Welcome back to another busy Term at Mornington Park Primary. We look forward to many special events in the near future, including swimming that starts on Thursday for Years 3-6, Year 3/4 camp, Twilight Market, Graduations and a Christmas concert.

Personally, I would like to thank everybody for their good wishes and support as I spent lengthy periods alongside my very sick mum. I am happy to say that she is well on the road to recovery and I am very pleased to be back at school.

This morning at home I opened the local paper, flicked through and landed on the Lifestyle magazine’s double page of our school. There were stories of the Literacy Week activities including; the book parade, the poetry performance night and the writing murals which are now located on the fence at the front of the school. Learning across the school is engaging and it is fantastic to see and hear the progress the students are making. The school is actually buzzing and we are attracting many more enrolments because the school is so great. This is not possible without the collective efforts of the children, parents and the teachers, so well done everybody!!

Congratulations to HEATHER CHRISTIE for being nominated and coming runner up for The Pride of Australia. As we all know, Heather is a wonderful advocate for our school and is most deserving of this accolade. Heather was nominated for her contribution to families and the community. Well done Heather, we are extremely proud of you.

If you can spare some time on Saturday 19th October to come along to our working bee, we would really appreciate the support. Every little bit helps to make our school a much better place. No special talents are necessary, I am no green thumb but I can sweep, pick up rubbish, paint and fetch! We enjoy a light lunch and it is a great way to get to know other amazing parents and friends. I can assure you, you will be made very very welcome.

Don’t forget to utilise our After School Program which runs each night of the week and school holidays. Children are provided afternoon tea and fun activities in our new Art room. Please ring the school to find out how affordable it is. For many families it is free and a great way to fill the afternoon in safe friendly environment.

Bev

Next assembly is Monday 14th October, 2013
Sherpa Kids Mornington Park

Further information or bookings, please call:
1300 783 711 or complete an enrolment form at the school office.

Student Supervision
Now that After School Care is up and running, any students not picked up by 3.35pm will be escorted to the after care room (art room) where they will be cared for until parents are able to collect them. This arrangement will mean that all students will be safely supervised and provided with afternoon tea and engaging activities. Providing parents have registered for the childcare benefit, the cost for this service will be minimal and in some cases, free.

Twilight Fair and Open Day.
15th November 2013
3.30-6.00pm

Expressions of interest are invited from stall holders and performers.

Please help support our school by organising a stall or just come along and enjoy the night.
For more information please contact Johanna Prep S

Election Day BBQ

A big thank you to all of our volunteers on the day and especially Gina Godwin who worked tirelessly cooking and also making the signs.
Chaplain’s Chat

Hey Everyone and welcome back to term 4. The count down is on for Christmas (only 77 days, I think!!) Hope you have all had a great break!

I came across this great little story through the holidays and I wanted to share it with you. I hope it encourages you as it did me. When you go through tough times and you feel that there is no way out, just find your inner strength and never give up!!!

One day, a farmer's donkey fell into a well. The animal cried piteously for hours as the farmer tried to figure out what to do. Finally, he decided the animal was old and the well needed to be covered up anyway. It wasn't worth it to retrieve the donkey.

He invited all his neighbours to come over and help him. They all grabbed a shovel and began to shovel dirt into the well. At first, the donkey realised what was happening and cried horribly. Then to everyone's amazement, he quietened down.

A few shovel loads later, the farmer finally looked down the well. He was astonished at what he saw. With each shovel of dirt that hit his back, the donkey was doing something amazing. He was shaking it off and taking a step up.

As the farmer's neighbours continued to shovel dirt on top of the animal, he would shake it off and take a step up. Pretty soon, everyone was amazed as the donkey stepped up over the edge of the well and happily trotted off.

The moral of the story:

Life is going to shovel dirt on you, all kinds of dirt. The trick to getting out of the well is to shake it off and take a step up. Each of our troubles is a stepping stone. We can each get out of the deepest wells just by not stopping, and never giving up. Shake it off and take a step up.

Remember 5 simple rules to be happy:

- Free your heart from hatred - forgive
- Free your mind from worries - most never happen
- Live simply and appreciate what you have
- Give more
- Expect less

Have a great week everyone,

Trish :)

Every Tuesday HOT LUNCHES

Hot Lunch orders are due by Monday for catering purposes.

Next hot lunch will be Corned Beef.

