McDonald Park School community will work collaboratively to develop respectful, thriving and engaged problem solvers.

NEWSLETTER
McDonald Park School

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Government of South Australia
Department for Education

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Supporting children through school transitions

As the end of the school year approaches, students at McDonald Park School are preparing for their next step. For some, this means moving to a new classroom and teacher; for our Year 6 students, it means beginning their high school journey. These milestones bring opportunities for growth, new friendships and greater independence, alongside feelings of uncertainty.

A mix of emotions

Children may feel excited about new experiences, curious about their teacher or subjects, worried about making friends, or sad about leaving familiar people and places. Some may feel frustrated that things are changing or overwhelmed by the unknown. These emotions can exist together—a child can be looking forward to next year and still feel nervous about it.

Children don't always have the words to explain these feelings. When a child says, "I don't want to go," they may mean, "I'm worried I won't know anyone," or "What if the work is too hard?"

What might parents notice?

During a transition, emotions may show through changes in behaviour. You might notice:

- **Increased clinginess or reassurance seeking:** wanting you nearby, finding goodbyes harder or repeatedly asking the same questions.
- **Irritability or emotional outbursts:** becoming frustrated more quickly, crying over small setbacks or arguing with siblings.
- **Withdrawal or quietness:** talking less, spending more time alone or being reluctant to discuss next year.
- **Changes in sleep or physical complaints:** difficulty settling at bedtime, tiredness, tummy aches or headaches.
- **A greater need for familiarity:** wanting predictable routines, favourite activities or extra help with tasks they usually manage independently.
- **Mixed messages about independence:** wanting more freedom one moment and extra comfort or support the next.

These behaviours can be signs that a child is working through uncertainty. Staying curious about what sits underneath the behaviour can help us respond with understanding while maintaining calm, clear boundaries.

How families can help

Make space for short, relaxed conversations, perhaps while driving, walking or drawing together. Try asking, "What are you looking forward to?" or "What feels tricky about next year?" Some children need time before they are ready to answer.

Acknowledge their feelings before offering solutions: "It makes sense to feel worried when you don't know what to expect." Rather than promising that everything will be easy, reassure them that support will be available: "There may be things to get used to, and we'll work through them together."

When emotions run high, focus first on helping your child feel calm. A quiet space, a drink of water, gentle breathing or time with a trusted adult may help. Problem-solving is usually easier once they have settled. You can accept the feeling while setting a limit: "It's okay to feel angry. It's not okay to hurt someone."

Keep everyday routines as predictable as possible and allow time for rest and play. Transition visits, meeting teachers and practising practical skills can make unfamiliar experiences feel more manageable. For students heading to high school, this might include discussing timetables, travel arrangements and who they can approach for help.

Working together

Adjusting to change takes time, and children will move through it at different paces. If worries persist, increase or begin to affect sleep, attendance, friendships or everyday activities, please speak with your child's classroom teacher or our wellbeing team.

By listening, preparing and staying connected, families and school staff can help children feel understood and supported as they take their next step.



Coming Events

WEEK 6

Friday 20 November
Assembly 9:10 am in gym

Saturday 21 November
Christmas Parade

WEEK 7

Monday 23 November
Governing Council Meeting 6:30 pm

Friday 27 November
CASUAL DAY
McPARK'S GOT TALENT

WEEK 8

Wednesday 2 December
Kindy and Year 6 Transition

Thursday 3 December
Kindy and Year 6 Transition and Whole School Transition

Friday 4 December
PUPIL FREE DAY

VISION AWARDS

Term 4, Week 6 Assembly

RESPECT

Presented to	By	For
Jacob P	Mrs Pitkin & Mrs Harding	showing respect when adults give instructions in class.
Zoe S	Mrs Wilson & Mrs Waters	her thoughtful and kind approach. Zoe cares about others and helps whenever she can. She is so positive and encouraging in class.
Jack L	Miss Schulz & Ms Hutchinson	being a kind and considerate class member who always treats others respectfully.
William P	Mrs McCracken	working in a respectful manner.
Raven T	Mr Bigg	showing great respect to her classmates and teachers and getting along well with everyone.
Mario M	Miss Eldridge	being a kind, thoughtful and respectful class member who is always looking for ways to contribute to our class community.
Lexii B	Miss Eldridge	being a respectful class member who regularly contributes to making a positive classroom community.
Max B	Mrs McLean	being a wonderful class member who is always kind to others.

