

NARACOORTE SOUTH PRIMARY SCHOOL



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8th February, 2018

Newsletter No. 1

Principal : Kirsty Lush
Chairperson : Troy Henschke

Responsibility Resilience Pride Opportunity



Government of South Australia
Department for Education and
Child Development

From the Principal Sharing the good news!

It's wonderful to be back for a new school year, with lots of happy, motivated students and staff. This year we welcome several new staff to NSPS; teachers Phoebe Fisher, Catherine Flint, Eliza Suggate and Cara Maney. We welcome back Michelle Lampard for the first four weeks of term, and then we will have ex-student Lucy Munn joining us to teach in room 7! We also have two new SSOs, Rachel Marret and Michelle Stewart working with us, and two health support officers, Katy Salt and Liz Roswell.

Along with our new reception students, we have welcomed several new families to our school. A big hello to Ari and Mahli Donaldson, Lachlan Buckett, Stephanie Martens, Eri Li, Zarabelle and Indiana Stuchbery and Kirra Bradbrook. It's great to have you join us at NSPS!

Diary Dates

Sunday 11th February

12-3pm BBQ at Naracoorte Races

12th - 16th February

F - Yr 5 Swimming

Monday 12th February

Yr 6/7 Race Course clean up

7.00pm Governing Council

Thursday 15th February

10.30am Bounce & Bop

Friday 16th February

School Photos for new enrolments

Tuesday 20th February

5.30pm Meet the Teachers

Thursday 22nd February

10.30am Bounce & Bop

Next Newsletter



Friday 2nd March

STUDENT FREE DAY

Congratulations



We had some exciting announcements over the school holidays! Just before Christmas, Jenna, Jonno and Finn Newman welcomed a son and brother, Alfie Jude. Welcome to the world, Alfie! Also, while holidaying in Tasmania, Trudy Holland became engaged to her partner Daniel - congratulations from all of us!

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student Free Day
Friday 2nd March



Meet the Teachers Night

The evening of Tuesday the 20th of February is an opportunity for all families to meet the teachers and support staff. A note will go home detailing times and location later this week. This is a great occasion to get to know your child's teacher, their expectations and methods for communication to ensure you set up a successful relationship for your child's year of learning.

School drop off and pick up safety

A reminder that cars must travel at 25 kms before and after school and obey the crossing monitor's signs. No U-turns are permitted on the solid line on Cedar Ave and we encourage you to use the car park behind the gym if no parks are available on the side of the road. Please DO NOT use the staff car park to drop off and collect children. Thank you for helping to keep our kids safe.

Swimming

Hopefully the great weather will continue for our swimming lessons which will run next week. A timetable was sent home on Monday outlining the times children are swimming.

Student Free Day

Late last year, the partnership proposed a joint student free day for primary schools to be held on Friday 2nd of March, which is the end of week 5. Staff will be trained in the Big Six of Reading at the Naracoorte Town Hall. As all schools are attending, OSHC will be operating that day.

Condolences

Our condolences go to Felicity Slotegraaf who sadly lost her father suddenly last month. Our thoughts are with Flic and her family during this very difficult time.

Governing Council

Our next Governing Council meeting is on Monday night. It is a great time to come and have a look at how the Governing Council operates, keeping in mind that our AGM is coming up later in March. You do not have to join Governing Council to attend meetings. Any parent is welcome at any meeting. If you are interested we meet at 7.00pm in the staffroom.

Hats

Term 1 is "NO Hat No Play". Please make sure that your child has a wide brimmed hat to wear when they are outside.

Kirsty

Assembly Dates

While Mrs Biggins is at Frances this term, the assemblies will take on a slightly different style with a focus on drama. The teachers will be running the assemblies and are excited to put their own little touches to the assemblies.

Watch this space for something extra special happening in week 11!!!

Fridays
Junior Primary F-2 @
10.00am

Wk 4 - 23/2/18
Wk 7 - 16/3/18

Primary 3-7 @ 12.15pm
Wk 6 - 9/3/18
Wk 10 - 6/4/18

Fundraising BBQ

We have been fortunate enough to have been given the opportunity for a quick and easy fundraiser for our school this Sunday. Thank you to the parents who have already volunteered but we still need another couple of people to help cook the BBQ at the Naracoorte Races from 12-3pm. If you are able to help us out we will count it as your working bee commitment for this year! Leave your name at the office .



School Photos for new enrolments

This year, our school photographer Frank Monger will be here on Friday 16th February, 2018. He will only be taking photos of students who were not here on photo day last year, mainly our new receptions.

These photos will **not** be available for purchase and will only be used for administration purposes.

