



# Moorook Primary School

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Principal: Sonya Warren

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## NEWSLETTER

Term 4, Week 5 - Friday 17th November 2017

### From the Principal

#### EXTERNAL REVIEW

On Monday 27th and Tuesday 28th November our school will be Externally Reviewed by a panel from the Review, Improvement and Accountability Division within the Department of Education and Children's Services.

There will be an opportunity for parents/caregivers to come along and speak to the panel from 6:00-7:00pm on Monday 28th November. All parents/caregivers are welcome!

On Tuesday 28th November the panel will meet with the Education Director-Con Karvouniaris and myself to share their findings and any important directions that come out of the Review.

I am really looking forward to this process, as I see it as a great way to get feedback about how we can further improve student outcomes at Moorook.

#### FOUR WEEK LITERACY BLOCK TRIAL

Our teaching staff met last Monday afternoon to review our four week 'Literacy trial.' The overall consensus was that it was a very successful trial, with marked improvements in student Literacy outcomes. In today's newsletter we will share some of the responses written by our students from their group novel studies.

We also interviewed our students about how they felt about the trial. Their feedback was overwhelmingly positive. Please see the student's feedback on page 6.

Our teachers are very keen to continue this style of differentiated learning in Literacy and Numeracy next year and we will be looking at how we can best organise our staffing to enable this to happen in 2018. We will keep you posted!!

#### PARENT/CAREGIVER OPINION SURVEY

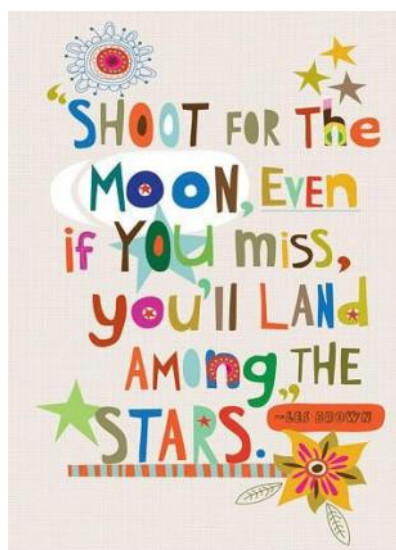
I have attached the 2017 Parent/caregiver Opinion Survey to today's newsletter. I always really value hearing from parents/caregivers about how they feel our school is going as well as any areas for improvement. Please return your survey to the Front Office by Friday 15th December. Thank you!

#### PARENTING IDEAS

This week's *Parenting Ideas* is about Resilience. Resilience has proven to be one of the most important factors in predicting success as an adult. The ability to bounce back, regulate emotions and cope with stress are key traits in a healthy, functioning person. Please see the article on Page 2.

Thank you,

*Sonya Warren*



### Diary Dates

Wed 22nd Nov

Reception Transition

Fri 24th Nov

2:45pm Assembly

Mon 27th Nov

External Review

6pm Parent Meeting

Wed 29th Nov

BOOK FAIR STARTS

Loxton High School Transition

Reception Transition

Fri 1st Dec

Breakfast Club

Yr 6/7 Aquatics

Sun 3rd Dec

Ms Miller & Yr 7's leave for

Canberra

Wed 6th Dec

BOOK FAIR STARTS

Reception Transition

Fri 8th Dec

2:45pm Assembly

Tues 12th Dec

End of Year Concert

Wed 13th Dec

SPLASH DAY

Fri 15th Dec

Last Day of the Year

2:15pm Dismissal

Report cards to go home



Government of South Australia  
Department for Education and  
Child Development

Great place to GROW



C A R I N G H O N E S T Y S P O R T M A N S H I P R E S P E C T

# parenting\*ideas insights

## Parenting for Resilience

by Michael Grose

*Resilience has proven to be one of the most important factors in predicting success as an adult. The ability to bounce back, regulate emotions and cope with stress are key traits in a healthy, functioning person. Resilience also helps prevent anxiety and depression. It is something we need to be instilling in our children.*

As a child's first educators, parents can't leave it to early learning centres, pre-schools and schools to develop their child's resilience. It's something that parents need to be constantly developing. Building resilience is not a program, but should be an approach or mindset that guides your parenting. Here are five principles/ideas that you can easily adapt to develop a strong sense of resilience in your child.

