



Independence – Resilience – Creativity – Excellence – Community

Wednesday, 13 June 2018

Week 7 – Term 2

Upcoming Events:

- Thurs, 14/6 P&F Meeting 7:00pm
- Tues, 19/6 Mobile Library
- Thurs, 21/6 Choir Assessment
- Fri, 22/6 Playgroup
- Fri, 22/6 Kids Club 3:15pm
- Thurs, 26/6 Gov Council 7:30pm
- Fri, 29/6 Pupil Free Day
- Fri, 29/6 Staff Prof Dev Day
- Mon, 2/7 Reports due home
- Tues, 3/7 Mobile Library
- Fri, 6/7 Playgroup
- Fri, 6/7 Last day of term 2
2:15pm dismissal
- Mon, 23/7 Return to school

Monday Munchies Lunch Roster

Week 8 – 18/6/18
Evelyn Pearce & Prue Olsen

Week 10 – 2/7/18
Helen Lane & Bella Delsar

FPP Cake Roster
(please make enough for 25 students)

Week 9 – 25/6/18
Kylie Heritage

Are you are next Aussie of the Month? We will be announcing our June Aussie of the Month at Assembly on Monday, 2 July.

From the Principal, Leah Kennewell

I'd like to start by saying a big 'thank you' to Julia Cowlam for revamping the newsletter – it looks so good! Julia's diligence and dedication to the school means that she is always looking to improve systems, formalise our procedures and build stronger relationships with the community. We are very lucky to have her here at Lenswood.



I would like to welcome two new students to our school, Israel and Solomon. Solomon is in Ms Browne's class and Israel in Ms Read's class. I also welcome their parents Ewan and Christine to the Lenswood Primary School community. A lot of you have met the family already as they have been building their house next door to the Co-op and were also at the car boot sale. We're very happy to have

them here.

I watched an interesting Ted Talk over the weekend. It was a woman called Helen Pearson talking about a series of studies of 70,000 British children over seven decades. She had some really interesting data to pull out of the studies. I thought I'd pull out a quote for you.

The data showed that what mattered more than anything else was parents. Having engaged, interested parents in those first few years of life was strongly linked to children going on to do well at school later on. In fact, quite small things that parents do are associated with good outcomes for children. Talking and listening to a child, responding to them warmly, teaching them their letters and numbers, taking them on trips and visits. Reading to children every day seems to be really important, too. So in one study, children whose parents were reading to them daily when they were five and then showing an interest in their education at the age of 10, were significantly less likely to be in poverty at the age of 30 than those whose parents weren't doing those things.

You can read more at

https://www.ted.com/talks/helen_pearson_lessons_from_the_longest_study_on_human_development/transcript

Please remember that we have a pupil free day on Friday, 29 of June.

The teaching staff will be continuing their partnership professional development in Visible Learning. We've been working on feedback, which is defined as "...just in time, just for me, information delivered when and where it can do the most good for my learning."

Recent Visits

Last Friday our year 6 & 7 class participated in a Preliminary First Aid course run by the Australian Red Cross. As we've mentioned, every second year we organise for the Red Cross to come out and run this 6 hour course for our 6 & 7's to show the importance and value first aid is. Our students learnt various first aid skills including CPR, recovery position, dealing with snake bites, bandaging etc. We believe these important skills will enable our students to feel assured and give them the confidence to perform first aid should they need to in the future. A big thank you to our P&F for subsidising part of the cost of this course.

The previous Friday we had the Adelaide Crows come out to our school to continue their 'Growing with Gratitude' schools program with our students. The health and wellbeing program is designed to help teachers, students and their families build and protect their mental health through developing gratitude, kindness, empathy, optimism and mindfulness. Through the program, students learn to:

- Be more resilient, relaxed and engage in positive experiences
- Form stronger friendships and exhibit kindness more frequently
- Be more optimistic and show increased self-esteem; and
- Focus on academic achievement and improve decision making.

Claude the Crow made an appearance, games were played, a mini footy clinic included tackling, learning to kick goals and learning the dribble kick were a highlight of the afternoon. Thank you to Jody and Tess Schultz for the wonderful donation of apples to our Crows, they loved them!

P&F News

Our next meeting is tomorrow night at 7:00pm (not 7:30pm) in the staffroom. We would love to see some new faces. If you have been thinking about joining our P&F but haven't fully made up your mind, come along and see what we do. Feel free to come and just have a look at what goes on. No pressure to join at all, you may just have some ideas you want to share or discuss. We'd love to see some new mums and dads there.

SRC Information

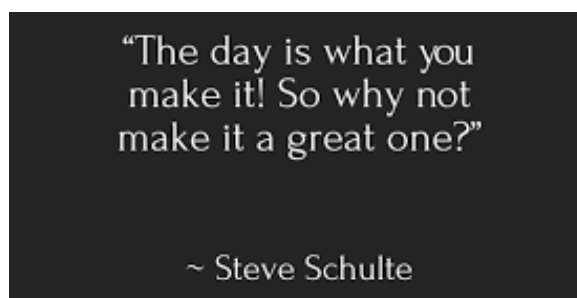
All students are members of our SRC or School Representative Council. They meet to discuss issues relevant to student matters. Fundraising events and special events are also organised at our SRC meetings. A rotating executive is appointed each week, consisting of chairperson, secretary, treasurer and observer.

