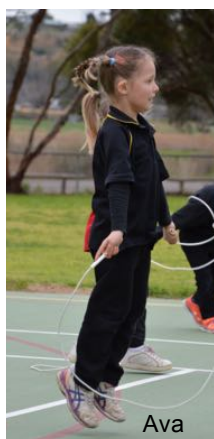


Mypolonga Primary School & Community Newsletter

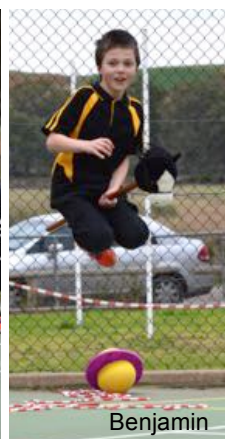
24th August 2015



Brady



Ava



Benjamin

Teamwork
Integrity
Generosity of
Spirit
Excellence
Respect

***"You cannot always wait for the perfect time,
sometimes you must dare to jump."***

~ Author Unknown ~

Term 3 Assembly Roster

Week 6 – Paris Montgomery-Pittaway,
Kye Fawdry, Jade Burgess

Week 7 – No Assembly (due to School
Closure Day)

Reminders

. **JP/JP1 Narnu Camp forms** and
money to be returned by Monday 14th
September 2015

. **SRC Shoeboxes of Love** to be
provided to your child's class by Friday
18th September 2015

. **JP/JP1 Pancake recess** dates:
Monday 24th August 2015, Monday 7th
September 2015 and Monday 21st
September 2015

(pancake & drink order forms will be sent
home in due course)

. **School hats** to be worn again from
Monday 31st 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 Necia Zadow
if you have any queries.

Happy Birthday

29/8 – Braeden (Year 1)

3/9 – Amber (Year 5)

3/9 – Jayden (Year 2)

5/9 – Jade (Year 3)

6/9 – Luke (Year 4)

7/9 – Henry (Year 5)



Upcoming School Closure Day

Friday 4th September 2015

(the school will be closed on this day)

Rita's Roar

Jump Rope for Heart

Well done to everyone involved in Jump Rope for Heart. It's great to see our young kids who were struggling to skip two years ago, showing incredible proficiency on Wednesday. I watched Kim teaching the younger children skipping skills and she was amazing! Her patience with them was inspirational to observe and it was obvious at our Jump Off how far they had come. Thank you to all our families who adapted to the changes, which had to be made due to the weather. I was also very impressed by each class's engagement and commitment to the Jump Off and the Upper Primary's great compering skills. Even if the weather was freezing, we all had fun and I love the way we all pull together to make events such as this so successful. Go Team Mypo!

Claymation

I love seeing kids who are passionate. What they are passionate about doesn't matter, as long as there is passion. Having Claymation Artists in Residence Mike and Cam at Mypo has been amazing. The middles and uppers have been animating clay characters to the point where I have had to make them go out and play because all they want to do is animate in their free time. Most teachers would kill for this! Jason Crouch's mum Ali bought plasticene so that Jason could create characters at home. Mike and Cam thought that his characters were outstanding and I agree with them. Tyler and Coen Martin have converted an old cubby house into an animation studio at home. This is passion at its best.

Also working with Mike and Cam, is Emma, a writer. She gathers community stories to develop into animations. On Thursday, she gathered stories about people who were special to our kids. What was absolutely beautiful was that kids nominated each other, their friends, or they nominated you as parents as having a significant influence in their lives. If you could have been there Jason Stewart, you would be feeling pretty good about yourself! Your hard work is very much appreciated by the kids and the respect they feel for you was very moving. I was also very impressed by how willing our kids were to share their stories in the public forum. We will have a public unveiling of all of our animation work at the end of the term; keep your calendars open!

Masterclasses

As usual, you have all rallied to provide amazing Masterclasses for our kids. As I said before, being passionate is so important and Masterclasses help our kids to develop this. I love that stalwarts Steven Duell, Colleen Wachtel and Tony Brown are still passionate about sharing their skills along with so many parents.

RCMB Community Plan

The Rural City of Murray Bridge will be using the upper primary classroom on Tuesday 1st September 2015 as a venue for a workshop to develop their community plan for 2030. People will be available for a chat between 2:30pm and 4:00pm, while the workshop itself will take place between 5:30pm and 7:30pm.

SSO Week

Last Wednesday, we recognised the amazing work our SSOs do on a day to day basis. We are so lucky to have these people on our staff and our students as well as our teachers could not do the work they do without them! We showed our appreciation with a special morning tea and treated each SSO to a massage by Ray Watts, not only a parent of our school, but a qualified massage therapist with her own business titled – Watts the Rush? This was definitely a hit with all with a minor complaint that it wasn't long enough!

Warm Regards, Rita

Karate Lessons

Our five-week Karate program is in full swing with our students learning many self-defence skills and at the same time, being taught positive discipline, character building and fitness. Pictured below are Reegan and Kobe.

