

Mypolonga Primary School & Community

Newsletter

5th December 2016

(Week 8 Term 4)



This is the last week of our classroom recess/lunch enterprise. Thanks to everyone who continually supports our enterprise program. Proceeds raised has subsidised our 2016 camps, whilst teaching our students food preparation and money reconciliation. Well done everyone!

Term 4 Assembly Roster

Week 8 - NO ASSEMBLY

Week 9 - (held at the Mypolonga Combined Sports' Club) – Jackson Hughes, Mackenzie Lindner & Riley Hazel

Happy Birthday

6/12 – Maddison (Year 6)
7/12 – Jessica (Year 4)
9/12 – Kye (Year 6)
10/12 – Chloe (Year 7)
10/12 – Ella (Year 2)
11/12 – Georgia (Year 4)
12/12 – Rhea (Year 4)



Enclosed with this Newsletter

. P&F News

Lost Property

Over the next 2 weeks, we kindly ask parents/caregivers to check our lost property box for any missing jumpers, jackets, containers etc. The box is located in the office administration area and contains items, which are reasonably new! Anything unnamed can become yours!

Literacy Cup Points			
Week 7 & Week 8 combined and Year Total			
Murray	136	3168	
Hindmar	191	3345	
Finniss	150	3091	



Rita's Roar

At Mypo we treat Work Health and Safety very seriously, and have in place processes to ensure that everyone is kept as safe as possible. However, with the best processes and practices in place, accidents happen and need to be dealt with effectively and efficiently, and actions need to be taken, to minimize harm in the future.

An accident occurred last week that I would like to share with you. Kim had taken the Upper Primary students up to the tennis courts for tennis coaching with volunteer Bob Hancock. Macca also went with her, to ensure that there was the correct level of supervision and also drove the kids up in the bus.

In one of those freak accidents, Holly T ran into a netball pole dislodging her whole tooth, which promptly fell out. Within seconds the tooth was found, and Macca was transporting Holly and her tooth back to school in the car Kim had taken up in case of emergency. While Macca was driving back, Kim rang Annie and Necia to prepare them, and they sprang into action.

Necia consulted the injury manual and by the time Holly arrived, she and Annie had developed a plan of action. Holly's parents were immediately contacted. The tooth was rinsed in milk and Annie and Holly between them reinserted it into the cavity (no mean feat!). During this time Holly, although upset, followed Annie's instructions to the letter.

Holly's dad picked her up and took her in to the dentist. Later in the afternoon, Holly's mum Sheree called in with Holly to say that the dentist had complimented the work Annie and Necia had done to try to save Holly's tooth.

After such incidents as a staff we debrief and look at ways we can avoid accidents in the future. One of the things which has been highlighted are our football goal posts which are not padded and quite exposed. Next year we will endeavour to pad these to ensure our students' continued safety.

I would also like to point out how important travel processes are. When parents give permission to allow students to travel in another person's car, they give permission for **that car only**. If parent drivers change their minds at the last minute (as happened during our last camps) we cannot just put children in other peoples' cars assuming there is room. Parents need to be re-contacted and permission given. As you can imagine this puts last minute pressure on staff, who have already spent lots of time and energy organising camps. So let's all work together to ensure all of our kids are kept as safe as they can be.

And an: 'It could only happen in Mypo' story. We currently have a number of students with significant health issues, which impact on their mobility. I casually mentioned to 'Policeman Dave' Garner that a wheelchair would be a handy thing to have. Next thing I know, on behalf of the Mypolonga SKA (Shukokai Karate Alliance) a brand new wheelchair arrives to support these students and any others who are injured and immobile. Thanks Dave and Claire.

Warm Regards,
Rita

SAPSASA

Congratulations to Riley Walton and Holly Temby on being selected and competing in their respective SAPSASA teams recently...

Cricket

"In 2016, the Murraylands SAPSASA cricket team moved up to Division 4 (previously Division 5). We had a successful week, finishing 2nd behind the Barker district. It was definitely exciting playing on a turf wicket, one big difference being the ball didn't bounce as much.

The majority of this year's Murraylands team consisted of Year 6 students, who I hopefully will have a chance to play cricket with next year.

It was a great week."

Riley Walton



Tennis

"This year, the Murraylands SAPSASA tennis team moved up to Division 3 (previously Division 4). We ended up 2nd overall and during the week we played 8 teams, which meant playing 16 matches all up. I was quite lucky to play No. 1 and it took a while to adjust to the hard court surface.

I knew a lot of the people in my team from competing against them on Saturdays. It was a tough competition, but I really enjoyed the week competing in Adelaide."

Holly Temby



Premier's Be Active Challenge

As you may be aware, our school recently completed the Premier's Be Active Challenge. The challenge was for students to do 60 minutes of physical activity a day for at least 5 days of the week for 4 weeks. It was open for all of Term 3 and some children extended themselves, completing the whole 10 weeks!

