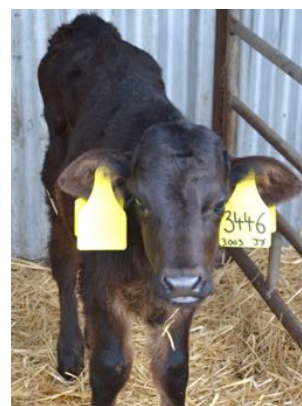


Mypolonga Primary School & Community Newsletter

22nd May 2017
(Week 4 Term 2)



Welcome to our School...

Sahne (Cream) and Käse (Cheese), pictured above with Ryder & William

Term 2 2017 Assembly Roster

Week 4 – Bella Smith, Jade Prosser, Judd Ruckstuhl

Week 5 – Jayda Stimpson, Riley Hazel, Ella O'Shea-Coulter

Enclosed with this Newsletter

- . 101 ideas to tackle climate change
- . P&F News

Happy Birthday

25/5 – Riley (Yr 7)
25/5 – Kiarra (Yr 6)
28/5 – Mackenzie (Yr 6)
29/5 – Thomas (Yr 7)
29/5 – Ethan (Yr 5)



LMP/MP Camp Aldinga forms

The commitment to pay for the above camp was due today (22/5/17). Full payment is not required until 22/9/17. Please contact Annie in the office if you have any concerns re payment.



SAPSASA Netball/Football

Congratulations to the following students on being selected in the Murraylands teams for the SAPSASA Netball and Football Championships being held in Adelaide from Monday 5th June to Friday 9th June 2017.

Jayda Stimpson
Keeley Rathjen
Mackenzie Lindner
Katie Hutchinson
Larissa Pike

Riley Walton
Jason Crouch
Henry Payne
Harry Stone

Well done to everyone and we look forward to hearing of your SAPSASA experiences!

Student Absences

Parents/caregivers are reminded to notify the school of any student absences either by telephone, voice mail (if out of office hours), email info@mypolongaps.sa.edu.au or a written note in the student's diary/communication folder. Families seeking extended leave (**5 school days or more**) for family holidays are to complete an **exemption form**, available from the office or off our website. Thank you.



Government of South Australia
Department for Education and
Child Development

Rita's Roar

Last Friday we met with 450 teachers from Kindy to Year 12 to learn how to integrate the new STEM curriculum into our sites. It was a massive undertaking and I wish to congratulate MBHS on their organisation of this mammoth event. There were over 40 workshops, and as a staff, we were strategic in the workshops we attended to ensure we covered a lot of ground. Over the weekend we have shared our impressions and thoughts and the feedback was outstanding. The curriculum is changing dramatically and as educators we need to ensure that we keep abreast of new learning so that our students have opportunities to fly!

Young Environmental Leaders (YEL)

At our last Sustainability Committee meeting members of the YEL shared the learning they had undertaken at their YEL meeting. The topic was climate change and the group presented us with a raft of strategies in order to live more sustainably. The minutes of this meeting were then shared at Governing Council. Kelly Kuhn was so impressed with the suggestions the YEL made that she asked that they be sent out with our newsletter for all families to implement. Please read these with your children and see what changes you can put into place at home to diminish the impact of climate change.

Our Sustainability Committee works hand in hand with the Mypolonga Landcare Group, and the AGM was held at the last meeting. Long term Landcare stalwart Jenni Llewellyn handed the baton on to new President Sharee Kelly and we are looking forward to using the implementation of new STEM curriculum to solve real-world problems in our environment. If you are interested in being involved, or know community members who may be interested please let them know that Sustainability Committee and Landcare Group meet in Weeks 2 and 7 Tuesdays after school.

Teething problems

Our new playground is fantastic, however, we are having issues at the end of the day with students being side-tracked by the playground instead of going to the front of the school where a teacher is supervising pick ups. All students **must** go and wait with the teacher. If they know their parent will be late they still must wait with the teacher who will then take them up to library to wait for late pick-up. In order to make the rules clear to students we ask that the rules for the playground are followed after school. R-2 students play on the back playground and 3-7s are on the new one, **with parent supervision**. The new playground is designed for older students.

