

McDonald Park School

NEWSLETTER

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Issue No 2, 15/02/18 - Week 3, Term 1

GENEROSITY - RESPECT - HONESTY - LEARNING AND GROWING TOGETHER

COMING EVENTS

WEEK 4	WEEK 5	WEEK 6
Swimming room 6 21/02 Acquaintance Night Sausage sizzle Governing Council AGM	Swimming room A3 Assembly	Swimming rooms T4, T5, A4, A1, A2

MINDFULNESS / WELLBEING

The start of the school year can be tricky for students to focus and engage with their learning. New teacher, new class mates and the setting up of routines, it can be a very anxious time for some. At McDonald Park School we believe mindfulness and interoception help students to understand and manage their emotions. All classes are practising mindfulness three times a day.

Why mindfulness?

Research has shown that mindfulness training increases connectivity in the frontal lobe of the brain, which is linked to improved attention, memory processing and decision making abilities. The mindfulness and interoception activities assist memory processing and decision making abilities. The mindfulness and interoception activities involve tuning in to internal and external experiences resulting in increased self-awareness, social awareness and self confidence. Students develop the ability to self regulate their emotions, especially difficult emotions such as fear, anger and anxiety, through breathing and grounding activities. Mindfulness and interoception help students develop empathy (the ability to understand how another person is feeling) and build positive relationships.

Throughout the first two weeks classes were focused on 'setting up for success' activities and developing their class culture. Through circle time students were given the opportunity to get to know one another more, set class expectations and develop a positive classroom culture.

Some of the activities students are taught in the classroom or the rainbow room are:

Body scan: students lay down, close their eyes and squeeze every muscle in their body, then notice how their body feels.

Heart beat exercise: students jump up and down, run on the spot or do jumping jacks for one minute. They then pay attention to their heartbeat and breath.

Square breathing: students breathe in and hold their breathe for five seconds, then breathe out for five seconds. Noticing how their chest rises and falls. Then talk about how their mind and body feel now after focussing on their breathing for two minutes.

These activities can all be done at home, in the car or sitting in the garden. Here are some ways you can practice mindfulness at home with your children.

- Colouring in mandalas with your child - this will help them to focus on a task.
- Walking through nature with the family to engage the senses, sight, smell, sound, taste and touch.
- Taking photographs or drawing something interesting or beautiful, noticing the small details in objects.
- Listening to music and focusing on the instruments or lyrics.
- You can download the 'Smiling Minds' app and have your child listen to guided meditation before they go to sleep.
- Simply reading a book with your child and ask them what they notice.

Mindfulness has many wellbeing benefits for you and your whole family. If you have any questions about mindfulness, please see your child's class teacher.

Kirsty Trahar, Sharon Day, Daniel Castle, Lia Jordan
SENIOR STAFF



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

Wednesday, 21 February 2018

**ACQUAINTANCE
NIGHT**



5.00PM TO 6.00PM

sausage sizzle
6.00pm to 7.00pm



Governing

Council

AGM

7.30pm



PARKING AROUND THE SCHOOL REMINDER



A reminder to parents that for the safety of all children you may not park in the staff car park when dropping off or picking up children, unless you have a disabled permit. The gates will be shut from 3.15pm to 3.30pm each day and must not be opened. Thank you for your co-operation.

The school has been contacted by local residents on a number of occasions about cars being parked across their driveways, both before and after school. We ask that parents and caregivers be mindful where they park at these times as it makes it difficult for residents to come and go from their homes when this happens. We have also been made aware of parents and caregivers parking on the private lawn area of neighbouring properties. Please respect that parking on private property is not permitted at any time.

Parking is no longer permitted on the vacant private property in Boddington Court. We have been very lucky for the owners of the private property to have allowed us access to the Stephanie Alexander Kitchen Garden for such a long time. As building will commence shortly, parents are asked to make alternate arrangements for collection and drop times and to no longer park vehicles on that private property. Thank you.



FAMILY FUN DAY 2018

The McDonald Park School Family Fun Day will be held on Friday, 4 May 2018 on our oval and asphalt areas. It will begin at 3.30pm and end at 6.30pm. All classes will be planning and running a stall or activity on the day. You will hear more details about your child's stall in the coming weeks.

