

# McDonald Park School

## NEWSLETTER

Principal – Kirsty Trahar  
Chairperson Governing Council – Nerridy Miatke  
57 North Terrace, Mount Gambier, SA 5290  
Telephone 08 8724 9811 Fax 08 8725 0254  
Email – dl.1021\_info@schools.sa.edu.au  
[www.mcpar7.sa.edu.au](http://www.mcpar7.sa.edu.au)



Issue No 7, 11/05/17 - Week 2, Term 2

GENEROSITY - RESPECT - HONESTY - LEARNING AND GROWING TOGETHER

### COMING EVENTS

WEEK 3	WEEK 4	WEEK 5
09/05 Governing Council 19/05 Walk Safely to School Day 19FRID/05 Cross Country Naracoorte	24/5 National Simultaneous Story Time 26/5 Assembly	National Reconciliation Week 31/05 Sean Choolburra performance <b>2/6 PUPIL FREE DAY</b>

### STUDENTS MAKING A DIFFERENCE THROUGH COLOURS DAY

Fundraising is one aspect of engaging children in civic minded activities from a young age. It creates awareness in a young person that they are part of a community, and that this position entails a certain amount of responsibility and also self-empowerment. When they are raising funds for other segments of society, it teaches them to appreciate what they have and to understand that they have the ability, even from a young age, to **help others**.

It is a fact that children who participate in civic or public service from a young age are more likely to carry on with that type of work into adulthood. On the other hand, if young people are being helped by others who are doing fundraising for a cause that affects them, they understand that there are people who care about them outside of their immediate circle. This can help them to have a greater sense of self-esteem and self-worth, which can lead to better life choices overall.

**Tomorrow** students will be wearing bright and colourful clothing and/or crazy hair for our first fundraising event. Students will be required to bring a gold coin donation to support the students chosen charity. Students will be raising money for the Cora Barclay Hearing Impairment Centre for Children and Leukaemia Foundation. The SRC could not decide which to choose as they thought both charities were worthy causes. The SRC have two fundraisers a year, the first is for a charity and the second is to raise funds to benefit the school community.

**OUTRAGEOUS OUTFIT DAY**  
*(bright and colourful clothing and/or crazy hair)*  
**FRIDAY, 12TH MAY**  
**GOLD COIN DONATION**  
fundraising for

Leukaemia Foundation  
VISION TO CURE  
MISSION TO CARE

cora barclay centre  
teaching deaf kids to speak

- clothing needs to be appropriate for school -
- singlet tops must have a t-shirt underneath -

Students will be learning about the amazing work the Cora Barclay Foundation and the Leukaemia Foundation do to support children in our community. We look forward to seeing the bright and wonderful outfits tomorrow.

Lia Jordan  
**STUDENT COUNSELLOR**



Friday, 19 May 2017

## WALK SAFELY TO SCHOOL DAY

National Walk Safely to School Day is on Friday, 19<sup>th</sup> May 2017. This is a campaign and an annual event when all primary school children, their parents and carers are encouraged to walk and commute regularly and safely to school. Children who are regularly physically active are healthier and perform better academically. Walking to school is the best exercise because you can build it into your daily routine.

We will be walking to school on Friday, 19<sup>th</sup> May 2017 in the **morning only**. Please let your class teacher know if you and your parent/caregiver are planning on participating in the walking to school community event.

Thank you for your support.

**Lia Jordan and Sallyanne Morgan**

There will be pick up zones along the way, but students can join in anywhere along the way.