THRIVING

Presented to	By	For
Jack B	Mrs Pitkin & Mrs Harding	transferring paper technology skills independently during discovery, creating unique artworks.
Logan C	Miss Day	settling into the routines of school and bringing so much joy and happiness to our classroom. Logan's confidence has blossomed in his first two terms!
Austin W	Mrs Merrett & Mr Agnew	being a great role model by always trying his best and supporting others. He has improved his focus and it is helping him achieve greatness!
Aspyn F	Mrs Merrett & Mr Agnew	making great growth with her learning this term by working hard and having a go. Well done Aspyn!
Harlo W-K	Mrs Cooper & Ms Hutchinson	settling into McDonald Park School so well, demonstrating a positive attitude and an eagerness to learn.
Nova L	Mrs Cooper & Ms Hutchinson	settling into McDonald Park School well, demonstrating a positive attitude and an eagerness to learn.
Dallas Mc	Miss Schulz & Ms Hutchinson	continuing to show growth in his learning and taking on challenges.
John R	Mrs Deppeler & Ms Hutchinson	excellence in procedural text writing.
Rohin W-E	Mrs Dew	his enjoyment in learning to spell very long words.
Axel V	Mrs Dew	settling into his new class, school and country.
Charlie Mc	Mrs McCracken	actively contributing ideas in all lessons.
Ella G	Mrs McCracken	working with great effort and a positive attitude.
Luke D	Mr Bigg	thriving with his testing this past few weeks.
Ayvianna A	Miss Eldridge	making pleasing progress with her reading fluency and comprehension.
Ivy B	Miss Eldridge	striving to make improvements to her reading fluency and helping others do the same.
Stevie C	Ms Bundy & Mrs Dempsey	excellence in learning in Mathematics - showing persistent confidence.
Ahna H	Ms Bundy & Mrs Dempsey	consistent effort and persevering with challenges.
Sailor W	Ms Bundy & Mrs Dempsey	consistently putting in effort, embracing challenges and contributing to the positive environment.
Brooke F	Mrs McLean	working so hard to achieve her learning goals and regulating in class.

COLLABORATION

Presented to	By	For
Tate B	Miss Day	always being the first to offer help to any classmate or peer who asks, especially in learning and pushing others on the swings at DPA. Tate is a wonderful helper in our classroom.
Jaden G	Ms Huitema	working well in a group, respecting the opinions of others.
Payton W	Ms Huitema	working collaboratively with others and contributing her ideas in class discussions.
TJ B	Mrs McCracken	working well with others in a kind, respectful and supportive manner.
Alissa B	Mr Bigg	working well with others in the class and collaborating well.

PROBLEM SOLVING

Presented to	By	For
Liam V	Mrs Cooper & Ms Hutchinson	showing curiosity and interest in his learning by solving problems and questioning processes.
Darcy H	Ms Schulz & Ms Hutchinson	striving to improve in his Maths fact fluency.
Jonathan A	Mrs McLean	high engagement in class and showing initiative around completing work tasks.

