

Mundulla Primary School



our school values:

excellence
respect
responsibility
integrity
co-operation
creativity

Newsletter 13

13th August 2020

FROM THE PRINCIPAL:

Hats: From next week hats will be required. As the UV is often above 3 staff and students will now need to be wearing hats outside. Please ensure that hats are at school as students need to have them on in the yard for the rest of the year.

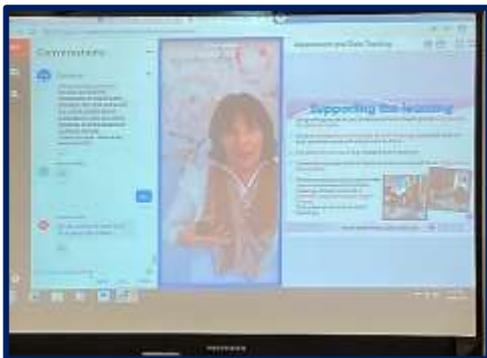


Sapsasa: Now that sporting events have returned we are able to congratulate some more students involved in Sapsasa district teams. Ayrton has been selected in the Upper South East hockey team and Ethan and Rylan in the Upper South East soccer team.

Students involved in the basketball round robin have written reports on their competition. Special congratulation go to the boys team, coached by Tim Leach, who won the event in Bordertown and will now progress to play in Mt Gambier later in the month. A BIG thank you to Jess Wiese who spends a lot of time organising and co-ordinating our students for each event.

Football and Netball trials took place yesterday with 8 students from Mundulla participating across the 2 sports. From early reports they certainly had a great time and played well even though it was quite wet on the day.

Student free day: On our student free day teaching staff worked with Padthaway staff on assessment and tracking of writing skills. The presenters we booked early this year were from Melbourne and this was their first online full day workshop. We were lucky to have a blend of learning, with the presenters online with us able to type our questions and responses and then the ability to work in groups with teachers from both schools. We were able to consolidate what we already do, felt validated that we were on the right track and learnt some new activities and ways of doing things to bring back to classrooms.



CALENDAR

18 Aug	YELP at Naracoorte Caves
24 – 27 Aug	Sapsasa Soccer & Hockey
28 Aug	Sapsasa Basketball Regional Day
7 – 10 Sept	Sapsasa Football & Netball
14 – 15 Sept	Parent Interviews
16 Sept	6.45pm FAC
	7pm Governing Council
23 Sept	11.30am Choir Bordertown
25 Sept	Last day of term
	2.30pm early dismissal

IN THIS ISSUE

News from the Principal
Sapsasa basketball
HASS in the 2/3 Class
Jenny on placement
News from Amy
Community Notices

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Mundulla SA 5270

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 08 8753 4191

 dl.0297.info@schools.sa.edu.au

 www.mundullaps.sa.edu.au



Government of South Australia
Department for Education

Parent Interviews: Be aware that parent Interviews will be held on the 14th and 15th September. Check your diaries and keep a slot for these. It is an important way for parents and teachers to communicate and share information about the goals and progress of your child across all areas of learning.

Planning for 2021: It may seem a long way off, but planning for 2021 is starting. If your child is not going to be attending Mundulla Primary School next year or you know of people considering coming to Mundulla, it would be useful to know so that we can include this in our enrolment predications as we work on class structures for next year.

Joann



Sapsasa Basketball



On Wednesday the 5th of August Summer Leach and Madeline Mead went to Bordertown for Sapsasa Basketball. In our team we had 9 players: Macca, Mayzie, Madeline, Molly, Summer, Bianca, Evie and Zara from 3 schools.

The scores in our games were: Bordertown A: 6-12, Keith: 8-24, Naracoorte: lost by 1 goal (2points) Bordertown B: lost by 1 goal again (2 points). We lost all of our games, but all tried our best, played with different people and made new friends!

The 2 teams that are going through to Mount Gambier to play for the Upper South East are: Bordertown A and Keith.

We had a great time and enjoyed it a lot! It was a great experience and we would do it again. Even though we lost we had a great team and wouldn't change a thing! Thank you to Brook, Mayzie's Mum and Mrs. Wiese for coaching, helping out and organising for us to play!

