



MORGAN PRIMARY SCHOOL NEWSLETTER

Term 1—Week 4

Tuesday 20th February 2018

Understanding - Care and Compassion - Responsibility - Doing Your Best - Respect



R-5 Swimming Lessons

Mon 19th Feb—Wed 21st Feb

6/7 Swimming Lessons—
WEDNESDAY ONLY

Wednesday 8.30am departure
to Waikerie Pool

Wednesday 21st February

Meet and Greet Evening

5.00-5.30 Open Classrooms

5.30-7.30pm—BBQ Tea

Tuesday 27th February

Creative Music Workshop

Wednesday 28th February

Mid Murray Family Connections
Meeting—1-4pm

Morgan Council Office

Friday 2nd March

Year 6/7—Aquatics

Monday 5th March

Governing Council—AGM
5.30pm

Monday 12th March

Adelaide Cup Holiday

Principal News

Welcome to Week 4!

A week away from school is certainly a long time and you feel like you have missed a lot and are out of the loop and can be a little overwhelming with catching up on missed opportunities and learning. This is the same for our kids. It was certainly great to be back at school to see the team and smiling faces. Most importantly to catch up with the kids about what's been happening. Thank you to the staff for covering me and you all certainly kept the ship sailing.

I have had various meetings in the last week. Tuesday—Mid Murray Family Connections as Lisa Edwards and myself are facilitators of the Morgan and surrounds group (North Region). I have included some information to seek more members from our school community to come on board and join our working party and attend a meeting next Wednesday.

Wednesday I attended our first Waikerie Partnership meeting of the year to continue the work site leaders are implementing to support our students, staff and community.

Thursday and Friday I attended a Literacy Summit and Leaders Day in Adelaide where leaders and DECD personnel heard latest research, directions for SA to become a world class system, to explore the new DECD strategic plan and look at directions for our state in the years to come.

Yesterday I attended a SASSA Executive meeting in Adelaide and AGM to continue to fly the flag and promote the outstanding work of small schools across the state. My JOB LIST has certainly increased and it is certainly great to be back at school today.

Japanese Trip—It is great to hear that some of our students and families are talking about travelling to Japan for a study trip. We will need a definite answer by the end of next week.

Swimming Lessons—Waikerie Pool—TOMORROW

Students will need to have their bathers, rashie, LIFE JACKET, Clothes for deep water survival (shorts / Tshirts / Year 6/7 long pants) and plenty of snacks, lunch and water for tomorrow. Students will need to be at school at 8.30am to leave for Waikerie— PLEASE RETURN THE CONSENT FORM IN THE MORNING.

Have a great week and see you tomorrow for our Meet and Greet evening!

Kind Regards,

Kellie Zadow

Congratulations to our School Leadership Team 2018



SCHOOL CAPTAINS 2018

Ruma Potts and Brianna Hill

SPORTS CAPTAINS 2018

James Kroschel and Connor Irving



Community Leader 2018

Ashanti Edwards

Congratulations to our Year 7s on your positions for this year. We look forward to seeing you all put your plans, visions and skills into action to make some extra-ordinary things happen at Morgan PS in 2018.

Make
TODAY
the day to
LEARN
SOMETHING
NEW

PUSH YOURSELF
BECAUSE NO ONE ELSE IS
GOING TO DO IT FOR YOU.

"A LITTLE
PROGRESS
EACH DAY
ADDS UP
TO BIG RESULTS"

Meet and Greet tomorrow night
Classrooms open from 5.00-5.30pm - Tea from 5.30pm
Don't forget your chairs and sweet/salad.

Information for families—Mid Murray Family Connections

Dear Future Mid Murray Family Connections Network working group member,

As the Mid Murray Family Connections Network moves forward we have divided our region into 3 local working groups: North, Central and South.

North includes all towns, residents and families living in, and around, the Blanchetown, Cadell, Morgan, Bower and Mt Mary areas.

Central includes all towns, residents and families living in, and around, Swan Reach, Cambrai, Truro, Keyneton, Nildottie and Sedan areas.

South includes all towns, residents and families living in, and around, Mannum, Palmer, Tungkillo, Bowhill, Young-husband and Caloote areas.

Lisa Edwards and Kellie Zadow are the co-facilitators for the working group in the North region of the Mid Murray Council area. We are now preparing to partner with any interested people who share the vision that our **children in the Mid Murray enjoy positive wellbeing and emotional maturity**. We invite you to continue with (or join) the working group as you are our partner in supporting families and young children. The working group will meet at the 1st 2018 MMFC Network meeting on Wednesday 28th February 1 – 4pm at our local Council office (Morgan Office). Future working group meetings will be held at sites and times to be decided by the group. We ask you to join us on February 28th at 1pm to meet with other working group members and start the planning for the year. We want your input and ideas about what we can do better for our families and then together we will formulate an Action Plan.

