

NEWSLETTER

McDonald Park School

Principal – Kirsty Hill

Chairperson Governing Council – Talia Birks

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Government of South Australia
Department for Education

Issue No 12, 31/7/25 - Week 2, Term 3

Cognitive Load Theory

On our recent pupil free day staff completed learning around cognitive load theory. Cognitive load theory is a collection of instructional recommendations based on the science of how humans learn. Or in simpler terms, Cognitive Load Theory tells us how we can help students learn better based on how students learn.

What is working memory?

Working memory is like a mental sticky note that helps your child hold onto information just long enough to use it. It's what they use to remember instructions, solve problems or follow steps – like remembering what snack to grab from the fridge right now.

What is long-term memory?

Long-term memory is like your child's personal library where they store everything they've learned and experienced. It's where they keep important information like how to tie their shoes, their birthday, or what they learned in school. Or in relation to the fridge example above – it is like knowing what snacks are usually in the fridge and which shelf.

What is learning?

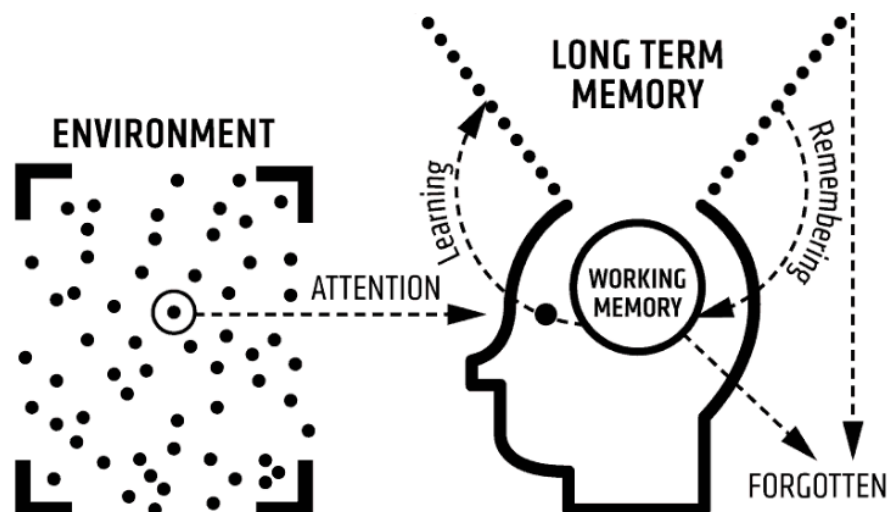
Learning happens for students when they can move information from their working memory into their long-term memory and retrieve this information (remember it).

What can prevent learning?

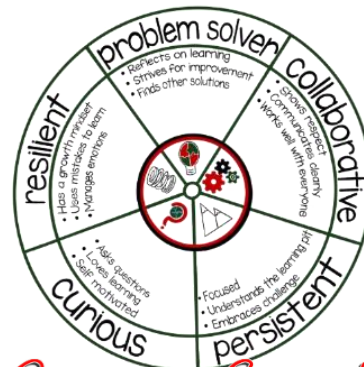
Learning can be prevented from happening when a student's working memory becomes overwhelmed. This can be caused by poorly explained instructions, visual distractions, noise, interruptions, or overly complex language. All of these are what we call extraneous load.

How can we help students learn?

School staff can help students learn by using clear, simple instructions, PowerPoint slides that don't have distractions, repetition, breaking a task down into small manageable steps, maintaining a calm classroom, clear routines, and providing examples.



Kirsty Hill, Daniel Castle & Lia Jordan



Coming Events

TERM 3 – WEEK 3

Monday 4 August

SCHOOL PHOTOS TAKEN



Friday 8 August

Road Crossing training
Year 4/5's

WEEK 4

Thursday 14 August

PhOrMeS Parent Workshop
3:30pm

WEEK 5

All Week

BOOK WEEK

Friday 22 August

Book week dress up day & parade. 9:10am in gym.



WEEK 10



VISION AWARDS

Term 3, Week 2



RESPECT

Presented to	By	For
Angus H-S	Mr Bigg	showing respect towards his classmates and getting along with everyone.
Riely W	Mrs McCracken	consistently demonstrating respect and consideration towards others.
Elsie K	Mrs Widdison & Mrs Tilley	being an inclusive, collaborative and compassionate classmate.

