

# MORGAN PRIMARY SCHOOL NEWSLETTER

Term 1— Week 7

Tuesday 13th March 2018

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



Monday 12th March  
Adelaide Cup Holiday

Wednesday 14th March  
Young Environmental Leaders—Moorook—8.30am @  
Cadell side of the ferry

Thursday 15th / Friday 16th  
Year 7 Leadership Camp  
12pm departure

Saturday 17th March  
Fundraising—Morgan Complex 8am –12pm (Polling  
Booth)

Tuesday 20th March  
Mayor's Dinner— Family  
Catering—Fundraiser

Thursday 22nd March  
Cybersafety Family Session

Friday 23rd March  
Splash Carnival—Waikerie  
Pool

## Principal News

### Welcome to Week 7

I hope you all had a great long weekend—holidaying or spending family time together. We have another busy week for staff and students. Please read the information carefully so you know where we need to be and what we need to bring. Please take the time to add dates to your diary and planner.

**Family Catering**—We have been asked by the Mid Murray Council to do the catering for the Mayor's Dinner on Tuesday 20th March. This is a great fundraiser for the school and allows our families and students to give back to the community. Healthy options can include light / reduced fat / using a more healthier alternative or including a few extra veggies. There is a school list on the board at the library—please add to the list by the end of the week. If you can't donate any goods you can always donate some \$\$\$ to purchase ingredients for the kids to cook with.

**Saturday Sausage Sizzle**—Haylee Potts and Karen Hill have organized a stall to be held at the Morgan Complex (Election Office) this Saturday from 8am—12pm. Thank you for kindly donating the goods and your time. They are asking that if any of the UP students would like to help please come along in your school uniform to help out.

**Year 7 Leadership Camp**—The year 7s will leave with Mrs Zadow at 12pm this Thursday. Please bring swag (if you have one), air mattress, or thin foam mattress, fold up chair, snacks to share, lunch / drink bottle, bathers, towels, toiletries and a LIFE JACKET.

**Cans and Bottles**—Thank you to Tania Seaford, Haylee and Ian Potts and Scott from Morgan Recycling to help with the job last week. On behalf of the school community we say THANK YOU.

Have a great week!  
Kind Regards,  
Kellie Zadow

It doesn't have to be  
15 minutes in a row.

You don't have to finish the book.  
You don't have to read all the words.  
Talk about the pictures instead.  
Exclaim as you turn the pages.

Just engage, do it every day,  
and for at least 15 minutes.



# UPDATES for your TERM PLANNER

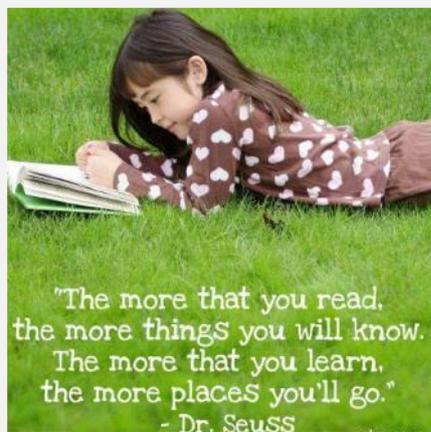
## Week 7

Wednesday—Young Environmental Leaders—  
Moorook—Students will need to meet Miss Reid at the can and bins on the Cadell side of the ferry at 8.30am.

## Week 8

Tuesday—Mayor's Dinner—We are catering for 70 people so we are looking for more donations or if you are unable to donate goods we would appreciate any money donations that we can out towards purchasing some ingredients for the kids to cook.

Thursday—Harmony Day—Cyber -Safety Session and Shared Lunch—Look out for your personalised invitation—Parents, staff and students learning together.



### The Benefits of Outdoor Free Play on Children's Development

Mental Health	Physical Health	Cognitive Health
Better moods Decrease in hyperactivity Decreases in symptoms related to anxiety and depression	More opportunities for movement Decrease in the likelihood of developing obesity or diseases Development of fine and gross motor skills	More opportunities to make decisions and problem-solve Increases in creative thinking Children use higher levels of sequencing, planning, organizing

Emotional Health	Social Skills	Play Skills
Development of empathy Increases in self-esteem Development of emotional intelligence	Increased social interactions Higher levels of sharing, cooperation, helping Decreases in solitary play	Increased creativity Development of higher play skills and play types More opportunities for imagination and engagement

## Occasional Care at Morgan Preschool

**What?** Occasional Care at Morgan Preschool

**Where?** Morgan Preschool

**Who?** 3 and 4 year olds

**Cost**  
\$5 per session  
\$2.50 for Health Care card holders

**When?** Monday mornings  
9.00am - 12.00noon  
Starting Monday March 5<sup>th</sup>

Occasional Care at Morgan Preschool is an associated self funded care program on an occasional basis, based within a local preschool setting. We provide 'now and then' sessional care to enable parents/caregivers to participate in leisure activities, follow up commitments or keep appointments.

Occasional Care provides wonderful opportunities for children 3 - 4 year olds to play and learn with our staff, kindy children and each other and experience the kindergarten environment and its resources.

Please call in and see Trish Zerner for further information, fill out forms or book a session.  
Or call us on 8540 2321, 0417082130.

## Working with Tired Young People: "Sleep Facts" 2-4

2. "It's normal to wake up during the night - we all wake up (very briefly) every 90 minutes."

