FROM THE PRINCIPAL’S DESK

Dear Parents and Caregivers

Congratulations to Arnold who were the proud winners of Sports Day. But congratulations to Baseby and Randall as well – all students were champions as far as I’m concerned. It was great to see everyone participating and enjoying the day. Thank you to everyone who made Sports Day such a great event: Mr Wilsdon for the overall organisation of the day; Chris for the line marking and carting of equipment; the staff and parents who helped set up and pack away; Julie, Donna and Liz for the scoring; Carol from the canteen for organising the catering; the volunteers who helped out preparing and serving food; St John Ambulance crew who administered first aid; and all the families who came along and supported the students. I hope I haven’t missed anyone but if I have please accept my thanks. All the help and support made it a great day.

You may remember in the last newsletter I spoke about executive function. This was the focus of the pupil free day last Tuesday. 350 teachers from the Murraylands Partnership attended professional development around executive functions, which include self – regulation and ‘stop and think’ skills required to be a purposeful learner.

There are 3 core executive function abilities:

- Impulse inhibition – not acting without first thinking about it (ie think first, act later)
- Working memory – holding information in your mind and mentally working with it
- Mental flexibility – changing perspectives, being flexible, adjusting to new demands

Professor Martin Westwell explained that studies have shown that the long held belief around socio-economic status (how rich or poor you are) being linked to student achievement is not necessarily correct. Researchers have found that the development of childhood self-control, is a clearer indicator of how successful students will be across a range of measures. Learners with lower levels of self-control are more likely to:

- Leave school without any formal qualifications
- Have a criminal conviction
- Have financial difficulties, lower income and lower socio-economic status
- Have poorer health outcomes.

Across our partnership, we are working together to build our capacity to improve executive functions in learners from birth to Year 12. I look forward to sharing more information about this in future newsletters.

Cheers

Sue Record

Just some of our student art work on display in the Front Office.
**SENIOR SCHOOL SENIOR LEADER**

**Little Things Matter**

In the last newsletter I invited parents to come in on Friday and help cover the many new readers we have bought for the children to bring home. Teachers have been working on this at weekends but the pile is still large.

I would like to thank Melissa Prescott, Vicki Tarca, Nicole Reichstein and Sue Walkington who gave up their time to help. A particular thank you to Melissa for taking home and covering five hundred plus books over the weekend.

I would also like to thank Ms Bruce’s Year 4/5 class who provided small cakes and tea and coffee. We will be holding another book covering session on Friday, 20th March at 9:00am. We would appreciate your help.

**The best way to spend 10 minutes**

- Spend at least ten wildly happy minutes every single day reading aloud.
- Read at least three stories a day: it may be the same story three times. It is reported that children need to hear a thousand stories before they can begin to learn to read.
- Read aloud with animation. Listen to your own voice and don’t be dull, or flat, or boring. Hang loose and be loud, have fun and laugh a lot.
- Read with joy and enjoyment: real enjoyment for yourself and great joy for the listeners.
- Let children hear lots of language by talking to them constantly about the pictures, or anything else connected to the book; or sing any old song that you can remember; or say nursery rhymes in a bouncy way; or be noisy together doing clapping games.
- Look for rhyme, rhythm or repetition in books for young children. Make sure the books are really short.
- Play games with the things that you and the child can see on the page, such as letting kids finish rhymes and finding the letters that start the child's name, remembering that it's never work, it's always a game.

**Mem Fox reading tips to share:**


Tables are important and very difficult for many children to remember. Please help them with nightly practise. We are focusing on our eight times tables and for younger children this means counting in 8's, making patterns with eight counting on from eight....

Don’t forget we are looking for water pipes, prams and outgrown toys.

**Michele Holloway**

Junior School Leader

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**JUNIOR SCHOOL SENIOR LEADER**

**MONARTO ZOO**

On Wednesdays Mr Lombardi, Mr Martin and a group of Year 10 students have been going to Monarto Zoo to help refurbish an old classroom. They had to remove all the items in the room to prepare it for renovation. They have filled holes in walls, sanded and are now painting the ceiling. After they finished for the day they been lucky enough to go and see the chimps and meerkats.