We understand that the novelty of the playground is new, however we are concerned about student safety and parents waiting for their children who are playing on the playground. Please help us to make this win-win.

While we love pets we ask that you do not bring **dogs** into the school grounds before and after school to meet the Work Health and Safety requirements of DECD.

We are also concerned about the number of children who are being picked up late. While we understand that from time to time issues occur which make it difficult to pick children up, regular lateness by a significant number of families puts pressure on staff, who have meetings and work to do after school. We have deliberately kept our end-of-school day later than other schools (for example, the High School finishes at 3:10pm) to support our families to collect children.

Congratulations to all students and community members who were successfully graded in karate on the weekend. Well done!

Warm Regards, Rita

Yoga

Our 5-week yoga program is in full swing, with all classes going up to the Mypolonga Institute for a session each Monday. Students are learning about breathing, posture, poses and meditation.

Some interesting facts you may not know about Yoga:

1. The word "yoga" is derived from the Sanskrit root yuj meaning to yoke or join together. The actual meaning of Yoga is to join together. Thus, the purpose of yoga is to unite body, mind and spirit.
2. The lotus pose is a sitting pose meant to resemble the perfect symmetry and beauty of a lotus flower.
3. "Doga" is a type of yoga in which people use yoga to achieve harmony with their pets.
4. The Guinness World Records currently lists 85-year-old Bette Calman from Australia as the world's oldest yoga teacher.

Extracted from thebuzzdiary.com and factretriever.com.

Pictured below from left; Braeden, Ledja, Reagan, Amira, Felicity, Jorja, and Levi.



Hair Accessories Order

At the end of this week, Friday 26th May 2017, we will be placing a hair accessories order with our supplier in Adelaide. If you are interested in purchasing any items (pictured right and available for viewing in the office), please call in and see Necia. Payment is required at the time of ordering. Thank you.

Hair Accessories (made to order)

- Headbands (2.5cm wide) - \$10.00
- Curly ribbons on clip - \$4.00
- Curly ribbons on hair tie - \$4.00
- Clips - \$2.00



We are extremely fortunate to have recently received a community library from Raising Literacy Australia's Communities Library Project. The Little Big Book Club community library includes:

- . 1x square IKEA bookcase;
- . over 350 quality children's picture books (including some for group sharing); and
- . a folder of related make & do activities, which we can use for our Playgroup and school.

The Community Library Project recognises people and places working collaboratively to promote early literacy, and Mypolonga will join 9 other sites across South Australia that have been gifted such a resource. Raising Literacy Australia were particularly impressed that, as a community, we are all working together to improve literacy rates in our community and importantly, laying the foundation for a lifelong love of books and reading.

The kind gesture originated from contact we received from Raising Literacy Australia, who worked with Amy Stone's loved and late brother Peter Michell, who features in the DVD *It's Rhyme Time*. Some 800,000 copies of this DVD have been given out free to families across Australia through a number of early childhood initiatives. The DVD is now 11 years old and continues to be a strong resource for families and not-for-profit organisations. The wonderful resources we have received is a fitting gesture in remembrance of Peter.

New parents to our school have recently received Little Book Club/Rhyme Time packages, which they have enjoyed immensely.

Pictured below are Winchester, Layla and Luke in front of their wonderful classroom display of work created from books they have received and read from Raising Literacy Australia.



P&F NEWS

22 May 2017

PARENTS & FRIENDS CADBURY FUNDRAISER DRIVE

We are about to kick off a fundraising drive to raise money for our schools STEM Program (science, technology, engineering and math).

It would be great if you could roll up your sleeves and help. The good news is that this fundraiser is super simple... and delicious.

Every box of 50 Freddo Frogs we sell will raise \$20 for the school STEM Program, so we are asking all members of our Mypolonga School Community to sell at least one box for us.

