



Moorook Primary School

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NEWSLETTER

Term 4, Week 1 - Friday 20th October 2017

From the Principal

It has been great to see our students launch into Term 4 with a renewed enthusiasm for learning! Our Literacy Blocks, between recess and lunch have started very smoothly and all students are engaged and on task with their learning.

The Literacy Blocks are structured as follows:

11:00-11:40am

Reading activity based on the Novel or Picture Book Study.

Group 1- Mrs Warren-Picture Book- 'Stellanuna'.

Group 2- Mrs Dawe- Novel- 'Danny the Champion by Roald Dahl.'

Group 3- Ms Miller-Novel- 'Danny the Champion by Roald Dahl.'

11:40-12:15pm

Word Study based on words and rich vocabulary from the Novel/Picture Book.

12:15-1:00pm

Explicit writing activity from the Novel/Picture Book.

As explained last term, these Literacy Blocks will be in place for the next 5 weeks. We will then review the success of these programmes with staff, students and parents/caregivers and use this to inform our planning for 2018.

EXTERNAL REVIEW

Just a friendly reminder that our External School Review will be held on Monday 27th and Tuesday 28th November. The purpose of an External School Review is to support schools to raise student achievement and sustain high performance. Schools will be

externally reviewed to evaluate school performance and effectiveness. The overarching review question will be: How well does our school improve achievement, growth, challenge, engagement and equity?

Please see the letter attached to the newsletter.

OUT OF SCHOOL HOURS CARE (OSHC)

Moorook Primary School are considering establishing an out of school hours care (OSHC) service at our site. We are conducting a survey to determine the need for care in our community.

Please note: The more responses and interest that we get, the better chance we will have of being approved for a facility. Thank you for your support.

Please see OSHC Survey attached.

PARENTING IDEAS

This week's Parenting Ideas is all about the importance of 'not' labelling our children. It is very easy to fall into this trap but as Michael Grose explains the labels that we place on children can become their defining characteristics for life and can create a self-limiting storyline for that child into their adulthood. So instead of labelling children we need to look beyond the label when we talk about them.

Please see article on page 3 & 4.

Thank you,

Sonya Warren

Diary Dates

Wed 25th Oct

Rhythmic Drumming

Sessions with Mick Scordo

Yr 7 STEM Excursion

Thurs 26th Oct

Athletics Sessions with

Tanya Beames

Fri 27th Oct

2:45pm Assembly

Wed 1st Nov

Yr 7 LHS Transition Day

Thurs 2nd Nov

Athletics Sessions with

Tanya Beames

Fri 3rd Nov

**STUDENT
FREE DAY**

PLEASE NOTE:

Our front playground is currently under construction and unavailable for use due to safety reasons. We were hoping the work would have been completed in the holidays and hopefully won't be out of action for much longer! Thank you.