### 1. Develop your child's self-sufficiency

Self-esteem is an essential element for resilience. It teflon coats children against rejection and self-doubt. The foundation for self-esteem is self-sufficiency. It's the simple things such as feeding yourself as a toddler, making your own snacks in primary school and making your own lunch in secondary school that build self-esteem. Mastery over your own life provides a strong sense of self, which is an important piece of the resilience puzzle.



### 2. Allow kids to resolve their own problems

Resilience is developed when children own and resolve their own problems, whether those problems are learning, relational or organisational challenges. A lunch left at home is a child's problem to solve – either he borrows or goes without. A teenager who sleeps in on a school day needs to be allowed to manage the inconvenience of the situation, experience the stress that comes with being late and find a solution to avoid a repeat. Look for ways to coach your kids through social, physical and learning challenges but resist the urge to interfere or rescue kids unless it's absolutely necessary.

### 3. Encourage play (and mucking around) at every age

Encourage your child to play and be playful. As a community we seem to hold little store in the value of free, child-initiated, or even teenager-initiated, play. It's almost as if play time is a waste of valuable learning time. As any adult who experienced the joys of 'mucking around' as a child or young person will know, free play has huge benefits. These include helping children manage fear, providing opportunities to negotiate risk, and learning how to work flexibly with others. Importantly, free play and mucking around help children experience and tame stress, which is essential for resilience.





#### 4. Focus on face-to-face friendships

Healthy peer relationships are important protective factors against anxiety and depression for children and young people. From a resilience perspective, peer relationships are most potent when connections are face-to-face rather than through a digital medium. Studies are now showing how simple face-to-face social engagement has a massive positive impact on wellbeing. Positive face-to-face engagement – a smile, a wink or a nod – releases oxytocin, which increases trust and reduces cortisol (stress hormone). These simple face-to-face interactions also release dopamine, which makes us feel better.

For the sake of your child's resilience, encourage more face-to-face interactions, model healthy socialisation and help them balance their time between the online and real worlds.



#### 5. Tell stories of resilience

Storytelling is a powerful way of shaping children's understanding of how the world works. According to a recent study, children who hear stories about family members overcoming obstacles are more resilient and display more grit in the face of challenges. The most helpful stories are those that are realistic, reflecting life's ups and downs. It's often stories of difficulty rather than success that teach and inspire children to persist. Similarly, it helps to remind children of times you worked hard in the past to overcome obstacles. These might include how you learned to ride a bike, how you adjusted to moving schools or how you got along with a seemingly challenging teacher, boss or work colleague.

Perhaps the easiest way to bring resilience into your parenting is to develop a mindset for resilience. It helps to remember the struggles and difficulties you may have experienced and be willing to keep kids' chins up when difficulties and challenges get them down. It's also helpful to remind kids that things will get better. They always do, which is a fabulous resilience lesson to learn.



#### 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.*

**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**

**Our year to date attendance rate is: 93%**

## TRANSITION

This week we had a very special visit from our new Reception students for next year. Belle, Freya, Evie & Malik joined us on Wednesday and fitted in well into our Junior Primary Class. We look forward to getting to know them better!



## GOVERNING COUNCIL NEWS

Our last meeting was on Tuesday 7th Nov

Items discussed were:

- Interim budget for next year
- Approval of Material & Services charges for 2018
- New fencing from tennis court to carport to secure site for safety reasons



## SRC NEWS

Next BREAKFAST CLUB 1st December

At the last SRC meeting the students discussed:

- Having a Banned & Casual Day on last day of term
- Providing a shared lunch on the last day of term
- School Concert - perhaps moving the stage
- Splash day at the BIG 4 in Renmark

## SCHOLASTIC BOOK FAIR

We will be having a Scholastic Book fair again this term. It will start in Week 7, Wednesday 29th November and run for a week. Start saving \$ now!



## BRENTON'S BLOG...

Why is it good for your child to experience boredom?

Mum, Dad I'm bored!

Makes you feel put on the spot, right? You might even feel like you are a bad parent. Most of us feel pressured to solve this problem right away. We usually respond to our kids boredom by providing technological entertainment or structured activities. But that's actually counter-productive.

Children need to encounter and engage with the raw stuff that life is made of : unstructured time.

Why is unstructured time so important for your child's healthy development?

One of our biggest challenges as adults is learning to manage our time well. So it is essential for children to have the experience of deciding for themselves how to use unstructured time, or they will never learn to manage it.

Also, unstructured time gives children the opportunity to explore their inner and outer worlds, which is the beginning of creativity. This is how they'll to engage with themselves and the world, to imagine and create.

