

# Mypolonga Primary School & Community Newsletter

30<sup>th</sup> March 2015

Mercer  
SuperCycle  
2015



Teamwork  
Integrity  
Generosity of Spirit  
Excellence  
Respect

"Life is like riding a bicycle. To keep your balance, you must keep moving."  
~ Albert Einstein 1879 - 1955 ~

## Term 1 Assembly Roster

**Week 10 - NO ASSEMBLY**

**Week 11** - Jessica Donald, Henry Payne, Reegan Candy

## Reminders

### Payment of 2015 School Fees

A reminder that this year's school fees are due to be paid by the end of this term, Friday 10<sup>th</sup> April 2015. If you wish to arrange an instalment plan, please see Annie or Necia in the office.

Family Statements with any outstanding fees will be sent home on Wednesday 1<sup>st</sup> April 2015.

## Diary Dates/Enclosed with this Newsletter

**Parent/Teacher Interviews** - Monday 30<sup>th</sup> March 2015 until Thursday 2<sup>nd</sup> April 2015.

**School Sports' Day** - Wednesday 8<sup>th</sup> April 2015 on the Mypolonga Primary School oval.

**2:00pm RSL/ANZAC Service and 2:45pm**

**End of Term Assembly** - Thursday 9<sup>th</sup> April 2015. At our End of Term Assembly, students will be awarded with Most Improved for the Term, Student of the Term and Kiwani Terrific Kid awards.

**Good Friday** (3<sup>rd</sup> April 2015) - Our School Shop will be open for business on Good Friday. All Reception to Year 7 students are welcome to attend, dressed in school uniform, arriving at 11:50am to approximately 12:45pm.

**Congratulations** to Josh and Bree O'Shea-Coulter on the safe arrival of their son Oliver Jake. Oliver is a little brother for Year 1 student Ella and sister Ruby.

**Congratulations** to Kailan Challinger (ex student and Ariel's brother) who has recently been selected to represent South Australia in the Australian Athletics competition. He will be attending the National competition for Under 13s at the Perth Athletics Stadium on 26th April 2015. Kailan has been selected for the boys squad, consisting of 11 athletes, who were chosen following the recent State Individual Championships. Kailan did exceptionally well and he medalled in the 100m, Hurdles, and Shot Put. He also came fourth in Triple Jump and sixth in High Jump. Kailan will be competing for SA in 100m, 80m Hurdles and the 4 x 100m Relay. We wish Kailan all the best.

## Happy Birthday

09/04 - Jacinta (Year 2)

10/4 - Baylee (Year 4)



\* Our next and final Newsletter for the term will be sent home on Friday 10<sup>th</sup> April 2015. It will be a 'bumper' issue with Disco and Sports' Day photos, awards and much more!

## Rita's Roar

### Disco

My husband Bill (who was our IT technician) and I started the disco in the year 2000. It was pretty basic, and, as the Upper Primary teacher, my aim was for it mainly to be about the UP kids. I went to work at the Regional Office and when I came back to Mypo as Principal, the disco had moved to a whole new level. The reason it had moved to a whole new level was because Kerry as School Counsellor had created an experience that was so amazing.

### Below are 10 things I loved about the disco:

1. I love that the SRC runs it – they are the DJ's, they organise the playlist, they help distribute drinks and chips, they decorate it, and they own it.
2. I love Kerry's leadership of the event: she is so clever in the way she manages it; just the way she gets our kids to choose the theme is so inclusive.
3. I love that Necia helped Jane to organise and provide dinner for approximately 140 diners at the Combined Sport's Club so that families could socialise prior to, and during the disco. I love that parents Mark Pahl, Mandy Lindner and Mary Gill helped out, together with Hailey Perry. I love that the money raised helps to subsidise the LMP camp.
4. I love that the Combined Sport's Club offer their facilities at no cost to us. As a community we need to support them when we can.
5. I love that every teacher attended the disco. (Trust me, this does not happen at all schools!).
6. I love that our kids don't care who they walk down the Red Carpet with – age and gender (yes, Kyal, Cameron and Riley W!) doesn't matter.
7. I love that Colleen Wachtel sees the disco and our school as her life's creative work. Her backdrop was astounding and much appreciated. I love that so many parents came to set up the Institute, which looked amazing. I love that parents helped and wanted to help.
8. I love that Kelly Kuhn offered her limo to take the SRC to the disco and when there was room in the second limo for her kids she said to Elouise and Jorja: 'You're not on the SRC, so Dad will take you to the Club.' This shows such discipline (which I don't know that I would have had). You are amazing parents.
9. I love that Jason set up all of the equipment and lent us his amazing disco equipment and that Nicole came back to take photos.
10. I love that 97% of students attended the disco. This shows as a school community, we are connected and proud. I love that new Reception parents trust us to look after their children who have only been at school for 9 weeks and that the receptions had such a good time.

