National Science week was celebrated at Moonta Area School on Friday week 6. The theme for 2016 was ‘Drones, Droids and Robots.’

An open morning was organised for the R-6 classes. Visitors were able to observe and work with the students on a variety of activities related to the theme.

A drone demonstration was given by John Baker and Bob Roper (President of the Moonta Model Aircraft Club).

The library was ‘buzzing’ with visitors who enjoyed a delicious morning tea and the opportunity to view the plethora of innovative robots that the students had made. Logan Polley gave an informative demonstration of the ‘Meccanoid Robot’ that he built and programmed.

We would like to thank all the parents and visitors who gave their time to come and join us. The fantastic parent involvement along with the pleasant weather made for a wonderful morning.
From the Principal’s Desk

Parents in Education Week
Last Friday saw many Moonta Area School parents attend the Parents In Education Week forum in Wallaroo. After a lovely morning tea we listened to Jodi Benveniste, a child psychologist, speak about the art and science of parenting. Thanks go to Steve Heyes for coordinating our involvement.

She covered Parenting Science as follows:
- Parenting is important
- Knowing something about average developmental stages is important so that we can be realistic in our expectations of childrens’ behaviour at each stage
- There are many parenting styles which can work but there are 2 necessities – Love them and set reasonable boundaries

She covered Parenting Art as follows:
- Need to adapt to individuality
- Parenting is a relationship where there is a dynamic between the parent and child, therefore we need to include ourselves in the solution to every problem
- Look after yourself - parents who are feeling well rested and in control of their emotions are more likely to be able to respond rationally when parenting challenges occur

Humble Suggestions included:
- Be kind to yourself
- Keep calm and be Open Minded
- “Be curious, not judgemental” Walt Whitman
- Responding to behaviours is helpful, reacting usually is not
- Create connections with your children through rituals
- Parent with the heart

While it is difficult to summarise a two hour presentation in a few paragraphs, people in the audience related well to all that she had to say. For more information please visit www.parentwellbeing.com

Early Years Assembly

Values Award Winners

Learning: Daniel Gamble, Maeve Cockshell, Jude Mills, Gabrielle Skinner, Madeline Peters, Joshua Brand

Caring: Karma James-Sutton, Lachlan Gray, Blair Ramsey, Harrison Holt, Declan Wiltshire, Seth Brown. Absent Emily Jurgens

Congratulations to Lauren Davidson for her contributing role in Maitland Music & Arts Club’s production of Annie. Annie screened at McKnight Theatre Maitland on the 18th, 19th and 20th August.

2017 Class Structures

LEAVING OR ENROLLING IN 2017?
During term three we begin looking at our class and staffing structures for the following year. In order for us to do that accurately we need to have an indication of likely enrolment numbers. If you plan on leaving MAS for the 2017 school year we would appreciate it if you could let us know. We are more than happy to meet with you to discuss the educational needs of your child. If you are aware of any families wanting to enrol their children for next year please encourage them to let us know as soon as possible.

School Social
Thursday, 29th September
Theme: SPORTS
R-2: 4:30-6:00pm
Yr3-6: 6:15-8:00pm
Cost- $5.00
DJ PHIL
Place: School Gym
Glo Sticks, drinks and snacks available to purchase

MOONTA AREA SCHOOL CAR BOOT SALE!
Blanche Terrace, Moonta SA
Saturday! October 1st
9am-1pm
Gates open for set up from 7.30am,
Stall holders RSVP to school ASAP PH: 8825 2088
1. **Ask questions**
   Asking questions (gently, kindly and casually) about teenagers' subjects, assignments and teachers is important for helping them trouble shoot problems and be successful at school.

2. **Frequently thank, affirm, praise and express care**
   Find opportunities every day to say "I admire you for....", "I'm sorry you are dealing with....", "I love how you...." and "Thanks so much for....". Being positive and caring helps teenagers and also helps us stop to notice the positives - and feel better.

3. **Friendships matter**
   Teenagers who have good relationships with their peers are happier and this in tum has an effect on results at school. Help teens find ways to make and build friendships, allow lots of socialising time, help them resolve conflict and put in place opportunities for them to find new connections.

4. **Talk with and support teachers**
   Email and ask questions of teachers, thank them when they do something we appreciate, give them information about our teenagers and respond to notes/interviews/questions. Expect and help teens to ask questions of and communicate with teachers too.

