



### Key Dates

3 Way Conferences  
26 - 28 Mar, 4 - 5 Apr

**Student Free Days**  
Thurs 29 March  
Mon 30 April

School Fees DUE  
Fri 6 April

R-2 Swimming  
9 - 13 April

## "Speak, even if your voice shakes"

by Matt Millar  
Senior Leader

Last Friday was the "National Day of Action Against Bullying and Violence". Classes participated in a variety of discussions and activities around bullying and how we can all stand up and take action against it.

A number of classes viewed a clip featured on "The Project". The strongest message of all was "Speak, even if your voice shakes". One of the biggest factors in bullying continuing is kids feeling like they're alone and there's no one for them to talk to.

National statistics show that:

- 1 in 4 children in the last year were bullied
- 50% of bullying happens at school and 25% online
- 37% of students report bullying to an adult
- 30% of the time it's reported it stops and 40% of the time it's reduced

If you're being bullied, speak up even if your voice shakes.

If you know someone being bullied, speak up even if your voice shakes.

If you're a parent tell your children you're there even if their voice shakes.



Government of South Australia  
Department for Education and  
Child Development

# Bullying. No Way!

It was great to see the mature, respectful and powerful discussions in a number of classes along with an incredible assembly on the issue run by Room 21. Below is a poem shared by Year 7 students Tiana, Caitlyn and Catherine;

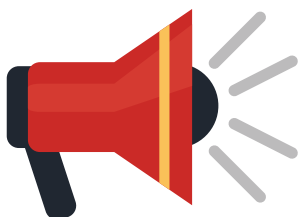
1. "Hey you're ugly, you're dumb", teachers may dismiss these as little things but they still hurt
2. "Wake up, take a shower, straighten your hair, don't let anyone see how naturally frizzy your hair is if you don't do either of these things"
3. "Put on at least some make-up, don't let anyone see those ugly, misshaped freckles on your face"
4. "Don't put your hand up in class discussions, your opinions don't matter to these people"
5. "Don't even bother going for SRC or House Captain or any of those, they're just a popularity contest and we all know you're at the bottom"
6. "Don't even bother trying out for sports, no one wants you on their team anyway"
7. "Never let your true colours show, you're bullied enough anyway, imagine how much worse it will get if they found out you're sensitive"
8. "Never write anything on the board, don't let these people see how messy your handwriting is or how much you shake when you have to stand in front of everyone"
9. "Don't ever get Instagram or Snapchat or any of those social media apps that everyone at school has, every time you post something all you'll get back is negative and hateful comments"

When we asked everyone to raise their hand if they have ever felt like this the entire audience put their hand up including the teachers. So are you going to change your attitude or let the bullying continue?



## If your child talks to you about bullying:

1. **Listen** calmly and get the full story.
2. **Reassure** your child that they are not to blame.
3. **Ask** your child what they want to do about it and how you can help.
4. **Visit** [www.bullyingnoway.gov.au](http://www.bullyingnoway.gov.au) to find some strategies.
5. **Contact** the school.
6. **Check in** regularly with your child.



## THURS 29 MARCH & MON 30 APRIL STUDENT FREE DAYS

Staff are undertaking professional learning.  
OSHC is available, please book in early!



# Harmony Day

Our school celebrated Australia's cultural diversity on Harmony Day, Wed 21 March.

Harmony Day celebrates how all of our differences make Australia a great place to live. It's about inclusiveness, respect and a sense of belonging for everyone.

Students were encouraged to wear orange to show their support for cultural diversity and many enjoyed a shared lunch, sampling food from other cultures.



## Kyōgen & Rakugo performance

On Thurs 22 March, bilingual performing artist, Jarrod Hoare, visited our school as part of our 'Cultural Diversity Week' celebrations. Jarrod specializes in the traditional Japanese arts of Kyōgen (comic theatre) and Rakugo (comic storytelling).

This was a great opportunity to celebrate cultural diversity and expose children to more of the exciting Japanese culture. Thank you Jarrod-san for such a wonderful, fun and engaging performance for our students!





## School Fees DUE Fri 6 April

There are only 2 weeks left now until School Fees are due on 6 April.  
If you require a payment plan please see the Finance Manager urgently.

REMINDER - Reception – Year 2 swimming payment due by \*\*Thurs 29 March

Hats will no longer be sold in the Front Office after Term 1.

## Road Crossing Update

by Sam, Room 21

Thank you for being mindful for us at the crossing, we are still practicing our skills as your monitors.

