

Phone: 8323 8741

Email: dl.0251.admin@schools.sa.edu.au

NEWSLETTER VOL 12 - AUGUST 16th 2019

UPCOMING KEY DATES

MAKERS DAY

FRIDAY 16th AUGUST 12-130

BOOKWEEK PARADE

WEDNESDAY 21st AUGUST

WAKAKIRRI PERFORMANCE
ENTERTAINMENT CENTRE

THURSDAY 22nd AUGUST

WOODHOUSE CAMP
ROOMS 15, 18 & 19

AUGUST 26th to 28th

MAGIC MILLIONS CHOIR FRIDAY
TUESDAY 27th AUGUST

YEAR 3 & 4 SWIMMING

ROOMS 2 & 3 16th - 20th SEPTEMBER
ROOMS 15, 18 & 19 23rd - 26th SEPTEMBER



LYN LANGELUDDECKE

Walk a Mile in my Boots

A huge thankyou to everyone who braved the cold for an early morning start to participate in the short walk on Friday August 2nd. It was such a wonderful success and overwhelming as to how many families joined in. We are very proud to announce that it raised approximately \$3,500!

A hearty congratulations to all the staff, parents, community and the Willunga Wanderers crew who continued on to do the long walk from McLaren Vale to Hutt Street. 50 walkers achieved an amazing challenge with 100% success to the finish line.

Thankyou to the Hutt Street staff who joined us, Mike Francis, Ian Cox and Mikayla York-Brown, The Rapid Relief Team for their delicious egg and bacon rolls and refreshments, and the MVPS staff and children who played a key role in class fundraising activities.

Our real stars are Jess Shaw and Simon Lovett who were relentless in their organisation, encouragement and ongoing communication. A great investment of your time Jess and Simon with a whopping final total of \$51,000 (co-joined with Willunga Wanderers).

Continued...



Government of South Australia
Department for Education

Walk a Mile in my Boots

COMMUNITY EVENT

...continued

The entire event was a fantastic result for our community with so much positive feedback congratulating our school for taking on this initiative. Our children are the biggest beneficiaries, as they travel through life as more worldly citizens with far more empathy and a much keener desire to give to others. Our children are our future changemakers and with their new found knowledge throughout their journey ahead, will have a profound influence over this very emotive and confronting community issue of homelessness.

From little things, big things grow and we now have a road map to navigate an even bigger and better program for next year.

We are all very appreciative of everyone's effort and participation and proud to be part of this wonderful McLaren Vale Primary School community.



YEAR 3 & 4 SWIMMING

**** STOP PRESS ****

Parents of Year 3 & 4 students were notified yesterday that swimming has been postponed to Weeks 9 and 10 of this term due to the gastroenteritis situation. Letters and amended consent forms were distributed to classes and teachers communicated this by via Seesaw. **(See dates and times in Upcoming Key Dates on Page 1).**

Ground Swell Education & Eco Warriors Program

PAULA HODGENS AND TOBY MOULTON

In weeks 3 -5 this term, our students have been immersed into an intensive sustainability learning experience conducted by Toby Moulton of Ground Swell Education. Toby is an experienced educator who has taken a year's leave from his role at Star of the Sea School at Henley Beach to start a sustainability education consultancy for schools. Toby's vision for our initiative was very clear:

Students need to be informed about **WHY** sustainability at home, school and in the broader community is so vital. He views the **WHY** as the missing link between more genuine connection for students and their personal and collective approaches towards a more sustainable future.

Our program began with informative and at times confronting workshops, focusing on contemporary environmental issues. These were presented through a 'lens of hope', so that the students became even more acutely aware that their positive actions and attitudes will not be in vain and as motivation to continue to pursue the initiative with zeal...and have fun while being active participants.

Students who have been elected as Eco Warriors conducted a whole school waste audit together, gathering, sorting, counting and weighing each waste stream that the school generates in a 24 hour period. We then analysed the data, collectively identifying and agreeing upon 3 key waste streams we would like to reduce at McLaren Vale Primary School by the end of 2019:

***** Single Use Plastic Packaging *** Organics/Food Waste *** Drink containers (including 10c containers) *****

We also used the data to create a series of Maths learning opportunities based on the data, that the Eco Warriors will be responsible for teaching to their year level peers. The students are looking forward to being the 'teacher' for these sessions!

Our next step is to use our new knowledge to formulate a Sustainability Action Plan based upon these 3 key areas. This may involve creating educational videos, ordering and implementing new waste infrastructure or further improving and streamlining our current practices.

We look forward to sharing our progress with you and encourage you all to support our students in their quest for meaningful, sustainable change at our school.



Gastro Outbreak

LYN LANGELOUDECKE

We are providing you with an update on the current situation with the gastro outbreak.

It's a good sign that the gastro bug is on the decline as children are returning to school. However, we still need to be very vigilant and follow the SA Health protocols in minimising continued health risks. If you did not receive the SA Health information leaflet, you can pick one up from Student Services.

