FAMILY FUN DAY LEARNING

Our biannual ‘Family Fun Day’ scheduled for Friday, 1st April 2016 will soon be upon us. Classes have been very enterprising in their planning for this event. It is the aim of this article to highlight the curriculum focus, engaging learning and connecting opportunities that this event provides. The Australian Curriculum refers to “entrepreneurial behaviours as behaviours that demonstrate confidence, initiative, innovation and creativity, global competency and empathy, an awareness of opportunity and a willingness to take risks that can all be applied to a range of contexts.” The process that each class undertakes as they negotiate their service or product and then plan the working details in order to successfully bring their stall to fruition is an example of this definition in action. Detailed below are just a few examples of what classes across the school are actively involved in to develop these skills.

Room 8 have shown a substantial amount of initiative and creativity as they plan for their stall titled ‘Minion Town’. As a class they have built upon the popularity of the movies and characters to brainstorm a variety of activities or services that maximise this theme. Their ideas include Minion bowls, apple bobbing, face painting and selling lemonade and Minion jelly cups. In addition to these ideas the class had originally thought of others, but as part of their plan they needed to look at whether this was a service provided by others, if it was likely to be profitable and could it realistically be managed, so consequently not all of the original ideas were included. They are now at the stage of planning how they will put their ideas into practice. As a class they are collectively building their entrepreneurial skills, which will continue to be relevant in the future.

Students need to recognise that mathematics is constantly used outside the mathematics classroom and that numerate people apply general mathematical skills in a wide range of familiar and unfamiliar situations. Upper primary classes will be using their numeracy skills to ensure that the event is well catered, with N4 managing the canteen, N6 the BBQ and N2 selling drinks and pizzas. The numeracy learning for these stalls is extremely high as classes focus on buying costs and calculate selling prices in order to make a profit. Students are exploring ways to keep expenses down and build sustainability, which is a cross curriculum priority. They are using problem solving and critical thinking to plan for a successful event.

The Family Fun Day offers all students the opportunity to develop their personal and social capabilities as they will each make individual contributions towards the success of the class goal, this will include participating in discussions and decisions, following through with agreed actions and completing their scheduled time on the stall. The event will provide students with the opportunity to develop their communication and interaction skills with members of the community as they negotiate items that are needed for their stall and then serve and interact in order to promote and sell their product. It is anticipated that this will also be an opportunity to develop their confidence and public speaking.

Family Fun Day is a fantastic opportunity for students to engage in purposeful learning that has the added bonus of promoting our school in the wider community. Please take the opportunity to talk to your child about their class stall and the learning that is occurring as a result. We look forward to seeing you on Friday April 1st. Please refer to enclosed leaflet for additional information.

Sandy Davey, Kirsty Trahar, Sharon Day, Michele Waters
SENIOR STAFF

FAMILY FUN DAY LEARNING

<table>
<thead>
<tr>
<th>WEEK 4</th>
<th>WEEK 5</th>
<th>WEEK 6</th>
</tr>
</thead>
<tbody>
<tr>
<td>24/02 Acquaintance Night</td>
<td>4/03 Assembly</td>
<td>Swimming lessons rooms A1, A2, A4, T4, 12</td>
</tr>
</tbody>
</table>

SANDY DAVEY
Chairperson Governing Council – Paula Creasey
57 North Terrace, Mount Gambier, SA 5290
Telephone 08 8724 9811  Fax 08 8725 0254
Email – dl.1021_info@schools.sa.edu.au
www.mcparkr7.sa.edu.au
‘THREAD’ PERSONAL SAFETY APP

‘THREAD’ is a personal safety app for children (aged from 8 years). THREAD provides an immediate connection between: a user’s location, trusted contacts and emergency services.

Should a preset check-in time be set and missed, the user’s last known location is sent to their nominated contacts.

This component encourages users to communicate with their trusted contacts through an informal chat medium that is locked down to trusted contacts.

