



NEWSLETTER



Principal: Tamarin Condon
Governing Council Chairperson: Emery Hayman



Dear Parents,

Week 4, this term is flying by!

Winter is certainly upon us and we have been blessed as it has come with some heavy rain. With the change in our weather, I have noticed that there are many lost jumpers which are currently in the bag racks near the 6/7class. If you are missing any jumpers or have misplaced anything at all, please take a look, you may just find what you are looking for. One way to reduce this is to clearly label your child/children's jumpers and jackets as this allows us to easily return them, I thank you for your assistance with this.

Earlier this week we celebrated "Education Support Personnel Day" with a morning tea in honour of our SSO's. We are so fortunate to have such extraordinary people who work in our school and every one of them plays an important part in helping our students be the best learners that they can be. Without them our school would not run as smoothly as it currently does and your work is not unnoticed, THANK YOU!

With more than 90% of our children back at school it has been wonderful to see our children attending, learning and having fun doing so! There has been a real "excitement" this week as students have been involved in STEM challenges with students making hydraulic machines, students making computers for the future and students designing a new city. Learning in PE has seen the students develop their skills when working with balls with them beginning to understand the games Netball, Basketball and European Handball. Our skippers have mastered new skills, created new routines and are just "AWESOME". This has been fabulous to see.

Our weekly updates regarding COVID-19 are still happening and as I have said before, the health and safety of our students and staff is my main concern. As mentioned last fortnight, we will continue to follow the advice provided by Dr Nicola Spurrier SA Health and the Department for Education's COVID-19 team.

We are still following our hand washing processes, adhering to social distancing when in the wider school community and ensuring that any child who is unwell or sick is sent home from school. Our playground, inside and outside benches, taps, table tops, doors and door handles are being sanitized daily and this is helping to keep us all safe!

On a more positive note, I would like to personally thank all members of the school community who have kindly donated lego for our soon to commence "LEGO CLUB". I would also like to take this opportunity to thank our own Parent Club for their kind donation, your generosity warms my heart.

I am so fortunate to work with such wonderful people and in such a generous school.

Kind regards

Tamarin Condon

Principal

WHAT'S IN THIS ISSUE?

- Important Dates to remember
- Year 4/5 class feature page
- School Closure Day
- AC Care Flyer
- MGHS Year 7 information
- Child Protection Curriculum
- From the desk of our Pastoral Care Worker
- Parent Club News
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Child Protection Curriculum at Mil Lel PS

At Mil Lel our staff have been or will be soon beginning teaching "The Keeping Safe: Child Protection Curriculum" (KS:CPC) to their classes which is a child safety program for children and young people from age 3 to year 12.

The program teaches children to:

- * recognise abuse and tell a trusted adult about it
- * understand what is appropriate and inappropriate touching
- * understand ways of keeping themselves safe.

The KS:CPC is mandated in all public preschools and schools and is taught every year by teachers who have completed a full day KS:CPC training course. It is a world-class, evidence-based child safety program that is used by a range of other Australian and international schools.

Why we teach children about keeping safe

A legal responsibility to protect children and young people from abuse in its own settings and in the wider community. All children and young people have a right to: and to be protected from harm that affect their lives and to be listened to and other children and young people 'feeling and being safe'.

The department has

- * be treated with respect
- * be asked for their opinions about things
- * feel and be safe in their interactions with adults
- * understand as early as possible what is meant by

Themes

themes: ourselves to be safe by talking to people we trust.

The curriculum follows 2 main

- * we all have the right to be safe
- * we can help

Focus areas

through 4 focus areas recognising and reporting abuse * protective strategies.

The 2 themes are explored

- * the right to be safe
- * relationships
- *

The focus areas are targeted to the age of the learners. If you would like more information please go to <https://www.education.sa.gov.au/teaching/curriculum-and-teaching/keeping-safe-child-protection-curriculum/about-keeping-safe-child>

Parent Club News

Dear Parents and Caregivers,

This term our major fundraiser is a Pie Drive from Homestyle Bakery. The order form has been sent home today. The forms need to be returned to the front office by Wednesday 3rd June.



**ENTREPRENEURIAL
SPECIALIST
SCHOOL**

**YEAR 7 STUDENTS ARE
INVITED TO BE A PART OF
OUR ENTREPRENEURIAL
PROGRAM IN 2021**

*Applications for this program close on
Friday 3 July 2020*

Mount Gambier High School is one of five Entrepreneurial Specialist Schools (ESS) in South Australia, delivering learning programs that will promote and encourage entrepreneurial mindsets in students.

Participation in the Mount Gambier High School Entrepreneurial Specialist Program will give young people the opportunity to be involved in a number of diverse activities throughout their time at Mount Gambier High School. These programs will focus on developing innovative thinking, 21st century skills and collaborative capabilities.

Entry into this program is by application only with further information on this process available on the Mount Gambier High School website at: http://www.mghrs.sa.edu.au/html/year_7_transition.html

Any enquiries about the program can be made through Josh Proolmi, Entrepreneurial Specialist School Assistant Principal on 8721 0200.

LEARNING | BELONGING | RESPONSIBILITY

Struggling to pay bills or rent due to the impact of COVID-19?

ac.care can support you with emergency relief, financial and general counselling.

We continue to welcome new clients in the Limestone Coast, Riverland and Murraylands.

