

MYPO NEWS

Mypolonga Primary School & Community Newsletter

Term 1, Week 8 17th March 2020

Term 1 2020 Assembly Roster

Friday assemblies have been postponed until further notice.

Happy birthday!

17/3 - Ryley (Year 4)
18/3 - Oliver O-C (Reception)
22/3 - Winchester (Year 3)
25/3 - Paige (Reception)
30/3 - Soren (Year 1)

Mypolonga Cricket Club

Congratulations to Mypolonga Cricket Club's A Grade team for reaching the Murray Towns Cricket Association grand final this weekend. The grand final is being held at the Mypolonga Combined Sports' Club and we wish you luck boys!

SAPSASA Swimming Selections

Congratulations to Year 6 student **Ruby Montgomery-Pittaway** and Year 7 student **Jayden Ladson** on being selected in the Murraylands SAPSASA swimming team.

The state championships will be held on Friday 27th March 2020.

Good luck Ruby & Jayden. We look forward to hearing of your experiences!

You will teach them to fly, but they will not fly your flight.

You will teach them to dream, but they will not dream your dream.

You will teach them to live, but they will not live your life.

Nevertheless, in every flight, in every life, in every dream, the print of the way you taught them will remain.

~ Mother Teresa ~



Government of South Australia
Department for Education

We Roar as One!

How cool is this! DfE has shared our Facebook post across the state about our Buddy Class program. Our UP leaders have been inspirational leaders this year. Go Tigers!

What Makes Teaching Worthwhile

We had a fantastic response recently, when we put a post on Facebook asking for lemons. Lemons are out of season in Mypo. Past student Kye Fawdry, (now in Year 10), gave his mum Lisa \$40 and asked her to buy lemons for the lemon cordial we sell in the Shop on

Fridays. Kye had no idea how much his actions nourished and inspired us! Then of course we had Ruby's magnificent gesture on behalf of the Leukaemia Foundation in memory of Madison Ray's mum. It was an unbelievable day with lots of us feeling a bit tired and emotional.

COVID 19 Update: Yesterday, we called an assembly to reinforce thorough hand-washing, careful personal hygiene and classroom cleaning protocols. Last night at Governing Council, we decided to err on the side of caution and postpone the following activities:

Friday assembly: we think it best not to put ourselves in avoidable situations in the short-term, especially since we are really cramped in the library. We will re-commence assemblies when the situation improves.

Disco/Disco tea: once the crisis improves we will look to re-scheduling the disco.

Sport's Day: we will postpone this. SAPSASA, which has traditionally been in Term 1, will not be held until Term 3 which gives us plenty of time to run the day later in the year.

There is a real possibility that schools will be closed in the future. We will work with DfE to make this work as effectively as possible. We are all travelling in uncharted waters.

Languages Alive

Last year, we hosted the 'Languages Alive' program, which was a huge success. This year, we have again been given the opportunity to do this again, with different languages being offered. The languages our kids will experience are **Auslan** (Australian sign language), **Indonesian** and **German**. We deliberately schedule this program to coincide with the School Shop so that our kids get a chance to work in the Shop. I am also happy to run a normal school day (8:30am – 3:30pm), so that working parents are able to meet their work commitments. There is a cost of \$10.00. We had a great time last year and we would love to see the program continue.

Sad Times

The Mypo community sends our heartfelt condolences to Shohan and Heidi Fidge and their families on the passing of their much loved father and grandfather. Jack was a wonderful mentor to his grandchildren; 'Listen for my footfall in your heart, I am not gone, but merely walk within you'.

Warm Regards, Rita



Karate Grading Congratulations

Congratulations to the following Mypolonga Primary School students on passing their latest karate grading with Mypolonga Shukokai Karate Alliance.

The children work very hard to pass this exam type grading. Sensei Dave, as well as we here at school, are very proud of their achievements.

. Phoenix and Dante passed their 9th Kyu Red Belt.

. Jayden, Linton, Kallan and Brandan have trained for 6 months to pass their 2nd Kyu Brown Belt.

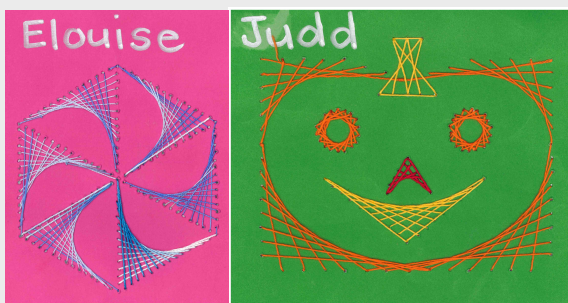
For further information on our locally based karate club, please contact;

Dave Garner on 0402274655 or email mypo.shukokai@gmail.com



Upper Primary Technology/Art

In Upper Primary, we recently completed a technology and art task with Mrs Martin following sewing patterns to complete designs. This is a little similar to the string pictures that Year 7s have traditionally completed in Master Class.



Lost Property Box

Our lost property box continues to build! It contains a large number of **unnamed** jackets/jumpers with the Mypolonga Primary School logo on them. If items remain in the box at the end of the term, they will be donated to our second hand clothing rack.

