

NEWSLETTER

McDonald Park School



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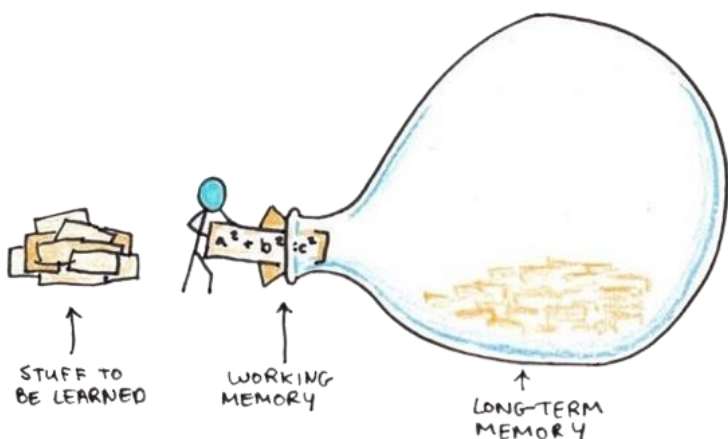
Issue No 2, 13/2/25 - Week 3, Term 1

Cognitive Load

At McDonald Park School, we are committed to developing effective learners who understand the learning process. Recently, our staff participated in professional development focused on understanding cognitive load and its impact on learning. Some staff members will continue to access further training to deepen their understanding and skills.

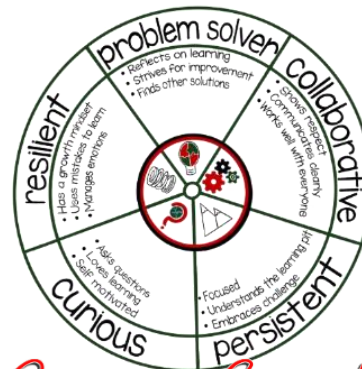
Cognitive load refers to the amount of information that working memory can hold at one time. Imagine a bottleneck: if too much information is trying to pass through at once, it can become overwhelming, making it difficult for students to process and retain new information. Our goal is to help students move what they learn into long-term memory efficiently. This can be achieved through repetition, connecting learning to known information, ensuring we are in the headspace for learning and providing the right amount of challenge. The following strategies can be implemented at home to support.

One of the key strategies to manage cognitive load is minimising distractions. Here are some tips for creating a focused learning environment at home:



- Designate a Study Space: Create a quiet, dedicated area for your child to study, free from noise and interruptions.
- Limit Screen Time: Encourage breaks from screens and use apps or settings that block distracting notifications during study time.
- Set Clear Goals: Help your child set specific, achievable goals for each study session to maintain focus.
- Routines play a crucial role in supporting learning by providing structure and predictability. Here's how you can help:
- Consistent Schedule: Establish a regular study schedule that aligns with your child's natural rhythms and family commitments.
- Breaks and Downtime: Incorporate regular breaks to prevent fatigue and maintain concentration.
- Review and Reflect: Encourage your child to review what they've learned and reflect on their progress regularly.
- By working together, we can support our students in managing their cognitive load effectively, helping them to succeed academically and develop lifelong learning skills.

Kirsty Hill, Daniel Castle & Lia Jordan



Coming Events

WEEK 3

Friday 14 Feb
Assembly (Gym)

WEEK 4

Monday 17 Feb
Student Leaders go to Noorla Yo Long

Wednesday 19 Feb
ACQUAINTANCE NIGHT
5:30 – 6:30pm
Governing Council AGM
6:30pm

Friday 21 Feb
ENROLMENT TOUR
Come and see McPark
11:30 am

ADELAIDE CUP

PUBLIC HOLIDAY

WEEK 7 - MONDAY 10 MARCH



Student Leadership 2025

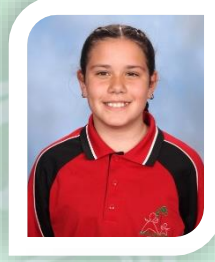
The Student Leadership for 2025 was selected at the end of last year. The process involved writing an application. The quantity and quality of applicants were impressive, which made the final decision a difficult one. Congratulations to the successful applicants. In 2025 we have two groups: STUDENT LEADERS and TEAM CAPTAINS.

Ms Bundy will be coordinating both groups

Student Leaders

Student Leaders will work with Ms Bundy to plan and present at assemblies, represent the school for special events and be involved in public relations. Our Student Leaders are:

Meah Mc, Baden D, Paiton P, Aisling D, Kayleigh R, Tyler G, Charlotte B, Sophia P



Team Captains

Team Captains will work with Mrs Bundy to plan lunch time activities, mentor in the yard and be actively involved in events such as sports day. Team captains are:

