Welcome to Week 5

Relationships Australia Services

Family Workshop cancelled due to lack on interest—THANK you to Jo Jericho for all her time and effort in trying to organise this event for our community.

MORE SUPPORT: This Friday the 26th August will be RA first visit to Morgan for families to meet with Karen Cain. Ali has contacted families to arrange times. Please come in and let us know if you would like to be included on the timetable or just to ask any questions you may have to seek support.

Bookweek

This week we celebrate Bookweek at MPS. Today students enjoyed a live performance—Henry Lawson’s classic “The Loaded Dog”

DRESS UP DAY—THIS Friday students can come dressed around the theme AUSTRALIA: Story Country. We will be having a parade at 9am and each child will receive their very own Bookweek book for 2016. Lisa Walker from the Morgan Library will be here to do an activity with students and families. Thank you to the Morgan Lion’s Club for their kind donation to purchase our students their very own Bookweek Book.

Science Day—The students enjoyed a fun day last Friday with Cadell PS and the Science Guru—Lee. Thank you to Julie for organising this day for our students.

Camp Medical Forms and Permission Slips are coming home in a pack today. Please return ASAP.

Have a great week!

Kind Regards,

Kellie Zadow
### Healthy Lunch Roster—Term 3

<table>
<thead>
<tr>
<th>Week</th>
<th>Name</th>
</tr>
</thead>
<tbody>
<tr>
<td>Week 5</td>
<td>Megan Brooks</td>
</tr>
<tr>
<td>Week 6</td>
<td>Helper Needed</td>
</tr>
<tr>
<td>Week 7</td>
<td>Vicki Schiller</td>
</tr>
<tr>
<td>Week 8</td>
<td>Theresa Danton</td>
</tr>
<tr>
<td>Week 9</td>
<td>Tania Seaford</td>
</tr>
</tbody>
</table>

### Soup Roster—Term 3

<table>
<thead>
<tr>
<th>Week</th>
<th>Name</th>
</tr>
</thead>
<tbody>
<tr>
<td>Week 5</td>
<td>Megan Brooks</td>
</tr>
<tr>
<td>Week 6</td>
<td>Jo Jericho</td>
</tr>
<tr>
<td>Week 7</td>
<td>Helpers needed</td>
</tr>
<tr>
<td>Week 8</td>
<td>Helpers needed</td>
</tr>
<tr>
<td>Week 9</td>
<td>Helpers needed</td>
</tr>
</tbody>
</table>

### Governing Council Update

- School Closure Approved for Friday 16th September
- Principal / Staff / Finance and Grounds reports read and tabled
- Policy Review—Discussion / Consultation / Ammendments—Cyber Safety Agreement, Ipad and ICT Devise Agreement, Camp and Excursion Policy
- Maths Audit—Questionnaire to be sent home to families
- Information—The Outside Classroom, Financial Delegation Approval

### Morgan Primary School External Review—Monday 5th/ Tuesday 6th September

Families will be invited to participate in this process to provide feedback. We are looking for your support and involvement in this process.

### CAMP DEPOSIT

- $30 deposit overdue plus $120 final payment due 30th August
- Please finalise payments / return medical forms being sent home today ASAP

### CANS AND BOTTLES

If you can help this Sunday 28th August in the morning for a few hours to help raise money to subsidise school camp please let Ali know.

### TfEL—Whole School Focus for Week 5

**Term 3 FOCUS — Engage with the Community—Partnership**

Something for all of us to think about as we are all part of our Morgan School Community.

**Create Safe Conditions for Rigorous Learning**

2.4—Challenge students to achieve high standards with appropriate support

- Develop clear goals and standards for each student and the class
- Provides explicit guidance, models, demonstrations and feedback
- Establishes and monitors classroom routines and procedures to maximise learning time
- Ensures all experience success—challenges each to achieve their personal best
CLASS DOJO 2016—Term 3—Points are awarded for attendance, homework, reading, behavior and demonstrating our school values. Students can seek staff assistance with reading / homework to utilize their support. Points will accumulate for the term. A great start for students being organized, attending daily and motivated for learning.

School fees and outstanding accounts will need to be finalized prior to kids going on camp.

JUMP ROPE FOR HEART - ‘JUMP OFF’—Friday 23rd September
A sponsorship form went home last week—Keep on jumping!

