

NEWSLETTER

McDonald Park School



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SPORTS DAY

Friday, 10 November 2023 is our Sports Day. This is the day we gather as a community to get active, participate in different athletic events and set goals to improve on our performance from last year. As part of their physical education lessons students have been learning new skills and improving on the current skills. The students have demonstrated persistence, resilience and self-reflection of their own skills.

This will also be the first year with our updated team names, which has been a collaborative process throughout the year. Lindner is now **Karu**, Cunningham is now **Merit**, McDonald is now **Parri** and Watson is now **Warnap**. Key points to focus on will be encouraging children to be active and improve their fitness and learn to manage the emotional highs and lows of competitive sports. Helping children to be a good sport by being a good role model, encouraging a positive attitude and showing interest in their effort. At the end of the day one team will win and helping our children understand this outcome and celebrate their effort, participation and positive attitude will ensure good wellbeing and emotional growth.

Please note a few changes to the timetable, including sprints after lunch and extending time for tabloid events, reducing time for afternoon games.

Grant High School students will be helping out this year and with their support the events and the day run very smoothly. Please remember to support these young people, guide and help our children have a fun and exciting day.

We wish all our teams the very best of success and hope student focus on their improvement and have an enjoyable and fun sports day.



Coming Events

WEEK 4



WEEK 6

Swimming Lessons

N1 & N2 - 9.30am to 11.00am
N3 & N4 - 11.00am to 12.30pm
N5 & N6 - 1.00pm to 2.30pm

WEEK 7

Monday, 27 November

Governing Council meeting

Friday, 1 December

Casual Day
McPark's Got Talent

WEEK 8

Wed, 06/12 & Thurs, 07/12

Year 6 transition to high school
Kindy transition to school

Thursday, 07/12

Whole school transition

Friday, 08/12

Student free day

SPORTS DAY

Boys Sprint Championship Runners

AGE	MERIT	KARU	PARRI	WARNAP
12 year olds	Jacob C	Isaac N	Ronnie C	Eric C
	Braith A	Alex B	Eli G	Bodey M
RESERVE	Jake C	Nash N		Eli M
11 years old	Parker L	Beau M	Chase B	Hamish H
	Mitchell H	Riley C	Alex L	Connor L
RESERVE	Seth A	Austin M	Jaxon C-F	Aiden C
10 years old	Austin G	Aiden R	Campbell B	Judd C
	Hudson F	Kade J	Benji R	Tyler C
RESERVE	Hunter P	Bruce N	Jacob S	Benji C
9 years old	Van B	Cruz C	Akeai L	Dominic A
	Rielyn D	Blake W	Fletcher W	Logan M
RESERVE	Owen W	Kieran N	Brax B	Eli H
8 years old	Denver T	Flynn R	Jax S	Riley W
	Nash M	Nathan B	Romeo L	Max B
RESERVE	Ryder W	Shiv B	Digby N	Jesse W
7 years old	Maddox F	Elliott B	Levi C	Hemi L
	Mitchell D	Albert N	Blake P	Connor C
RESERVE	Tj B	Kain D	Bailey R	Zane C
5 & 6 years old	Ben D	Hunter L	Liam C	Nate M
	Reegan R	Toby W	Jesse J	Eli J
RESERVE	Jebb P	Chase M	Harry W	Angus P

Girls Sprint Championship Runners

AGE	MERIT	KARU	PARRI	WARNAP
12 year olds	Milla F	Bailee R	Paige M	Mia R
	Kahlika M	Ava R	Madelyn W	Eleanor Mc
RESERVE	TeKani C	Scarlet D	Jayla S	Jasmin A
11 years old	Cameryn B	Izabella N	Abby C	Mikaela F
	Maddy G	Kate F	Ella D	Amelia K
RESERVE	Neesanok S	Abbey B	Scarlett Mc	Alanna L
10 years old	Sailor B	Nina H	Zahlia C	Sophie W
	Halle D	Tia R	Charlotte G	Layla T
RESERVE	Elsie A	Madalyn M-C	Queen S	Kasey W
9 years old	Anna L	Chloe B	Hannah M	Amelia F
	Skyla L-R	Millie P	Harmony P	Stella C
RESERVE	Tilly S	Piper B-L	Annika B	Charlotte B
8 years old	Ruby D	Amelia J	Isabelle H	Stevie C
	Sophie D	Amelie D	Zara C	Mia G
RESERVE		Izzy Mc	Annie L	Lyla T
7 years old	Matilda L	Ella P	Abi G	Gabby A
	Scarlett P	Violet D	Johniezel C	Ella M
RESERVE	Harper S	Alissa B	Presayis G	Evie F
5 & 6 years old	Emmi S	Estelle J	Jordyn B	Savannah S
	Evie W	Ellie M-C	Tiggy L	Caileigh F
RESERVE	Hailie W	Olivia D	Evie K	Ivy B