The message I received from the organiser was “Thanks a million for sending such an energetic, hard working group!” The staff at school are very proud to hear comments like this as we know that our students engage well with community activities.

Well done Tarni, Demi, Kimberly, Rachel, Ray, Jai, Nick, Rebecca, Jaidyn, Lachlan and Amara.

At the moment the project will continue until the end of this term - we are in negotiation with the organisers to look at continuing it until the end of the year.

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**Murray Bridge Basketball Association**

We are looking for players for the coming Winter season commencing Monday 4th May – new players welcome.

If you are interested please contact: Petrina at the Murray Bridge Basketball Association on 85310755 or email admin@mbba.com.au and we will then put you in contact with a club.
**SCHOOL DENTAL SERVICE**

All babies, children and young people under 18 years are welcome to attend the School Dental Service. **Dental care is FREE for most children.** SA Dental Service participates in the Child Dental Benefits Schedule. A small fee may apply for children who are not eligible for the Child Dental Benefits Schedule.

**All dental care provided is FREE for preschool children.**

To locate your local School Dental Clinic, or for more information about the Child Dental Benefits Schedule, please visit [www.sadental.sa.gov.au](http://www.sadental.sa.gov.au)

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**JUST A REMINDER**

DECD has a ‘No Dogs on School Grounds’ rule so please help us by not bringing or having dogs at school, even on leads.

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**TIPS FOR GETTING KIDS TO EAT BREAKFAST**

Try offering a variety of different foods to see what your child likes.

Some ideas could be:

- Pancakes or pikelets
- Toasted sandwiches
- Grilled cheese on toast cut into ‘fingers’
- Tinned or fresh fruit salad in natural juice with reduced fat yoghurt (plain or fruit flavoured)
- Weetbix™ or Vita-Bliss™ drizzled with a bit of honey.

For something really different, try offering a ‘drinkable’ breakfast, like:

- Fruit smoothie (fruit, low fat yoghurt and juice blended together)
- Egg flip (low fat milk, fruit juice and an egg mixed together)

**Give your child some choice** – when you’re doing the shopping, ask them to make a choice of what they want for brekkie between a few different options, so they feel like they’re more independent.

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**10 ALTERNATIVES TO CHIPS & CRISPS**

The convenience of snack-size potato crisp packets makes them seem like a perfect option for the lunchbox. However, they are really high in fat and salt and low in other nutrients. Potato chips and crisps, corn chips and similar snack foods are best left as occasional treats.

Try these alternatives instead:

- Rice cakes or crackers
- Prawn crackers (cooked in the microwave)
- Pretzels
- Mini-toasts
- Pappadums (cooked in the microwave)
- Bread sticks
- Pita chips (Buy them in packets, or Make your own: cut pita bread into small triangles, spray with oil, season with some mixed herbs or parmesan cheese and cook in moderate oven until lightly browned and crispy)
- Wholegrain crackers with cheese
- Nibble pack with dried fruit and air-popped popcorn
- 10. Breakfast cereals e.g., Fruity Bites, Fruity Bix, or Mini-wheats

*Some of these also come in snack-size packs, so check out your supermarket shelves.*
SPORTS DAY 2015

1st ARNOLD
2nd BASEBY
3rd RANDELL
MOUNT PLEASANT
EASTER TWILIGHT
FARMERS MARKET
EASTER THURSDAY, 2 APRIL 2015
3PM – 9PM
MOUNT PLEASANT SHOWGROUND
Fresh Fruit & Vegetables
Bread, Meat, Fish, Dairy, Wine, Honey, Eggs
Loads of stallholders
Tastings – Special Dinner Menu
Entertainment – Face Painting
Easter Bunny
managermpfm@bigpond.com
www.mpfm.org.au
ph 0418 301 121

Please note there will be no regular market on
Sat 4 April, 2015

OPEN DAY & ‘MONSTER MARKET’
Mannum Waters, Belvedere Road
EASTER Saturday 4 April 10am

