

McDonald Park School

NEWSLETTER

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Issue No 16, 29/09/2022 - Week 10, Term 3

GENEROSITY - RESPECT - HONESTY - LEARNING AND GROWING TOGETHER

COMING EVENTS

<p>Week 10 26/09 Governing Council meeting 7.30pm 30/09 Last Day Term 3, early dismissal 2:15pm</p>	<p>TERM 4 - Week 1 17/10 First day of term 4 20/10 Ag Learning excursion Rms 1, 2, A1, A2, A3 & A4 21/10 SCHOOL CLOSURE Mount Gambier Show</p>	<p>Week 2 24/10 Governing Council meeting 7.30pm 27/10 Yr 6 Grant High tour 28/10 Yr 1/2 sleepover</p>
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Student Wellbeing

This term wellbeing in the classroom has focussed on strategies to manage different emotions. Classes have been practising their breathing work, scanning their bodies and noticing what interoception activities are needed. We have been noticing how different emotions change the way our bodies feel throughout the day and what activities will help us to stay in the green zone. We have spoken about situations that we find challenging, how to change our thinking around challenging tasks or situations, flipping our thinking to encourage growth mindset, and knowing what strategies are suitable for us. The students have discussed the benefits of breathing, monitoring our thoughts, taste - what foods change our mood and we enjoy the taste of, sound - how does music change our mood and help us, and grounding ourselves in nature - walking on the grass bare foot or cloud watching.

Below are some ideas to support your child to continue to have good mental health throughout the holidays.

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

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

Sean Choolburra Performance

On Friday, 16 September 2022 we were fortunate to have Sean Choolburra return to McPark to perform. Sean was born and raised in Townsville and his ancestors are Gu-Gu-Yalanji, Kalkadoon, Kandju from the Townsville and Palm Island region.

Sean has trained and toured internationally with the Bangarra Dance Company and was the creator and leader of the Naroo Dancers.

His performances are hugely entertaining and filled with humour, historical facts, dance, stories, fire creating, dideridoo playing and artefacts. This performance gave students a deeper knowledge and understanding of Aboriginal and Torres Strait Islander belief systems and their connection to the land, sky and waterways.

Children also made the connection that Sean is the voice of **Maynard** from **Bluey!**



SAPSASA

Congratulations and best of luck to **Blake S, N6** who recently competed in the state golf final in Adelaide and now will be representing the state in SAPSASA golf in Canberra in November.

Congratulations and best of luck to **Carey G, N4, Henry M, N5** and **Beau M, 7** who have been selected to represent the Lower South East for SAPSASA tennis. They will be competing in Adelaide from 16-18 November 2022.

SRC



Congratulations McPark! SRC raised a total of **\$1,228.50** from the SRC casual day and disco on Friday, 9 September 2022 to help purchase sensory hallway stickers.

Resource Centre



Our new signs for the library have arrived! They clearly define borrowing areas and will assist students in stretching their reading choices. They also look spectacular and finish the space beautifully!

NORTH SPORTSMANS CRICKET CLUB
JUNIOR REGISTRATIONS OPEN

REGISTRATION ARE OPEN FOR UNDER 10'S, 12'S AND 14'S
 BOYS AND GIRLS WELCOME

ENQUIRIES TO NSCCTIGERS@LIVE.COM.AU



Community News

THURSDAY 13 OCTOBER: MINI MINGLE

10:30am - 12:00pm @ Cave Garden/Thugi

Come along to share stories and songs, enjoy meeting new little friends. Outdoors in the Cave Garden / Thugi (weather permitting). Bookings recommended.

FREE UNDER 5'S

THURSDAY 13 OCTOBER:

STUDIO SESSION: TILTBRUSH VR LANDSCAPE

3:30pm - 5:00pm @ The Riddoch Arts & Cultural Centre

Using Zetta Kantas current exhibition 'Soft Landscapes' as inspiration, Daniel will create a textual landscape in virtual reality right before your eyes! Drop-in session. Bookings not required.

FREE AGES 12+

FRIDAY 14 OCTOBER: LIL' CREATORS UNDERS 5'S: FABRIC FUN

10:30am @ The Riddoch Arts & Cultural Centre

Using our current exhibition 'Soft Landscapes' as inspiration your little ones will use felt and fabric to create their own artwork. Bookings essential.

GOLD COIN UNDER 5'S

FRIDAY 14 OCTOBER:

LEARN HENNA DESIGNS WITH A.L.M.A.ART

2:30pm @ Mount Gambier Library

An interactive session with local henna tattooist, Alma. Learn the art of henna tattooing. Bookings essential.