We stress that if your child is showing any signs of illness: cramps, nausea, fever, diarrhoea we ask that you keep your child home. If any children present at school with any of these symptoms, his/her parents will be contacted and the child will be sent home. Children cannot return to school for up to 24 hours following the last episode. Teachers are being extra vigilant in their learning areas with hand washing and disinfecting equipment and furniture and stressing the importance of adhering to good hygiene.

SA Health have suggested that families can take their child to the doctor for testing to identify the virus. Our focus is on ensuring that everyone returns to good health and gets back to school.

Thank you everyone for your continued support and working in partnership with us.

Hi everyone. I have spent the last week working on some of the activities for the October holidays and we have some great things planned. One of the excursions is a trip to the Arts Theatre in the city to see a performance of Hairspray Jr, put on by the Adelaide Youth Theatre. Last year we saw them perform in Madagascar which was great so are looking forward to seeing them again.

This week the children spent time outside in between all the rainy weather and came up with an OSHC Ninja Warrior Course on the JP playground, which was lots of fun. Hema beads have always been a popular activity, and that learning was extended by challenging the children to create 3D hema beads, with some amazing results. This week also saw the first step towards our new OSHC extension with soil testing being done. A very exciting time ahead!



3D HEMA BEADS



SOIL TESTING FOR THE
OSHC EXTENSION



OSHC NINJA WARRIOR
COURSE

"Unexpected kindness is the most powerful, least costly, and most underrated agent of human change." ~ Bob Kerrey

Cyber Safety Tips

MATT MILLAR

Last term our Middle School students had a session with Sonya Ryan from the Carly Ryan Foundation around keeping safe online. This provided students with a range of strategies to protect themselves on a variety of apps and social media platforms from bullying and harm. The following websites are great for you as parents to learn more and support any discussions around online safety:

www.carlyryanfoundation.com

www.thinkyouknow.org.au/resources/factsheets-for-parents

If your child is experiencing issues online some simple safety tips we recommend include:

- ◇ Screenshot any inappropriate content or messages and show to parents
- ◇ Block any accounts that are causing bullying or harassment
- ◇ Set location settings for apps to private
- ◇ Ensure personal accounts are set to private

Wellbeing Tips

TYSON MADDERN

WHAT IS MENTAL HEALTH?

Mental health is defined as a state of well-being in which every individual realizes his or her own potential, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to her or his community.

CAUSES OF MENTAL HEALTH PROBLEMS:

A number of overlapping factors may increase your risk of developing a mental health problem. These can include:

EARLY LIFE EXPERIENCES:

Abuse, neglect, or the loss of someone close to you.

INDIVIDUAL FACTORS:

Level of self-esteem, coping skills and thinking styles.

CURRENT CIRCUMSTANCES:

Stress at school or work, money problems, difficult personal relationships, or problems within your family.

BIOLOGICAL FACTORS:

Family history of mental health problems



LOOKING AFTER YOUR MENTAL HEALTH:

There are a number of things you can do to look after and maintain your mental health and wellbeing. For example, many people cope with stress by getting involved in sports, exercising, spirituality and relaxation techniques. Others express themselves through art, such as poetry writing or music. What you eat might also affect your mood. A well-balanced diet will help keep your body physically and mentally healthy.

Stay tuned for a chat on good mental health and mental health problems.

Free Parent Session on Mindfulness

ALISON ARTHURSON

Tuesday 27th August at 2:15 – 3:00pm

McLaren Vale Primary School Kitchen

Your children have all participated in Mindfulness lessons this year, so now it's your chance to come along and experience mindfulness for yourself. Session will include learning about what mindfulness is, its benefits, and participation in short meditations, mindful movements and sensory activities.

Please register your interest in attending the session by leaving your name at the front office, or phoning the school.

I would love to see you there!



NED's Mindset Mission

MATT MILLAR

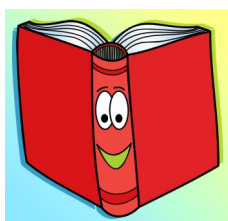
On Wednesday 31st of August we had the NED's Mindset Mission show visit our school spreading positive messages through an exciting yo-yo performance. NED stands for "Never give up, encourage others and do your best".

The kids joined the main character Ned on a journey to achieve some difficult challenges and helped him along the way to stay positive and keep moving forward. The performer showed a range of yo-yo tricks that the kids could then go away and try with the yo-yos on sale after the show.



BOOKWEEK

MATT MILLAR



Next week (19th - 23rd August) is Book Week. This is always a fun and exciting week for everyone to celebrate the amazing world of books and the places they take our imagination. The theme for this year is "Reading is My Secret Power".

We will have a number of events running at the school throughout the week to celebrate. These include:

- ◇ 'Book Swap' - if your child has a well-read book that they would like to swap with another well-read book, they can bring it to school on Monday and come to the Library at first lunch for the Book Swap.
- ◇ 'Dress up Parade' - come dressed as your favourite book character for the parade in the gym starting at 9:10am on Wednesday. All families are welcome to join.
- ◇ 'Big Dreams' Book Week performance in the gym on Thursday. R-3 starts at 12:20pm and 4-7 starts at 2:00pm.
- ◇ Throughout the week we will have a range of staff members reading their favourite books to classes before first lunch



WAKAKIRRI perform at the Entertainment Centre

KIM KLEINIG

Our Wakakirri team are about to participate in a dance extravaganza at the Adelaide Entertainment Centre next Thursday. The students have been rehearsing since the beginning of the year. They have shown outstanding commitment and dedication to perfecting their dance choreography.