Future MMFC Network meetings for 2018 are 30th May, 22nd August and 14th November, 1 – 4pm.

Feel free to invite other people who you think may be interested in helping with this work – together we can make a difference. For more information please email or phone us.

Kellie Zadow—85402102—kellie.zadow72@schools.sa.edu.au

Lisa Edwards— 0409 733 112 - lisalou86@live.com

Attention Families: 'SPLASH and FUN' session 1

Mums / Dads / Carers are invited to come along with your child/ren to our first session from 9-10am at the Morgan School Pool this Friday—Birth to 5 year olds. Bring your morning snacks and make a morning of it. Free of charge.

Governing Council 2018

We have our AGM and first meeting on Monday 5th March at 5.30pm. Please add this in your diary. We have had some families express interest in joining the Governing Council in 2018. Please come in and collect some information on Governing Council Code of Conduct / Roles and Responsibilities from Jo or myself or if you would like to know more speak to an existing member. We have met on Mondays at 5.30pm but times and days will be negotiated with our new committee. Please come in a collect a Nomination Form prior to the meeting.

Continuing MEMBERS

Wendy Crabb

Jignesh Patel

Jo Jericho

Rod Zerner

Robyn Martin

NOMINATIONS

Hayley Potts

Rhiannon Seres

Calm Bodies = Calm Minds (and Better Learning)

Something I get asked a lot is "how do I stop my kids from yelling/crying/exploding/hitting/chucking a tantrum?"

It's no surprise parent/carers are keen to know some answers to this question! Big feelings for kids are often loud, hard to miss and can be outright embarrassing for parents/carers. It can also be very stressful for parents/carers to hear and see their kids acting in these ways. In a professional setting - whether it's in the therapy room or in the classroom, it's also really difficult to manage children who are highly distressed - and so it makes sense that we all would like kids to act in these ways less often.

However, it is important to also keep in mind that when kids are yelling, crying, hitting, exploding etc., it is a sign that they are emotionally overwhelmed and are struggling. Let's go over what happens when we are overwhelmed.

Our brain instantly turns on our "alarm system" just like happens if we are in real danger.

Stress hormones such as cortisol and adrenalin are released which makes the heart beat faster, our breathing to go quicker and our muscles to tense up.

In this state, we have an urge to fight (hit, kick, throw things, say nasty words), take flight (run away, hide, make our bodies small) or freeze (stand still or drop to the floor and refuse to move).

Listening, thinking, reasoning, remembering and talking brain systems shut down (to divert blood flow to our fight, flight and freeze systems above). As a result we:

Can't think or listen well. Can't express themselves well. Can't remember information well.

All of this is true for children too! When a child is emotionally overwhelmed and in "fight/flight/freeze" mode there is just not much point trying to tell them lots of information about why what they are doing is not okay - they just often can't make sense of it or respond to it in the way we want them to. Also, there is no point to continue to try and teach kids the things we had planned for our lesson or session right then and there - they are not in a state to learn anything.

And when kids are in "fight/flight/freeze" mode, WE will likely be feeling the same way too - it's like tossing a pebble (or a boulder!) into a pond - the ripple effect can be huge.

What does the "fight/flight/freeze" response mean for us when we are dealing with "meltdowns" - or children who are crying/yelling/distressed?

There are many different ways to respond, and I'm sure you've found your own strategies. For me however, one of the things I keep in mind is that as much as possible I want to DELAY trying to teach children important information, asking them to tell me complex ideas or take in and remember instructions until they have a calmer body.

This is the WAIT strategy. It's not that we don't need to teach children how to behave in a calm and appropriate way - but there is a time and place, and when children are angry or frustrated, it's usually not the right time or place!

In other words, where possible we want to WAIT. For example, we might want to:

Wait - until they have taken a few deep breaths.

Wait - until they've had a chance to tell us what they need to say

Wait - until they've done another activity and are calmer

Wait - until we have time to talk, eg later before break time/at the next session

Wait - until we are calmer

Wait - until we have had a chance to talk about the issue with a colleague

When can you use the "WAIT" strategy after a child you are working with has a difficult moment?



Programs/ Sponsors / Contact Details



CONTACT DETAILS

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Government of South Australia

Department for Education and
Child Development