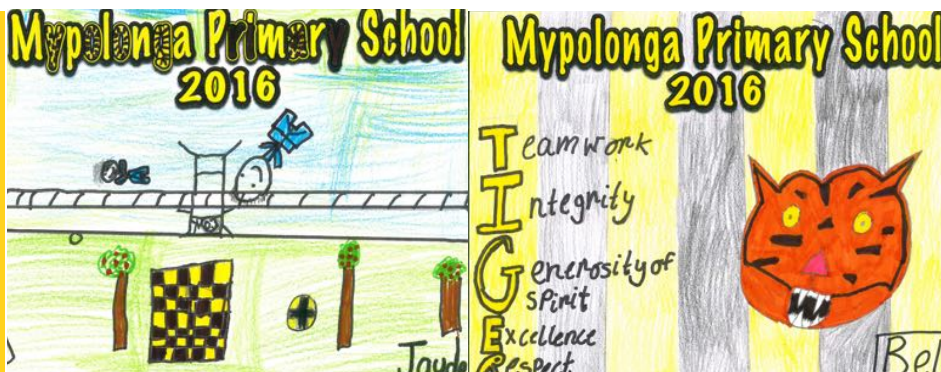


# Mypolonga Primary School & Community Newsletter

22<sup>nd</sup> February 2016



As part of their Enterprise Education program, the Lower Middle Primary class make notebooks made out of recycled paper. They are sold in our school shop for \$2.50. Once the pages in the notebooks have been used, the creative cover designs can be displayed on your fridge as they have a magnet on the back. Pictured above are covers by Jayden Hearne and Bella Pike.

## Term 1 Assembly Roster

**Week 4** – Kane Rankin, Jade Prosser, Judd Ruckstuhl

**Week 5** – Jackson Hughes, Rhiannon Bowley, Drew Bettcher

## Enclosed with this Newsletter

. 100<sup>th</sup> birthday celebrations invitation & lunch order form.

## Notes to be returned

. *Upper Primary students* - Instrumental Music Student Enrolment Request forms (for those students wishing to learn a musical instrument in 2016). Please return by 24/2/16.

## Happy Birthday

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

## Friendly Reminders

. Swimming travel costs are now due. \$15.00 per student.

. *Lower Middle & Middle Primary students* - Choir book & CD charges are due by 15/4/16.

. Please be mindful of the 15-minute car parking zone outside the Mypolonga General store.

. Quite regularly, notes are sent home with students, with a due date for return following parent/caregiver consent. We would appreciate the prompt reply of these notes, as certain decisions can only be made upon their return ie. catering, bus numbers, reports printed etc. Thank you!

. 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 [info@mypolongaps.sa.edu.au](mailto:info@mypolongaps.sa.edu.au). 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 (greater than 5 school days) for family holidays must apply in writing to the school for an exemption, using the appropriate form available from the office.

## Rita's Roar

### A Memory from 2015

After school finished in 2015, our beautiful choir was invited to perform at the Murray Bridge 'Carols by Candlelight'. I was so proud that the parents who could, enabled their children to not only shine, but to steal the show. They were sensational. I was so proud that Kerry and Kim seized the opportunity to give our kids this experience.

Don Watts, who stage-managed the event posted on our Facebook page: 'Mypolonga Primary School students and staff stand tall. Your attitude, preparation, skills and pride in your school made you tops before you stepped on stage....just the best. Thank you for all your amazing singing, happy faces and superb efforts. Standing behind the stage I got to watch Rita's face. That was ample award alone. Fantastic folks!'

What Don was referring to, was me, trying very hard, but unsuccessfully, to hold it all together. I was so proud and emotional about how our kids rise to the occasion and represent our school so impressively.

### Family Fun Night

What a great night we had; over 200 people sharing our TIGERness! Necia organised the whole event in her impeccable style and was able to draw on the support of our Mypo stalwarts: Mary Gill, who peeled and sliced 20kg of onions donated by the Rathjen family, Mark Pahl for helping with transporting items, Craig, Yvonne and Mitchell Hobbs, Ian Payne, Rod Baker and Derek Hagger who cooked the Barbie. The weather was kind to us in the end and we had a great night.

We also had the Parents & Friends (P&F) AGM where we talked about the committee's purpose. We came up with a 3 pronged attack:

- **The Catering arm:** Mary Gill, Yvette Rathjen and Bronwyne Schubert will coordinate this in 2016;
- **The Social arm:** Carol Kruschel will coordinate a program of social events where parents (men included) can get together socially. **A coffee morning has been organised for Monday 7<sup>th</sup> March 2016 at GCS (Adelaide Road, Murray Bridge) at 10am. All parents welcome;**
- **The Fundraising arm:** P&F will determine other fundraising activities as appropriate.