Minutes from our last SRC meeting included: Sports Shed, keeping it tidy. The state of the sports shed recently is really not acceptable and students must learn to look after the equipment. Students must put equipment back where they found it when they have finished with them. Thank you to Jacinta, Bella, Dillon and Thomas for volunteering to tidy up the sports shed.

Second-hand Uniforms

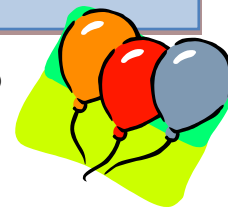
Just a reminder that we always stock second-hand uniforms. We have lots of jumpers etc at the moment so if your child needs one and can't wait til the next uniform orders goes out, come in and have a look. A gold coin donation for all second-hand uniforms is welcome.

Quotes of the Week



Happy Birthday

Oops, we've forgotten to wish our students a happy birthday recently!! So for those who celebrated their birthday in May, so sorry for not saying **HAPPY BIRTHDAY!!** They were: Israel Maxwell on the 2nd, Beau Schultz on the 3rd and Grace Trost on the 30th.



And now we'll wish our June birthday students a very **HAPPY BIRTHDAY** - Baylee Froling who turned 6 years old last Saturday, Oli Mason who turns 7 tomorrow, Seth Hermel, Tahran Thompson and Bill Pearse who will all celebrate a birthday this Saturday the 16th, James Marden who celebrates turning 8 on the 20th, Edith Comey who will be 6 on the 21st and Sunny Trost who turns 12 on the 27th.

Uniform Order

Attached you will find the term 3 Uniform Order. Please return this to school by the due date. You will be invoiced for this when you receive your order next term.

Can you help? Homeless Collection

A reminder about our collection for the homeless. Can you make a donation? We've put a box in our foyer for your donations. Suggestions are: gloves, beanies, scarves, warm socks, jumpers, self-opening cans, muesli bars, chocolate bars, sanitary products, toiletries etc.

It's important for our kids to realise just how lucky they are so if each family could donate one thing we can really make a difference to those not so lucky. Thanks, Darly.

Combining Drama, Dance, Visual Arts and Photography – Darly Jones



Our students used masks in mime to show various emotion scenarios and colours to create Canon in movement.

tOTal Potential – Occupational Therapy Holiday Program is a new initiative of Evolving Potential occupational Therapy Services for Children. tOTal Potential is open to children from 5 years of age. The program is specifically designed by our Occupational Therapists to support children with a variety of abilities through fun and meaningful activities. The program will provide children with the opportunity to make friends while engaging in new and exciting experiences throughout the school holidays. NDIS approved providers, our groups are held in the tranquil grounds of Cornerstone College located just off the freeway in Mount Barker. The program offers amazing opportunities for participants to explore the natural environment while developing play and social skills, gross motor and fine motor abilities. 16 – 20 July during the school holidays from 9am to 3pm at Cornerstone College, Mt Barker. Bookings are essential, phone 08 72003216 or visit www.evelvingpotential.com.au. More information will be on our school noticeboard.

Free flu vaccinations for research at the University of South Australia - I am a Research Assistant from the University of South Australia working for Dr Tasha Stanton. We are conducting a study that aims to reduce fear and pain in children undergoing a vaccination, entitled: 'Re-frame the pain: Using attention and language to manage needle pain and distress in children'. We are testing various strategies for their ability to reduce needle pain and fear in children that are undergoing flu vaccinations in South Australia. We are looking to recruit children between the ages of 8-12 to receive a free flu vaccination at the University of South Australia (City East Campus).

Are you willing to participate? Enrol to the study by following this link:

<https://www.surveymonkey.com/r/ReframePain> or by doing an internet search using the terms "UniSA Reframe the Pain".

This study has been approved by the University of South Australia's human research ethics committee and we also have approval from the Department for Education and Child Development to contact schools to help us with recruitment.

We have lots of available times for vaccination appointments on Saturday the 9th of June and Saturday the 23rd of June.

Felicity Braithwaite

B. Physio (Hons) | PhD Candidate | Physiotherapist

Body in Mind (BiM) Research Group

School of Health Sciences | Sansom Institute for Health Research

University of South Australia | City East Campus | C7-26

Phone: +61405 803 820 | Email:

felicity.braithwaite@mymail.unisa.edu.au

What to Say to Kids Instead of "Be Careful!"

Help Your Child Foster Awareness by Saying:

- **Notice how...** these rocks are slippery, that branch is strong...
- **Do you see...** the poison ivy, your friends nearby?
- **Try moving...** your feet carefully, your quickly, strongly.
- **Try using your...** hands, feet, arms, legs.
- **Can you hear...** the rushing water, the singing birds, the wind?
- **Do you feel...** stable on that rock, the heat from the fire?
- **Are you feeling...** scared, excited, tired, safe?

Help Your Child Problem Solve by Saying:

- **What's your plan...** if you climb that boulder, cross that log?
- **What can you use...** to get across, for your adventure?
- **Where will you...** put that rock, climb that tree, dig that hole?
- **How will you....** get down, go up, get across?
- **Who will...** be with you, go with you, help you if?