ENGAGEMENT

Presented to	By	For
Vivienne N	Mrs Spencer & Mrs Harding	making an energetic and enthusiastic start to her schooling at McDonald Park, bringing smiles and positivity to those around her.
Hallie R	Mrs Spencer & Mrs Harding	demonstrating persistence in her writing, thoughtfully applying teacher feedback and showing determination to complete her tasks.
Henry C	Mrs Pitkin & Mrs Harding	bringing curiosity and wonder to our classroom. He shares his extensive knowledge during class discussions.
Scarlett T	Mrs Pitkin & Mrs Harding	following lesson prompts in PhOrMeS, demonstrating listening skills and pride in her work.
Koa C	Mrs Pitkin & Mrs Harding	listening respectfully during class discussions and sharing brief ideas when asked.
Logan K	Mrs Pitkin & Mrs Harding	expressing his feelings for the areas he enjoys learning at school, such as paired reading with a friend.
Owais L	Mrs Wilson & Mrs Waters	participating in lessons, listening carefully and trying his hardest; especially in PhOrMeS. Well done Owais!
Robbie P	Mrs Wilson & Mrs Waters	initiating conversations with his peers and for the detail and vocabulary he uses when he is recounting an event or describing his feelings. Well done Robbie, we enjoy listening to you!
Lainey P	Miss Day	putting so much effort into learning our PhOrMeS codes and the letter names. Lainey's writing has improved so much and she can write CVC words all by herself!
Cruiz H	Miss Day	putting so much effort and care into his handwriting, making sure his letters sit on the lines and his pictures have great detail. Well done Cruiz!
Gracie C	Mrs Merrett & Mr Agnew	making great choices during morning work. You have followed routines and worked hard. Great job!
Arlo M	Mrs Merrett & Mr Agnew	working hard practising writing his letters and learning his sounds in Literacy. Keep it up!
Arizona W	Ms Huitema	her responsible attitude towards learning and improvements with her reading.
Layla B	Ms Huitema	her participation during PhOrMeS lessons.
Owen A	Ms Schulz & Ms Hutchinson	being a focused learner who consistently strives to do his best.
Malikye T	Mrs Deppeler & Ms Hutchinson	improved focus and persistence during PhOrMeS lessons.
Tex L	Mrs Deppeler & Ms Hutchinson	active engagement during class discussions and asking questions to deepen his understanding of the topic.
Chaz P	Mrs McCracken	showing interest in all learning opportunities with a positive attitude.
Avery T	Mr Bigg	engaging well in all lessons and striving to do her best with her work.
Caylin JVV	Mrs Widdison & Mrs Tilley	working hard and improving her knowledge of codes in PhOrMeS.
Riley B	Mrs Widdison & Mrs Tilley	making significant improvements in classroom engagement and showing greater consistency in completing homework.
Oliver E	Mrs Widdison & Mrs Tilley	showing growth and improvement in Mathematics, particularly developing fluency in multiplication and division.
Van A	Mrs Widdison & Mrs Tilley	making improvements in writing by seeking feedback, acting on suggestions and taking greater care when proof reading.
Jax S	Ms Bundy & Mrs Dempsey	putting in consistent effort across all learning areas.
Dom H	Mrs McLean	displaying excellent dedication to learning and achieving her goals.
Levi C	Ms Mitchell & Ms Jordan	the settled way Levi is completing learning tasks to the best standard possible, and for taking feedback on positively.
Annika B	Ms Mitchell & Ms Jordan	her increased focus to improve the standard of her work and with contributing her knowledge during discussions.



YELP EXPO

ROBE ~ TUESDAY 10 NOVEMBER 2026

On Tuesday 10 November we went to the final YELP expo in Robe. We had three different activities throughout the day, a magic spot, a cultural session with Uncle Doug and we presented our project poster to the other schools.

This year for YELP my favourite thing was getting to travel to different places and learning how to help the environment. I really enjoyed learning the secrets of the environment through the YELP excursions.

Tilly S

This year for YELP my favourite thing was the camp in Naracoorte. I liked it because there was a camp fire and we got to go into the time room and we learnt about munchlines.

I really enjoyed the beach at the end of the expo because the sea is a very important part of nature.

Sailor W



Saturday 21 November, Keep a look out at the Mount Gambier Christmas Parade for our McPark Stars. This year we have a float as well as our older students holding signs throughout the parade.



ACADEMIC AWARD SPONSORSHIP

At the end of each year we recognise a girl and boy from each year level for their academic achievement. Last year we asked for sponsorship from the community for these awards and had an overwhelming response. We have 12 awards valued at $30.00 and are looking for sponsors. The recipient receives a $30.00 voucher and certificate indicating who sponsored the award (organised by the school).

If your family or business would like to become a sponsor of these awards, you will be acknowledged at the end of year presentation. Please indicate below if you would like to participate. Any further queries please contact the front office.

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McDonald Park School ~ 2026 Academic Sponsorship

Name: …… Telephone: ……

Email: ……

SPORTS DAY

CONGRATULATIONS



MERIT - 385 ~ **KARU** - 381 ~ **PARRI** - 363 ~ **WARNAP** – 361

Our annual School Sports Day was a wonderful success, with perfect weather helping to make the day even more enjoyable. Conditions were ideal for students to participate in a range of activities and competitions.