These tips will help us do a way better job:

- Please make sure you're slowing down as you come over the hill, because we find it doesn't give enough time to stop when the signs go up
- When people are crossing the road when the signs go up you may cross the road
- Please only stop when the signs go up because it gets confusing for the monitors when you stop when the signs are down



## REMINDER:

Please update your Child's Health Care Plan & Medication Authority form (if required).  
Thank you, Student Services.

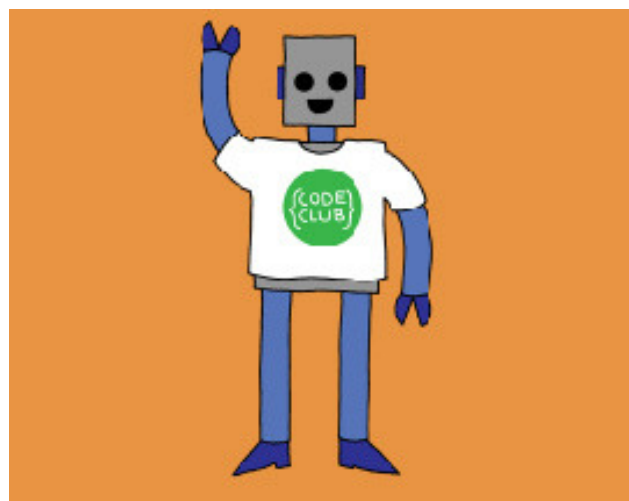
## Join Code Club!

From Term 2, students can join Code Club after school on Wednesdays, 3:30 - 4:30pm.

Code Club teaches children much more than how to program a computer. Projects are fun, creative and help children understand how to solve problems by breaking them down into smaller problems.

Learners build up coding skills as they move through projects, which teach increasingly complex programming concepts.

WEDNESDAYS, 3:30pm - 4:30pm  
MVPS Research Centre







# OSHC News

BY NATALIE WELLS, OSHC DIRECTOR

Hi everyone. OSHC continues to be a very busy place with lots of children all engaged in a variety of activities. One of our most popular choices at the moment is dodgeball in the gym. The most asked question I think is, "Can we play dodgeball tonight?" The children have also been busy in our craft corner, playing outside on the playground, dressing up in the home corner and some children are even offering to help with the dishes!

Our first Student Free Day is coming up on Thurs 29 March. If you haven't booked your children in yet, please see one of our OSHC staff. **Last day to book in is Fri 23 March.** There will be limited availability after this date.

Our vacation care program is now available from the OSHC room, front office and school website. If you would like to book your children in for the holidays, please fill out the forms and bring them into OSHC. **We are expecting high demand so please book early.**

Have a great week!



## 3 Way Conferences

Mon 26 - Wed 28 Mar  
& Wed 4 - Thurs 5 April

[www.schoolinterviews.com.au](http://www.schoolinterviews.com.au)

Simply enter the code and press "Go"

bny7q

Go



Enter your details



Select the teachers you wish to see



Select the appointment times that suit your family best

**Bookings close Fri 23 March**

## Governing Council 2018 Focus

BY JAZZ ELLIS,  
GOVERNING COUNCIL CHAIRPERSON

At the first Governing Council meeting for 2018 we discussed key areas of focus for the coming year. Creating more Nature Play space and shaded areas for our Junior Primary students as well as tidying up existing spaces – keep your eye out for details on the next working bee! Ideally going forward we would like to increase and improve OSHC as it is currently at capacity. Sports Day is always a major fundraiser for the school, so again we will offer sausages & burgers as well as a raffle. Volunteers make this a hugely successful day so pop your name down on the roster. Our sub committees – Education, Well Being, Parents & Friends and Finance are seeking additional members, so please contact the Front Office if you are interested in getting involved. We are also seeking donations for the raffle which can be left in the office. If you have any ideas to improve our school, please chat to one of our lovely Governing council members.

## District Swimming Carnival

Each year, students aged 10 – 13 years have the opportunity to compete at the Onkaparinga South District Swimming Carnival.

In order to be selected, interested students participate in a morning trial at Noarlunga Pool, where they are timed over a 25m distance in freestyle, breaststroke, backstroke and butterfly. From these results the fastest two girls and boys in each age group, for each stroke are registered to compete at the District competition, held at Marion Outdoor Pool.

This year saw the following students compete at District level: Paige E, Tara S, Ashlee C, Logan G, Mia K, Chloe K, Tahli J, Gracie W, Flor D, Jake L, Jessica K, Bianca C, Abbey M, James W, Jacob C, George G, Tiana S & Carter L.



Congratulations to Carter L, who qualified for the State Swimming Carnival in the 50m freestyle event!