At THREAD’s core is a personal safety alarm. When activated, the alarm sends the users location to their trusted contacts, launches the phone and dials 000.

The alert function can be activated from the PIN screen. 000 can be dialled in as little as three taps on an unlocked phone.

Please note: functionality of THREAD may differ between iOS and Android platforms.

More information can be found at www.thethreadapp.com.

MATERIALS AND SERVICES CHARGE 2016

Reminder: School fees ($295.00 per student) are due in full by 29th February unless paying in instalments or other arrangements have been made with our finance officer.

Thank you to those parents who have paid or have made arrangements to pay their school fees for 2016.

School card applications also need to be forwarded to the school office promptly to be processed for 2016. These forms need to be completed each year and are available from the front office.

Please do not hesitate to contact us if you have any queries regarding materials and services charges or school card.

All fees to be finalised by the end of term one, unless prior arrangements have been agreed to.

Debt collecting process will proceed after this date as per DECD policy.

WHAT A HEALTHY LUNCH BOX LOOKS LIKE

We all lead busy lives, especially parents of school aged children and often it’s easier to resort to pre-packaged, processed items as a way of saving time. Seeing the contents of the lunch box return home untouched can be disheartening for many parents, let alone children not getting the nutrition they require for optimal growth and development.

Studies have proven the link between eating a balanced diet and improved cognitive and academic performance. Not receiving the right fuel can contribute to poor mental health and a lower IQ and cause more disruptions in the classroom. This affects their ability to thrive and learn. What’s more, poor eating habits at a young age is also a key contributor to child obesity and the disease-promoting eating habits that may carry over into adulthood.

The lunch box formula

A nutritionally balanced lunchbox has four key components according to Nutrition Australia, which recently updated the Healthy Eating Pyramid.

1. A main item. For longer lasting energy, include a combination of low GI (glycaemic index) carbohydrates, such as wholegrain bread, a roll or flat bread; fruit bread; or crackers. Mix them with a protein based filling to keep busy kids full and at optimal concentration levels for the entire school day. This includes lean meat (poached chicken, roast beef, lean ham, turkey and for example), eggs, legumes or beans, or nut spreads (provided the school does not have a nut free policy).

2. Fruit or vegetable. Include whole pieces of fruit; chopped, crunchy veggie sticks; canned fruit in natural juice; or a small mixed salad for fibre and an array of vitamins, minerals and antioxidants.

3. A snack. Include a nourishing snack based on a core food to top up energy levels and avoid the afternoon slump. Sensible choices include either a dairy based snack, such as reduced fat yoghurt, cheese, plain milk or milk alternatives (such as calcium fortified soy), or carbohydrate based foods including grainy crackers, plain popcorn, whole meal fruit muffin, or protein rich foods, such as a boiled egg, hummus or canned fish.
WHAT A HEALTHY LUNCH BOX LOOKS LIKE cont

What to avoid
Packaged snacks: cheese and dip snack packs, coated muesli bars, oven baked savoury biscuits, muffins, rice crackers, crisps and biscuits are often high in salt or fat, along with highly processed carbohydrates, including starch and sugar. Dried fruit straps tend to be low fibre and high in sugar, which can stick to children’s teeth, causing tooth decay.

Daily lunch box dilemmas solved
Involve the kids. Parents can encourage their kids to eat healthy foods by involving them in packing decisions. Not only does this encourage healthy habits from a young age, it also increases their likelihood to eat those foods, preventing lunch box leftovers.

Be patient. It can take up to 15 times before new foods become familiar and are accepted, so constant exposure is critical. It’s important not to give up as this is the key to forming healthy habits that last a lifetime. Make sure the environment is always relaxed and avoid bribes where possible.

Food safety. When packing a school lunch, it is important to consider how the lunch will be kept cool to prevent foods and drinks from spoiling. Include a frozen drink bottle or use an insulated lunch box with an ice brick.