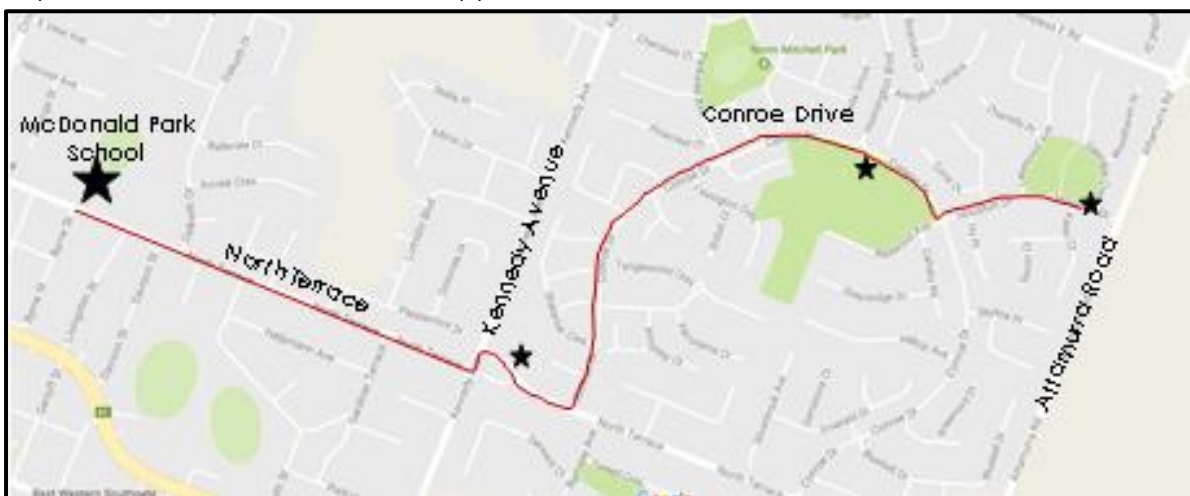


Friday, 19 May 2017

**8.15am Don McDonnell Reserve**

**8.30am North Terrace (opposite the Conroe shops)**

Parent helpers will be needed and much appreciated for the walk to school.



## ANZAC DAY DAWN SERVICE

The student leaders represented McDonald Park School at the ANZAC Day Dawn Service to remember all the soldiers that fought and lost their lives to make our country what it is today.

The service commenced at 6.10am at the Vansittart Park Memorial and we watched the service with hundreds of other people. There were many distinguished guests in attendance as we listened to speakers and remembered all our soldiers and gave respect to their families left behind. The bagpipes started to play as all community groups, schools, dignitaries and anyone else who wanted to, laid a wreath on the memorial. The service finished with the Last Post and a minute's silence.

The experience has made me want to be a part of it again in the future.



**Ben Y**

## NATIONAL VOLUNTEER WEEK 8<sup>th</sup> to 14<sup>th</sup> MAY



National Volunteer Week is Australia's largest celebration of volunteers and volunteerism. Today there are over 6 million (ABS 2010b) people volunteering annually in Australia, representing 36% of the adult population. Volunteering Australia along with its state and territory network recognises the valuable contribution each individual provides by offering their time, skills and passion, continuing to demonstrate Australia's proud culture of giving.

At McDonald Park School we have a dedicated band of volunteers including parents, other family members and members of the wider community who volunteer their valuable time to our school on a regular basis. The list of tasks the volunteers perform is lengthy: Governing Council and the various subcommittees that are part of the Council, volunteering in the garden and kitchen, helping out in the resource centre, taking books home to cover, working in the canteen, listening to reading, going on excursions and camps, LAP Volunteers, attending working bees, helping out on special days eg sports days, fundraisers, Scholastic Book club, school sports coaches and all the other little things that they do on a regular basis.

We would like to take this opportunity to thank you all for the wonderful job you do all year and let you know that we appreciate your time greatly and look forward to celebrating the year at our volunteers morning tea in term four.

### CONGRATULATIONS

Congratulations to Madison C, Alannah C and Maelee D who have been selected to represent the Lower South East in the SAPSASA netball team and Usher L-L, Bodey H, Reece M and Jay T who have been selected to represent the Lower South East in the SAPSASA football team in Adelaide in June.

