



MORGAN PRIMARY SCHOOL NEWSLETTER

Term 4— Week 1

Monday 15th October 2018

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



TERM 4 Resumes

Monday 15th October

Tuesday 16th September

Early Years Day 1

Friday 19th October

SA Water Visit

10.30-12.00pm Yr 2-7

Tuesday 23rd Oct

Japanese tasting 3pm

Thursday 25th October

CPR Course—3-6pm

Please register

Friday 26th October

Bandana Day—\$5

World Teacher's Day

Monday 29th October

STUDENT FREE DAY

Tuesday 30th October

Early Years Day 2

Friday 2nd November

Waikerie Cricket Blast Yr 2-7

Principal News

Welcome to Week 1

Welcome Back to Term 4 and we all hope you had a relaxing time at home and created some memories. The students were extremely excited to be back today and I think most of us have grown a few centimetres.

Julie has hiked in Bhutan and has some interesting stories to tell us and I am sure Mr Stevens and Miss Michalanney will have some stories to share when they return next week.

We welcome back Shaniah Garvey, sister Leila and Mum Jamie to MPS, it is great to have you back. We also welcome Miss Hannah Marks as our classroom support SSO for Term 4.

We have a great deal planned this term and the weeks will fly. Keep the communication open, support one another and make this a productive and positive time for all. Hard work, commitment, being focused and organised, positivity, support and enjoyment are key areas in Term 4.

This Friday students in Years 2-7 will travel by Mid Murray bus to the Morgan SA Water Depot to learn about the project and developments in our town. Students will have an opportunity to hear a brief overview of what the project is about and a brief overview of the treatment process at the plant (including the possibility of students touching some fossils that have been dug up). Students will also be involved in an interactive educational exercise to go through a simple water treatment demonstration.

Have a great week!

Regards,

Kellie Zadow

LEARNING DISPOSITIONS our focus in 2018

Self-motivation

Adaptable

Challenge

Concentration

Information for families

**Coming home today...
Term 4 Planner
Camp Program and what to bring list**

Lost Property

We have lots of jackets and jumpers in our lost property box. Please come in and check for any items you may have lost. Don't forget to label clothing before we head off on camp please.

Please keep camp payments coming in. Payments need to be finalised prior to camp....only 3 weeks to go Thank you.

CPR Course—Thursday 25th October 3-6pm

For any families wishing to apply for a pool key you will need to have a current CPR certificate. Please sign up with Jo as there are limited spaces available. \$50 per person

Application for Pool Key 2018/19

Pool keys will be available from Week 4 this term. Key holders must be school families, have a current CPR certificate, have a current history screening clearance and sign a User Agreement form. Fees will be \$100 with \$20 refunded on key return. Users will also need to attend a water testing session. Please see Jo for more information or to apply. Thank you in advance to Rod for maintaining this service and making it available to families, we appreciate his extra time and effort to make this possible.

Bandana Day—Friday 26th October

Students can bring along \$5 to purchase a Bandana. All money raised will be sent to CANTEEN to support kids living with cancer.

Japanese Cooking—Years 5-7

Tuesday week 2—23rd Oct, All families and students are invited to come in at 3pm to taste test our Japanese recipes. The students have been working hard to prepare menus and will be preparing food to taste.

Helping Kids and Teens Remember Stuff

Children with big feelings and life/emotional challenges often struggle with responsibilities, chores and possessions. Many, many parents/carers understandably feel very frustrated and find themselves sounding like a broken record with “Where is your diary?”, “where is your reader?”, “Where did you last have it?”, “Have you emptied the dishwasher?” “You can’t have lost your jumper again!!” This is frustrating because of the time, energy and often cost involved when items are lost or forgotten and because parents/carers can feel “but I’ve already told them. Not just once but repeatedly!

Truth is for most kids and teens it is a hard task to organize, keep track of and remember the things they need to do (remember research suggests the areas of the brain which do this work are not fully formed until our mid 20's) and for children with emotional, social, behavioural or life challenges - it is extra hard.

Some of the time we won't always hear about this issue as professionals, depending on the setting we work in. We may feel as though there are more important therapeutic or educational goals to spend time on, and this issue is better managed by a parent. While this may be true, it is important to be aware that parent-child conflict about these issues is often very significant for families. For example, one study found that non-compliance was the most commonly expressed concern to paediatricians - more than physical health concerns.

In our experience, spending time working with children and families on helping them manage the every day tasks of life, improving organisation and compliance to household chores, often results in less conflict and happier children.

So if we are to work on this issue, a starting point is to ask kids and parents more about what is going on. Let's dig down and look at some of the common culprits for why exactly chores and organisation is tough for these children. They might:

Not understand exactly what they need to do

Not understand exactly when they need to do it

Not understand where things should go

Not have good skills in sequencing tasks (which should I do first?)

Not have any “tricks” to make tasks more routine, efficient and more easily remembered

Not understand how or why organizing their belongings is helpful to themselves or others

Feel anxious and stressed which leads to them not focussing on the task

Have difficulty switching their attention away from things of interest and value to them (i.e., play time, PE, catching up with friends, social media etc.)

Not having good memory skills

To identify these issues, we could ask children questions like:

If you had to explain to a younger child exactly what the steps are to do this task what would you say?

Exactly when should you do this task?

Exactly where should this go?

Which should you do first?

How should you remember this so it doesn't get forgotten/lost?

Why is this important (for you, and for others) to do?

How do you feel when doing this/thinking about doing this/at this time of day?

How well do you think you can switch your attention?

What do you remember from me talking about this last time?

We can then work with either the child themselves or the parent/care to take some time to try to problem solve in these areas.

For example, it can help to brainstorm with them what would help them to do or remember it more often. This might include using an alarm/phone reminder, having a “to do list” to check off each night, colour coding books for certain subjects, keeping a “checklist” on their school desk of things to put in the school bag before they head home, doing as many jobs as possible the night before (i.e., uniform out, lunch and bag ready and by the door) etc.

We usually find that we get better results with families if we actually get pen and paper out and come up with some specific plans of action for the next day/week - and then check back in via email, phone or face to face within a few days. It's amazing how some encouraging accountability by means of specific plans will prompt families to make some of these changes, rather than just talking generally and in theory about these issues.

For more tips on how to help kids with emotional and life challenges remember possessions, complete chores and get better organised, watch the videos on Jobs/Chores in the parents learning centre.

Information for families



**Quit for you.
Quit for two.**

When a baby's on the way, it's twice as important to get the support you need to quit smoking. Phone Quitline and ask about Quit for you Quit for two.

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They can help you beat the cravings, with tips like these:

- **Delay:** Delay for a few minutes - the urge will pass
- **Deep breathe:** Breathe slowly and deeply
- **Do something else:** Ring a friend or practice your prenatal exercises
- **Drink water:** Take 'time out' and sip slowly

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When you choose to quit, you lower the risk of:

- miscarriage
- premature labour
- ectopic pregnancy
- SIDS

And you'll save money.

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Download the free app
 Go to the App Store or Android Market now to download Quit for you Quit for two for free.

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 **Quitline**
137848
 australia.gov.au/quitnow

Authorised by the Australian Government, Capital Hill, Canberra

Programs/ Partners / Contact Details



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