THRIVING

Presented to	By	For
Meaghan H	Mr Bigg	thriving in all areas of her learning and striving to do her best.
Piper K	Miss Eldridge	striving to make improvements in all areas of learning.
Lily T	Mrs McCracken	consistent learning growth and a positive learning attitude.
Hunter L	Mrs Dew	improvement in mental maths.
Kaden H	Mrs Dew	challenging himself in mental maths.
Djakobe L-J	Mrs Widdison & Mrs Tilley	showing commitment, persistence and resilience in his learning.
Van A	Mrs McLean	smashing his learning goals and being an excellent class member.

COLLABORATION

Presented to	By	For
Violet D	Mrs Dew	working well with others in partner and group work.

PROBLEM SOLVING

Presented to	By	For
Connor C	Mrs McCracken	thinking deeply when looking at the properties of odd and even numbers.
Oliver E	Ms Munday & Ms Bundy	approaching problems in new ways.
Kade J	Mrs McLean	always working to solve problems, high engagement and positive peer mentoring.

ENGAGEMENT

Presented to	By	For
Lexi B	Miss Eldridge	creating an informative and eye catching presentation on the journey of honey from farm to table.
Shibby H	Miss Eldridge	striving to do her best and constantly presenting her work to a high standard.
Amirah M	Miss Eldridge	striving to improve her maths fluency.
Mia W	Mrs McCracken	her positive attitude towards learning.
Max B	Mrs Dew	his positive attitude to learning in all areas, especially in dance.
Delilah S	Ms Munday & Ms Bundy	greater focus and participation, leading to growing confidence in all areas.
Ember B	Ms Munday & Ms Bundy	engaging during spelling and working hard.
Sailor W	Mrs Widdison & Mrs Tilley	an excellent effort in public speaking in the Mad Minute competition.
Jeseca B	Mrs McLean	making a conscientious effort to engage with her learning.
Ann B	Mrs McLean	working harder to achieve her learning goals and utilising more efficient work habits.
Lukas V	Ms Mitchell	being truly committed to learning how to type correctly using Typing.com and applying this when typing up work.
Eli H	Ms Mitchell	the enthusiastic way he actively involves himself with all aspects of his learning.

O.S.H.C. @ McDONALD PARK SCHOOL

YMCA OF SOUTH AUSTRALIA

OUT OF SCHOOL HOURS CARE

- ▶ Quality educators
- ▶ Child led programs
- ▶ Art and crafts
- ▶ Science and construction
- ▶ Cooking experiences
- ▶ Sporting activities
- ▶ Nutritional breakfast and afternoon snack
- ▶ Vacation care with excursions and incursions

CHILDCARE SUBSIDY APPROVED

Learn and play at YMCA OSHC

CONTACT US
 oshc@ymcasa.org.au
 08 8200 2516

OUT OF SCHOOL HOURS CARE



SAPSASA GIRLS & BOYS HOCKEY

Congratulations to the following students who have gained selection to represent both our school and the Lower South East in SAPSASA Hockey. **Storm A, Sophie D, Lylah B, Lara L, Alexis R and Max Y.** They will be competing in the State Carnival in Adelaide during week 8, Monday 8 September to Wednesday 10 September. We wish you all the best for the competition.



We welcome these new students and their families to McDonald Park:

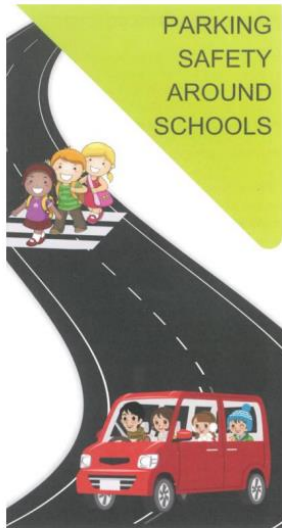


New reception students who have started with us at McDonald Park this term:

Lance O, Theo O-Mc, Azrael C, Bryn R, Zephyr T, Ella G, Jett M, Blare H, Ella W, Robbie P, Lux J, Jesuar R, Scarlet T, Spencer M, Maliiah H-P, Owais L and Claire A.

Welcome also to Owen A in year 1 and year 4 student Cooper H who have joined us from other schools.

PARKING SAFETY



PARKING SAFELY AROUND SCHOOLS

In an effort to provide a safer environment for everyone, City of Mount Gambier Council patrols schools throughout the school term and aims to educate drivers of the road rules and what the signs mean around schools.