Each Freddo Frog sells for \$1 and can be sold to family members, colleagues, friends or neighbours. We don't recommend that children sell the product, if they are involved, please ensure an adult is with them at all times.

If you find it hard to sell your box of treats, let us know – other people may be able to help.

If you can't help out in this fundraising drive, please fill out the slip below and return to the schools front office by Friday 26th May 2017.

More details to follow as to how you can collect your box.



President: Jodie Hagger Vice President: Lorna Logan Secretary: Claire Garner
Treasurer: Peta Paki Communication Officer: Danielle Baker
Facebook: [Mypolonga Parents & Friends](#) Email: mypopandf@gmail.com

P&F Cadbury Fundraiser Drive 2017

I cannot help out in this Cadbury fundraiser drive 2017

Name: _____

Child/Children's Name: _____

Child/Children's Class: _____





There are lots of things South Australians can do to tackle climate change - and many people are already taking action.

Dealing with climate change requires government, business and the community to work together. There are many things that individuals can do to help save money while also helping to tackle climate change. Here are 101 ideas to get you started.

Clean energy

- 1 Install a solar hot water system at your home or business
- 2 Install solar panels on your home or business
- 3 Investigate purchasing accredited GreenPower from your energy retailer for your home
- 4 Support solar and renewable energy developments in your community

Saving energy

- 5 Change your thermostat setting - every degree lower you set the heating or degree higher you set the cooling can save 10% on the running cost of your appliance
- 6 Turn off appliances at the power point rather than leaving them on standby
- 7 Make it a habit to turn off lights when you leave a room
- 8 Use power boards with switches to make it easier to turn individual appliances off
- 9 Unplug and switch off mobile phone and other chargers from the wall when not in use
- 10 Use natural lighting as much as possible at home during the day by opening blinds or installing skylights
- 11 Change to energy-efficient light bulbs (e.g. LEDs)
- 12 Use the lowest wattage globe needed to light an area
- 13 Fully load your washing machine before running a cycle
- 14 Wash your clothes in cold water - your clothes will still get clean but you will save energy by not using hot water
- 15 Undertake a home energy audit - home energy toolkits are available to borrow from most South Australian public libraries

- 16 Dry your clothes on the clothesline rather than using a dryer
- 17 If using your dryer, don't put very wet clothes in - remove as much water as possible beforehand
- 18 Close/turn off rooms you are not using to save on heating and cooling costs
- 19 Before increasing the temperature of your heater, think about adding an extra layer of clothing
- 20 Shade windows in summer and use natural breezes to keep your home cool at night
- 21 Draught-proof gaps and cracks around doors and windows to reduce heating and cooling
- 22 Take shorter showers - use a shower timer to help you keep your showers to 4 minutes or less
- 23 Install a water-efficient shower head - this could save at least 10 litres of hot water every minute
- 24 Have dripping taps fixed - leaking hot water taps waste water and energy
- 25 Choose energy-efficient appliances - energy star ratings labels provide information on efficiency and energy consumption
- 26 Have insulation installed in your walls and ceilings by a licensed installer
- 27 Insulate any external hot water pipes to prevent heat loss
- 28 Clean the lint filter in your clothes dryer regularly
- 29 Turn off second fridges and freezers when you're not using them
- 30 Smaller kitchen appliances use less energy than larger ones, so use smaller ones where possible (e.g. toaster instead of grill, microwave instead of oven)
- 31 Locate the fridge away from direct sun and in a cool location, ensuring air can circulate around all sides
- 32 If replacing a water heater, choose an energy-efficient model
- 33 Ensure your oven door seals are in good condition to prevent heat loss
- 34 Replace the seals on your fridge if they are not in good condition
- 35 Keep lids on pots when you're cooking to use less energy
- 36 Plant deciduous shade trees that protect windows from summer sun but allow it in during the winter
- 37 When building or renovating, employ an architect who is experienced in sustainable and energy-efficient design
- 38 Print out only what is necessary using both sides of the paper
- 39 Turn off your TV, mobile and computer. Instead spend time reading, writing, drawing, telling stories or making music
- 40 Use the sun to heat your home for free in winter by opening curtains and blinds
- 41 Choose the best heater for your needs - for example, using a heated rug while watching TV is much more cost-effective than a portable heater
- 42 Use ceiling fans which use much less energy than air conditioners
- 43 Ensure the filter in your air conditioner is regularly cleaned
- 44 Check your fridge and freezer temperatures - set your fridge to between 2°C and 5°C and your freezer to between -15°C and -18°C to save energy
- 45 Select energy saving settings on your computer and switch it off when not in use



