

# MORGAN PRIMARY SCHOOL NEWSLETTER

Term 2— Week 7

Tuesday 13th June 2017

Understanding - Care and Compassion - Responsibility - Doing Your Best - Respect



**Wednesday 14th June**

**Music is Fun**

**Year 6/7 Cyber Safety**

**Year 6/7 Leaders**

**Tuesday 20th June**

**Japanese Quiz Day**

**Landcare Roadshow**

**Yr 2-7**

**see information on pg2**

**Thursday 22nd June**

**Taiko Drumming  
Workshops**

**Monday 26th June**

**R-7 Outdoor Classroom  
/ Learning Disposition  
Day—Excursion**

**Governing Council—  
5.30pm**

**Wednesday 28th June**

**YEL**

**Thursday 29th June  
Shared Learning Day /  
Biggest Afternoon Tea**

## Principal News

### Welcome to Week 7

I hope you all enjoyed your extra long weekend and are ready for the action packed weeks ahead.

**CAMP**— We are asking families to bring in a \$50 deposit by this Wednesday 14th June to cover the ferry fare—this is a non-refundable deposit. Families can also make weekly or fortnightly payments or part payments—some families have taken this option since the start of this term.

**Wednesday Activities**—All students will need a packed recess/ lunch / drink bottle as we are heading to Waikerie to participate in the Music is Fun performance.

The 6/7s will travel with Mrs Zadow by car to Waikerie HS prior to participate in the Cyber Safety session. Followed by a Leadership session at Ramco PS—we will return to school at normal dismissal time.

**Wellbeing Conference**—This Thursday Julie, Kellie, Renee, Leah and Shayne will be attending a conference in Adelaide. Miss Taylor, Miss Miller and Mrs Andrews will be here to continue on as normal.

### ATTENDANCE RATE Week 6 Term 2

**We are below our school / DECD target of 95%. We all need to support attendance improvement plan.**

Have a great week! There is a lot happening for our kids over the next few weeks, so please just ask if you are not sure!

Kind Regards,  
Kellie Zadow

### Stay SAFE Online

BY, EDTECH4BEGINNERS.COM



Tell an adult if something makes you feel worried.



Double-check information to make sure it is true.



Don't open messages or files from people you don't know.



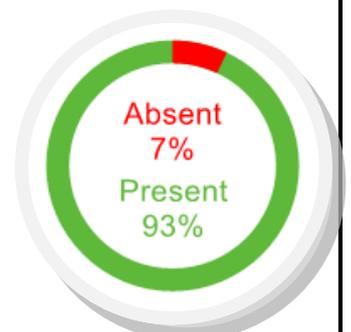
Never meet up with strangers (even if they seem nice).



Think before you post and keep personal info/passwords safe.



BE NICE TO PEOPLE.



## Next week's plan for Year 2-7 students—Tuesday 20th June

Permission slips came home last week and these are the finer details for families so you can think ahead and make arrangements as your children may be involved in different learning activities on the day.

Japanese Quiz Day Mrs Zadow / Rie Mid Murray Bus	Landcare Roadshow Mr Stevens / Miss Taylor / Tom Mr Pearson's Bus
Hayden	Ashanti
Aydin	Nikita
James	Angel
Connor	Boyd
Madi	Sofie
Stevie	Lucy
Kirah	Claire and Charmaine
Callum M	Destinee
Kaden	Elke
Callum A	Cooper
	Ethan
	Axel
	Evie
	Oliver

We will **leave at 8.30am** and **return to school at 5pm**. Students will need to take their recess / lunch / drink and they can bring along \$5 to purchase something at the market.

Students will leave at 8.50am and will return to school for normal dismissal—3.20pm. Students will need recess / lunch / drink bottle.

Students will participate in workshops about frogs, drones, waterbugs, art of recycling and growing native plants. It's about getting involved in our local area.

## Renee's Wrap

Hello everyone,

I hope all is well. It has been so cold and icy, I struggled keeping warm. I saw a parent sitting in the sun and thought I would say "hello". The sunlight was so nice, I then thought of some facts that I had remembered about sunlight, and why some people have the 'winter blues'.

Sunlight is a natural way to fight stress, give you more energy and produce more positive feelings. Stress is a fact of life. However, you can fight it naturally by stepping outside on a sunny day. Researches from the Baker Heart Research Institute in Melbourne found that levels of serotonin—a neurotransmitter that regulates appetite, sleep, memory and mood—are lower during the winter than the summer. The research team noted that the only factor that affected participant's moods was the amount of sunlight they were exposed to on any given day. More sunlight meant better moods; less sunlight lead to symptoms of depression. The study suggests that low levels of serotonin directly correlate with seasonal affective disorder, which most often occurs during winter months.

Natural Daylight can improve sleep. Sunlight shuts off the body's production of melatonin, a hormone produced at night that makes you feel drowsy. Constant exposure to sunlight can help your body maintain its circadian rhythm. Your circadian rhythm is a 24-hour cycle that regulates biochemical, physiological and behavioural processes and makes you feel tired when it's dark outside. Going outside for 15 minutes at the same time every day, preferably in the morning, tells your body that it's no longer night-time. Sunlight that's unhindered by sunglasses will reach the brain's pineal gland more easily and signal it to stop releasing melatonin.

Sunlight can reduce cancer risks. Studies have linked vitamin D, known as the "sunshine vitamin", to protection against colon, kidney and breast cancer. It's also linked to improvements in the bone health and overall mortality. Neurological, cardiovascular and immune diseases are associated with vitamin D deficiency. By increasing your exposure to sunlight, you can decrease your risk for these diseases. Vitamin D combined with other cancer treatments also tends to improve the patient's prognosis. However, dietary, genetic and environmental factors can mask the effects of vitamin D on the body.

Like everything else, Sunlight should be enjoyed in moderation.

Have a great week.

Regards Renee :]

**Soup and Sides—Thursdays—\$2/serve**  
**THANKS Tania for your delicious pumpkin soup**

WEEK	HELPER
Week 7	NO SOUP THIS WEEK
Week 8	Amita Patel
Week 10	UP Students

**SCHOLASTIC ORDERS DUE—23RD JUNE**

**Families are welcome to attend our Taiko Drumming Workshops**  
**next week from 1.30-2.30pm**

## Family Information



### AUSKICK CARNIVAL DAY

**Sunday 18<sup>th</sup> June**

**Blanchetown Football Oval**

**U9 and U7 Round Robin Series**

Get there at 10:00am. The first games start at  
10:30am

- Sausage Sizzle
- Proudly Supported by NAB
- Prizes and awards
- Register on the day, everyone is welcome



*For more information contact your local Auskick Centre or call*

*David Bradley: 0417 811 928*



Thank you Wendy Crabb / Megan for purchasing this cake for the kids to enjoy to support the biggest Morning Tea at the Morgan RSL last week. Our SRC represented the school and participated in the morning.

**WE ARE LOOKING FOR  
DONATIONS!  
PLEASE!**



**If there are any JP boys / girls who would like to be interested please come along to Blanchetown this Sunday!**

## Programs/ Sponsors / Contact Details



### CONTACT DETAILS

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