An election was conducted and the following office bearers were elected:

- **President:** Mary Gill
- **Vice President:** Lorna Logan
- **Secretary/Treasurer:** Paula Burgess

### Twice in a week!

Last Wednesday, Ron Kandelaars did a story about the School Shop on Ian Henscke's ABC Drive program. The next day I was interviewed by the ABC Riverland to expand upon the previous interview. The snowball effect is alive and well.

### Sharing Learning

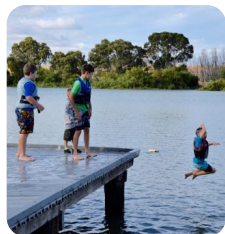
Last Friday, all 36 students from Keyneton Primary School visited our school to see the Shop in action and to learn about the Stephanie Alexander Kitchen Garden program. The Upper Primary class made them lunch and shared the learning that is taking place in the School Shop. We try to give our students as many opportunities as possible to speak in public confidently and I was really proud of the way our kids showed leadership and pride in our school.

### The Governing Council

Our AGM is tonight. See you there!

Warm Regards, Rita

## Family Fun Night



## 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** – Zenith Smith, Jorja Kuhn, Kallan Hearne

**Lower Middle Primary Class** – Leroy Rathjen, Jacinta Clark, Jade Burgess

**Middle Primary Class** – Madalyn Uren, Logan Rankin, Rhiannon Bowley

**Upper Primary Class**

**SRC Leaders** – Chloe Pahl & Baden Monjean

**SRC Treasurer** - (Term 1) Samuel Montgomery-Pittaway

**UP Representative** - (Treasurer Term 2) Amber Gielen

## Counsellor's Corner



My first newsletter insert this year was the first 5 of a Michael Gross blog titled '10 of the Best Parenting Ideas for 2016'. This newsletter, I am delivering the final 5. I thought this article appropriate for the beginning of the year and I hope you have found it both interesting and useful.

### 10 of the best parenting ideas for 2016

Everyone wants to be the best parent they can be, and a new year offers the chance for renewal and rejuvenation. Here are the last 5 of the 10 HOT ideas to help you be on top of your parenting game this year.

**6. Develop character strengths in kids.** Recent studies (most notably the work of US-based Angela Duckworth) have found that character, not cognitive ability, is the single most reliable determinant of how a person's life will turn out. The traits associated with success include the inclination to persist at boring or difficult tasks (grit), the ability to delay gratification (self-control) and the ability to follow through with a plan (conscientiousness). Writer's NOTE: I'm currently researching these and other character traits and I look forward to sharing them through different forums.

**7. Roll down Redundancy Road.** The fundamental role of a parent is to make yourself redundant. Always has been. Always will be. There are three ways to do this – teach skills of independence, develop self-help skills and allow kids to learn from their mistakes. If your current parenting is heading toward Dependency Drive, it's never too late to take a turn and head down a different road toward Redundancy. Start small but, for goodness sake, start now.

**8. Practice reciprocity.** The best families, like the most meaningful, communities are built around the principle of reciprocity. "We help each other out and we treat each other fairly" builds belonging and forges greater kinship between siblings.

**9. Encourage social risk-taking.** One in three children are risk-adverse when it comes to meeting new people and entering new social situations. Social media removes risk for these kids, yet it's not the answer. Use a variety of strategies ranging from scaffolding (baby steps), practising meeting and speaking to new friends and modelling social risk-taking yourself.

**10. Get a coach or mentor.** The quickest way to get better at any skill is to get a coach or use a mentor to share their experiences and show you the way. (I've got coaches and mentors for everything from speaking, writing and social media through to golf, scuba diving and my other interests.) Parenting is no different. Draw on the expertise and experience of trusted sources to help you be the best parent you can be this year.

Cheers, Kerry

Michael Grose

## Junior Primary Enterprise Breakfast - Term 1 2016 (for students, parents & siblings!)

**This Thursday, 25<sup>th</sup> February 2016 - 8:15am until 8:45am**

**Pancakes** (choice of toppings) \$2.00 each

**Juice** (orange or apple) \$1.00 each



Please return orders (with correct money) to the office by **3:30pm Tuesday 23<sup>rd</sup> February 2016.**

Further pancake breakfasts will be held on Thursday 17<sup>th</sup> March and Thursday 7<sup>th</sup> April 2016. Keep an eye out for the order forms closer to the dates!