5. **Keep teens busy.**
   Teens who have regular activities, hobbies, jobs or sport they engage in on some weeknights or on the weekends are more likely to succeed at school than those who sit around not doing much out of school hours. Having at least some out of school activities leads to better social connection, a sense of achievement and better time management skills.

6. **Have set routines for phone free homework time**
   Expecting teens to consistently motivate themselves to finish and focus on homework completely independently is unrealistic for a large number of teens. It is entirely reasonable to have family rules about short periods of homework time each night in which teens have their phones on silent and social networking sites are blocked. Many families do this (don't believe teens who say "no-one" has rules like you!)

7. **Have rules about "lights and phones off" sleep times**
   Up to 70% of teenagers are sleep deprived. This makes them more irritable, sick more often, do worse on tests and exams and struggle to motivate themselves. The 30% who are not sleep deprived do better at school and with managing their mood - and this 30% very often have parents who turn off the internet at a certain time of night and insist on phones out of bedrooms.

8. **Priorities school attendance**
   Attendance is highly correlated with school results. It's fine for teens to have the occasional mental health day but repeated days off to "catch up" on work or because they are tired leads to a downward spiral of missing more work and getting further behind.

9. **Forget grades**
   Don't focus on grades. Ensure that teenagers are following house rules about daily homework, sleep, school attendance and communication with teachers and then allow the grades to fall where they fall.

10. **Be kind - to ourselves, and to our teens**
    Adolescence can involve lots of struggle, suffering and distress - for teens and their parents. Be kind and compassionate towards ourselves, acknowledge that this is a hard job and we are doing great stuff. Then it's easier to be kind and compassionate towards our teens too.
Moonta Area School is celebrating Friday 21st of October

WHAT IS NUDE FOOD?

NUDE FOOD is simply food that is not wrapped in foil, plastic or commercial packaging.

The best type of nude food consists mainly of fresh food, so that it is healthy and nutritious PLUS environmentally friendly.

Promoting Nude Food empowers students to make conscious choices about what they eat, and encourages them to think about their impact on the environment (and their health). You might be amazed with how enthused your child can become on this...

TO PACK A NUDE FOOD LUNCH OR SNACK, YOU WILL NEED:

- Cutlery from home is better than throwaway plastic ones
- Plastic or metal drink bottles are recommended for refilling with water
- Reusable containers for putting all of your food, snacks and drinks into
- Lunch boxes that have lots of separate sections can be useful to avoid lost lids or containers

TRY TO AVOID:

- Zip lock or plastic bags, plastic wrap or aluminium foil
- Tetra packed drinks, single serve yoghurts and cheese
- Single use plastic forks and spoons
- Prepackaged food, i.e. biscuits, snack bars and chips

TIPS FOR PACKING NUDE FOOD LUNCHES:

- Try to involve the kids in helping decide what to take. This will help to avoid uneaten foods being thrown out, plus will save your family money as well. Also, remember to praise your child if they do eat something healthy which is new for them.
- Try to pack the lunches the night before and store in the fridge overnight to avoid the mad rush in the morning.
- If your child normally enjoys chips, yoghurt or other prepackaged snacks, buy these in a larger format and you can decant these into smaller reusable containers or lunchbox.
- If your child does enjoy chips, why not try making your own veggie versions using sliced beetroot, parsnip or sweet potato and baking in the oven?
- Try to use fruit and vegetables that are in season. Seasonal produce is friendly to the environment as well as to your budget, as less fuels are used to transport it into your supermarket.

We encourage students to bring food with minimal packaging. If students are purchasing their lunch from the canteen, they can provide their own lunch box for food to be packed in. Students can also bring their own cup if they wish to purchase smoothies and slushies. Please make sure all items are clearly named.

Thank you for your support
**School Notices**

**BREAKFAST CLUB**
Open daily 8.15-8.45am (next to the Music room)
All students R-12 welcome.
Cereal, toast, juice and Milo available.
A donation of 20c or 2 (empty) cans is appreciated to help with costs.
Thank you to the many churches, organisations and individuals who donate items, money and time to make this service possible.

