KINDNESS

The other day I was sitting back and reflecting on the need to ‘spread a little kindness’ but in thinking this I realised that it was me who actually needed the kindness. I was tired, not feeling all that well and had a mountain of work to do and not enough time to do it in. I wasn’t really aware of how I was feeling until I received an email from the Department asking me why I hadn’t completed a particular job. Nowhere in this email was I asked how I was going, do I need any support or extra time.... just why haven’t I sent it in!

Too often we think that what we do on a daily basis has little or no impact on others, but it does. More importantly it is what we don’t do that has an even greater impact on others.

I am at times surprised by the lack of general care, the lack of empathy, the lack of respect that occurs when we relate to one another. It takes so little to be kind. It takes so little to stop and put yourself aside and allow yourself to consider how another person may be feeling right now, and maybe, just maybe, you’re the one who has the opportunity to make a difference in someone’s day. Be thoughtful, be considerate, be warm and be friendly. It costs nothing, yet the gift could be priceless.

So, perhaps if the person from the Department who sent the email showed me a little more empathy and asked if I needed help I would have felt respected and valued .... And maybe, just maybe, I would have completed the task then and there. As it is, it is still on my list of jobs to do!
This fortnight’s virtue:

Modesty
Modesty is having self-respect. When you value yourself with quiet pride you accept praise with humility and gratitude. Modesty is being comfortable with yourself and setting healthy boundaries about your body and your privacy.
You are practising modesty when you:
- Are comfortable being who you are
- Respect yourself
- Do not permit anyone to abuse your body
- Set boundaries about your right to privacy
- Accept praise with humility and gratitude
- Share your victories without boasting
I am modest. I have no need to brag. I dress in a way that shows respect for myself and others. I protect myself from disrespectful attention.

We believe that modesty best fits with the P of “Positive Emotion”, R of “Relationships” and the A of “Achievement” in PERMA. When we show modesty it helps us feel good about ourselves, other people enjoy being around us and as a result we can achieve greater things because we have the respect of others but more importantly, we respect ourselves.

R/1 Science – ‘Water’
Last week the R/1 class undertook water experiments with children from the Year 5/6/7 class.

Asbestos Removal
Asbestos is being removed from the school buildings on:

Monday 29/9/14
Tuesday 30/9/14
Wednesday 1/10/14

Please make sure the children stay well away from school on these days.

The buildings will then be reinstated over the remainder of the holidays so that everything is in order for the start of the new term.

During the reinstating of the buildings please ensure the children stay well clear of the workmen.
Year 2/3/4 class tidying up the Night Paddock
On Tuesday the Year 2-3-4 children worked with members from the Maccy Bush Care group and the local NRM Board in tidying up the Night Paddock after damage was caused by livestock to plantings they undertook last year.
The children picked up the old milk carton guards, bamboo stakes and placed new guards around the trees.
They were pleased to note that most of the plantings from last year were still looking good and growing well.

Looking After Myself (and others) in the Yard – our Wellbeing Survey
Each year we report to the Governing Council results of our 'Wellbeing Survey'.
The survey is conducted across the whole school and is designed to find out how the children felt at play over a one week period.

Results of the survey conducted in week 7 are:

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<tbody>
<tr>
<td>Great Day</td>
<td>63%</td>
</tr>
<tr>
<td>OK Day</td>
<td>27%</td>
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<tr>
<td>Poor Day</td>
<td>8%</td>
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<tr>
<td>Bad Day</td>
<td>2%</td>
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If the children had a Poor or Bad Day they are asked to list the reasons why:

- Hurt in an accident: 2
- Involved in a dispute: 13
- Unfair exclusion: 1
- Hurt in a game: 7
- Silly action: 1
- Teased: 2
- Lonely: 1
- Other: 6

Teachers follow through on the incidents reported. For example 7 children were hurt in a game. On investigation it was found that the children playing this particular game were using a hard ball. This ball was taken away and replaced with a softer one.

It was pleasing to note that bullying was not raised as an issue, but not accepting the umpire’s or group’s decision came up 13 times with ‘Involved in a Dispute’. In this case a meeting was held with the class and the rules of the game clarified.

The ‘Unfair exclusion’ rang an alarm bell but on investigation it was found that one child didn’t want to play the game the others were playing. When the children didn’t change their game to suit the child this child felt excluded.

Student Leaders’ Fundraiser

Julian, Calum and Lucas with some of the cans collected for the Salvos
The can drive is going extremely well. Thank you to all of the families who have donated so far. I’m sure the Salvos will be able to feed a number of homeless people with the produce collected.

Email: Graeme.mihe59@schools.sa.edu.au
www.maccyps.sa.edu.au

Don’t forget that next week is swimming week for the Year R-5 children.

Mobile: 0401 120 368
In our Geography lessons with Miss Kellie the year 2, 3, 4 students have been comparing and contrasting housing in Indonesia with housing in Australia. We had clues to help us under the headings of location, building materials, shapes and climate. We recorded our findings on an enormous Venn diagram and discussed possibilities with a partner.
Requirements:

- Entries must be clearly marked on the back (written in the direction that the photo should be displayed): Name, Class number and Phone number
- Junior entries must include photographers date of birth
- All Entries must be received by 3pm FRIDAY 10th October 2014
- Exhibitors are advised that photos will be pinned up for display, therefore should be mounted on card or paper to prevent photo damage. Up to 15mm borders for standard 6x4 (10x15cm) prints and up to 25mm borders for A4 prints.
- Photographs will be judged prior to the Fair and will be displayed on Fair Day (Sun 19th Oct)

Collection:

- Photographs may be collected after 4pm on Fair Day (Sun 19th Oct) OR collected from Raine and Horne, Meadows during office hours.
- All photographs must be collected by Friday 8th November 2014

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<tr>
<th>JUNIOR</th>
<th>INTERMEDIATE</th>
<th>OPEN</th>
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<tbody>
<tr>
<td>- Under 12 years</td>
<td>- 12-16 years</td>
<td>Size: Any size up to A4</td>
<td>Size: Any size up to A4</td>
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<td>Size: Standard colour 6x4 (10x15cm) print</td>
<td>Size: Standard colour 6x4 (10x15cm) print</td>
<td>CATEGORIES</td>
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<td>Battunga Country*</td>
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<td>Battunga Country*</td>
<td>Animal study**</td>
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*Battunga Country - A photograph capturing the district surrounding Meadows
**Animal Study - domestic or wild animals(s)

Send or Deliver:

- Entries may be delivered to Raine and Horne, 3/79 Mawson Road, Meadows —during office hours OR posted to PO Box 217, Meadows SA 5201

Best Photo taken at the Meadows Country Fair – photos can be email to meadowscountryfair@fastmail.com

www.meadowscountryfair.com.au
Attention All children aged between 5 – 9 yrs
Come out and try Tee – Ball.
Great for building confidence, eye hand coordination, learn to be part of a team and build friendships while keeping fit.
Training once a week and all games held in the same local location. Any enq to Sharon Chapman
83889 887 or 0439 218 968.