



# MORGAN PRIMARY SCHOOL NEWSLETTER

Term 2— Week 8

Tuesday 19th June 2018

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



Tuesday 19th June

Early Years Day 3

EY—Stem

Friday 22nd June

Sporting Schools Excursion

NO BREAKFAST / FAMILY  
GAMES

Monday 25th June

Golf Clinic Yr 2-7

Tuesday 26th June

Japanese Quiz Afternoon /  
Lunch @MPS

Wednesday 27th June

Governing Council T&D—  
SRAS

Monday 2nd July

Choir Rehearsal—Barmera  
PS

Tuesday 3rd July—

Engineering Workshop Yr 2-7

Wednesday 4th July

Open Learning Hour / As-  
sembly 9.00am-10.30am

Thursday 5th July

Reports Home

## Principal News

### Welcome to Week 8

Another busy week ahead with a sporting day on Friday to utilize our Sporting Schools Grant. More fun, positive interactions with other schools, learning new skills, teamwork and opportunities.

**Opportunity for Something Special for our students**— Next term we will have a group visiting Morgan as they make their way from Wentworth to Adelaide on an International Peace Run. The coordinator has been in contact with the school and they are looking for our students to be involved. Students can create an A4 piece of artwork with the theme—'Colours of Peace' to be part of an exhibition planned for the United Nations International Day of Peace at the Colosseum in Rome. Let's get creative kids and send our artwork to Italy. For more information visit [www.peacerun.org/au](http://www.peacerun.org/au)

**Jon Maddin Music Workshop**— Week 9 Friday the Year 2-7 students will participate in a music workshop with John Maddin. The students did this session a couple of years ago and it was FANTASTIC. If parents wish to come in at 1.45-2.45 to watch our performance please do and mark in on the calendar. Thank you to the Morgan Colonial Motel for sponsoring a night's accommodation to help reduce costs to the school. Blanchetown and Cadell PS will join us on the day.

**Morgan Lion's Club**— Thank you to the Morgan Lion's Club for their kind donation of \$500. Our students will be appreciative of receiving their special book for Book-week in Term 3. Thank you to the community for their ongoing support.

Please return your reply slips, consent forms and feedback forms by the end of the week.

Have a great week!

Kind Regards,

Kellie Zadow

**LEARNING DISPOSITIONS our focus in 2018**

Self-motivation

Adaptable

Challenge

Concentration

## Renee's Wrap

Hello everyone,

I hope all is well. We all want our children to be confident. From the day they are born, children learn by watching and copying adults. They need parents to spend time with them, give them lots of encouragement, and show them how to be confident but fair. Spending time with children can remind us how to enjoy the simple pleasures of life again!

Spend time talking together about everyday things. Have family meals together - without electronic devices.

Everyone benefits from outdoor activities like bike riding or walking in the park. Exercise helps us all to stay positive and healthy.

Children's self-respect grows when parents watch them perform. Try to make time to go to school sports and concerts.

Encourage children to see that mistakes and awkward moments are just part of growing up. Help them to work out what went wrong and how to put things right, like apologising.

Avoid arguing with your partner in front of the children. Choosing which parent to side with is upsetting and undermines children's confidence.

Boosting pre-schoolers

Play with your child's much as you can. Getting down and dirty with kids can be fun!

Act out favourite stories with them. Children learn to speak more confidently through play-acting.

Take time to listen to your children, let them explain.

Encourage children to try out new skills. Let them experiment to do things their own way.

Talk kids through the steps of doing something new rather than doing it for them.

Try to 'catch' children behaving well, instead of saying 'well done' tell them exactly what you liked about their behaviour.

When your child misbehaves, make it clear how. Let them know it's just the behaviour that needs to change but they are still OK.

Help young children be proud of their work.

Allow them simple choices.

Share daily activities like clearing the table or sorting the washing.

Try to be consistent. Children become more confident when they know what to expect and see adults following their rules.

Help children to relax before sleeping, take it in turns to remember something happy that happened through the day.

Boosting teenagers

Be interested in their different ideas, even if you don't agree. If you respect your children's ideas, they will respect yours.

Young people need space and time alone... but remember that adolescence is an emotional rollercoaster. If they are spending too much time alone in their room, they may be stressed. Encourage them to talk about their worries.

Talk with your adolescent about personal safety, like how to say "NO" to anyone who suggests unsafe behaviour. Teach them about internet safety.

Let them know if they get into trouble or tricky situations you will be there to support them doing what's best.

Have a great week.

Regards, Renee ☐

## Parent information for this week!

**Sports Interaction**—This Friday students from K-7 will travel by Waikerie Coaches bus and Mid Murray Council Bus driven by Mrs Zadow to the Barossa to participate in a Sporting Schools day. Students will have the opportunity to be involved in games of bowling and mini golf. We will then head to Nuriootpa Park for lunch. Blanchetown PS will be joining us for the day. There will be NO breakfast as we will need to depart at 8.30am and we will be returning at 3.20pm. Students will need sneakers, recess, lunch and drink bottle. Students have also asked to try out the skate park so they can bring their scooter / skateboard and HELMET if they like or just use the playground. We will only have 30mins so students and families can decide.