### CANTEEN HELPERS

Phone Michelle 87254221

Week Beginning	Mon 15 <sup>th</sup> May	Mon 22 <sup>nd</sup> May
Monday		Jo
Tuesday	Lorraine	Lorraine
Wednesday	Amy	Jo
Thursday	Belinda, Deb	Belinda, Deb
Friday	Bec, Deb	Jo, Deb

## CELEBRATING SUCCESS AWARDS - TERM 1, WEEK 11




Presented to	By	For
William C	Mrs Dew	his art show collage.
Lexi M	Mrs Dew	her art show collage.
Harrison B	Mrs Cooper	working hard in learning his words.
Zoe W	Mrs Cooper	working hard in all areas of the curriculum.
Axel C	Mrs Bisnov & Mrs Schleuniger	attempting all set tasks and taking pride in his work.
Jamie B	Mrs Bisnov & Mrs Schleuniger	his effort and improvement in reading his Oxford word list words and his reading books.
Jayden S	Miss Eldridge	his enthusiastic participation in maths discussions and activities.
Peniana C	Miss Eldridge	her beautifully presented art show piece. She used excellent skills and techniques.
Chad L	Mrs O'Neill	completing all his work on time and then helping others to finish.
Cohen M	Mrs O'Neill	being a wonderful word investigator in spelling.
Ayva H	Miss Schulz	her participation during integrated studies and contributions during class discussions.
Marley A	Miss Schulz	his increased confidence towards his reading and sounding out unknown words.
Imogen R	Mr Couchman	enthusiastic participation and displaying consistent effort in learning.
Chloe L	Mr Couchman	a positive outlook that helps lift the mood of those around her and improved focus and effort in class.
Ethan H	Mr Bigg	designing a machine that converts greenhouse effect causing methane from cows into harmless gases.
Indie M	Mr Bigg	designing a phone cover that utilises suction cups like an octopus has to allow you to stick your phone to various surfaces.
Nicole T	Mrs Aston	a fantastic written response to the novel "Wonder".
Maggie M	Mrs Aston	an excellent work ethic. Maggie always meets deadlines with her work and will then help others.
Hayden L	Mrs McLean	excellent work ethic, he finishes tasks quickly and asks well thought out questions.
Jenna F	Mrs McLean	a very effective work ethic. She strives to complete tasks to a high standard meeting set criteria.
Ella Butler	Ms Munday & Mrs Jordan	striving to improve in all areas of her learning.
Satyr H-W	Ms Munday & Mrs Jordan	excellent work on his sonnet.
Wez B	Mrs Widdison & Mrs Tilley	showing grit and effort when faced with challenges.
Kayla F	Mrs Widdison & Mrs Tilley	a commitment to learning, in particular the HASS assessment task.

## WHAT'S THE BIG DEAL ABOUT VIDEO GAMES?



How do we know what our children are viewing and doing when they go online to play? Gaming and talking online are becoming common place with our students. As parents, how do we keep them safe when playing and talking online via PlayStation and Xbox? What do we need to know about the games they are playing and are they appropriate for their age?

Firstly let's look at game ratings.



These ratings mean there are no legal restrictions about viewing or playing these games.

	<b>G- General</b>
	<b>PG - Parental Guidance</b>
	<b>M - Mature</b>

The following classification categories are restricted categories. This means there are legal restrictions on viewing and/or playing these films and computer games.

	<b>MA 15+ -- Mature Accompanied</b>
	<b>R 18+ - Restricted</b>

These categories are for 18 years plus and would require an adult to purchase the game. The contents includes sexual references and violence.

	<b>X 18+ - Restricted</b>
	<b>RC - Refused Classification</b>

### Tips for parents:

- Monitoring the games your children are playing - watch or join in and play the games to build a better understanding of the games content and objectives.
- No screen time at least an hour before bed - this reduces the stimuli to the brain and allows children to relax and calm down ready for sleep.
- Look at the ratings for their games - if in doubt look at the cover, read the blurb, go online and read reviews or talk to the sales assistant.
- Adventure games and games that have missions built into the content can help to develop a good working memory, patterning recognition, developing logic and reasoning skills and problem solving skills. These are some benefits researchers have found when used moderately. Excessive use limits creativity and imagination.
- Be aware of how many players are rewarded in the game. Some games reward players for being violent and this is increased for repeating the violent act, like GTA5. This can send the wrong messages for our students.
- Making sure your children know who they are talking to online while playing. Are they friends they see at school or strangers they have met online? More importantly what information are they disclosing to their online friends? What precautions are in place to keep them safe?

Please be mindful of what games your children are playing and how this can impact on their behaviour choices.