Karu – Ember B, Kade J

Parri – Charlotte G, Benji R

Merit – Anna L, Hudson F

Warnap – Stella C, Logan M



2025 SAPSASA State Carnival & Championship Dates

TERM ONE			
WEEK	DATES	SPORT	EVENT
6	Friday 7 March	Swimming	District Trial - Penola
7	Friday 14 March	Golf	District Trial - Penola
8	Friday 21 March	Track and Field	District Trial - MGHS
9	Wednesday 26 to Friday 28 March	Girls Softball	State Carnival - Adelaide
9	Wednesday 26 to Friday 28 March	Boys Softball	State Carnival - Adelaide
10	Monday 31 March	Boys Aust. Football	District Trial – Mt. Gambier
11	Monday 7 April	Swimming	State Champs - Adelaide
TERM TWO			
WEEK	DATES	SPORT	EVENT
2	TBC	Girls Netball	District Trial – Mt. Gambier
2	TBC	Boys Netball	Regional Trial - Naracoorte
2	Friday 9 May	Cross Country	District Trial - Naracoorte
5	Monday 26 May to Wednesday 28 May	Boys Aust. Football	State Carnival - Adelaide
6	Thursday 5 June	Cross Country	State Champs - Adelaide
7	TBC	Boys Football (Soccer)	District Trial – Mt. Gambier
7	TBC	Girls Football (Soccer)	District Trial – Mt. Gambier
9	Monday 23 June to Wednesday 25 June	Girls Netball	State Carnival - Adelaide
9	Monday 23 June to Wednesday 25 June	Boys Netball	State Carnival - Adelaide
TERM THREE			
WEEK	DATES	SPORT	EVENT
2	TBC	Boys Hockey	Regional Trial - Naracoorte
2	TBC	Girls Hockey	Regional Trial - Naracoorte
4	Monday 11 Aug. to Wednesday 13 Aug.	Boys Football (Soccer)	State Carnival - Adelaide
4	Monday 11 Aug. to Wednesday 13 Aug.	Girls Football (Soccer)	State Carnival - Adelaide
5	Friday 22 August	Golf	Regional Trial - Naracoorte
6	TBC	Girls Aust. Football	District Trial – Mt. Gambier
6	Friday 29 August	Basketball	District Trial – Mt. Gambier
7	Friday 5 September	Basketball	Regional Trial – Mt. Gambier
8	Monday 8 Sept. to Wednesday 10 Sept.	Boys Hockey	State Carnival - Adelaide
8	Monday 8 Sept. to Wednesday 10 Sept.	Girls Hockey	State Carnival - Adelaide
8	Thursday 11 Sept. to Friday 12 Sept.	Golf	State Champs - Adelaide
9	TBC	Tennis (Boys and Girls)	District Trial – Mt. Gambier
10	Monday 22 September	Track and Field	State Champs - Adelaide
TERM FOUR			
WEEK	DATES	SPORT	EVENT
1	TBC	Boys Cricket	District Trial – Mt. Gambier
1	TBC	Girls Cricket	Regional Trial - Bordertown
1	Friday 17 October	Boys/Girls Basketball	State Champs - Adelaide
2	Thursday 23 October	MULTI SPORT	Come & Try – Mt. Gambier
3	Monday 27 Oct. to Wednesday 29 Oct.	Girls Aust. Football	State Carnival - Adelaide
5	Monday 10 Nov. to Wednesday 12 Nov.	Tennis (Boys and Girls)	State Carnival - Adelaide
6	Monday 17 November	Volleyball	Come & Try – Mt. Gambier
7	Monday 24 Nov. to Wednesday 26 Nov.	Girls Cricket	State Carnival - Adelaide
7	Monday 24 Nov. to Wednesday 26 Nov.	Boys Cricket	State Carnival - Adelaide

come & see McPark

Enrolment Tour
2025 mid year intake

Friday, 21 February
11.30am

8724 9811 to register



Seeking new/former members

MCDONALD PARK SCHOOL

Wednesday
19 February 2025, 6:30pm

GOVERNING COUNCIL AGM

when you become a member on the
Governing Council you can ...

- have a better understanding of our school
- have an avenue to address issues or concerns and ask questions
- gain a greater understanding of what our students are learning, curriculum spotlights
- request informative sessions

(08) 8724 9811
<https://www.mcpark7.sa.edu.au>





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Could Saver Plus help with your education costs?

Saver Plus Information Sessions

We are running Information sessions for anyone thinking about joining the program and wants to learn more about how Saver Plus works.

Eligibility, income and participation criteria. To find out more head to <https://www.thsmithfamily.com.au/>.

To Register please use the QR Code or Zoom Link Below.



[Click here to Register](#)

Achieve a savings goal for 10 months and ANZ will match it up to \$500. You need to:



- ☑ Be 18 years or older
- ☑ Have a current Health Care Card or Pensioner Concession Card
- ☑ Have a child in school, starting school next year, or be studying yourself
- ☑ Get a regular income (can be you or your partner)
- ☑ Agree to join in free online financial education workshops

saverplus
saverplus.org.au
1300 610 355

Terms and conditions apply.

saverplus.org.au
1300 610 355



Saver Plus was developed by ANZ and the Brotherhood of St. Laurence and is delivered in partnership with The Smith Family and Berry Street. It is funded by ANZ and Department of Social Services.