



# Moorook Primary School

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## NEWSLETTER

Term 4, Week 7 - Friday 1st December 2017

### From the Principal

#### EXTERNAL REVIEW

A big thank you to all staff, students, Governing Council members and parents/caregivers for their great support during our External Review on Monday and Tuesday. It was a very rigorous and informative process.

I met with the External Review Officer, Liz Matheson and the Education Director, Con Karvouniaris on Tuesday afternoon for feedback. The panel were very impressed with our school and we received numerous positive acknowledgements about our school processes, our teacher planning and practice and student learning.

The External Review Panel are now compiling a Report, which we are hoping to receive before the end of the year. I will share this Report with Governing Council and our school community as soon as it becomes available. This Report will document all of the positive findings about our school as well as some useful directions for the school around teaching and learning. We look forward to any feedback that can help us to further improve our student's outcomes.

#### PARENT/CAREGIVER OPINION SURVEY

Please return your survey to the Front Office by Friday 15th December, Thank you!

#### PARENTING IDEAS

This week's Parenting Ideas is about Gratitude. Gratitude is more than just a nice feeling, gratitude is integral to happiness. If we can inspire and cultivate gratitude in our children, we're doing so much more than teaching them to be polite by saying 'thank-you'. We're helping them develop a strength that will positively affect their mental health and wellbeing over a lifetime. It's that powerful. Please see the article on page 2&3.

#### PARENT/CAREGIVER MEETING

Letters went home yesterday about class compositions and intervention programmes for 2018. We would really appreciate it if you could return the bottom of the letter to let us know that you have read it. Please feel free to add any comments/concerns that you may have. I am available on Wednesday afternoon at 3:30pm, Dec 6th if anyone has any questions or queries about the structure for 2018. The feedback returned so far has been very positive! Thank you!

*Sonya Warren*

### Diary Dates

Sun 3rd Dec

Ms Miller & Yr 7's leave for Canberra

Wed 6th Dec

BOOK FAIR FINISHES  
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



parenting \* ideas

## insights

## The power of gratitude for a happier life

by Dr Jodi Richardson



WELLBEING AND MENTAL HEALTH



*More than just a nice feeling, gratitude is integral to happiness. If we can inspire and cultivate gratitude in our children, we're doing so much more than teaching them to be polite by saying 'thank-you'. We're helping them develop a strength that will positively affect their mental health and wellbeing over a lifetime. It's that powerful.*

Remember how many times you had to remind your kids to use their manners all those years ago? I know, probably too many! Still reminding? You're not alone! In the same way good manners eventually become a part of daily life, sincere gratitude will too. It's worth persevering.

**Benefits of a grateful mindset**

The science tells us that compared with those who don't, people who practice gratitude are more enthusiastic, more determined, perform better at school, are more likely to avoid risky behaviours, experience less depression and envy, are more kind and helpful, sleep better and are 25 per cent happier.

Adolescents with a grateful mindset are more optimistic and experience greater social support, which is essential to their health and happiness. They experience more fulfilling friendships and family relationships, are more content in themselves and with their school, have higher grades and are less focused on material possessions.

There's simply no down side!

Practicing gratitude is a sure-fire way to boost happiness, something we absolutely want for ourselves and for our children. In addition, teaching our children genuine appreciation helps them develop strong relationships over the course of their lives, and we know that strong relationships are critical to our overall happiness.

Gratitude isn't just good for the giver either. It's wonderful for the recipient too. Do you remember how you felt the last time sincere gratitude was expressed to you? It lifts our spirits, boosts our mood and inevitably strengthens our relationship with the person expressing their thanks.

**Where do I start?**

The best way to teach gratitude is for us as parents to role model it.

When you're feeling grateful, tell your kids and explain why. If you do something kind for someone to thank them for helping you, share your story over the evening meal. Like all values we want for our kids to embrace, it's 'monkey see, monkey do'.

Different families teach gratitude in different ways. The trick is to introduce a gratitude practice that doesn't feel like a chore. Even if there's a little resistance at first, don't give up. It feels good to be grateful, so it should eventually become something that doesn't need too much of a nudge.

**Supporting your child to become more grateful begins with teaching three fundamental ideas:**

1. Awareness that someone has purposefully done something to benefit them.
2. Awareness that taking action to provide you a benefit cost that person in some way.
3. Understanding that the benefit of that person's actions is valuable to them.

**There are loads of fun ways to practice gratitude. Here are a few to get you started:**

- Regularly express sincere gratitude to your partner and to your children, explaining why.
- Prompt your kids to note things they're grateful for in colourful textas on poster paper on the fridge.
- Paint a wall in chalk paint for your family to artistically (or not!) express their gratitude using chalk.
- Ask each family member what they're thankful for each evening at dinner.
- Stop to savour and appreciate the little things like a beautiful flower or a colourful sunset.
- Find the silver lining in difficult circumstances.
- Relive happy moments together.
- Hold hands at the dinner table and thank the person who prepared the food.
- Ask the kids to take photos of the things they're grateful for.
- Keep thank-you notes at the ready and let the kids know when you write one and why. Encourage them to do the same.
- Encourage a contribution from your kids' pocket money towards something they want.
- Start a gratitude journal and invite the kids to make contributions.
- Encourage your kids to help others.
- Help your kids reflect on what they're grateful for, last thing at night.
- Start a gratitude jar and each weekend spend time reading over the notes within.