Relay Championship Runners

AGE	MERIT		KARU		PARRI		WARNAP	
12 year old	Tekani C		Scarlett D		Paige M		Eleanor Mc	
	Kahlika M		Sophie J		Madelyn W		Jasmin A	
	Jake C		Nash N		Ronnie C		Eli M	
	Kayde H		Jacob N		Eli G		Bodey M	
	GIRLS	BOYS	GIRLS	BOYS	GIRLS	BOYS	GIRLS	BOYS
11 year old	Neesanok S		Seth A		Abbey B		Austin M	
	Chelcy K		Tahj P		Miley A		Zach P	
Reserve	Susan S		Kye W-M		Kate F		Bentley W	
10 year old	Elsie A		Hunter P		Madalyn M-C		Bruce N	
	Paiton P		Jack P		Lily T		Zander Mc	
Reserve	Gemma M		Samuel A		Alexis R		Chaise D	
9 year old	Tilly S		Owen W		Piper B-L		Kieran N	
	Nessa B		Rielyn D		Millie P		Caleb P	
Reserve	Harper-Michelle P		Van B		Chloe B		Fletcher dV	
8 year old	Ruby D		Ryder W		Izzy M		Shiv B	
	Sophie D		Max Y		Melissa N		Jacob C	
Reserve			Kustom K-S		Piper K		Logan W	

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

Please bring a packed recess and lunch. The canteen will be open for counter sales, drinks and ice-creams only. There will be **NO lunch orders** processed on the day. A BBQ will be available for the lunch period, 11:30am to 1:15pm. Parent helpers are welcome.

Please respect the allocated areas for sprint viewing in the centre of the oval. It is an OHS issue for parents to be at the finish line.

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. Here 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 t-shirt 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.

Hats

Wearing 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 actively involved in the event.

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.



VISION AWARDS

Term 3, Week 10

Our awards are centred on our school vision. Students will be recognised for their collaboration, respect, engagement, problem solving or progress (thriving). **McDonald Park School community will work collaboratively to develop respectful, thriving and engaged problem solvers.**

PROBLEM SOLVING		
Presented to	By	For
Mike T	Miss Eldridge	improving his recall of multiplication facts in fluency time.
Queen S	Ms Mitchell	displaying fluency with a wide range of strategies when problem solving in Maths.

ENGAGEMENT		
Presented to	By	For
Marlei V	Miss Eldridge	singing confidently and expressively at the school concert.
Kate F	Miss Eldridge	participating effectively in both our class item and as a character in the Emoji Musical.
Braxton W	Miss Eldridge	creating a well-planned colony for our 'Mission to Mars' project.
Judd C	Mrs Hentschke	being engaged and asking questions in current learning about fractions.
Scarlet W	Mrs Hentschke	taking time and care with all learning and taking on feedback to improve the quality of tasks.
Jasmin A	Ms Munday & Mr Castle	supporting class discussions about sentence structure and etymology.
Tahj P	Miss Hunt & Mrs Bundy	his persistence towards learning the dance and effort applied on the night.
Connor L	Miss Hunt & Mrs Bundy	actively engaging in class and seeking feedback to improve his writing.
Aiden C	Miss Hunt & Mrs Bundy	demonstrating persistence and effort in practising our class dance for the musical.
Ellie Mc	Miss Hunt & Mrs Bundy	her commitment and enthusiasm to learning the dance and encouraging others.
Blake P	Ms Mitchell	actively involving himself in school activities, including the funky Friday music program, school concert and promotions team.