### But there is a Number 11: (Young parents Google: Spinal Tap)

**No. 11** is that Psychologist Andrew Fuller cites that one of the most significant protective factors in the development of resilience in our kids is school/community partnerships and I am so proud that the disco, may seem, on the surface, a simple example of this, but it goes much, much deeper. Go Team Mypo!

## Generosity of Spirit

This week, we have seen such incredible community support for both the Casual Day honouring Emma Stewart and the SuperCycle visit. Please 'like' our Facebook page to see what is happening visually at our school and which notes have gone out.

## Heads Up

Our final assembly will be held on the last Thursday (not Friday) of the term at 2:45pm. Our school's Anzac Day service will be held on the same day at 2:00pm.



The service will be conducted by Sienna, Tyler, Nick and Riley W. The School Choir will perform at the service. The Choir will also perform at our local service on Sunday 19<sup>th</sup> April 2015 at 11:00am. Please come and show the RSL how much we care.

Warm Regards, Rita

## 2015 International Competitions And Assessments For Schools (ICAS)

### Sitting Dates

**Science** – Wednesday 3<sup>rd</sup> June 2015

**English** – Tuesday 28<sup>th</sup> July 2015

**Mathematics** – Tuesday 11<sup>th</sup> August 2015

There is an opportunity for Year 2-7 students to participate in the 2015 International Competitions and Assessments for Schools (ICAS) in the key subject areas of Science, Mathematics and English. **All students receive a certificate** and an **individual student report** indicating which questions they answered correctly and their score compared with the rest of the students tested.

These competitions, unlike NAPLAN, which is for all Year 3, 5 and 7 students, are designed for our “top” students who have an interest and are skilled in a particular learning area.

To guide you, we will nominate students whom we feel will benefit from participating in these tests.

Naturally, the decision is up to you. There is no expectation that your child has to participate because they have been nominated or that they cannot participate if they have not been nominated. Our aim is to support you to make informed decisions.

A nomination form will be sent home to nominated students' parents/caregivers before the end of the term to inform you of our nominations.

Please feel free to discuss this with your child's teacher if you have any concerns.

### 'From The Proud Mary...'

6<sup>th</sup> March 2015

Dear School Pupils

We visited your school on 20<sup>th</sup> February 2015 and enjoyed our visit very much.



We were so impressed with your lovely school and your great initiative in retail. Also, we loved your ideals and helpfulness and manners.

Regards

Rosemary and Keith Norton  
Barooga, New South Wales (near the Murray River)

14<sup>th</sup> March 2015

Dear Headmistress and Students

We visited your school on Friday 6<sup>th</sup> March 2015 with the group from the Proud Mary. We were most impressed with your encouragement for commercial activities. We were also impressed with the politeness and maturity of the children - you truly set a good example for all schools to follow.

With best wishes  
Margaret and Malcolm Well  
Cherrybrook New South Wales

## Counsellor's Corner

### 5 Parenting Goals for Every Family

by Slovie Jungreis-Wolff



*I am continuing to publish one goal each fortnight from an article by Slovie Jungreis-Wolff. Goal number 4 is about helping children become independent.*

#### '4. Help Children Become Independent

When children feel as if they are gaining skills and becoming self-sufficient, they grow more confident in their abilities. You will watch their self-esteem take off. Each year, every child should be able to point with pride to a newfound skill or added responsibility that comes with age.

We can help our children grow independent and flourish by:

- Teaching our children to pick out their clothing, dress themselves as they grow older, tie their own shoes, pack school snacks, make lunches the night before, set their own alarm clocks instead of waking them up, and having children put away their books and organising themselves.
- Allow a young child to complete puzzles and feed himself on his own and as he grows, to do his homework and projects by himself. It is much healthier to tell a child that you will check his work when he is done instead of sitting beside him and correcting the answers as he goes along. Book reports and science projects should not be parent's homework.