"I have learnt a lot of different defensive moves. It's been good to have a change from Gymnastics." Harry Stone

"I have learnt how to punch properly using the big blue bags with handles. I would like to learn more Karate after the lessons have finished." Judd Ruckenstuhl

"We have learnt new words when we kick and punch." Autumn Stapleton



Student Representative Council (SRC)

Introducing...

Kyal McDonald
SRC Leader

As an SRC leader, I hope to... support the students and make good decisions.

Something you don't know about me is... I like camping and exploring the scrubs.

I like to read.... outdoor and sports' magazines.

I like to watch... any survival shows.

I like to listen to.... So Fresh CDs.

One day I hope to... go for a two-day hike.

If I could change something in the world I would... get all the Carp out of the rivers.

The best thing about Mypolonga Primary School is... the School Shop and leadership roles.

Someone I really look up to is... my Mum **because...** she helps me when I struggle.



Welcome to our School

Last week, we welcomed Year 4 student Leah Ferguson to our school.

Leah is in the Middle Primary class and we are sure you will join us in welcoming Leah and her family into our school community.



Counsellor's Corner

Why is sleep so important?



This fortnight we will look at the **WHAT?**

Sleep helps our **BODY** grow and our **BRAIN** develop, especially during childhood and adolescence.

The body needs sleep for:

- . Resting ('recharging batteries', 'filling the tank')
- . Growing (new cells are made, growth hormone is released)
- . Cell repair (fixing skin, muscles and injuries)
- . Resting the immune system and fighting off illness

The brain needs sleep for:

- . Consolidating information
- . Storing information and memories
- . Paying attention and concentration
- . Problem solving

The part of the brain that regulates behaviour, emotion, planning, coordination, creativity, problem solving and complicated thinking, is the **PRE FRONTAL CORTEX**.

What happens when we don't sleep?

When the Pre Frontal Cortex doesn't get enough sleep your child will have problems in the areas that are regulated by it:

- . **Behaviour** – aggressive, antisocial, withdrawn, hyperactive, unable to control or regulate behaviour
- . **Emotion** – moody, depressed, anxious, stressed, uneasy, irritable
- . **Planning** – poorly organised, repeating grades, forgetting lessons
- . **Concentration** – inattentive, unable to concentrate, falling behind in school
- . **Creativity** – not working at full potential
- . **Problem solving** – poor behaviour control and difficulty in social situations
- . **Complicated thinking** – struggling with maths, science, languages, abstract concepts

A body that is not rested also has trouble with:

- . **Motor coordination** – less sporty, more accidents, clumsier
- . **Weight** – being obese and overweight is more likely with less sleep
- . **Health** – poorer immune system – sicker more often

Cheers, Kerry

Class Awards

Term 3 Week 3

Junior Primary class

Linton Garner – for always working to the best of his ability.

Ledja Gray – for being so animated and enthusiastic within the classroom.

Junior Primary 1 class

Joe Tidy – continued good effort with weekly Spelling.

Judd Ruckenstuhl – sensible and helpful attitude to learning and sharing.

Lower Middle Primary class

Kiarra Gillett – excellent reading strategies.

Bella Pike – focussed student during Personal Learning.

Middle Primary class

Johannah Hobbs – excelling in Choir and SAPSASA this week.

Keeley Rathjen – committed Choir participant.

Upper Primary class

Bodi Stewart – excellent descriptive writing.

Kane Rankin – for asking great questions to focus on his work.

Term 3 Week 4

Junior Primary class

Kai Patrick – for always being so caring to his classmates.

Levi Nutt – showing wonderful enthusiasm in our spelling bee.

Junior Primary 1 class

Matilda Stone – working hard to be a TIGER in the classroom.

Ariel Challenger – working well in the classroom.

Lower Middle Primary class

Craig Gillett – working hard on his written language.

Logan Rankin – trying hard to improve his handwriting and presentation.

Middle Primary class

Bella Smith – always shows enthusiasm and energy for learning.

Zoe Bettcher – has a good awareness of her learning needs.

Upper Primary class

Sienna Montgomery-Pittaway – for beautiful presentation of bookwork and a great work ethic.

Amber Gielen – for always having a thoughtful perspective and good ideas.

Jump Rope for Heart - Jump Off Day

Thank you to all our families for supporting this year's Jump Rope for Heart. At last count, we have raised an overwhelming **\$4,241.00**, which will go towards the Heart Foundation's lifesaving research and health education work. Congratulations to Connor Fulwood (\$302.20), Dominick Swansson (\$227.57), Brandan Pahl, (\$200.00) and Brady Roden (\$190.00), on being our top 4 fundraisers!

Despite having to postpone our first date for Jump Off Day, last Wednesday, the students got an opportunity to display their many skipping talents. Thanks to all the parents and family members who also attended to show their support.

Having fun and pictured below are Jacinta and Elouise, Johannah, Baylee and Maddi.



