



8th May 2018

Respect

Responsibility

Integrity

Canberra



8th May

Fitness Club/
Coffee Van/
ICAS - Digital
Technologies Test

9th May

Sporting Schools
Rugby Year 4 – 7/
Mother's Day Stall/
Education
Committee Meeting

10th May

Fitness Club/
Organic Market/
Mother's Day Stall/
Reception Excursion
- Kids on Country

11th May

Mother's Day Stall

14th May

Principal Tours/
Governing Council
Meeting

15th May

Fitness Club/
Coffee Van/
NAPLAN

16th May

NAPLAN

17th May

Fitness Club/
Organic Market/
NAPLAN

18th May

Girls Knockout
Football vs
Braeview/
Assembly presented
by Natalie Tilling's
Year 4/5 Class



In week, 11 of term 1 the year 7 students spent four days in Canberra. It all started at 5am; yes, we said 5am at Adelaide Airport. We collected our boarding passes, went through security, met at Gate 22, said goodbye to our mums and dads (a few tears were shed) and boarded the plane. Our trip had officially started.

We landed in Canberra eager to start our tour. We began by driving through the Embassy buildings. Then it was off to Parliament House, our guide Amanda took us into one of the rooms and we carried out a role-play on how to pass a Bill in the House of Representatives.



Some of us dressed up, Kai was the Sergeant in Arms and Georgia was the Prime Minister. We passed a bill that all children should spend three hours a week playing sport for a team. We also visited the House of Representatives and the Senate with our guide Shane. Later we went to the Australian War Memorial museum before attending the Last Post Ceremony.



Melissa and Noah laid a wreath at the Pool of Remembrance. It was very moving. We arrived at our hotel very tired. It was a case of tea, shower, write-up our journals and straight to sleep.



Over the next three days, we visited a variety of amazing and interesting places. We visited the



National Museum of Australia. We created an earthquake at the Geo Science Centre and saw our earthquake recorded on the seismograph. At the Governor General's house, we were very impressed by the size and style of the house, and we were fortunate that Peter Cosgrove, the Governor General suddenly appeared from behind the curtain, to talk to us and answer our questions.

PUPIL FREE DAY - MONDAY 21ST MAY 2018

Canberra continued



We also saw Titan the 4.6 tonne machine that move all the unmarked coins ready for pressing at the Royal Australian Mint. We learnt the history of 'money' and how coins are made and distributed. At Old Parliament House, we learnt the meaning and history of democracy. We took part in a mock voting poll, and learnt how preferential voting works. We were lucky enough to sit in on an actual case at the High Court. It was very formal and we had to sit in silence when the solicitor and Judges were talking.

On the final day we went to the National Exhibition Centre to design a new building for the capital city from Lego. We visited the Glassworks and had a great tour before making our own glass drinking coasters. We visited the chocolate shop before going to Questacon where we explored seven levels of interactive scientific activities.



We flew home and met our families at the airport safe and sound. It was a great trip.



The Australian Government recognises the importance of all young Australians being able to visit the national capital as part of their Civics and Citizenship education.

To assist families in meeting the cost of the excursion the Australian Government contributed funding to assist each student under the Parliament and Civics Education Rebate program (PACER) towards those costs.

Attendance



School success starts
with attendance



Congratulations we hit
97%
attendance this week.

Capable Students, Expert Learners, Expert Teachers

Principal's Report

Dear Families

What a great start to term 2, all classes are settled and working hard. The year 3, 5 and 7 students are preparing for NAPLAN in week 3 and other classes are focussed on the curriculum and the dispositions for learning that will support them to develop the skills for success at school and in life.

The Future Leaders are working collaboratively on a number of issues of concern to students. These include litter in and around the school and running on the paved internal areas. They have presented their concerns to me and will be problem solving strategies to reduce rubbish from food wrappers and to encourage students to walk in and around the buildings. Their work involves identifying authentic problems, problem solving, critical and creative thinking, communicating and working collaboratively. I look forward to working with these students throughout the year.

Congratulations to Kathy Liscombe and Dean Carter for organising a highly successful camp to Canberra for the year 7 students. It was fantastic to accompany the teachers and students on this trip. The real life experience of being in the Capital of Australia visiting important places of government was both relevant and rewarding. Students experienced guided tours and hands on experiences throughout the week that directly connected to the year 7 curriculum. The experience required all students to work together and we were very proud of their representation of the school and the community.

