

McDonald Park School

NEWSLETTER

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GENEROSITY - RESPECT - HONESTY - LEARNING AND GROWING TOGETHER

COMING EVENTS

WEEK 4	WEEK 5	WEEK 6
	PE Week 14/11 Governing Council meeting 17/11 Sports Day 18/11 Christmas Parade	Swimming lessons rooms - N1, N2

INTEROCEPTION PROJECT

At McDonald Park School we work collaboratively to ensure the learning environment is respectful and encouraging.

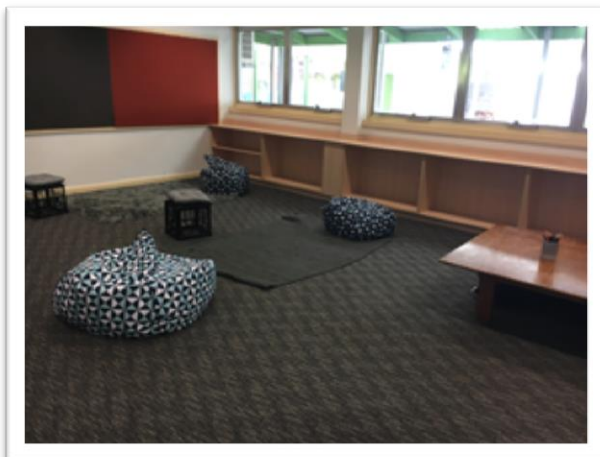
To ensure all students are successful in their learning, we have chosen to be a part of a pilot program called *interoception*. The focus of this program is on teaching students to manage their emotions and behaviours so they can engage with their learning. Students learn to notice how their body is feeling and respond to these feelings appropriately.

The interoceptive program is run in the rainbow room by staff members and provides a space with minimal distractions. Students who come to the rainbow room during class time are sent by their teacher. They are given the choice of an interoceptive activity such as breathing, stretching or meditation. After completing one of these activities the students then spend some time re-engaging with their learning task set by the teacher before joining the class.

During the first week of term all classes came and visited the rainbow room to find out how the interoception program runs. The interoception activities can be beneficial to all students and some classes are trialing these with their whole class.

If you have any further questions or would like to know more about the activities please don't hesitate to see me.

Lia Jordan
STUDENT WELLBEING LEADER



McDonald Park School community will work collaboratively to develop respectful, thriving and engaged problem solvers.

SPORTS DAY 2017

FRIDAY, 17th NOVEMBER

HOUSE CAPTAINS				
House	Captains		Vice Captains	
Watson	Brooklyn J	Bodey H	Jenna F	Joshua S
McDonald	Ella A	Kade M	Lara M	Riley M
Cunningham	Chloe L	Shaun R	Maelee D	Lachy B
Lindner	Madison C	Jayk N	Makere C	Shawn K

We welcome all parents and their families to come and support their children for the day.

As we did last year we will be having a family picnic on the oval for lunch. We ask that you supply a healthy snack and lunch for your child and for yourself if you are able to join us.

PLEASE NOTE: THE CANTEEN WILL BE OPEN FOR COUNTER SALES, DRINKS AND ICE-CREAMS ONLY. LUNCHES WILL NOT BE AVAILABLE. IF ANY PARENTS ARE ABLE TO HELP OUT IN THE CANTEEN AT RECESS OR LUNCHTIME PLEASE CONTACT MICHELLE IN THE CANTEEN.

Things to Remember

Footwear

For students to perform at their best in any sport or athletic activity it is important to have the right equipment. Their footwear is no different. This is some good advice from Bryce Strachan a local podiatrist.

Athletics generally involves a lot of running, which requires a 'RUNNING' shoe (also known as a jogger or sneaker). A running shoe should be a LACE-UP shoe, it should bend at the ball of the foot and it should have a strong heel counter. The laces should be tied firmly to hold the shoe on the foot correctly to give the most support and shock absorption. This is to maximise performance and minimise injuries.

Some shoes such as SKATE shoes or STREET shoes look like running shoes; however they don't perform like one. Often these types of shoes are heavy, have little shock absorption and don't lace up correctly, so avoid these when doing athletic activity.

Clothing

It would be great to see as many students in polo shirts or t-shirts of their team colours. All students are required to wear clothing that is consistent with the school dress code. It is not appropriate to wear tops that do not have sleeves.

Cunningham - green

Watson - red

McDonald - blue

Lindner - yellow

Hats

Wearing of hats will be compulsory for Sports Day as with every other day. Legionnaire, wide brimmed or bucket hats are all acceptable. Hats that are named are easier to return to their owners.

Hats will be able to be taken off for championship events and events such as high jump, hurdles etc. but will need to be worn when students are not in the process of participating.

Water

Please ensure that your child/ren have a bottle of water that is clearly marked with their name. This will ensure that they stay hydrated and well throughout the day.