PARKING CONCERNS IN SCHOOL AREAS

As it is not practical for schools to provide enough parking for everyone, it is the drivers responsibility to park their car legally and to help ease the parking issues whilst keeping everyone safe.

To help keep our children safe, it's important for drivers to:

- slow down in school zones, during school times
- Be extra cautious around schools
- be aware that young children can be unpredictable and difficult to see.

Children can stay safe by:

- Learning about road safety
- practicing crossing the road with parents and caregivers.

WHY DO WE HAVE PARKING RESTRICTIONS AROUND SCHOOLS?

The safety of all children is paramount. Unlawful parking in school areas is a major hazard and parking infringement notices may be issued for incorrect, unlawful or dangerous parking.

City of Mount Gambier aims to ensure our roads are safe and traffic flows smoothly. Due to the chaotic nature of traffic around schools at peak times, streets can be dangerous for

children who have not fully developed their cognitive abilities. Their perception, judgement and awareness of potentially dangerous situations is not adequately developed to enable them to deal with traffic. Children tend to follow by example, it's up to you to encourage good road sense.

SAFETY CONCERNS IN AND AROUND SCHOOLS

- Speeding motorists
- Parking and stopping on footpaths
- Parking and stopping across driveways
- Parking and stopping on median strips
- Disregard of parking signs

BE RESPONSIBLE, CHILDREN'S SAFETY IS IN ALL OF OUR HANDS

- Observe and learn what each parking sign means
- Plan your drop off so that you can arrive early
- Park on school side if possible so your child does not need to cross the road
- When out walking, practice the "Stop, look, listen and think" rule each time you cross the road.
- Walk or cycle to school

It is your responsibility as a child's caregiver, to model safe behaviour, whilst teaching and guiding them about these important road safety rules. Always be aware of children, they can be unpredictable.

WHAT DO THE PARKING SIGNS MEAN?

No stopping Zone or continuous yellow line edge on road

You cannot stop in this area. A vehicle cannot stop to drop off or pick up passengers. This restriction is in place 24 hours a day.

Offence expiration fee: STOPPING ZONE - \$102 YELLOW LINE - \$104



No parking zone

You must stay within 3 metres of your car at all times. You may briefly assist your child from the vehicle. 2 minute time limit.

Offence expiration fee: \$85



Obstructing driveway

Obstructing access to and from a footpath, driveway etc. A driver must not stop on a road in a position that obstructs access by vehicles or pedestrians.

Offence expiration fee: \$85



Disabled parking permit zone

Whether in car parks or along streets, disabled parking areas are designated for those only with a disabled permit, where a valid permit must be displayed. These permits are available from the Motor Registration Division of the Department of Transport.

Offence expiration fee: \$397



Parking longer than indicated

A driver must not park continuously on a length of road or in an area to which a permissive parking sign applies, for longer than the time indicated by information on the sign.

Offence expiration fee: \$56



Bus zone and taxi zone

Specific parking zones are designated for special service vehicles, such as buses and taxis and must be left available for the vehicles stated.

Offence expiration fee: \$140



For more information please contact:

City of Mount Gambier Council – General Inspectors
 POSTAL: PO Box 56, Mount Gambier SA 5290
 TELEPHONE: 8721 2555
 EMAIL: city@mountgambier.sa.gov.au
 WEBSITE: www.mountgambier.sa.gov.au

CANTEEN PRICES – TERM 3



McDonald Park School CANTEEN PRICES – 2025

Term 3

The canteen menu aims to provide healthy and nutritious food and drinks consistent with the DfE 'Right Bite' Healthy Eating Guide for schools and preschools and 'The Australian Dietary Guidelines for Children and Adolescents'. Please write your **CHILD'S NAME** and **ROOM NUMBER** on a large paper lunch bag. Lunch bags are available from the canteen, 10 for 50 cents or alternatively from Coles or Woolworths. Forks required for foods brought from home will be 10 cents each. Foods brought from home will **NOT** be reheated in the canteen due to health regulations. Any price changes or new items will be notified in the fortnightly newsletter. Late lunch orders will be accepted, however they will be given what is available and if there is insufficient money in the bag the order will be reduced. **THERE IS NO CREDIT AVAILABLE FROM THE CANTEEN**