FREE AGES 12+

IMPORTANT THINGS TO NOTE

- Bookings are essential for all workshops and events (unless otherwise stated).
- To book a session at **Mount Gambier Library**, please call 08 8721 2540, scan the QR code below or book online via our website: mountgambier.sa.gov.au/library (under 'programs & events'). Bookings open on Monday 26 September.
- To book a session at **The Riddoch Arts & Cultural Centre**, please call 08 8721 2563 or come in and speak to one of our friendly staff at reception. Open 10:00am to 5:00pm Monday to Friday and 10:00am to 2:00pm Saturday and Sunday.
- Parents and guardians **must remain with children under the age of 12** during sessions.
- If you have booked a session and can no longer attend please call to cancel so others are able to attend.



Mount Gambier Library

6 Watson Terrace, Mount Gambier | Phone 08 8721 2540
publiclibrary@mountgambier.sa.gov.au | mountgambier.sa.gov.au/library



The Riddoch Arts & Cultural Centre

1 Bay Road, Mount Gambier | Phone 08 8721 2563
riddoch@mountgambier.sa.gov.au | theriddoch.com.au



WINI COPY CAT COMPETITION

Copy the cover of your favourite book to win fantastic prizes! Digital designs welcome with Wacom drawing tablet available to use at the Library. Open for ages: 7 and under / 12 and under / 13 and over. Entry forms available from the Mount Gambier Library or the Library website. Competition opens Monday 3 October and closes Friday 14 October at 10:00am.

1 & 2 OCTOBER, 8 & 9 OCTOBER, 15 & 16 OCTOBER: 16 DAYS OF ACTIVISM T-SHIRT DESIGN

During opening hours @ Mount Gambier Library

Design and create your t-shirt to be on display in the Library during the 16 Days of Activism in November. Bookings not required.

FREE ALL AGES

SUNDAY 2 TO SUNDAY 16 OCTOBER: DIY PAPER FLOWER MAKING

During opening hours @ The Riddoch Arts & Cultural Centre

We're celebrating spring's arrival! Using our flower templates, split pins and paper straws, create your own beautiful bloom to take home or add to the growing garden in our foyer. A self-sufficient activity for children to complete with their family. Bookings not required.

FREE AGES 3+

MONDAY 3 TO FRIDAY 14 OCTOBER: IMAGINATION STATION

During opening hours @ Mount Gambier Library

Stay and create in the Cave! A range of craft items available. A self-sufficient activity for children to complete with their family. Bookings not required.

FREE ALL AGES

MONDAY 3 TO FRIDAY 14 OCTOBER: SPRING INTO LEGO

During opening hours @ Mount Gambier Library

Come along to build & chat. Have a selfie of your build added to our Lego Wall of Fame! A self-sufficient activity for children to complete with their family. Bookings not required.

FREE ALL AGES

FRIDAY 7 OCTOBER:

CREATIVE WRITING WORKSHOP - SPECTACULAR STORY SETTINGS

10:30am @ Mount Gambier Library

Learn how to create the perfect setting for your story, including techniques that will help bring your setting and story to life. Bookings essential.

FREE AGES 10+

FRIDAY 7 OCTOBER: YOUTH SCREEN PRINTING

2:30pm @ The Riddoch Arts & Cultural Centre

Using a simple precut vinyl image learn the basic skills of screen printing to create a tri colour print on a calico bag. Bookings essential.

\$20 AGES 12+

MONDAY 10 OCTOBER: STRING ART

10:30am @ Mount Gambier Library

Draw a picture on a board, then have fun hammering nails around the outline. Creatively and continuously thread multicoloured wool around the nails to create a unique art piece. Bookings essential.

FREE AGES 10+

MONDAY 10 OCTOBER: CITRUS WATERCOLOUR PAINTING

2:30pm @ The Riddoch Arts & Cultural Centre

Using oil pastels and watercolour paints we will create splashes of colour using the theme 'citrus fruits' inspired by one of our current exhibitions by Alison Mitchell called *Unlemon*. Bookings essential.

GOLD COIN AGES 4+

TUESDAY 11 OCTOBER: LET'S GO CAMPING!

10:30am @ Mount Gambier Library

Join us for an outdoor adventure! Learn to put up a tent, tie knots, use a compass and pack efficiently. Brought to you by the Girl Guides. Bookings essential.

FREE AGES 8+

TUESDAY 11 OCTOBER:

LITTLE BANGI SCIENCE DISCOVERY CLUB: SESSION 3

2:30pm @ Mount Gambier Library

SESSION 3: EXPERIMENTING. Attendance at all 4 sessions required. Bookings essential.