There will be no cost to families.

School photos that are able to be purchased are booked for term 3 of this year.



Deputy News

School Photographer	Lianni DeBeen
School Photographer	Jasmine Wilby
School Photographer	Dekota Townsend
School Photographer	Elise Barker
School Photographer	Molly Crouch
School Photographer	Rose Dixon
Youth Mental Health Ambassador	Livvy Thompson
Youth Mental Health Ambassador	Cam Coutts

Welcome Back!

It is lovely to be back and what a lovely new makeover to come back to. Those of you who have been into our school would have to agree the new flooring looks magnificent.

It gives the whole school a modern, fresh look.

Even better than the flooring is welcoming back over 220 friends ☺ It always amazes me how much the kids grow in the holidays. They are all settling back into school with new classes and teachers. Lots of work has taken place already and there are happy, smiling faces all around the school.

School Leaders

Our new school leaders are beginning to find their feet in their new roles. The Kids in Charge (KIC) executive group have sorted and given out birthday books, made plans for our Intention assemblies and sorted out how they would like to run our KIC meetings this year. The Environment and Agriculture Group (EAGS) have met with Ian, who is working with them this year and have begun making plans for their year. The EAGS leaders are looking forward to their first YELP (Young Environmental Leaders Program) forum which will take place on either Tuesday or Wednesday of Week 5 (date to be confirmed) at the Naracoorte Caves. Our school photographers have met and had a lesson about how to use our camera as well as how to download photos. Due to a few children moving away over the holidays, we have some new faces in leaders' roles. I congratulate all the leaders for 2018 and look forward to watching them in action.

KIC President	Cam Coutts
KIC Vice President	Willow Edwards
KIC Secretary	Samantha Edwards
KIC Treasurer	Masoma Panahi
EAGS Leader (Year 7)	Belle Carter-Pevitt
EAGS Leader (Year 6)	Jen Ellis
EAGS Leader (Year 6)	Rachel Shepherd
EAGS Leader (Year 6)	Amelie Nancarrow
EAGS Member	Rangiataahua Down
EAGS Member	Ari Donaldson
EAGS Member	Indiana Stuchbery
EAGS Member	Isaac Richards
House Captain Struan	Tasha Moore
House Captain Struan	Trixie Crouch
Vice Captain Struan	Brayden Chittleborough
Vice Captain Struan	Maddison Hagarty
JP House Captain Struan	Sydney Schultz
JP House Captain Struan	Max Lush
House Captain Wratttonbully	Mia Grady
House Captain Wratttonbully	Krystal Millar
Vice Captain Wratttonbully	Ferishta Panahi
Vice Captain Wratttonbully	Blake East
JP House Captain Wratttonbully	Lucy McNamara
JP House Captain Wratttonbully	Ollie Elsworth
House Captain Riddoch	Will Patrick
House Captain Riddoch	Tristan Kawau
Vice Captain Riddoch	Marjan Hussaini
Vice Captain Riddoch	Andrew Ebborn
JP House Captain Riddoch	Lilly-Rose Brown
JP House Captain Riddoch	Sid Ebert

Kids Matter

During the first 2 weeks of the school year all of our staff follow a program we have called "Kids Matter". It consists of 4 strands which cover the element students/classes need to build a community of successful learners. The strands are:

1. Community and Self:

This strand is designed to get students thinking about themselves and what makes them unique and special. All students have been completing various pieces of work focussing on themselves. They will be sharing this work with a buddy from another class (getting to know other students from our school at the same time!) They have also discussed class meetings and their importance. Class meetings give children the chance to share ideas, voice opinions and make decisions about their classroom and how it is run. Classes are also voting on class KIC representatives who will be the spokespeople for each class at a whole school level.

2. Quality Classrooms:

Children are looking at what makes their classrooms a successful place to learn and setting class goals to work towards for the year. Each class will also develop a Vision Statement for their room. It would be wonderful if you could talk to your children about what all of these are. You will begin to see these going up on display in classrooms as well as in the hallways.

3. Play is the Way:

The students have now all been introduced to the Play is the Way posters and concepts. These concepts are embedded into our entire school ethos and all classes refer to them regularly. To begin the year we have decided to learn the same games from the manual so that classes can get together and play them.

4. Brain Theory:

It is well documented through research how important mindfulness is for students (and adults alike!) Classes are practising activities and ideas designed to help them deal with moments of stress or anxiety more easily. Classes are doing yoga, meditation, mindfulness apps, mindful colouring in and many other activities. We are also learning about what it means to have a Growth Mindset and what "The Learning Pit" is. I will be explaining these concepts in much more detail over the next few newsletters. Keep an eye out!