ACTIVE AFTER SCHOOL COMMUNITIES

STARTING MONDAY 21ST OCTOBER, 2013

MONDAY 3.30 TO 4.30  ATHLETICS
TUESDAY 3.30 TO 4.30  CRICKET
WEDNESDAY 3.30 TO 4.30  BASKETBALL

HATS

As we are a Sun Smart School hats are compulsory for this term.

Please ensure your child has a broad brimmed, school hat to wear to and from school, at sport, recess and lunchtime.
Sport News

Summer Lightning Sports Day held on 12th September, 2013

What a fantastic effort by all students. You have made Mornington Park Primary School so proud. All teams both girls and boys played extremely well and enjoyed the competition against other schools. Well done

Mornington Park Primary School is an ‘I sea, I care’ Ambassador School for 2013 with the following Ambassadors:

   Caleb Harvey
   Gabby Tolhurst
   Trae White Goodrick
   Ashcka Woods

SWIMMING LESSONS FOR GRADES 3-6 START THURSDAY 10TH OCTOBER, 2013

Please ensure children come prepared for their lesson with bathers, towel, snack, water bottle and hat.

WORKING BEE SATURDAY 19TH OCTOBER, 2013

Spring has sprung! Come along and join us for a fun working bee day.

Lots of new planting to be done. Light lunch is provided.
Reflections of the Spring Festival

Due to some chilly, soggy Spring weather, Class 5/6S hosted the Spring Festival in their room this year. Oli led the Steiner Stream singing a Celtic Blessing and all of the children and families spiralled into the space wearing their garlands and smiles. Each class presented a spring dance and song. Girls in Class 5/6S are an endangered species this year (only 4 out of 18!), so we needed to improvise couples for our French Spring Dance 'Le Printemps'. Here are the moments they liked the most:

"The teachers spring song was really good." Oli
"How awesome was Ella's flute playing!" Leon
"Yeah, and Paula played the melody horn perfectly until I jinxed her at the very end!"
James
"My mum was so proud of me as a girl." Connor
"I got to be the hairdresser for the boys." Gabi
"Who is that girl playing guitar so beautifully?" Unknown parent describing Felix!
"Did you see Aidan from Prep playing air guitar along with Felix? It was awesome!" Oli
"Dancing with Daisi." Unknown boy
"Not messing up my recorder playing." Jamie
"The biscuits." Levi

It was a lovely day. Thanks to all of the parents who supported us with cookie making, gathering and sorting foliage. Much love and gratitude to Paula and Dave for their musical talents and to the marvellous Heather Oldfield from Steiner Teacher Training for guidance with the dances. Spring blessings to everyone!
The beginning of Spring was celebrated in the Steiner Stream with multi-age activities and a Spring concert. Older students worked with younger children to help make garlands of flowers and greenery, She-oak buzzing bees and tissue paper butterflies. The concert was opened with an acknowledgement of the traditional owners of the land, the Boonwurrung people.

This is an important time of year to celebrate the return of the Shearwaters. Teachers performed a song which they composed together, ‘Spring Sunlit Hour Gold’, and were accompanied by Ella’s light and bright flute playing. The Prep children and teachers delighted all with may-pole performances and sang beautifully with the support of Class 2 students. All present were impressed with solo music performances by Oli on violin and Felix on guitar. Class 1 and 2 students joined together to sing ‘Baby Bird’ before the Class 1’s superbly performed on recorder and a dance ‘Tumba’. Class 3/4 sweetly sang the two-part melody ‘In the forest’ and performed a Hebrew dance. Class 5/6 sang and skilfully performed a dance, ‘Printemp’. Daisi and Jemiah performed a spring song which they had created before all classes shared their end of day verses. The festival concluded with spring cookies for all and a joyful play in the sunshiny day. Many thanks to all who assisted especially families who bought in greenery and flowers, Amanda, Bernie, Katrina and Ursula who helped so much in making the cookies and Paula who accompanied many of the children’s performances.
Healthy snacks for kids

The term snack often means a food which is eaten between meals. Snacking can mean different things to different people, from a piece of fruit to a cereal bar to a sandwich. Nutrition survey results reveal 36% - 55% of adults eat food on five or more occasions throughout the day, suggesting snacking is common amongst many adults. This figure is higher for children and teenagers with 60-90% eating five or more times per day.

Nutritious snack ideas for children

- A wholegrain cereal bar
- A serve of high fibre breakfast cereal like Sultana Bran Buds.
- A piece of fresh fruit chopped into pieces
- Raw carrot and celery sticks
- A handful of sultanas and other dried fruit
- A piece of high fibre bread or a toasted English muffin
- Reduced fat cheese crackers or crisp-