Summer and Madeline

On Thursday the 6th of August Jed, Darby, Hudson, Toby, Rylan, Joe and Hamish went to the Bordertown Basketball Stadium for Sapsasa Basketball. First we played Naracoorte South B and we won 21-0. Secondly we played Keith A and we lost by one point 19-20. Third we played Naracoorte A which was a really tough team but we still won 16-10. To get in the finals we had to beat Frances the scores were 25-5. In the first game of the finals we played Naracoorte South A to get to go to Mount Gambier. We won 16-12. Then we played Bordertown to win the day. They had won every game so we had to give it our all, we won 22-12. We go to Mount Gambier on the 28th of August.



Darby



Zac: New Zealand has a flightless bird called a Kiwi.

Lillian: Papua New Guinea has the biggest butterfly in the world.

Lucas: Papua New Guinea has its own national anthem.

Ebony: There are waterholes in NZ.



Australia and its neighbours

This term in HASS the 2/3 class are learning about Australia's neighbours as well as the similarities and differences we all have. We have already learnt about New Zealand (NZ) and Papua New Guinea (PNG).

Here are some things we have learnt so far.



Max C: NZ has volcanos.

Atticus: NZ has earthquakes.

Max Geary: NZ has a lake over a volcano.



Beau: PNG has rainforests.

Sienna: PNG has mountains you cannot drive on.

Tasha: PNG is only 4 km from the top of Australia.



April: New Zealand people love their rugby.

Kenzie: New Zealand has 3 active volcanoes.

twinkl.com





Jenny Tilbrook is currently completing her placement for her Master of Primary Education course in the Year 4/5 class. Jenny is from Bordertown and many of the students know her from Netball or Little Athletics where her own children are involved.

Jenny is here for 2 weeks this term and then will join us again for 3 weeks early term 4.

“Change is as good as a holiday” – but, do they not realise that not every holiday is a good one?

Typically nothing stays the same. Seasons change, we get older, interests change, people get sick, pets transition, and the list goes on. Some changes are small, and some are large. There have been a lot of changes happening everywhere recently. Undoubtedly some are good, but in some cases the change may not be good and could be bringing along some anxiety or worry with it. Take for example myself and Tom; we have the change of a baby coming early next year. Though this is very exciting, it has not stopped a little bit of worry creeping in occasionally. It is this worry that creeps in that can put people on a red road, so what can be done?

Firstly, there is nothing wrong with feeling worry. Like every other emotion, it is perfectly normal to experience it and worry can tell us that something could be wrong. It can be problematic, and we can lose control though when our worry stops us from enjoying or participating in life. It can get worse when we pay attention to worry as well because the more we think about worry, the bigger it gets. What we need then are the skills to shrink the worry and take back control.

There are a number of ways to stop worry. One that is often used is distraction. But today I wanted to mention the use of Logic. In MYTERN, they talk about using PETS (Personal emotional tools) to help take control of the wheel again because we can't think properly when we are not in control. One effective PET I use is deep belly breathing as this slows the heart rate, but you might know others that work for you. Once you are in control again, you can start to use logic.

It can take practise, but using logic can do wonders when worries come. One way of using logic to challenge thoughts is by asking, 'what happened last time something like this happened?' This will often help someone see that it was okay last time, so it can be okay this time too. Another one can be in regards to the 'what if' questions. Well... what does happen if that worry actually happens, and what would we do after that? By setting a plan for 'worst case', it can help someone feel more at ease knowing they can handle what might come out the other side. For me, I know that next year I have supportive people around and that most my worried thoughts are unfounded.

Using logic to determine how truthful a worry is, how one has coped before, or how they might cope through the other side can help to shrink worries. This is true for worry that comes in any case including change. With some careful planning and thinking through, that change really can be as good as a holiday.

Take care,
Amy Pietsch
amy.pietsch854@schools.sa.edu.au

Community Notices



KIDS TIME OUT

“ ACT IT OUT.”

Come and be a Star !!

Friday 14th August.

Uniting Hall 7.00 pm.

All Children Years 2-7 Welcome.

Cost \$ 2.00 per child.

Bordertown Vineyard Christian Fellowship.

Enquiries ; Ros & John Patterson. Ph. 0429405570.



KINDERGYM Leader

Could it be you?

Sessions run every
Wednesday of the
school term
10-11am

Would you like a job which
allows you to bring your
children to work? They can
even get involved! All while
providing a wonderful
service to the community.

Up to 4 hours per week @ \$100

Approx 3hr planning /hr set up, 1hr session, 1hr pack up.
All training provided by KinderGym SA and costs are fully
reimursed after a number of hours service.

**ENQUIRE
NOW**