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NEWSLETTER VOL 17 - 15 NOVEMBER 2019

UPCOMING KEY DATES

COLOUR RUN

FRIDAY 15th NOVEMBER

It's not too late to
fundraise!



VOLUNTEER MORNING TEA

MONDAY 18th NOVEMBER

11.00AM - 12.00PM

TWILIGHT CONCERT

THURSDAY 28th NOVEMBER

SCHOOL CLOSURE (NO OSHC)

FRIDAY 29th NOVEMBER

JAPANESE CULTURAL DAY

Last Friday, the children at MVPS enjoyed a wonderful day experiencing Japanese culture and traditions at our Japanese Cultural Day.

The children in room 3 did a wonderful job of hosting our Japanese assembly in the morning, including speaking some Japanese and singing a Japanese song. The assembly also included a traditional Japanese folk tale, performed by the children in room 17, where they entertained the whole school with their wonderful acting and Japanese language skills.

Each class then got to experience a different cultural workshop throughout the day, with J-Pop dancing, Kamishibai storytelling, cloth wrapping, Japanese calligraphy and Manga drawing being amongst the cultural lessons our students got to experience. Most of these fantastic workshops were sourced through the wonderful Jafa (Japan Australia Friendship Association).

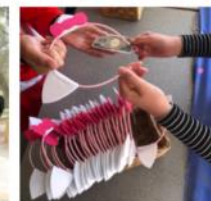
At lunch time, the children enjoyed their delicious sushi orders from Jae's Kitchen. The amazing Jae really looked after us at MVPS, only charging \$2 per roll, individually packing each order and even writing the children's names on each one!



After lunch it was time for our Japanese market, where students came to spend their Yen and purchase two items from the festival stalls. We even had a special visitor to our market; Pikachu made a surprise appearance and high-fived and cuddled all the delighted children.

Whilst the market was taking place, there was also a MVPS Sumo tournament happening in the gym. Each class chose two students to represent their class in the tournament and these students tested out their Sumo skills. Some teachers also demonstrated their Sumo skills (much to the students' delight) and we even had our principal Lyn have her turn battling it out in the Sumo ring!

We had such a fun and exciting day and it was so wonderful to see so many children and staff dressed up and really embracing the Japanese culture! A special thank you to Yukiko Ota for giving up so much of her time to assist in the preparations and for coming in to help out on the day! 本当にありがとうございました。Mata ne (see you soon), *Schmitt Sensei*



MCLAREN VALE PRIMARY SCHOOL *Twilight Concert*

THURSDAY 28TH

NOVEMBER

5-6PM PICNIC DINNER

6-8PM PERFORMANCES

FAMILIES ARE INVITED TO BRING A PICNIC OR TO PURCHASE FOOD (AVAILABLE FROM 5.00PM ONWARDS)

STUDENTS ARE TO MEET AT THEIR CLASSROOMS AT 5.20PM

SAUSAGE SIZZLE AND/OR CHEESE/VEGGIE STICK BAG
MUST BE PRE-ORDERED FOR STUDENTS ONLY AND WILL BE
DELIVERED TO CLASSROOMS AT 5.20

(ORDER FORMS HAVE BEEN SENT HOME SEPARATELY, PLEASE SEE THE
OFFICE IF YOU DO NOT YET HAVE ONE)

*CHEESE/VEGGIE BAGS ARE RECOMMENDED FOR SNACKING ON
WHILE THE CHILDREN SIT WITH THEIR CLASSES AND WATCH
THE PERFORMANCES.*

AVAILABLE TO PURCHASE ON THE NIGHT...