A BIG thank you to their coaches, Kym Kleinig and her daughter, Maggie Cooper and Kym's mum, Rosemary Nairn. Their story is inspired by the solo journey of Jessica Watson's circumnavigation of the world in 2009 at the age of 16. It's looking spectacular and was well received by our student audience last Friday.



Community Notices



70's & 80's dress



The boating adventure changing kids' lives



novita mighty river run

QUIZ NIGHT

Friday 30th August

Doors open 6.30pm for a 7.30pm start
Serafino Wines
(Kangarilla Rd McLaren Vale)

Please support a great cause by joining us to raise money to help disabled children throughout 5th Aust

Wood Oven Pizzas, Hot & Cold Platters, Alcohol & Soft Drink available for sale on the night

**Door Prizes, Best Dressed, Games – bring gold coins
Tickets \$15pp or \$100 for a table of 10

Purchase tickets at <https://shipmates.iwannaticket.com.au>



SUMMER SEASON TRIALS

All players welcome!

TUESDAY 17 AND 24 SEPTEMBER 2019

Intermediates and Juniors (ages 8-17) 6.00pm – 7.30pm
Seniors (ages 18 and above) 7.30pm – 9.00pm

Priceline Stadium, Mile End

REGISTER NOW!
WWW.CHEERIONETBALL.COM

For any queries – Ph: 0419 810 656, Email: secretary@cheerionetball.com



NOARLUNGA TENNIS CLUB Inc.

Patapinda Road, Old Noarlunga

JUNIOR & SENIOR COMPETITION
INDIVIDUAL & GROUP COACHING ■ ANZ HOTSHOTS
SOCIAL TENNIS ■ CARDIO TENNIS

JUNIOR & SENIOR PLAYERS WANTED ALL ABILITIES AND AGES WELCOME

www.noarlungatennisclub.com

NTC club is a family orientated, community club located in Old Noarlunga on Patapinda Road, adjacent to the Noarlunga Football Oval.

Junior Competition

Boys and Girl's competition

Friday nights
(Division 1 and league only)

Saturday mornings
(All other divisions)

Hot shots competition
Red, orange and green ball
(Age dependent)

Junior Co-ordinators
Alicia Watt & Simon Ford

Do you play tennis or want to play tennis?

Tennis is a fun sport that everyone can play and it is easy to get involved. Noarlunga Tennis Club offers junior competitions for all ages and abilities.

Match Play is a fun and social way for kids to get into team tennis and is played at Red Ball, Orange Ball and Green Ball level. Kids who become involved in Match Play will learn the basics of game play, as well as scoring, having fun and meeting new friends.

Match Play teams are made up of both boys and girls with two or more players per team. Match Play seasons are generally aligned with the school term and run for six to eight weeks.



Coaching services provided by Club Coach Ryan Russell from Down the Line Tennis Coaching
M:0421961828
E:dtl@outlook.com.au

Registration & Come and Try Day!
Registration for season 2019/2020 - Now Open

Come and Try Day Sunday 25th August 11am – 3pm

Sausage sizzle, have a hit with your friends, meet our Committee Members and Club Coach

For more information, please make your enquiry to

noarlungatennisclub@hotmail.com

www.noarlungatennisclub.com @NoarlungaTC

The club participates in the Southern Districts Tennis Association (SDTA)
Summer (October – March) / Winter (May – September) Competition



WILLUNGA HIGH SCHOOL



Principal's Tours
Wed 21 Aug & Fri 13 Sept
9:30am - 10:30am

Meet our staff and students and explore our grounds and facilities. To book your tour:
P: 8557 0100 E: info@whs.sa.edu.au



Government of South Australia
Department for Education

RESPECT, RESPONSIBILITY,
RESILIENCE & SUCCESS

What's happening in class?

ROOM 7

On Wednesday the 7th August the three reception classes finally went on their excursion, which had been planned since Term 2. After two cancellations due to poor weather and then the closure of Carrick Hill for renovations, we made the decision to go to Mitcham Reserve.

The children participated in Nature Play for the day. Through spending time in **nature**, children not only engage all of their senses, but learn to better regulate emotions, collaborate, socialise, gain self-confidence and build their resilience – a quality that will follow them into adulthood.

It was lovely to watch the children push themselves out of their comfort zone by climbing the rock wall and jumping off along with manipulating their way across a wooden bridge to then go down a super-fast tunnel slide. Others dropped leaves and bark off the bridge to have races down the creek and some enjoyed making up imaginative games using characters they have seen in books and in movies.

Overall, it was an absolutely brilliant day, the play equipment was amazing, the children had a wonderful time and we only experienced a couple of light showers!



Through spending time in nature, children not only engage all of their senses, but learn to better regulate emotions, collaborate, socialise, gain self-confidence and build their resilience – a quality that will follow them into adulthood.

y3k314