SANDWICHES / ROLLS / WRAPS		
White / Wholemeal	Sandwich	Roll
Vegemite OR cheese	\$3.00	\$3.50
Egg OR ham	\$4.50	\$5.00
Tuna OR chicken	\$4.50	\$5.00
Salad only (lettuce, carrot, tomato, cucumber)	\$5.00	\$5.50
Ham salad	\$6.00	\$6.50
Tuna OR chicken salad	\$6.00	\$6.50
Extra fillings: cheese, carrot, cucumber, lettuce, tomato, beetroot add \$0.50		
Mayo, tomato, sweet chilli - add \$0.40		

SALADS		
Munch & crunch box	crackers, cheese, French onion dip, carrot, cucumber	\$6.50
Wiggly worm box	cheese sandwich, mini muffin, seasonal fruit, carrot, cucumber	\$6.50
Noodle salad	small tub	\$4.50
	large tub	\$5.50
Super salad bowl:	lettuce, carrot, cheese, tomato, cucumber, 1/2 boiled egg, noodle salad, beetroot	\$8.50
	- add ham, tuna	\$1.00
	- add sweet chilli chicken tender	\$2.00
	- add crumbed chicken tender	\$2.00

THIRST BUSTERS	
Bottle of water	\$2.50
Pure fruit juice	
250ml apple, orange, apple/blackcurrant	\$3.50
Pop Top flavoured milks	
chocolate, strawberry	\$3.70
NIPPYS Milk - Honeycomb	\$3.70
Sanitarium Up and Go - chocolate/strawberry/banana	\$3.70

NICE & ICY – counter sales only	
Paddle Pops	\$2.50
Vanilla ice cream dandy cup	\$2.50
Icy Twist	\$2.50
Mini Callipo	\$2.50
Frozen Strawberry Yoghurt	\$2.50

HOT SUB BAR	
Garlic bread plain – add cheese 50c, add Ham 50c	\$3.50
Crumbed chicken with lettuce and mayo	\$6.00
Sweet chilli chicken with lettuce and mayo	\$6.00
Chicken & Gravy Roll	\$6.00

HOME MADE PIZZA BAR	
Hawaiian - ham, cheese, pineapple	\$5.20
BBQ chicken – bbq sauce, chicken, cheese	\$5.20

BURGERS all served in a white buttered roll	
Add salad	\$1.00
Cheese burger - beef, cheese, sauce	\$6.75
Chicken burger - crumbed chicken, lettuce, mayo	\$6.75

HOT PACKS	
Macaroni cheese	\$6.00
Lasagne	\$6.00
Spaghetti bolognese	\$6.00
Wedges with sweet chilli and sour cream	\$6.00
Nachos with salsa, cheese and sour cream	\$6.00
Steamed dim sim	\$2.00
- soy sauce	\$0.40

LUNCH PACKS		
<i>Jurassic, veggie slice packs include noodle salad, carrot sticks, cucumber</i>		
Jurassic:	3 dino nuggets	\$6.50
	6 dino nuggets	\$7.50
Veggie slice	Zucchini, bacon and carrot	\$7.50
<i>Pirate and gluten free nugget packs contain the salad but do not have the noodle salad in them.</i>		
Pirate:	1 piece of fish and wedges	\$6.50
	2 pieces of fish and wedges	\$7.50
BENTO BOX (Small)	4 Potato gems, 2 mini spring rolls, 2 dim sims, 1 corn cob	\$6.50
BENTO BOX (Large)	6 Potato gems, 3 mini spring rolls, 3 dim sims, 2 corn cobs	\$7.50
Gluten free nuggets:	3 nuggets	\$6.50
	6 nuggets	\$7.50

DAILY SPECIALS	
TUESDAY ONLY – SUSHI	
CAN ONLY BE ORDERED ON Qkr! app, the day before.	
THURSDAY ONLY	
Hot dog in bread	\$3.70
Hot dog in white roll	\$4.70
- cheese	\$0.50
- bbq, sweet chilli, tomato sauce, mustard	\$0.30
THURSDAY MEAL DEAL	
Hot dog, flavoured milk, cookie	\$9.50
FRIDAY ONLY	
Pie	\$5.50
Pasty	\$5.50
Sausage roll	\$4.50
Party pie / party sausage roll	\$2.00
- sauce	\$0.30
FRIDAY MEAL DEAL	
Pie / pasty and juice	\$8.50
Sausage roll and juice	\$7.50
2 party pies and juice	\$7.00
2 party sausage rolls and juice	\$7.00