Introducing House Leader for Murray...

Autumn Stapleton

As a leader of my house team, I hope to... look out for my team and lead us to victory.

I think a good leader... takes pride in their work and doesn't get upset if things don't go their way.

The best thing about being a leader is... when kids come to you for help when needed.

Someone I think is a great leader is... my Mum **because** she is a great role model and is always willing to help anyone.



Wellbeing Wonders

'5 ways to increase good feelings (and reduce a toxic atmosphere) in your family - Parenting Ideas

One way to increase good feelings in your family is to increase the number of compliments kids hear at home.

As a general rule, the ratio of compliments to criticism should be around **five to one**. That is, there should be five times more positive, affirming comments than negative comments.

In unhealthy families this ratio is often reversed. Five negative comments for every one positive comment makes for a pretty toxic environment.

How does your family rate on this scale?

If you think about where your family may be on this scale, be careful about how much weight you put on your children's comments, especially to each other. Siblings can be unkind to each other, finding it hard to share a pleasant word, which can skew the positive to negative ratio a lot (and sometimes make family life quite awful for everyone).

However, this can change over time.

Here are five ideas to help you **improve the compliments to criticism ratio** in your family:

1. **Increase the number of affirmations and compliments you make yourself.**
2. **Keep a check on your use of 'good feeling killers' (and self-esteem killers).** Eradicate comments such as: "Typical boy!" "If I've told you once I've told you a 1,000 times, don't..." "What a stupid thing to say to your brother/sister!". Bite your tongue. If you find yourself thinking a criticism, keep it to yourself.
3. **Make kids aware of their negative language.**
4. **Make it a habit to follow a negative with a positive.**
5. **Let the bad feelings out.**

These, along with affectionate phrases and kind remarks, will start to skew the ratio a bit. Aim for a five to one ratio. Not only is this good modelling for your kids, but it will make family life more harmonious. Yep, five to one is your aim. If you can't do that, then you can't expect it of your kids.

Constant criticism harms self-esteem, not to mention family harmony. Use 'I' statements to let kids understand the impact their negative talk has on you and others. "When you talk so aggressively I feel quite scared about what you are going to do next." It's impossible for kids to disagree with 'I' statements.

Follow discipline, a rebuke or a negative comment with a positive act or comment. Then teach your kids to do the same!

Most of these suggestions start with you, the parent. Like everything in family life, whatever you want from your kids, you must take the lead and do first. Remember, five positives to one negative is your aim!

Something to think about...challenge accepted!

Cheers, Kerry

Class Awards - Term 1 Week 4

Junior Primary Gold

Hollie Fidge - for great confidence answering the phone.

Oliver O'Shea-Coulter - for amazing improvement in knowing his letters.

Junior Primary Black

Laycie Sargeant - setting an excellent example and always being ready to learn.

Emily Rathjen - taking on challenges with a positive attitude.

Middle Primary Gold

Scarlett Perry - for being responsible and mature in helping our class to run efficiently while our teacher was away.

Lainie Peacock - for being responsible and mature in helping our class to run efficiently while our teacher was away.

Middle Primary Black

Ryley Schwarz - Generosity of Spirit. Ryley didn't have enough money to buy 2 icy poles, so he said to order one for his sister only.

Makayla Baker - working hard on her fraction understanding.

Upper Primary Gold

Amilee Harvie - for showing engagement and maturity in the classroom.

Brandan Pahl - trying hard to put more effort into bookwork presentation.

Upper Primary Black

Jacinta Clark - using her initiative to help others on numerous occasions.

Jayden Ladson - using his initiative to help others on numerous occasions.

Class Awards - Term 1 Week 5

Junior Primary Gold

Oliver Carroll - for trying to adapt to all things new.

Imogen Martin - for always having a mature and kind attitude.

Junior Primary Black

Harry McNeilly - bringing a positive attitude and always being ready to learn.

Hamish Shanahan - showing improvement in his attitude for learning and interacting with class mates.

Middle Primary Gold

Tayla Roden - for being a kind and helpful leader.

Middle Primary Black

Isabelle Swanson - thoughtful writing in her Gratitude Diary.

Charlotte Pahl - first student in the class to receive her pen licence.

Upper Primary Gold

Matilda Stone - for showing patience and tolerance this week when her teachers needed it most.

Ava Hagger - excellent leadership skills and amazing initiative.

Upper Primary Black

Riley Hagger - showing empathy when solving problems.

Judd Ruckstuhl - showing empathy when solving problems.

World's Greatest Shave - Way to go Ruby!

Community Spirit shone through last Friday with a whopping \$725.00 raised for Ruby who took part in the World's Greatest Shave! Thanks to everyone who helped in any way. Congratulations Ruby, you are truly an inspiration.

There is still time to support Ruby. Please visit leukaemiafoundation.org.au - click on the 'Shave the World' image, click on 'Sponsor a Shaver', find the name Leanne Pittaway (Ruby's mum) and donate from there!