I'll talk about this a little more next time.

Cheers *Brenton* - Pastoral Care Worker

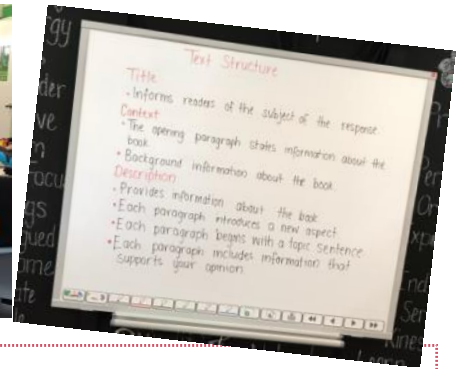




# UPPER PRIMARY NEWS

## Literacy

After 4 weeks of our successful Literacy program, our students have produced outstanding responses to the class novel "Danny the Champion of the world". Feedback from students has been extremely positive, they have enjoyed the structure and new learning environment. We plan to continue to cater for each child's individual learning needs. Enjoy reading samples of their work below:



### Madison's Introduction:

Danny lives in an old gypsy caravan with his dad at the back of their filling station. William and Danny have lived a happy life together ever since Danny's mum died when he was only four months old. Then on Danny's ninth birthday, he finds out his dad's deepest, most darkest, secret ever. Danny has lived with his dad all his life at their rickety old filling and mechanic station. Danny, unlike other kids, didn't have all the funky battery operated toys we own. Danny had to make do with all the cogs and car parts in his dad's garage, as they didn't have a car to drive into town, to get proper toys, which was quite a long way from where they live. Danny's dad has something special about him which Danny thinks is magic. William smiles with his eyes so every time Danny sees a sparkle in his eyes Danny knows his smile is real.

### Crystal's 2nd paragraph:

Danny's father William owns a filling station, it's old and unstable, has a fuel pump and an old cash register. Danny's father William is a motor mechanic and a single parent as Danny's mother died when he was four months old. Danny had no ordinary plastic toys he played with tools and old engine parts.

### Georgia's final paragraph & recommendation:

Danny and his father go on a BIG poaching adventure to Mr Victor Hazell's wood. They use Danny's great new poaching method to capture thousands of pheasants and destroy Mr Victor Hazell's great annual shooting party. The Sleeping Beauty is a method that revolutionises poaching, this is what makes Danny the Champion of the world.

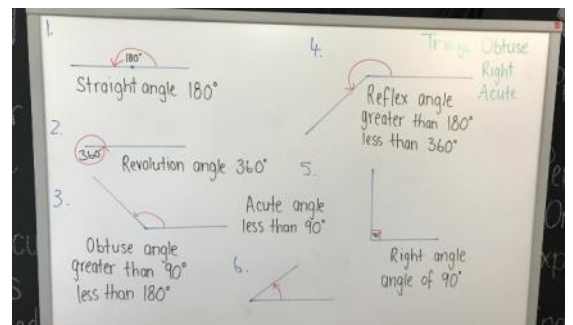
This book made me feel a bit bored because I wasn't interested in poaching, I would recommend this book to year 3 and up.

### Tony's 4th paragraph:

Danny's dad William has a very big secret, he is a poacher. He rots pheasants from Mr Victor Hazell's wood because of how rotten he is to other people and them, and he also does it for food because they don't have much money themselves. But he has stopped poaching after Danny's Mother tragically died. There are three different methods of poaching, The Horse Hair Stopper and The Sticky Hat. They are the ways William poached. But later on Danny finds out his dad is poaching again and joins in. Danny comes up with an awesome new method to catch pheasants; it is called The Sleeping Beauty. You soak some raisins and put a little bit of sleeping pill in it, then when a pheasant comes up and gobbles it up they drop to ground and you have yourself a pheasant.

## Maths

After the recent Maths unit on angles, the students were assessed through the use of an online Kahoot quiz. This promoted student engagement and involvement in the curriculum content. Results for the entire class were well above the required standard for each year level.



## YEL

### Young Environmental Leaders

On Wednesday, our representatives had the opportunity to attend the final YEL day. Unfortunately due to the weather, this had to be moved from Lock 3 to the Barmera Yacht Club. Our students have had a great year learning about the environment and bringing what they have learnt and experienced back to school.

Well done girls!



