



NEWSLETTER

Newsletter No.16

LAST DAY OF TERM 3

FRIDAY 28TH SEPTEMBER

DISMISSAL AT 2:15PM

**SCHOOL CLOSURE – Show Day
19th October**

PUPIL FREE DAY

22nd October

Dear Families,

Firstly, thank you to the school community for participating in the annual community survey. Over the past 3 years we have moved from 9 responses to 21 and this year we had 50 responses, which is fabulous. The staff will analyse the feedback and adjust processes or implement new processes to improve the overall experience our families have with the school. Our NAPLAN results arrived last week and I was pleased with the improvement we have made in numeracy and reading, writing is a problem of practice to be analysed in depth for future planning. These reports will be coming home this week and if you have concerns, or would like to have a discussion with your child’s classroom teacher please arrange a time to meet. Across the site data is being used more intentionally to inform practice and we are deliberately and purposefully identifying and tracking students. School Improvement does not just happen, it can be attributed to the collaboration and dedication of the whole community to ensure that children are learning and improving all the time. We are planning for this upward trend of improvement to continue and become a high achieving school, we will also need your commitment to

achieve this. The early years’ staff have been involved in a 5 week learning sprint and the results of this sprint have enabled significant movement of our foundation students in reading. The upper primary students have been instrumental in this sprint with ensuring all children, every day, are practicing their sight words. Next week I am looking forward to the main building concert at the Sir Robert Helpmann Theatre and having a bit of fun with the canteen fundraiser “Pie in the Face”.

Thank you to all the volunteers for participating in learning, fundraising and library support, your efforts are greatly appreciated and this also helps to build a culture of learning and achievement.

Have a safe and restful break and I will see you all next term.

Mardi McClintock
Principal

Tamarin Condon
Deputy Principal

IMPORTANT DATES

- 26th September Middle School Assembly 2:30pm
- 27th September Learning Hub Concert - Sir Robert Helpmann Theatre 7:00pm
- 15th October Term 4 begins

FOOTY COLOURS DAY
SHOW YOUR TRUE COLOURS!
 Friday September 28th, 2018
 Show your team spirit, wear your team colours.

Gold Coin Donation

Fundraising for kids with cancer!



SPORTS DAY CAPTAINS

Congratulations to the following students who successfully applied for and won a position as Captain or Vice Captain for their sports day houses.

Captain	<u>Keegan</u> Brydon Klingberg	<u>Shelton</u> Abby Tansell
Captain	Dakota Malin	Dominic McDonald
Vice-Captain	Talia Kaczmarek	Chelsea Owen
Vice-Captain	Jack Harris	Tyla Brooks
Captain	<u>Powell</u> Charlotte Hann	<u>O'Leary</u> Chloe Duryea
Captain	Paige Hicks	Alysha Coon
Vice-Captain	Hayden Stewart	Tameka Leamey
Vice-Captain	Mikayla Govan	Abby Thompson

WELLBEING



Healthy ways parents can help children manage emotions – PART 2

You may recall in the last newsletter I included how parents can support their children to manage stress. This week I have included the remaining strategies.

Exercise

Exercise releases endorphins; nature's feel-good chemical, which will move your mood to a better state. The paradox is that we often don't feel like exercising, when we really need it. Let's face it, when you come home from work tired and stressed, exercise is the last thing on your mind. BUT going for a run, walking the dog or even a playing a game outside with the kids is the very thing you need to feel better.

Distract yourself

A healthy distraction such as phoning a friend, reading a novel or watching a comedy is a way many people use to manage difficult emotions. It's a highly recommended strategy for natural worriers! It's amazing how much better a situation will seem after a short break.

Longer term strategies

Have constructive habits and hobbies

One of the tenets of good emotional health is that a person needs hobbies and interests that

lift them up, making life enjoyable. Singletracked lives– all work and no play – are recipes for emotional disasters. If you can relate to this, then I suggest you take the time to find a hobby or interest that juices you up.

Make physical activity a habit

How much do you move during the day? 10,000 steps a day is related to good physical and mental health. This was relatively easy to do before modern transport made walking largely redundant as a mode of transport. Now we have to purposefully exercise if we are going to getting anywhere near to close to the amount we need for optimum mental and physical health. Daily walks, regular swims, playing team and individual sports are all great mood shifters we need to incorporate into our lives.

