

NARACORTE SOUTH PRIMARY SCHOOL



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22nd February, 2018

Newsletter No. 2

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!

A big welcome to Casey and Sarah Cadavedo who have joined us at NSPS this week. We hope you enjoy your time with us.

Thank you to everyone who came to our Meet the Teachers night- what a wonderful turn out it was! Parents and other family members enjoyed viewing the KidsMatter displays in the gymnasium and had the opportunity to meet their child's teacher and discuss the expectations, curriculum and routines that are essential to set every student up for a successful year of schooling.



Swimming

Children enjoyed a week of swimming lessons last week and despite the less than savoury conditions, most very bravely remained in the water to complete each session. Thank you to Kelly McKenzie and her team of instructors for organising a very successful week.

Folk Fair

Tomorrow our year 3/4 classes travel to Frances to join in with the annual Folk Fair's children's program. We look forward to hearing all about it!

Kingston Triathlon

Congratulations to Will Legoe who took part in the Kingston Triathlon a couple of weeks ago. What a fantastic achievement! Mrs Legoe has written more about this great event later in the newsletter.

Student Free Day

A reminder that next Friday the 2nd of March is a whole of partnership student free day. Governing Council have also voted in favour of another student free day on the first day of term 1, the 30th of April, when all staff will be trained in the What's the Buzz social skills program.

Governing Council AGM

Monday the 5th of March is our Governing Council AGM which will be held at 7pm in the library. If you are interested in joining this dynamic group, we would love to see you there!

Kirsty

Diary Dates

Friday 23rd February

10.00am JP Assembly

Rm 12 & 13 @ Frances Folk Gathering

27th - 28th February

YELP

Wednesday 28th February

Uniform Orders due back

Thursday 1st March

10.30am Bounce & Bop

Friday 2nd March

STUDENT FREE DAY

Monday 5th March

Scientastic Show

7.00pm Governing Council AGM

Thursday 8th March

10.30am Bounce & Bop

Next Newsletter

Friday 9th March

12.15pm Primary Assembly

Monday 12th March

Adelaide Cup Public Holiday

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student Free Day
Friday 2nd March



Deputy News

Swimming

Well swimming is done and dusted for another year. I would like to thank Kelly McKenzie for her hard work in organising the swimming program and ensuring our F-5 students were given the most opportunities possible to learn to be safe in the water. These skills could potentially save their lives if they ever find themselves in trouble in water. The weather was not always kind to us but the instructors did a wonderful job encouraging the children to continue to stay in the water and participate.

KIC

Our new KIC executive committee have now run two successful F-7 KIC meetings. They are finding their feet and have already “tweaked” the meeting process to suit their style of leadership. They have also run their first intention assembly in our new format and are busily organising next weeks’ intention assembly too. The children are setting our whole school intentions using the “What’s the Buzz” social skills program. The KIC representatives from each class have been rostered on to act out these skills in a role play situation in front of the school during intention assemblies. Room 14 reps, Zach and Jazy are rostered on in Week 5 and looking forward to the new challenge! We are trialling running intention assemblies fortnightly to ensure classes have enough time to give the intentions the attention they deserve. The KIC exec are also making a PowerPoint presentation to show at each assembly. They are doing an amazing job and I cannot wait to see their leadership skills grow even more over the year.

EAGS

Ian has been working with our very enthusiastic EAGS crew each Wednesday. Each week he comes to see me with ideas they have brought to his attention with their passion for the environment. They have already begun to plan for Earth Hour coming up in March and looked at some other projects to begin. The EAGS leaders are also eagerly awaiting their first YELP (Young Environmental Leaders Program) forum held at the Naracoorte Caves on Wednesday 28th Feb. This is a wonderful program run by Natural Resources and I have no doubt that the children will benefit greatly by being involved.

Kids Matter

I hope you had the chance to read my overview of the Kids Matter program the classes have been following for the last few weeks. By now they have completed the initial program and will continue to cover these topics as the term progresses. Your children have been practising “mindfulness” within their classes and it would be excellent if you could talk to them about this. I encourage you to read this information about mindfulness from the Kids Matter website.

There are many ways you can practice mindfulness at home with your children. Talk to your children about which mindful activities they enjoy at school ☺

Kym

What is mindfulness?

Mindfulness is a whole body-mind state of awareness that involves ‘tuning in’ to the present moment, with openness and curiosity, instead of ‘tuning out’ from experience. Mindfulness is a state of being fully awake to life – being aware and undistracted in the present moment. It is about focusing attention on the present, rather than thinking about the past or worrying about the future- which is often our brain’s default mode.

