



Government
of South Australia
Department for Education

ON THE VINE

McLaren Flat Primary School



McLaren Flat Primary School Newsletter No. 14 13/9/2018

Ph: 8383 0143 Fax: 8383 0225
49 Main Road, McLaren Flat S.A. 5171
Website: www.mclflatps.sa.edu.au
Email: dl.0250_info@schools.sa.edu.au

Principal: Stuart Hage

Business Manager: Kerry Hooper
Governing Council Chairperson: Raechel Hann

Resilience

Responsibility

Pride

Respect

Honesty



IMPORTANT DIARY DATES



Friday 14 th September	Cake Stall & BBQ Lunch
Monday 17 th September	Readers Rap
Thursday 20 th September	Assembly – Rm 12
Friday 21 st September	Cricket Sessions
Thursday 25 th September	Festival of Music Choir Rehearsal & Performance at Festival Theatre
Friday 28 th September	End Term 3

From the Principal

Wellbeing

As I watched the room 14 students show their buddies from Pt Noarlunga around our school with pride last week and some classes venture into the new play area for the first time I noted them smiling and laughing. Not a major thing in itself but certainly an indicator of their wellbeing as members of our school community. I also can remember spending time proof reading the school magazine one year with Barb Martin (SSO) and her comments as we checked through the pages "You know Stuart isn't it great to see the absolute happiness and smiles of the students in the photos."

Wellbeing is a right of every member of our community and an integral part of our Site Improvement Plan each year. In simple terms if we get the wellbeing of our students right they connect with the school their teacher and peers in a positive, meaningful way, allowing an engagement in their learning.

Martin Seligman (a world leader in the field of positive psychology) has undertaken some compelling research that demonstrates wellbeing can be measured, modelled and improved in individuals and communities. He has formulated a 5 point model (PERMA) that makes up the building blocks of wellbeing and happiness. As parents and educators we can model and involve our children in these building blocks, therefore growing their wellbeing.

Positive Emotions: Giving children the opportunity to experience joy, stimulation, creativity and success.

Engagement: We have all been there – engrossed in an activity that is so absorbing you haven't wanted to stop and you completely lose a sense of time. It is important children see adults engage in enjoyable but challenging activities.

Relationships: Happiness and psychological health are inextricably linked with close meaningful relationships. Adults need to encourage children to form friendships and to show a willingness to be a friend who can be trusted and relied upon.

Meaning: Creating and having a meaningful life. Building a connection with your community. Undertaking activities that go beyond merely living for oneself. Adults who model volunteering in the community to support others or visit a friend in hospital are teaching their children the value of a meaningful existence.

Achievement: Achievement helps to build self esteem and provides a sense of accomplishment. Adults who actively set and try to achieve goals tend to have children who develop similar attitudes. It is also important to acknowledge the effort put in to reach the goal is of equal value and it is ok not to always reach the goal.

With today being R.U.Ok day and mental health week approaching, it might be time to ask ourselves:

Am I a PERMA model to the young people in my life?

Stuart Hage
Principal



PAYMENTS DUE

Friday 21st September

Rm 6 & 11 Narnu Farm Camp

Planning for 2019

2019 is not that far off, therefore we are already looking at our enrolment numbers.

If you have a child who will be starting school in 2019 please advise the school so our records are up to date.



If you know of a family in our community who are not currently associated with the school but have a child who will begin school in 2019 – please advise them to make contact with us.

If you know your child will not be attending McLaren Flat PS next year (excluding year 7 students) this information is also important to us.

Governing Council

At the recent Governing Council Meeting the following were discussed:

- Developing a plan to improve further areas of the grounds
- Sports Day date
- Before School Care survey
- Involvement in Flicks at the Flat
- Endorsement of PCW role in school
- Responses to Food Handling Course
- Encouraging Fundraising support



Cake Stall &

Cheeseburger



or Sausage

Friday 14th September

Recess – cakes 50 cents each
(bring money on the day)

Lunch – Cheeseburger or Sausage
(prepaid through ordering)

Thank you to the parents of students in Rooms 8 & 13 for donating the cakes this term. Please drop them off in the morning in a **labelled** container to the staff room.

Pastoral Care Worker

Today (September 13th) is R U OK? Day.

R U OK? is an Australian initiative which was started by Gavin Larkin in 2009 after the loss of his father. Sadly, Gavin died of cancer in 2011 but the legacy of his life and the value of asking R U OK? is stronger than ever.

R U OK? Day seeks to create a world where we are all connected – and not just by social media or technology. RU OK is about real and meaningful conversations with people in our lives. We're never too young to look out for one another – not just on this day but EVERY DAY.