McLaren Vale Lions Club

SAUSAGE/ONION/SAUCE IN BREAD \$2.00

Stephanie Alexander Kitchen

NACHO BOWL (CHOICE OF MEAT OR BEANS), SOUR CREAM, SALSA & CHEESE \$8.00

DIP PLATE WITH HOME-MADE FLATBREAD, VEGGIE STICKS & ANTIPASTO \$8.00

POPCORN BAG \$1.00

BEIGNET (FLAT DONUT) WITH CINNAMON SUGAR \$3.00

BROWNIE OR LEMON SLICE \$1.00

FROSTED CUPCAKES WITH SPRINKLES \$2.00

KOMBUCHA CUPS \$2.00

WATER \$1.50

FRUIT BOX \$1.00

Liquid Delights

COFFEE, DRINKS, ICE-CREAMS

All Fired Up Pizza Van

GOURMET - PORKSTER - SEBAGO - VEGETARIAN - MARGHERITA -

TROPICAL, ALL \$15.00 - GLUTEN FREE \$20.00



Governing Council Report

KENT BROWN & JO MATTHEWS

As 2019 draws to a close it has been a busy 12 months for your Governing Council with some significant projects being undertaken to ensure that McLaren Vale Primary School continues to deliver a well-rounded educational program for its students. Along with those projects listed below there is significant work taking place in regards to use of IT and how we can ensure our students remain at the forefront of its use within their education. On top of this there are a number of community events we are planning for in 2020 to further build our school as a hub of the McLaren Vale community.

Therapy dogs in school program:

The Governing Council has discussed the potential use of a therapy dog in the school.

Research indicates that teachers involved in these programs have reported a marked difference in their classrooms. Therapy dogs have helped introduce calm in what could be a noisy environment, helping to enhance the learning experience for the class. High schools have reported a decrease in absenteeism with the dogs providing a further incentive for children to attend school. Working one on one, therapy dogs have helped calm and refocus students experiencing anxiety and frustration. They have also given children the opportunity to see how a dog should be treated and cared for.

We have contacted three South Australian organisations who train and provide therapy dog services. Two of these organisations; Assistance Dogs Australia & Guide Dogs SA currently have their Education Support Dog programs on hold due to long waiting lists and decreased funding. The Governing Council feels a therapy dog program is worth pursuing and will further investigate options available to schools.

An update on the OSHC extension:

The OSHC building extension is currently going to tender. We are hoping that the asbestos removal and laying of the slab can happen over the holidays to enable the building work to begin in early January.

MVPS Achievement Data:

Governing Council recently reviewed the MVPS School Performance Report. This report summarises the results of a number of tests students undertake (e.g. NAPLAN, Phonics Screening Check, Running Records) giving the school a picture of how students are achieving and progressing educationally and guiding the school in its improvement planning. We were excited to see some outstanding results and improvements in our student data.

Instrumental music program:

Parent feedback indicates that many families are interested in the introduction of an instrumental music program at MVPS. It seems we have many keen musicians amongst our students! Karen Plisko, our current performing arts teacher, will be offering private music lessons at school in 2020. Karen will be teaching keyboard, guitar, ukulele and djembe. Lessons can be in small groups or individual. Please see the flyer sent home with students today.

Changes to the resource centre for 2020:

As many of you know, changes have been underway in the Resource Centre during 2019 and will continue in 2020. The refurbishment will provide a more open plan resource centre, creating more flexible learning spaces. Chrome books (laptops) have been purchased for junior primary classes and will replace the traditional desktop computers in the computer suite adjacent to the library. This will enable the computer suite to be disbanded to provide a learning space for digital learning, robotics, STEM maker space and other portable devices. A new SSO2 position will provide support to students in their inquiry-based projects and access to quality reading material. An end of year stocktake will help us to weed out old resources and make way for new, high quality reading material.

Year 7 graduation special awards:

Traditionally an award has gone to a girl and a boy in each award category. Governing Council were asked to review how students are identified for awards and whether it should be merit based, regardless of gender. The Year 7 students were consulted and were overwhelmingly in favour of a merit-based process and the Governing Council members also support this change.

Community event in 2020:

We are organising a whole school community event on Friday 28 February 2020 in the evening and hosting a Cinema Night, hiring a large screen and having side show attractions and a food mall. *Stay tuned for more forthcoming news on this exciting event.*

Volunteer Morning Tea

LYN LANGELUDDECKE-PRINCIPAL

Our staff and students want to show our appreciation in thanking our volunteers who play an important part in our school community by attending a morning tea.

We hope you are able to join this celebration on Monday 18 November in the Library from 11.00am – 12.00pm.



THANK YOU

Nature Play –stage 2 completed

LEANNE LOVETT - DEPUTY PRINCIPAL



Students and staff were very excited when the new nature play area opened up on the last day of term 3. The beautiful engaging space created by Stefan Glockner features: a water course with lots of tunnels and interesting spaces to create and explore; sandpit, improved mud kitchen; extended cubby building spaces and much more. As this is a new space, the students and staff are working together to troubleshoot and define protocols of using the space which we will collate to come up with an agreed set of rules to ensure that we are all feeling safe and happy when engaging and exploring in this space. We have been trialling different groups of students playing together during break times on different days which has allowed us to ensure the new plantings didn't get trampled by 550 students using it all at once, and also allowed equity of equipment within the space.