**Japanese Quiz Day**—Next Tuesday students in R-7 will participate in our Morgan PS Quiz Afternoon. This will take the place of our trip to Adelaide as stated on the calendar. Students will also be able to purchase Japanese lunch on that day—Sushi / Curry / Rice and Vegetables. Please return order form ASAP.

**Camp 2018**—Plans are underway and we are seeking interest / information from families and students before we finally decide on our destination. Please complete the reply slip attached so we can lock in some dates and activities.

**Camp Dates: 5th—9th November—Week 4—Term 4**  
**Cost Approx: \$150**

**Parent Catering**—Thank you to our parents who donated goodies and came in to heat and serve last Friday. We once again had very positive feedback.

**Choir Tickets**—I am sending home information about when and how to purchase your tickets to watch your child/ren perform at the Chaffey Theatre. Give me a ring in you need more information and please let me know your plans so we can make plans on the day to suit the majority of families and to ensure our kids are on stage and participating.

**Tennis —All welcome** - Every second Thursday, adults are welcome to get together for a hit of tennis at the courts. Please bring your own racquet and note that children need to be supervised. **2.30 to 3.30pm - next session is Thursday 21st June.**

**Soup and Sides—Thursdays—\$2/serve—Chicken Noodle Soup / Tuna Mornay - THANK YOU Tania**

WEEK	HELPER
Week 8	Kristy Millikin
Week 9	Amita Patel
Week 10	Hayley Potts



Kids 5 - 8 years are welcomed to join in a FREE Auskick clinic before the 2018 SA Country Football Championship.

- 8am start  
Renmark Oval, Paringa Street  
Sunday July 8th

- FREE entry to the SA Country Championships finals for all participants and family members



# "IT'S NOT FAIR!!" – Helping kids cope with unfairness

Recently, I saw a 9 year old boy who was having a tough time about things not being fair. He shared that it wasn't fair that his older brother gets to do things he's not allowed to do. That it's not fair that his brother teases him and calls him names. That it's not fair that he had to stop playing his computer game because his mum said it was time for dinner, especially since there was no option of saving his progress (cheeky game designers!) and he then had to start again from the beginning the next day.

Often when adults hear this, these things do not sound like a big deal or we think it is a bit rich they are complaining when they do unfair things to others at other times. Also, adults often have the reasoning skills to be able to understand the "bigger picture" and why some disappointing things need to happen for other things (i.e., why dinner needs to happen over making the longest worm in "Slither.io" – if you haven't heard of it, I'm sure you will soon ;).

When kids say "It's not fair!!" they are often struggling with a perceived injustice, something in their world that hasn't gone right or the way they wanted it too. Often we have taught kids to "play fair" with their siblings and peers and to share and take turns, and when life starts to show how things can be and are unfair sometimes, it can really throw them a curveball.

However, we can help kids to manage these times.

Here is how I generally do it with kids during a session here at Developing Minds:

- 1) I encourage kids to tell me what it was that was unfair and how it made them feel.
- 2) I acknowledge their anger and frustration, but also explore other common feelings underneath such as hurt, sadness and disappointment. It's important for us to help children to be able to notice and express these other emotions as these are the ones we can respond to more easily as adults- rather than just anger. I then express empathy and say things like: "that sounds tough" or "I'm sorry that happened" or "I'm sorry you felt sad".
- 3) I encourage them to be kind to themselves through this. Why? Well, when we are upset and feel there is an injustice, there is often an urge to act in ways that are critical or unkind to ourselves and others. If we can learn ways to express compassion and kindness, especially to ourselves during tough times, those often promotes strength, resilience, adjustment and new learning.
- 4) I encourage and teach them to calm their bodies by breathing slowly, stretching and relaxing their muscles before directing their attention to focus on something specific for a moment (i.e., finding green or square things in the room, noticing what their feet or hands feel like (i.e., noticing if they feel warm or cool, soft or hard etc.
- 5) Then I encourage them to think of some calm thoughts such as these:

Some things are not fair. That's hard. But it's okay, I can cope with things not being fair"

"There are other times when things are fair"

"Sometimes there are things I can do to make things more fair. Sometimes I can't. That's okay. Unfair times come and go"

"Sometimes things I think are unfair today, I might think are not that unfair tomorrow"

- 6) Lastly, I encourage them to think of positive things about themselves or their lives. We might come up with a written list that includes these kinds of sentences:

"I have lots of things about me which are just great."

"I have lots of good things in my life".