Carp Catching Contest starts 9am
Judging & Prizes at 2pm
BYO rods, bait, chairs & sunscreen

* clothing * arts & crafts * bric "a" brac
* sausage sizzle * refreshments
* odds & sods * fresh produce
* entertainment * hot food
* Mannum CFS & much more

For all enquiries ph: Jeanne 0434 085 506

A WHOLE lot of FUN for the WHOLE family!
Dear Parent/Guardian/Carer,

In March 2014, the Premier, Hon Jay Weatherill MP, announced an election commitment to provide a sport voucher to the value of $50 for every primary school student in South Australia.

I am delighted to invite you to take part in the Sports Vouchers Program for 2015. The Sports Vouchers Program aims to reduce the cost of living for South Australian families by providing all primary school-aged children (Reception to Year 7) with a subsidy towards the cost of sport fees or sporting club memberships.

Every child wishing to participate in organised sport should have the opportunity to do so. Organised sport is a great way for children to be active and stay healthy. The Sports Vouchers can be used to encourage your child to try a new sport or to keep your child playing the sport they are already involved with.

The vouchers can be used to subsidise membership or participation fees for a sporting activity or program which involves a weekly match or training opportunity for at least 10 weeks. If the cost of the activity you select exceeds the value of the Sports Vouchers, you will still be responsible for payment of the difference.

To redeem the Sports Vouchers you can complete the voucher enclosed and present it at a Sports Vouchers registered club. You can use one voucher per child, per calendar year. Vouchers can be used at any time from March, through to 31 December 2015. Some registered clubs require online registration and many have already incorporated the redemption of the Sports Voucher into their online systems.

From March 2015, you can go to the Sports Vouchers website: www.sportsvouchers.sa.gov.au to search for a registered club in your local area which will accept the Sports Voucher toward club fees. A fact sheet and short video explaining the program can be found on the Sports Vouchers website.

If you don’t have access to a computer at home, your local library provides computer use and free access to the internet. If you require any additional information or assistance please email: sportsvouchers@sa.gov.au.

Yours sincerely

Leon Bignell MP
Minister for Recreation and Sport

12 February 2015
LIBRARY NEWS

Borrowing times

MONDAY: 6/7 Love 6/7 Schonfeldt
TUESDAY: 2/3 Zrim 1/2 Waters 3/4 Grieger
WEDNESDAY: R/1 Brodie 4/5 Bruce
FRIDAY: Rec Dowling R/1Laredo 4/5 Rowley

Borrowing limits

Rec – Yr 5: 3 books
Year 6 – 10: 5 books
Year 11 & 12: 10 books

Books are due back after one month. Overdue notices are sent home on Thursdays. Students may not borrow while having overdue books.

Happy reading!

Jo Dunn
Teacher Librarian

COMMUNITY NOTICE

Teen Challenge program at the Mannum Community Hub continues this term on Friday evenings for young people in Year 6 and over.
Dates are March 20th and April 3rd.
Time 5.30pm-8.30pm.

Great food will be available to purchase from our ‘café’ plus games, music and more... ‘Heroes’ is the theme for activities and short talks. Please note: this is a Christian program.

Parents please come and register your child for the year on the first night they attend. We would like to join with parents in supporting our precious young people, so we invite you to stay and either join in the fun or relax and chat with other parents.

Looking forward to a great year from the Teen Challenge Crew.

FROM THE CANTEEN

Thank you to all those who supported our Barbecue Lunch on Sports Day and to Gary Dunn for his superb cooking skills.
Thank you to the families who baked and donated some delicious ‘sweet treats’ for us to enjoy.
My sincere thanks to the following people for their help during the day. Your efforts were fantastic and greatly appreciated.: K Snyders and Jayden, Daniel Laubsch, F Weber, C Groocock, V Tarca, A Rasigatale and her Dad, M Eades, G Dunn, Bevan Lewis, C Neville and her Baseby Group.

Carol Mobbs, Canteen Manageress (85692971)

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