Whether you are awaiting government payments, facing a short-term crisis or need help to plan for your future, we urge people facing uncertainty to call our team.

ac.care can provide a respectful, confidential and free service tailored to your individual needs to help you avoid or navigate through a crisis and ensure your financial position is sustainable as quickly as possible.

Visit accare.org.au for more information or contact us to arrange an appointment.

**1300 ACCARE
(1300 22 22 73)
care@accare.org.au**

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**PLEASE NOTE IN YOUR DIARY:
SCHOOL CLOSURE DAY
FRIDAY 5 JUNE 2020**

DATES TO REMEMBER

May

Week 4, Friday 22 May

PINK STUMPS DAY (Students only)

Week 6, Monday 1 June

PYJAMA DAY

Week 6, Wednesday 3 June

Hamburger Day

Week 6, Friday 5 June

SCHOOL CLOSURE DAY

Week 7, Monday 8 June

Queen's Birthday - PUBLIC HOLIDAY





From the desk of our Pastoral Care Worker

Practicing gratitude actually changes our brains.

Studies have shown that those who practice gratitude have increased activity in the ventral and dorsal medial prefrontal cortex. This part of the brain is responsible for morality, reward, judgment and understanding. It also helps with how we connect, interact and bond with others.

By practicing gratitude our brain releases dopamine, serotonin and oxytocin. Commonly known as the 'happy hormones' these neurochemicals are tied to and contribute to the feelings of happiness, contentment, connection, confidence, reward and bonding. It is important that we continue to practice these skills as over time your brain will learn to appreciate and retain the positive experiences more and learn to help fight off the negative thoughts.

How does gratitude affect us?

The practice of gratitude results in a range of positive effects:

1. Deeper and stronger relationships
2. Improved mental and physical health
3. Overall wellbeing
4. Higher confidence and self-esteem
5. Develops resilience
6. Builds community

The practice of Gratitude results in a range of positive effects. These include being able to develop and maintain deeper and stronger relationships. Gratitude helps us gain greater understanding of one another and appreciation for others.

Research suggests that gratefulness, hopefulness, and bravery are integral emotions for a healthy mind and optimistic mind set. So it follows that if we can activate and regularly practice gratitude, bravery, hopefulness and optimism into our daily routines, that we will grow our social and emotional resilience. Together you and your families can activate these "super power feelings" to provide resilience in challenging times such as we are experiencing as a result of the COVID-19 pandemic. Not only can they help you to get through but they can help you come through stronger.

We've completed two gratitude lessons with our Foundation/Year 1 students this term:

1. A gratitude wall of all the things they are grateful for in their homes
2. A Gratitude Relationship Net – the people in their world that they are grateful for. To hear them share their thoughts on gratitude in circle time as well as in their drawings has been a delight. Children are quick to respond to and understand gratitude.

If you'd like to join and extend their learning about gratitude you could try these family activities:

- create a Gratitude jar that you add gratitude notes to after dinner around the table
- create your own Gratitude poster
- Collate a pin board or poster board full of gratitude by cutting images of things from magazines that represent things you have and are grateful for in your home.
- Send them on a 'gratitude treasure hunt' with an iPad to snap a pic of all the things they are grateful for and then encourage them to turn it into a slideshow for the rest of the family. This could then be sent to other family members who don't live in your house or to friends so that we can share the gratitude!



-Living Grateful, Belinda

Year 4/5 Multiplication



We made an "Array City" in our classroom to show how arrays help us learn how multiplication works.

<p>MY SKYSCRAPER HAS 13 ROWS OF WINDOWS IN 7 COLUMNS!</p> <p>$13 \times 7 = 91$ $91 \div 7 = 13$</p> <p>$7 \times 13 = 91$ $91 \div 13 = 7$</p>	<p>MY SKYSCRAPER HAS 11 ROWS OF WINDOWS IN 10 COLUMNS!</p> <p>$11 \times 10 = 110$ $110 \div 11 = 10$</p> <p>$10 \times 11 = 110$ $110 \div 10 = 11$</p>
<p>MY SKYSCRAPER HAS 6 ROWS OF WINDOWS IN 8 COLUMNS!</p> <p>$6 \times 8 = 48$ $48 \div 8 = 6$</p> <p>$8 \times 6 = 48$ $48 \div 6 = 8$</p>	<p>MY SKYSCRAPER HAS 6 ROWS OF WINDOWS IN 5 COLUMNS!</p> <p>$5 \times 6 = 30$ $30 \div 5 = 6$</p> <p>$6 \times 5 = 30$ $30 \div 6 = 5$</p>

Multiplication



Inspiring a love of learning in
a caring community

PLANNER – TERM 2 2020

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Sat	Sun
1	April 27	28	29	30	May 1	2	3
2	May 4	5	6	7 Newsletter	8	9	10
3	May 11	12	13 Hamburger Day	14	15	16	17
4	May 18	19	20 Finance and Governing Council Meeting	21 Newsletter	22 Pink Stumps Day	23	24
5	May 25	26	27	28	29	30	31
6	June 1 Pyjama Day	2	3 Hamburger Day	4 Newsletter	5 Pupil Free Day	6	7
7	June 8 Queen's Birthday Volunteer's Day	9	10	11	12	13	14
8	June 15	16	17	18 Newsletter	19	20	21
9	June 22	23	24 Hamburger Day Finance and Governing Council Meeting	25	26	27	29
10	June 29	30	July 1	2 Newsletter	3 End of Term 2.30 Dismissal	4	5

Term 3 commences Monday 20th July

RESPECT - PARTICIPATION - GROWTH