RESPECT		
Presented to	By	For
Benji R	Mrs Hentschke	always demonstrating a high level of respect and kindness to his peers and adults around the school.
Bailee C	Mrs Widdison & Mrs Tilley	valuing other people's ideas and helping to create a positive learning environment.

THRIVING		
Presented to	By	For
Djakobe L-J	Mrs Hentschke	demonstrating excellent growth in PAT reading.
Braith A	Mrs Widdison & Mrs Tilley	seeking feedback to improve and extend his learning.
Sophie J	Mrs Widdison & Mrs Tilley	working consistently across all areas of her learning.
Kasey W	Ms Munday & Mr Castle	engaging with all maths tasks and showing resilience and persistence.

COLLABORATION		
Presented to	By	For
Mia R	Ms Munday & Mr Castle	being a strong and respectful collaborator during all dance rehearsals.



McPark's Got Talent

Week 7, Friday 1st December

Parents may like to help their child perfect their performance before auditions occur

AUDITIONS

ALL AUDITIONS HELD IN KITCHEN DURING LUNCH

Annexe ~ Week 3, Thursday

Downstairs ~ Week 4, Thursday

Block ~ Week 5, Thursday

2023 SCHOOL MAGAZINE

Once again we are offering a school magazine for the 2023 year. This is a fantastic opportunity to capture your child's primary years in a magazine format. This year's magazine will be in full colour.

Forms will come home today. Orders with money need to be returned to the front office by **Friday, 1st December**.

Please remember to still return the order form if payment is made via Qkr!





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 12 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 presentation. Please indicate below if you would like to participate. Any further queries please contact the front office.

**McDonald Park School
2023 Academic Sponsorship**

Name:

Telephone:

Email:

SAPSASA TENNIS

Congratulations to our talented McPark tennis stars who have been selected to participate in SAPSASA Tennis and will be competing in Adelaide from 22 to 24 November.

Ariana Ebbs and Hannah Bailey will be representing the Mid South East and Beau Maxwell will be a part of the Lower South East team.

We wish them all the best for the carnival.



ANDROID USERS

The Qkr! App *isn't available* on **NEW Android devices** at this time. It will still work on older Android devices.

The Qkr! Team are aware of this issue and are working towards getting it fixed.

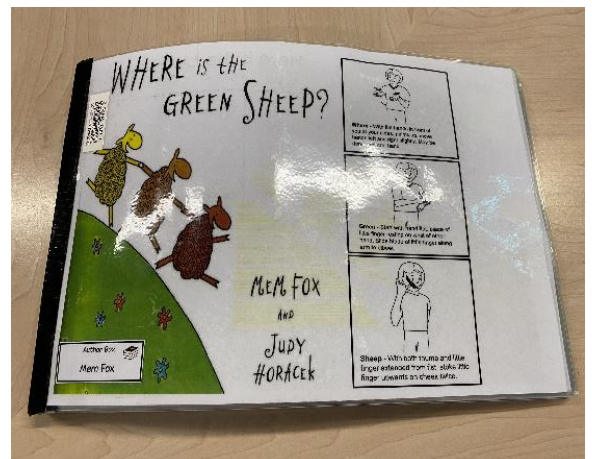
In the meantime new Android users can access Qkr! via the following link:

[Qkr! by MasterCard \(qkrschool.com\)](https://www.qkr.com.au/qkr-by-mastercard)

AUSLAN RESOURCES IN THE RESOURCE CENTRE



As part of our new resource centre refurbishment, we have integrated Auslan sign language into our non-fiction shelf labels. We have also been given access to popular titles written using Auslan to add to our Easy Fiction collection. We are excited to read and learn through these new additions to our library!



MCDONALD PARK SCHOOL SPORTS DAY PROGRAM

Friday, 10 November 2023



Please bring a packed recess and lunch.

The canteen will be open for counter sales, drinks and ice-creams only.

There will be NO lunch orders processed on the day.