If you look around each classroom you can see the Kids Matter content showing through posters, goals and children's understanding. Please take the time to speak to your children about what they are learning.

Swimming

Swimming will begin for all of our Foundation to Year 5 students on Monday. A timetable has been sent home so that families are able to go and watch the lessons when they can. If you have not returned your swimming forms already please do so before Monday so your children are able to participate. I would like to thank Kelly McKenzie who is running the swimming program this year. Kelly has done a marvellous job organising the program and I am excited to hear about the lessons the children will be taking part in.

It is lovely to visit classrooms and see them full of happy, engaged students. I am looking forward to seeing more and more of this each week.

Kym

Counsellor Chat

We have had a wonderful and busy start to the year at NSPS with lots of excited students returning after the long holiday break! I am excited to have the opportunity to, once again, fill the role of the school counsellor while Cathie is acting principal at Frances Primary School this term. I have enjoyed having lots of catch ups with students about their holidays and the year ahead. This term, the counsellor days will be Thursday afternoons and Friday and I will be team teaching year 3/4 with Catherine Flint in room 13 for the rest of the week.

As our students settle into their new routines and classes at school, it is timely to recognise that this can also be a big change at home after the relaxation of the long holiday period. I have included an article from the KidsMatter website that gives some very helpful suggestions for sleep strategies that may be useful for those children who are struggling to settle at night time.

Samantha Power ☺

Golden rules for kids' sleep

- Establish a bedtime routine - so they know what to expect and have time to wind down.
- Keep bedtime consistent (within 30 mins), even on the weekends - big variations can disrupt their body clock and undo all your good work.
- Make sure they fall asleep in their bed - snoozing off on the couch or in front of the TV can affect their routine and make them less likely to want to sleep alone.
- Remove all TVs, computers and mobile devices from their bedroom - the light stimulation alone will make it harder for them to settle down.
- Avoid caffeinated foods and drinks after 3pm - caffeine is a stimulant which is likely to keep young bodies awake.
- Have a wind-down period yourself - show kids that a bedtime routine is important for the whole family.



Welcome back to all our families.

A big thankyou to Ginny for revamping our price list, which is included in this newsletter.

A few of our regular volunteers have found employment so we are in need of a few extra helpers. The hours are 10.30 - 2pm. Unfortunately due to health regulations, younger children can not be in the canteen. If you feel like this might be an area that you could help out with just once a term, please let Glenda know or leave your name at the office.

*Glenda Herron
Canteen Manager*

Uniform

School uniform orders will go home on Wednesday next week, to be returned by 28th February . We do not keep extra stock at school, they are for sizing only.



LET THEM
sleep
FOR WHEN THEY
WAKE
THEY WILL MOVE
MOUNTAINS



AYOK

Last year I wrote an article titled Are You Okay, as we begin another school year I would like to start with the same question AYOK. This is a question we should constantly be asking our children, and listening to what they are not saying.

So often whenever you ask someone are you okay they give you the usual answer "yes I am fine", but there are times when things are not okay. Often we do not want to talk about it. Many a time when I ask students if they are okay, they say fine, often my response is "are you sure" after a long pause they begin to talk about what is going on in their lives that is making them sad.

As a child growing up without the internet, and social media, I used to get bullied because of wearing glasses and my teeth were crooked. The bullying would often start at recess and end at the end of the school day. A lot has changed since then, due to social media and the constant access bullying happens 24/7 without a break.

Over the past few months there have been a number of 14/15 year old teenagers who have taken their lives. The reason was cyber bullying; they could not take it anymore. As far as everyone around them was concerned the young people appeared to be happy enjoying life. However there were the tail signs that something was wrong.

Warning signs might include (Some of the signs apply to children and young people, others apply to adults):

- A sense of hopelessness or no hope for the future.
- Isolation or feeling alone – "No one understands me".
- Aggressiveness and irritability – "Leave me alone".
- Possessing lethal means – medication, weapons.
- Negative view of self – "I'm worthless".
- Drastic changes in mood and behavior.
- Frequently talking about death – "If I died would you miss me?".
- Self-harming behaviors like cutting.
- Risk-taking behaviors – "I'll try anything, I'm not afraid to die".
- Making funeral arrangements.
- Giving things away (clothes, expensive gifts) – "When I'm gone, I want you to have this".
- Substance abuse.
- Feeling like a burden to others – "You'd be better off without me".
- Talking about suicide – "Sometimes I feel like I just want to die".



If you are concerned about your child or another adult do not hesitate to contact Lifeline 131114

Kids Help Line 1800551800.

