**FROM THE PRINCIPAL**

**POSITIVE PSYCHOLOGY**

Positive Psychology comes from the work of Dr Martin Seligman. His work centres around wellbeing. Through the development of what he calls PERMA, we can all learn to develop resilience, achievement and optimism. PERMA stands for Positive Emotions, Engagement, Relationships, Meaning and Achievement. Through developing these areas in our life we can feel better about ourselves. The implication for our children is enormous. Google “Authentic Happiness” (Dr Seligman’s website), click on the “P” of PERMA, scroll down, click on “Positive Education” and have a read.

To improve your PERMA and that of those around you today, check you’ve done one thing in each of these areas!

**Something for Positive Emotion**

Give, be in awe…….

Do something nice for a friend or a stranger. Thank someone. Smile. Compliment someone. Be curious. Catch sight of the beautiful. Remark on the unusual. Notice the changing seasons. Savour the moment, whether you are walking to work, eating your lunch or talking to friends. Explore the meaning of achievements, small or large.

Be aware of the world around you and what you are feeling. Reflecting on your experiences will help you appreciate what matters to you.

**Something for Engagement**

Be Active………

Go for a walk or run. Step outside, cycle, play a game, garden, dance. Exercise makes you feel good.

Most importantly, discover a physical activity that you enjoy and one that suits your level of fitness and mobility.

And be immersed………

Do something that makes “time stand still” for you.

**Something for Relationships**

Connect………

With the people around you. With family, friends, colleagues and neighbours. At home, work, school or in your local community.
Think of these as the cornerstones of your life and invest time in developing them. Building these connections will support and enrich your every day. Use Active Constructive Responding (see http://www.youtube.com/watch?v=MU3y2ApnG7Y Or http://positivepsychologynews.com/news/doug-turner/20070515248 )

**Something for Meaning**
Volunteer your time. Join a community group. Look out as well as in. Seeing yourself and your happiness linked to the wider community can be extremely rewarding and create connections with the people around you.

**Something for Achievement**
Keep Learning….
Try something new. Rediscover an old interest. Sign up for that course. Take on a different responsibility at work. Fix a bike. Learn to play an instrument or how to cook your favourite food. Set a challenge you will enjoy achieving. Learning new things will make you more confident as well as being fun.

These are some ideas adapted from the New Economic Foundation and Dr Martin Seligman to improve wellbeing.

**NO MORE ROOM NUMBERS**
Rather than having to work out which room is which by number, especially as the numbers don’t follow any particular pattern, we’ve decided to give classrooms names. Each class has chosen a native bird name: Miss Teena’s classroom will now be **Kingfisher**, Ms Bonython’s classroom will be **Ibis**, Ms Rosedale’s Classroom will be **Lorikeet** and Mr Moore’s classroom will be **Corella**.

**SIGNING IN**
As we get more and more child related clearances approved, there is the potential for more and more adults to be onsite. It is important that all adults who come into the school and stay, sign in at the office when they arrive and sign out when they leave. This helps us keep track of authorised people in the school and in the case of emergency gives us an indication of who is here. Thankyou for your cooperation in this matter.

**EARN AND LEARN PROMOTION**
For those of you who shop at Woolworths:

We are taking part in the 2015 Woolworths Earn & Learn promotion.

In previous years, we were able to purchase some great resources with the points we earned, thanks to the school community.

From Wednesday 15th July until Tuesday 8th September 2015, you can collect stickers at Woolworths that go towards Earn & Learn points. For every $10 you spend at Woolworths you will receive a sticker. These stickers can then be given to your children to collect on a special sticker card available from the office, Woolworths, or can be downloaded at www.woolworths.com.au/earnandlearn. Once it is completed, they can simply bring it here to school and drop it into the Woolworths collection box located in the Front Office.

The more points we earn, the more we can redeem from a choice of over 7,000 educational resources including Mathematics and English resources, art & craft materials and much, more!

We are grateful for your support and look forward to a successful program. If you have any questions, please ask at School or visit the Woolworths website www.woolworths.com.au/earnandlearn.
SCHOOL NEWS

GROUNDS

WATCH THIS SPACE!!!!!!

A HUGE THANKYOU TO NATAILIE WANDLESS (LEVI’S MUM – IN PRESCHOOL) FOR HER DESIGN WHICH WILL TAKE SHAPE OVER THE COMING WEEKS.

TERM 3 EXCURSION AND PERFORMANCES

Dancify

Dancify will be happening for all classes, including the Preschool on Monday mornings of Weeks 1, 3, 5, 7, 9.

Please return consent forms and payment by the first day back.

Jack and the Jumping Beanstalk Performance

On Monday 3rd August all classes will be watching Jack and the Jumping Beanstalk performed by the same company who did Rapunzel last year. Before we can finalise the cost we need to have confirmation from another school that they also will be attending. The cost should be between $4 and $5. Hopefully, invoices and notes will be sent home tomorrow.

Payment and consent forms need to be returned by Friday 31st July.

Splash Theatre Performance

On Tuesday 18th August Rooms 4 and 5 are attending a performance by the Splash Theatre Company at the Mount Barker Library centred around Book Week.

Please have payment and consent forms returned by Friday 14th August.