The Grounds committee in consultation with feedback from students and staff are keen to continue to develop the outdoor areas in the school for the children; creating new spaces, as well as improving on existing ones. We are very keen to add more climbing spaces, adding some challenging elements for our students. To be able to achieve this we need your help. All of the monies raised from this Friday's Colour Run is going towards the outdoor spaces for children. We have asked for children to donate a minimum of \$5.00 which will cover the costs of the powder, but we really need families to try as hard as they can to nag their friends and families to dig deep for the Colour Run fundraiser so that we are able to raise as much money as we can for our outdoor spaces.

Goldilocks Performance

CATE SCHUELLER

On Thursday 7 November rooms 2 and 3 performed their musical, 'Goldilocks and the Three Bears,' to the whole school, kindy and friends and family in three performances. They have been practising hard since term 3 and all the students impressed with 3 great performances. The parents, students and kids were all proud and loved showing off their musical and dramatic skills.



Zoo Snooze

ROOM 13— ROSY GERLACH

On Wednesday 23 October room 13's year 2s embarked on our first ever camp! And we were so lucky this one was sleeping with over 2500 animals at Adelaide Zoo! We arrived at lunch time and got to tour around the zoo and play on the nature playground until all the patrons left at 5.00pm. Then we had the entire zoo to ourselves! We especially enjoyed our night walk around the zoo (with torches) as the animals are much more active at night than during the day!

We had a lovely BBQ dinner and had some interesting lessons by one of the zookeepers, Stephanie. We managed to get a few hours sleep and woke up to the amazing sounds of the zoo. In the morning we got another tour of the animals waking up before the zoo opened to the public again.

We loved spending quality time together and learning lots of interesting facts about the zoo animals. A big thanks to Mrs. Murray for organising the camp and to Lyn Langeluddecke and our 3 mums who joined us – we found it as fun and interesting as the children 😊.



"It was amazing and fun" by Mia.

"I hope one day you can come to the Zoonsnooze too" by Sophie.

"It's fun sleeping with your friends" by Charlie.

"We learnt different things like that cats and dogs go for blue tongue lizards" by Penny.

"It was fun and fantastic and we had a devil of a time" by Owen.

"I liked the snakes the best" by Seb.

"It was a great experience by Delilah.

"It was good practice for camps for when we are in Year 3 or 4" by Jess.

OSHC News

NATALIE WELLS-OSHC DIRECTOR

Over the past few weeks we have been doing lots of various activities in OSHC. The children have been looking after our garden bed where we are growing sweet corn, strawberries, lettuce and carrots. Chess has become popular with many games being played and some of the older children have been teaching the younger ones.

Over the next few weeks of term the children will also be writing letters to some of the residents in Colton Court. We have then planned a trip in the holidays before Christmas to visit the residents and spend some time with them at their Christmas Party.

Each year in OSHC we collect either food, toys or gifts for people in the community who need support. This year we are going to be collecting books and toys for The Smith Family. One of our families will collect our donations in December and deliver them to The Smith Family for us. If you would like to donate anything we will have a box in the OSHC room where you can drop your items off.



PLAYING CHESS



OUR GARDEN PATCH



REMINDER - THERE IS A SCHOOL CLOSURE COMING UP THIS TERM ON NOVEMBER 29TH AND OSHC WILL NOT BE OPENING ON THIS DAY.

Wellbeing Tips

TYSON MADDERN - PASTORAL CARE WORKER

WHAT DOES GOOD MENTAL HEALTH LOOK LIKE?

Good mental health is about being able to work and study to your full potential, cope with day to day life stresses, be involved in your community, and live your life in a free and satisfying way.

