

Mid North Education Centre NEWSLETTER

Week 9, Term 1, 2025



PRINCIPAL'S MESSAGE

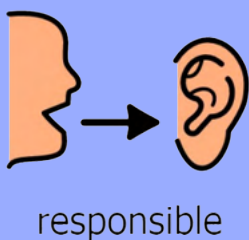


Week 8 was filled with wonderful opportunities for learning and connection. We were delighted to welcome Solomontown Kindergarten to the Mid North Education Centre, where students explored the vital role of emergency services. A big thank you to the fire brigade and police for their enthusiastic involvement—our students gained valuable insight into their work, while also building positive relationships that we hope will continue to grow.



Next week, we're excited to visit Solomontown Kindergarten for their Sensory Fun Day in support of Autism Awareness. This special event encourages inclusivity and understanding through sensory-based play, and we're looking forward to being part of it.

On our recent student-free day, staff had the opportunity to visit Riverland Special School. It was a valuable day of professional learning, where we collaborated with colleagues, observed site practices, and reflected on our own approaches to teaching and learning. These experiences are instrumental in helping us strengthen our practice and enhance student engagement across the curriculum. It's been fantastic to expand our network with other special schools this year—we're already seeing the positive impact on our work.



We're also excited to share that playground upgrade works are now underway! In the coming weeks, we'll be replacing the asphalt surface and adding new markings designed to encourage a range of fitness and movement-based activities. These updates aim to provide our students with more opportunities for active play and engagement during breaks, supporting their physical and social development.

Warm regards,
Shannon Davis





Learning in Focus: Growth Through Engagement

Student Free Day Training and Development - Nathan Wallis

Nathan Wallis provided us with a very informative and engaging narrative on how our loving day-to-day interactions with children, significantly the first 1000 days, plays a critical role in defining later outcomes for our children and for their future; our outcomes are not predetermined just by our genes and it's not about learning alphabets, numbers or colours. It's about being in a safe, loving and interactive environment. The more love and positive interaction you experience in your first 1000 days of life, the more developed your brain will be. This will ultimately impact all of your child's life-long outcomes.

We as teachers found this presentation to be very relevant to our students. Nathan mentioned numerous times about having a strong relationship with students as this will enhance learning outcomes. Staff at MNEC pride our self on the strong relationships we have with our students.



The **adult** that spends 20 minutes a day in play, with no **purpose**, no **structure** and no **result**.

Are more **creative**, happy, **content** and successful.

Play engages the right **brain**.

Me ohu tātoa, kia whai hua te ao



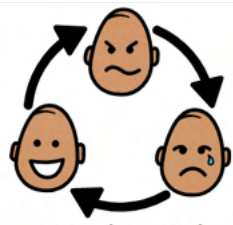
The Developing Brain



Teacher Spotlight:

“I like learning through play with Spencer as this encourages communication”

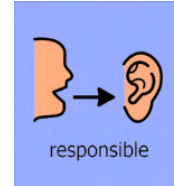
Skye



Emotional Regulation

Learning in Focus: Wellbeing and Self-Regulation Tips

As part of PBL we have been focusing on our school values: I am Friendly, I am Safe and I am Responsible. throughout the term we have units in which we explicitly teach skills that support our school values.



In weeks 7- 9 we have focused on I am Friendly: Speak positively. In this unit we have covered encouraging others and positive self talk.

Positive Self Talk

Positive self talk is a strategy to change your internal dialogue. In times of high stress or anxiety it can be difficult to change thought patterns and break negative cycles. Positive self talk involves recognising negative patterns and deliberately breaking them.

- you're allowed to step back and take a break
- remember it's always okay to ask for help
- you can get through this
- you are more capable than you know
- take things one step at a time
- your results do not define you and you can only do your best

Student Spotlight:

“We can say ‘it’s okay!’. We can try again.” Jack





Social Support and Collaboration

Learning in Focus: Social Support and Collaboration

The Importance of Hand Washing: A Lesson from the Environmental Health Centre

This week, we had the wonderful opportunity to learn about the importance of hand washing, thanks to a visit from the Environmental Health Centre (EHC). On Monday and Tuesday, Jade and Amy from EHC taught us why washing and drying our hands properly is so crucial, especially in Port Pirie.

In our community, hand washing plays a vital role in keeping lead out of our bodies. Lead dust can easily find its way onto our hands, and when we don't wash them properly, we risk ingesting harmful substances. The best way to wash our hands is with plain soap and water – and remember, drying them well is just as important! While alcohol-based hand gels can help with germs, they don't remove dirt or lead dust, so soap and water are always the better option for cleaning dirty hands. Jade and Amy introduced us to the "Pea-bee and Phea-bee" way of hand washing – a fun and easy method to make sure we get our hands thoroughly clean.

