Term 3 Assembly Roster
Week 4 – Abbey Schofield, Katie Hutchinson, Linx Baker
Week 5 – Chloe Pahl, Logan Baker, Georgia Martin

Reminders
- Wednesday 12th August 2015 – LMP/MP class ‘From Footprint to Footplate’ performance consent forms to be returned.
- Friday 14th August 2015 – Last day to return Jump Rope for Heart sponsorship forms
- The return of the Parents and Friends survey (included in the last newsletter)
- Year 7 MBHS enrolment forms to be returned by this Friday 14th August 2015

Book Fair
This year, we are again celebrating Book Week with a Book Fair.
Books will be displayed in the Library on Monday 24th August 2015 and Tuesday 25th August 2015, where students can add to a wish list with titles and prices.
Books will be available for purchase from 8:30am on Wednesday 26th August 2015.
Purchases will be on a first come, first served basis, and there will be no orders taken. Scholastic promotional material is enclosed.
Please see Anne Martin or Neicia Zadow if you have any queries.

Happy Birthday
12/8 – Isaac (Year 1)
14/8 – Zenith (Year 1)
15/8 – Spiro (Year 4)

Upcoming School Closure Day
Friday 4th September 2015
(the school will be closed on this day)

Congratulations
Congratulations to Paula and Mathew Rothe on the safe arrival of Dallas, a little sister for sisters Shelby (Yr 1) and Bailey.

Rita’s Roar

Interschool Sports’ Day
In third term, we usually combine with Jervois for our Sports’ Day. This year however, Jervois has been unable to meet this commitment; therefore this will not go ahead. While this is disappointing, I know that Anne and Tania from Jervois intend to give upper primary students the opportunity to catch up before high school transition.

SAPSASA Athletics District Day
Congratulations to all of our students who achieved such great results for Mypo at SAPSASA. We came 5th overall (equal with Tailem Bend Primary School) and 3rd in the Handicap Shield. Congratulations to Kenz Rathjen and Blake Fidge (pictured) who were overall winners in their age group. Sometimes it is harder to be a little fish in a big pond and I congratulate all students on giving 100% on the day.

As well as that, I have received fantastic feedback about the behaviour and sportsmanship of our students. It makes me very proud. Kerry also fed back to me how well Kim had organised the event. Well done team!

Young Environmental Leaders
Members of the Sustainability Committee are also involved in the Young Environmental Leaders, supported by the NRM Board. The theme for the last meeting was finding great places to play in your natural environment. Tyler, Darcy and Mostyn (pictured) found some great places to play in Mypo and made a big book to share with the Junior Primary students.

The next Young Environmental Leaders’ meeting will focus on kitchen gardens, so members of the middle primary Stephanie Alexander Kitchen Garden Program will represent us. I look forward to hearing what they have learned next week. This program is growing into something to rival the Shop. The learning is fantastic; especially in maths and science, let alone cooking and eating.

Goodbye Brenton
Brenton Prior our groundsperson has been unwell for some time and has reluctantly made the decision to retire. Brenton was instrumental in the redevelopment of the school garden and our move to growing food to eat before Stephanie Alexander’s days. We wish Brenton and his family well. Brenton was replaced by David Hughes while he was on long service leave and David will continue in this position.

Warm Regards, Rita

“Even though you’re growing up, you should never stop having fun.”
~ Nina Dobrev ~
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. Class elections were recently held and we CONGRATULATE the following students on being elected SRC representatives for Terms 3 and 4:

**Junior Primary** – Levi Gray, James-Noah Peterson, Ruby Montgomery-Pittaway

**Lower Middle Primary Class** – Mitchell Pahl, Dallas Harrowfield, Makayla Stimpson

**Middle Primary Class** – Keeley Rathjen, Logan Baker, Katie Hutchinson

**Upper Primary Class**
- SRC Leaders – Sienna Montgomery-Pittaway, Kyal McDonald
- SRC Treasurer – Jackson Hughes (Term 3)
- UP Representative – Abbey Schofield (Treasurer Term 4)

I am looking forward to working with such a great group of enthusiastic students.

*Cheers, Kerry (SRC Co-ordinator)*

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Counsellor’s Corner

**Why is sleep so important?**

This fortnight we will look at the HOW?

