Welcome to Week 9!

I hope you all had a great Easter break and the Easter Bunny made some deliveries. He made a visit this morning at recess for the students too.

With 3 weeks left of Term 1 we will be extremely busy with lots happening—please read your newsletter with weekly updates and the daily notice board at the library.

SCHOOL PHOTOS—Our MPS school photos are this Thursday 31st March. Envelopes and money just need to be returned before or on the day to Ali.

Mid Murray Sports Day—Mid Murray Sports Day will be hosted by Blanchetown PS on Friday 8th April. Please complete the reply slip attached to this week’s newsletter. If your child needs transport please let the school know. We are hoping parents can organise transport for their child/ren. We have the Mid Murray Council bus so there are only limited seats.

Material and Services Charges—A friendly reminder that school fees are due at the end of Term 1—15th April 2016. If you think you may be eligible for school card or need assistance in completing an application please come in and see Ali for some help.

Have a great week!
Kind Regards
Kellie Zadow

Principal News

Class DOJO Data—Week 8
Are you connected?
Healthy Lunch Roster—Term 1

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<thead>
<tr>
<th>Week</th>
<th>Name</th>
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<tbody>
<tr>
<td>Week 9</td>
<td>Tania Seaford</td>
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<tr>
<td>Week 10</td>
<td>Theresa Danton</td>
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<td>Week 11</td>
<td>Jo Jericho</td>
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Thank you to the mums who have offered to help with healthy lunches. This is for Monday—Tuesday—Wednesday (from 8.15am) to help wash, cut up sandwich fillings, help students make lunches, wrap, pack away and wash dishes.

To make sure students have checked off their name and have paid $2— money to be taken to front office.

Thank you for your assistance. Thank you Laura for helping in Week 8.

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Last call for students / families to register for ICAS testing. Year 3-7 (Please come in and speak to Ali / myself for more information.

Governing Council Mtg next Tuesday the 5th April @ 7pm. If you have any agenda items please send them in by the end of the week.

CLASS DOJO 2016—Attendance, Home Reading points are awarded daily

Engagement Meetings / 3 Way Interviews—Please make a time with your child’s teacher this week. Please have a think about the questions that came home last week so families can have input into the interview and to provide your child and teacher with some feedback.

Slushies will be on sale for $2—Thursday / Friday at lunchtime

Healthy Lunches—Mon to Wed—$2—Breakfast Friday—8.15am

Mid Murray Sports Day Helpers and Supporters NEEDED for Friday 8th April @ Blanchetown PS.—HIGH JUMP -3 judges / Sprints—1 lane judge / Hurdles—2 judges. The program will be sent home next week.

TfEL—Whole School Focus for Week 9/10

Term 1 FOCUS —Engage with the community—Partnership

Something for all of us to think about as we are all part of our Morgan School Community.

Develop Expert Learners

3.4 Promote dialogue as a means of learning

✦ Encourage students to make sense of their learning by talking it through with others
✦ Teaches students how to question and challenge others’ thinking constructively
✦ Encourages thinking out loud
✦ Teaches students how to back up their ideas and opinions with examples, facts and clear thinking

Family ACTION / INVOLVEMENT: Please make a time and complete the reflection sheet for engagement meetings. This is also a target in our Site Improvement Plan for ALL families to take an active role in their child’s learning and to attend these meetings.
Congratulations to the Blue team and Blue Old Nodders!

Thank you to the staff for helping with events and Julie and Ali for scoring.
To Jo Jericho for cooking the BBQ, families for participating in the Old Nodders events, the house and school captains for their leadership skills and to all students for DOING YOUR BEST!
Let’s take this into Mid Murray Sports Day next Friday.

Renee’s Wrap

Hello everyone,
Have you ever been in a rush to get somewhere only to arrive, sit down, but feel as if you are not actually there? It’s as if you have physically arrived but your mind is still in the car park. This is what it feels like when you are emotionally distant - your mind is too distracted to fully take in the moment.

Another way of describing presence is via the senses. All five senses are receptive to experience: taste, smell, hearing, touch and sight. Staying in the present moment also means noticing bodily sensations such as heart rate, your breath, the tightness of your muscles, and many other body signals we usually ignore.

So being present means "being fully engaged in the moment with all your senses attuned to the here and now". You are neither dreaming of the future nor regretting the past. A "moment" is 1-10 seconds long.

Dr. Daniel Stern, author of The Present Moment explains that being present gives us the richness in life, like those few seconds when we catch a friend’s eye in a moment of knowingness. He says our capacity for being present allows us to take in a sunset, catch the sent of a spring flower or perceive the irony in a moment of laughter.

So to be emotionally distant, it refers to an "inability to connect" with others emotionally, as well as a means of dealing with anxiety by preventing certain situations that trigger it; it is often described as "emotional numbing" (like arriving somewhere but not feeling you are there) or disassociation, depersonalisation or in its chronic form depersonalisation disorder.

In the second sense, it is a decision to avoid engaging emotional connections, rather than an inability to do so, typically for personal, social, or other reasons. It can allow people to maintain boundaries, psychic integrity, and avoid undesired impact by or upon others related to emotional demands.

This may mean that Emotionally Distant people find it hard to make time for friends and loved ones on a meaningful level. Emotionally Distant people sometimes addicts; whether the addiction is to work, drugs, food, television, exercise, a hobby or the internet, it will take up considerable amount of time and energy and leave little time for you. There may be a tendency to criticise others. Full of excuses for why they cannot be there with you, do things with you, or be available to you for support. When you are emotionally distant, sharing feelings is often avoided and the other person can feel as if they are not valued.

It takes time and practice to be fully engaged ‘Mindful’, but worth it as you’ll find you will be living life to the fullest.

Have a great week. Regards Renee :)

"99 percent of success is built on failure." -- Charles Kettering

Fear NO Mistakes
Mistakes are part of learning
- Breakfast Friday — 8:15am
- Swimming Lessons — Week 1/2
- Term Planner
- Early Dismissal — 2:30pm Thursday

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