- 46 Only turn on printers and scanners when required, don't leave them permanently using stand-by power
- 47 If you have a pool or spa, don't run your pump longer than necessary - reducing the running time will minimise energy use and costs
- 48 If your pool is heated, use a cover to prevent heat loss and water evaporation

Transport

- 49 Walk or cycle whenever possible rather than drive
- 50 Catch public transport - buses, trains and buses
- 51 Purchase a more fuel efficient or low emission vehicle
- 52 Car pool with your family, friends and work colleagues where possible
- 53 Maintain and tune up your vehicle regularly - keep to the recommended servicing schedule
- 54 Maintain your tyres properly - check your tyre pressure at least once a month
- 55 When it's time to replace your tyres, select low rolling resistance tyres for fuel savings
- 56 Drive efficiently and avoid unnecessary acceleration and braking
- 57 Avoid unnecessary idling. If you are going to stop for more than a few seconds, except in traffic, turn off the engine to save fuel and reduce emissions
- 58 Plan and combine trips and errands to minimise use of transport
- 59 Remove unnecessary weight from your car - extra weight decreases the fuel efficiency of your vehicle
- 60 Buy carbon offsets every time you take a flight

Food and waste

- 61 Support local producers and at the same time reduce emissions by buying local products
- 62 Buy only as much food as you will use and avoid wastage
- 63 Compost your food scraps and garden waste or place in your green bin
- 64 Eat organic or less processed foods whenever possible
- 65 Think about setting up a vegetable garden at home

Garden and water

- 66 Think about reducing water use in the garden - native plants and mulch can help
- 67 Minimise use of lawn in your garden
- 68 Choose a drought resistant lawn, and train it to use less water - it will encourage the roots to grow deeper
- 69 Plant in groups with similar watering needs to avoid overwatering
- 70 Water your garden with an underground or efficient drip system during the early morning or evening
- 71 Support organic farming and organic gardening methods
- 72 Collect rainwater and greywater for use in your garden
- 73 Ensure toilet cisterns don't run continuously - toilets are the most common leak sites and can waste up to 260 litres per day
- 74 Turn off taps when washing vegetables, brushing teeth or washing hands
- 75 Install aerators on your taps - aerators mix air with water and reduce water flow without affecting pressure

Reduce, reuse, recycle

- 76 Make recycling part of your daily routine and recycle all packaging and consumer goods that you can
- 77 Ask your local council how to recycle household goods, from clothing to motor oil to appliances
- 78 Start a recycling program at your workplace
- 79 Use recycled printing paper and other paper
- 80 Reuse as much as possible - envelopes, jars, paper bags and scrap paper
- 81 Take your own bags when shopping rather than using store bags
- 82 Take your own reusable cup when you buy a coffee
- 83 Rent or borrow items that you don't use often rather than buying them
- 84 Maintain and repair the items that you own rather than buying new ones
- 85 Be aware of packaging - choose products with minimal packaging
- 86 Recycle your soft plastic waste at your local supermarket



- 87 Hold a garage sale - one person's waste is another person's treasure
- 88 Limit or eliminate your use of disposable items
- 89 Use chemical free, environmentally friendly cleaning products