## Netball's Shooting Stars

Congratulations to our students in the Shooting Stars netball team who played in the summer competition at Aldinga. They finished 3rd on the ladder in the 1st division after making it through the semi finals, to lose 5-6 in the preliminary finals on March 8. Well done to all, a top effort!

Many thanks to all the parents in supporting the team throughout the season. Thank you to MVPS for allowing us to train on the courts and for lending us bibs.

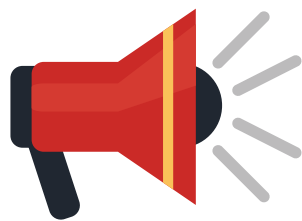
From the coaches - Lisa & Belinda.

## District Athletics #1!

On Tues 20 Mar, MVPS competed against 22 other schools in the Onkaparinga South District Athletics carnival, winning overall!

Students were selected to represent our School based on their school performance in high jump, long jump, shot put, discus, 100m, 200m and 800m events.

Students who won their event at this competition will represent the Onka South District at the State Metropolitan Day in Term 3, at the Athletics Stadium SA (used to be SANTOS Stadium).



**FRI 11 MAY**

# SPORTS DAY!

**Save the date and come along and support our Sports Day teams - Bellevue, Seaview, Gloucester and Aldersey!**



# COMMUNITY NEWS

## McLaren Vale and Districts War Memorial Hospital FUNDRAISING NIGHT

Supper  
Provided

Prizes For  
Best Dressed.  
NO RULES!!!

Entertainment by  
Two 1/2 Men  
Featuring  
GARY STILLWELL

Raffles, Coin  
Toss, Silent Auc-  
tion and More!

Full Bar Service  
Eftpos  
Available.

McLaren Flat Community Club, Main Road McLaren Flat  
Saturday APRIL 28th, 2018 7pm  
ENTRY BY TICKET ONLY :\$20

Contact: Mike Arnold  
0411 163 873



## SCHOOL HOLIDAY WORKSHOP



# Peter Pan

APRIL  
23-27

AGE  
7-14yrs



McLaren Vale Institute Hall  
151-153 Main Rd, McLaren Vale

[enquiries@paaperformer.com](mailto:enquiries@paaperformer.com)



## 2018 CROSS COUNTRY & WALKS HOLIDAY DEVELOPMENT CLINIC

THURSDAY 19TH & 26TH APRIL 2018

SA ATHLETICS STADIUM, 145 RAILWAY TERRACE, MILE END

Open to ANYONE ages 8 to 17 years!

COST: ONE DAY - \$30.00

TWO DAYS - \$40.00

Watch as SA Athletics Stadium is transformed into a Cross Country and Walks course in this fun developmental clinic in the April school holidays!

For more information or to register:  
[www.salaa.org.au/holidayclinics](http://www.salaa.org.au/holidayclinics)

REGISTRATIONS CLOSE TUESDAY 10TH APRIL 2018

## Give it a try!

For 20 years Weet-Bix has been inspiring Aussie Kids to live happier, healthier and more active lives.

### Adelaide 8 April

Events also in Sydney, Central Coast, Canberra, Bendigo, Melbourne, Perth, Sunshine Coast, Brisbane and Far North Queensland

Enter now: [tryathlon.com.au](http://tryathlon.com.au)

SPONSOR BACKLOG TO THE LEFT:  
Weet-Bix, TOLL, fastway, ASDA, TIREX, ASICS, RAZOR, TURKEY THURKS, TREK, ADRA



# AQUATICS WEEK!

Our Year 5 - 7 students participated in Aquatics Week from 5 - 9 March at Port Noarlunga as part of the Health and Physical Education Curriculum.

Year 4 (Rm 18) and Yr 5 students took part in water safety lessons and Year 6 & 7 students chose from activities including kayaking, boogie boarding, windsurfing, wave skiing, surfing, snorkelling, stand up paddle boarding and fishing. Here's what Room 18 students had to say about the experience:

*"I really liked aquatics this year and my favourite part was snorkelling because I got to see heaps of fish. First we snorkelled in the small reef and I saw these really flat fish and a long fish. Then we went into the big reef. When I went in the water the instructor threw fish food everywhere and there must have been a million fish that came. The worst bit was that a giant fish and a stingray went under me." - Mia H.*

*"When we went snorkelling a fish leapt onto my back. I screamed so loud you could probably hear me from shore. Amazingly it was the greatest thing that has ever happened to me." - Izzy N.*

*"Friday was the last day of aquatics and we went snorkelling. I was so excited because I hadn't gone snorkelling yet. When we got down to the jetty we went down the steps slowly. My level of excitement was increasing. I was incredibly amazed." - Chase T*