DAFFODIL DAY GOODS WILL BE ON SALE FROM 22ND AUGUST
DAFFODIL DAY IS FRIDAY 26TH AUGUST

MATHS Audit—Can families please complete the Maths Audit so we can use this information for a Leaders Numeracy Course

FAMILIES—KINDY FUNDRAISER
This Sunday 28th August—6 more families needed

An outstanding family portrait for only $15.00

Morgan Preschool invites you to support our family portrait fundraiser on Sunday 28th August 2016
Ph: 86402321

Remember to keep recording the books your children are reading on their sheet so that we achieve 100% participation this year for the Reading Challenge.
You have 3 more weeks to go to have read at least 12 books.
Research shows that unstructured free play in nature benefits our children in many ways. Nature play improves health and wellbeing and enhances intellectual development.

Emotional development in early childhood

Emotional skills are being able to recognise, express, understand and manage a wide range of feelings.

Children who can understand and manage their feelings, stay calm and enjoy experiences are more likely to develop a positive sense of self and be confident and curious learners.

Children Learn What They Live

If children live with CRITICISM, they learn to CONDEMN.
If children live with HOSTILITY, they learn to FIGHT.
If children live with FEAR, they learn to be APPREHENSIVE.
If children live with PITY, they learn to feel SORRY for themselves.
If children live with RICIDULE, they learn to feel SHY.
If children live with JEALOUSY, they learn to feel ENVY.
If children live with SHAME, they learn to feel GUILTY.
If children live with ENCOURAGEMENT, they learn CONFIDENCE.
If children live with TOLERANCE, they learn PATIENCE.
If children live with PRAISE, they learn APPRECIATION.
If children live with ACCEPTANCE, they learn to LOVE.
If children live with APPROVAL, they learn to LIKE themselves.
If children live with RECOGNITION, they learn it is good to have a GOAL.
If children live with SHARING, they learn GENEROSITY.
If children live with HONESTY, they learn TRUTHFULNESS.
If children live with FAIRNESS, they learn JUSTICE.
If children live with KINDNESS and consideration, they learn RESPECT.
If children live with SECURITY, they learn to HAVE FAITH in themselves and in those about them.
If children live with FRIENDLINESS, they learn the world is a NICE place in which to live.
Today’s children come to school emotionally unavailable for learning and there are many factors in our modern lifestyle that contribute to this. As we know, the brain is malleable. Through environment we can make the brain “stronger” or make it “weaker”. I truly believe that with all our greatest intentions, we unfortunately remold our children’s brains in the wrong direction. Here is why…

2. Kids get everything they want the moment they want

“I am Hungry!!” “In a sec I will stop at drive thru” “I am Thirsty!” “Here is a vending machine”. “I am bored!” “Use my phone!” The ability to delay gratification is one of the key factors for future success. We have all the greatest intention in mind to make our children happy, but unfortunately, we make them happy at the moment but miserable in a long term. To be able to delay gratification means to be able to function under stress. Our children are gradually becoming less equipped to deal with even minor stressors which eventually become huge obstacles to their success in life.

The inability to delay gratification is often seen in classrooms, malls, restaurants, and toy stores the moment the child hears “No” because parents have taught their “child’s brain” to get what it wants right away.

What can we do to support our kids?

You can make a difference though in your child’s life by training your child’s brain so that your child will successfully function on social, emotional, and academic levels. Here is how:

2. Train delay gratification

♦ Make them wait!!! It is ok to have “I am bored “ time – this is the first step to creativity
♦ Gradually increase the waiting time between “I want” and “I get”
♦ Avoid technology use in cars and restaurants, and instead teach them waiting while talking and playing games
♦ Limit constant snacking

---

Why our children are so bored at school, cannot wait, get easily frustrated and have no real friends? — Victoria Prooday - Occupational Therapist
Use time and timing to your advantage— It’s stating the obvious that boys and girls are different.

But one of the biggest differences is based around time and timing.

Get your head around this and you start to unravel the secret to successfully raising boys…and reduce some of the frustration you feel when you compare your son with your daughters, or other people’s daughters.

Here are three examples of how time and timing differs with boys, and how you can use this knowledge to your advantage:

1. **Their maturity levels**

   Boys take longer to mature than girls. This is a source of great consternation in many families where the eldest is a boy preceded by a girl. If a boy’s sister is only a couple of years younger, then there’s a good chance they are on a par academically and socially.

   Differing maturity rates affect boys’ school readiness, their transition to secondary school, and their move into adulthood.

2. **What motivates them**

   Boys are more likely to live in the now than girls. A generalisation I know, but it’s true. Teenage boys, in particular, live for the moment.