World Vision Child

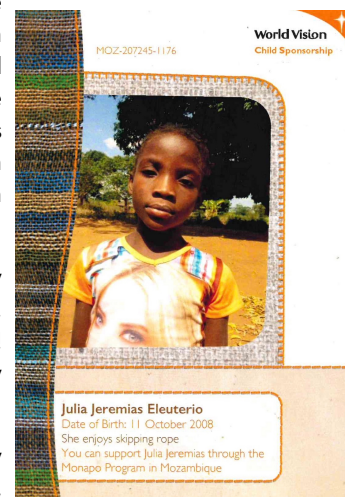
Our school has been sponsoring a child through World Vision for a number of years now. We are currently sponsoring Julia Eleuterio. Julia lives with her parents, five brothers and three sisters in the Monapo Area Development Program in Mozambique, East Africa. Julia's father and mother are both agricultural labourers. She attends school and her favourite subject is national language. The majority of people in Julia's area are part of the southeastern African ethnic group Makhuwa and speak Makua.

We raise money for our World Vision child by organising a bikeathon every three years. 2020 is the year and further details will follow! We also send the child and their community gifts to support their life and health.

Our Word Being committee consists of Koby Stimpson (leader), Ruby Montgomery-Pittaway, Felicity Donald, Sophie Brouwer, Lainie Peacock and Hannah Burdett.

We recently, and excitedly received correspondence from Julia (written in English and Portuguese, which is their official language). It read; "Dear Sponsor, my name is Julia. I am in good health together with my family and thank you so much for being my sponsor through World Vision. My home is made of raw bricks and thatched with grass and my staple food is maize thick porridge served with vegetables, beans and fried fish. I am in Grade 2 and when I grow up, I wish to be a Teacher. Something I learned this year is to write my name. Something I'm thankful for this year is that I have a birth certificate. Regards, Julia'.

Julia also drew a Christmas ornament for us to cut out and hang.





Planner - Term 1 2020

MCSC - Mypolonga Combined Sports Club / MFC - Mypolonga Football Club / MBHS - Murray Bridge High School / MNLC - Mypolonga Netball League Club / MCC - Mypolonga Cricket Club / SVA - Social Ventures Australia / YEL - Young Environmental Leaders

Week 8	16/3 . Newsletter . SAPSASA cricket state carnival (until Thursday)	17/3 . 9:00am Playgroup . MPB enterprise recess	18/3 . JPB enterprise recess . MPG enterprise lunch	19/3	20/3 . JPG enterprise lunch . 3:00pm Assembly . 6:00pm Mypo RSL bingo/bbq tea	21/3 & 22/3
Week 9	23/3	24/3 . 9:00am Playgroup . MPB enterprise recess . all MFC training reverts back to Tuesdays/Thursdays	25/3 . JPB enterprise recess . MPG enterprise lunch	26/3	27/3 . JPG enterprise lunch . 3:00pm Assembly . SAPSASA swimming state championships	28/3 & 29/3 28/3 - Round 1 MFC/MNLC bye
Week 10	30/3 . Newsletter	31/3 . 9:00am Playgroup . MPB enterprise recess	1/4 . JPB enterprise recess . MPG enterprise lunch	2/4	3/4 . JPG enterprise lunch . 3:00pm Assembly	4/4 & 5/4 4/4 - Round 2 MFC/MNLC -v- Imps @ Imps (RMFL night game)
Week 11  No class enterprise recess or lunch this week	6/4	7/4	8/4	9/4 . 2:00pm End of Term Assembly (held at the school) . 2:25pm dismissal . Newsletter	10/4 Good Friday	11/4 & 12/4 Easter Weekend

Community News

Mypolonga Football Club

COVID-19 (Coronavirus) update

Following the decision by the SANFL to delay the commencement date for the SANFL season until 31st May 2020, and talks held at the senior committee meeting last night, it has been decided to CANCEL all football training for this week (Juniors - Wednesday 18th March 2020 & Seniors - Thursday 19th March 2020). Programmed trial matches have also been cancelled.

A decision will be made regarding future trainings and games as information is received from the RMFL.

Information on the Coronavirus is rapidly changing and being updated regularly. The RMFL Facebook page is a good source of current and accurate information regarding the 2020 season, so please follow. The Club will share major developments on its Facebook page as soon as they come to hand.

Whilst it may be frustrating having the 2020 season in limbo, the health and wellbeing of our players, families and supporters is paramount and we will follow all the necessary protocols and advice from the RMFL and health professionals.

Working Bee

A working bee is being held at the Club at 10:00am this Sunday (29th March 2020) to cover the pitch. Anyone is welcome to attend.

Mypolonga RSL Bingo/BBQ Tea

Being held this Friday 20th March 2020 at the Mypolonga RSL. A fun night out for the whole family. Teas commence at 6:00pm, bingo commences between 7:15pm and 7:30pm. A salad to share would be appreciated.

Principal: Rita O'Brien Tel: 85354191 17-27 Williams Street Mypolonga SA 5254

Fax: 85354160 e: info@mypolongaps.sa.edu.au www.mypolongaps.sa.edu.au