FREE AGES 3-7

WEDNESDAY 12 OCTOBER: FUNKY FRUIT SCULPTURE

10:30am @ The Riddoch Arts & Cultural Centre

Imagine a watermelon with little legs and sunglasses, or a pineapple with spiky hair and google eyes! In this session we have some fun sculpting fruity characters. Bookings essential.

GOLD COIN AGES 4+

WEDNESDAY 12 OCTOBER:

LITTLE BANGI SCIENCE DISCOVERY CLUB: SESSION 4

2:30pm @ Mount Gambier Library

SESSION 4: SCIENCE FAIR. Attendance at all 4 sessions required. Bookings essential.

FREE AGES 3-7

TUESDAY 4 OCTOBER: SPRING SCRATCH ART

10:30am @ The Riddoch Arts & Cultural Centre

We welcome spring with a scratch art session inspired by all the lovely things about the season. Flowers, sunshine, butterflies, rainbows and so much more! Bookings essential.

GOLD COIN AGES 3+

TUESDAY 4 OCTOBER: CHILDRENS BOOK LAUNCH:

ALINA PICCOLINA AND HER ADVENTURES WITH ZIETTA

12:00pm @ Mount Gambier Library

Join Alina and her Auntie Zietta on their Vespa adventures through Italy, celebrating culture, tradition, food, family ... and love! Listen to a reading of the book, enjoy a snack (provided) and learn about Italian culture. Bookings essential for catering purposes.

FREE UNDER 12

TUESDAY 4 OCTOBER:

LITTLE BANGI SCIENCE DISCOVERY CLUB: SESSION 1

2:30pm @ Mount Gambier Library

SESSION 1: COLLECTING AND CLASSIFYING. A hands-on program allowing children and their accompanying caregiver to combine everyday objects and experiences with scientific enquiry methods. Attendance at all 4 sessions required. Bookings essential.

FREE AGES 3-7

WEDNESDAY 5 OCTOBER: MOVIE SCREENING:

MAYA THE BEE 3 - THE GOLDEN ORB (G)

10:30am @ The Riddoch Arts & Cultural Centre

Maya is off on another adventure and in a lot of trouble in this third Maya the Bee movie. Rated G. Bookings encouraged.

GOLD COIN ALL AGES

WEDNESDAY 5 OCTOBER:

LITTLE BANGI SCIENCE DISCOVERY CLUB: SESSION 2

2:30pm @ Mount Gambier Library

SESSION 2: MEASURING. Attendance at all 4 sessions required. Bookings essential.

FREE AGES 3-7

THURSDAY 6 OCTOBER: POSITIVE VIBES WELLNESS MORNING

10:30am @ Mount Gambier Library

Come together for friendships, health and FUN! Brought to you by the Girl Guides. Bookings essential.

FREE AGES 8+

THURSDAY 6 OCTOBER: FABRIC WEAVING FUN

2:30pm @ The Riddoch Arts & Cultural Centre

In this session we will be using handmade cardboard looms and scrap fabrics to weave and create a special little textile works. Bookings essential.

GOLD COIN AGES 5+

THURSDAY 6 OCTOBER: GAMING ARVO FOR YOUTH

2:30pm @ Mount Gambier Library

Gaming Nexus are bringing their gaming experience to the Library for you! Learn how to play D&D and other unique board games in a fun, social way. Next Gen Entertainment will showcase a VR gaming experience for those looking for a virtual escape from reality! Snacks provided. Bookings encouraged.

FREE AGES 12+



McDonald Park School CANTEEN PRICES - 2022, Term 4

The canteen menu aims to provide healthy and nutritious food and drinks consistent with the DECD 'Right Bite' Healthy Eating Guide for schools and preschools and 'The Australian Dietary Guidelines for Children and Adolescents'. Please write your **CHILD'S NAME** and **ROOM NUMBER** on a large paper lunch bag. Lunch bags are available from the canteen, 10 for 50 cents or alternatively from Coles or Woolworths. Plastic forks and spoons required for foods brought from home will be 5 cents each. Foods brought from home will **NOT** be reheated in the canteen due to health regulations. Any price changes or new items will be notified in the fortnightly newsletter. Late lunch orders will be accepted, however they will be given what is available and if there is insufficient money in the bag the order will be reduced.



