

McDonald Park School

NEWSLETTER

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Issue No 3, 2/03/2023 - Week 5, Term 1

GENEROSITY - RESPECT - HONESTY - LEARNING AND GROWING TOGETHER

COMING EVENTS

WEEK 5

Fri 3/3 – SAPSASA District Swimming
Day (Penola)
Fri 3/3 - Assembly

WEEK 6

All Week - FOOTSTEPS

WEEK 7

Mon 13/3 - ADELAIDE CUP Public Holiday
Wed 15/3 – Fri 17/3 - NAPLAN
Fri 17/3 – Assembly / **CASUAL DAY**

WELLBEING

Wellbeing is a holistic approach we advocate for at McDonald Park School. Students are encouraged to become self-aware and self-regulate by using strategies and tools to manage their feelings, thoughts and actions. They have access to interoception, brain breaks, Zones of regulation, mindfulness after each break, circle time and the Wellbeing room. Below are some activities to try at home, as starting a new year can be overwhelming. Changes can bring on big feelings, such as separation, anxiousness, worries and fear. Using mindfulness, gratitude and physical activity can help them to manage these big feelings and with your support understand their feelings and use good strategies to keep their emotions in balance.

Mindfulness

Mindfulness is noticing what is happening right now in the present moment. When children and young people notice what is happening around them, it can help them to calm down, especially if they are feeling sad, angry or frustrated. Mindfulness can help them deal with difficult emotions, and can help them feel comfortable and settled. A simple mindful breathing activity is a good place to start. Other activities focus on the senses, (e.g., mindful eating and mindful walking). Introduce mindfulness exercises when things are calm and participants are in a good space. Mindfulness activities are a great way to connect as a family or as a class.

Gratitude

It is always important, especially in difficult times, to appreciate the things that we may take for granted – like having a place to live, food, clean water, friends, family, even access to technology. Gratitude is pausing to notice and appreciate these things, it's taking a moment to reflect on how fortunate we are when something good happens — whether it's a small thing or a big thing. Did you know that practising gratitude for 21 days in a row can re-train the brain to look for positives in the world instead of negatives? By simply being grateful, children and young people can experience a greater sense of optimism, happiness and calm.

Physical Activities

It is very important that children and young people engage in physical activity. Physical activity not only has physical benefits, but also benefits for mental health and wellbeing. Including the activities in this book into a daily routine will support a balanced approach to each day. Young Person Self-Care Activities It is important that children and young people have the opportunity to do activities that support their wellbeing and that they enjoy.

Hope these strategies help to build healthy habits for good wellbeing.

Kirsty Hill, Sharon Day, Daniel Castle, Lia Jordan
SENIOR STAFF



Vision Awards presented Term 1, Week 3

Our awards are centred on our school vision. Students will be recognised for their collaboration, respect, engagement, problem solving or progress (thriving).

McDonald Park School community will work collaboratively to develop respectful, thriving and engaged problem solvers.

PROBLEM SOLVING

Presented to	By	For
Mason L	Mrs McCracken & Mrs Waters	'Mythbusting' statements about odd and even numbers.

COLLABORATION

Presented to	By	For
Evie W	Mrs Spencer	helping the new foundation students settle into A1.
Rohin W-E	Ms Huitema	his responsible, caring attitude when helping the younger students in our class.
Ahna H	Mrs Bisnov & Mr Bigg	being a responsible, cooperative group worker and for her knowledge and contributions to our discussions.

ENGAGEMENT

Presented to	By	For
Yasmin C	Ms Huitema	engaging with all learning activities and working collaboratively with others.
Jax S	Mrs Cooper	his commitment to his work and excellent attention to learning at all times.
Shiv B	Mrs Bisnov & Mr Bigg	being a very engaged student in all lessons and contributing well.
Oliver E	Mrs Dew	being responsible and remembering to do his bin job.
Nessa B	Mrs Dew	staying on task.

RESPECT

Presented to	By	For
Alissa B	Mrs Spencer	her kindness, compassion and generosity towards others.
Max B	Mrs Pitkin & Mrs Fox	always displaying kindness and respect to all and being a great role model to his peers.
Ella M	Mrs Pitkin & Mrs Fox	always displaying kindness and respect to all and being a great role model to his peers.
Hemi L	Mrs Wilson & Mrs Fox	always being respectful in his listening and speaking.

