Welcome to Week 11

Mid Murray Sports Day—Congratulations to everyone for your efforts! A great day for Morgan PS. Thank you to the staff and parent helpers in assisting with events. Congratulations to our 2 individual Medal Winners: James Kroschel and Portia Davidson. Excellent performance to both of you.

Well done Cadell PS for winning on Friday and well done Morgan PS for coming 4th—Great Day, lots of fun, challenges, great weather and good competition.

Sporting School Vouchers—Please find attached a Sporting School voucher that entitles each child in R-7 a $50 voucher to go towards uniforms and club fees for our kids to join a local sporting club. Waikerie Netball Club and Auskick are some of the registered clubs in Waikerie. We want our kids to get involved in local sport please speak to Jo Jericho or Megan Brooks as they took up the offer in 2015.

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.

SRC—The SRC have decided to host a CRAZY HAIR DAY on Friday 15th April. Students will be asked to bring along a gold coin donation which will go towards materials for a Buddy Bench that Richard and a few UP boys will be making. They will also be organising some fun activities for the afternoon.

Have a great week and holiday break!

Kind Regards

Kellie

ANZAC DAY SERVICE—Morgan Community Involvement

We are looking for school leaders and any R-7 students who would like to march in the Morgan Anzac Day Service on Monday 25th April at 10am, leaving from the Morgan Memorial Garden (opposite the Bakery). A service will follow at 11am followed by a light lunch at the Morgan RSL. Can parents please support our students to be involved in 2016?
2016 Ramco Come and Try Day

11 am
Sunday May 8
Please contact for more information
Coordinator Anthony Moxham


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Hello everyone,

10 facts that prove helping others is a key to achieving happiness.
When you do good for others, the recipients of your kindness are not the only ones reaping the benefits.
Helping others will actually make you feel great. Giving back has effect on your body. Studies show that when people donate to charity, the mesolimbic system, the portion of your brain responsible for feelings of reward, was triggered. The brain also releases chemicals feel-good chemicals and spurs you to perform more kind acts.
Giving can give you a self-esteem boost. People who volunteer have found to have higher self-esteem and overall well-being. Experts explain that as feelings of social connectedness increase, so does your self-esteem. The benefits of volunteering also depends on your consistency. So the more you volunteer, the more confidence you’ll be able to cultivate.
You’ll have stronger friendships. When you help others, you give off positive vibes, which can rub off on your peers and improve your friendships, according to a study by the National Institutes of health.
You become a glass half-full type of person. Experts say that performing acts of kindness boosts your mood and ultimately makes you more optimistic and positive.
Helping others will make you feel like you can take on the world. People who participate in volunteer work feel more empowered than those who do not. According to a survey by the United Health Group, 96 percent of people who volunteered over 12 months said it enriches their sense of purpose.
You’ll feel a sense of belonging. Whether in a large group or between two friends exchanging words of advice, helping people creates a feeling of community, it can help reduce loneliness and isolation, according to the Mental Health Foundation.
Giving will help you find your inner peace. If you have a lot wearing you down giving can clear your head. In study by United Health group 78 percent of people who volunteer over a 12 month period said they felt that their charitable activities lowered their stress. They were more calm and peaceful than other people who didn’t participate in volunteer work.
It will make you feel thankful. Helping others gives you a perspective on your own situation, and teaches you to appreciate what you have, promote a deeper sense of gratitude as we recognise more of what is already a blessing/gift/positive in our life.
It gives you a sense of renewal. Helping others can teach you to help yourself. If you’ve been through some tough experiences or just have a case of the blues, the “activism cure” is a great way to get back to feeling like yourself. Volunteering improves access to social and psychological resources, which are known to counter negative moods.
Finally, helping others will spur others to Pay It Forward and keep the cycle of Happiness Going!
Have a great week,
Regards Renee :)}
Assembly Awards—Week 10

Class Awards
Destinee Wren—Fantastic effort with writing numbers & subitising
Kirah Baddack—A great effort in writing
Axel Searle—A great effort with your homework
Nikita Danton—Great work with writing
Gypsy Searle—Always trying her best
Jack McWaters—Excellent work in homework.

Completing Premiers Reading Challenge.
Claire McWaters
Jessica McDonald
Tamika Searle

Best Listeners

DOJO Awards
Charmaine Barty—Wk.6
Aydin Wilksch—Wk.8
Jesse Fitzgerald—Wk.10
Evie Walker—Wk.5/6 & Wk.10
Destinee Wren—Wk.7/8
Claire McWaters—Wk.5/6
Keera McDonald—Wk.7/8
Axel Searle—Wk.9/10