John Stayte

PCW

John Stayte

Children's University



It is on again! NSPS are once again participating in Children's University. This is a fantastic program where students are rewarded for their learning out of school. An information letter was sent home to interested students last week. If you missed out, please ask at the office. The cost for this year is \$16.50. Enrolments close tomorrow, Friday 9th February, but if you are interested I can wait a few more days, just let the school know.

For more information talk to me or visit the website www.childrensuniversity.com.au.

Investigations in Room 2!



Azmat “ I enjoy
the Australian
Animals table”



Elsie “ I like
planting the
seeds in the
Science Area”



Lincoln “ I like
the construction
area because I
can build
things”



Jonah Mathie “ I love
taking photos and being
the photographer”

Jacinta Williams “ Writers
workshop is my favourite,
because I can write about
anything I want”





Eddie “ I like writing letters in the Post Office”



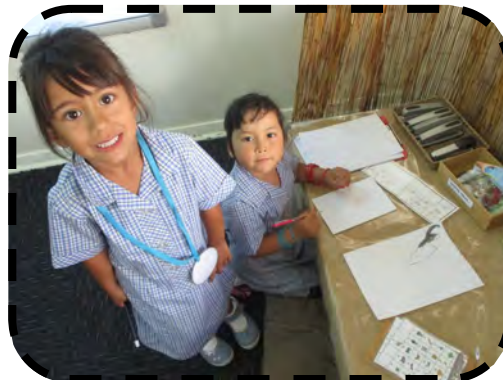
Skylah “ I can make houses in the collage area”

Chelsea “ I like being the postal worker in the Post office”



Nida “ I can practice my counting in the Maths area”

Patence “ I like delivering the letters in the Post Office”

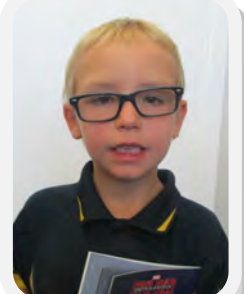
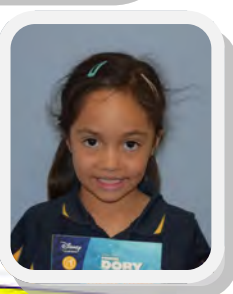
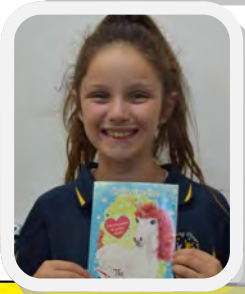


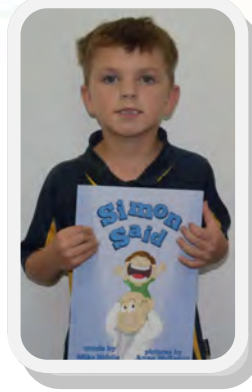
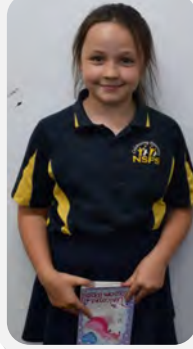
Amber Lovegrove “ I like writing books about my family”



Happy birthday to ...

Chandler Blanck who was 6 on 1st January
 Thomas Maney who was 9 on 3rd January
 Alex Bounds & Josh Pope who were 10 & Mia Grady who was 11 on 7th January
 Liam Doyle who will be 5 & Ari Donaldson who was 10 on 9th January
 Will Patrick who was 12 on the 13th January
 Winifred Schinckel who will be 5 on 17th January
 Lincoln Ebert who will be 5 on 21st January
 Ollie Todarello who was 8 on 22nd January
 Krystal Miller who was 11 & Jasmine Wilby who was 12 on the 27th January
 Zarabelle Stuchberry who was 8 on 28th January
 Faried Rezaie who was 9 on 20th January
 Imogen Martyn who was 8 & CJ Sopha who was 10 on 1st February
 Lucky Thang who was 10 & Masoma Panahi who was 13 on 2nd February
 Skylah Gyns who was 6 & Lachy Buckett who was 7 on 4th February
 Will Thring who was 8 & Chad & Masiy Hoskin who were 10 on 5th February
 Kirra Bradbrook who was 10 on the 6th February
 Will Maney who was 6 on 7th February
 Jorja Walker who is 6 today, 8th February





Kids Matters



Community News

Amazing Saturday

Amazing Saturday

Organised by SE Kid's Camp Out
at NARACOORTE PRIMARY SCHOOL

12:30pm to 8:00pm Saturday, 3rd March 2018

Swimming ~ Canoeing ~ Kayaking ~ Ice Blocking ~
Wind Tunnel ~ Face Painting ~ Craft ~ Music ~
Drama and Song

for primary school children ~ age 7 up.