Data was entered and we were selected as one of the 50 high achieving schools, receiving an award and a \$1,000 grant. In recognition, the Middle Primary class recently attended a Reception with the Premier, held at Priceline Stadium on 23rd November. They were also involved in 4 x 20 minute 'come and try' sessions. It was a great experience and encourages our children to be active and healthy.

Pictured right with the Minister for Education and Child Development Susan Close MP and Premier Jay Weatherill are Mackenzie Lindner and Kobe Hobbs; Luke Patrick and Logan Rankin with our awards; and students participating in a 'come and try' session.

Kim Meritt

Counsellor's Corner



The Most Common Mental Illness in the World

Anxiety Disorder

'Anxiety is more than just feeling stressed or worried. While stress and anxious feelings are a common response to a situation where we feel under pressure, they usually pass once the stressful situation has passed, or 'stressor' is removed.

Anxiety is when these anxious feelings don't go away – when they're ongoing and happen without any particular reason or cause. It's a serious condition that makes it hard to cope with daily life. Everyone feels anxious from time to time, but for someone experiencing anxiety, these feelings aren't easily controlled.'

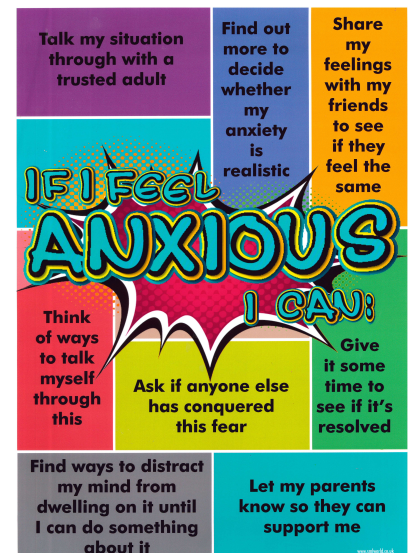
<https://www.beyondblue.org.au/the-facts/anxiety>

**It is important to note that anxiety is common to everyone, and can even be healthy, but when that anxious feeling turns into avoidance, it is often a sign outside help is needed.*

At school, teachers talk to students about anxiety and a variety of coping strategies, which can help make anxiety a lot more manageable.

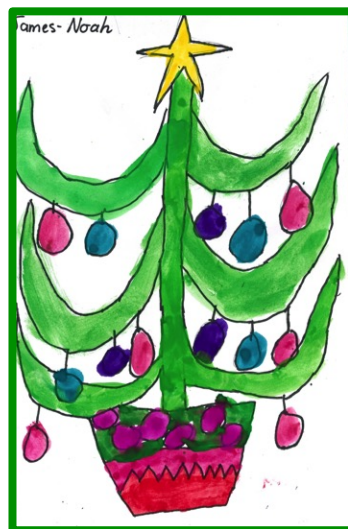
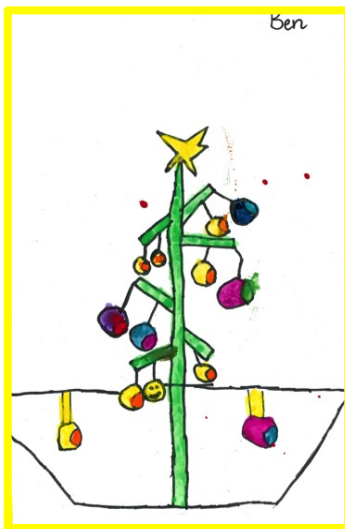
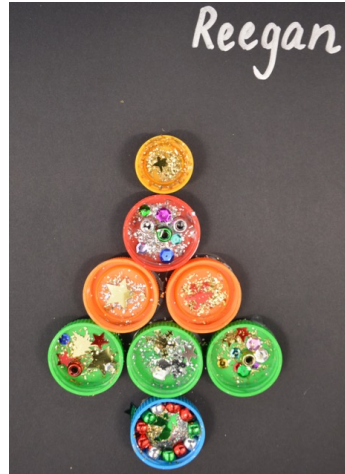
The poster pictured right can be found in every classroom and its strategies can be used by anyone. It's definitely worth a look.

Cheers, Kerry



It's Beginning to Look a Lot Like Christmas!!...

Christmas Artwork from top left; Tahlia Ross, Reagan Candy, Ben Stewart, James-Noah Peterson, Lyam Marshall and Charlie Harrowfield.



End of Year Reminders/Notices

♦♦ Secret Santa

Your child should now have received a note advising which classmate they are buying for in this year's Secret Santa. Between now and the last day of school, the wrapped gift can be handed to your child's classroom teacher or SSO (without indicating who it is from on the gift tag).

