MICHELLE CURRIE—Counsellor

Hi! Thank you to all the families who have taken the time to submit the Kids Matter Survey. This information will be used to improve how we work with parent and families.

There is much evidence to support the inclusion of families in schools helping to support the mental health and well being of our children. We welcome your feedback at any time about how things are done in the school.

No 5: How much sleep does my child need to succeed at school?

A good nights sleep (at least 8 hours) is essential for optimal brain functioning at school. Memory consolidation occurs during sleep especially during dreaming (or REM) sleep. During the normal 8-9 hours of sleep, five dream (REM) cycles occur. Adolescents getting only 5-6 hours of sleep lose out on the last two REM cycles and thereby reduce the amount of time the brain has to consolidate information. Teenagers need as much sleep as children, partly because their brains are doing so much development. Always remember there is no such thing as a sleep bank. So just because you slept 10 hours one night doesn’t mean you can get by on sleeping six hours the next night. Students who don’t get enough sleep have to work much harder to do well at school.

No 6: Know your child’s “Down” time

Everyone has a down time when they learn new information less well. As a rough guide, think of the time they go to sleep, then think of the time they usually wake up, calculate the midpoint of their sleep, add twelve hours and around that time is their ‘down’ time. For example, if your child sleeps from 3:30pm to 7:00am, the midpoint of their sleep is 2:00pm. Adding twelve hours takes us to 2:00pm which is the time your child is likely to learn least well. It is important for teachers and parents to know students likely down times so they can schedule in active, hands on learning at these times.

No 7: Eat a good breakfast

If your Mum ever said have fish or eggs for breakfast because it’s brain food, she was right! As long as it’s medically safe to do so, a breakfast that is high in protein (think cheese, milk, bacon, eggs) and lower in carbohydrates (think cereal, orange juice and toast) promotes concentration and learning. Also encourage your kids to drink lots of water— the brain runs on it! Students who don’t eat breakfast are not only more likely to gain weight; they will also have to work harder than others to do well at school.

No 8: Use music

There is growing evidence to suggest that playing instrumental music softly in the background enhances learning. Pachelbel’s Canon, Mozart and Baroque music seem to be particularly effective though you might also like to use a range of music. It is always good to have students study for some time without music. Exam rooms don’t have music playing in them.

No 9: Use aromatics

Most people have had the experience of smelling a particular aroma and having a series of memories flood back. Partly this is because your olfactory nerve is directly linked to the hippocampus, which is the part of your brain where memories are integrated. The aromas most often associated with improvements in concentration and memory are lemon, basil and rosemary.

No 10: Monitor their use of video and computer games

Video games are incredibly popular and give a sense of mastery, challenge and involvement. Boys particularly use video games in a social way. It is important to realise that the use of video and computer games is not completely passive. Too much playing of these games can be negative. These games can be so compelling they become addictive. While some games require quite intricate problem solving, the skills learned on these games do not appear to readily transfer into other arenas of life. Very few of the games require creative problem solving or an opportunity to be an active participant in determining a story line. Some exposure to computer games is good. Too much, though, can be toxic. Sadly, there is no research to tell us what the right amount of time spent on computer games should be so you’ll need to think about the balance of your child’s life and their range of activities and interests.

No 11: Three of the skills needed for success at school (and in most areas of life) are concentration, memory and sequencing or getting things in the right order. All children need their parents’ and teachers’ help with these skills. A good diet is important. The main source of tryptophan is milk. The brain runs on tryptophan. Fewer and fewer children are being introduced to these skills through their home life. The menu for this term will focus on Executive Function skills for students.

FROM THE PRINCIPAL

Last Friday saw a very successful Sports Day held once again. The students are to be congratulated on their wonderful behaviour throughout the day. Also pleasing was the good sportsmanship on display. Parents, grandparents and other family and friends, as they walked around, would have seen our students: encouraging others, winning and losing gracefully, trying their best, cheering one another on, helping each other and following instructions.