It's really about finding the right fit for your family. You may need to try a few different ideas. You don't even have to do it everyday, even just a few times a week works well, though it is good to get into a routine with it.

Lastly, Associate Professor Jeffrey Froh, a leading authority on gratitude in young people, tells us that "the deepest sense of gratitude in life comes from connecting to a bigger picture, to an issue that matters to others, and doing things that contribute to society down the road."

Knowing this we can also be on the lookout for opportunities to fan the flames of our childrens' passions and yearnings to make a difference in the lives of others. Step-by-step, day-by-day, we can raise grateful young people who are happier because of their perspective, and who lead rich and fulfilling lives because of what they do for others.

**Dr Jodi Richardson**

*Jodi is a happiness and wellbeing speaker and writer, and is mum to two primary school aged kids who light her up. For more great ideas on flourishing mental health for the whole family, subscribe to her newsletter at [drjodirichardson.com.au](http://drjodirichardson.com.au) and say hello on [facebook.com/DrJodiRichardson](https://www.facebook.com/DrJodiRichardson). Enquiries to [jodi@drjodirichardson.com.au](mailto:jodi@drjodirichardson.com.au)*



## VISIBLE LEARNING

Do you know what it means to be in "The Learning Pit"?

Our students do.... Come in and check out our display and find out what it means...



## 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

BOOKFAIR ON NOW!

Finishes Wednesday  
6th December.



## BRENTON'S BLOG...

Last time I spoke about how children being bored is a good thing for their healthy development. It helps them to manage time and opens the opportunity for creativity.

Most kids given unstructured time rise to the occasion and find something interesting to do with it. Kids are happiest in self directed play. That's because play is children's work. It's how they work out emotions and experiences they have had.

So why does "I'm bored" become a constant statement for so many kids?

When kids can't find something to do it's usually because:

- they are so used to screen entertainment that they aren't practiced at looking inside themselves for direction .
- their time is always structured that they aren't used to finding fun things to do with their free time.
- they have no one to play with, and haven't yet discovered things they like to do themselves .

Unfortunately , our society is raising a whole generation of children who are addicted to screens.

Children need other kinds of experiences , from building with blocks( motor skills, perceptual abilities ), to engaging with other kids( learning how to get along and partner with others), to creative pursuits( becoming a doer, not a passive observer).

Children also need to be physically active. Their bodies are designed to move, and if they don't they have a harder time sustaining attention and staying in a good mood. That's why it is essential to limit screen time.

Next time I'll talk about how we can respond as parents.

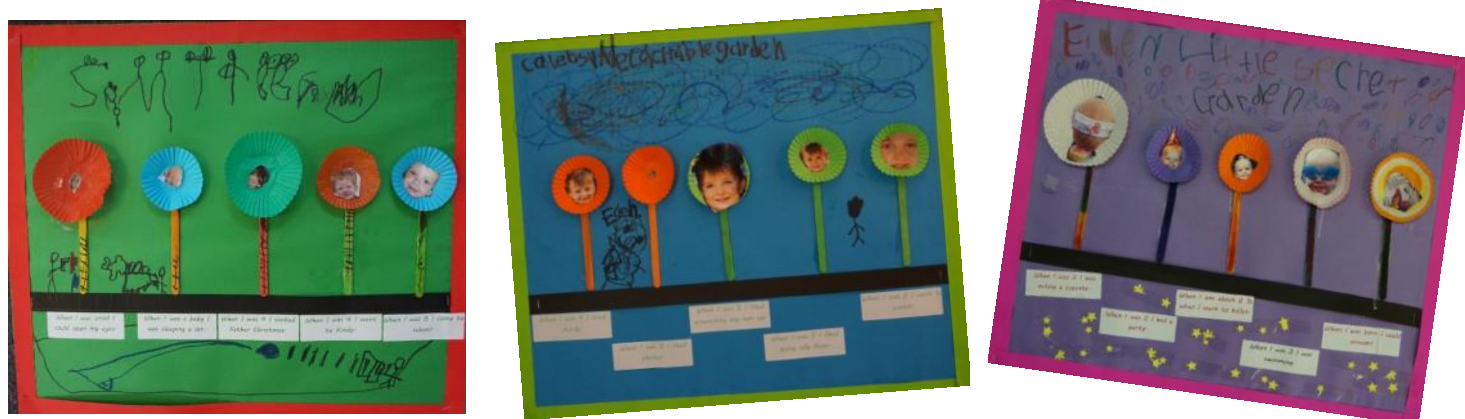
Cheers *Brenton* - Pastoral Care Worker



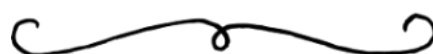
# JUNIOR PRIMARY NEWS



In the Junior Primary Classroom we have been learning how we grow and change over time. The students have selected photos from birth until current age and made a time-line photo board. They sequenced the photos and wrote a blurb about what they could do at that particular age. Together we have realised how much everyone has grown and changed overtime in their life time.



## Basketball Clinic



This term, we have used our "Sporting in Schools" grant towards some new basketballs and some sessions for our students. Yesterday we had a visit from State Basketball player Monique Thompson, who did some training drills. Unfortunately because of the heat, the sessions were shortened and modified. Despite this, everyone involved had a great time and came away with a few more skills!





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



COMMUNITY  
NOTICES & INFO



## 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