♦♦ School Magazine/Concert DVD

School magazines will be ready for distribution at the school's final assembly on Thursday 15th December 2016.

We will again be recording the school concert for families to buy their own DVD. An order form will be included in the concert program. Unfortunately, due to time constraints, we are unable to guarantee that the DVDs will be available to collect before the end of the school year. We will however keep you informed regarding this.

♦♦ Concert – Thursday 8th December 2016

We have now reached the maximum amount of our concert ticket allocation, so therefore no more tickets are available to purchase. If, for any reason, you have bought tickets and no longer require them, please contact Necia or Annie in the office.

A final, detailed note regarding student arrival times etc at the concert will be sent home in the next couple of days. A program of the evening will be available at the door.

♦♦ Year 7 Graduation Dinner - Wednesday 14th December 2016

We are in the process of confirming numbers for our Year 7 graduation dinner to be held at the Mypolonga Combined Sports' Club at 6:30pm. Year 7 families, if you haven't already, please notify the office staff of numbers attending as soon as possible.

♦♦ End of Year Assembly - Thursday 15th December 2016

Assembly 2:30pm / Dismissal 3:25pm

To accommodate the large number of families who attend our end of year assembly, we have once again decided to hold this at the Mypolonga Combined Sports' Club. For those of you who don't know, the clubrooms are on your right hand side just past the turn off you would normally take to get to the school. Students will be transported by a hired and school bus and will be dismissed from there at 3:25pm, with their school bag. Our Wall Flat/Caloote bus students will board the school bus at the club to be taken home, if required.

♦♦ Whole School 'Fun Day' - Friday 16th December 2016

A detailed note regarding our 'Fun Day' will be sent home this week. Dismissal on the last day is at 2:25pm.

If you have any queries on the above, please do not hesitate to contact Necia or Annie in the office, in the first instance.



Community News

Mannum Carols By The River – Saturday 10th December 2016 from 5:00pm. Carols start at 6:30pm. Held at Mary Ann Reserve, Mannum. Bring along a deck chair or rug and a picnic tea. Includes a Christmas character dress up competition, face painting, bouncy castle and colouring-in competition.

Mypolonga RSL Christmas Show – Saturday 17th December @ the Mypolonga RSL. Teas from 6:00pm. Kids meals free (primary age & under). Father Christmas arrives at 7:30pm. A salad would be appreciated. Everyone welcome!

Mypolonga Cricket Club Christmas Tea – Friday 23rd December 2016 @ the Mypolonga Combined Sports' Club. Meals served from 6:30pm. Father Christmas will be present, followed by music.

Musical Instruments

Students undertaking musical tuition with Peter Longden this year are asked to return their school-owned musical instruments to the office by Tuesday, 13th December 2016. This will enable us to conduct a stocktake of the instruments and make sure the instruments are in peak condition for next year.

~ ac.care Christmas Hamper ~

Making Christmas cheerful...

SRC would like to thank those families who have donated food items towards the ac.care Christmas hamper.

The hamper will remain in the office until tomorrow afternoon (**Tuesday 6th December 2016**), which we hope to fill and provide to individuals and families who are accessing ac.care services. Thank you to the Deane family for organising pickup and delivery for us.

MCSC – Mypolonga Combined Sports Club

MFC – Mypolonga Football Club

MCC – Mypolonga Cricket Club

Planning Calendar Term 4 2016

MNLC – Mypolonga Netball League Club

MBHS – Murray Bridge High School

8	5/12 Newsletter UP school sports' visit with Mt Barker PS in Mt Barker	6/12 LMP enterprise recess (ice creams) Whole School transition to next year's classes Year 7 transition @ MBHS	7/12 MP enterprise lunch (salad rolls) Whole school concert rehearsal @ Mypo Institute (morning only)	8/12 Full day concert rehearsal @ Unity College ★ School Concert ★	9/12 JPR/1/2 enterprise recess & lunch (jelly cups & sausage in bread) No Assembly	10/12 & 11/12
9	12/12 UP visit to Flinders University	13/12	14/12 Year 7 Graduation Dinner @ MCSC	15/12 2:30pm Assembly at the Mypolonga Combined Sports' Club (inc presentation of term and year awards)	16/12 Last day of Term 4 Newsletter No Assembly 2:25pm Dismissal 1:00pm P&F Afternoon Tea FUN DAY!	17/12 & 18/12 17/12 – Mypo RSL Christmas Tea / Mannum Carols by the River

Planning Calendar Term 1 2017

1	30/1 Term 1 commences Welcome Back!	31/1	1/2	2/2	3/2 3:00pm Assembly	4/2 & 5/2
2	6/2 Newsletter Swimming Lessons (Reception to Year 5 students only)	7/2	8/2	9/2	10/2 No Assembly	11/2 & 12/2

Mypolonga Primary School

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