The Office will be open in the first week of the holidays and the last Friday of the holidays if you would like to make payments or drop off forms.
SCHOOL NEWS

PREMIER’S READING CHALLENGE

It is exciting to see Ibis focussing on their Reading Challenge this term which has resulted in the following students completing the challenge:


School holidays are the perfect opportunity for students to complete the challenge and borrowing over the holidays is encouraged for this purpose.

WORK FROM KINGFISHER (ROOM 4)

The Reception and Year 1 students were read a story about Lester and Clyde, two frogs living in a pond. They were asked to draw and describe the frogs.
COMMUNITY NEWS

COMMUNITY NEWS

Looking for something to do these holidays?

Then come to SciWorld’s Pop-Up Science Centre and explore the world! You’ll be able to spend 3 hours with us learning about the solar system, exploring the world of Robotics or Junior Chemistry, learn about crime scene investigation with our ‘CSI Forensics’ workshop or learn about how things work in our hands-on ‘making science’ area and see a SciWorld Science Show. It’s all at the Australian Science and Maths School located within the grounds of Flinders University, Bedford Park and is on Monday 13th and Tuesday 14th July!

Tickets available through Eventbrite: www.popupscience.eventbrite.com.au

This is a Children’s University Accredited holiday activity!

For more information email SciWorld info@sciworld.org.au; phone 8302 3046 or see our website www.sciworld.org.au

SciWorld is a not-for-profit organisation committed to spreading the love of science—everywhere!

SCIWORLD’S POP-UP SCIENCE CENTRE

Wrapped in a Jar

Monday 6 July
9:45 for 10am start - 12noon
Cost: $12 / child  Age: 5+
Using a variety of threads, cord, wire, fabric, buttons, & recycled bits ‘n’ pieces from the recreate craft store, we will wrap a chosen jar or container to create an individual storage vessel or vase. Participants will be encouraged to consider pattern making & explore their creativity with their designs. The humble jar never looked so good!

Bats!

Monday 6 July
1:15 for 1:30pm start - 2:30pm
Cost: $15 / child  Age: 8+
Join Conservation Biologist Chris Grant to discover the wonderful world of bats! Our local bats are essential for eating tonnes of insects such as mosquitoes each year. Your child will learn about our local bat species and how to provide habitat for these important native mammals. Each child will assemble their own timber micro bat box ready to take home and install. A demonstration of how best to install a bat box to encourage our furry insectivorous friends to take up residence will also be included in the session.

Let it Fly - Bird Sculpture

Tuesday 7 July
9:45 for 10am start - 12:30
Cost: $14/ child  Age: 8+
Using an assortment of recycled treasures from the recreate store we will be building flying forms to hang or stand. Participants will learn a range of skills, tool use & techniques including the electric drill, how to wire twitch & pop rivet metal & plastics to create a wonderful sculpture. Led by artist Yvonne Dalton, this workshop is a great way to get young creative minds using a range of reclaimed materials. Their completed wondrous winged sculpture will be ready to play with or will look fabulous in the home or garden.

Kids in the Garden

Wednesday 8 July
10:30 am – 12noon
Cost: $12 / child  Age: 2+
A great workshop to get little hands dirty and minds active! Led by Botanist Bev Lane, each child will plant and take home a mix of seasonal flowers, herbs and veggies, & learn about wonderful compost worms. Extra seeds to take home and plant in the garden will also be available.

The Bat Cave

Monday 13 July
Multiple Sessions, 45min starting at 10am, 11am, 1pm, 2pm
Cost: $12 / child  Age: Sessions for 4 to 10yrs & 10yrs+
Conservation Biologist Chris Grant will lead children on a wondrous adventure through the bat cave. A fun session learning about caves, & the creatures who live in them including bats. Children will be armed with a torch as they explore the bat cave. Be prepared for crawling, discovery, sound effects and lots of fun!

Dragonfly Sculpture

Tuesday 14 July
9:45 for 10am start - 12noon
Cost: $12 / child  Age: 4+
Creating a beautiful dragonfly to hang and float in the breeze, or zoom around the yard. Utilising recycled materials this threading exercise with embellishments is perfect for little hands to manage whilst improving dexterity and encouraging creativity. Each child will complete and take home their unique sculptural dragonfly ready to play with and enjoy.

Nature Loom Weaving

Wednesday 15 July
9:45 for 10am start - 12noon
Cost: $12 / child  Age: 3+
Led by artist Emma Shobbrook, children will create a beautiful nature inspired weaving. After making their loom from collected branches and remnant yarn, they will select items from a selection of natural and recycled materials to incorporate into their individual design. This is a great technique that will keep little hands busy and minds engaged for many more hours at home!

BOOKING ESSENTIAL:

No booking fee for online booking:
8568 1907 (booking fee applies)
mpmnc@bigpond.com
www.mpmpnc.org.au
Facebook.com/RecreateCommunity

MPMNC Supported by: The Barossa Council, Adelaide & Mount Lyndhurst Rangers & the SA Murray-Darling Catchment Natural Resources Management Boards & our amazing volunteers.

Parent / care-giver supervision required. Recommended ages are a guide only. Complimentary tea & coffee for parent. All materials provided.

This a Children’s University Accredited holiday activity!