Some children and teens I work with are very worried about waking up at night, and think it's abnormal to do so. It can be useful for us to let them know that we all have "sleep cycles" of about 90 minutes, and we all wake (often very briefly - and so briefly that we don't remember) every 90 minutes and this in itself is not a problem

3. "When we don't get enough sleep, we will have more problems remembering information, learning new ideas, feeling relaxed and happy, staying fit, recovering from illnesses, playing sport, moving and reacting quickly"

Some young people need more motivation to be able to change their sleep habits. For these children and teens, it's important for us to explain the sufficient range of problems associated with sleep deprivation. Sometimes parents will have done some of this - but they've often just focussed on one area. For example, they might say "sleep is important" or "you'll be grumpy tomorrow".

This often isn't sufficient reason for young people to do anything about it. Given that changing sleep habits can be hard and involve a lot of sacrifice on behalf of the young person, it's important for them to know exactly why doing this will be beneficial for them.

4. "One good way to get to sleep more easily at night is to regularly get up earlier in the morning - and then move around, get into light and eat first thing the next day."

If children and teens don't have any problems getting to sleep at night when you need to, then it can be fine for them to "sleep in". If they do have problems getting to sleep, then sleeping late in the morning - even if it's just on weekends - will often mean they have trouble getting to sleep again the next night.

I explain to kids and teens that once they get up, they need to be "resetting" their body clock - which means turning on some bright lights (or opening blinds to let sunlight in), having breakfast and even doing some light exercise if this is possible. Resetting their body clock early in the morning like this, helps them get to sleep earlier at night.

## Governing Council 2018

Jignesh Patel—Chairperson

Wendy Crabb—Mentor

Jo Jericho—Parent Rep

Rod Zerner—Staff Rep

Robyn Martin—Parent Rep

Hayley Potts—Secretary

Rhiannon Seres—Treasurer

Richard Steadman—Community Rep

Tania Seaford—Parent Rep

Lisa Edwards—Vice-Chairperson

Congratulations to our parents for taking on these positions in 2018. We look forward to working together to oversee the governance at Morgan PS.

Our next meeting will be scheduled for Tuesday 10th April, 5.30pm.

# Renee's Wrap

Hello everyone,

I hope all is well. There are times when I struggle to get to sleep, no matter how sleepy I am or for no real reason. Research has found that feeling sleepy and the desire to sleep is associated with the production and release of a hormone called melatonin, which then leads to a decrease in body temperature. The release of melatonin (and change in body temperature) is usually synchronised with the pattern of sleep at night, and being awake and alert during the day. However, if, for example, you do not fall asleep until 2am, and then find it hard to wake up until 9am, the release of melatonin for sleep is occurring too late in the evening.

This problem with delayed sleep is especially common amongst younger people, who tend to sleep in on days when they don't have to get up until late in the day, like weekends.

Our biological clock is influenced by the cycle of light and darkness (night and day). Light (through our eyes) stimulates a location in the brain that governs the release of melatonin. More exposure to light early in the morning (between 6am and 9am) results in melatonin levels quickly dropping and the body temperature rising. This in turn can begin to alter the time when melatonin is released (and the body temperature drops) in the evening: it will occur earlier, readying the body for sleep. This 'Bright Light Therapy' early in the morning can help you feel sleepy earlier in the evening. It can help synchronise the day and night cycle with the melatonin and body temperature cycle.

Here is what to do:

1. Keep to a regular wake-up time every day-including on weekends
2. Expose your vision to bright light (sunlight) between 6am and 9am. 20 minutes of exposure on a bright sunny day may be enough but if there is cloud cover: or if it is a dull day, 30 to 60 minutes will be needed. Never look directly at the sun: instead look into a sunlit environment or the sly. Do not wear sunglasses. It may be easiest to accomplish bright light exposure through a daily routine of morning walking, gardening, or some other outdoor activity.
3. Avoid bright light in the evening so that your body gets the clear message that it is not daytime.

This should improve your sleep pattern within a few days, you will probably need to keep it up for about a month to establish your new sleep-wake cycle.

Have a great week.

Regards,

Renee ☺

*Our*  
**FAMILY RULES**

Always Tell the Truth  
Work Hard & Do Your Best  
*Listen to Your Parents*  
**TRY NEW THINGS**  
FORGIVE AND FORGET  
*Show Compassion*  
**GIVE LOVE SHARE**  
Keep Your Promises  
**Use Kind Words**  
Say Please and Thank You  
**BE RESPECTFUL**  
Take Responsibility for your Actions  
**BE THANKFUL**  
Read Good Books  
(lots of them)  
*Believe in Yourself*  
**BE HELPFUL**  
Take Time to Listen  
*Say I Love You*  
**Don't Whine**  
WE DO HARD THINGS  
*Laugh every day*

## Programs/ Partners / Contact Details

headspace  
Berrit  
1300 654 674  
1800 222 222  
headspace.org.au

PLAY IS THE WAY

WATER.  
THE ORIGINAL  
COOL DRINK.  
opal.sa.gov.au  
Opal is a joint program of State and Local Governments.

Kinochis  
Only with Heritage Friends

Fun Youth

Mid Murray Council

Opal

CLASS DOJO

Natural Resources  
SA Murray-Darling Basin

THINK FEET FIRST  
SALES - CYCLES - BIKES FOR SALE

DIPL  
DOORWAY INTO PRACTICAL LITERACY

Kids Matter  
Australian Primary Schools  
Mental Health Initiative

### CONTACT DETAILS

**Principal:** Kellie Zadow  
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or 08 85402164  
**Fax:** 08 8540 2217  
**School Mobile:** 0407 846 399  
**Website:** www.morganps.sa.edu.au



Government of South Australia  
Department for Education and  
Child Development