Mindful awareness is something that we all possess and that can be strengthened through practice. Mindfulness can be developed through formal sitting meditation practices, or through informal everyday mindfulness activities that use the senses to anchor the attention: such as mindful walking, listening to music, eating or conversation. Mindfulness is a clinically proven tool to support wellbeing and mental health by reducing stress and allowing life to be experienced more fully.

Why practise being mindful?

The way we interact with our kids has a huge impact on the way they think about themselves and their levels of personal resilience. Ellen Langer and team, a world-renowned mindfulness researcher found that children not only prefer to interact with mindful adults, but actually devalue themselves following interactions with mindless adults (Langer, Cohen & Djikic, 2010).

The benefits of mindfulness with children

- Research shows that mindfulness training increases connectivity in the frontal lobe of the brain, which is linked to improved attention, memory processing and decision making abilities.
- Mindfulness training involves tuning in to internal and external experiences with curiosity resulting in increased self-awareness, social awareness, and self-confidence.
- Mindfulness training increases children’s ability to self-regulate their emotions, especially difficult emotions such as fear and anger, through breathing and other grounding techniques.
- Mindfulness has been shown to improve empathy or the ability to understand what another person is thinking or feeling, which improves children’s awareness of others and helps them to build positive relationships.

Mindfulness and childhood mental health

- Mindfulness training has been shown to reduce the severity of depression, anxiety and ADHD in children.

Assembly Dates

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

- Mindfulness builds resilience by giving children skills to help them to cope better with stress, as well as engage more fully with themselves and the world.

Mindfulness for parents

The best thing parents can do to help their children become more mindful is to commit to some regular mindfulness practises themselves! The more present and mindful you are with your children, the more happy, mindful and resilient they will be. Mindfulness training can assist parents to remain in the present moment and engage more fully when interacting with their children. Research shows that parents and carers who practice being mindful around their children contribute to improving their child's sense of self-worth and self-esteem.

- **Mindful play:** Dedicate a window of time each week to mindfully play with your child or children. Turn off all other distractions such as TV, and put your mobile away and on silent. Try to give them your full attention during this time and if your mind wanders off to all the things you should be doing, that's fine – that's just what minds do! Use your child as an anchor to come back to every time your mind wanders away.
- **Mindful cooking:** Cooking together can be a great way to spend quality time. Help your child notice the colours, smell and taste of the ingredients as you add them to the meal, and the touch of the different items as you cook.
- **Mindful dinnertime:** Create a time for your family to appreciate and savour their food at the start of a meal by spending the first few minutes of dinner in silence, just eating and enjoying the food. It's a surprisingly nice activity to do with the whole family, and done regularly, can become a lovely ritual.
- **Mindful teeth brushing:** Getting kids to brush their teeth can be a challenge, so why not make it a challenge, by inviting them to try to do it mindfully with you? Invite them to pay attention to the feel of the brush in their mouth and the sensation and taste of the toothpaste. Ask them three things they noticed that was different about their brushing tonight than from the previous night.

Mindful learning environments

- Teachers and early childhood educators can influence student wellbeing and learning by understanding, embodying and embedding principles of mindfulness into their learning environments.
- Teachers and early childhood educators who are encouraged to develop mindful awareness in their own life will positively influence their whole community.

Indonesian

Kids getting into stories about transport and loving the new white boards.

Tanya McCulloch



Feeling Overwhelmed?
Remember "RAIN"

Four steps to stop being so hard on ourselves.

R	A	I	N
Recognize what's going on	Allow the experience to be there, just as it is	Investigate with kindness	Natural awareness, which comes from not identifying with the experience

Counsellor Chat

I have had a busy few weeks settling into my new role as School Counsellor. I have been enjoying organising some of the valuable programs and special events that we run throughout the year, such as Buddy Bench, Harmony Day, What's the Buzz and the Kids Matter Arvo.

It has also been wonderful to be able to match lots of our students with a LAP (Learning Assistance Program) partner. This is one of our programs that rely on volunteers to ensure its success. A big thank you to all our LAP partners that have volunteered an hour a week of their time this year – Kerry Probert, Elsa Richards, Glenys Ludwig, Kirsty Haynes, Sharon Patrick, Bryce Probert and Bek Bilston.

We are always on the lookout for others who would like to spend some time with a child who may benefit from some extra time with an adult. We aim to match your skills with a student with similar interests where possible so please don't be shy as it is a very rewarding experience! Please take a look at the website <http://lap.org.au/> for more information.

