



NEWSLETTER - TERM 1 – 21st MARCH 2018

DIARY DATES

21/03/18	KIDZ BIZ ED SESSIONS
21/03/18	HARMONY DAY
30/03/18	GOOD FRIDAY
02/04/18	EASTER MONDAY

Dear Parents/Caregivers,

DON'T FORGET

For those who have booked

KIDZ BIZ Growth and Development family presentations tonight from 6:40pm–7:30pm, and, 7:40pm–8:30pm in the Resource Centre.

GOVERNING COUNCIL 2018

Congratulations to our new Governing Council for 2018. The new Council met for the first time this week. All the office bearers and sub-committee representatives were chosen.

Congratulations to the following office bearers and representatives:

Executive Committee:

Chairperson – Simon Gierke

Deputy Chairperson – Jenny Brown

Secretary – Simone Green

Treasurer – Jo Wigg

Committee Reps:

Assets and Grounds – Sally Matthews

Canteen –

Kylie Barnes-Sparks & Rebecca Kroukamp

Education – Simone Green

Finance – Jo Wigg

Fundraising – Melissa Vlachos

OSHC – Jenny Walker

Sport – Jenny Brown & Jessica Chaplin

Uniform – Gaylene Clark

Other Members:

Amanda Maple

Victoria Gorton

Patsy Potter

Teacher Reps:

Gizella Webb

Tania Bailey

Nicole Gully

Any issues or queries for Governing Council can be raised with Simon Gierke or Anne Rathjen, via the front office.

SPORTS DAY

What a fabulous day we had on Friday for our Sports Day and again perfect weather!!

A special thank you to all the people who planned, organised and/or helped, with the many jobs both before and on Sports Day. You all ensured the day was the success it was. Student Leaders also did a fantastic job of leading our students at the start of the day and were excellent role models throughout.

All students showed our Values of Fairness, Excellence, Respect and Responsibility on the day leading to the following results:

CONGRATULATIONS

As you already know from an earlier newsletter, Bruce Norris is taking leave in Terms 2-4. Congratulations to Andrea Hayden who has won the Acting Deputy Principal position in Bruce's absence. Aisha Venner, a teacher who often works in House 9, will replace Andrea during this time.

Anne Rathjen
PRINCIPAL

ACHIEVEMENT SHIELD

HALLETT – 1ST PLACE

PERRY BARR – 2ND PLACE

TATE – 3RD PLACE

KAURNA – 4TH PLACE

FAIR PLAY SHIELD

HALLETT – 1ST PLACE

KAURNA – 2ND PLACE

PERRY BARR – 3RD PLACE

TATE – 4TH PLACE

Sports Day coincided with National Day of Action Against Violence and Bullying and this message was also a focus for the day.



DAYMAP

The school's preferred mode of e-communication is Daymap. We have sent to all the parent / caregiver email addresses information on how to log-on to Daymap and receive messages. People who don't log-on may find that they are missing out on vital information from us. If you have problems logging on to Daymap, please see Nola in the front office.

Bruce Norris
DEPUTY PRINCIPAL

FUNDRAISING

EXCITING NEWS!!!!

The fundraising committee are in the process of organising an adults event - Quiz Night. It will be held on the night of Saturday 23rd June in the pavilion. More details to come later in the term, but if you think that you might be able to assist in the planning of this event, then please contact Melissa Vlachos on 0413 315 306 or hcepsfundraising@gmail.com.

DATES FOR YOUR DIARY

Thursday 10th & Friday 11th May – Mother's Day Stall

Friday 25th May - Disco 1

Saturday 23rd June - Quiz Night
"Movie Theme"

Friday 24th August - Disco 2

Thursday 30th August & Friday 31st August – Father's day Stall

If you feel you have any ideas for fundraising within the school or just want to be more involved please feel free to contact Melissa on the details above.

THE FUNDRAISING COMMITTEE

SPORTS DAY

What a fantastic day! It was a huge pleasure to be wandering around and watching everyone having so much fun competing for their team, hanging out with their friends and being active. It was a joy to work with our amazing leaders this year who led from the front, and helped me out along the way. Thank you to our families that came along to support your children, and those who jumped in and helped out wherever necessary, whether it was on the BBQ, giving out ribbons, walking around the school to find water for me, or carrying those heavy tubs of drink bottles. Thanks to all the teachers and support staff for the hard work you do leading up to sports day, and a huge thank you to our amazing students who had a great time competing while showing our school values. Thank you everyone for making the day so special!

In other news;

The Premiers Be Active Challenge continues. Please continue to help your children be active for at least 1 hour a day.

Cross country try outs have been happening this week. Notes will be going out shortly to students who made the team.

Congratulations to our knock out cricket team who won their first game against Calvary Lutheran by 7 runs. They will play Nativity in the quarter finals in week 11. Good luck.

Nick Marks
PE / SCIENCE TEACHER



HEALTH CONDITIONS

We have been advised of a case of Glandular Fever at the school.

Glandular fever is an infection caused by the Epstein Barr virus.

Symptoms – fever, sore throat, swollen glands, abdominal pain and jaundice.

Seek medical advice.

Follow good hand washing techniques, minimise contact with saliva and avoid sharing cups and glasses.

For further information please visit the SA Health website www.sahealth.sa.gov.au

READING CORNER

Each Newsletter the Early Years Team will provide you with strategies to help support and encourage your child to read at home. These ideas have come from the website <http://www.readingrockets.org/>. This is a very useful site offering ideas to get children reading from a very young age.