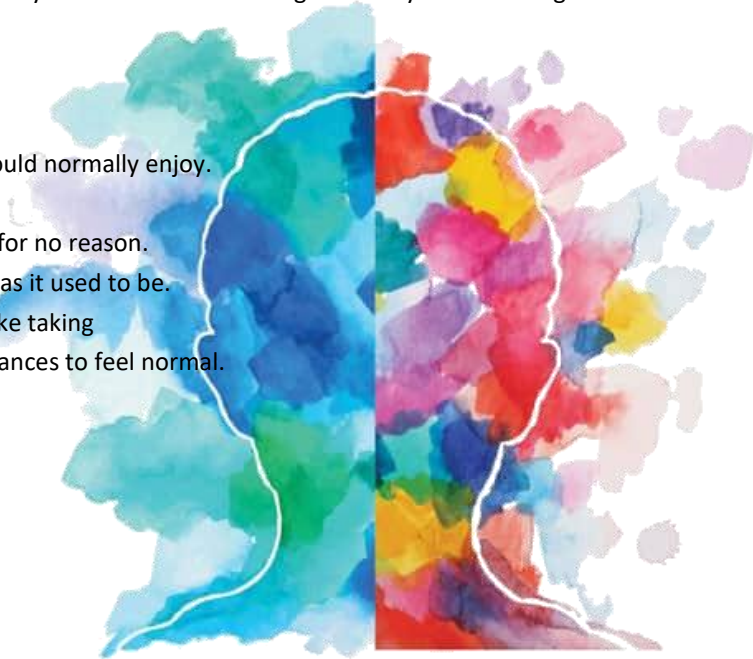
A person who has good mental health has good emotional and social wellbeing and the capacity to cope with change and challenges.

MENTAL HEALTH PROBLEMS:

Feeling down, tense, angry or anxious are all normal emotions, but when these feelings persist for long periods of time, they may be part of a mental health problem. Mental health problems influence how you think and your ability to function in your everyday activities, whether at school, at work or in relationships.

It can be helpful to talk to someone about what's going on in your life if you have noticed a change in how you are feeling and thinking. This might include:

- Feeling things have changed or aren't quite right.
- Changes in the way you carry out your day to day life.
- Not enjoying, or not wanting to be involved in things that you would normally enjoy.
- Changes in appetite or sleeping patterns.
- Being easily irritated or having problems with friends and family for no reason.
- Finding your performance at work, study or home is not as good as it used to be.
- Being involved in risky behaviour that you would usually avoid, like taking drugs or drinking too much alcohol, or depending on these substances to feel normal.
- Feeling sad or down or crying for no apparent reason.
- Having trouble concentrating or remembering things.
- Having negative, distressing, bizarre or unusual thoughts.
- Feeling unusually stressed or worried.



Peaceful Kids Program

ALISON ARTHUR

- Does your child experience excessive worry, anxious thoughts and feelings, physical symptoms such as tummy upsets, restlessness or sleeping difficulties? Is he or she easily upset, sensitive, over compliant or a perfectionist?
- The **Peaceful Kids Program** empowers children to lessen their own anxiety and stress by teaching them emotional resilience and self-calming skills, and supporting them to know that they are not alone.
- Children learn basic brain science to understand how anxiety affects their thoughts, feelings and body sensations, and how mindfulness affects the brain and lessens stress and anxiety. They learn life skills through mindfulness meditations, positive psychology exercises, techniques to lessen worrying, coping and problem solving strategies, preventative strategies and being attuned to their own bodies and minds.
- I will be offering this 8 week program to primary school aged children again next term in 2020 at **McLaren Vale Primary School**. Sessions are for one hour each week in small groups of similar aged children.
- If you think your child would benefit from this program, I would be delighted to discuss it further with you.
- Please contact me by phone 0414 861 891 or email alisonarthursonpeacefulkids@gmail.com
- More information on the Peaceful Kids program can also be found at www.peacefulkids.com.au



Community Notices



FEMALE FOOTBALL
COME & TRY
Day
SUNDAY DECEMBER 01
10am-12pm
FOLLOWED BY FREE BBQ

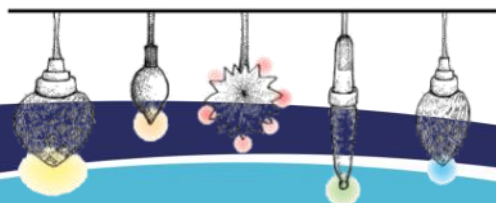
FEMALES 7 YEARS AND ABOVE, ALL WELCOME.
WOMENS TEAMS IN THE FOLLOWING GRADES OF THE GSFLW
U13, U16'S AND OPENS.

McLAREN FOOTBALL CLUB, PARK DRIVE, McLAREN VALE.

