



PRINCIPAL'S REPORT

Welcome back to school for 2020 to all our families. I trust you all had an enjoyable holiday break and are ready for the new school year!

New Staff

As I am in the principal's chair for Semester 1, Katrina Hood has won the role of Deputy Principal for that time.

Abbey Hood also returns this year, but in a different role, filling Bec Jackson's shoes as R/1 teacher while Bec is on leave.

Aim High, Work Hard, Be Kind, No Excuses

After our staff had the opportunity to hear Sir John Jones speak over the past 2 years, we have adopted these 4 phrases as our school values. But there is little point in having words on a wall if there is no action to back them up. On Tuesday I gave a short presentation to the students in an assembly on what these words mean for all of us at Meningie Area School.

Aim High: Often these words bring to mind "Be the Best" which is appropriate in many situations. However, education is not a competition. We aim for all of our students to grow and to make improvements, regardless of where they may sit in any comparison table. If everybody aims to be the best in a class of 25 students, only one will achieve their goal while the other 24 will be disappointed, perhaps even disengaged. And even if you are the best, there is always room to improve. So I asked the students to aim to be **their** best. We have high expectations for all of our students, regardless of their starting point.

Work Hard: Learning is an active process, not a passive one. For real learning to occur, students need to be working hard. If they are not working hard, they are not learning deeply. If they find their learning easy, research shows us that they are not making the really deep changes in their brains that will last. I talked to students about the learning pit, which is when you are learning something new, and at first it feels like you are going backwards or going into a pit. But with hard work and persistence, and by using the tools that you have collected along the way, you can climb your way back up to the other side, where you have even more knowledge, understanding and skills than you had before. Often students expect teachers to "throw a ladder" over the pit by giving shortcuts and answers to questions, but this leads to shallow learning that does not result in the changes in the brain that last for a long time.

In the classroom the person doing the least work should be the teacher as they have already done the hard yards preparing the learning. That is the time for the students to be doing the work, growing their brains.

Be Kind To be kind is also an active process; it is more than just not being mean. For example, if a student drops their books accidentally, laughing at them would be being mean. Not laughing would

TERM 1 2020 28/1/20 – 9/4/20	
SUN SMART POLICY	
Week 2	
Thurs 6/2	SAPSASA Tennis & Cricket Trials @ Karoonda
Week 3	
Wed 12/2	Swimming Carnival & Splash Day @ Coonalpyn
Thurs 13/2	Scholastic Orders Due
Week 4	
Tues 18/2	USE Swimming Carnival @ Coonalpyn
Week 5	
Mon 24/2	SAPSASA Swimming @ Murray Bridge
Thurs 27/2	School Photo Day

be just not being mean. Being kind would be offering to help them pick their books up. Science has shown that doing something kind releases oxytocin into our brains. This is the same hormone that people have when they fall in love, hug someone close to them, or that mothers release when they hold their baby. This hormone helps reduce stress and blood pressure and has other positive health effects besides, so being kind is good for you.

No Excuses Over the past few years we have used the MYTERN program, which recognises that while everybody has time on red roads when they are angry, sad, or upset, they need to keep their hands "on their steering wheel" and not lose control. Blaming other people for your actions is just making excuses. Similarly, not doing the work because it is too hard is also an excuse as we know that the work needs to be hard to be effective.

I will use the 4 phrases as guiding principles for every decision I make while I am in this role, and my challenge to all staff, students, parents and other members of our school community is to do the same.