Government of South Australia
Department for Education and
Child Development

Great place to GROW



TERM 3	Monday	Tuesday	Wednesday	Thursday	Friday
1. Newsletter	16 th Oct	17 th	18 th Oct	19 th Oct Athletics with Tanya JP 1:45-2:15pm UP 2:15-3pm	20 th Oct Newsletter
2. Assembly UPPER	23 rd Oct	24 th Oct	25 th Oct Rhythmic Drumming with Mick Scordo 9am JP – 10am UP Yr 7 STEM Excursion	26 th Oct 9:30am Tour of Nippy's Factory Athletics with Tanya JP 1:45-2:15pm UP 2:15-3pm	27 th Oct Assembly (UP)
3. Newsletter JUNIOR	30 th Oct	31 st Oct	1 st Nov Yr 7 LHS Transition	2 nd Nov Athletics with Tanya JP 1:45-2:15pm UP 2:15-3pm	3 rd Nov STUDENT FREE DAY
4. Assembly JUNIOR	6 th Nov	7 th Nov 7pm Governing Council Meeting	8 th Nov YEL at Bert Dix Park	9 th Nov Cuppa & chat for Parents Athletics with Tanya JP 1:45-2:15pm UP 2:15-3pm	10 th Nov Assembly (JP)
5. Newsletter UPPER	13 th Nov	14 th Nov Swimming at KOMPS	15 th Nov Swimming at KOMPS Reception Transition	16 th Nov Swimming at KOMPS	17 th Nov BREAKFAST CLUB Swimming at KOMPS Newsletter (UP)
6. Assembly UPPER	20 th Nov Swimming at KOMPS	21 st Nov Swimming at KOMPS	22 nd Nov Swimming at KOMPS Reception Transition	23 rd Nov Swimming at KOMPS	24 th Nov Swimming at KOMPS Assembly (UP)
7. Newsletter JUNIOR	27 th Nov <u>External Review</u> 6pm Governing Council with External Review Panel	28 th Nov <u>External Review</u>	29 th Nov Reception Transition Yr 7 LHS Transition <u>SCHOLASTIC BOOK FAIR BEGINS</u>	30 th Nov	1 st Dec BREAKFAST CLUB Year 6/7 Aquatic Day at Barmera Newsletter (JP) Sunday 3 rd Dec Ms Miller & Yr 7's leave for Canberra Camp
8. Assembly JUNIOR	4 th Dec Ms Miller & Yr 7's on Canberra Camp	5 th Dec Ms Miller & Yr 7's on Canberra Camp	6 th Dec Ms Miller & Yr 7's on Canberra Camp Reception Transition	7 th Dec Ms Miller & Yr 7's on Canberra Camp Cuppa & chat for Parents	8 th Dec Ms Miller & Yr 7's on Canberra Camp Assembly (JP)
9. Newsletter UPPER	11 th Dec	12 th Dec <u>END OF YEAR CONCERT</u>	13 th Dec <u>Whole School SPLASH DAY</u>	14 th Dec	15 th Dec Newsletter Last day of Term 4 2:15 Dismissal

PLEASE NOTE: There may be some changes and/or additions to the above calendar through-out the term, but you will be kept up to date through newsletters and our Facebook page, thank you.

parenting *ideas insights



POSITIVE PARENTING



Avoid the pitfalls of labelling kids

by Michael Grose

People are natural labellers. We're quick to categorise others, particularly when they hold different views to ourselves. Terms such as 'racist', 'feminist' and 'socialist' are used liberally at the moment.

The trouble with placing a label on a person is that it stops us from thinking too deeply about what they're saying and prevents us from understanding who they really are. It's hard to see beyond the label.

The same principle applies when we apply labels like these on kids:

"She's the bright one of the family."

"My child is the one on the autism spectrum."

"He's such a naughty kid."

"She's an only child."

"He's shy."

The labels we place on kids can become their defining characteristics. Anyone who has been called 'stupid', 'tanglefoot' or a 'klutz' will know that these tags can become an overriding narrative, remaining well into adulthood. *"I'm hopeless with accounts. I was a klutz in maths when I was a kid and I'm still hopeless with figures,"* is an example of a self-limiting storyline that has its origins in childhood.

Even positive labels can be a burden for some children. Be told often enough that you're the 'smart', the 'good' or the 'responsible' child of the family or class and you've got some lofty expectations to live up to. There's nothing wrong with setting high behavioural or academic standards, but a child's good behaviour or high achievement shouldn't become a badge or label that they always have to wear.

Look beyond the label

Instead of labelling kids, look beyond the label when you talk about them. For instance, when working with a child on the autism spectrum a teacher or coach will need an understanding of the child's condition in order to communicate with, manage and teach the child. But autism shouldn't be the defining characteristic; it shouldn't be the only lens used to relate to the child.

A child is so much more than any condition they have, but being labelled as the 'autistic child', the 'anxious child' or the child with oppositional defiant



parenting*ideas

disorder immediately colours the perception others will have of them, as well as affecting the way the child sees him or herself.

Help kids to define themselves broadly

Many children put self-limiting labels on themselves. A child who defines himself as being stupid because he struggles academically benefits from parents who lovingly point out that there is more to life than schoolwork. Help your kids see the strengths that they have in other areas of life such as making friends or success at leisure activities, along with personal qualities such as loyalty, patience and persistence. In other words, help children see past any labels that they place on themselves.

Label the emotion or behaviour

Just as we should resist calling a child who bends the truth a liar (as it may well become a self-fulfilling prophecy), we should also avoid labelling kids who experience anxiousness in new or unfamiliar situations as 'anxious children'. Being tagged an 'anxious child' gives a child a great excuse to avoid situations such as attending school camp or going to a concert because she feels uncomfortable, nervous or shy. The anxious child tag can stop a child from showing the bravery and courage she needs to overcome nerves, self-consciousness or feelings of discomfort.