RESOURCES CENTRE

This week we are celebrating Library Lover’s Day, which falls on 14th February. We have ‘hot air balloons’ at the entrance of our library filled with books of varying themes. Classes have written about their favourite books on red hearts, which they’ve placed inside the book for another person to find. Other classes have played ‘musical books’ to broaden their reading choices. We’d love you to visit our library on acquaintance night next week.

WORLD’S GREATEST SHAVE

One of our year six students, Jesse W, is currently receiving treatment in Adelaide at the Women’s and Children’s Hospital as he has lymphoma, a cancer similar to leukaemia.

Since Jesse’s diagnosis, his brother Trae, has been growing his hair to raise money for the Leukaemia Foundation. Trae and Jesse’s Poppy David will also be shaving his beard and his head with Trae. If you would like to make a donation to help Trae and his Poppy raise funds for those with blood cancer, we have a tin here at the front office. Tins are also located at Subway, Collins Booksellers Mount Gambier, and Ryan’s Lawyers. Donations can also be made at the following link https://secure.leukaemiafoundation.org.au/registrant/mobile/mobilePersonalPage.aspx?RegistrationID=619227&Referrer=direct%2Fnone&moreText=true

STUDENT LEADERSHIP

The Student Leadership team for 2016 was selected at the beginning of the year. The process involved writing an application and for those students whose applications met the criteria to a high level, an interview. The quantity and quality of applicants were impressive, which made the final decision a difficult one.

Exciting news! South Australian author Phil Cummings is visiting Mount Gambier and will be a visiting performer at our school on 10th and 11th of March. More details to come.

“Happiness is ….. carrying so many books from the library that your arms hurt.”

The McDonald Park Student Leadership team for 2016 include: Edward N, Darcy W, Rachael K, Yashen S, Gemma B and Caitlin C. As a team they are looking forward to representing the school and putting some of their leadership ideas into practice.
The kitchen garden has been busy, with classes in full swing and lots of activity at recess and the open lunch times for years 3+ on Tuesdays and receptions to year 2 on Fridays. Joel, Lachie and Rupert are pictured illustrating how to use the new nature play area’s freestyle dig and build patch, with a recess project involving teamwork, design, landscaping, constructions, hydrology – and a lot of fun!

Classes have been harvesting plenty of vegetables for the kitchen, where yummy vegetable fritters are the recipe of the fortnight. A ‘Name the Chicken’ competition was held last week in class and was won by Ethan L, whose entry of ‘Valentine Morningstar’ was deemed perfect for this elegant fowl.

MARKET SPECIAL - TOMATILLOS

The market held on Thursdays at home time sells a variety of fruits and vegetables. One you may not be familiar with is the tomatillo or husk tomato. This close relative of the tomato is a favourite in its native Mexico, where it is used to make their famous ‘salsa verde’, which is a fresh tangy sauce or dip. Staff at the school gave the dip served with sour cream and corn chips their tick of approval last Friday. Mrs Waters brought in some she had made at home with tomatillos from our market; it was absolutely delicious.

RECIPE FOR SALSA VERDE

Roast about one kilogram of husked tomatillos and a few chillies (in separate trays) until soft and slightly charred. In a food processor blend them together with five cloves of roasted (but un-charred) garlic, a small chopped white or red onion, fresh coriander, a squeeze of lime and salt to taste. Enjoy!

I have also discovered that tomatillos are brilliant in curry - especially a vegetable curry using lots of other fresh garden produce. Why not try them out when you see them at the next garden market.

