

# Mypolonga Primary School & Community Newsletter

26<sup>th</sup> November 2012

## Assembly Roster – Term 4 2012

**Week 8** – Samuel Montgomery-Pittaway, Kyal McDonald, Connor Smelt and Liam McDonald

**Week 9** – NO ASSEMBLY

**Week 10** – Jessica Donald, Charlie Sullivan Close, Chelsea Hagger and Mitchell Walton



## Mypolonga Primary School Concert

Friday 7<sup>th</sup> December 2012

Unity College Steeple,  
Murray Bridge

Doors open at 6:30pm

\$5.00 per seat

. The allocated 5 family tickets will be available to purchase from the school office from **Monday 26<sup>th</sup> November 2012 until Friday 30<sup>th</sup> November 2012.**

. From **Monday 3<sup>rd</sup> December 2012**, any remaining tickets will be put into a 'pool' for other family and community members to purchase.

. Further details will be provided during Week 9.



### Notes to be returned to the school

. Concert Rehearsal consent form (purple note due 30/11/12).

. Aquatics Centre Excursion consent forms and \$10.00 payment (white note due 6/12/12).

### Coles Sports for Schools Program

We have recently been contacted by Coles to advise that **21,222 points** was raised from vouchers collected by the school for the Sports for Schools Program. We have ordered some great sports equipment, which will be delivered to the school in Term 1 next year.

### Happy Birthday...

27/11 – Paris Montgomery-Pittaway

2/12 – Craig Gillett

6/12 – Maddison Cain

7/12 – Jessica Deane

10/12 – Chloe Pahl

11/12 – Georgia Martin



Teamwork  
Integrity  
Generosity of Spirit  
Excellence  
Respect

'Talent wins games, but teamwork and intelligence wins championships.'  
~ Michael Jordan (American NBA Basketball Player) ~

### It's a record!

Last Friday, the Proud Mary tourists bought \$590 worth of stock. The students on the inside and outside counters had to really think on their feet as the goods were sold in the space of 30 minutes. This is a new record for us.

### Imagine Mypolonga 2020

Imagine Mypolonga 2020 lies alongside the Rural City's Imagine Murray Bridge program, which aims to give communities the opportunity to identify and plan for future directions. Each Imagine group delivers progress reports in a community forum. Last week, Chelsea Hagger, Meg Daniel, Patrick Hughes and Aimee Kelly presented the progress report on behalf of the Imagine Mypolonga Group at the Town Hall. We have had wonderful feedback, including some from the representative of the SA Tourist Commission who said our students 'had made his day.' Well done to our student leaders who challenged themselves to deliver the presentation.

### Transition

I am very proud of our relationship with Murray Bridge High School and Anne and I appreciate the very hard work the school puts into its transition processes. All students will spend the day at High School on the 4<sup>th</sup> December. Some students have been offered extra transition and have used this opportunity to develop connections. My experience is that the parents are far more worried than their children are, and this was certainly the case in my family.

The high school uses NAPLAN results and teacher feedback to invite students to join their SHIP class (Students with High Intellectual Potential). This year 45% of our Year 7s were selected in this class. Well done to Damon Sorensen, Karl George, Isaiah Janiak, Jakob Langley, Kosta Bartholomeusz, Holly Wachtel and Chelsea Hagger on their selection. The challenge for these students is to use this opportunity, to excel, by working hard, to achieve that potential. Potential on its own is valueless, unless coupled with drive and hard work. As of this newsletter, we have not been informed of the other students' classes, but once we are, they will be informed.

One of the issues around the new Australian Curriculum, is the place of Year 7. Queensland and South Australia are the only states where Year 7 is still in primary school. It would not appear that there will be any change in the immediate future. We have worked regularly this year with teachers from the Maths and Science faculties at MBHS to ensure the integrity of the curriculum we are delivering in Year 7, especially around practicals in science.

.../2



Government of South Australia  
Department for Education and  
Child Development



The high school teachers were very clear that the biggest impediment to student achievement in maths is a lack of tables knowledge. Our target is that all students entering Upper Primary, who do not have a disability, should know all of their tables. Please support us by challenging your children at home to meet this target.

On 4<sup>th</sup> December, while the year 7s are at MBHS, we will use this opportunity to set up a transition program here at school. Students will spend part of the day in their class for next year. We will inform you of your child's class this week. Things are already tight with only space left in Nicole's 1/2 class and Jane's 2/3/4 class. However, we have been able to offer some places to families on our waiting list, which is good news.

Warm Regards, Rita

### Mypolonga Primary School Cricket Team

On 19<sup>th</sup> November 2012, players from the Mypolonga Primary School cricket team attended a coaching clinic held by the SACA and ACA Masters @ Johnstone Park in Murray Bridge. Current and former SA Redbacks, Australian (mens & women's) and Interstate cricketers were in attendance including: Cam Borgas, Murray Goodwin, Wayne Holdsworth, Ben Johnson, Craig McDermott, Terry Alderman, Matthew Mott, Shelley Nitschke and Peter Sleep.