"I have some things to look forward to even today"

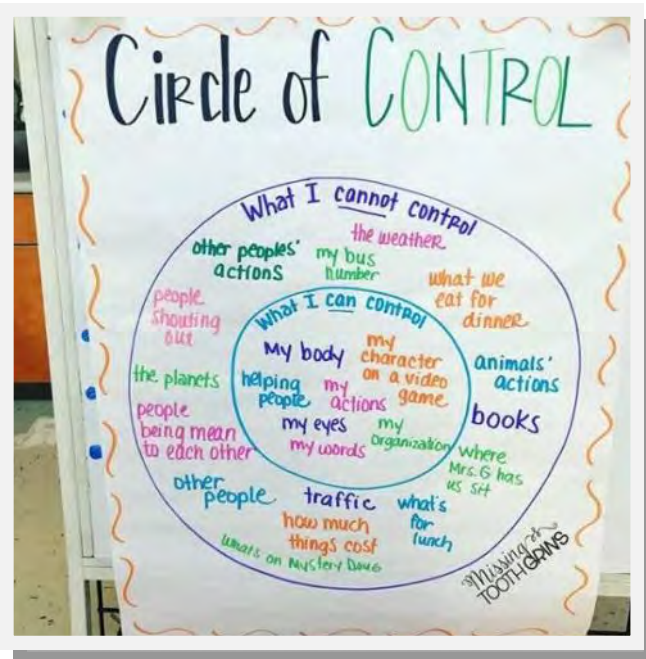
"I am learning lots every day"

"I am okay"

I know that I do have 50 minutes with a child to work on this, and many of you might not have the luxury of this time period. But I've also found that even just a 5 minute conversation can be helpful, ie:

- Question: What happened - how did you feel/how ELSE did you feel.
- Calm response: I'm sorry you feel x..
- Skill teaching: How could you calm yourself down? What could you say to yourself to help you feel better? What might help you remember something that is positive?

There is also an "emotional first aid/mindfulness" video on the Calm Kid Central website for kids which can be used when children are upset. I would encourage you to check it out and show it to the parents/carers and kids who are having a tough time coping with unfair times. If you get any feedback, good, bad or otherwise, let us know.



## Photos form Week 7



## Nationally Consistent Collection of Data on School Students with Disability (NCCD) - Family Information

All schools are required to collect information about the numbers of students that they provide adjustments to under the Disability Discrimination Act (1992) and Disability Standards of Education (2005). From 2018, this data will be used as the basis for national funding.

The NCCD involves the collection of;

- ◆ the number of students receiving adjustments to enable them to participate in education on the same basis as other students
- ◆ the level of adjustment provided to students
- ◆ student's type of disability if known

Under the model the definition of disability is broad and includes learning difficulties, health and mental health conditions.

If your child is identified for inclusion in the Collection, the required information will be included in this year's data collection.

If you have any questions about the data collection, please contact Kellie Zadow on [85402102]. Further information can be found at: <http://www.education.gov.au/nationally-consistent-collection-data-school-students-disability>.

# Early Years Centre News



Incorporating, Playgroup, Occasional Care,  
Preschool, Reception and Year One



Term 2 ... Monday June 18th... Week 8

## Music is Fun Excursion

Thank you to all of the children for a wonderful day. You were great ambassadors for your school and town. It was great to see how you all participated with enthusiasm and confidence. I was very proud of the way everyone looked out for one another and provided support and encouragement. 😊 😊 😊 😊

A big THANK YOU to Mrs Zadow for organising our day out. Really looking forward to next Friday's trip to play mini golf and do a bit of 10 pin bowling.



Waikerie riverfront



Music is Fun



# Morgan Education Community



## Waikerie Rec Centre



bus ride home



### REMINDERS

- Occasional Care - Monday June 18, 9-12 noon
- Gordon Combes visit - Monday June 18, from 10am.
- Preschool Extra Day, Tuesday June 19
- STEM with Wendy - Tuesday June 19, 11.30.

### Science Fair

- Playgroup - Tuesday June 19, 9.30 - 10.30.  
(Only hour session due to Early Years function)
- Whole site excursion to Tanunda - Friday June 22.  
(Sporting Schools) PLEASE BE AT EARLY YEARS CENTRE FROM 8.15 WE WILL BE LEAVING AT 8.30 Preschoolers please bring booster seats
- SAVE THE DATE Preschool/Occ Care and Playgroup Photo Day, Tuesday August 14. Term 3 week 4. ☺

IT IS THE  
**Supreme**  
ART OF THE  
**TEACHER**  
to AWAKEN  
**JOY**  
in CREATIVE  
**EXPRESSION &**  
KNOWLEDGE.  
*Abdoul Elmhadi*

### Speaking and Listening

Talk and hold your nose at the same time.  
Talk about how it sounds with your child. ☺

Trish Zerner, Early Years Coordinator



# Music is Fun



## Programs/ Partners / Contact Details



### CONTACT DETAILS

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Government of South Australia  
 Department for Education