



Morgan Primary School NEWSLETTER



Term 1 - Week 8

Wed 20th March

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



School News

- **SAPSASA** athletics at Loxton Wednesday 20th March
- Morgan Primary School **Sports Day** – Thursday 21st March at 9am
- **NO ASSEMBLY FRIDAY**
- **Week 9 Interviews** (please make a time)

Friday 5th April
MID MURRAY SPORTS DAY

SCHOOL PHOTOS
Mon 8th April

Welcome to Week 8 The week of sports days. Some Year 5-7 students are involved with **SAPSASA** athletics today at Loxton. They have chosen sprints, shot put, discus, long jump and high jump. We wish them the best of luck. Thank you Mr Stevens and Julie for providing this opportunity.

On Thursday we will be holding our **school sports day**. The day will commence at 9am and events will be finished by 12.30. This will be followed by a sausage sizzle lunch and students may go home with their parents/carers afterwards. For those students left at school, they will be dismissed at the usual time of 2.30. Please come to encourage your child and their team.

At Governing Council last week, the **Attendance Policy** was reviewed. Attendance is crucial for student learning and social development. Please take the time to read the attached policy, and discuss it with your child.

You will have received the 'traffic lights' for your child. This will be helpful at **interviews** next week. Please make a time to see your child's teacher by filling in the timetable on each teacher's door.

Mid Murray Sports Day preparations are well underway. We still need volunteers to help with baking or donating ingredients. Please let Jo know if you can help.

Attached to this newsletter is an information sheet explaining the '**Keeping them Safe: Child Protection Curriculum**' and the areas that are addressed. This is a mandated course by the Department for Education. Any queries please see me or discuss this with your child's teacher.

Our Learning Dispositions in 2019
Self-motivation Adaptable
Challenge Concentration

Parent Information

Hello everyone,

I hope all is well. Mindfulness seems to be the new word that is going around, actually mindfulness is not a new thing, my grandmother did it, my mum and dad did it. All previous generations were naturally mindful and didn't put a label on it. They took time for their gardening and focused on it, eating their meal with no distractions enjoying every mouthful.

Mindfulness is living mindfully, in this wonderful day and age we tend to get very busy, and we tend to multi task, doing too many things at once can cause us to become stressed and flustered. When we are in that state we are not breathing properly, we are taking short breaths which causes our heart rate to elevate which puts us in an anxious state.

When I did training on Mindfulness a couple of years ago, I realized how important and easy it was.

Mindfulness is just about paying attention. It is about living in the here and now and not allow our brains to play tricks on us. Stop to think about what you are eating, how does it taste? Did you really feel like eating it or was it just quick and easy? Really look at the world around you. Really listen to what people are saying when they talk to you. And most importantly.....breathe...

We all breathe, all the time, but how often do we stop to pay attention to our breath? This is one of the most powerful things you can do if you are feeling anxious or stressed. Just stop and focus for a few moments on your breathing.

"The best way to capture moments is to pay attention. This is how we cultivate mindfulness."

Jon Kabat-Zinn

Regards,

Renee 😊

MSP School Photos – Monday 8th April

Today we are sending home the information regarding school photos in week 11. Please return your envelopes either to the front office or bring them on the day. Family photo envelopes are available on request.

If you have any queries please come and see Jo. Thank you.



HELP WANTED PLEASE

At MMSD we will be holding a baked goods stall. This will be a major fundraiser for the school. We are asking all family, friends and any community members that may be interested to provide baked goods to sell on the day. ie cakes, muffins, cookies etc. We would appreciate if items are ready for sale and delivered on the morning, Friday 5th April. Please spread the word.

Come on Kids, get your bake on!!!!

Student News

Leadership Camp

On the 14th and 15th of March our school leaders, Stevie, Claire, Hayden and Nikita journeyed to Barmera to learn about leadership skills. We were accompanied by the other small schools in the area including Ramco, Cadell and Blanchetown. We stayed at Barmera Caravan Park and went in the waterpark and the pool. We had to participate in lots of leadership activities run by staff where we learnt how to have better communication skills, teamwork and more willingness to include other people's suggestions. We had to put our leadership skills into practice when setting up our swags and tents. We were taught how to be a better role model and example for the younger kids. We give a big thank you to Miss Payne for organising it as well as all the staff who came.