Our players were given a specific nets training session with regard to batting and bowling techniques by Cam Borgas (current Redbacks and Adelaide Strikers player), Terry Alderman (former WA & Australian swing bowler) and Peter Sleep (former SA & Australian spin bowler). The players then presented Daniel Cocks from the SACA with a Certificate of Appreciation for his assistance in helping the team get started prior to the season (*pictured on the front of this newsletter*). The coaching was followed up by a question & answer and autograph session to complete the clinic. All players can now take the new advice received into our next game.

Cheers, Kym Walton



*Mitchell receives some batting techniques from Cam Borgas (current Redbacks and Adelaide Strikers player) during the nets session.*

*Patrick with Peter Sleep (former SA & Australian spin bowler).*



### Counsellor's Corner

#### Why is sleep so important?

This fortnight we will look at the WHAT?



Sleep helps our BODY grow and our BRAIN develop, especially during childhood and adolescence.

The body needs sleep for:

- . Resting ('recharging batteries', 'filling the tank')
- . Growing (new cells are made, growth hormone is released)
- . Cell repair (fixing skin, muscles and injuries)
- . Resting the immune system and fighting off illness

The brain needs sleep for:

- . Consolidating information
- . Storing information and memories
- . Paying attention and concentration
- . Problem solving

The part of the brain that regulates behaviour, emotion, planning, coordination, creativity, problem solving and complicated thinking, is the Pre Frontal Cortex.

What happens when we don't sleep?

When the Pre Frontal Cortex doesn't get enough sleep your child will have problems in the areas that are regulated by it:

- . Behaviour – aggressive, antisocial, withdrawn, hyperactive, unable to control or regulate behaviour
- . Emotion – moody, depressed, anxious, stressed, uneasy, irritable
- . Planning – poorly organised, repeating grades, forgetting lessons
- . Concentration – inattentive, unable to concentrate, falling behind in school
- . Creativity – not working at full potential
- . Problem solving – poor behaviour control and difficulty in social situations
- . Complicated thinking – struggling with maths, science, languages, abstract concepts

A body that is not rested also has trouble with:

- . Motor coordination – less sporty, more accidents, clumsier
- . Weight – being obese and overweight is more likely with less sleep
- . Health – poorer immune system – sicker more often

Cheers, Kerry

### Salvation Army - Christmas Hamper Drive

This Christmas, the SRC will be supporting the Salvation Army Christmas Hamper Drive by collecting non-perishable food items from school families / community members for families in need. Part of the Salvation Army's work is to support individuals and families' addictions, domestic violence, homelessness, employment and other support services. If you would like to support this drive, please leave your non-perishable food items at the school office by **Friday 7<sup>th</sup> December 2012**. Food items may include cans/tins, packet food, Christmas puddings, shortbread biscuits or even treats for the family pet! Thank you in anticipation of your support.

## Musical Instruments

Students undertaking musical tuition with Peter Longden this year are asked to return their school-owned musical instrument to the office by Wednesday 12<sup>th</sup> December 2012 (following the school concert). This will enable us to conduct a stock take of the instruments and make sure the instruments are in peak condition for next year.

## Congratulations

Congratulations to Year 6 student Connor Smelt on being selected in the SA Country Basketball Under 14 Boys state team. A total of 190 boys tried out and the squad cut to 24, making up the two SA squads (Magpies and Sharks). Connor was one of two boys from the Murray Bridge district to make the squad. The tournament will be held in Aubury from 11-19 January 2013.



## School Magazine

Orders for this year's school magazine have now been finalised. However, if you haven't returned the order form, together with the \$11.00 payment, late orders will be taken by contacting Necia or Annie at the school **on or before Wednesday 28<sup>th</sup> November 2012.**

## Class Awards Term 4 Week 6

### Junior Primary class

**Thomas Kruschel** – excellent work in all learning areas.

### Junior Primary 1 class

**Leila Dahlitz** – for working hard to improve her Maths skills.

### Lower Middle Primary class

**Rex Dankel** – being prepared to help others.

**Jacob Orchard** – working hard on written language.

### Middle Primary class

**Bodi Stewart** – improved attitude towards work.

**Madeline Sorensen** – excellent group work in Science.

### Upper Primary class

**Damon Sorensen** – for excellent narrative writing.

**Karl George** – for putting in extra time to achieve a high standard.

## 'Right Bite' news

'Food Switch' is a free iPhone app, which has been developed and rates nearly 20,000 supermarket items with red, orange or green ratings for their fat, sugar and salt content. The app scans bar codes with the phone's camera and recommends healthier food items in the same category. This is a useful app for parents and the whole school community.

Parents/caregivers may also like to visit the Right Bite website:- [www.decd.sa.gov.au/eatwellsa/pages/eatwell](http://www.decd.sa.gov.au/eatwellsa/pages/eatwell) to access the valuable tools for children to make healthy food choices.