**LOST PROPERTY**
Second hand clothing is available from the Breakfast Club area every morning from 8:15-8:45am.
Please check through the Lost Property cupboard in the Breakfast Club area if your child is missing any clothing. Any unclaimed property will be washed at the end of the term and offered for sale through the Second hand clothing pool.
Please make sure all items are named.

**SCHOOL PHOTOS 2017**
We are in the process of booking a photography company for our School Photos and Student ID cards (Year 7 - 12) for 2017. We used the services of Advance Life Photography in 2016. Feedback would be appreciated if you liked the product that was provided, value for money or any other comments before the end of term Friday 30 September, 2016.
Please email dl.1488.info@schools.sa.edu.au or leave feedback at the front office. Thank you.

**2016 School Magazine**
To secure your copy, please fill out the tear off section and forward to the Front Office with $22 (inc GST) per copy. There will be limited spares. If you don’t order and pay, you may miss out on this terrific offer. Orders are due back to school by **Wednesday 23rd November, Week 6**

**Used School Computers For Sale**
Available at the “Car Boot Sale”
- Desktop PC Packages
- Laptops
- Monitors
- Miscellaneous items
No Holds, First in – First Served, Cash only.

2016 School Magazine Order Form - $22.00 (INC GST)

Name: __________________________________________________________ Class: ________________

*If you are a community member, please write down your contact number: ________________________________
We will ring you when the magazine is ready for collection.*

I would like to order _____ copy/copies of the 2016 School Magazine. Enclosed is $__________________________
Signed: __________________________________________________________
THIRD IMMUNISATION DAY FOR YEAR 8 STUDENTS 2016

The SA School based Immunisation Programme is offered at our School by Kadina Medical Centre nurses. Immunisation consent cards were sent home with the students earlier in the year. It is important you read the information provided with the consent cards so that you understand the vaccines offered and the diseases they prevent. If you have any questions about the programme please contact the Kadina Medical Centre on 88 213133 or the Immunisation section, SA Health, Monday – Friday, 8.30 am – 5pm on 1300 232 272.

All Year 8 students are due for:

- A third dose of Gardasil the human papillomavirus vaccine. It is still possible to start the course if missed on round 1 or 2.
- Human Papilloma Virus is responsible for cancers of the genital area, throat and mouth, cervical cancer in women and genital warts in both male and female and some neck and head cancers. This vaccine does require 3 doses over the year to provide the best immunity. It is important to receive the full course.

If you did not receive an immunisation Consent Card from your child please ask at the school office. Parents/legal guardians should complete, sign and return the Consent Cards. Also if your child has transferred in from another school a form will be required.

If your child is not vaccinated at school, please contact Kadina Medical Associates and arrange for a free ‘catch-up’ dose. If you go to your own doctor at another practice for the vaccination, they may not have the vaccine(s) in stock and there may be a consultation fee.

REMEMBER:
Keep School Immunisation Program records in a safe place as they may be required for future employment or travel.

On the day at your child’s school we will also be able to offer missed doses of the other scheduled vaccines. Boostrix vaccination covers Diptheria, Tetanus and Whooping Cough. There has been an increase in the cases of whooping cough and a booster dose will increase immunity. Varicella vaccination covers chicken pox.

All vaccines are well tested and safe and any side effects are minor.
| Term 4, Week 1: | Bella, Graycie, Tara (Reserve: Emily) |
| Term 4, Week 2: | Brae, Hayden, Lachlan (Reserve: Will) |

**October Vacation Care Program**

**Road Crossing Monitors**

**Term 3, Week 10:** Marcus, Harrison, Ashton (Reserve: Brae)

**Monday 10th October**
- Wallaroo Park and Picnic Lunch
- Please be at OSHC by 9.30am

**Tuesday 11th October**
- Pizza from Capella's for Lunch
- Please wear old clothes and bring change of clothes

**Wednesday 12th October**
- Water Balloon Fight
- Please be at OSHC by 9am

**Thursday 13th October**
- Visit from YP Vets @ 1.30pm
- Please be at OSHC by 9am

**Friday 14th October**
- Science Experiment Day
- Please wear old clothes that can get messy

**Monday 3rd October**
- Public Holiday

**Tuesday 4th October**
- Colour Fun Run Obstacle Course

**Wednesday 5th October**
- Movies at Moonta

**Thursday 6th October**
- Movies at Moonta

**FOR BOOKINGS PLEASE CALL 0439 817 475**