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!

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.
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

Councilor'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 Vandenbergh – 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, Prosseer, 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**

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

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<thead>
<tr>
<th>Year</th>
<th>Term 1</th>
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<tr>
<td>2013</td>
<td>29 Jan - 12 Apr</td>
<td>29 Apr - 5 Jul</td>
<td>22 Jul - 27 Sep</td>
<td>14 Oct - 13 Dec</td>
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<td>2014</td>
<td>28 Jan - 11 Apr</td>
<td>28 April - 4 Jul</td>
<td>21 Jul - 26 Sep</td>
<td>13 Oct - 12 Dec</td>
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<td>2015</td>
<td>27 Jan - 10 Apr</td>
<td>27 Apr - 3 Jul</td>
<td>20 Jul - 25 Sep</td>
<td>12 Oct - 11 Dec</td>
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