This behaviour and attitude is a direct result of class teachers having clear expectations, our PE teacher, Deb Hogood’s excellent program and the influence of ‘Play is the Way’, the Social Skills program that we introduced this year.

The final results were:

LAUNDRY ROSTER

Friday 29/5/15

VANESSA PICA

Friday 5/6/15

SONYA MORRELL

THANK YOU VERY MUCH!

Just a reminder that Tuesday 9th June is a normal school day and that our next Student Free Day is now on Monday June 22nd. We will be joining with Jervois, Taelim Bend and Myolonga to work on Executive Function skills for students.

GRAHAM ALDER—Principal

MURRAY BRIDGE SOUTH PRIMARY SCHOOL

Government of South Australia
Department for Education and Child Development

E-mail: d0950.info@schools.sa.edu.au
HAPPY BIRTHDAY!
William (U1) 25th May
Lachlan (C6) 25th May
Nhial (U4) 27th May
Lucas (U2) 30th May
Ghiell (C4) 31st May
Ashly (C10) 31st May
Chahat (U3) 31st May
Jaydyn (C1) 2nd June
Ivan (C9) 3rd June
Sarah (C7) 3rd June
Rhianna (C2) 4th June
Justine (C1) 4th June
Ayak (U5) 5th June
Tarah (C8) 7th June

REMINDER TO ALL YEAR 7 STUDENTS + THEIR PARENTS/CAREGIVERS
There will be an Information Evening for parents/caregivers at the Murray Bridge High School next Wednesday 3rd June (Week 6) from 7:00pm to 9:00pm in the High School Drama Workshop.

YEAR 8 ENROLMENT PACKS
There are still a small number of Year 7’s who have not returned their forms. Can you please do so as soon as possible. Thank you!

- “Application for Enrolment in Year 8” (ED176)
- Enter for Success Program Registration Form. (Aboriginal students only)
- Registration of Interest Form for the Australian Science and Mathematics school.
- SHIP Class (for consideration)
- MBHS Information Evening at MBSPS tear-off slip (GOLD)
- Information Evening at MBHS tear-off slip (BLUE).

POLICE & COMMUNITY ICE—THE COLD HARD FACTS
PARTICIPATE IN THE FORUM
SAPOL and other Community Based Services will discuss issues relating to illicit drug use in the community. Wednesday 27th May at Unity College Chapel, Murray Bridge from 6.30pm—8.30pm. (Doors open at 6pm). Tea & Coffee provided. Guest speakers. Questions will be taken from the audience on the night, but you can e-mail questions prior to:
SAPOMurraymalleeLSA@police.sa.gov.au

SPORTS DAY 2015
Friday the 15th May was Food Revolution Day. In C2 we took part in an online lesson conducted by Jamie Oliver to make his “Squash it Sandwich” recipe. We each had a set amount of ingredients which we chopped up, squashed using a rolling pin, then placed inside a soft roll. We also made a dressing using herbs. It was delicious!
The event was part of Jamie Oliver’s global Food Revolution Day campaign which takes place each year and aims to put compulsory practical food education on the school curriculum. Woolworths were also involved by donating enough fruit for the whole school to share amongst classes. It ties in with our school’s involvement in the Stephanie Alexander Kitchen Garden Program. We can’t wait to participate again next year!

We would like to say a huge congratulations to James Dordas from C2 who was elected to be part of the Youth Environment Council of SA (YEC). Their first meeting was at the Botanic Gardens last term. The council provides young people with a voice in key environmental issues facing SA and gives them opportunities to take action in leadership roles and to achieve a more environmentally sustainable future for SA. It also provides an opportunity for like-minded Year 7-10 students to share, learn and be inspired about sustainability. The YEC offers free camps, online workshops and forums to give students the skills and knowledge to run their own environmental action projects in their local community. Congratulations James! We are sure you will represent MBSPS well with your leadership visions and passion for the environment.