Meditate to stop those thoughts

If you struggle to close down the thoughts that race through your brain, then meditation will offer you the relief you need. Living with a brain that never seems to close down, or at least never stops ruminating and examining all sorts of scenarios can be exhausting robbing you of huge amounts of emotional energy. Alcohol is one solution, but not necessarily healthy. Parentingideas recommends meditation as a life skill that will help you balance to your emotional state.

Let me entertain you!

Fun is an antidote to poor mental health. People who have no fun in their lives have no mechanism for pushing their moods into a positive direction. Music, television, and video games are all great forms of entertainment that help change moods. It's unhealthy though to use entertainment as a permanent escape from the situation that caused unpleasant feelings in the first place.

Change your goal

Sometimes our emotional state is giving us a message- that is, we are not on the right path. There are times when we set ourselves targets or aspire to goals that are unrealistic and unattainable. The result of our honest efforts is that we continuously feel overwhelmed, swamped and stressed. If this is the case, then it maybe time to reassess what you are trying to achieve so that you can more easily manage your emotional state.

Get support from others

Asking for help takes many forms. It may be simply having someone at work you can offload your worries to when needed through to joining a specific support group (such as a parent group of children on the spectrum) so that you can share your experiences and get validation for the frustration, stress or anxiousness you maybe experiencing.

I hope you found this helpful.

James Egan
Student Wellbeing Leader



Safety, Trust, Respect



CANTEEN

You would have noticed that our canteen has a Pie in the Face fundraiser. We have had a few people ask what we are fundraising for. We would like to inform you all of a few canteen facts. Our canteen is its own business and is completely separate from the school, so therefore does not receive any type of funding eg. No budget at all. Our wages, goods and equipment are paid and purchased through our canteen takings. Parent Club have been kind enough to have purchased some equipment for us in the past, eg. freezers, computer and oven. We are very grateful for this but we realise it is not an ideal situation. As we are our own business we need to have the funds to be able to purchase these items ourselves.

We would like to be able to keep the cost of lunch orders down for our students but to be able to do this we cannot run the canteen at a loss so therefore we need to occasionally fundraise. If we have made a profit at the end of the year, and we always hope we do, we have a few things we would like to purchase for our canteen.

We do hope to always run a viable canteen to offer a service to our community and this is only possible with your continued support.

Leeanne Tincknell
Canteen Manager



PCW NEWS

Final Part in a series of **Building a Character Family**

Parents have the responsibility to correct and discipline their children. For correction to be effective there needs to be a good relationship between parents and children. When you show true concern and genuine interest in your children they feel good about themselves and you will develop healthy relationships. Always correct from love **not** anger. The purpose of correction is to benefit the child and to restore the parent/child relationship that has been damaged through disobedience. Character based correction teaches children that good character wins their parents approval.

In correcting children, parents must act immediately, and in private. The disobedient child needs to learn personal responsibility by truthfully admitting what he or she did wrong. Parents can teach their children by asking them questions such as, 'Were you speaking the

truth?' 'Were you grateful?' 'Was that compassionate?' Once children see that they were wrong, they can begin to apply good character. Correction involves a change of heart and a positive change in behaviour. The goal of correction is to mend a damaged relationship and channel the child toward good character for his or her benefit. Parents do the best they know how.



Pam Young
Pastoral Care Worker

CANTEEN FUNDRAISER

PIE IN FACE Canteen Fundraiser



Wednesday WEEK 10
26th September

Win the chance to throw a cream pie at either,
Mrs McClintock's, Mrs Condon's or Mr Egan's
face.

\$2 to participate
Buy extra tickets for more chances for 50cents
each

**ONLY ONE TICKET PER CLASS WILL BE DRAWN TO
THROW A PIE**

Ticket and money to be handed into the canteen by
Tuesday 25th September

NO LATE ENTRIES WILL BE ACCEPTED

Name: _____

Class teacher: _____



Safety, Trust, Respect



LC 15'S CLAYMATION CREATIONS

During Media Studies we have been planning, structuring and designing media artworks with the use of clay. The clay figures created are used to produce an original stop motion video, with the goal to engage audiences with each group's unique storyline.

Firstly, we studied multiple stop motion videos to learn the ethics that needed to be considered when creating our own stories.



Secondly, we designed a storyboard that reflects a key scene in a sequence. Characters were created purely with the use of clay.

Lastly, important elements such as lighting, camera angles, transitions, voice and soundtrack were carefully measured. This ensures continuity in each video.

Here are selections of our Claymation Creations!