## Golf Lessons

Last Thursday (and on 29<sup>th</sup> November 2012), Michael Cox from the Murray Bridge Golf Club visited our school to teach our students some new skills.



*Pictured right are Year 3 students Holly and Kane.*

## Community News

### Mypolonga Football Club

**AGM:** Friday 30<sup>th</sup> November 2012 – to be held at the Mypolonga Combined Sports Club. Colts 7pm / Seniors 8pm. Enquiries to the MFC Secretary 0419032879.

### Mypolonga RSL – Christmas Tea

Saturday 15<sup>th</sup> December 2012 @ the Mypolonga RSL. All welcome! Santa visit for children to Year 7. Meals from 6:00pm - please BYO salad to share.

### Mypolonga Combined Sports Club – Christmas Tea

Saturday 22<sup>nd</sup> December 2012 @ the Mypolonga Combined Sports Club. All welcome! Santa visit for young children. Meals served from 6:00pm.

### The Treasure Trail is Coming to Bridge Street!

Thursday 29<sup>th</sup> November 2012 from 5:30pm. Fun, live entertainment, rides and giveaways! Come and explore the main street of Murray Bridge and surrounding businesses like never before! Santa will be in front of the old Commonwealth Bank handing out trail maps and bags from 5:30pm. The lighting of the pine tree will take place at 9:00pm.

### In Christ's Company presents... Calamity Jane

at the John Dohler Hall, Swanport Road, Murray Bridge  
Thursday 6<sup>th</sup> December @ 8pm, Friday 7<sup>th</sup> December @ 8pm,  
Saturday 8<sup>th</sup> December @ 2pm and 8pm, Sunday 9<sup>th</sup> December @ 2pm. All tickets \$10.00 each, available at the door.

### School Dental Clinic

**Contact Details:** Murray Bridge South Dental Clinic  
Ph: 85323051, Joyce Street, Murray Bridge  
Open 8:30am-4:30pm

The School Dental Service is available to children aged from birth up until 18 at public dental clinics throughout South Australia. The School Dental Service recommends children have their first dental visit at around 12-24 months. Fees apply for primary school or high school aged children unless your child is the dependant of, or holder of, a current Centrelink Concession Card, School Card or Medicare Teen Dental Voucher.

During the school holiday period, please refer to the clinic answering service or clinic door note for opening hours and emergency coverage. For all after hours emergencies, please call healthdirect Australia on 1800022222.

### Sports Fusion Clinics

Coaching clinics for students aged 5-14 years at Prince Alfred College, Dequetteville Terrace, Kent Town. One clinic only – Monday 7<sup>th</sup> January-Thursday 10<sup>th</sup> January 2013. Choose from tennis, cricket, basketball, soccer or a combination of sports. For details and to enrol visit [www.acnsport.com.au](http://www.acnsport.com.au) or phone 1300134154.

### Information for Year 7 Students

#### Transition Day

A reminder that the Year 7 transition day will be held at the Murray Bridge High School on Tuesday 4<sup>th</sup> December 2012. Anne Martin will accompany them to the High School, where they will attend lessons and take a tour of the school.

#### Graduation Dinner

Our Year 7 graduation dinner will be held on Wednesday 12<sup>th</sup> December 2012 at Riverscape for Year 7 students and their families. Please return the RSVP slip to the school ASAP, if you have not done so already.

### 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

8	26/11 <b>Newsletter</b> 3:40pm Improvement Committee Meeting <b>7:00pm Finance /</b> <b>7:30pm</b> <b>Governing</b> <b>Council meeting</b>	27/11  Casual Day "Summer Fun" theme	28/11  Small Schools Basketball Carnival @ Tailem Bend	29/11  5:30pm Treasure Trail Bridge Street, Murray Bridge	30/11  <b>3:00pm</b> <b>Assembly</b>  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 <b>School Concert</b> <b>rehearsal all day</b> <b>@ Unity College</b> No Assembly <b>School Concert</b> <b>@ 7:00pm</b>	8/12 & 9/12
10	10/12	11/12	12/12 Year 7 Graduation Dinner @ Riverscape	13/12 Aquatics Centre Excursion (whole school)	14/12 <b>Newsletter</b> 2:00pm Assembly 2:30pm Dismissal	15/12 & 16/12 15/12 – Mypo RSL Christmas Party

### Planning Calendar - Term 1 2013

1	28/1 <b>Australia Day</b> <b>Public</b> <b>Holiday</b>	29/1 <b>Welcome</b> <b>Back!</b>  <b>Start of Term 1</b>	30/1	31/1	1/2 3:00pm Assembly	3/2 & 4/2
2	5/2 <b>Newsletter</b> Reception to Year 5 Swimming Lessons all week	6/2	7/2	8/2	9/2  No Assembly	10/2 & 11/2

**Mypolonga Primary School**

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