Introducing 2020 Reception Class

Louis Cocks, Charlie Wright, Flynn O'Leary, Sophia Rankine, Ollie Marles, Reegan Merry, Thomas Bland, Imogen Hurle, Estelle Biddle, Elsie Cunneen, Georgie Williams, Anna Cameron, Ryder Edson, Olivia Brumfield, Rick Goodall, Ben Jolly



Wellbeing Corner by Emma Oliver

Welcome to 2020. It is exciting to be back and I can't wait to work with the next group of student leaders. I will be running a student leadership day again at a local venue where students will go through a design thinking process to identify an area we can work in to improve our community. For me, it is really important that the students understand that to lead is to serve. Leaders should work in service to their community, not the other way around. I am also looking at taking the students to a Leadership conference in Adelaide which will help to consolidate our goals and direction. Congratulations to Adam and Charli who are this year's School Captains. We have now rolled the YONDR pouches out across the Senior School and the students have been really cooperative. I am so happy with this initiative, students have told me they're getting more work done and Katrina Hood told me the other day that she had never heard the seniors as chatty as they have been with each other. Some students tell me that sometimes, there are silences and they don't know what to say – they are developing the art of conversation; a really important skill to successfully navigate your way through the world. A big thank you to everyone who has supported this.



MYTERN (Take Emotional Responsibility Now)

MYTERN is a powerful communal language that helps students, staff, parents, carers and grandparents handle the daily stressors of life. The effect of minor stressors such as an argument with a friend, a nasty look or nasty word, lower test results than anticipated, not looking good, or not being chosen for a team, can easily go unnoticed, resulting in the development of more serious problems.



We cannot eradicate the daily stressors of life. Therefore, MYTERN, combined with other strategies that we already have in place, will strengthen our community's ability to handle these everyday stressors. MYTERN focuses on creating emotional intelligence, health and resilience, helping all of us deal with everyday situations (be they positive or negative) in a realistic and practical manner. Like reading and writing, this skill is acquired through daily practice, and is just as essential a skill to master as literacy and numeracy.

That is why it is so important that the language of MYTERN is practised both at school and at home. To help us facilitate this at home, we recommend that you also download the MYTERN App. This will not only help embed the language into your vocab but also assist in applying the skill daily, as the app delivers a message from Monday to Friday at random times within the hours of your choice.

Family Activity: Have each member of your family discuss the everyday stressors that may leave them feeling sad, tired, angry or frustrated. There are no wrong or right answers. Can you remove any or all of them or are they just a part of life?

SACE Art Show



The School would like to congratulate our previous School Captain, Kayla Rebner on her selection into the 2020 SACE Art Show. Kayla's paintings, Kari & Rebner, explore themes of self-identity, and family ancestry. They will be exhibited from the 17th of March to the 17th of April during the SACE Art Show at the Light Square Gallery in Adelaide. At the beginning of year 12, it became one of Kayla's goals to exhibit her work in the SACE art show. It is fantastic to see her hard work and perseverance from last year pay off. Once again, congratulations Kayla!

Vocational Education Training

In 2019, Year 11 student, Sheniqua Shaw successfully completed her Certificate III in Health Service Assistance. Congratulations Sheniqua!



2019 Parent Survey

Did you complete the parent survey last year? If not, it is not too late, here is the link <https://www.schoolsurvey.edu.au/s/DmRUzJfh>

The link will be sent out via School Star, email and posted on Facebook for easy access.



MYTERN
Take Emotional Responsibility Now

You have an amazing ability to make yourself feel better, even though nothing outside/around you has changed. Simply thinking a better though can take you down a better road. Do you need to take advantage of that ability now?

School Notices

Download the FREE **School Star App** to stay informed of what is happening at school



PASTORAL CARE WORKER

(Previously known as "School Chaplain")

Murray Bridge High School
Murray Bridge South Primary School
Coomandook Area School
Meningie Area School
(each position is 10-12 hours/week)

Schools Ministry Group, in partnership with church and school communities, are seeking applications for these 10-12 hour per week positions, ideally commencing mid-Term 1, 2020. Applicants are invited to submit applications for more than one school only.

The positions exist to offer a chaplaincy service to students, staff and the school community.

A Job and Person Specification and details on "How to apply" is available from SMG on 8378 6800 or via mail@smg.asn.au.