Samantha Power ☺

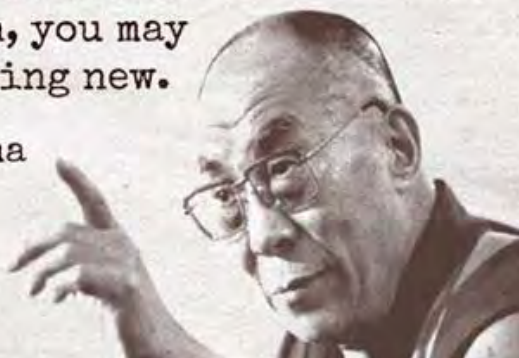
LAP - Enabling your students to develop resilience and wellbeing through positive mentoring

LAP assists schools to:

- Develop positive relationships between students/mentors in a safe, one-to-one environment
- Build confidence and self-esteem in students
- Support the successful learning of students
- Promote, encourage and value parent/caregiver and community commitment and participation
- Foster and strengthen parent/caregiver and teacher relationships to benefit students
- Create a genuine, supportive and positive school community

When you talk, you are only repeating what you already know. But if you listen, you may learn something new.

– Dalai Lama



Fundraising

Thank you to PPHS for the opportunity to man the BBQ at the Naracoorte Cup Day. It was a quick easy \$500 to start our fundraising for 2018. Thank you to all those who volunteered. It sounded like a great day.

With this newsletter you will receive information on our Pine Ridge Honey Drive. This is a local company and we are extremely please to be able to work together. We have samples at the office if you would like to try before you buy. Please return your form with money by Wednesday 7th March.

Fundraising Calendar for 2018

Term 1

Honey Drive

Easter Raffle - *Street selling Days 12/3 & 16/3*

Term 2

Quiz Night & Auction - Friday 25th May

Term 3 - TBA

Term 4

Family Fair - Friday 9th November with our theme of "Christmas Wonderland"

Put these dates in your diary.

The Parent Fundraising committee is seeking parent feedback on areas of need in the school that they would like our 2018 funds to be targeted towards. You can drop a note into the office or email

Deb.Henschke930@schools.sa.edu.au

Thanks for your continued support.

Belinda Neal

Parent Fundraising

Missing

A size 4 school shirt went missing from Rooms 2 & 4 during swimming last week. If you have one at home that does not belong to you can you please return it to the office.

If you are missing any items -

Lost property is located in the Blue cupboard under the stairs in the main foyer. You are welcome to have a look at any time. Items are displayed towards the end of each term. Named items are handed back to the child.

PCW Corner

Whole of Life is one big Learning Experience

Among the many things that I enjoy working with children within a school setting is helping students learn. Most of my work involves providing support for students either individually or in small groups. It is a privilege to listen to their challenges, most of the time once they have shared they come up with their own solutions. All they needed was someone to listen to them.

Each week I spend time with rooms 2, 4, 5 and 7 during investigation. As I move around the classes I am amazed at the children's imagination and ability to make something out of nothing. The freedom the students are given during this time is fantastic. I watch children develop their social, problem solving skills, and their ability to communicate with others. What I also see during investigation is the way that the teachers make use of every opportunity to educate the students, while it is a fun time it is also a key learning time.

Learning continues during lunch and recess times, as students learn to solve problems that occur in their games, they learn to take care of each other (if one of the junior students falls over, often we see six or seven other students rushing to help them).

Exploration involves taking risks, sometimes things do not work out, and it is at this point that so many people give up rather than keep trying. Teaching children that failure is a normal part of life is important.

Failure is when we keep doing the same thing and expect a different result.

John Stayte
PCW

Kingston Triathlon

On Sunday Will, Charlie and I all took part in the Kingston Triathlon. It's a great event, every year in February with lots of different categories to enable athletes of many different abilities to participate. Some competitors complete the event as a team (one swimming, one riding and one running) and others like to do the lot themselves! The Harrington Superkidz race is probably my favourite to watch. It's not timed and there is no prize for winning so all about just having a go. The course consists of a 50m swim, 3km bike ride and 500m run. It's beautiful watching the kids trying their absolute hardest while also feeling amazed with themselves and their friends for completing the challenge. There is always a story at the end of your race of a part where you thought you might not make it, you couldn't go any further, someone was really nice and helped you or someone else/you had to help someone... and it always feels brilliant to cross the finish line!



Roster

Tuesday 27th Feb *
Wednesday 28th Feb M Marshall
Thursday 1st March *
Friday 2nd March STUDENT FREE DAY
Tuesday 6th March *
Wednesday 7th March *
Thursday 8th March *
Friday 9th March S Patrick

As you can see we have a few spots that need filling. If you are able to help out please pop in and see the office.