**A SPORTS DAY TIMETABLE AND MAP WILL BE SENT HOME
TO ALL FAMILIES WITH THIS WEEK'S NEWSLETTER**

SPORTS DAY 2017

As a result of feedback from staff, students and families after the 2016 Sports Day we have made a few changes to the middle and upper primary program. The junior primary program will remain the same.

- The upper primary championship long run has been replaced with a year 2/3, 4/5 and 6/7 relay for boys and girls. The long run will be replaced with a marathon which will be open to everyone and will be run on the Monday of week five as part of PE week.
- Middle primary and upper primary classes will be rotating through the tabloid events individually instead of in pairs. This has altered the program times resulting in the above decision, regarding marathon and relays.
- In shot put, discus, long jump and high jump, distances thrown or jumped will be recorded and first, second, third and fourth places will be awarded for each age group (9, 10, 11, 12, 12+) at an assembly after sports day. There will also be a school record maintained.

These changes will allow more students to be recognised for their sports day achievements.

SPORTS DAY STOP MOTION VIDEO



Kobe C from room 11 has been busy again creating Lego stop motion. He has made a special video to remind everyone about sports day.

Be sure to check it out on our Facebook page over the next couple of weeks.

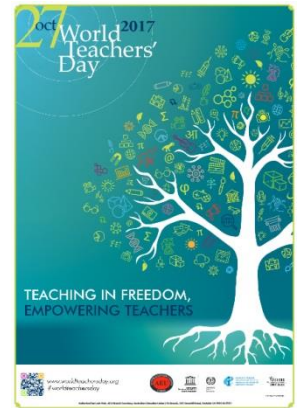
LIONS INTERNATIONAL PEACE POSTER COMPETITION

Students in room N5 were invited to participate in the Lions International peace poster competition. Students designed posters that represented their vision for the future of peace. One student, Gemma R, had her poster chosen to go into the state selection round.

You can see N5's posters on display at the Market Place for the next three weeks.

WORLD TEACHERS DAY 2017

World Teacher's Day was inaugurated on 5 October 1994 by the United Nations Education, Scientific and Cultural Organisation (UNESCO) to commemorate the 1966 joint signing of the UNESCO/ILO (International Labour Organisation) Recommendation concerning the status of teachers.



Celebrated in over 100 countries, World Teachers' Day acknowledges the efforts of teachers in an increasingly complex, multicultural and technological society. It is a day on which students, parents and community members can demonstrate their appreciation for the contributions that teachers have made to their community.

World Teachers' Day is held on 5 October. As the day usually falls during school holidays, we celebrate on the last Friday of October each year. This year South Australia celebrated World Teacher's Day on Friday, 27 October 2017.

Every day, teachers are making a difference educating and inspiring young people. They prepare students for life through the development of resilience. They help students to develop a mindset that embraces learning and provide programs that meet the needs of each child.

World Teachers' Day offers a chance to acknowledge our teachers and say thanks. At McDonald Park our teachers work tirelessly to provide the best learning opportunities they can for your children, whether it is the daily lessons delivered in classrooms or the special events planned to enrich their life experiences. Why not take time to say thank you?

CANTEEN HELPERS

Phone Michelle 87254221

Week Beginning	Mon 6 th Nov	Mon 13 th Nov
Monday	Jo, Colleen	Jo, Colleen
Tuesday	Colleen	Colleen
Wednesday	Jo	Krystal
Thursday	Deb	Deb, Belinda
Friday	Deb, Jo	Deb, Bec

CHOIR



This year the McDonald Park School Choir consisted of a small but dedicated group of students from years 5, 6 and 7. Rehearsals took place every Wednesday at lunch time under the guidance of choir trainers Helen Widdison and Naomi Aston. Songs included *Sea of Flags* made famous when Jessica Mauboy performed it at Eurovision. *Come Fly with Me* from the soundtrack of *How to Train a Dragon 2* and a series of commissioned work based on the *Nutcracker Suite* by Tchaikovsky. This year's work culminated in a performance on the stage of the Sir Robert Helpmann Theatre in late October when our 12 choristers joined with choirs from other schools in a night of music, singing and celebration which also marked the 30th anniversary of the South East Primary Schools' Music Festival. Well done to choir members Charlotte H, Maggie M, Chernita G, Hannah C, Kayla F, Vhenice P, Kobi B, Sophie J, Rachael P, Ella B and Kaitlyn S. A special mention to Kayla F who also performed at each of the four nights of the concert series in the troupe and to Marissa D, Charlotte D and Bella C who performed in the orchestra accompanying the choirs each night.



Choir banner designed by Skarlette C.

SCHOOL CROSSING MONITORS



SOUTH AUSTRALIA POLICE
KEEPING SA SAFE

Recently your child's school took part in School Crossing Monitor Training conducted by the South Australian Police. This involves students in years 5, 6 and 7 being trained by Road Safety Educators from the SA Police Road Safety Section. After the training is complete the student will receive a Certificate of Authority issued on behalf of the Commissioner of Police which, under the Road Traffic Act 1961 authorises the student to work as school crossing monitor. The certificate authorises the student to stop traffic using a Stop Sign or using Pedestrian Actuated Traffic Lights, as well as give reasonable directions to pedestrians for the safe and efficient movement of traffic at or on the crossing as in their opinion is necessary.