Sam Baker
GARDEN SPECIALIST

LOWER SOUTH EAST SAPSASA 2016 DATES

<table>
<thead>
<tr>
<th>DATE</th>
<th>TERM</th>
<th>WEEK</th>
<th>EVENT</th>
</tr>
</thead>
<tbody>
<tr>
<td>Feb 25</td>
<td>1</td>
<td>4</td>
<td>District Swimming Day (Penola)</td>
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<tr>
<td>March 18</td>
<td>1</td>
<td>7</td>
<td>State Swimming Championships (Adelaide)</td>
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<tr>
<td>March 31*</td>
<td>1</td>
<td>9</td>
<td>District Athletics Day (Mount Gambier High School)</td>
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<tr>
<td>April 4-8</td>
<td>1</td>
<td>10</td>
<td>Softball State Carnival (Adelaide)</td>
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<tr>
<td>May 20</td>
<td>2</td>
<td>3</td>
<td>Regional Cross Country (Naracoorte)</td>
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<td>June 9</td>
<td>2</td>
<td>6</td>
<td>State Cross Country Championships (Adelaide)</td>
</tr>
<tr>
<td>June 20-24</td>
<td>2</td>
<td>9</td>
<td>Soccer / Hockey State Carnivals (Adelaide)</td>
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<tr>
<td>July 4</td>
<td>2</td>
<td>10</td>
<td>District Golf Day (Mount Gambier)</td>
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<tr>
<td>August 1</td>
<td>3</td>
<td>2</td>
<td>District Basketball Day (Millicent)</td>
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<tr>
<td>August 12</td>
<td>3</td>
<td>3</td>
<td>Regional Golf Day (Naracoorte)</td>
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<tr>
<td>August 15-19</td>
<td>3</td>
<td>4</td>
<td>Netball / Football State Carnivals (Adelaide)</td>
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<td>August 26</td>
<td>3</td>
<td>5</td>
<td>Regional Basketball Day (Mount Gambier)</td>
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<tr>
<td>September 1-2</td>
<td>3</td>
<td>6</td>
<td>State Golf Finals (Adelaide)</td>
</tr>
<tr>
<td>September 22</td>
<td>3</td>
<td>9</td>
<td>State Basketball Finals (Adelaide)</td>
</tr>
<tr>
<td>September 26</td>
<td>3</td>
<td>10</td>
<td>State Athletics Championships (Adelaide)</td>
</tr>
<tr>
<td>November 21-25</td>
<td>4</td>
<td>6</td>
<td>Tennis / Cricket State Carnivals (Adelaide)</td>
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LAP VOLUNTEERS NEEDED

We are once again in the process of setting up our LAP programme for 2016.

LAP is based on the six C’s.

CARE: Positive relationship is vital
COMMITMENT: Time and motivation
COMMUNICATION: Sharing with another
CONFIDENTIALITY: Of their work
CONTENT: Work with teacher
CO-OPERATION:

If you have a spare 45 min or 1 hour per week or know someone that you think would be interested in being involved in the program or would like more information, please give Linda Ward or Sharon Day a call at school on 8724 9811 or return the slip below.

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BANK SA SCHOOL
BANKING PROGRAM

Throughout term one, BankSA will donate $10.00 to our fundraising kitty for every new Incentive Saver Account opened for a child in our school prior to 29 April 2016. This means the more children who open accounts, the more funds our school will receive. During this same period, we will also credit $10.00 into the child’s new Incentive Saver account to help them get started with their savings. Contact BankSA, 8726 2600 to discuss any questions you may have.

SA DENTAL SERVICE

Keep your kids smiling
Have you received a letter from Medicare about the Child Dental Benefits Schedule? The School Dental Service is a Child Dental Benefits Schedule provider.

Dental care is FREE for ALL babies, pre-schoolers and most children under 18 at the School Dental Service.

Please call now for an appointment. Mount Gambier Dental Clinic, 8721 1633.

COMMUNITY NEWS

EAST GAMBIER JUNIOR FOOTBALL CLUB
Under 12 Player Registration Day
Wednesday, 24th February 2016 at 4.30pm
All players welcome (turning 8 and up). Online registration available. Informal training for players followed by a sausage sizzle.
Enquiries to Jonathon 0427 490 551.

MOUNT GAMBIER FRUIT & VEG SWAP
Saturday, 20th February from 10-10.30am
Mount Gambier Public Library verandah. Please bring along any excess produce, seedlings / cutting or herbs and swap for other local home grown produce. The swap meet is for sharing rather than trading. There’s no weighing or calculating and no money changes hands. Any excess produce is donated to the local Sunset Kitchen.