**There are 5 stages of sleep**

- **Stages 1 & 2** – you first fall asleep but are not yet in a deep sleep.
- **Stages 3 & 4** – you are in a deep sleep. Your heart and breathing slow down and your body is still. It is hard to wake you.
- **Stage 5** – this is a very light sleep, your brain is active, your eyes move around under your eyelids in RAPID EYE MOVEMENT SLEEP (REM).
  - You often wake up a little after a REM period because it is very close to ‘wake’.

**Sleep Cycles**

As the night progresses, there is less deep sleep (stages 3 & 4) and more REM.

- REM sleep is very light and we wake easily from REM.
- This is why we wake more often in the early hours of the morning because we have more REM then.
- Sleep cycles (stages 1,2,3,4 REM) usually last about 90 minutes in school aged children and the first two cycles are the deepest.

This cycle happens 5 to 6 times during the night.

**How much sleep does your child need?...**

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**Jump Rope for Heart**

As previously mentioned, our school is participating in the Heart Foundation’s Jump Rope for Heart.

Our ‘Jump Off Day’ is being held at the school **this Wednesday 12th August 2015**. Students are encouraged to wear a ‘splash of red’ on the day. Parents, family and community members are all welcome to come along and watch and join in a turn of the rope!

Please continue to encourage your child to keep skipping and support them with their fundraising by asking your relatives and friends to sponsor them.

Sponsorship can be made via your child’s sponsorship form (which is due back at the school on or before **Friday 14th August 2015**), or through the new, hassle-free online functionality at www.jumprope.org.au.

*Regards, SRC*
RAA / MAC Street Smart Primary Program

Recently, Catherine Berry, a trained and qualified Street Smart teacher, delivered an interactive and age appropriate road safety lesson to all our students.

The program, run by the RAA and MAC, emphasises pedestrian, passenger and cycling safety so students can start to develop appropriate skills and knowledge that will help make them safer in the road environment.

Pictured above are Braeden and Ruby with Catherine Berry.

Class Awards

Term 3 Week 2

Junior Primary class
Connor Fulwood – for being enthusiastic towards his learning.
Haydn Castle – always showing respect for his learning area.

Junior Primary 1 class
Leroy Rathjen – making great work choices in the classroom.
Jacinta Clark – always helpful and considerate towards others.

Lower Middle Primary class
Rhea Kempe – being a keen environmentalist.
Ben Stewart – working hard on his times tables in Personal Learning.

Middle Primary class
Leila Dahlitz – showing confidence and ability in Maths.
Coen Martin – always producing work to a high standard.

Upper Primary class
Kyly Reen – improved effort and attitude to learning.
Riley Smelt – fantastic effort and creativity in descriptive writing.

SAPSASA Athletics District Day

On Thursday 6th August 2015, a number of our students represented our school at the SAPSASA Athletics District Day at Unity College. We came 5th overall (equal with Tailem Bend Primary School) and 3rd in the Handicap Shield. This was a big achievement considering some of the schools we were up against are much larger than us. Not only did the kids do a fantastic job in their events, they also shone with school pride and good sportsmanship. Thanks to the parents who helped and supported our students on the day, and to Kerry Daniel for all her invaluable assistance.

We are proud to list for you, first, second and third placing of students from the day:

Johannah Hobbs – 800m 2nd place
Mackenzie Rathjen – 800m 1st place, 100m 3rd place, High Jump 1st place
Harry Stone – Shot Put 3rd place
Jayda Stimpson – High Jump 1st place, 100m 3rd place
Blake Fidge – Discus 1st place, Shot Put 1st place
Riley Smelt – High Jump 1st place
Baden Monjean – 100m 2nd place
Kyal McDonald – Shot Put 1st place
Relay team – 10/11 year old 3rd place
Relay team – 12/13 year old 2nd place

Congratulations to Mackenzie Rathjen and Blake Fidge who performed brilliantly and were the highest receivers of points in their age group.