You can also check out the Parent section of our website.

“Are we there yet?”

Use the time spent in the car or bus for wordplay. Talk about how jam means something you put on toast as well as Cars stuck in traffic. How many other homonyms can your child think of? When kids are highly familiar with the meaning of a word, they have less difficulty reading it.

EARLY YEARS TEAM



Hello All

Have you heard about Mindfulness?

The practice of mindfulness has become a big trend and a new word floating around schools, but it can be confusing when it comes to defining it, especially as a parent.

What is mindfulness?

Mindfulness is a practice where you use the five senses to engage physically with the world around you. When you do a task with mindful awareness, you do it with 100% of your energy and attention.

Any activity can be done with a sense of mindfulness, even eating dinner with your family. For example, you can teach your child to pay attention to the texture and flavours of the food.

Practicing mindfulness is incredibly empowering for children. It can help them better manage stress and anxiety when it does occur. It helps with self-regulation, promotes positive emotions and self-compassion.

Here's some tips – at the end of the Newsletter, plus I'm hoping that I can regularly work with children on these great ideas.

Enjoy and have fun.

Kelly Townsend
PASTORAL CARE WORKER
at HCEPS on Mondays and Wednesdays
kelly.townsend143@schools.sa.edu.au

COMMUNITY NEWS

Please see noticeboard for further information.

- **LITTLE ATHLETICS SA** - SA Athletics Academy starting Sun 6th May at SA Athletics Stadium, Mile End. Athletics Development program for children aged 9 to 19 years. For more info. & to register: www.salaa.org.au/SAAthleticsAcademy
- **SCIENCE ALIVE!** – FREE – Sun 25th March 10:00 am to 4:00 pm, Tonsley Innovation District, 1284 South Rd, Tonsley. Enter from South Rd, or Alawoona Ave. Free hands-on science event for the whole family. Free parking close to venue. Visit www.sciencealivesa.org.au
- **AUTUMN HOLIDAY FUN – GROSS BUMPS** – Fri 29th April 9:30 am to 12:30 pm, Hallett Cove Uniting Church, 18-20 Zwerner Drive, Hallett Cove. For children aged 4–12 years. \$5 craft, skits, games, morning tea. To register ☎ 9322 1702 or visit www.hcuc.org.au
- **FORAGE ON THE FLEURIEU** – Cure your curiosity about sustainable food, ethical urban farming and organic practices. Speakers from urban farming, fishing & organic wine production industries. Visit Market Lane where local producers will show how they deliver farm to plate. Support local business. Sampling and sales following the Q&A session. Cheese platters & tea/coffee provided. BYO wine, beer & champagne. Wed 18th April 6:30 – 8:30 pm, Cove Civic Centre, 1 Ragamuffin Drive, Hallett Cove. Cost \$20. Bookings essential via www.marion.sa.gov.au/forage-on-the-fleurieu Enquiries to Tracey 8375 6750.

Gift Academic at Mitcham

The Gift Academic Program aims to extend, challenge and support girls in Mathematics, Science, Technology, English and Humanities.

In 2019 scholarships worth \$800 per year will be offered to prospective Year 8 students who sit the Higher Ability Selection Test (HAST) and are identified by the Council of Educational Research (ACER) as being academically gifted.

Students will be expected to continue with the Gift Academic Program in Years 9 and 10.

The Higher Ability Selection Test will be held at Mitcham Girls High School on Wednesday 23 May 2018 at 9.15am.

Please register your interest at
www.mitchamgirlshs.sa.edu.au

Mitcham Girls High School
Kyre Avenue, Kingswood
South Australia 5062
Phone: +61 8 8272 8233
Fax: +61 8 8373 3013
Email: dl.0903.info@schools.sa.edu.au



A girls' school | A public school | An unzoned school



**MITCHAM GIRLS
HIGH SCHOOL**





Fun MINDFULNESS ACTIVITIES for children

by Big Life Journal



"JUST ONE BREATH" BREATHING ACTIVITY

- Find a relaxing place, sit comfortably, and set a timer for one minute.
- Breathe deeply in and out while paying attention to any sensations you notice or sounds you hear.
- Take another slow deep breath, imagine the air moving down into the lungs and back up.
- Take one more deep breath and hold for a moment, then release it.



CREATE A GLITTER JAR

- Find a jar or plastic bottle and allow your child to decorate it however they like.
- Fill the bottle up 3/4 of the way with water. Next, add clear glue, food coloring, and glitter then shake.
- Seal the lid and you are ready to go.



HEARTBEAT EXERCISE

- Ask your child to stand up and either jump up and down or do jumping jacks for one minute.
- At the end of that minute, have them place their hand on their heart and pay attention to how their heartbeat and their breathing feels.



GOING ON A SAFARI

- Go outside on an exciting adventure, try picking up a small rock or touching a plant or flower.
- Notice the bugs or the birds. Take a moment to kneel down and touch the earth.
- Walk mindfully paying close attention to everything. Make sure you walk in silence because you want to notice all those little details.



TENSE AND RELEASE MUSCLE RELAXATION

- Starting at the feet, gently squeeze the muscles in the feet by tightening them, then slowly releasing.
- Next, squeeze the large muscles in the calves for 5 seconds, then gently release. Working your way up the body, squeeze the thigh muscles for 5 seconds then gently release.
- Continue moving up the body for more relaxation.

