

Mypolonga Primary School & Community Newsletter



Bikeathon: Constable Nick Baas with some of our bike riders

Teamwork
Integrity
Generosity of Spirit
Excellence
Respect

12th November 2012

"Life is like a 10-speed bicycle. Most of us have gears we never use."
~ Charles Schultz, creator of the Peanuts cartoon strip ~

Assembly Roster – Term 4 2012

Week 6 – Johannah Hobbs, Nick Lewis, Bradley Smart and Reuben Smith

Week 7 – Orlando Redden, Sienna Montgomery-Pittaway, Sahara Sullivan-Close and Scott Carter



Mypolonga Primary School Concert

Friday 7th December 2012

Unity College Steeple,
Murray Bridge

* Allocated family tickets will be available to purchase from the school office from Monday 26th November 2012 until Friday 30th November 2012
- \$5.00 per seat *



Notes to be returned to the school

. School concert notification (due by Monday 19th November 2012)

Enclosed with this Newsletter

. 2012 school magazine order form
. 2012 Secret Santa note

Strawberry plants for sale!

We have a number of strawberry plants in the school shade house for sale. \$1.00 per plant. Enquiries to the front office.

Happy Birthday...

14/11 – Bodi Stewart
14/11 – William Schofield
16/11 – Erin McDonald
20/11 – Sachin Bartholomeusz
22/11 – Larissa Pike
25/11 – Nick Lewis



Stepping Up

Every second year, the Middle Primary class produces a new recipe book. The theme for this year was 'Chocolate Lovers' and every Middle Primary family contributed a recipe for the book. The class launched its book in spectacular fashion. Students, with help from Sharon Marcus, made some of the recipes and some students made their own recipe at home and brought it in to share with tourists from the Proud Mary. Naturally, many books were sold. As the Upper Primary students were on camp, the Middles also had the responsibility of running the Shop. It was great to see the class stepping up to run the shop as if they had done it all the time. Well done Middles!



Madison, Darcy and Asharnah with a visitor from Proud Mary tours

Getting out of your Comfort Zone

Aquatics Camp is one of the most physically demanding activities students engage in at primary school. Students often need to try things they have never done before and sometimes they are genuinely frightened or nervous. So it's fantastic when we see our students having a go. Whether they are successful or not is immaterial – it's the desire to challenge oneself, knowing that there is a collaborative safety-net in place, which is inspirational.

As part of the Practitioner Research project we are undertaking, we are looking at the notion of 'learned helplessness.' I overheard a conversation between a group of students following Jacob Neale's fantastic success at knee-boarding. One student, (who was as excited as Jacob was) remarked that it takes a lot of courage to try scary new things and it is easy to opt out because 'if you don't try you won't fail'. As life-long learners if we go down the path of 'learned helplessness' we will certainly not be as successful as those who are willing to take risks and have a go. The sense of achievement is so much greater when the journey has been difficult.

Congratulations to all of the students who challenged themselves on the aquatics camp.

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Government of South Australia
Department for Education and
Child Development



Council Meeting

Last Monday night, the Rural City of Murray Bridge held their Council Meeting in the Upper Primary Classroom. A big thank you to Annie, Mary and Yvette who worked with Liam, Mitchell and Angus who came back in the evening to make and serve supper. Feedback from the people attending was fantastic. They talked about the boys' conversational skills, positive attitudes and approachability. Well done boys.

What a difference a comma makes!

Woman, without her; man is nothing.

Woman, without her man, is nothing.

Warm Regards,
Rita

Upper Primary Aquatics Camp



Sailing Group



Kneeboarding:
Scott and Kosta



Canoeing:
Jacob



Water Skiing:
Mitchell H.

Counsellor's Corner

Why is sleep so important?



This fortnight we will look at the HOW?