Have your child help around the house and gain responsibilities instead of waiting to be served. Some skills children can help with are putting away laundry, setting and clearing the table, helping to serve guests, baking, cooking and keeping their room in order.'

*Here at Mypolonga Primary School we encourage our students to use their initiative at all times. Getting children to think for themselves is the best gift you can give!!! Encouraging your child to order their own enterprise lunch from the servery on Monday and Tuesday mornings helps them to not only become more independent but it also helps them with money skills. Even little things like making sure your child carries their bag to and from the classroom helps with their independence.*

Cheers, Kerry

## Lower Middle Primary Fundraising Tea

Thank you to everyone who attended the fundraising tea held at the Mypolonga Combined Sports' Club last Friday night before the school disco. A total of \$672.00 was raised for the Lower Middle Primary class, which will be put towards camp expenses.

It was an enjoyable, casual night at the Club where parents and community members were able to meet some new faces, while catching up with old friends.

Special thanks to Mark Pahl, Mandy Lindner, Mary Gill and Hailey Perry for volunteering their time to work in the kitchen, Meg Daniel and Abbey Kruschel for taking orders and Cass Rathjen & Annie Hughes for help with clearing dishes at the end of the night.

Thanks also to Coles Murray Bridge for their kind donation of a gift card and the Mypolonga Combined Sports' Club for the use of their facilities.

Kind Regards, Jane & Necia

## SAPSASA Softball

A fortnight ago, Year 6 student Blake Fidge represented the Murraylands in the SAPSASA Softball State Carnival.

Blake played a total of 10 games over 5 days.

Batting was Blake's favourite part of each game played and was continually encouraged by his teammates, even when making a 'strike'!

Making new friends was one of Blake's highlights and he is now looking forward to trying out for the SAPSASA State Softball team.

Well done & best of luck Blake!



## Student Representative Council (SRC)

### Introducing...

#### Paris Montgomery-Pittaway SRC Treasurer

**As an SRC leader, I hope to...** change the school to make it better, not that it is bad!

**Something you don't know about me is...** I was born in Darwin and moved to Murray Bridge when I was 6.

**I like to read....** lots of Emily Rodda books because she's so amazing with her writing.

**I like to watch...** The Big Bang Theory, Modern Family and lots of other shows.



**I like to listen to...** Meghan Trainor's music.

**One day I hope to...** become a teacher.

**If I could change something in the world I would...** choose more peace in the world, no war, fighting or anything.

**The best thing about Mypolonga Primary School is...** the lovely teachers and parent helpers.

**Someone I really look up to is...** my parents **because...** they're always there for me and are the best parents ever. I look up to them and want to be there for them as they are for me.

## Class Awards

### Term 1 Week 8

#### Junior Primary class

**Lila Stapleton** - for being a great helper in the classroom.  
**Zenith Smith** - for moving up in his reading levels.

#### Junior Primary 1 class

**Ruby Montgomery-Pittaway** - for writing a fantastic first draft of her narrative.  
**Riley Hagger** - for careful problem solving in Maths.

#### Lower Middle Primary class

**William Schofield** - making connections with his learning.  
**Rhiannon Bowley** - responding to feedback to her narrative writing.

#### Middle Primary class

**Mackenzie Lindner** - impressive work on her Growth Mindset Home Learning task.  
**Zoe Bettcher** - for seeking and using feedback to produce her best work.

#### Upper Primary class

**Riley Walton** - for excellent results in Maths and Science.  
**Bailey O'Connor** - for excellent description and character development in writing.

### Term 1 Week 9

#### Junior Primary class

**Felicity Donald** - being so neat with all her work.  
**Haydn Castle** - for being so organised with his morning routine.

#### Junior Primary 1 class

**Reagan Martin** - responsible class member who completes all tasks well.  
**Shaylee Martin** - excellent leadership in learning and socially.

#### Lower Middle Primary class

**Isla Gielen** - enthusiastic and engaged learner.  
**Mitchell Pahl** - positive attitude and commitment to improving.

#### Middle Primary class

**Josh Stock** - excellent participation and interest in class.  
**Keeley Rathjen** - outstanding demonstration of our value "Generosity of Spirit".