A BBQ will be available between 11:30am and 1:15pm – SAUSAGES ONLY - \$3.00

COVID RESTRICTIONS

- Please follow SA Health advice and use safe hygiene practices.
- If you are feeling unwell or have symptoms we would appreciate you wearing a mask when in indoor areas (gym / canteen).
- Students must remain with class / age groups.
- Parents to remain in designated viewing area for sprints and relays.



- DON'T FORGET -

RECESS/LUNCH





DRINK BOTTLE

HAT

SUNSCREEN

APPROPRIATE FOOTWEAR

HOUSE CAPTAINS FOR 2023

House	Captains
	Austin M Beau M
	Bralth A Milla F
	Ella D Ronnie C
	Connor L Eleanor M

MCDONALD PARK SCHOOL - SPORTS DAY 2023

JUNIOR PRIMARY SCHOOL TIMETABLE

Room	9.00 - 9.10	9.10 - 9.30	9.30 - 9.45	9.45 - 10.00	10.00 - 10.15	10.15 - 10.30	10.30 - 10.45	10.45 - 11.00	11.00 - 11.30	11.30 - 11.45	11.45 - 12.00	12.00 - 12.15	12.15 - 12.30	12.30 - 12.45	12.45 - 1.00	1.00 - 1.30	1.30 - 2.00	2.00 - 2.40	2.40 - 3.00	3.00 - 3.15
A1 Mrs Spencer	A R R I V A L	O P E N I N G	SBR	WR	B R A I N B R E A K	R	T	LJ	R E C E S S	SP/D	B	HJ	S/H	P A C K U P <small>(SCORE SHEET TO TENT)</small>	L U N C H E A T I N G	L U N C H P L A Y	S P R I N T S	R E T U R N T O C L A S S	R E L A Y S	C L O S I N G
A2 Ms Huitema			S/H	SBR		WR	R	T		LJ	SP/D	B	HJ							
A3 Miss Schulz			HJ	S/H		SBR	WR	R		T	LJ	SP/D	B							
A4 Miss Squire			B	HJ		S/H	SBR	WR		R	T	LJ	SP/D							
1 Mrs Fox			SP/D	B		HJ	S/H	SBR		WR	R	T	LJ							
2 Mrs Wilson			LJ	SP/D		B	HJ	S/H		SBR	WR	R	T							

SBR skateboard relay
T traditional sports day events

WR water relay
LJ long jump

R rob the nest
B ball relays

SP/D shot put / discus
S/H sprints / hurdles

HJ high jump

MCDONALD PARK SCHOOL - SPORTS DAY 2023

PRIMARY SCHOOL TIMETABLE

	9.00 - 9.10	9.10 - 9.30	9.30 - 10.05	10.05 - 10.40	10.40 - 11.15	11.15 - 11.50	11.50 - 12.25	12.25 - 12.55	12.55 - 1.30	1.30 - 2.00	2.00 - 2.40	2.40 - 3.00	3.00 - 3.15
8 girls Mrs Harding	A R R I V A L	O P E N I N G	HJ	R	LJ	D	H	SP	L U N C H	S P R I N T S	Students to return to class teachers . Sports day games	R E L A Y S	C L O S I N G
8 boys Mr Bigg			HJ	R	LJ	D	H	SP					
9 girls Mrs McCracken			SP	HJ	R	LJ	D	H					
9 boys Mrs Dew			SP	HJ	R	LJ	D	H					
10 girls Ms Hutchinson			H	SP	HJ	R	LJ	D					
10 boys Miss Eldridge			H	SP	HJ	R	LJ	D					
11 girls Mrs McLean			D	H	SP	HJ	R	LJ					
11 boys Ms Bundy & Mrs Dempsey			D	H	SP	HJ	R	LJ					
12 girls Mrs Tilley			LJ	D	H	SP	HJ	R					
12 boys Ms Munday			LJ	D	H	SP	HJ	R					

EVENTS

HJ high jump

LJ long jump

D discus

R recess

H hurdles

SP shot put

SPORTS DAY EVENTS 2023



Drawn: Shane Lewis
 Updated: 28 Sept 2023
 Org No: 2411 - 000