## House Captain speech...

We would like to share with you an example of the exemplary house captain's speeches we received from this year's elections. Congratulations Holly on your appointment as house captain for Hindmarsh...

*"Hello everyone, my name is Holly Rathjen. As you all know, I'm running for the job of blue house captain.*

*I will encourage you to not give up and to work towards the best of your ability. I wish that I can be the best role model of this year. It's my pleasure to listen to you read at lunch times if it's not possible to read at home. Last year, I read 301 nights and I'm determined to beat it this year. And I want to help each and every one of you reach all of your personal goals.*

*One of my personal goals this year is to do more sport and expand my knowledge on physical activity. I love working with younger students and I feel a real connection with all of you. My inspiration is my sister Maddison Rathjen because she tells me to never stop believing in your dreams and keep working hard in what you are doing to get where you want to be. She also says to never stop learning from your mistakes and that is something I have used to become a better learner. And this message I want to pass on to Hindmarsh.*

*My aim is to make sure that we all use our tiger values so we can improve not only individually, but as a whole team and become more resilient. Just to let you know, I'm always here for every one of you and you can come and talk to me at any time if you need someone to talk to and I will always support and respect you.*

*This is one of my favourite quotes that I find really motivational; Don't think, Don't hope, Do!*

*As the great AFL star and Hawthorn coach John Kennedy Senior once said.. 'thank you for listening to my speech'.*

## Milo Cricket

Last Tuesday, the South Australian Cricket Association visited us and conducted a range of cricket activities with students from Reception to Year 7.

The activities focused on the main skills of cricket, which included batting, bowling and fielding, as well as teamwork and having fun!

Year 6 student Riley Walton said, "The games were educational as well as fun! The skills I learnt will help me during my Friday night cricket."

For further information on SACA's programs, please contact Steve Kavanagh via email [skavanagh@saca.com.au](mailto:skavanagh@saca.com.au) or visit the South Australian Cricket Association website at [www.cricketsa.com.au](http://www.cricketsa.com.au).



## Staff Profile

Introducing...

**Prue McDonald**  
Teacher



This term we welcome Prue McDonald to our teaching staff. Prue is married to Michael McDonald (Macca) and is also Erin's (Yr 5) mum. Prue is teaching the Year 1/2 class with Renay this year. She is flexible, patient, enthusiastic and has a very positive influence on the students she works with.

**Favourite quote...** "By being yourself, you put something wonderful in the world that was not there before."

**Why do you like working with children?...** I like to work with children to help them build a lifetime foundation of how AMAZING they are and how to get through life's ups and downs.

**What is the best holiday you have ever been on?...** Queensland with my family.

**Do you have any brothers or sisters?...** I have a younger sister Shelley.

**What 3 words would others use to describe you?...** Friendly, caring, honest

**What is a goal you have for 2016?...** To complete my Youth Coach training and confidently work with youth and families to establish positive behaviours to build excellence in their lives.

## SANFL visit

Recently, our Upper Primary students were treated to a visit from three talented footballers who are presently on Port Adelaide Football Club's senior list. Tom Jonas (73 AFL games), Billy Frampton (2014 draft) and Riley Bonner (2015 draft) were accompanied by SANFL Metro Development Officer Ben Mesisca.

The boys spoke about their background, football careers and how to create a healthy lifestyle with good eating and exercise.

Following a range of questions from our students, the players made themselves available to have a kick of the footy, sign autographs and have photos taken.



# Introducing and congratulating our 2016 Captains & Vice Captains



## Hindmarsh (blue)

John Hindmarsh was the first Governor of South Australia. He arrived in 1836 and had to decide where to build the capital city. Hindmarsh wanted it near the mouth of the Murray, but Colonel Light wanted it near its current site. Many places in S.A. are named after Governor Hindmarsh.

**Captains: Holly Rathjen, Paris Montgomery-Pittaway, Jackson Hughes**

**Vice Captains: Johannah Hobbs & Baden Monjean**



## Murray (red)

The Murray River was originally named the Hume River by Hamilton Hume, in honour of his father. It was later renamed the Murray, in honour of Sir George Murray, Secretary of the State for Colonies of the British Government in 1830.

**Captains: Riley Walton & Holly Temby**

**Vice Captains: Blake Fidge, Kane Lavington, Amber Gielen & Jayda Stimpson**



## Finnis (gold)

John Finnis rode overland with Charles Sturt in 1938. He published the first South Australian Hansard (a record of what is said in parliament). His portrait hangs in the Adelaide Art Gallery.

