THE RESILIENCE PROJECT IMMERSION

Yesterday was an exciting day for Mackellar Primary School. Martin Heppell from The Resilience Project immersed all students in our new wellbeing program for social and emotional learning. Students were introduced to the program’s themes of Gratitude, Empathy, Mindfulness and Emotional Literacy. Here is some feedback from students across all levels of the school:

Foundation
‘Martin was so funny and he got us to think about what makes us happy.’ Annabella PE
‘Martin said that when we see something we feel thankful for, we say DIS!’ Rami PE

Grade 1
‘I learnt that people can still be happy even if everything isn’t right, like Martin’s friend Jeremy who had a lot of health problems but he was still happy!’ Leon 1G
‘I liked learning all about how we can help each other.’ Anika 1G

Grade 2
‘I think kindness is important and that’s what I liked most about the day!’ Hannah 2P
‘I loved to say DIS and when I think of my game Skylanders, I feel grateful so I say DIS.’ Cooper 2P

Grade 3
‘Martin was entertaining and I learnt about how important it is to be grateful. I also learnt that when I make others happy, I can make myself happy too.’ Michelle 3A
‘I loved Martin’s stories about kindness and happiness. I learnt how important it is to be grateful for each other, especially our families and friends.’ Bojan 3A

Grade 4
It’s important to treat others nicely and enjoy what you have. We can help ourselves to relax if we use the Smiling Mind app.’ Wyatt 4S
It was a great day. People and more important than things and we need to treat each other with kindness. That makes the world a better place.’ Mia 4S

Grade 5
‘Martin inspired us to help others and hug our friends. I thought the session was fantastic.’ Quaylahzay 5C
‘It was so interesting to find out what it means to be resilient. I think kindness is very important in the world.’ Vy 5S

Grade 6
‘It was a fantastic experience! Martin taught us to focus on appreciating what we DO HAVE, rather than what we don’t have and this helps us to be happy. Lily 6W
‘I learnt that we can all use kindness to make ourselves and others happy. What an awesome day!’ Nathan 6A
Curriculum Day—Monday
31st October, 2016

Due to insufficient numbers, the Out of School Care program will not be running on this day.

Grade 5 Interschool Sport

During Term 4 your child will be involved in Summer Inter-school sport. (Basketball, Tee ball, European Handball, Speedball and Volleystars).

Matches will be played in the morning from 9.30am until 11.00am.

DRAW
Friday 14 / 10 / 16 MMKD VS MACK  @ Mary Mackillop  AWAY
Friday 21 / 10 / 16 MACK VS OVEK  @ Mackellar  HOME
Friday 28 / 10 / 16 MACK VS TLPS  @ Mackellar  HOME
Friday 04 / 11 / 16 MACK VS KEIL  @ Mackellar  HOME
Friday 11 / 11 / 16 OVTL VS MACK  @ Overnewton Taylors Lakes  AWAY

Cost: $25.00 –Only if you have not paid the ‘School Activity Levy.’ Payment Due no later than: Friday 10 June 2016

Grade 3 Planetarium at Scienceworks Excursion

Tuesday, 8 November, 2016

As a major component of our Term 4 Inquiry unit titled ‘Night and Day’, the Grade 3 teachers have organised an excursion to The Planetarium at Scienceworks.

Whilst at Scienceworks, the students will view a Planetarium show called ‘Tilt’ which explains how the four seasons are caused by the tilt of the Earth’s axis combined with the Earth’s orbit around the Sun and how the seasons and length of day vary across the Earth, from the poles to the equator.

These understandings will then be applied back at school through a series of tasks to expand their knowledge of Day and Night. Students will be required to bring their lunch in a labelled plastic bag.

Date: Tuesday, 8 November 2016
Cost: $20.00 –Only if you have not paid the ‘School Activity Levy.’
Payment Due By: Friday 28 October 2016.

Prep Scienceworks Excursion

Wednesday 2 November 2016

Dear Parents / Guardians,

As part of our Term 4 Inquiry unit on Science, the Prep teachers have organised an excursion to Scienceworks. Students will be using toys to develop imagination and physical skills as well as an insight into a wide range of science concepts.

Date: Wednesday 2 November 2016
Cost: $15.00 –Only if you have not paid the ‘School Activity Levy.’

Payment Due no later than: Friday 28 October 2016.
Students of the Week

Sarah Naleem, Emmanuel Noble, Liam Kilpatrick,
Aleksandar Atanasovski, Jay Elson, Mia Chetcuti,
Antonio Grozdanovski, Dilan Polat

Lachlan Sigmund, Kayla Bonnici, Helena Nguyen-Vo

Marco Jimenez Andrioli, Joyce Figota, Marko Momcilovic,
Anthony Scarfo, Yasmin Azadzoi, & Alessandro Vescio
2016 SWIMMING PROGRAM GRADES PREP – 4
Monday 14 November to Friday 25 November

A ten day intensive swimming and water safety program has been organised for students in grades Prep – 4 at ‘Flippers’ Swim Centre, 50 Trickey Avenue, Sydenham.

Learning to swim is an essential skill in any child’s life and is an integral component of the Physical Education Program at Mackellar Primary School. The students will be taught by trained AUSWIM staff and will be fully supervised at all times. Students will travel to and from ‘Flippers’ by bus.

Cost $100.00

Final day for payment is Friday, 28 October unless spots are exhausted

Gr 4 Scienceworks Excursion
Tuesday 25 October 2016

Dear Parents / Guardians,

As part of our learning the students in Grade 4 will be travelling by bus to Scienceworks this term to watch the show ‘Simple Machines’. Students will discover how simple machines such as, inclined planes, wheel and axle machines, wedges, screws, levers and pulleys make it easier to do work. They will find out how everyday examples of simple machines are used to transfer forces, change the size and direction of forces, transform energy and change speeds.

Date: Tuesday 25 October 2016
Cost: $20.00 –Only if you have not paid the ‘School Activity Levy.’

Payment Due no later than: Friday 14 October 2016

FUNDRAISER

Dear parents/ guardians,

On Wednesday 19 October, students are allowed to wear casual clothes, bringing a gold coin donation to support Fight for the Reef and Stand for Trees foundations. On the day, some grade 6's are holding a fundraising event, selling food and playing sports at recess and lunch. If you are concerned about your child, if they have allergies, the grade 6's will provide a list of ingredients for each piece of food.

Kind regards,
Lily, Brooke, Eric, Rebecca and Harley.

$1=SPORT
$1.50=FRUIT CUPS
50c=ICE CREAM AND TOPPINGS
$1=CARAMEL COOKIES
$1.50=CAKE POPS