Glenda Herron
Canteen Manager



I feel next February we could encourage a few more of our school members (teachers, pupils and parents) to come and have a go at this event. I have a few capable athletes in mind who I might approach later in the year! How great would it be to see more of our school representing themselves at this fantastic event!

Sile Legoe



I liked swimming with
my eyes open.
Amber W

Room 4 Swimming

I liked swimming. Nafe



I liked kicking with the
kickboards. Jankub



I liked doing Cannonballs.
Ruby



I liked swimming with
Chandler. Eddie

I liked swimming with
my life jacket on.
Winnie



I liked playing on the
grass. Silas



I liked jumping with
Chandler. Alexis

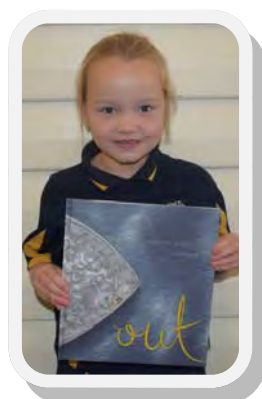
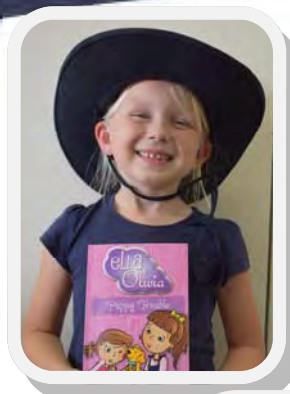
I liked diving in the
water. Indy



I liked swimming.
Matilda

Happy birthday to ...

Jim Hansford who was 8 on 9th February
 Lilly-Rose Brown who was 7 on 10th February
 Will Harris who was 8 on 11th February
 Georgia Pope who was 6 on 12th February
 Jordana Bubner who was 6, Rowan Urquhart who was 11 &
 Dekota Townsend who was 12 on 14th February
 Ava Cother who was 6 on 15th February
 Sydney Schultz who was 7 on 17th February
 Samantha Edwards who was 12 on 21st February
 Raphael Sopha who is 7 today 22nd February.



More photos next newsletter

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
Friday, 23rd February.**

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

Mob: 0407 788 791



Resilient Kids

Smiles All Round Growing Resilient Kids Workshop

Presented by Psychologist and Director of Smiles All Round, Mrs Lana-Joy Durik.

This is a practical solution focused workshop for parents, caregivers, grandparents, educational staff and health professionals who connect with young people (preschool to primary school age). The workshop content can be adapted to suit teenagers too.

Wednesday 28th February 2018, 6.45-8.30pm

Venue: Sunrise Christian School, Old 72 Caves Road, Naracoorte

FREE COMMUNITY EVENT

Sponsored by Country SA PHN & Sunrise Christian School

phn
COUNTRY SA

An Australian Government Initiative

Smiles All Round gratefully acknowledges the financial and other support
from Country SA PHN and the Australian Government Department of
Health.

Registrations Essential:

Sunrise Christian School

Ph: 08 8762 4233



Basketball

MATHOONCOURT P/L

Matho's Basketball

4/5 to 7 year olds basketball training/games

Starts Term 1 week 5 Wednesday 28th Feb

Ends Term 1 week 11 Wednesday 11th Apr

Cost \$5.00 per night per player

From 4.15pm to 5.15pm

At the Naracoorte Basketball Stadium

All welcome

Just a lot of fun and learning along the way.

Please email mathooncourt@bigpond.com

Ph. 0417-855-247 or turn up on the night and see Helen Garrigan at the desk.

First Aid

Provide First Aid - HLTAID003 (1 Day)

When: April 6th, May 11th or June 25th

Where: Limestone Coast Training

Time: 9-5pm

Cost: \$185.00 per person

Limited spaces available

For bookings please phone: LCT 8762 0016

NARACOORTE SOROPTIMISTS
INVITES YOU TO

INTERNATIONAL — WOMEN'S DAY —

**MARCH 8 2018
6-8PM**

TICKETS \$20
FREE DRINK ON ARRIVAL
FINGER FOOD PROVIDED
BAR FACILITIES AVAILABLE
GUEST SPEAKER - ALISHA TU

NARACOORTE TOWN HALL
RSVP ESSENTIAL BY 5TH MARCH
0456 562 521 OR VIA FACEBOOK EVENT

Ladies Night Out

Lucindale Area School Canberra Camp Fundraiser

Friday 2nd March from 7pm

Lucindale Town Hall. \$20 Entry included a drink on
arrival and a ticket for door prize.

Pop-up stalls, Door prizes, Licensed bar facilities,

Fashion Parade by Limestone Surf, Nibbles provided

Further info contact Nicole Hocking 0488 667 575