We also learned about the key times when we should wash and dry our hands:

- Before eating
- After playing outside
- After playing with our pets
- After using the toilet

To make the lesson even more exciting, some of us got to try a special 'glow potion' on our hands. When we looked under a black light, we could see where dirt, germs, and even lead could be hiding on our hands! It was a fun and eye-opening way to understand just how important it is to wash our hands thoroughly.

Remember, washing your hands properly is one of the best ways to stay healthy and keep lead out of your body. Let's make sure we all practice what we've learned every day!



Community Member Spotlight:

“It was wonderful to see how engaged the students were during the hand washing lesson. They really took the time to learn and understand the importance of proper hand hygiene.”

EHC Worker, Jade



Social Support and Collaboration

Learning in Focus: Social Support and Collaboration

EMpower Pathways

EMpower Pathways offers 1:1 Supports, in home supports, domestic assistance, transport, mentoring and group activities. To individuals with a disability as well as mentoring to those without NDIS.

Our social groups run 2x a week in the evenings in school terms, they are from aged 6 into adulthood and each term we follow a weekly schedule,

Some examples of our activities have been, cooking, games night, carpentry, gardening, excursions and even a 3 course meal for a byo special persons night.

We have had great success and outcomes in our 18 months of running social groups such as:

- strong connections and friendships.
- something to look forward to for school leavers
- inclusion
- opportunities to try new skills and exposure to new experiences
- Independence Goals
- Individual beginning shy leaving talking and confidence to share
- Shared Suppers and group discussions.
- inputs into our next programs.
- counting down sleeps to next session.



We are so passionate about creating a group setting where everyone feels included and welcomed and we believe we have made this a reality.

Every member is truly respected and its a wonderful privilege to be in thier lives.



Teacher Spotlight:

“It has been wonderful to hear some of the amazing stories of inspiration and engagement from our families who access this program.”

Shannon

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<https://www.empowerpathways.org/>

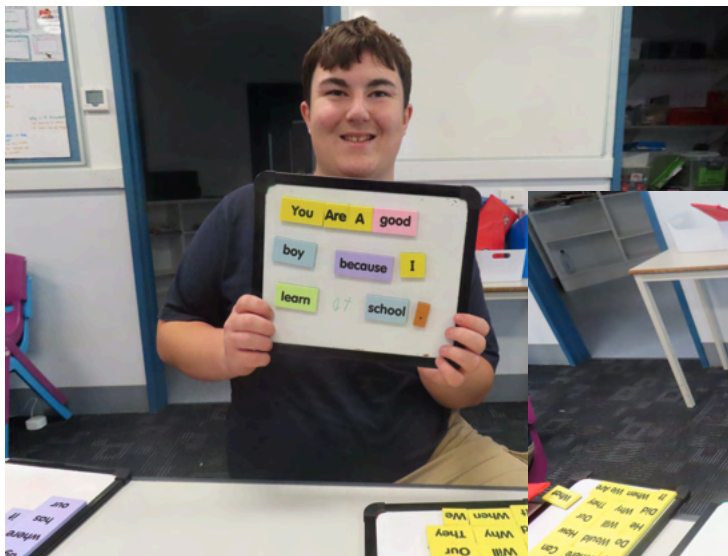






Classroom Highlights: Flinders

In our writing sessions, we've been enhancing our skills through a variety of engaging activities. We've been practising letter writing, which helps students understand the structure and purpose of written communication. Using different tools to form words adds a tactile element to learning, making it more interactive and fun. We've also been crafting sentences inspired by our surroundings, encouraging students to observe and describe the world around them. Additionally, using magnetic words allows students to experiment with sentence construction in a playful way. These activities are designed to make writing enjoyable and help students express their thoughts and ideas effectively, fostering creativity and confidence in their writing abilities.



Student Spotlight:

“I like using magnet letters to make words” Bebop



Classroom Highlights: Spencer

In Spencer we have been working on activities that link to our book of the week. Last week we focused on 'The Very Hungry Caterpillar'. We made our own caterpillars and butterflies.

This week we have focused on 'Rainbow Fish' our students listened to the story than made an ocean background and our own rainbow fish to add to our poster.



Student Spotlight

Dimitri enjoyed painting and using glitter to make sparkles.

Canteen Ordering in Term 2

Canteen in Term 2

Spriggy Schools

Starting Term 2, we will be partnering with Port Pirie West Primary School to access their canteen. This means that our students will have the opportunity to order lunch from a wider selection of fresh and nutritious hot food options every Thursday and Friday.

Orders can be placed using the Spriggy app, which is a simple and secure platform for school lunch ordering. All orders must be completed by 10am on the day of delivery.