   The trick is to use this knowledge to your advantage. For instance, avoid lecturing your teenager about how his current behaviour is going to impact on his adulthood. A 15-year-old can’t see life beyond next week let alone when he’s 25. So get into his timeframe when trying to motivate, dissuade or persuade him.

   You’re more likely to instil good sleep habits into boys if you point out that a good night’s sleep will help them play football/ guitar/surf/ pick up girls than be better for their long-term health!

3. **Their ability to focus**

   Ever noticed how some boys will work at diminished capacity on anything that’s not important to them? This happens around schooling a lot. Give them a project that’s due in a week and they’ll amble along for six days and then focus like a laser beam the night before it’s due (often after a great deal of panic or a brief mental meltdown!)

   One way to get boys to focus is shorten their deadlines. Even better shorten the deadline and give them a practical purpose (or a tangible reward if you can’t think of a good purpose) for doing something: “Hand this work in tomorrow and you’ll get ten free minutes of free play!”

Consider this

There are two aspects to consider. First, give them time to mature and develop. Don’t expect them to be what you want them to be on your timing. Most boys take their time growing up. It takes patience and time to grow a boy…sometimes a decade or two.

The second aspect refers to communicating with boys. Adults who do best with boys have a way of getting into their timeframe. They can talk with them about what interests them now, what’s important to them now, what’s grabbing their attention now. That’s relatively easy when your sons are under ten, but challenging when they are teenagers.

So time and timing are the keys!

Give boys time to mature, give them your time and get into their timeframe if you want to get on their wavelength.
Hello everyone,
I hope all is well and getting some of the lovely sunshine as part of just our Wellbeing and connecting with nature.
There are many sources of stress over which we have little control, how we interpret and make sense of life events, challenges, tasks and experiences - and what we predict about the future from them - can serve either to simply engage us in relatively calm response, or cause us to experience as being 'stressed'.
These are a few strategies that have proven to be helpful in reducing stress:
- Relaxation
- Adopting constructive thought patterns (revising how we interpret and make sense of life's events).
- Structured problem-solving
- Restoring a pattern of normal sleep
- Reducing alcohol and caffeine consumption
- Making healthy choices
We are not born knowing how to manage our emotions or Wellbeing, we need to practice and be mindful, aware and have an understanding when our body and mind is effected when 'stressed'. None of us is immune; no matter how 'easy going' we are.
The good news is: stress can be managed, it can be reduced and it can be kept at a level that is useful rather than harmful.
Have a great week.
Regards Renee :)

---

Renee's Wrap

On Monday we were invited to Morgan Primary School to share a special visit from representatives of the Adelaide Crows Football Club. Adelaide Crows Community Development staff presented a Wellbeing program involving the children through videos, games and quizzes. It was great to see how engaged all of the children, parents and staff were. The big highlight was meeting the Crows mascot, Claude the Crow. It was another wonderful opportunity for our education community to share learning and have fun. Thanks for the invite Mrs Zadow.

A partnership approach between preschool settings and schools can help children to make sense of the changes that come with starting school.

Adelaide Football Club ‘Growing With Gratitude’ schools program.
The program aims to improve the mental health, thoughts and habits of primary school children, developing an attitude of gratitude by promoting kindness, mindfulness and happiness.
Each of the 5 Habits of Happiness have a number of different activities and actions to practice and aid the development of positive behaviours.
The ‘Growing With Gratitude’ Program consists of a presentation conducted by AFC Community Development Staff. The presentation contains videos with the Crows Players, plenty of giveaways for the students and a fun filled guest appearance from our club mascot Claude the Crow. Each student will receive Crows merchandise including a Crows Scrapbook with activities, games, competitions and information relating to the ‘Growing With Gratitude’ Program.
CONTACT DETAILS
Principal: Kellie Zadow
Address: Fourth St MORGAN 5320 SA
Email: Kellie.Zadow72@schools.sa.edu.au
Phone: 08 8540 2102
Fax: 08 8540 2217
School Mobile: 0407 846 399
Website: www.morganps.sa.edu.au

Community Notices

National Child Protection Week 4th—7th September invites all Australians to play their part to promote the safety and wellbeing of children and young people. “Protecting children is everyone’s business.”

New stock of polo shirts are now available. New style in ladies and mens sizes. $30ea.

PLAY YOUR PART NAPCAN
PREVENT CHILD ABUSE & NEGLECT

"Bullying is not a reflection of the victim’s character, but rather a sign of the bully’s lack of character." www.MamaintheNow.com