Adapting to climate change

- 90 Be prepared for bushfires and have a plan in an emergency
- 91 Prepare and protect your home from extreme weather events
- 92 Check on elderly family, friends or neighbours in heatwave conditions

Business

- 93 When shopping, consider the business's environmental and sustainability practices
- 94 When investing, consider ethical and socially responsible funds as an alternative

Community involvement

- 95 Share produce from your garden with family, friends or neighbours
- 96 Join friends or neighbours to make a community garden and share equipment and tools
- 97 Get involved in local tree-planting programs like National Tree Day
- 98 Take advantage of government incentives and rebates
- 99 Find out more about what is being done in South Australia to tackle climate change
- 100 Act local - think global... collective individual actions really can make a difference
- 101 Start simply with things you can change in your everyday life



To find out more visit
climatechange.sa.gov.au

Department of Environment, Water and Natural Resources
environment.sa.gov.au

Department of State Development
sa.gov.au/development

Zero Waste SA
zerowaste.sa.gov.au

Department of Planning, Transport and Infrastructure
transportandinfrastructure.sa.gov.au



Department of Environment,
 Water and Natural Resources



Mother's Day School Shop purchases

Thanks to all our families who recently supported our Mother's Day School Shop purchases. A total of \$697.00 worth of items were sold on the Inside Counter (consignor made items), with 20% of sales being retained by the school.

A total of \$191.00 worth of items were sold on our Outside Counter (class made items), with 100% of sales going back to the classrooms (less GST).



We hope all our mums loved receiving their special gifts made by their children in class, just like Shelby's mum! Shelby is pictured above with her love heart present.

Junior Primary 1 Learning Goals

At the start of every term, students in the Year 1/2/3 Junior Primary 1 class set a learning goal.

This term, the class are also looking at superheroes and have incorporated their learning goal into a *Superhero Super Power*.

All the students' goals can be viewed in the display cabinet outside the staffroom.

Pictured below is Felicity Donald's learning goal.



Counsellor's Corner



Resilience Robbers

I am continuing to promote the '7 Resilience Robbers' according to Michael Grose – Australia's No. 1 parenting educator.

Below is the sixth way parents can 'over-parent' and therefore do their children more harm than good. Most of the time we know we are doing it and just need a little reminder to stop and not to make the biggest mistake of doing for our children what they can do for themselves.

Resilience Robber No. 6

Neglect to develop independence

Don't wait until they are teenagers to develop the skills of independent living. Start early and promote a broad skill set so that they can look after themselves if you are not around.

Resilience notion # 6: Don't routinely do for kids what they can do for themselves.

I remember being a 'Kindy' mum (quite a while ago now, lol) and one day, while waiting for Kindy to finish I was standing at the back of the room along with all the other mums and dads, holding on to my child's backpack. The teacher looked up at all of us, smiled and said, "Next time mums and dads, your children can show you where their locker is, grab their own bag and carry it to the car, these kids are quite clever that way." I was a little embarrassed but it was a wake up call....they can definitely get and carry their own backpack! This opened my eyes to quite a few other things that I was doing unnecessarily.

Cheers, Kerry

After School Pick Up

We kindly ask and remind parents/caregivers to collect their children from the **Williams Street entrance** of the school between 3:25pm and 3:35pm, where a teacher will be present on yard duty. We understand that there may be unforeseen circumstances when this is unable to be achieved. In this case, your child/ren will return to the **Library** with the teacher on yard duty until they are collected. We would be pleased if you could remind your child/ren that if you are going to be late in picking them up, **they will return to the Library**. For safety and supervision reasons, students **are not** permitted to play in either playground while waiting to be collected.

We have recently seen a number of children playing in the playgrounds (and in particular on our new playground equipment) once the 3:25pm bell has sounded. This is lovely to see, however, all children **must** be supervised by a parent/caregiver on the playground equipment once they leave their classroom at 3:25pm. Please refer to Rita's comments regarding age appropriate playgrounds.

Thank you. Please contact us if you have any queries.