RU OK have produced resources for primary schools to introduce and emphasise the value of close connections and strong relationships. Building peer-to-peer support skills and being able to meaningfully support someone can begin in the early years of a child's life through teaching young people to look after themselves and their peers. To notice when a friend, sibling, cousin etc. seems down or not themselves and to understand that a change in behaviour or attitude may mean that something deeper is going on.

Children cannot be expected to fix someone's problems, nor know the best way to help and support. However, they can be encouraged to listen to what their friend is saying, let them know they care and tell a teacher/school staff member or trusted adult if they are worried about their friend. By promoting an environment of positive peer support and accessing support channels via an adult, children can learn that asking, 'Are you OK?' is a key life skill.

For all of us, asking 'are you okay' and waiting around to hear the answer, to talk it over, to support and care about someone can really make a difference. We don't need to be an expert – just a good listener.

I'm hoping to have some conversations with our kids around R U OK Day today. I encourage you to as well.



More tips at ruok.org.au

Take care and talk!!

Karen Prenzler - PCW

Sports Day



Sports Day is scheduled for Friday 26th October. This is an all-day event and will kick off at 9.00am. We encourage as many parents/carers/grandparents to join us for the day. The fundraising committee will be organising a BBQ lunch (students' will be pre-ordered) and hot and cold drinks will be available throughout the day. Please support your child/ren to be in house colours, SunSmart clothing allowing for active participation in all activities.

My Favourite Pet Photo Competition

Calling all budding photographers and pet lovers! We invite all students to take part in a photo competition, themed around 'My Favourite Pet'. Just take a photo of your favourite pet, print it out and bring into the front office by Tuesday 25th September. We will then get all of our students to vote for their favourite 'Top 20'. The top 20 will then go up on display at this year's Flicks at the Flat movie night on 20th October to let the public vote for their favourite. The top 3 will receive a prize on the night (or back at school if they cannot attend on the night).

To keep things fair, please stick to the following criteria:

- Photos must be taken by our students only
- Please print out in standard 10 x 15 cm size – no need to frame
- Pets only – no people in the photo but props are welcomed

We would love to see as many students as possible get involved and, of course, we would also love to see as many families attend the Flicks at the Flat night on Saturday, October 20th! This year's movie is the Secret Life of Pets. The school will also be running a fundraising venture of a small cheese and nibbles platter that you can buy for around \$10 (more details in the next newsletter).

If there are any parents/carers who would like to help us out on the night, even if you can assist for an hour or so, please let me know – the more the merrier! Let's get those cameras clicking!

Jo Bell ☺

Second-hand Uniform Shop

OPEN: 2:50pm until 3:20pm

Friday afternoons fortnightly

Weeks 2, 4, 6 & 8 (even weeks)

Open Friday 14th September

All items \$2



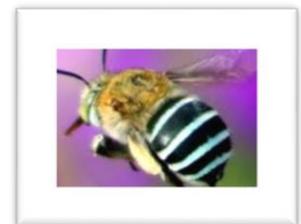
Bird and Butterfly Garden News



We are extremely lucky to have a very special Australian native bee, the Blue-banded Bee living happily in our school grounds. You can attract Blue Banded Bees by planting blue flowering plants, they particularly love lavender.

5 Interesting Facts about Blue-Banded Bees

- These **cool** little **bees** grow to about 11 mm long.
- Unlike most other **bees**, **blue-banded bees** live by themselves, with females building nests in shallow burrows in the soil.
- They get their name from their bright **blue** bands.
- They use a special technique to pollinate flowers called buzz-pollination. Because of this, they have a very special role in the Australian eco-system and many plants rely on them.
- Blue-banded bees are found throughout mainland Australia in a wide range of habitats.



M&S Fees 2018

The date for School Fee Payments to be completed is fast approaching. If you are having trouble with School Fee payments, please make it a priority to contact Kerry Hooper in the Finance Office at your earliest convenience. Legislation allows Governing Council to legally pursue the standard sum as per our Debt Collection Policy through the DECD Central Debt Collection Department from the beginning of Term 4.

There are a number of ways to make payments, cash or cheque, EFTPOS (Visa/Mastercard or Savings/Cheque), Direct Deposit BSB 105-071 Acc 281000440. Payments can also be made over the phone. Please use an invoice number or your surname as a reference when paying by EFT.

SCHOOL CARD – Threshold has increased considerably this year and I encourage you to go online to assess if you could be eligible to receive School Card for 2018.

Whether you are applying for School Card or paying your fees in full payment must be made by COB Friday 28th September 2018 to avoid Debt Collection.

Thankyou,

*Kerry Hooper
Business Manager*

Book Week 2018



Find your Treasure