Early Years Centre News



Incorporating, Playgroup, Occasional Care,
Preschool, MEC



TERM 1 - MONDAY MARCH 18 - WEEK 8

COLOURED POLO SHIRTS

Thank you to everyone who ordered shirts. They have arrived. Invoices have been put into your child's pocket. Payments must be received before shirts can be taken. Thanks.

EASTER RAFFLE

As a small fundraiser for this term we will be having an Easter Chocolate Raffle. Tickets are available from our centre for \$1.00 a ticket. All money raised will go towards resources for our children. The raffle will be drawn on Tuesday April 9th, our last day of term. Thank you for your support.



HARMONY DAY

This Wednesday we will be doing some Harmony day activities. For some added fun the children could wear something orange!

What is Harmony Day and why do we celebrate it?

Harmony Day is celebrated annually on March 21st in Australia. Harmony Day began in 1999, coinciding with the United Nations International Day for the Elimination of Racial Discrimination. Each year, it is marked by people coming together and participating in local activities. The continuing message of Harmony Day is 'Everyone Belongs'. It is about community participation, inclusiveness, celebrating diversity, respect and belonging.



WALL GARDEN

Last Tuesday the children and I planted several different types of flowering plants on a wall garden which Rod had made for us. This came about from a wondering from some of the children about ladybugs. We researched where they like to live and discovered that they like rose bushes plus other plants. We had quite a few successful sightings during the really hot days but not many lately. The children suggested that we needed more plants because some of ours died in the hot weather. So our Wall Garden was created. Now we will have to wait to see if the ladybugs come for a visit.



IMPORTANT DATES/REMINDERS:

- * Monday March 18 - 9 - 12 Occ Care
- * Tuesday March 19 - 9 - 12 Occ Care
- * Wednesday March 20 - Duani, Speech Pathologist here. Playgroup, Harmony Day, wear something orange
- * Wednesday March 27 - NO PLAYGROUP - CaFHs visit next term



Speaking and Listening
Tell your child some riddles

Trish Zerner
Early Years Coordinator/Educator



Community Notices




Waikerie Mini Magpies under 7, 9 and 11s will be taking registrations on Tuesday the 26th of March and the 2nd of April, from 3.45pm.

Registrations fees will be \$25 per child.

The season will then start following the holidays.

For all other registration enquiries, contact Wes Bald bald336@bigpond.com or 0412 594 663.



2019 Junior Netball



Net Set Go & Saturday Morning Juniors
All Primary School Aged Children Welcome!

Come & Try/Registrations/Team Sorting (Juniors and GO participants only):

Wed 13 March (Week 7) 4-5pm
Wed 20 March (Week 8) 4-5pm

Meet the Coach

Wed 27 March (Week 9) 4-5pm

Training Session

Wed 3 April (Week 10) 4-5pm

For NET players (5-7 year olds: K/R/1) Online registrations can be completed by downloading the MyNetball App or logging on to MyNetball at: mynetball.com.au. Alternatively come along to the trials and we can assist you!

Season starts Saturday 4th May 2019

For more information contact president Belinda Steinert on: 0447 888 912
Where: Waikerie Community Sports Centre—outside courts

WAIKERIE HOCKEY CLUB COME AND TRY DAY

WHEN
MARCH 21 2019
3PM ONWARDS

WHERE
WAIKERIE HOCKEY GROUNDS
21 SMITH DRIVE WAIKERIE

FIRST TIMERS OR OLD HANDS WELCOME!
MEET THE COACHES!
REGISTRATION FOR ALL PLAYERS OPEN!
FREE SAUSAGE SIZZLE!

CONTACT

Amy Thiele 0419 201 150
Email: waikeriehockeyclub@hotmail.com




ALL AGES WELCOME!

FAMILY FRIENDLY
TEAM BUILDING
RIVERLAND BASED
WINTER FITNESS
FRI/SAT GAMES
THURS TRAINING

2019 TEAMS

HOOKin2HOCKEY (U9)
U12 MIXED
U15 BOYS
U15 GIRLS
U18 BOYS
U18 GIRLS
B MEN
B WOMEN
A MEN
A WOMEN

FOLLOW US ON FACEBOOK! 

CONTACT DETAILS

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