Closing date: 9am, Tuesday 11th February, 2020

Interested? For more info, go to: www.smg.asn.au



ALL STUDENTS AND FAMILIES ARE INVITED TO AN INFORMAL PARENT/TEACHER ACQUAINTANCE EVENING FOR A BBQ TEA TO MEET WITH YOUR CHILD/REN'S TEACHER/S AND MIX WITH OTHER FAMILIES.

All meat, salad, and bread is provided.

Also provided are water, cordial and ice blocks for the children.

Adults BYO drinks.

When: Tuesday 4th February

Time: 5.00 – 6.30 pm

Where: Library shelter and common grass area

Bus Drivers

There are times when the school needs relief bus drivers. To be eligible to do that, a person needs to have a heavy vehicles license, at least an LR to drive our small buses, and MR to drive the bigger buses. They will also need to gain Passenger Transport Accreditation through the Department for Planning Transport and Infrastructure, which will include a medical check and a Working With Children Clearance. These can be quite time consuming and costly to obtain, and there is no guarantee of any paid work in the immediate future but if you are interested in going through this process please contact me to get some more information.

Yondr

HOW THIS WORKS



Scholastic catalogues went home today.

Orders DUE BACK on 13th February 2020

SCHOOL MAGAZINE – ORDER FORM

Although Term 4 has been a busy term, staff are in the process of compiling this year's School Magazine. Costs will remain the same with hard copy print \$12 or available on a USB for \$10 or bring in your own USB/Hard drive and Staff will download it for you for no charge.

If you would like a printed copy please complete and return this form by Friday 6/12/2019

Student Name: _____ Class: _____ No of copies: _____

We will advise you when the copies are ready for collection from the front office in 2020.



Murray Mallee SAPSASA DISTRICT

Convenor:

Bryan Wilsdon

SSO Support Officer:

Kerry Cornford

0429 773 512

Kerry.Cornford34@schools.sa.edu.au

Est. 1912



WELCOME TO SAPSASA 2020

There are a number of new families experiencing Sapsasa for the first time, so I thought I would do an overview to explain the processes we follow. There are also several changes from 2019, so please read this letter carefully. Sapsasa individual events are open to any child that turns 10 this year. Girls cricket is also open to any girl that is in year 5, 6 or 7.

TEAM SPORTS

The team sports that the Murray Mallee nominate for are open to Year 6 & 7 students, if we don't have enough numbers to fill a team, I can invite year 5's, that turn 11, to trial. Trials are rotated around to the different schools.

Cricket and Tennis – Trial 6th February at Karoonda. District carnival in Adelaide 16-19 March.

Netball and Football – Trial 6th May at Coonalpyn. District carnival in Adelaide 15-18 June.

Soccer – Trial 21st July [still need a coach, this will determine where trial is, and if we go ahead]. District carnival Monday 31st August – Thursday 3 September

Softball – Trial 7th September at Coomandook. District carnival 2-5 November

INDIVIDUAL SPORTS

Schools will nominate students for individual sports, often going on results from school sports days and swimming carnivals.

Swimming Trial 24th February at Murray Bridge Swimming Pool. Adelaide Carnival 27th March

Cross Country Trial 28th April at Meningie Golf Course. Oakbank Competition 4th June.

Athletics Trial TBA. Track and Field championships Adelaide 21st September

Golf Parents need to nominate their children for this event, but please let me know how they go.

Boys & Girls in year levels 5, 6 or 7 who are aged 10 years and over

(Students who are in year 4 and 10 years of age and play golf regularly may seek permission to play from Golf Australia

- Players must register online into their correct Sapsasa District qualifier. Registrations close 7 days prior to each event.
- Register via the Golf Australia (SA) Website > www.golf.org.au/golfsa > Go to the **PLAY & LEARN** tab
> Info for Schools page > Find your qualifier & register. Direct page link - www.golf.org.au/info-for-schools

TRANSPORT

All transport to Sapsasa trials and events is the responsibility of the individual family.

UNIFORMS

All uniforms are owned by Murray Mallee Sapsasa and will be given to team members usually at the final training before the carnival.