During the holidays the painting works were completed and our school has a fresh new colour scheme. Unfortunately, the front façade has not been painted due to a scheduled replacement of windows and cladding, this will occur soon and the whole school will be completed during this work. The basketball courts were resurfaced and some paving repairs were made in various sections of the school. A recent audit of tree health and safety identified a number of trees that were rotten and at risk of branches falling down therefore, some trees have been trimmed whilst others have been chopped down.

We have experienced some staffing changes for the commencement of term, Sue Schmidt has taken long service leave for 2 terms, her position has been filled by Dana Lauck. Katherine Pooley has taken maternity leave to be replaced by Bianca Cowell for one day per week in the year 1 / 2 class and to take the Digital Technology classes. Liz Loveday is on leave for the first 4 weeks of term being replaced by Viki Daher and Lauren Williams returns from maternity leave to work in the year 1 class. We welcome all new staff and look forward to working together as a team.

Anthea Bartlett and Claire Bosworth are taking lead roles in STEM Education in the school by attending the STEM 1000 professional development program with Dr Julia Aitken. They will work with representatives from our partnership schools and support other teachers in the school.

The year 3 - 7 students experienced a session this week on Tackle Bullying by Anthony Minichellio a well known Rugby league player. This was followed by Interschools Rugby on Wednesday. Congratulations to our Cross - Country athletes for winning the small schools division this year. An extra applaud for Melissa A, Phebe R, Ebony L, Oscar W, Gabe C, Tabi P and Caitlin P for being selected in the Southern Valley team to go to Oakbank Racecourse for the state cross country event.

Please support the efforts of the fundraising committee for the Colour Explosion on the 25th may. It will be a fun filled event.

I look forward to working with everyone this term.

Regards

Debbie

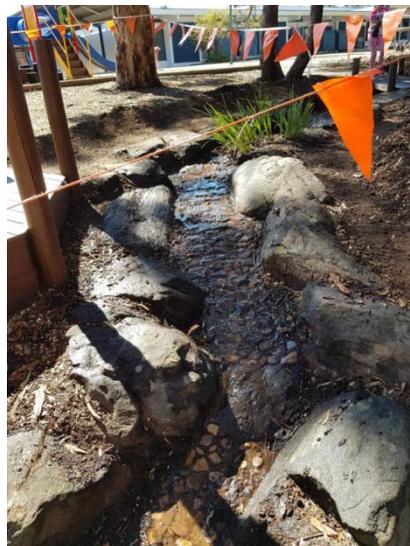
Thank You Thank You



Many thanks to the Hattingh, Lockwood and Sampson families for looking after the gardens and the chooks during the school holidays. Your time is appreciated.



Many thanks to the following workers who attended our Working Bee on Sunday 29th April preparing the school for Term 2 - Alicia and James Rundell, Neive, Helen & Paul Morgan, Jake DeLuca, Yvette Dowling and Chloe Crompton, Nigel Cock, Jose and Sebastian Bellido-Lovon, Shane, Abigail, Emilee, Jo and Imogen Bissmire and Wendy Nicolle.



2018 Public Education Awards

Nominate, celebrate and recognise an outstanding educator in the 2018 Public Education Awards.

Get involved and say thank you to a principal, teacher or support staff member making a significant difference to the lives of their students and their communities.

An educator's influence continues beyond the classroom and supports children and young people to reach their full potential in life. We all remember a teacher who inspired and motivated us to enjoy learning, and the awards honour the dedication and passion of individuals who deliver the best possible outcomes for young people and their families.

The Public Education Awards are entering their 8th year and we're excited to share excellence in South Australian public education and invite you to celebrate and recognise an educator who makes a positive impact every day.

The Public Education Awards recognise excellence in South Australian public education, and nominations are open 1 to 31 May. Visit www.education.sa.gov.au/awards to nominate and find out more about the awards.

Welcome Back from Kelly Townsend

Hello All and welcome back.

“Change your thoughts and you change your world.” – Norman Vincent Peale

This term I will be focusing on our thoughts and words and will be listening intently to what our children/students are saying to themselves.

Negative thinking is like a giant wall. It closes you in, keeps you from accomplishing goals, and blocks you from moving forward in life – whether it be learning, growing, or obtaining happiness. In the same way, negative thinking can hold a student back from his or her true potential. What’s one way to stop this from happening? By encouraging a positive attitude.

Parents can play a huge role in teaching their children how to think positive. In turn, those same parents can have a front-row seat to witness the amazing transformations that happen when children simply begin to believe in themselves.

Be an example.

