Dear Parents and Caregivers

Peter Combe Concert
Thank you to Michelle Grieger for organising the Peter Combe concert. It was a great event with lots of fun had by all. I remember taking my own children to see Peter Combe in concert 25 years ago. He might be a bit older than then but he can still wow an audience of young people (and older ones too!)

Casual Day & Cake Day
The Super Heroes Day organised by the Student Representative Council and the Cake Day organised by Carol Hobbs, Canteen Manager, was a great success. It raised $325 for the Little Heroes Foundation. Little Heroes Foundation works closely with like-minded charities and medical institutions to fulfil the unmet needs of seriously ill children. Congratulations to the SRC for their efforts in supporting this worthy cause.

Student Free Day
Being resilient is important for life and for learning. Resilience is the ability to bounce back from life’s difficulties or to keep going when things are tough. Our data shows that many of our students lack resilience and the ability to persevere when things get hard. This is an issue because learning, by its very nature, is hard as the process of learning changes the neural connections within the brain. Changing the brain circuitry (learning) takes effort and energy.

On the Student Free Day, Martin Gare, Social Worker from EDGE Better Behaviour Centre, presented information to staff on how to help students develop resilience and perseverance. Optimism plays a big part in this. Optimistic people believe that the odds can be overcome. They keep trying even when they experience failures. They see setbacks or things that are difficult as temporary. How we think about and explain the world to ourselves has a lot to do with optimism, resilience and perseverance. Our self-talk is important.

Self-talk is the continuous silent discussion we have with ourselves throughout the day. It is automatic. We can’t stop it but generally we are unaware of it. Although it is automatic we can learn to modify our self-talk with practice. Self-talk has a powerful effect on our emotions and our behaviour.

On the student free day, Martin Gare outlined the process for changing self-talk. Firstly, we need to be aware of it. Secondly, we need to assess the thought and consider the evidence to support self-talk. Then we offer an alternative thought that softens or changes our thoughts, feelings and behaviour. As adults we often engage in this process even if we are not conscious of doing so. Adults can help children learn to do this by guiding them in recognising their self-talk, getting them to consider what evidence they have to support it and then help them to see things in a different and more optimistic way. Teachers and caregivers can help children to develop resilience, perseverance and optimism by doing this.

Cheers

Sue Record

UPCOMING EVENTS:

TERM 2

MONDAY 15th JUNE:
Finance Meeting @ 5.00pm
Governing Council AGM @ 6:30pm

World Vision Youth Conference
18th

Yr 11 & 12 Girl’s Program Workshop
25th

E Z Netball Yr 8 - 12
2nd

SCHOOL HOLIDAYS BEGIN @ 2:05pm
3rd

MCC CALENDAR

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PLEASE NOTE:
OUR FRONT OFFICE IS NOT OPEN UNTIL 8:30am.

*All dates and times were correct at the time of printing.


**Little Things Matter**

It has been a very busy and exciting fortnight.

The last of the four Hot Shots tennis sessions were held on Tuesday and I know the children will sadly miss them. The T-shirts and the racquets for reception children are on their way. We hope we get the chance to be involved again next year.

Peter Combe was great! The children had been learning the songs but most adults knew them off by heart. The Kindy and Palmer school joined us in our Performing Arts room which turned out to be the perfect size. Peter Combe asked us to change the venue on the morning as he felt the Gym was too large and echoed. Hopefully the late change did not inconvenience anyone.

We have the “Create a playground” equipment supplied by Opal in the yard for the next four weeks. Classes take it in turns to use the blocks and tubes at recess and lunch. They are having a fabulous time. This equipment travels around the Murraylands giving schools and centres the opportunity to experience a new form of play. We thank the Mid Murray Council for this opportunity.

“Traffic lights” have come home and we hope that you found them useful. The purpose is to keep you informed so we can work more closely in supporting your child’s learning. The Traffic lights will come home in the middle of each term.

Some parents will also have been contacted by the teacher to discuss with you any concerns. Please contact the teachers personally or by phone if you would like to have a chat.

Formal reports will be coming home at the end of the term.

Please be aware that if your child receives a 'C' grading - this is a good thing. With the new Australian Curriculum a 'C' means that a child is understanding the concepts and can use them in new contexts. This shows true learning. A 'D' means they may have the knowledge but can not use it in a new situation yet. Very few students receive an ‘B’ and even fewer an ‘A’. This is very different than when you were at school.

I continue to be very proud of the students at Mannum Community School. The Year 4/5 classes went to Adelaide on two separate excursions and people at the Festival Theatre and the Gallery remarked on their exemplary behaviour. They certainly did Mannum proud.

The Year 5 students recently went to the golf course to learn to play. Again comments were made about their behaviour and great attitude. Several students have been chosen to compete at the SAPSA golf competition - well done! Thank you to the community volunteers who made this possible.

Students who competed at the cross country running showed great perseverance - it was wet, cold and muddy but they kept going and once again...we are very proud of their efforts.

We are still looking for water pipes, prams and out grown toys.

**Michele Holloway**

Junior School Leader

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**BEDWETTING**

A DVD based program, Bedwetting Cured, has been developed by Dr Mark Condon and Physiotherapist, Margaret O'Donovan. It outlines a successful program for parents to implement at home with their children.