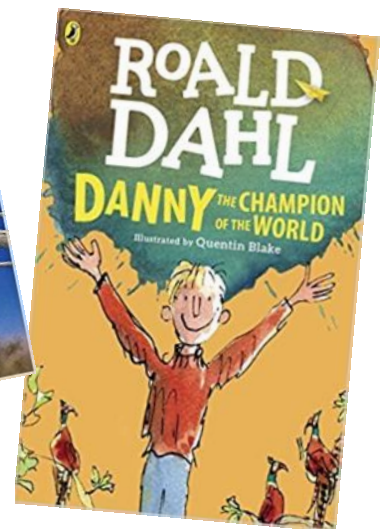
# STUDENT FEEDBACK FOR OUR LITERACY GROUPS TERM 4

## What is going well?

People in their age group. Better than trying to work in a whole big group  
 More learning  
 I enjoy spelling activities because they are a fun way to learn.  
 I enjoy LCWC because I love writing words.  
 I enjoyed everything but writing because my hand hurts.  
 I really liked the story  
 Lots of ideas to help you write  
 I really like it – good learning in a particular way that helps us  
 I like writing because you can copy words.  
 I really liked literacy because I learned a lot with Mrs Dawe.  
 I like it when we do spelling  
 Reading is good  
 Spelling and reading are good.  
 Learning to collaborate  
 The class gets on with their work  
 The class is quieter and I can focus more  
 The people in the groups are getting along  
 The groups are going really great x2  
 Our learning skills are growing  
 The class is quiet and on task  
 Everyone is doing well  
 Our grammar skills are improving

## What can we improve?

Fitness – during literacy because we miss out.  
 It's a bit boring and it's always talking  
 It's a bit boring some times and we don't do that much  
 Being on task x2  
 Listening in groups  
 Our group could work on listening  
 Less talking  
 We can improve on not calling out and listening  
 The listening in the groups



## What are the questions?

Why don't we get another book?  
 Can we do it again? x2  
 Are we changing groups?  
 What is the next book we are going to read ? x5  
 Why are we doing these groups?  
 Are we doing this for the rest of the term?  
 How long will we be doing the literacy block?

## What are the issues and ideas?

Need things to fidget with sometimes when there is talking  
 Making characters and then write about them.  
 I don't really like it because some bits are hard  
 When other groups come into our class to get something it's distracting  
 Maybe we should have different students in different groups?

PURPLE - Mrs Warren's group YELLOW - Mrs Dawe's group BLUE - Ms Miller's group





SA Dental Service

*Keep your kids smiling*

Dental care is FREE for ALL babies, preschool and most children under 18 years at School Dental Service clinics.

The School Dental Service is a Child Dental Benefits Schedule provider.

**Call us now for an appointment!**

Your local clinic is: Riverland Oral Health Centre

Phone: 8580 2700

[www.sahealth.sa.gov.au/sadental](http://www.sahealth.sa.gov.au/sadental)

### BEDWETTING INSTITUTE

A DVD based program to cure bedwetting, with Dr Mark Condon and Physiotherapist, Margaret O'Donovan has been developed. The bedwetting Institute program outlines a successful four step plan for parents to implement at home with their children.

For a free Bedwetting Fact Sheet please visit the website:

[www.bedwettinginstitute.com.au](http://www.bedwettinginstitute.com.au)

SCHOLASTIC  **Book Fairs**

You're invited to our Scholastic

# BOOK FAIR!



All purchases earn books and learning resources for our school!

Date 29th Nov - 6th Dec Time 8:30 - 3:30pm

Place **MOOROOK PRIMARY SCHOOL**

Find these books and hundreds more at the Fair!

 SCHOLASTIC

## Moorook

## Bowling Club

Thursday Night

Bowls is back!

6-6:45pm for Tea

Bowls starts at 7pm

New & old bowlers welcome



**NOTICES & INFO**  
**COMMUNITY**



## Berri White Ribbon Event

Relationships Australia SA in Berri would like to invite Riverland service providers and community members to come and learn more about the White Ribbon Initiative. We will share some information and have a conversation around the following topics:

- The White Ribbon Initiative and what it means
- Playing your role, what you can do to help the cause
- Addressing violence in our community work

When: Wednesday, 6 December  
9.30am to 11.30am

Where: 9 Kay Ave, Berri

Light morning tea provided. Please rsvp for catering purposes to 8582 4122 or email [berri.intake@rasa.org.au](mailto:berri.intake@rasa.org.au) to register.

### In support of

Australia's campaign to stop violence against women

**White Ribbon**



*Relationships Australia*  
SOUTH AUSTRALIA