SAPSASA Murraylands District Cricket State Carnival Selection Trials

Murray Bridge North Primary School
Tuesday 1st September 4:00-5:00pm

SAPSASA Murraylands District Tennis State Carnival Selection Trials

Murray Bridge Christian Reserve
Tuesday 1st September 4:00-5:00pm

Year 6 & 7 boys (cricket) and Year 6 & 7 boys & girls (tennis) are invited to try out for selection in the Murraylands cricket and tennis teams, which will take part in the SAPSASA State carnivals in Adelaide from 2nd to 5th November 2015. Consent forms (recently given to interested students) must accompany the student at the first try out.

Please contact Kim Polkinghorne if you have any queries.

'From The Proud Mary...'

10/8/15

Dear Students & Teachers



We were passengers on the Proud Mary in July 2015 when we visited your lovely school and were very impressed by your apricot set up and the management of your souvenir and craft shop. It was a great experience and have shown our friends your very informative brochure. Well Done! May your success continue for a very long time!

From Mr & Mrs Darcy
Traralgon, Victoria

COMMUNITY NEWS

Mypolonga Football Club

Memorabilia - Sandy Norris is in the process of collecting and collating Mypolonga Football Club memorabilia (ie. photos, paper clippings, Tiger Claws, videos). You may even have a story to tell which you would like shared! Sandy is more than happy to catch up with individuals to write information down or you can scan (if possible) and send information to her at spnorris4@optusnet.com.au or by phone 0481 159 373. The goal is, come our 100th year, for all our history to be accessible to all and copies safely preserved for future generations. This is a big task, so anyone who can offer any assistance, no matter how small, would be gratefully accepted.

Under 13s carnival - Sunday 30th August 2015 @ Ramblers. Notes with information will be given out at training this week.

Second Semi Final - Saturday 12th September 2015. This year, Mypolonga Football Club is hosting the RMFL Second Semi Final. Hosting a final requires the help of families and community members to assist with canteen and bbq duties etc. If you are free to help out in some way, please contact Mariane Morgan on 0408807705 or Mark Pahl on 0429881573. Thank you.

Mypolonga Tennis Club AGM - Friday 28th August 2015 from 7:30pm at the Mypolonga Combined Sports' Club. All previous/new players and supporters are welcome to attend. Ph: Cindy 0402733957 or Jeanne 0488009454.

School Dental Service - Keep your kids smiling!

Dental care is FREE for most school children and ALL preschool children at the School Dental Service. All children aged 0-17 are welcome. To locate your local School Dental Clinic visit www.sadental.sa.gov.au or call us now on 82228222.

Murray Bridge RSL - Veterans and Community Wellbeing Day

Friday 9th October 2015 from 10:00am-3:00pm @ the Murray Bridge RSL (just over the bridge). Come and chat with the 'mens shed blokes' or listen to the 'piano man'. View the RSL Museum and take the opportunity to talk with those working in the health sector that might suit your needs. Free bbq & coffee van.

CONGRATULATIONS to Natasha Cowan and Rick Hollitt on their marriage last Saturday. Wishing you both many years of happiness.

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

**Planning Calendar
Term 3 2015**

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

6	24/8 Karate Lessons Newsletter Bookweek & Book Fair viewing	25/8 2:25pm Master Class	26/8 from 8:30am Book Fair purchases	27/8	28/8 3:00pm Assembly	29/8 & 30/8 29/8 – MFC & MNLC –v- Jervois @ Jervois 30/8 – MFC U13s carnival
7	31/8 Karate Lessons Students to wear school hats again	1/9 2:25pm Master Class 5:30pm-7:30pm RCMB Community Plan workshop	2/9 7:00pm Sustainability Committee Meeting 7:45pm 100th Year Birthday committee meeting	3/9	4/9 SCHOOL CLOSURE DAY MCSC Friday Night Tea	5/9 & 6/9 5/9 – RMFL Qualifying Final @ Meningie 6/9 – RMFL Elimination Final @ Jervois
8	7/9 Karate Lessons Newsletter 3:30pm Life Long Learning Community meeting 7:00pm Finance Committee meeting 7:30pm Governing Council meeting	8/9 2:00pm Choir @ Mypo RSL	9/9 2:25pm Master Class 7:00pm Sustainability Committee Meeting 7:45pm 100th Year Birthday committee meeting	10/9	11/9 Small Schools Basketball competition @ Mannum 3:00pm Assembly	12/9 & 13/9 12/9 – RMFL Second Semi Final @ Mypo 13/9 – RMFL First Semi Final @ Mannum
9	14/9	15/9 Life Ed Van	16/9 Life Ed Van 2:25pm Master Class	17/9	18/9 3:00pm Assembly	19/9 & 20/9 19/9 – RMFL Preliminary Final / RMNA Grand Final @ Imps
10	21/9	22/9 Junior Primary / Junior Primary 1 Camp to Naru Farm	23/9	24/9 2:45pm End of Term Assembly 3:25pm Dismissal	25/9 Newsletter No Assembly 2:25pm Dismissal	26/9 & 27/9 26/9 – RMFL Grand Final @ Ramblers

Mypolonga Primary School

Principal: Rita O'Brien

www.mypolongaps.sa.edu.au



17-27 Williams Street
Mypolonga SA 5254
p 85354191
f 85354160



info@mypolongaps.sa.edu.au