**Diary Dates
(subject to
change)**

Wednesday 2nd August 2017 - **Student Free Day**
 Thursday 3rd August 2017 - **SAPSASA Athletics District Day @ Unity College**
 Friday 1st September 2017 - **School Closure**
 Wednesday 6th September 2017 - **Grandparents' Day**
 Wednesday 27th September 2017 - **SRC Bikeathon** (World Vision child fundraiser)
 Monday 6th November – Wednesday 8th November 2017 - **Upper Primary camp @ West Beach**
 Wednesday 15th November – Friday 17th November 2017 - **Lower Middle & Middle Primary camps @ Aldinga Beach**
 (Junior Primary camps to be advised)
 Monday 20th November 2017 - **Student Free Day**

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

**Planning Calendar
Term 2 2017**

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

4	22/5 LMP/MP Aldinga camp commitment to pay form to be returned Yoga Newsletter	23/5 LMP enterprise recess (crumpets)	24/5 MP enterprise lunch (hot chicken & gravy rolls)	25/5	26/5 JP/JP1 enterprise lunch (sausage in bread) 3:00pm Assembly	27/5 & 28/5 27/5 – MFC/MNLC -v- Jervois @ Mypo 28/5 – Mypo RSL Annual Dinner
5	29/5 Yoga	30/5 LMP enterprise recess (crumpets) Science competition	31/5 MP enterprise lunch (hot chicken & gravy rolls)	1/6	2/6 JP/JP1 enterprise lunch (sausage in bread) 3:00pm Assembly from 6:00pm MCSC Friday Night tea	3/6 & 4/6 3/6 – MFC/MNLC -v- Tailem @ Tailem, followed by Tiger Ball
6	5/6 SAPSASA Football/Netball (all week) 9:00am P&F meeting Newsletter	6/6 LMP enterprise recess (crumpets)	7/6 MP enterprise lunch (hot chicken & gravy rolls) MBHS Year 7 parent information night	8/6	9/6 JP/JP1 enterprise lunch (sausage in bread) 3:00pm Assembly	10/6 & 11/6 10/6 – MFC/MNLC no games due to public holiday
7	12/6 QUEEN'S BIRTHDAY PUBLIC HOLIDAY	13/6 LMP enterprise recess (crumpets) 3:45pm Sustainability meeting	14/6 MP enterprise lunch (hot chicken & gravy rolls)	15/6	16/6 JP/JP1 enterprise lunch (sausage in bread) 3:00pm Assembly from 6:00pm Mypo RSL Bingo BBQ Tea	17/6 & 18/6 17/6 – MFC/MNLC bye
8	19/6 Newsletter 3:45pm Life Long Learning meeting 7:00pm Finance Meeting 7:30pm Governing Council meeting	20/6 LMP enterprise recess (crumpets)	21/6 MP enterprise lunch (hot chicken & gravy rolls)	22/6	23/6 JP/JP1 enterprise lunch (sausage in bread) 3:00pm Assembly	24/6 & 25/6 24/6 – MFC/MNLC -v- Meningie @ Mypo, followed by Tucker's Trivia Night
9	26/6	27/7 LMP enterprise recess (crumpets)	28/6 MP enterprise lunch (hot chicken & gravy rolls)	29/6	30/6 JP/JP1 enterprise lunch (sausage in bread) 3:00pm Assembly	1/7 & 2/7 1/7 – MFC/MNLC -v- Imps @ Imps
10	3/7	4/7 LMP enterprise recess (crumpets)	5/7 MP enterprise lunch (hot chicken & gravy rolls)	6/7 2:50pm End of Term Assembly (held at the school) 3:25pm Dismissal	7/7 Newsletter JP/JP1 enterprise lunch (sausage in bread) Early dismissal @ 2:25pm from 6:00pm MCSC Friday Night tea	8/7 & 9/7 8/7 – MFC/MNLC Compulsory Bye

Mypolonga Primary School

Principal: Rita O'Brien

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