Students from all four teams demonstrated outstanding sportsmanship, determination, and team spirit. Scores were incredibly close from start to finish, with every team giving their best effort in all events. The enthusiasm and encouragement shown by students, staff, and spectators contributed to a fantastic atmosphere across the day.

As points were tallied, it was the green team, Merit, that emerged victorious. Congratulations to Merit on their well-deserved win. Well done also to those students who broke records this year. A fantastic effort! Thank you to all students, staff, and families who helped make the day such a memorable occasion. We are proud of the effort, resilience, and sportsmanship displayed by everyone involved.

CHAMPIONSHIP RELAY RESULTS		
Age Group	**Results**	**Team**
12 year olds	1st	Parri
	2nd	Merit
	3rd	Karu
	4th	Warnap
11 year olds	1st	Merit
	2nd	Parri
	3rd	Karu
	4th	Warnap
10 year olds	1st	Merit
	2nd	Karu
	3rd	Parri
	4th	Warnap
9 year olds	1st	Karu
	2nd	Merit
	3rd	Parri
	4th	Warnap
8 year olds	1st	Warnap
	2nd	Karu
	3rd	Merit
	4th	Parri

NEW RECORDS ACHIEVED IN 2026		
Event	**Previous Record**	**New Record**
Marathon 11 year old girls	2019 - Shayden R – 7m40sec 2024 – Charlotte G – 7m40sec	**2026 – Isabelle H – 7m12sec**
Marathon 10 year old girls	2018 – Shayden R – 8m40sec	**2026 – Scarlett P – 7m55sec**
Marathon 9 year old girls	2022 – Charlotte G – 6m10sec	**2026 – Ivy B – 5m07sec**
Marathon 7 year old boys	2019 – Chase B – 2m47sec	**2026 – Leo C – 2m18sec**
Sprints 7 year old boys	2020 – Tyler C – 9.09sec	**2026 – Leo C – 8.60sec**
Long Jump 11 year old girls	2021 - Chloe M – 3.21 metres	**2026 – Stevie C – 3.28 metres**
High Jump 10 year old girls	2017 – Felicity K – 110cm 2020 – Nadia G – 110cm 2021 – Chloe Mc – 110cm 2024 – Anna L – 110cm	**2026 – Scarlett P – 113cm**

BOYS CHAMPIONSHIP SPRINT RESULTS

Age Group	Name	House
12 year olds	1st – Dominic A	Warnap
	2nd – Blake W	Karu
	3rd – Brayse G	Parri
	4th – Nash M	Merit
11 year olds	1st – Nash M	Merit
	2nd – Zade K	Parri
	3rd – Riley W	Warnap
	4th – Sam P	Merit
10 year olds	1st – Kane G	Parri
	2nd – Elliott B	Karu
	3rd – Hemi L	Warnap
	4th – Kain D	Karu
9 year olds	1st – Hunter L	Karu
	2nd – Regan R	Merit
	3rd – Timothy R	Merit
	4th – Hudson C	Parri
8 year olds	1st – Ryder K	Warnap
	2nd – Ty M	Merit
	3rd – Madsen D	Merit
	4th – Dallas Mc	Karu
7 year olds	1st – Leo C	Warnap
	2nd – Zack R	Merit
	3rd – Vincent A	Warnap
	4th – Jordan N	Karu
6 year olds	1st – Bryn R	Karu
	2nd – Vinny M	Warnap
	3rd – Jack B	Karu
	4th – Owais L	Parri
5 year olds	1st – Rory W	Karu
	2nd – Archie S	Parri
	3rd – Tate B	Merit
	4th – Spencer	Merit