There are 5 stages of sleep

- Stages 1 & 2 – you first fall asleep but are not yet in a deep sleep.
- Stages 3 & 4 – you are in a deep sleep. Your heart and breathing slow down and your body is still. It is hard to wake you.
- Stage 5 – this is a very light sleep, your brain is active, your eyes move around under your eyelids in RAPID EYE MOVEMENT SLEEP (REM).
- You often wake up a little after an REM period because it is very close to 'wake'.

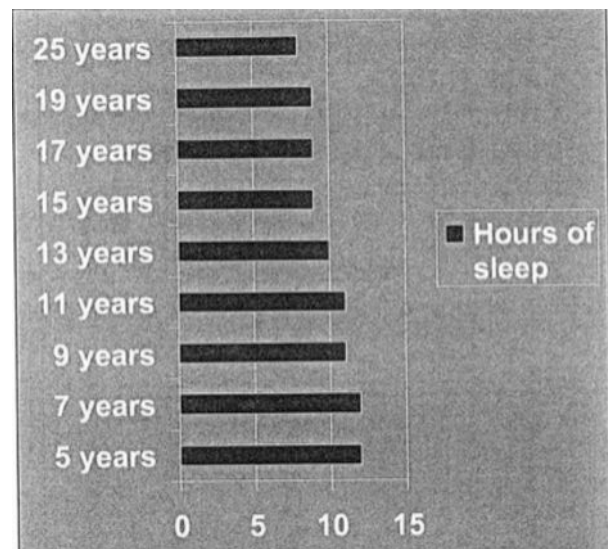
Sleep Cycles

As the night progresses, there is less deep sleep (stages 3 & 4) and more REM.

- REM sleep is very light and we wake easily from REM.
- This is why we wake more often in the early hours of the morning because we have more REM then.
- Sleep cycles (stages 1,2,3,4 REM) usually last about 90 minutes in school aged children and the first two cycles are the deepest.

This cycle happens 5 to 6 times during the night.

How much sleep does your child need?



Cheers, Kerry

SAPSASA Tennis

Congratulations to Year 7 student Chelsea Hagger on competing in the SAPSASA Tennis State Carnival recently.

The Murraylands district finished 6th overall, with Chelsea winning 11 out of 14 games.

Well done Chelsea!



Class Awards Term 4 Week 4

Junior Primary class

Mitchell Pahl – fantastic writing in spelling.

Junior Primary 1 class

Katie Hutchinson – for always demonstrating our TIGER values.

Lower Middle Primary class

Logan Baker – excellent participation in lessons this week.

Elisabeth Jackson – creative Poetry writing this week.

Middle Primary class

Mackenzie Rathjen – for doing extra work at home to improve her Maths.

Paige Vandenberg – showing leadership skills while making the class slideshow.

Upper Primary class

Griffin O'Connor – for exceptional problem solving skills in Maths.

Kosta Bartholomeusz – fantastic narrative writing.

Junior Primary Breakfast / Bikeathon

What a great day!! Thank you so much to everybody who helped in any way; preparing and serving breakfast for the Junior Primary classes, walking, riding, drink station managers, 1st aid and driving pick up vehicles. Our day could not happen without you all.



Pictured are walkers Kalum, Larissa and Jade, with bike rider Isabella.



Special thanks to:

- . Helen and Rob Phillips (Holly's grandparents) for donating and serving oranges for our riders and walkers.
- . Constable Nick Baas for attending our bikeathon to talk to our students about road safety.
- . Ian Payne for organising signage and coloured vests for safety from the local council.

We raised a staggering **\$2,600.00**, which will go towards sponsoring Bryan, our World Vision Child from Bolivia.

Congratulations to the following families who each raised over \$100; Hanlon, Stewart, Prosser, Lukey and Martin (Georgia).

Thanks again,
SRC

Community News

Mypolonga Football Club

AGM: Friday 30th November 2012 – to be held at the Mypolonga Combined Sports Club.

Mypolonga Netball Club

AGM: Friday 16th November 2012 @ 7:00pm – to be held at the Mypolonga Combined Sports Club.