Instead, talk about anxiousness, nervousness and tension – which are emotions that children will naturally experience – while avoiding using the terms as tags or labels. For instance, it's possible to feel anxious without being an 'anxious person'. Labelling the child instead of the feeling can too easily define and restrict kids.

Talk about behaviours that may reduce these feelings, such as planning ahead, practising and mindfulness. This will help kids feel that they have some control over their feelings, whereas being tagged with a label or name negates a child's feelings of control and makes self-regulation more difficult.

Catch yourself next time you're about to stick a label – positive or negative – onto a child. Separate the deed from the doer, the kid from the condition, and focus on the behaviour or qualities that he or she needs to succeed in whatever it is they are trying to accomplish.



Michael Grose

Michael Grose, founder of Parenting Ideas, is one of Australia's leading parenting educators. He's the author of 10 books for parents including *Thriving!* and the best-selling *Why First Borns Rule the World* and *Last Borns Want to Change It*, and his latest release *Spoonfed Generation: How to raise independent children*.

We're a Parenting Ideas school

parentingideas.com.au/schools

**PLEASE REMEMBER:**

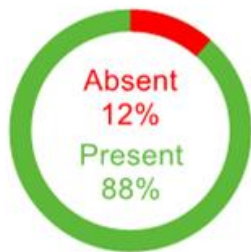
If your child is going to be away, please ring/text the school to let us know. Alternatively, send a written note when your child returns.

Our 2017 Attendance target is 96% or greater



Year to Date (2017)

The average daily attendance rate; Year-to-Date, derived from student attendance data sourced from the school systems as at 17/10/2017



Previous Week

Attendance rate derived from student attendance data sourced from the school systems as at 17/10/2017

GOVERNING COUNCIL NEWS

Our next meeting is: 7pm Tuesday 7th November

⇒ Please note: Our school will be having an External Review in Week 7. There will be a special Governing Council meeting on Monday 27th November which members of the panel will be attending.

SRC NEWS



SRC Meetings are held fortnightly

In an SRC meeting earlier this year, it was suggested that we arrange to have a tour of the Nippy's factory. We have finally been able to arrange a time with Nippy's and will be walking down to the factory next Thursday to see how their products are made. How exciting to be able to have this opportunity. Thanks Nippy's!

BOOK CLUB

orders are due back to the office by Thursday 2nd November, thank you.



BRENTON'S BLOG...

PEACEFUL PARENTING

Last time I spoke about peaceful parenting and three key things we can do in parenting Primary School aged children. They were:

1. Regulate your own emotions
2. Re-connect with your child
3. Coach your child instead of punishing

Here are some examples:

1. Your seven year old keeps interrupting you while you are working at home.

He can't seem to play by himself. You start to snap at him, then you realize that your reaction is a signal to take a deep breath and a second look. You realize that he's feeling disconnected and needs some refuelling from you.

You say "You've been trying to get my attention all afternoon...I'm closing off my computer and turning off my cell phone. You have my undivided attention for twenty minutes. We will set a timer. What should we do?"

2. Your eight year old is hitting his little brothers every chance he gets.

You set clear limits (No hitting! Hitting hurts!) but instead of punishing him, you realise that he needs to feel connected to you.

" You seem out of sorts lately. I miss our special times together, since our family has gotten so busy with everyone's schedules. Let's have twenty minutes of special time for just you and me every single evening after the little ones are in bed."

3. Your ten year old screams " You never understand! I hate you!"

Instead of taking it personally, you realise it isn't about you, it's about her - her tangled up feelings, difficulty controlling herself, newly raging hormones, frontal cortex that's starting to rewire, and immature ability to understand and express her emotions. You take a deep breath, remind yourself that your child does in fact love you but can't get in touch with it at the moment, and consciously lower your voice:

" Ouch! I see how upset you are. I know your not usually hurtful, and we don't treat each other that way in this house. You must be really miserable to act like this. I'm so sorry that I'm not understanding. I love you and I'm sorry your hurting. I'm here with a hug when you are ready." Your child will be deeply grateful, even if she can't acknowledge it at the moment. Later, you can give her a hug and tell her that you don't yell at her and you don't want her yelling at you. But in the moment of heightened emotions, focus on those. This isn't about rules, it's about damaging a relationship you both value.

