Erin McDonald and Leila Dahlitz



Once again, we are participating in the Premier's Reading Challenge. Premier Jay Weatherill has agreed to continue to help and inspire children to read. Each student has a record sheet kept at school where they record books they have read. Teachers, SSOs or parent helpers chat with them about the books to establish that the student has comprehended the story.

It is a requirement that to finish the challenge, a student reads a minimum of 8 books from the Premier's list, and 4 books of their own choice. The challenge is to be completed by 8th September 2017.

Please help younger students to read their library books, returning them to the Library on their borrowing day;

Junior Primary class Thursday, **Junior Primary 1 class** Monday, **Lower Middle Primary class** Wednesday, **Middle Primary class** Tuesday.

Mathletics

Our school has once again paid for registration of Mathletics for Year 2 to 7 students. Mathletics is a web-based numeracy and literacy-learning program, which integrates home and school learning via the Internet. Your child has a 24-hour access to the program by using a unique user name and password, which they can also use at home.

When you have a free minute, take a look at the program, so that you can gain the great understanding of how Mathletics will benefit your child.

To view the program, visit www.mathletics.com.au and login using your child's user name and password, which should be in their diary/communication books.

Class Awards

Term 1 Week 1

Junior Primary class

Bella Pope – for being a great leader.

Akira Harris – for becoming a SRC member.

Junior Primary 1 class

Blake Kennedy – stepping up and being a responsible leader in our class and in our school yard.

Madison Ray – for trying her hardest in class.

Lower Middle Primary class

Leroy Rathjen – eager to take on extra responsibilities.

Joe Tidy – fantastic improvement in Spelling.

Middle Primary class

Rhea Kempe – great participation in class discussions.

Kobe Hobbs – showing excellent leadership skills from Day 1.

Upper Primary class

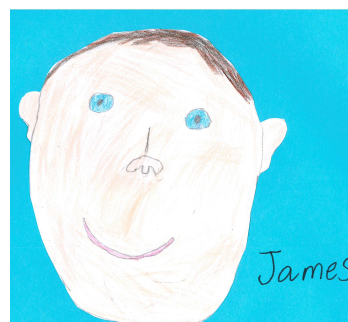
Benjamin Peterson – for taking responsibility for setting up and cleaning up after the information night.

Jade Prosser – for having a positive attitude to her learning.



Middle Primary 'Meet the Middles'

When next visiting the school, take some time to look at our genre boards outside the classrooms. Here you will find some fantastic work/writing by each individual student.



Happy, fine and big.
 Lover of my family, my dog and the river.
 Who feels brave in the pool.
 Who wonders what I am doing today.
 Who would like to do demolition work.
 Who is able to swim, run and jump.
 Who dreams of living around the river.
 Who fears of darkness.

James Mueller, Year 4

Lower Middle Primary Bio Poems - 'Me'



Cheerful, joyful, clumsy.
 Lover of swimming, my dogs and my fish.
 Who feels happy at school.
 Who wonders if I can get a kitten.
 Who fears darkness.
 Who would like to have a kitten, have a nice house and to be an inventor.
 Who is able to feed my chickens.
 Who dreams of being an inventor.

Elouise Kuhn, Year 3

MCSC – Mypolonga Combined Sports Club
MFC – Mypolonga Football Club
MCC – Mypolonga Cricket Club

Planning Calendar Term 1 2017

MNLC – Mypolonga Netball League Club
MBHS – Murray Bridge High School

4	20/2 Newsletter School Photo Day 7:30pm Governing Council AGM	21/2 LMP enterprise recess (ice creams)	22/2 MP enterprise lunch (salad rolls)	23/2 8:15am Kick Start for Kids breakfast	24/2 JP/JP1 enterprise lunch (sausage in bread) 3:00pm Assembly	25/2 & 26/2
5	27/2	28/2 LMP enterprise recess (ice creams)	1/3 MP enterprise lunch (salad rolls)	2/3 8:15am Kick Start for Kids breakfast	3/3 JP/JP1 enterprise lunch (sausage in bread) 3:00pm Assembly	4/3 & 5/3 4/3 –Mannum Show
6	6/3 STUDENT FREE DAY	7/3 Newsletter LMP enterprise recess (ice creams)	8/3 MP enterprise lunch (salad rolls)	9/3 8:15am Kick Start for Kids breakfast	10/3 JP/JP1 enterprise lunch (sausage in bread) 3:00pm Assembly	11/3 & 12/3
7	13/3 ADELAIDE CUP PUBLIC HOLIDAY	14/3 LMP enterprise recess (ice creams)	15/3 MP enterprise lunch (salad rolls)	16/3 8:15am Kick Start for Kids breakfast	17/3 JP/JP1 enterprise lunch (sausage in bread) 3:00pm Assembly	18/3 & 19/3
8	20/3 Newsletter 9:00am P&F meeting in Rita's Kitchen	21/3 LMP enterprise recess (ice creams) Harmony Day	22/3 MP enterprise lunch (salad rolls)	23/3 8:15am Kick Start for Kids breakfast	24/3 JP/JP1 enterprise lunch (sausage in bread) 3:00pm Assembly	25/3 & 26/3

Diary Dates for Terms 1 and 2 (subject to change)

Monday 6th March 2017 - **Student Free Day** (the school will be closed on this day)
Friday 31st March 2017- **School Disco**
Monday 3rd April 2017 - Wednesday 5th April 2017 - **Parent/Teacher interviews**
Monday 10th April 2017 - **School Sports' Day**
Friday 19th May 2017 - **Student Free Day** (the school will be closed on this day)

Community News



Mypolonga Football/Netball Clubs – Ladies' Day Saturday 8th April 2017 from 2:30pm – Keep the Date Free! Football mums, wives, grandmas, lady supporters, netball players and community members are invited to attend a Ladies' Day on our first home game against Tailern Bend. Stay tuned for more information and ticket prices. This was one of the Club's most successful events in 2016. Feel free to invite others!



Mypolonga Netball Club is offering children aged 7 or 8 in 2017 an opportunity to participate in a 10 week Netball Skills program in Term 2. It will be held at the Mypolonga Netball Courts on Thursdays from 4:30pm – 5:30pm. There is a cost involved but sports vouchers can be used. Please contact the Mypolonga Netball Secretary on mypo.secretary@gmail.com for more information and how to register.

Mannum Show – Saturday 4th March 2017. Students are invited to join in the fun and enter! Junior sections include cookery, flowers, pets, handicrafts, hobbies & collectables, photography, art, fruit and vegetables, carp throwing and show person quest. Check out the show book at the Mannum Show website for further information.

Mypolonga Primary School

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