THRIVING

Presented to	By	For
Tali J	Miss Schulz	settling in confidently to her first year of school.
April D	Miss Schulz	settling in confidently to her first year of school.
Taylor A	Miss Squire & Miss Hutchinson	being a responsible and respectful role model for his peers and always being happy to help others out.
Evie K	Miss Squire & Miss Hutchinson	supporting the new foundation students as they settle into school in a kind and caring manner.
TJ B	Mrs Wilson & Mrs Fox	settling into his learning and friendships at our school so beautifully.
Sanjam K	Mrs Cooper	continuously setting a good example for her peers using the learner assets throughout all aspects of her learning.
Blake W	Mrs McCracken & Mrs Waters	demonstrating a desire to learn and grow his mind.



SRC – DIGITAL SAFETY REPORT

In week 5 Dom from Optus came in to speak to the upper primary classes about digital safety. In these sessions we covered our digital identity. This included social media posts, profiles, passwords and protecting our private information. Students were asked to go on a website to see if the passwords we used were strong. We learnt that passwords should not include your name, your date of birth and where you live. He also explained that if you don't have a strong enough password, hackers can easily steal your personal information like bank details, identity and email address. He also showed us how quickly pictures and information can spread online. Which was a good lesson to learn so we only post what we don't mind being shared. We really enjoyed having Dom come to and visit our classes. He was really funny and we learnt a lot about cyber safety.

SRC leadership

Jacob, Mason, Cameryn and Baliee



WELCOME BACK TO THE RESOURCE CENTRE



We are excited to begin another year in our inspirational resource centre! Stage 2 of our library refurbishment is underway, and we will replace shelving in the non-fiction and series shelf areas. More seating and workspaces will also be added. Watch this space!

We ask that students bring cloth or plastic library bags to their Library Connection lessons to protect books. We also ask that students look after books at home and return them on time, for others to borrow.

Premier's Reading Challenge

The Premier's Reading Challenge has begun once again. Students have been given forms to take home with a letter attached explaining the challenge. Students read 12 books over the coming months, record them and return the form to the resource centre. We have a display window with tokens, celebrating student participation in the challenge.

This year the Premier's Reading Challenge is 20 years old! There is a special 20-book challenge in 2023, where students read 20 books instead of the usual 12. Students have been informed about this in Library Connection, but please see a library staff member if your child does not have a special form for this extra challenge. If they choose the 20-book challenge, they do not need to complete the 12-book challenge.

Students are encouraged to read a variety of reading materials to stretch their reading experiences. Certificates for both challenges will be presented at an end of the year assembly.



Youth Environmental Leaders Program NARACOORTE – Tuesday 28 February

On Tuesday 28 February the **2023 environment team** went to the first Youth Environmental Leaders Program (YELP) forum in Naracoorte. This is run by the Limestone Coast Landscape Board.



The students got to go into caves and learnt all about how the caves are formed. They also got to see and learn about the Southern Bentwing Bat.

The leadership group, led by Ms Bundy and Mrs Harding, consisting of our student members, Dakota R, Jayla S, Neesanok S, Maddy G and Logan S-W, are now planning their project for the year.



PARKING



A reminder to parents that for the safety of all you **may not** park in the staff car park when dropping off or picking up children, unless you have a disabled permit. This car park is for staff only.

The gates will be shut from **3.15pm to 3.30pm** each day and **must not** be opened.

The school has been contacted by local residents on a number of occasions about cars being parked across their driveways, both before and after school. We ask that parents and caregivers be mindful where they park at these times as it makes it difficult for residents to come and go from their homes when this happens. This includes the grass area of neighbouring homes.

Thank you for your co-operation.

Community News



FREE Parent Workshop

Understanding reading difficulties - Why some people struggle and how to help

- Develop an understanding of reading difficulties, including dyslexia
- Develop a practical understanding of the associated characteristics and difficulties
- Explore ways to support your child

This 2 hour workshop is a great first step to gaining a better understanding of reading difficulties and practical strategies that can help your child.

Friday 3 of March, 3:45pm-5:45pm

Melaleuca Park Primary School



BOOK ONLINE at:
speldsa.org.au/regional-parent-workshops

Thank you to the Department for Education for supporting this initiative.

Community Access and Inclusion Survey

Share your thoughts and experience about access and inclusivity in the community.

Information will be used to improve service delivery, highlight issues and find solutions.

Complete the 3 minute survey by scanning the QR code.



Delivering the NDIS in your community

To learn more about the NDIS, visit the NDIS website www.ndis.gov.au or call Mission Australia on 08 8218 2800