#### Upper Primary class

**Kane Lavington** - for showing courage when expressing his feelings.  
**Jessica Donald** - for an all-round fantastic attitude to her learning.

## Mercer SuperCycle 2015

Last Thursday, we welcomed approximately 30 bike riders with support crew who are riding over 1,000 kilometres around country South Australia to raise awareness and funds for the "Under our Roof" project, which provides affordable accommodation for country people needing medical treatment in Adelaide.

Together, our school community proudly raised \$354.00, which included sales from our bbq lunch and cash donations.

Congratulations to Jacinta, Coen and Jessica who were chosen for their creativeness in the colouring-in and bike design competitions.

The Mayor of the Rural City of Murray Bridge, Mr Brenton Lewis visited to help welcome the cyclists.

Many thanks to Mary and Kirsty Gill for cooking the bbq, and parent Natasha Cowan for donating all the bread for lunch.





## Kitchen

The children have been very busy in the kitchen this term. They have learnt how to use a knife, read a recipe all the way through before starting and working as a team to make sure everyone is busy. Cass

Martin has now joined our Kitchen, welcome, Cass.

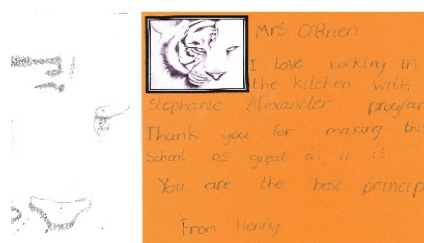
We have included one of the student's favourite recipes this newsletter; Flat Bread. We used it in numerous ways with other recipes including a pizza base and dipping bread. It was very popular and easy to make. If you or your children have any favourite recipes maybe send them in to share with the class.



Keeley and Katie making Flat Bread ~ recipe on back



Samuel hanging his plant in our new vertical garden



Note from Henry- written below



## Stephanie Alexander Kitchen Garden Program

The term has gone so quickly and the children have done such a wonderful job. They have made and shared a number of recipes including Flat Bread, Hummus and their favourite I think Pizza. The students are having a go at trying the food and even enjoying different things. The garden is looking wonderful and the children seem to be enjoying the outside classroom experience. The Mypolonga RSL is kindly donating an ANZAC Pine Tree to the school. We are looking at an area to plant the tree with lavender that the children have propagated around it.

Each week we share our experiences at our shared table and all the children get to try the food the kitchen group has prepared. I would like to share with you a card that Henry wrote to Mrs O'Brien "Mrs O'Brien, I love working in the kitchen with the Stephanie Alexander program. Thank you for making this school as great as it is. You are the best Principal. From Henry"

Thank you to all the volunteers and Yates and United Nurseries for supporting us each week.

Annie Hughes - Coordinator

[www.kitchengardenfoundation.org.au](http://www.kitchengardenfoundation.org.au)

## Garden

The garden is growing and the children have been given a plot per group to look after. They have planted the plots up and we are all looking forward to harvesting their produce. David has taught them how certain plants are used for pest control. They have done propagating and planted up a vertical garden outside the kitchen area with herbs. We are also propagating lavender to be transplanted in a special area around the school.

# Indian Flatbread

**Season:** All

**Makes:** 32 small flatbreads

**Recipe source:** Foster Primary School, Victoria

Flatbreads generally include leavened bread, such as pita, or unleavened, such as mountain bread. Both types are common throughout the Middle East and beyond, and are popularly used for wraps as well as toasted for salads, dips and sauces. In an Indian village the 'fat' would have been butter made from buffalo milk.