Community members are invited to have a stall at the Family Fun Day. If you have a small business or a fun activity and would like to run a stall, now is your chance. Stalls cost \$30.00 per site and include two student desks and two chairs. Please note that power is not supplied to the sites.

Please contact me at the school if you would like any further information.

Volunteers may also be needed at class stalls or other activities. Please let us know if you would like to help out.

Sharon Day

MATERIALS AND SERVICES 2018

Reminder: School fees (\$300.00 per student) are due in full by 28th February unless paying in instalments or other arrangements have been made with Julie, our finance officer.

Thank you to those parents who have paid or have made arrangements to pay their school fees for 2018.

School card applications also need to be forwarded to the school office promptly to be processed for 2018. These forms need to be completed each year and are available from the front office or online at www.sa.gov.au and search 'school card'.

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.

LOWER SOUTH EAST SAPSASA 2018 DATES

Date	Term	Event
Thurs, 22 Feb	1	District swimming day (Mount Gambier)
Mon, 19 March	1	Netball tryout day (East Gambier)
Tues, 20 March	1	Football tryout day (Reidy Park)
Fri, 23 March	1	State Swimming Championships (Adelaide)
Tues, 27 March *	1	District Athletics Day (Mount Gambier High School)
9 to 13 April	1	Softball state carnival (Adelaide)
Thurs, 3 May	2	Soccer tryout day (Mount Gambier)
Fri, 4 May	2	Hockey tryout day (Blue Lake Sports Park)
Fri, 18 May	2	Regional cross country (Naracoorte)
28 May to 1 June	2	Netball / football state carnivals (Adelaide)
Thurs, 7 June	2	State cross country championships (Adelaide)
25 to 29 June	2	Soccer / hockey state carnivals (Adelaide)
Mon, 2 July	2	District golf day (Mount Gambier)
Fri, 10 August	3	District basketball day (Mount Gambier)
Fri, 17 August	3	Regional golf day (Naracoorte)
Fri, 24 August	3	Regional basketball day (Mount Gambier)
30 & 31 August	3	State golf finals (Adelaide)
Thurs, 20 Sept	3	State basketball finals (Adelaide)
Mon, 24 Sept	3	State athletics championships (Adelaide)
19 to 23 Nov	4	Tennis / cricket state carnivals (Adelaide)

Tryout days for cricket and tennis will be advertised in term three.

GOVERNING COUNCIL AGM

There are many ways in which parents and members of the school community can become involved in our school. Becoming a member of the Governing Council is one way that you can become involved in the school.

On Wednesday, 21 February 2018 at 7.30pm, we are holding our Annual General Meeting of the Governing Council. This is a great opportunity to hear what has been happening at our school and find out what the Governing Council has been involved in over the past year. It is also the time when we elect and organise our Governing Council for 2018.

What does a Governing Council member do?

You represent the views of members in the school community and encourage their participation. When the entire school community works together to support learning, children succeed, not just in school but throughout their lives.

The Governing Council:

- Provides a forum for parent, staff and student participation and decision making and ensures that the educational, social and cultural needs of the community are addressed.
- Plans for improvement in learning and wellbeing for all students through setting the values, vision, mission, site plan and local policies for our site.
- Allocates all of the resources available to the site to support the improvement of learning and wellbeing outcomes for all students.
- Monitors learning and wellbeing outcomes and reports annually to the site's community and the Minister of Education.
- Works collaboratively in the best interest of the site and its community.

Governing Council Sub-committees:

The Governing Council has the power to establish committees under its constitution.

We have sub-committees that give advice on finance and in the past, sport, buildings and grounds including the Stephanie Alexander Kitchen Garden Program and fundraising.

We welcome new parents and encourage you to become involved. It is a great opportunity to be a part of your child's education and influence at the decision making level. It is also a way of finding out more about teaching and learning programs. If you wish to nominate yourself or another parent please fill in the form below and return to school.

..... **MCDONALD PARK SCHOOL GOVERNING COUNCIL**

I wish to nominate myself
for Governing Council.

I have spoken to
and wish to nominate them for Governing Council.