## SAKG PROGRAM

The SAKG Program require:

- Gumboots of various sizes
- Raincoats of various sizes



If you can assist by dropping above donations in to the front office that would be much appreciated and help keep students warm and dry over the coming winter months.

A reminder that dogs **must** be on a leash when in this area.

We also request our school community is vigilant about reporting antisocial behaviours observed in the garden, this includes the unauthorised dumping of household garden waste.

## 2017 PUBLIC EDUCATION AWARDS

Recognise an outstanding teacher or support staff member by nominating them for a Public Education Award.

Do you know someone who inspires you, goes above expectations in their role, and has an extraordinary impact on the lives of children and young people? Then nominate them for a Public Education Award!

Nominations are now open for the awards until 31 May 2017.

In addition to awards recognising teaching excellence, this year there are five new award categories to acknowledge the impact of individuals and teams who demonstrate strong leadership, community engagement, innovation, as well as outstanding outcomes in nonteaching roles.

A new award will also recognise Aboriginal and Torres Strait Islander employees' contribution to child development, educational achievement and wellbeing.

There are also more opportunities than ever before to recognise excellence, with each category having two runners up who will receive \$2,000, along with a winner's prize of \$10,000. All awards go towards professional learning activities.

Nominees will receive a certificate and an invitation to apply for an overall award.

Finalists will be announced in August and the overall winners and runners up will be announced at an awards ceremony held on Friday, 13<sup>th</sup> October at the Adelaide Convention Centre.

For more information or to make a nomination, visit [www.decd.sa.gov.au/awards](http://www.decd.sa.gov.au/awards).

The Public Education Awards are proudly sponsored by Credit Union SA, Teachers Health and The Advertiser.



InFocus Workshop in Mount Gambier:

## THE ANXIETY CURVE WHAT TO DO WHEN A PERSON ON THE AUTISM SPECTRUM IS ESCALATING



**DATE**  
24 May 2017

**TIME**  
4:00am - 6:00pm

**VENUE**  
TBA- MOUNT GAMBIER

The workshop recognised that a large portion of people on the autism spectrum have high anxiety levels. By utilising the program 'The Incredible 5-Point Scale' staff at Autism SA have developed a clear, comprehensive A4 behaviour plan which has been highly effective when used with individuals on the spectrum in a range of environments.

This workshop is designed for professionals and families and guides participants to explicitly identify what a person with anxiety looks like at the five different levels, and what support staff and families should do when an individual is at these different levels. By having a clear plan, and having specific roles during the escalation phase, we can often prevent or minimise the outcome.

Topics include:

- Developing a 5-point plan
- What are the signs at each level that a person is escalating
- What to you should do at each level of the 5-point plan

All participants will receive a certificate with the workshop title, the number of hours. For Educators it will link to the Australian Professional Standards for Teachers 1.1, 1.2, 1.5, 1.6, 3.1, 3.4, 3.5, 4.1, 4.2, 4.3, 4.4, 6.1, 6.2, 6.3, 6.4, 7.4

**Cost:** \$50.00pp.

**Professionals:** Discounts for 5 or more participants from one organisation.

**Families:** NDIS funding can be used to access these workshops. In order to use NDIS funding to access these workshops you must have 'Improved Daily Living Skills' OR 'CB Daily Living' listed as a 'Support Item' within your child's NDIS plan, have a budget allocated to this line, and the plan does not expire prior to the session. Please forward a full copy of your plan, if not managed by Autism SA, to [aking@autismsa.org.au](mailto:aking@autismsa.org.au). For any further questions on this process, please contact Amanda King on 8462 0664.

**Registrations:** Register online at [www.autismsa.org.au/in-focus-workshops](http://www.autismsa.org.au/in-focus-workshops) or contact Emma Bennett, Training Admin Officer.

**For more information:** contact the Training and Consultancy Coordinator at [twelz@autismsa.org.au](mailto:twelz@autismsa.org.au) or 0401 784 404.



## Family Wellbeing Expo

There will be something for everyone all under one roof.