## Equipment:

metric measuring spoons and scales  
small bowl  
mixer with large bowl and dough hook attachment  
2 baking trays  
rolling pin  
2 heavy-based frying pans  
spatula or egg flipper  
tongs

## Ingredients:

2 tsp sea salt  
2 cups lukewarm water  
5 tbsp extra-virgin olive oil  
1 kg plain flour, plus a little extra for dusting

## What to do:

1. Preheat the oven to 120°C and place the baking trays in the oven.
2. In the small bowl, dissolve the salt in the water. Add the oil.
3. Place the flour in the large bowl of the mixer. Attach the dough hook.
4. With the motor running, trickle in the oil, salt and water mixture. Mix for about 8 minutes or until the dough looks smooth.
5. Tip out the dough and divide it into 32 even pieces, each the size of a small egg. Do not play with or knead the dough – if you do your bread will be tough to eat!
6. Dust the workbench with some flour.
7. Flatten a piece of dough (using the heel of your hand) into a round shape and use the rolling pin to roll it out thinly, to about 10 cm in diameter.
8. While the dough is being shaped, heat both frying pans until hot.
9. Place a disk of rolled-out dough into a hot, dry pan and cook for 3 minutes. Flip it over with your spatula and cook for a further 3 minutes. You should be able to cook a few at a time.
10. As the flatbreads cook they will develop a few bubbles and brown splotches. This shows they are done.
11. Using tongs, transfer the cooked flatbreads to one of the warm baking trays and return them to the warm oven until we are ready to eat.

## Community News

### Mypolonga Football Club

**Training** - there will be NO training for junior players on Thursday 2<sup>nd</sup> April 2015 (this Thursday, prior to Easter).

**Complimentary Tea for all Junior Players** (after Thursday night training before first game) - Thursday 9<sup>th</sup> April 2015.

**Social Night @ Rathjen's Shed, Woodlane, Mypolonga** - Saturday 11<sup>th</sup> April 2015 following Round 1s game against Mannum @ Mannum. All welcome! Enjoy a bonfire, music, food and great company. More details to follow!

**Foster Care Information Session** - Wednesday 13<sup>th</sup> May 2015 6:30pm to 8:30pm at ac.care, 11-21 Kennett Road, Murray Bridge (near Speedway). Learn about what's involved in fostering, the process of becoming a foster carer and how you would be supported as a foster carer. Visit [www.fostercare.sa.gov.au](http://www.fostercare.sa.gov.au) or call ac.care on 85326303 for more information.

**Headspace Murray Bridge - Health and Wellbeing Festival** - Wednesday 8<sup>th</sup> April 2015. 10:00am-3:00pm @ The Station. Enjoy live cooking demonstrations from the dynamic 'Sprout' team, Callum Hann and Themis Chryssidis, along with plenty of stalls and activities. There will also be a series of short films, made and produced by Headspace Noarlunga that have a direct focus on anxiety, suicide and the issue of sexting. This is a free event and everyone is welcome!

MCSC – Mypolonga Combined Sports Club

MFC – Mypolonga Football Club

MCC – Mypolonga Cricket Club

### Planning Calendar Term 1 2015

MNLC – Mypolonga Netball League Club

MBHS – Murray Bridge High School

10	30/3 Newsletter  Parent/teacher interviews	31/3	1/4	2/4 No MFC Junior Training	3/4 <b>Good Friday</b> (School Shop open for business)	4/4 & 5/4 5/4 - Daylight Savings Ends
11	6/4  <b>Easter Monday</b>	7/4	8/4  <b>School Sports' Day</b>	9/4 2:00pm RSL/Anzac Service <b>2:45pm End of Term Assembly</b> 3:25pm Dismissal	10/4 <b>Newsletter</b> No Assembly <b>2:25pm Dismissal</b>	11/4 & 12/4 11/4 - MFC & MNLC -v- Mannum @ Mannum + bonfire night

### Planning Calendar Term 2 2015

1	27/4	28/4	29/4	30/4	1/5 3:00pm Assembly	2/5 & 3/5 2/5 - MFC & MNLC -v- Jervois @ Mypo + MNLC teas
2	4/5 Newsletter	5/5	6/5	7/5 SAPSASA Cross Country	8/5 3:00pm Assembly	9/5 & 10/5 9/5 - MFC & MNLC -v- Meningie @ Mypo + MFC teas
3	11/5	12/5 NAPLaN	13/5 NAPLaN	14/5 NAPLaN	15/5 3:00pm Assembly  MBHS formal	16/5 & 17/5 16/5 - MFC & MNLC -v- Ramblers @ Ramblers + Mypo's Mexican Fiesta
4	18/5 Newsletter	19/5	20/5	21/5	22/5 3:00pm Assembly  Walk Safely to School Day	23/5 & 24/5 23/5 - MFC & MNLC byes

## Mypolonga Primary School

Principal: Rita O'Brien

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



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