Signed

STUDENT PERSONAL DATA

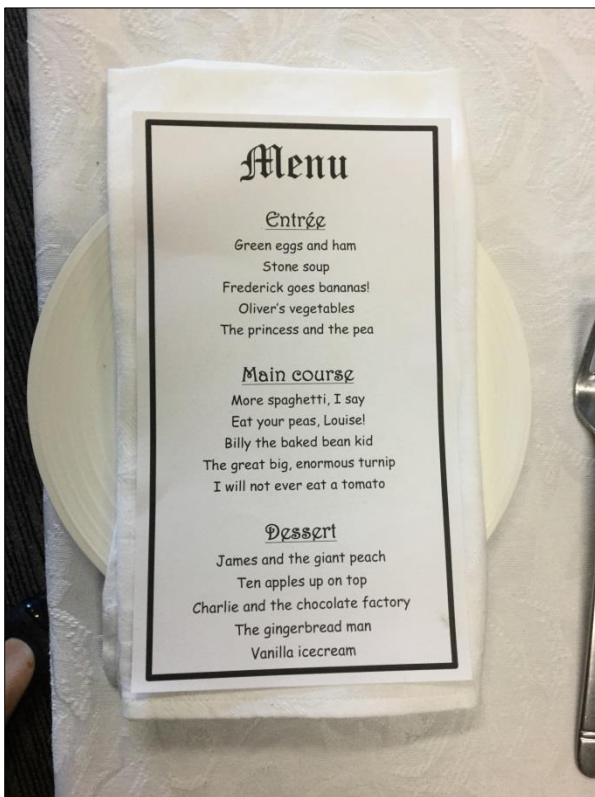
With your last newsletter you received forms with your child's student personal data, talent consent form, general consent form and an internet code of conduct. Please check your child's personal information form carefully, make changes and return to school with completed consent forms as soon as possible.

RESOURCE CENTRE



Library Lover's Day, 14th February 2018

This week we have celebrated Library Lover's Day. Younger students have been falling (even more) in love with books during lessons while playing musical books. Older students have met new books and authors through speed book dating.



Both students and teachers have left the library clutching new reading opportunities with delight!

The following quote sums up the vibe in the resource centre this week:

"I do not want to just read books. I want to climb inside them and

live there."

Happy Library Lover's Day everyone!!



COMMUNITY NEWS

SHINGOKAN KARATE

Family friendly club teaches traditional GoJu Karate as originally taught by Chogun Miyagi. Training focuses on the development of self-discipline, fitness, flexibility, improved memory and self-defence.

Junior classes are held on Mondays and Fridays from 5.00pm to 6.00pm at 27 Percy Street.

For more information please contact Geoff Rohde 0478 607 137.

MOUNT GAMBIER GRAPPLING CLUB

No Gi Jiu Jitsu and Submission grappling classes, open to everyone, for those looking for a fun new way to exercise, people looking for a functional form of self defence, or those looking to compete in either Brazilian Jiu Jitsu or MMA.

Enquire about a free trial 0438 979 575
4/14-16 Margaret Street.

INTER CFC (formerly County Football Club)

Seeking girls for their under 12 and under 15 soccer teams for the 2018 season.

All players welcome new and current players.

Training Thursday nights U12 5.30pm to 6.15pm
and U15 6.30pm to 8.00pm.

Registration day is Sunday, 18th February at Casadio Park, Bay Road from 9.30am.

Further information contact Anna Cella on 0409 286 276, annacella@live.com.au.

EAST GAMBIER JUNIOR FOOTBALL CLUB



JUNIOR CLINIC WITH SENIOR PLAYERS

SUNDAY 18th FEB

U14, U13, U12 11:00 am

ALL NEW AND EXISTING PLAYERS WELCOME (TURNING 8 AND UP)

FOLLOWED BY FOOD, REFRESHMENTS AND REGISTRATION

ONLINE REGISTRATION AVAILABLE

SPORTS VOUCHER REGISTERED CLUB

ENQUIRIES TO Nathan Stratford 0427 979 238



**SPORTS
VOUCHERS**

sportsvouchers.sa.gov.au