GIRLS CHAMPIONSHIP SPRINT RESULTS

Age Group	Name	House
12 year olds	1st – Chloe B	Karu
	2nd – Amelia F	Warnap
	3rd – Domonique H	Merit
	4th – Hannah M	Parri
11 year olds	1st – Stevie C	Warnap
	2nd – Amelia J	Karu
	3rd – Isabelle H	Parri
	4th – Mia G	Warnap
10 year olds	1st – Meaghan H	Parri
	2nd – Gabriella P	Karu
	3rd – Matilda L	Merit
	4th – Scarlett P	Merit
9 year olds	1st – Ivy B	Warnap
	2nd – Savannah S	Warnap
	3rd – Estelle J	Karu
	4th – Paige G	Merit
8 year olds	1st - Lara P	Karu
	2nd – Hallie B	Merit
	3rd – Ellie-Mae Mc	Merit
	4th – Michelle N	Karu
7 year olds	1st – Isabella W	Karu
	2nd – Layla B	Parri
	3rd – Mikayla G	Warnap
	4th – Sadie T	Warnap
6 year olds	1st - Scarlett C	Parri
	2nd – Norah H	Karu
	3rd – Sienna R	Warnap
	4th – Audrey C	Karu
5 year olds	1st – Annie S	Warnap
	2nd – Harper R	Parri
	3rd – Dollars S	Warnap
	4th – Alora P	Karu




































Growing together at McDonald Park OSHC





On Monday 12 October and Friday 23 October, McDonald Park OSHC enjoyed a pupil-free day and a school closure day focused on developing and caring for our OSHC garden area.

On the first day, children got hands-on using trowels to weed and clear our designated garden beds, discovering what was hiding amongst the plants along the way! We spotted snails, a soldier beetle and a caterpillar, uncovered some potatoes and found lemons that had fallen to the ground. The children also enjoyed a game of hide-and-seek before continuing their learning with bee-themed activities in the afternoon.





On Friday 23 October, we continued our garden project with another fun-filled day outdoors. The children explored the garden, collected rocks and got creative with some rock painting! Once their masterpieces were complete, the children hid their painted rocks around the garden for others to discover. We also continued our bug hunt, looking closely amongst the plants to see what little creatures we could find. It was a lovely opportunity to combine creativity, exploration and caring for our outdoor environment.

Looking ahead, we're excited to continue developing our garden throughout the rest of Term 4 by planting a variety of plants, including sunflowers, fruits and vegetables for the children to care for and enjoy. We're looking forward to using some of our fresh produce at OSHC, giving children the opportunity to experience the journey from planting and caring for their garden through to enjoying what they have grown.

Our upcoming **Pupil-Free Day on Friday 4 December** will be dedicated to creating and building some special additions for our garden, helping to bring the children's ideas to life and make our outdoor space even more inviting.

We're also excited to have a Bunnings team member joining us during Vacation Care on **Friday 8 January**, where the children will have another opportunity to get hands-on with gardening and building activities as we continue to grow and develop our garden together.

We can't wait to keep growing our garden, see the children's ideas come to life and watch our little outdoor space flourish!

Thanks,

Alana Barrow
|OSHC Director





CHICKENS HOLIDAY CARE

We are looking for families who would like to look after our chickens during the summer school holidays. This would involve coming in each day of your allocated time and checking on them, feeding and watering them and collecting the eggs. It will also involve letting the chickens out into their run in the morning and putting them back in at night. You will be able to keep any eggs that you collect. Never looked after the chickens before, don't worry, Miss Eldridge will meet with you or your children to explain what to do.



If you are interested, please contact the school. Below is a list of the available weeks

- First week (14th of December to the 20th of December)
- Second week (21st of December to the 27th of December)
- Third week (28th of December to the 3rd of January)
- Fourth week (4th of January to the 10th of January)
- Fifth Week (11th of January to the 17th of January)
- Sixth Week (18th of January to the 24th of January)

COMMUNITY NEWS

Come & Try Calisthenics in 2027

krymzon.com.au

KRYMZON ACADEMY OF CALISTHENICS

Calisthenics is an artistic team sport that blends ballet, jazz, contemporary, gymnastics and acting into routines!

Your first lesson is free and there are multiple Fun & Competition teams to choose from.

TOTS - Ages 3-5
TINIES - Ages 5-7
RECREATIONAL - Ages 8-13
MASTERS - Ages 18+

SUB JUNIOR COMP - Ages 8-10
JUNIOR COMP - Ages 11-13
INTER COMP - Ages 14-17
SENIOR COMP - Ages 18+

*Ages as of 31st December 2027

Contact:
Christiane Howes (Secretary) 0435 818 549
or Message via our Facebook Page or Website