- Model a positive, encouraging attitude in all that you say, do and believe. Optimism is contagious. Positive thinking tends to breed positive results, and if your child sees positive results from your attitude, he or she is more likely to want to experience the same positive results.
- Help your child change negative thinking patterns. As you bring negative words and thoughts to the attention of your child, make sure you’re encouraging him or her to replace the negativity with positivity.
- Play the role of your child’s biggest fan. As a parent your influence makes a big difference in your child’s level of self-confidence. Your belief in your child can help him or her learn this sense of confidence and self-acceptance. In turn, your child can begin thinking positively, developing self-esteem, and celebrating his or her identity. Being positive 24/7 is difficult for all of us, but that doesn’t mean we shouldn’t try harder to maintain an optimistic attitude.

Till next time, enjoy and be kind to yourselves.

Fun MINDFULNESS ACTIVITIES for children

by Big Life Journal

- 1 "JUST ONE BREATH" BREATHING ACTIVITY**
 - Find a relaxing place, sit comfortably, and set a timer for one minute.
 - Breathe deeply in and out while paying attention to any sensations you notice or sounds you hear.
 - Take another slow deep breath, imagine the air moving down into the lungs and back up.
 - Take one more deep breath and hold for a moment, then release it.
- 2 CREATE A GLITTER JAR**
 - Finding a jar or plastic bottle and allow your child to decorate it however they like.
 - Fill the bottle up 3/4 of the way with water. Next, add clear glue, food coloring, and glitter then shake.
 - Seal the lid and you are ready to go.
- 3 HEARTBEAT EXERCISE**
 - Ask your child to stand up and either jump up and down or do jumping jacks for one minute.
 - At the end of that minute, have them place their hand on their heart and pay attention to how their heartbeat and their breathing feels.
- 4 GOING ON A SAFARI**
 - Go outside on an exciting adventure, try picking up a small rock or touching a plant or flower.
 - Notice the bugs or the birds. Take a moment to kneel down and touch the earth.
 - Walk mindfully paying close attention to everything. Make sure you walk in silence because you want to notice all those little details.
- 5 TENSE AND RELEASE MUSCLE RELAXATION**
 - Starting at the feet, gently squeeze the muscles in the feet by tightening them, then slowly releasing.
 - Next, squeeze the large muscles in the calves for 5 seconds, then gently release. Working your way up the body, squeeze the thigh muscles for 5 seconds then gently release.
 - Continue moving up the body for more relaxation.

Big Life Journal - biglifejournal.com

Cross Country - Small Schools Division Champions

Article by Melissa A

Due to the extremely bad weather in the morning we were thinking that Cross Country was going to be cancelled, a lot of us still wanted to compete even with the horrible weather! We couldn't go for a walk around the course because we would have gotten drenched in the rain. Whilst the races were happening we were supporting our teammates. When it was finally our time to race we had to line up at the start line and it was very cold after we took off our jumpers. Our race was lucky last and we had to race together (Boys and Girls). Once all the races had been completed it was presentation time and our school was named Small Schools Champions.



Community Notices



OPEN DAY YEARS 8-12

Tuesday 15 May 2018
4 - 7.00pm

Reynella East College is an innovative and exciting school that strives for excellence. Our re-developed facilities are simply outstanding! For your convenience we also conduct regular College tours, please contact the school for coming dates.

63 Malbeck Drive, Reynella East, SA 5161
T: (08) 8329 2300 reynellaec.sa.edu.au



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COLLEGE



Government
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Department for Education

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Community Notices - continued



At Goodstart Aberfoyle Park our play-based early learning programs cater to each child's stage of development from six weeks of age to Preschool-aged children.

We offer early learning and childcare with convenient long day care hours as well as a government approved Kindergarten program.

Enquire Now.

Call the Centre Director, Rachelle Lohmeyer on **(08) 8387 4511** to arrange a visit to our centre, meet our team of experienced early childhood teachers and educators and learn more.

Goodstart Early Learning Aberfoyle Park

1-3 Windebanks Road
Aberfoyle Park SA 5159

[✉ abp@goodstart.org.au](mailto:abp@goodstart.org.au)



STOP BULLYING
LEARN SELF DEFENCE



WWW.SHIMJANG.COM

Aberfoyle Park - Happy Valley

0433 353 760

Our classes run on:
Monday evenings 5:30 - 6:30pm at the Happy Valley Primary School Hall, (commenced April 30) and Thursday evenings 6 - 7:30pm at the Aberfoyle Hub R-7 school.

We cater for ages 6 and up and welcome adults also, several of our members train as a family which is a great way to bond.

Happy Valley Primary School
18 Education Road
Happy Valley SA 5159
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Email dl.0171.info@schools.sa.edu.au



Government of South Australia
Department for Education