COSTS

In 2020 all children that are selected in a Murray Mallee team sport will be charged \$70 or \$60 if on school card. This money covers School Sport levies, Murray Mallee uniform hire and levies. Murray Mallee individual sports will be charged \$10, which covers uniform hire and entry fees.

Each year sponsorship is sought from the towns that make up our Murray Mallee district. This sponsorship enables us to subsidise the cost of Red hoodie jackets [the competitors can purchase one of these each year for \$30, when they make any of the above teams], swimming caps, socks [soccer, football and softball], students that make cricket, tennis or softball are given a cap first time, then replacement caps are \$10.

NOMINATING

Forms will be given out by individual schools Sapsasa reps, and they must be returned to them, and they will forward onto me. Each school must keep a record of these forms in student files. The Meningie Area School rep for 2020 is Mrs Denise Mason.

If you have any other questions, please don't hesitate to contact me or your school rep, or request to become a Murray Mallee Sapsasa facebook friend. I hope you and your children enjoy the Sapsasa experience.

Kerry Cornford

PREMIER'S READING Challenge

Is your child taking up the Challenge in 2020??

If so, please ensure they fill in their student reading records as they read their books, gets them signed off as they go and please make sure your child hands it in to their teacher or the school contact person by:

Friday 4 September.

The Challenge is to read **12 books in total**.

In:

- Reception to Year 7, **8** of these books are to be from the Challenge booklists, available on our website, and **4** of their own choice.
- Years 8 and 9, students read **4** books from the Challenge lists and **8** of their own choice.
- Years 10 to 12, students read **12** books of their own choice, and these can include prescribed texts and any other texts from their studies.

Student reading records are available from your child's teacher, or from the school contact person, who is usually someone in the school library (ask your child's teacher).

Key Dates 2020

From 28 January 2020

- 2020 Premier's Reading Challenge starts from 28 January

4 September 2020

- Reading concludes for the 2020 Challenge

6 July - 18 September 2020

- Student Reading Records collected
- Data entered in schools before **18 September 2020**

30 September 2020

- Home education students send Reading Records to the Project Officer

November 2020

- By mid to late November - awards arrive in schools
- By the end of November home education awards are posted to the home address
- Students awarded certificates and medals at individual school presentations from mid-November
- Generally the Premier completes the first visit to a school in his electorate and the Minister also completes a visit to one in his electorate in about the 2nd week in November
- 55 selected schools with students achieving outstanding results attend the Premier's Reception, in mid- to late-November, which the Premier and Minister attend

Celebrate your school's achievements in the Premier's Reading Challenge for 2020!

Enjoy the Challenge!

Yours Sincerely,

Mark A. Williams
Manager, Premier's Challenges
www.prc.sa.edu.au

Department for Education
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A Parent's Guide to

ENCOURAGING A GROWTH MINDSET

What is a growth mindset?

Growth mindset is a concept developed by Carol Dweck, a Professor of Psychology at Stanford University. It is the belief that a person's abilities and intelligence can be developed through practice, hard work, dedication, and motivation.

What is a fixed mindset?

A fixed mindset is the notion that intelligence and talent alone will lead to success. People with a fixed mindset believe that these things are "fixed" and cannot be developed or improved upon. They believe that you are either born with it or not, and nothing can change that.

Why is having a growth mindset important?

Research has shown that children who have a fixed mindset are more likely to:

- Fear failure
- Give up on tasks they feel are too difficult
- Ignore feedback
- Avoid challenges
- Feel threatened by the success of others

Children who have a growth mindset are more likely to:

- Learn From Their mistakes
- Be motivated to succeed
- Put forth more effort
- Take challenges head on
- Take risks
- Seek Feedback
- Learn more
- Learn faster



Schoolhouse Live



BRIDGE HOOPS

Term 1 Bridge Hoops will run on:

WEDNESDAYS

FROM: February 12th – March 18th 2020

Rookies and Stars - 5:15pm to 6:15pm

**Legends – 5:15pm to 6:15pm Week 1&6
– 5:15pm to 6:40pm Weeks 2-5**

COST: \$35 for the 6 week program



Aimed at Boys and Girls Aged 5 to 8 (however, older first time players are welcome)



Bridge Hoops provides an introduction to, and development of, individual and team basketball skills for all participants, with the aim of transitioning them into competition basketball.