Hope these help.

Cheers *Brenton* - Pastoral Care Worker



SCHOOL NEWS



Our very own ATHLETICS CHAMPION!

Congratulations to Sarah Beames who competed in the recent SAPSASA Athletics Carnival at the Santos Stadium in Adelaide. She represented the Riverland and came away with a Gold in the 800m and Silver in the 1500m events. Sarah has also been selected in the South Australian squad along with 3 other Riverland students to compete in the Pacific School Games in Adelaide later this year. Sarah will have the opportunity to race against some of the best athletics from across the world. What an amazing opportunity!

The hard work is definitely paying off...

Well done Sarah!

LUNCHTIMES WITH BRENTON...

At the end of last term Brenton was doing some lunchtime painting with the students. He's come up with a fantastic way to decorate our Playcentre / Bike shed. It isn't quite finished yet but isn't it looking awesome? Well done kids... (& Brenton!)



ATHLETICS WITH TANYA

This week our students started some Athletics sessions with Tanya Beames. The students did a number of fun activities which required active participation along with team work and communication. These sessions will continue over the next few weeks. A BIG thank you to Tanya for taking the time to work with our students.



Article from the Murray Pioneer, 10th Oct 2017



ANGLE CHALLENGE

Ms Miller set the students a practical maths challenge this week by creating a huge shape full of angles on the classroom floor with masking tape. The students had to measure angles, find parallel and perpendicular lines. What a great idea for an activity!



We are all "hard wired" to feel secure. This need for secure relationships is 'built-in' to our most important interactions throughout every hour of every day. This 3 session course is ideal for mothers, fathers, significant others, parents to be, grandparents, foster and adoptive parents or anyone that is providing care for children.

This course will cover:

- What your child's behaviour might mean
- How to help your child organise their feelings
- How to help your child feel secure in their relationships
- How to help your child engage more in play and learning
- How to support you in your role as a parent when times are tough
- How to support your child in managing difficult behaviours: tantrums, attention seeking, clinginess.

When: Tuesdays, 7, 14 and 21 November 2017
10.00am - 12.00pm

Where: Relationships Australia SA
9 Kay Ave, Berri

Cost: Free

Enquiries: Call us on 08 8582 4122 or email your details to berri.intake@rasa.org.au and we will call you to arrange a booking.

Relationships Australia
SOUTH AUSTRALIA



volunteer AND MAKE A difference

HAVE YOU THOUGHT ABOUT
BECOMING A VOLUNTEER?

We are looking for responsible, friendly people who enjoy working with children, young people and their families.

All volunteers must undergo a criminal history check to take part in activities involving or in close proximity to children. To take part in this rewarding work, contact your Department for Child Protection office.

14 Kay Avenue - Berri
P: 8595 2400
or email for an information pack
hayley.may2@sa.gov.au
www.childprotection.sa.gov.au



November 11th
10:00am - 2:00pm

Sail training will be every
Saturday after, at 10:00am.
\$5, first lesson Free

Come and try sailing at Lake Bonney Yacht Club
on Saturday, November 11th. Canteen will be open
For more details contact Dorothy: (08) 8588 7186

Lake Bonney Yacht Club
Sailing Come & Try



Bringing Up Great Kids

An interactive Workshop for parents and care givers
Presented by Relationships Australia South Australia

Learning more about the origins of your own parenting style

Identifying important messages and how to convey these

Understand the messages of your child's behaviour

Discover ways to take care of yourself and find support

Develop strategies to manage your parenting approach,
in your busy world

Session details:

Thursdays, 16, 23 & 30 November and 7 December 2017
12.30pm - 2.30pm

Relationships Australia SA, 9 Kay Avenue, Berri

To Book call us on 08 8582 4122 or email your details to berri.intake@rasa.org.au and we will call you to arrange a booking.

Relationships Australia
SOUTH AUSTRALIA

Developed by the Australian Childhood Foundation

Moorook Bowling Club

Thursday Night

Bowls is back!

6-6:45pm for Tea

Bowls starts at 7pm

New & old bowlers welcome



COMMUNITY NOTICES & INFO