SNACK TIME – May be ordered for lunch/afternoon recess	
Seasonal fruit	\$1.50
Red Rock Honey Soy Chicken Chips	\$2.00
Popcorn	\$2.00
Assorted fruit muffins	\$1.50
Chocolate chip cookie	\$1.50
Bag rice crackers	\$0.50
Mixed cereal, Honey Chex cereal, Milo cereal	\$0.50



MCDONALD PARK SCHOOL - TERM 3, 2025 CALENDAR OF EVENTS

(Events subject to change at school's discretion if need arises)



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK 1	21/7 PUPIL FREE DAY	22/7	23/7	24/7	25/7
WEEK 2	28/7	29/7	30/7	31/7 Newsletter	1/8 Assembly
WEEK 3	4/8 SCHOOL PHOTO DAY 	5/8	6/8	7/8	8/8 Road Crossing Training Year 4/5s
WEEK 4	11/8	12/8	13/8	14/8 PhOrMeS Parent Workshop Newsletter	15/8 Assembly
WEEK 5	18/8 BOOK WEEK 	19/8 BOOK WEEK 	20/8 BOOK WEEK 	21/8 BOOK WEEK ICAS Spelling 	22/8 BOOK WEEK DRESS UP DAY & PARADE 9:10am
WEEK 6	25/8 GOVERNING COUNCIL 7:30pm	26/8	27/8	28/8 ICAS Maths Newsletter	29/8 Assembly
WEEK 7	1/9	2/9	3/9	4/9	5/9 CASUAL DAY
WEEK 8	8/9 REC-YEAR 2 - Swimming	9/9	10/9	11/9 Newsletter	12/9 Assembly
WEEK 9	15/9 GOVERNING COUNCIL 7:30pm	16/9	17/9	18/9	19/9
WEEK 10	22/9 SCHOOL MUSICAL 	23/9 SCHOOL MUSICAL 	24/9	25/9 Newsletter	26/9 Assembly End of term early dismissal 2:15pm

MOUNT GAMBIER LIBRARY

Social Bingo Lingo

Thursday 7 August
at 7:00pm

No numbers – just people!
Leave with a full bingo card or maybe a new friend!

Limited tickets.
Includes nibbles and a glass of wine or soft drink.
Bookings essential, phone 8721 2540 or scan the QR code.



#MomentsMatter

In support of
LONELINESS AWARENESS WEEK AUS





LIMESTONE COAST MARKET NETWORK PRESENTS:

Pre Christmas Community Market

17TH AUGUST 10-2PM

WULANDA RECREATION CENTRE
MARGARET ST - MT GAMBIER

FOR MORE INFORMATION PLEASE VISIT
LIMESTONECOASTMARKETNETWORK.COM.AU
LCMN@OUTLOOK.COM.AU



60+ MARKET STALLS | FOOD & BEVERAGES
SCAVENGER HUNT | ENTERTAINMENT

BEST DECORATED STALL CONTEST!
COME AND VOTE FOR YOUR FAVOURITE STALL!

Charity Raffle! PRIZES DONATED BY MARKET VENDORS
RAFFLE ON THE DAY WITH ALL PROCEEDS BEING DONATED TO:

Sunrise COMMUNITY KITCHEN
PO Box 48 Mount Gambier SA 5202

PROUD SPONSORS




Join us for a relaxed community event filled with connection, conversation, and fun. Stay for five minutes or the whole time, your presence matters.

LONELINESS AWARENESS WEEK AUS

MOMENTS MATTER



Free coffee or hot chocolate + sweets
(Thanks to the Library Café)
Interactive games & activities
Meet local groups creating connections

MOUNT GAMBIER LIBRARY
TUES 5TH AUG 2025
11 AM - 1.30 PM

Community Connections Program
Connections. Support. Community








TIGERS BASEBALL CLUB

COME & TRY/ REGISTRATION DAY

SUNDAY 24TH AUGUST 1PM-3PM
DIA.1 BLUELAKE SPORTS PARK

NEW PLAYERS WANTED

8+ YEARS, ALL WELCOME

BBQ & DRINKS SUPPLIED

FOR MORE INFO FIND US ON
FACEBOOK, INSTAGRAM OR CONTACT
0437967002