THERE IS NO CREDIT AVAILABLE FROM THE CANTEEN

SANDWICHES / ROLLS / WRAPS		
White / Wholemeal	Sandwich	Roll
Vegemite OR cheese	\$2.50	\$3.00
Egg OR ham	\$3.50	\$4.00
Tuna OR chicken	\$4.00	\$4.50
Salad only (lettuce, carrot, tomato, cucumber)	\$3.50	\$4.00
Ham salad	\$4.50	\$5.00
Tuna OR chicken salad	\$5.00	\$5.50
Extra fillings: cheese, carrot, cucumber, lettuce, tomato, beetroot add \$0.50		
Mayo, tomato, sweet chilli - add \$0.25		

SALADS		
Munch & crunch box	crackers, cheese, French onion dip, carrot, cucumber	\$5.00
Wiggly worm box	cheese sandwich, mini muffin, seasonal fruit, carrot, cucumber	\$5.00
- add ham, tuna, sweet chilli chicken tender \$1.00		
Noodle salad	small tub	\$2.50
	large tub	\$3.50
Super salad bowl:	lettuce, carrot, cheese, tomato, cucumber, ½ boiled egg, noodle salad, beetroot	\$6.50

THIRST BUSTERS	
Bottle of water	\$2.00
Flavoured milk 250ml choc, strawberry, honeycomb	\$3.00
Pure fruit juice 250ml apple, orange, apple/blackcurrant	\$2.50
Pop Top flavoured milks chocolate, strawberry, banana	\$3.00
Sanitarium Up and Go - chocolate/strawberry	\$3.00

NICE & ICY – lunch time counter sales only	
Frozen juice cups	\$2.00
Paddle Pops	\$2.00
Vanilla ice cream dandy cup	\$2.00
Icy Twist	\$2.00
Mini Callipo	\$2.00
Frozen Strawberry Yoghurt	\$2.00

HOT SUB BAR	
Garlic bread plain – add \$0.50 cheese	\$3.00
Crumbed chicken with lettuce and mayo	\$5.00
Sweet chilli chicken with lettuce and mayo	\$5.00

HOME MADE PIZZA BAR	
Hawaiian - ham, cheese, pineapple	\$4.20
BBQ chicken – bbq sauce, chicken, cheese	\$4.20

HOT PACKS	
Macaroni cheese	\$4.80
Lasagne	\$4.80
Spaghetti bolognaise	\$4.80
Wedges with sweet chilli and sour cream	\$5.00
Nachos with salsa, cheese and sour cream	\$5.00
Steamed dim sim	\$1.50
- soy sauce	\$0.25

BURGERS all served in a white buttered roll	
Add salad	\$1.00
Cheese burger - beef, cheese, sauce	\$5.20
Chicken burger - crumbed chicken, lettuce, mayo	\$5.20

LUNCH PACKS		
<i>Jurassic, veggie slice packs include noodle salad, carrot sticks, cucumber</i>		
Jurassic:	3 dino nuggets	\$5.20
	6 dino nuggets	\$6.20
Veggie slice	Zucchini, bacon and carrot	\$6.70
<i>Pirate and gluten free nugget packs contain the salad but do not have the noodle salad in them.</i>		
Pirate:	1 piece of fish and wedges	\$5.20
	2 pieces of fish and wedges	\$6.20
Gluten free nuggets:	3 nuggets	\$5.20
	6 nuggets	\$6.20
BENTO BOX (Small)	4 Potato gems, 2 mini spring rolls, 2 dim sims, 1 corn cob	\$5.20
BENTO BOX (Large)	6 Potato gems, 3 mini spring rolls, 3 dim sims, 2 corn cobs	\$6.20

DAILY SPECIALS	
THURSDAY ONLY	
Hot dog in bread	\$3.00
Hot dog in white roll	\$4.00
- cheese	\$0.50
- bbq, sweet chilli, tomato sauce, mustard	\$0.25
THURSDAY MEAL DEAL	
Hot dog, flavoured milk, cookie	\$7.50
FRIDAY ONLY	
Pie	\$4.80
Pasty	\$4.80
Sausage roll	\$3.80
Party pie / party sausage roll	\$1.50
- sauce	\$0.25
FRIDAY MEAL DEAL	
Pie / pasty and juice	\$7.00
Sausage roll and juice	\$5.90
2 party pies and juice	\$5.20
2 party sausage rolls and juice	\$5.20

SNACK TIME	
Seasonal fruit	\$1.50
Red Rock Honey Soy Chicken Chips	\$1.50
Assorted fruit muffins	\$1.00
Chocolate chip cookie	\$1.00
Bag rice crackers	\$0.50
Mixed cereal, Honey Chex cereal, Milo cereal	\$0.50