The training involves learning how to safely stop vehicles at a school crossing and performing safety assessments on when it is safe for children to cross the road (this includes asking the monitors to check that all vehicles have stopped prior to pedestrians walking onto the crossing). The session also includes safe sign handling techniques and positioning within the crossing.

It is extremely important that all people (including parents) use the crossings and become good road safety role models, by following the School Crossing Monitor's directions, not only for their safety but the safety of all students and road users.

If parents have any questions about the training the Road Safety Section is happy to receive these inquiries on the telephone number 82076586.

Road safety is everyone's responsibility.

Thank you

Acting Sergeant Nigel ALLEN
Program Co-ordinator Road Safety
South Australian Police

COMMUNITY NEWS



Lioness Club of Mount Gambier Garden Day

Where: **Tower View**
413 Commercial Street West
Mount Gambier
Off street parking



When:
Sunday November 5th 2017
Time: 10am to 4pm

Entry: \$5

Food:

Devonshire Tea all day and Sausage Sizzle 11am-2pm

Stalls:

Raffle:



Food Hamper



Plants



White Elephant & Gifts

Great Scare Crow Competition
Prize from popular vote



Contact:

Gayle on 0400 232 748
or Jan on 0417 845 460

for further information

Entertainment - Ukuleles and Bagpipes

COMMUNITY NEWS

Hope Lives Here

COME ALONG!

OPEN GARDEN

Sunday November 5th 2017
1-4:30pm

8 Kilsby Place Mount Gambier
\$10 per Ticket Including
Afternoon Tea.
Supporting Jayne's Possums
Relay For Life Team
Phone: 0408951897

RELAY FOR LIFE
Cancer Council

SPONSORSHIP 2017

At the end of each year we recognise a girl and boy from each year level for their academic achievement. Last year we asked for sponsorship from the community for these awards and had an overwhelming response. We have 16 awards valued at \$30.00 and are looking for sponsors. The recipient receives a \$30.00 voucher and certificate indicating who sponsored the award (organised by the school).

If your family or business would like to become a sponsor of these awards you will be acknowledged at the end of year participation. Please indicate below if you would like to participate. Any further queries please contact the front office.

McDonald Park School 2017 Academic Sponsorship

Name:

Telephone:

Location: Tension Woods College
White Avenue Entrance

Cost: \$45 per person

Payment by Mon 6th Nov to:
Sarah C McDowell
BSB: 035612
ACC: 303205

or pay directly by cash to Gambier Vets

Facebook group

Tuesday 14th November 6:30-8:00pm

gambier vets
pvt ltd

Animal First Aid

Gambier vets have agreed to run a 1.5-hour dog/cat first aid course which will be hosted at Tension Woods College to support Sarah & Cali. We learn about treating humans for first aid, however how many of us would know what to do if we were faced with that situation with our own cats or dogs?

1.5 hours of theory, questions and practice time.

Keeping your children safe online!

eSmart Digital Licence

Alannah & Madeline Foundation
Keeping children safe from violence

Dear Parents,

The rapid advances in technology have meant rapid changes to the way our children live their lives, and subsequently to the way we parent and educate.

According to research, one in five young Australians are the target of cyberbullying each year, and 49 per cent of teenagers reported they had added people to their social networking 'friends' list that they had never met face-to-face.

With that in mind, and with support from Google, the Alannah and Madeline Foundation has developed a 'Digital Licence' – an online education tool designed to help protect children from online risks. This engaging resource was designed with cyber safety experts, teachers, and industry leaders in education and technology.

The Digital Licence is the most comprehensive educational resource for online safety and responsibility.

Here at **McDonald Park School** we endeavour to embrace the benefits of technology, and at the same time educate and protect our children from cyber bullying and other online risks. Therefore, we are implementing the Digital Licence in **Years 3 to 7** and invite you to visit the website digitalllicence.com.au to learn more about the program.

Kind Regards

Lia Jordan
Student Wellbeing Leader

Lakes Rotary presents the

ONEFORTYONE PLANTATIONS

Blue Lake FunRun 2017

Mount Gambier
3.2km, 6.8km or 10.4km
Over \$2,000 in prizes (cash & giveaways)

REGISTER ONLINE AT www.bluelakefunrun.com.au

Training programs available online

8.00am Sunday 3rd December 2017

Register as an individual, join a team or create your own team

Online Entrance fees: (Includes a finishing medalion)

Age	3.2km	6.8km	10.4km
Open	\$20	\$20	\$30
Under 17	\$20	\$20	\$20
Under 12	\$10	\$10	\$10

\$10 late fee will apply from 17/11/17

Enter Now!
Great Family Fun!
ENTER NOW! NO REGISTRATIONS ON THE DAY

Find us on Facebook

City of Mount Gambier
WIN
SA Power Networks
hit 961
ONEFORTYONE PLANTATIONS