For further information and a free Bedwetting Fact Sheet please visit the website:


Or phone 1300 135 796 - 12noon to 6pm

**MUSIC LESSONS**

There is a chance for Mr Jack Love to teach music at school on Fridays if enough students are interested. Mr Love can offer private lessons for:

- Guitar, beginner drums, trumpet, trombone, piano and euphonium.

Lessons are for half an hour and the cost is $25 per session in school time (therefore, no travel time & cost for parents).

If you are interested, please contact Annette Rasigatale on 0433155478 for more information or to register interest.

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**MANNUM COMMUNITY COLLEGE PHONE SAFETY**

As more and more students bring their phones to school it has become evident that there are additional issues which may arise. As a result, all student phone numbers will be entered into the school’s secure database. This will involve gathering the phone numbers of phones which students bring onto school grounds. This information will only be accessed by administrative staff should the need arise.

Only students who supply their mobile phone numbers will be allowed to bring their phones to school.
PEDAL PRIX ROUND 2

On June 14th Mannum Community College competed in round two of the HPV super series at Victoria Park, Adelaide. Two bikes were entered in the event for the ten riders. The younger riders competed with the yellow bike, and achieved a placing of 149th. Students from Years 8 and 10 competed in the black bike with their efforts reaching a placement of 121st.

Teamwork that the students presented was brilliant. I came away from the event proud to be the team manager of such a responsible, respectful and hard working group of students.

The parents play a vital role in the pedal prix and cannot go without thanks. Without your support from marshalling to helping out where possible, we would not be able to run the Pedal Prix team. Thank you all for your efforts. Also a big thanks to the many hours put in by Bob Martin building the bikes up to racing condition.

Overall the day was a success with minimal damage done to the bikes from rollovers and bumps. I'm looking forward to the next round on the 26th of July.

Jacob Strauss,
Pedal Prix Team Manager
On Friday May 29th 4/5A went on an excursion to Adelaide. The class visited the Central Market and the Migration Museum as a part of their History studies on immigration to Australia, and the impact of immigration on Australian culture. At the market the students were able to look at and sample some of the various foods from around the world. The class then went on a tour to the Migration museum where they learnt more about the history of migration in South Australia. As well as listening to tour guides, the students were given the opportunity to look and interact with some of the displays. The students engaged well with all the activities on the day and we are both very proud of how they behaved. We received positive comments from several stall holders at the market and great feedback from museum staff. We would also like to thank Gary for accompanying us on the excursion.

Rosemary Rowley and Tracey Barnes
4/5A Teachers

Walk Safely to School Day

On Friday 22nd May students were encouraged to walk to school for the National Walk Safely to School Day. On the day, the Breakfast Club provided walkers with a free breakfast of fruit and toast. Thanks to the 4/5A class for helping to host breakfast and to Joy, Jackie, and Mrs Dohnt for coming in and assisting in the morning.

Breakfast Club Thank Yous

Breakfast Club is run daily from the canteen, providing breakfast to any student who hasn’t eaten before coming to school. We would like to thank the following organisations and people for their contributions to the program:

Kiwanis Murray Bridge – monetary donation ($300 this semester and $300 next semester)
Murray Bridge Rotary Club – donation of chest freezer
McCues Bakery – Bread

We would also like to thank all the staff and families who have donated butter and spreads. A special thank you to the Johanson family who have regularly been donating jam and honey.

Finally, a big thank you to Carol Mobbs, for sharing her canteen space, and to all the staff and students who regularly help out with the service of breakfast and the clean up afterwards. Your efforts are greatly appreciated.

Tracey Barnes
Primary Counsellor
HEAD LICE AWARENESS

Head lice are non-selective, infesting both clean and dirty hair, so regular checks of your child’s hair will help to combat this perennial problem.

If you notice that your child has head lice could you please notify the school immediately so that we can notify other students and parents.

A reminder that if headlice, or their eggs (nits) are found, children must be treated before they can return to school.

Supplies of lice shampoo are available from the school, or the local chemist and hairdressers have a range of treatment options.

Please contact the front office if you need assistance.

PLAYING TOGETHER

Children learn through play and through everyday experiences.

You are your child’s favourite toy! They don’t need expensive toys.

They love spending time with you and playing together.

Build your child’s play around what they are interested in.

Explore the world together. Children learn through touching, looking, smelling, pretending, discovering and having fun.

Move around together with your child. Running, jumping, climbing, rolling and being playful helps them to grow and learn.

Reference: Together - a book for families by the SA Government

Mannum Football Club

has “Choice off the Board” meals available

Every THURSDAY night

Between 6PM – 8PM

Adults $11.00

Children $7.00

for anyone in the community.

Come along and enjoy a great value meal

Everyone Welcome

Mannum Community Hub

Term 2 2015

Youth Centre 5.30pm-8.30pm:

Friday May 8 / Friday May 22

Friday June 5 / Friday June 19

FREE Fun & Games

Reference: Teen Challenge - South Australia

More information is available at the Youth Centre, or by contacting the Youth Worker on 8388 3774.
SCHOOL BELL TIMES

JUST A REMINDER:

There is a bell at **8:40am** each morning to remind students that it’s time for Home Group. Roll books are marked at this time and if students are not there, they will be marked absent/unexplained.