**Captains: Chloe Pahl & Kane Rankin**

**Vice Captains: Clay Burgess, Millie Olsson, Keeley Rathjen**



# Swimming Lessons



"I liked going under water the best! My tummy was on the bottom of the pool when it was free time." Jorja



Ellie, Reagan & Ava



Jai



Boat survival skills



Erin, Harry, Jeremy & Ryder



Riley



Hayden & Koby



"Although I didn't learn anything new, I improved on a lot of swimming skills. Jumping off the board was fun!" Ryder



Jade



Marcus & Benjamin

"I learnt how to do backstroke."  
Benjamin



Kallan



Connor

In perfect weather conditions, our Reception to Year 5 students enjoyed a great week of swimming lessons in Week 2.



From all accounts, many new skills were learnt and free time was thoroughly enjoyed!



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

### Planning Calendar Term 1 2016

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

4	22/2 Newsletter <b>School Photo Day</b> 7:00pm Governing Council AGM	23/2 LMP enterprise recess (icecreams)	24/2 MP enterprise lunch (salad rolls)  *Mypolonga SKA (Karate) from 6:00pm every Wednesday!	25/2 JP Pancake breakfast	26/2 3:00pm Assembly	27/2 & 28/2
5	29/2	01/03 LMP enterprise recess (icecreams)	02/03 MP enterprise lunch (salad rolls)  4:45pm-5:45pm MFC U13, U11 & U9 training commences	03/03	04/03 3:00pm Assembly	05/03 & 06/03
6	7/3 Newsletter	8/3 LMP enterprise recess (icecreams)	9/3 MP enterprise lunch (salad rolls)	10/3	11/3 <b>100<sup>th</sup> Birthday Celebrations</b> (no assembly) 	12/3 & 13/3 12/3 – <b>100<sup>th</sup> Birthday Celebrations</b> 
7	14/3 <b>Public Holiday</b>	15/3 <b>Student Free Day</b> (the school will be closed on this day)	16/3 NO MP SALAD ROLLS	17/3 JP Pancake breakfast	18/3 3:00pm Assembly	19/3 & 20/3

### Community News

**CONGRATULATIONS** to Jamie Sutcliffe and Eli Ash on the safe arrival of Charlotte, a little sister for Lachlan (Reception).  
**CONGRATULATIONS** also to Naomi Snelling and Micheal Lear on the safe arrival of Ruby, a little sister for Lilly (Reception) and Jackson (Playgroup). Wishing you all many years of love, fun and happiness!

#### MYPOLONGA FOOTBALL CLUB – Junior Training Commencement Dates

U17½ & U15s - Wednesday 5<sup>th</sup> February 2016 5:00pm-6:30pm

U13, U11 & U9 – Wednesday 2<sup>nd</sup> March 2016 4:45pm-5:45pm

Training will revert back to Thursdays on Thursday 31<sup>st</sup> March 2016

For any MFC junior football enquiries, please contact Mark Pahl (President) 0429881573 or Mary Gill (Secretary) 0448669957.

**Vocal Lab Youth Theatre presents... Gilbert & Sullivan's PIRATES OF PENZANCE...** Thursday 25<sup>th</sup> (8pm) Friday, 26<sup>th</sup> (8pm) and Saturday 27<sup>th</sup> February 2016 (2pm & 8pm). \$15.00 (includes supper) at the John Dohler Hall, 33 Swanport Road, Murray Bridge. Book online [www.trybooking.co/KHXQ](http://www.trybooking.co/KHXQ)

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

Friday 11<sup>th</sup> March and Saturday 12<sup>th</sup> March 2016 - **Mypolonga Primary School's 100<sup>th</sup> Birthday Celebrations**

Tuesday 15<sup>th</sup> March 2016 - **Student Free Day (the school will be closed on this day)**

Tuesday 29<sup>th</sup> March 2016 - Thursday 31<sup>st</sup> March 2016 - **Parent/Teacher interviews**

Friday 8<sup>th</sup> April 2016 - **School Disco**

Tuesday 12<sup>th</sup> April 2016 - **School Sports' Day**

Tuesday 17<sup>th</sup> May 2016 - **Back Up Sports' Day** (if inclement weather on the 12<sup>th</sup> April 2016)

Tuesday 14<sup>th</sup> June 2016 - **Student Free Day** (the school will be closed on this day)

### Mypolonga Primary School

Principal: Rita O'Brien

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



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