UNSW Global - International Competitions and Assessments for Schools

Congratulations to the following students on their recent achievements in the Science Competition, held on 3rd June 2015:

Riley Walton (Year 5) – Distinction
Bailey O’Connor (Year 7) – Distinction
Isla Gielen (Year 3) – Credit
Madalyn Uren (Year 4) – Credit
Samuel Montgomery-Pittaway (Year 5) – Merit
Thomas Tidy (Year 5) – Merit

‘From The Proud Mary…’

29/7/15

Hello everybody

My husband and I loved our visit to Mypolonga Primary last week. We bought lots of goodies to eat and I got a pretty knitted jumper too. It’s a great thing that you do. We have a district high school here in Wagin (K to Year 10). They have a Stephanie Alexander Garden just like yours. Our area has lots of sheep – the Big Ram is our mascot.

Bye from Mr & Mrs Steels
Wagin, Western Australia
**COMMUNITY NEWS**

**Mypolonga Football Club** – Saturday 15th August 2015. Home match tees commencing at 6:15pm. All welcome!

**Mypolonga RSL BBQ Bingo Tea** – Friday 21st August 2015 at the Mypolonga RSL. Bingo teas are inexpensive, fun nights out for the whole family. Teas commence at 6:00pm, bingo starts at 7:30pm. Please BYO salad or plate of sweets to share.

**Mypolonga S.K.A – Karate Lessons** commencing this Wednesday 12th August 2015 @ the Mypolonga Institute. First lesson free – information pack will be available at the first lesson. Training times: Children (5-16yrs) 6:00pm-7:00pm. Adults (17yrs+) 7:15pm-8:15pm. *Times for 12/8/15 only 6:00pm-7:20pm & 7:30pm-9:00pm

**Murray Bridge Basketball Association Bridge Hoops** – commencing Wednesday 12th August-16th September 2015. From 5:00pm-6:00pm. Cost: $30 for 6 weeks. Registration forms available on their website or at the stadium.

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**Planning Calendar**

**Term 3 2015**

<table>
<thead>
<tr>
<th>4</th>
<th>10/8 Karate Lessons Newsletter</th>
<th>11/8 Maths Competition</th>
<th>12/8 Jump Rope for Heart 'jump off' day * money due Friday</th>
<th>13/8</th>
<th>14/8 LMP/MP performance @ town hall 3:00pm Assembly</th>
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<tbody>
<tr>
<td>5</td>
<td>17/8 Karate Lessons</td>
<td>18/8</td>
<td>19/8</td>
<td>20/8</td>
<td>21/8 JPO Old Tailen Town excursion</td>
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<td>3:00pm Assembly Mypo RSL BBQ/Bingo Tea</td>
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<td>6</td>
<td>24/8 Karate Lessons Newsletter</td>
<td>25/8</td>
<td>26/8 from 8:30am Book Fair purchases</td>
<td>27/8</td>
<td>28/8 3:00pm Assembly</td>
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<td>Bookweek &amp; Book Fair viewing</td>
<td>Master Class</td>
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<td>7</td>
<td>31/8 Karate Lessons</td>
<td>1/9</td>
<td>2/25pm Master Class</td>
<td>3/9</td>
<td>4/9 SCHOOL CLOSURE DAY</td>
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<tr>
<td></td>
<td>Students to wear school hats again</td>
<td>7:00pm Sustainability Committee Meeting 7:45pm 100th Year Birthday committee meeting</td>
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<td>MCSC Friday Night Tea</td>
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<td>8</td>
<td>7/9 Karate Lessons Newsletter</td>
<td>8/9</td>
<td>2:00pm Choir @ Mypo RSL</td>
<td>9/9</td>
<td>10/9 Small Schools Basketball competition @ Mannum 3:00pm Assembly</td>
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<td>3:30pm Life Long Learning Community meeting 7:00pm Finance Committee meeting 7:30pm Governing Council meeting</td>
<td>2:25pm Master Class</td>
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<td>14/9 Life Ed Van</td>
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<td>18/9 3:00pm Assembly</td>
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<td>10</td>
<td>21/9 Junior Primary/1 Camp to Narnu Farm</td>
<td>22/9</td>
<td>2:45pm End of Term Assembly 3:25pm Dismissal</td>
<td>23/9</td>
<td>24/9 Newsletter No Assembly 2:25pm Dismissal</td>
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<td>26/9 &amp; 27/9 26/9 – RMFL Grand Final @ Ramblers</td>
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**Mypolonga Primary School**

**Principal:** Rita O’Brien

[www.mypolongaps.sa.edu.au](http://www.mypolongaps.sa.edu.au)

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