At **8:50am** the bell sounds for the first lesson to start.

Students who arrive after **8:40am** need to sign in at the Front Office (with a parent or a short note to avoid an SMS).

SMS PHONE NUMBER: 0427016623

The Home Time bell is at **3:05pm**.

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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 school-aged children and ALL preschool 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.

To locate your local School Dental Clinic, or for more information about the Child Dental Benefits Schedule, please phone 8222 8222 or visit [www.sadental.sa.gov.au](http://www.sadental.sa.gov.au)

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**Mt. Pleasant Farmers Market 2015 Photo Competition**

**Theme**

We are looking for digital images on the theme: “Celebrate the people, products & spirit of the Mt. Pleasant Farmers Market”. Photos should highlight the diversity of people, products and events at the Market.

**What to Enter**

Include images of market days, scenery, people, market special events, & products. Let your imagination guide your creativity, etc. Images can be either in black & white or colour!

**1st Place:** $100 Mt. Pleasant Farmers Market gift voucher

**2nd Place:** $50 Mt. Pleasant Farmers Market gift voucher

**People’s Choice:** 1 year Mt. Pleasant Farmers Market Membership

**How to Enter**

Pick up Information sheet & release/entry form at the administration desk on market day or go to our Facebook page https://www.facebook.com/pages/Mount-Pleasant-Farmers-Market-Inc-South-Australia/ or go to our website: www.mpfm.org.au or email manager@mpfm.com

Photo images can be submitted any time from June 1, 2015 through contest close at 5pm on August 31, 2015. Images are not limited to those taken during those months.

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**Presenters**

Les Cameron

**Venue:** Murray Bridge Education Office

20 Beatty Tce, Murray Bridge, SA.

**Registration:** 65320700

**Term 2:** 21.5.15 - 9:30am - 11:30am

**Term 3:** 12.8.15 - 9:30am - 11:30am

**Term 4:** 4.11.15 - 9:30am - 11:30am

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**Responding to abuse and neglect**

Education and care training

For Volunteers

Working with children in schools and pre-schools

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**INFORMATION FOR YOU (cont)**
WE UGENTLY NEED YOUR HELP
We still need families for 7 Spanish Cultural Immersion students Arriving on the 11th July for 10 weeks.

Introduce your family to different customs, values and ideas
Improve your language skills
Make lifelong international friends
Share Australian culture and lifestyle

Southern Cross Cultural Exchange is seeking volunteer host families for International High School students from Spain. Students arrive in July 2015 for 10 weeks and can be placed anywhere in South Australia. You do not need to have children of your own or the same age to enjoy this experience.

All students are carefully selected, will attend a local high school, have their own spending money and can bring your family to life!

FOR MORE INFORMATION, PHONE Jenny ON (08) 83230973 EMAIL : je1313@bigpond.net.au

LEARN ABOUT YOURSELF!

As Marcel Proust, a late 19th Century novelist wrote: “The real voyage of discovery consists not in seeking new landscapes but having new eyes”. Volunteer to host an international high school student arriving into Australia in July 2015 through Southern Cross Cultural Exchange and prepare to be amazed at the way this unique and rewarding opportunity helps your family to become closer, to understand themselves better and see the world in a new light.

Carefully selected students will arrive in July for one term, one semester or two semesters from France, Germany, Italy, Switzerland, Spain, Sweden, Norway, Finland, and Denmark. They will attend a local High School, arrive with their own spending money and comprehensive health insurance cover – all arranged by Southern Cross Cultural Exchange. To enquire about becoming a volunteer host family visit us at www.scce.com.au; email scceaust@scce.com.au or call us toll free on 1800 500 501, request our international student profiles and capture the spirit of family and friendship.

ABSENCE DUE TO ILLNESS!

The school and the Department for Education and Child Development (DECD) regularly monitor absenteeism. Prolonged absenteeism may be referred to the Student Attendance Counsellor in the Regional Office.

As with all absences, if your child is away sick it is important to notify the school. For a prolonged absence of three or more consecutive days it is advisable to obtain a doctors certificate to be sent to the school for our records.

Health Care Plans may need to be developed in consultation with your doctor to enable the school to provide safe, appropriate health support.
LIBRARY NEWS

Borrowing times

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

FROM THE CANTEEN

Thank you to everyone who supported “Cake Day”. We hope you all enjoyed the sweet treats. A HUGE thank you to Ms Love’s class who helped with ordering, collating and delivery of cakes to classes.

-Carol Mobbs,
Canteen Manageress  (85692971)

JOY’S CORNER

Self-absorption in all its forms kills empathy, let alone compassion.
When we focus on ourselves, our world contracts as our problems and preoccupations loom large.

But when we focus on others, our world expands. Our own problems drift to the periphery of the mind and so seem smaller, and we increase our capacity for connection -- or compassionate action.

- Daniel Goleman

Joy Marks
Pastoral Care Worker