Mid North Education Centre
CANTEEN MENU

cheese pizza	sausage roll	chicken nuggets and chips	salad bowl	
ham & cheese	pie	chicken wrap		cheese
ham, cheese and pineapple	Pirie cheeseburger	chicken & salad		sauce
bbq chicken pizza	hot dog	ham & salad		small
toasted sandwich	squash dog	ham wrap		large
water	juice bomb apple coola	iced donut	original chips	Doritos
chocolate milk	juice bomb grape	muffin	chicken chips	BBQ chips
strawberry milk	juice bomb watermelon	biscuit	salt & vinegar chips	cheese & onion chips
fruit box	juice bomb orange pasio	yoghurt		
	juice bomb apple & blackcurrant	fruit bowl	jelly	

HOT FOOD

Pizza: Cheese	\$4.00
Pizza: Ham & Cheese	\$4.00
Pizza: Ham, Chesse & Pinapple	\$4.00
Pizza: BBQ Chicken	\$4.00
Sausage Roll	\$4.50
Pie	\$5.00
Pirie Cheeseburger	\$4.50
Hot Dog (with cheese & sauce)	\$4.50
Squash Dog	\$4.50
Toasted Ham & Cheese Sandwich	\$4.50
5 Nuggets & Chips	\$5.00

ROLLS 'N' WRAPS

	ROLL	WRAPS
Chicken Tender Wrap	\$6.00	\$6.00
Chicken	\$4.50	\$5.00
Chicken 'n' Salad	\$6.50	\$7.00
Ham	\$4.00	\$4.50
Ham 'n' Salad	\$6.00	\$6.50

SALADS

Salad Bowl - Small	\$4.00
Salad Bowl - Large	\$7.00

salad consists of: lettuce, carrot, cheese, tomato, cucumber & mayo

DRINKS

bottled Water	\$2.50
Milk Drink 200ml (Chocolate or Strawberry)	\$3.50
Fruit Box	\$3.00
Juice Bomb	\$4.00

Milppin: Chese, Grape, Watermelon
OrangePasio or Apple Blackcurrant

SNACKS

Pkt Chips 45g	\$3.70
<small>Doritos, BBQ, Chicken, Cheese & Onion, Salt & Vinegar, Plain</small>	
Iced Donuts	\$3.50
Muffin	\$3.50
Homemade Biscuit	\$1.50
Yoghurt Pouch	\$2.00
Fruit Bowl	\$3.50
Jelly	\$1.50

Upcoming Events & Reminders

 **LAURA FAIR**
Eat, Dance, Enjoy
APRIL 5 & 6 2025
Sat 5th 10am-10pm Sun 6th 10am-4pm

Kidz Zone

SATURDAY

- 10am - Animals Anonymous
- 10:30am - Nitro Nat
- 11am - The Funny Farmers
- 11:30am - The Amazing Drumming Monkeys
- 12noon - Nitro Nat
- 12:30pm - The Funny Farmers
- 1pm - The Amazing Drumming Monkeys
- 1:30pm - Animals Anonymous
- 2pm - Peter Combe**
- 2:45pm - The Funny Farmers
- 3:15pm - Nitro Nat
- 3:45pm - Cool 4 Kids
- 4:15pm - The Amazing Drumming Monkeys
- 4:45pm - Cool 4 Kids
- 5:15pm - Giant Lawn Games & Activities
- 6:30pm - Glow Disco
- 7:30pm - Movie Under the Stars

SUNDAY

- 10am - Nitro Nat
- 10:30am - Animals Anonymous
- 11am - The Funny Farmers
- 11:30am - The Amazing Drumming Monkeys
- 12noon - Nitro Nat
- 12:30pm - Animals Anonymous
- 1pm - The Funny Farmers
- 1:30pm - The Amazing Drumming Monkeys
- 2pm - Nitro Nat
- 2:30pm The Funny Farmers
- 3pm - The Amazing Drumming Monkeys

FOR THE ADULTS:
70+ Stalls, 20 Food Vans, Gin Bar, Wine & Cider Vans, DJ & MORE!

thelaurafair.com.au - facebook.com/thelaurafair - <https://events.humanitix.com/laura-fair>

Animals Anonymous

COOL 4 KIDS

Peter Combe

Nitro Nat

AMAZING DRUMMING MONKEYS

FUNNY FARMERS

SCAN ME!

TICKETS



Reminder:

Early finish last day of term:

Friday 11th of April - 2:15pm finish

MNEC students:

 You are invited to:
Solomontown Kindergartens
World Autism Awareness Week Sensory Fun Day

2nd April | 10am-11:30am
Solomontown Preschool
1 Prince street, Port Pirie

Join us for a morning of sensory fun and special activities to celebrate diversity and inclusivity.

"Never forget how amazing you are"



Address: 56 David Street, Port Pirie, SA, 5540

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Email: dl.0214.info@schools.sa.edu.au

SCAN ME!



Visit our website for more information!