Sunday 28 May 2017 | 11:00 am - 3:30 pm  
The Ice House  
451 Commercial Street West  
Mount Gambier SA 5290

Join us at the Mind Family Wellbeing Expo: a day of fun activities, informative and inspiring speeches, and exhibitors that support all aspects of wellbeing including:

- Mental and physical health
- Positive relationships
- Family wellbeing
- Drug and alcohol awareness
- Agricultural supports

Speakers:

- Graham Comes OAM
- Nathan Hulls - youth motivational speaker
- headspace
- Standby Response
- Lisa Bondarenko - counsellor, speaker and author

This is a free community event.

For further information or to register for "Junior football clinics" with Gavin Wanganeen visit Eventbrite on <https://family-wellbeing-expo-mind-australia.eventbrite.com.au>  
All other enquiries please contact Mind on (08) 8274 2700



A carer's perspective by Graham Comes OAM

Graham Comes OAM is a former Australian rules footballer and coach, as well as a media personality. Graham will speak about his life and how he has supported family members, players and fellow return servicemen experiencing anxiety and other mental health concerns.



Junior football clinics with Gavin Wanganeen

Get tips on handballing, kicking, tackling and marking from two-time AFL premiership player and Brownlow Medalist, Gavin Wanganeen.

These clinics are offered to children under the age of 14. Register now through the Eventbrite link (left). Limited numbers available - you must register to participate.

[mindaustralia.org.au](http://mindaustralia.org.au)  
Mind Connect 1300 286 463  
Carer Helpline 1300 554 660  
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Register online at [www.autismsa.org.au/in-focus-workshops](http://www.autismsa.org.au/in-focus-workshops) or contact the Training and Consultancy Coordinator at [twelz@autismsa.org.au](mailto:twelz@autismsa.org.au) or 0401 784 404

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Free parenting seminar

## Understanding the 'boy code'



Are you the parent of a teen or pre-teen?  
Come and join us or watch our live webcast.

Find out about:

- the 'boy code'
- what it means for boys and girls
- the influence of social media and celebrity culture
- helping young people see beyond the stereotypes and be themselves.

Presented by Dr Justin Coulson, nationally recognised parenting speaker, author and columnist.

Register to attend in person or view the live webcast at:

Online: <http://parentingsa.eventbrite.com.au>  
Phone: 8303 1660  
Email: [health.parentingsa@sa.gov.au](mailto:health.parentingsa@sa.gov.au)

This seminar is designed for an adult audience.

Tuesday 30 May

When: 7.00 - 9.00pm

Where: Riverbank Room  
Adelaide Convention Centre  
North Terrace, Adelaide

Hosted by Parenting SA.  
For more information about raising children and teenagers visit [www.parenting.sa.gov.au](http://www.parenting.sa.gov.au) or [www.cyh.com](http://www.cyh.com)

Helping parents be their best



The seminar will be webcast live for country parents or those who would prefer to view from home. When you register, you will be sent a viewing link. Register to attend in person or view the webcast at <http://parentingsa.eventbrite.com.au>

## Youth Program MAY

Mount Gambier Library

**When:** Tuesdays 4pm - 5pm  
**Where:** Mount Gambier Library  
**Age:** 12 Years And Over  
**BOOKINGS ESSENTIAL**

**2nd May / Protect yourself with Jik Cheung Kung Fu**  
Experience the sport of martial arts where you will learn self defence through a combination of traditional and contemporary skill activities.

**9th May / Street Art - Library style**  
Using the cardboard wall as your canvas, come along and paint to express what's important to you.

**16th May / No bake cooking class with headspace**  
For the foodies or anyone who just loves eating delicious things! Join Jess and Mikarla to make no-bake treats, which you can take home (if they make it that far!)

**23rd May / Anime hour!**  
Chill out to the world of Anime with FREE popcorn and Anime on our big screen! PLUS try your hand with our Wacom tablets and draw your own Anime character digitally!

**30th May / Makeup tips + tricks with Katie Fox, Makeup Artist**  
A look and learn session with make up expert Katie Fox! A chance to experience how Katie can take a day look to a smokey eye, night look.

Please contact Mount Gambier Library to book your spot today tel (08) 8721 2540 or online at [www.mountgambier.sa.gov.au/library](http://www.mountgambier.sa.gov.au/library)



City of Mount Gambier