CHRISTMAS GIVING TREE

With Christmas fast approaching, Arise Christian Church is gathering non-perishable food items and children's toys for generous hampers to support local families this Christmas. In the McLaren Vale Primary School Library, there will be a Christmas tree where non-perishable food items and toys can be placed below. All donations will be gratefully accepted and used to support families this Christmas who face difficult circumstances and hardships. Examples of items include; toys, canned vegetables, canned fruit, Christmas puddings, fruit mince pies, custard mixes, gravy mixes, lollies, chocolate, pancake mixes, hot chocolate powder, soft drinks, biscuits, baked beans, and canned spaghetti. Any financial donations can also be used to purchase needed items.

For further information feel free to contact Tyson Maddern on Mondays or Tuesdays at the school.



GIRLS & WOMEN

ARE YOU LOOKING TO PLAY CLUB SOCCER IN 2020?

Cove Marion Women's Football Club (CMWFC) is part of The Cove FC and the 2020 season is our fourth year competing in the Women's league.

We are coming off another highly successful 2019 season, with our Under 17's winning their league, Under 15's finishing second and Under 13's in fourth. We pride ourselves on being an inclusive, encouraging and supportive football club. Our main focus is to offer a safe and family friendly environment, where players can learn and develop under suitably qualified coaches including specialised Goal Keeper training.

CMWFC are seeking players born between 2003 to 2012 to join our Under 11's, Under 13's, Under 15's and Under 17's girl's squads. The club is also excited to announce the launch of our first Senior Women's Squad for the 2020 season. We are now recruiting all junior and senior players and encourage those who are interested to register at: www.thecovefc.com/cove-marion-girls/



Mini Roos (Born 2009 to 2012)
Under 13 Girls (Born 2007 and 2008)
Under 15 Girls (Born 2005 and 2006)
Under 17 Girls (Born 2003 and 2004)
Senior Women Division 2 or 3

The 2020 Season will commence in March with pre-season training commencing in late November. We train on Wednesday and Friday Nights 5:45pm to 7:30PM at our home ground at Club Marion, 262 Sturt Rd Marion.



2019 Community Christmas Parade

Sunday 8TH DECEMBER
6.00pm - 8.30pm

McLaren Vale PS is proud to be part of the Community Christmas Parade again this year. Dress up in the Christmas theme (no Santa's please). Bring your Christmas spirit and join us in the parade. There will also be a family 'Party in the Piazza' after the parade. If you have a suitable vehicle and would like to be involved, please email Victoria Brown: Victoria.Brown941@schools.sa.edu.au



What's happening in class?

ROOM 8



It's been a busy time in Mrs Kleinig's Reception class this term. The students have been having fun developing coding skills using the Bee Bots and coding mice. Students worked in teams to record a set of directions and then entered them into the critters to see if their instructions were successful.



We had a visit from Elise and Dave from SA Ambulance Service who talked to all the Reception students about the role of a paramedic and how to identify and act in an emergency situation. We had the opportunity to ride on the stretcher and look at the equipment inside the ambulance.

Empathy Project leads to national recognition

ROOM 13 - SALLY MURRAY & ROSY GERLACH

During this year our year 2 class has actively chosen to work on a number of child initiated empathy projects.

These included raising money for Hutt St Centre and Cows for Cambodia, making old people happy by visiting them and singing to them, collecting blankets, sheets and towels for the RSPCA and collecting toiletries for Orange Sky.

Our enterprise in this area was sparked by brainstorming and responses to our guest speakers.

Sharon Proctor is a volunteer with Orange Sky, an organisation which enables people experiencing homelessness to have their clothes washed regularly. While speaking to our class, Sharon mentioned that small toiletries were needed. The children responded to Sharon's presentation by wondering how they could collect these items. They decided to write letters to local chemist shops and major local shops. Of the 14 shops approached, we got responses from 7, which were picked up and packed ready for Sharon to take to Orange Sky. We got great feedback from Sharon, but then found out we had been featured in the National Orange Sky newsletter and Facebook page.

We received a certificate and book from Orange Sky, so if you are near our classroom, come in and have a look.

One of our other projects has also been a great success and is ongoing.

We have visited the residents at The Lodge McLaren Vale and have sung to them, asked them history questions and they have become our pen pals. We are visiting again at the end of the month to sing some Christmas songs for them, they are going to show us line dancing and we are having a barbecue.



Our class has really enjoyed opportunities to help and serve others, and we thank those who have supported us this year.