Mypolonga RSL

Bingo BBQ Tea: Friday 16th November 2012 @ the Mypolonga RSL. Teas commence at 6:00pm, Bingo starts at 7:30pm. Please BYO salad or plate of sweets to share.

Vacswim January 2013

The annual SA Water VACSWIM program will be held between 3rd – 11th January 2013 @ Murray Bridge Olympic Pool. Enrolment forms are available from the office or by visiting www.vacswimsa.com.au

Mannum Fun Run / Walk

Sunday 16th December 2012 from Mary Ann Reserve, Mannum. Choose from 3km walk, 5km walk / run, 10km run.

Pre-register by visiting www.mid-murray.sa.gov.au. For more information, call Diem at Mid Murray OPAL on 85690100.

Blue Light Disco

Friday 30th November 2012 between 5:30pm and 7:30pm at the Murray Bridge North Primary school gym. This is a lock-in event for primary school aged children free from alcohol, drugs and smoking. For further information, telephone 85356020.

2013 Netball SA Summer Camp

Netball SA is running a Summer Camp during the 2013 January School holidays from 16th-17th January 2013 at Netball SA Stadium, 155 Railway Terrace, Mile End. Age groups 10-13 years and 14-16 years. Bookings online at: www.trybooking.com/CBVL or telephone 82380521.

Netball SA – NetSetGO! Come and Try School Holiday Clinics

Friday 18th January 2013 at Netball SA Stadium. Have fun while learning new netball skills, drills and techniques. Ages 5-7 9:00am-11:00am. Ages 8-10 2:00pm-5:00pm. For bookings, contact 82380500 or visit netballsa.asn.au.

"Potty Poo-Poo Wee-Wee Workshop"

Wednesday 14th November 2012 from 4:00pm-6:00pm at Tinyeri Children's Centre, Jarvis Avenue, Murray Bridge. A workshop designed to offer suggestions and resources to complement toilet training. Ph: 85311515.


Lutheran Churches of Murray Bridge Christmas Tree Festival

Friday 16th November – Sunday 18th November 2012 at the Murray Bridge Town Hall. Admission is free!

Planning Calendar - Term 4 2012

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

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

6	12/11 Newsletter	13/11	14/11	15/11	16/11 3:00pm Assembly Mypo RSL Bingo BBQ Tea 7:00pm Mypolonga Netball Club AGM	17/11 & 18/11 17/11 – Murray Bridge Christmas Pageant
7	19/11	20/11	21/11 7:00pm Sustainability Committee Meeting	22/11	23/11 3:00pm Assembly 3:40pm C&S Meeting	24/11 & 25/11
8	26/11 Newsletter 3:40pm Improvement Committee Meeting 7:00pm Finance / 7:30pm Governing Council meeting	27/11 Casual Day	28/11 Small Schools Basketball Carnival	29/11	30/11 3:00pm Assembly 7:00pm Mypolonga Football Club AGM	1/12 & 2/12 1/12 – Mannum Christmas Pageant
9	3/12	4/12 Year 7 MBHS transition	5/12	6/12	7/12 No Assembly School Concert 	8/12 & 9/12
10	10/12	11/12	12/12 Year 7 Graduation Dinner	13/12 Aquatics Centre Excursion (whole school)	14/12 Newsletter 2:00pm Assembly 2:30pm Dismissal	15/12 & 16/12 15/12 – Mypo RSL Christmas Party

School Term Dates

This information is current as of February 2012.

To confirm this information, please contact the Department for Education & Child Development on 8226 1083.

Year	Term 1	Term 2	Term 3	Term 4
2013	29 Jan - 12 Apr	29 Apr - 5 Jul	22 Jul - 27 Sep	14 Oct - 13 Dec
2014	28 Jan - 11 Apr	28 April - 4 Jul	21 Jul - 26 Sep	13 Oct - 12 Dec
2015	27 Jan - 10 Apr	27 Apr - 3 Jul	20 Jul - 25 Sep	12 Oct - 11 Dec

Mypolonga Primary School

Principal: Rita O'Brien

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