WEST GAMBIER JUNIOR FOOTBALL CLUB
REGISTRATION DAY
Sunday, 21st February 2016 from 10.00am to 1.00pm
All grades (under 12’s, 13’s and 15’s)
All grades are able to register online on the West Gambier Football website.
Under 15’s using the senior webpage and the 12’s and 13’s using the junior site.

BASKETBALL MOUNT GAMBIER INC
Basketball Mount Gambier provides a range of opportunities for your children to develop their ball and sporting skills, from a non-threatening environment up to full game situations.

Junior training program on Friday nights for beginners, 5-8 year olds. One weekly session of one hour, 5.30pm to 6.30pm teaching individual ball skills and playing modified games on low rings, is conducted by experienced coaches. This program runs during school terms. Children may join the program at any time. Cost is $5.00 registration fee and $4.00 per session.

ART CLASSES - THE COLOUR WHEEL
Deborah Rogers is a ‘mixed media artist and teacher’. Deborah offers children the opportunity to learn and create with her by attending after school art classes. For an hour each week children will create with pens, pencils, paint and print, with canvas and collage, mosaic making and sharpie pen baked tiles. Drawing, doodling and design.
Call or text Deborah on 0478 161 109 or Facebook The Colour Wheel.

ROAD 2 RIVER FESTIVAL
(formerly known as Nelson Community Events Inc)
SATURDAY, 19TH MARCH 2016
Market stalls, children’s entertainment, an art exhibition, classic boat and whale boat displays, as well as street and vintage cars and trucks, and a fantastic line up of music.

Louise Adams (Louise and the Tornadoes) for the day / night, as well as other local talents. Louise will perform outside on the main stage as well as on the Nelson Endeavour which will provide visitors to the region with the opportunity to take in the beauty of our Glenelg River. Pre-sales of tickets will commence next week for this at a cost of $10.00 per person or $25.00 per family.

Please contact Donna 0400 240 795 if you require any further information.

ARMY CADETS
The 48th Army Cadet Unit (Mount Gambier) is seeking new members to join. The Unit is holding an information / recruitment night for potential cadets and their parents on Friday, 26th February at 7.00pm at the Army Reserve Depot, Shepherdson Road, Mount Gambier.
In the cadets you will have the opportunity to learn bush skills, field craft navigation, leadership and teamwork in a supportive and safe environment. Cadets is open to all young people who are turning 13 at any time this year to 17 years of age and parade every Friday night during the school term from 6.30pm to 9.30pm.
For further enquiries please email 48acu@cadetnet.gov.au or call Rod Wewer on 0417 603 508.
COME AND EXPERIENCE THE THRILL OF BMX RACING FOR FREE

BMX NATIONAL SIGN ON DAY

YOUR LOCAL CLUB IS
BLUE LAKE BMX CLUB

TRACK LOCATION
HASTINGS CUNNINGHAM RESERVE
MT GAMBIER

DATE TO COME & TRY
SUNDAY 21ST FEBRUARY
FROM 10.00AM

CONTACT
AL MORGAN 0458647196

RELAY FOR LIFE FUNDRAISER
JAYNE’S POSSUMS

Summer Disco

SUNDAY
21ST FEBRUARY
11AM – 1 PM
AT CITY HALL

AGES 6 – 12 ONLY
$10.00 EACH
SNACK AND DRINK INCLUDED
AND A LITTLE SOMETHING FOR THE ADULTS:
ENJOY SOME CHEESE & WINE OR BEER WHILE THE KIDS BUST OUT THEIR BEST DANCE MOVES

TICKETS AVAILABLE!!!

PRE-PURCHASE YOUR TICKETS NOW FROM ONE OF JAYNE’S POSSUMS TEAM MEMBERS, OR PHONE 0400 346 949 TO ARRANGE YOURS TODAY. ALSO AVAILABLE FOR PURCHASE AT THE DOOR.