Registration/Information Forms are available on our website or at the Stadium.

Tel: 85310755

Email: admin@mbba.com.au



BACK TO SCHOOL... IS YOUR CHILD ASTHMA READY?

Every year there is a rise in asthma flare-ups when children return to school after the summer break. This results in an increase in Emergency Department visits, hospitalisations and days off school.

MAKE SURE YOUR CHILD IS ASTHMA READY BY FOLLOWING THESE STEPS:

1

UPDATE YOUR CHILD'S ASTHMA ACTION PLAN

See a doctor for a signed Asthma Action Plan. Most schools require an up-to-date plan for each student with asthma at the start of the new school year. Evidence tells us that using an Asthma Action Plan can help to reduce hospitalisations, improve lung function and reduce the number of days off school.

2

GET AN ASTHMA REVIEW

While with the doctor, combine this with a check-up for your child's asthma, including a check on their device technique.

4

TALK TO SCHOOL STAFF

Make time to talk with the class teacher and the school nurse (where applicable) about your child's asthma, their Asthma Action Plan and their usual triggers, symptoms and medication.

Also talk to your child's sport coaches and supervisors of other school activities. Don't forget to keep staff up-to-date with any change to your child's asthma management.

3

CHECK YOUR CHILD'S RELIEVER MEDICATION

Check with the school about their medication policy and work with the staff to find the best way to manage your child's asthma medication, including before physical activity (where applicable).

- Medication and devices are clearly labelled with your child's name
- Medication is in-date and with enough medication remaining

For more information
call **1800 ASTHMA** (1800 278 662)
or visit asthma.org.au/back-to-school #BTSasthma



The Murray Bridge United Soccer Club will be holding their 2020 Registration Information / Player Nomination Night on Friday 14th February, from 4.00pm to 6.30pm. (Week 3).

All Enquiries and/or Player Nominations to Grant please;
klenkegc@internode.on.net or
0411 057 039



Succulent garden design

1. Source

Grab your succulents

2. Design

Create your masterpiece with your succulents
e.g. potted delights or use your initiative to
create your own design ideas

3. Enter

Entrants will be judged by design
and originality in any of the four
categories:

- Best Overall
- Best Overall Group
- Best Under 13
- Best Under 6
- Best Under 15 Group

\$350

total
prize money

When: 3rd and 4th April 2020
Where: Karoonda Farm Fair
for more information contact Janine Dutschke 0407781263



Garden Challenge

Succulent garden design

Entrants Name: _____

Address: _____

Phone: _____

Email: _____

School: _____

Entry Conditions

- Entry must be named

- Entries must be the work of the designer registering in the event and cannot infringe any copyright.

- The item of interest must consist of succulents.

- Entries must be 1m x 1m and under and easily transported by hand.

- The use of hazardous materials and chemicals is prohibited.

- Submit entry forms to dutschke@activ8.net.au or post to Box 415, Karoonda SA 5307, or delivered personally.

- Finished masterpiece must be delivered to the nominated site (fashion parade tent) at the farm fair site no later than Thursday 12.00am or as arranged with the Co-ordinator Janine Dutschke (0407781263). Winners will be announced after the first fashion parade on Saturday.

- They must be collected after 4.00pm on Saturday the 4th of April 2020.

I hereby certify that I agree to the above conditions of entry:

Signature:



When: 3rd and 4th April 2020
Where: Karoonda Farm Fair
for more information contact Janine Dutschke 0407781263 or
visit the website www.farmfair.com.au