Night time entertainment

Registration forms available at all Primary Schools in Naracoorte,
Frances, Lucindale and Padthaway from Monday 7th February 2018.

***Registration forms and fees should be returned to the school office by
Wednesday, 23rd February.**

For further information contact: **Robbie Williams Ph: 8762 0214**

Mob: 0407 788 791



Pamper Day



Three hours of pampering!

JUST \$10

NARACOORTE SOUTH PRIMARY SCHOOL HALL
71 CEDAR AVENUE - SUNDAY 18 FEB - 1.00-4.00PM

Yes! YOU MUST BE A MEMBER Yes! YOU CAN JOIN ON THE DAY

RSVP & INFO: Karen 0419 829 416 Brianna 0400 258 722

Border District Football & Netball

We Want You!

Border Districts Football Netball Club are seeking all
junior players.

Free transport and BBQ tea at all training sessions
A guaranteed game each week

Come and Try Night

Naracoorte Swimming Lake

Wednesday 14 February

4.30pm (SA time)

Free BBQ and drinks

Contact Darren

(BDFC President) 0429961236

Outdoor Cinema

NARACOORTE NORTH KINDERGARTEN

Please join the
Kindergarten staff,
students and families for
a night of fun, music
and laughs at our annual
Outdoor Cinema.

Available for purchase
on the night:

BBQ & Hot Chips

Donuts, cakes,

ice-cream & lollies

Coffee & Soft Drinks

Pre-movie Entertainment
for the kids

\$10 for Adults

\$5 Kids under 12

\$25 Family of 4



**FRIDAY 9th
February**

**NARACOORTE
SHOW
GROUNDS**

**GATES OPEN
6.30 PM**

Movie to start on dusk

Squash



Make friends

Have fun playing a new sport

Increase your fitness and agility

All skill levels catered for

Naracoorte Squash Clubs junior pro-
gram is starting again for 2018 and we want YOU to
come along and give it a shot! Bring your friends and
family to the Naracoorte Squash club at 3.30pm Fri-
day afternoons and see what Squash is all about!

For more information please don't hesitate to call

Roger: 0419 851047

Mel: 0448 655 158

SANDWICHES AND ROLLS

WHITE OR WHOLEMEAL	S/WICH	ROLL
Any One Filling	2.50	3.00
Ham or Chicken & Salad	5.00	6.00
(Up to 5 Fillings ONLY)		
Extra Fillings per Filling	0.50	0.50

(Cheese, Tomato, Lettuce, Gerkin,
Carrot, Cucumber, Egg)

Health Roll

(No Butter, Lettuce, Tomato, Carrot, Cheese,
Cucumber, Egg & Mayo)

TOASTING Of Sandwiches or Rol

0.50

SALAD PLATES

Salad Plate (Gluten Free)

5.50

(Lettuce, Cheese, Tomato, Carrot, Cucumber)

Chicken & Salad Plate

6.50

Egg & Salad Plate (Gluten Free)

6.50

Ham & Salad Plate (Gluten Free)

6.50

WRAPS

Wrap - Ham & Cheese

4.50

Wrap - Chick, Avo, Cheese, Cap, Onion

5.00

Gluten Free Wraps Available

0.50

OTHER HEALTHY OPTIONS

Egg & Bacon Muffin

3.50

Cold Boiled Egg

0.80

Baked Potato PLAIN (Gluten Free)

5.00

(Ham, Cheese, Sour Cream)

Baked Potato LOT (Gluten Free)

6.00

(Ham, Cheese, Coleslaw, Cheese, Pineapple, Sour Cream)



SNACKS

Fresh Popcorn
(Gluten free)

Large
Small

1.00

Jelly Cups

0.50

Chips (Honey Soy, S&V, BBQ, Salt)

1.00

Sun Fruit Sunfacs

0.10

Raspberry Twists

0.20

DRINKS

Water 600ml

1.50

Oak light milk 98% Fat Free 300ml

2.50

(Chocolate, Strawberry, Banana)

2.00

Juice Fruit Box 250ml

0.50

(Apple, Orange, Tropical, Apple & Blackcurrent)

Hot Milo

0.20

SCHOOL MADE GOODIES

Iced Biscuit

0.50

Slice

1.00

Fruit Cups

2.00

Soup (Term 2 & 3)

1.00

Muffin (Large)

0.50

Muffin (Small)

0.50

Printed Lunch Order Bags

Available at Canteen or Front Office

5 for 20c/ 10 for 50c/ 20 for \$1.00

SAUCE SACHET 20c each