



Newsletter

7th March, 2018

Leadership Team: Principal - Graham Elliott Deputy Principal —Shane Cowey



Dates to
Remember
TERM 1
MARCH

Friday 9th

8.45 am Assembly W01
SAPSASA Tennis

Monday 12th

Adelaide Cup Pub Holiday

Monday 19th

Pupil Free Day– Staff
improving their teaching
of Mathematics.

Friday 23rd

Whole School Harmony
Day Assembly Life Be in
It - 'Say no to Racism/
Anti-Bullying.'

Tuesday 27th

Easter Raffle Draw
SALSPAC (Student Lead-
ership Training)

Wednesday 28th

Gov. Council AGM

Friday 30th March

Good Friday

APRIL

Monday 2nd April

Easter Monday



As you can see, our new STEM space has been completed and the building and landscaping have provided the students of Salisbury Park with an amazing and contemporary 21st Century learning space.

Next Thursday the 15th of March the honourable Susan Close, Minister for Education; will be presenting the school with a plaque to officially open the building. The Minister will be on site from 10.00-10.45 a.m. and the primary students will be modelling some of their STEM learning so far. This is not a community event but if you are around the place and would like to come and see the STEM building in action then you are more than welcome to attend.

On another note next Friday the 16th of March is the official National Day of Action against Bullying and Violence. Our school is registered for the event and students across the school will be taking part in some important learning activities on the day to reinforce the message that at Salisbury Park; 'Bullying No Way!' Saying no to bullying is a team effort and parents and carers have a role to play in spreading the message also. I urge you to visit the official 'Bullying. No Way!' website at bullyingnoway.gov.au and check out a number of Excellent resources available to parents including: Learning what bullying is and what it is not. For example the following are not acts of bullying.:

- Mutual arguments or disagreements
- Not liking someone or a single act of social rejection
- One off acts of meanness or spite
- Isolated incidence of aggression, intimidation or violence.

These acts still need to be addressed promptly by reinforcing the school's behaviour code and school values, however sometimes everything that happens is labelled as bullying and this confuses the children. The official website provides parents with a National Definition of Bullying and this is reflected in our own Anti-Bullying Policy on display around the school and on our school website. Our Anti-Bullying policy was created along with the students and they were given a strong voice in the process. We are looking forward to further unpacking the learning with students next Friday where we support the National Day of Action against Bullying and Violence.

Take Care, Graham.

Literacy and Values Award Winners

Students are recognised each fortnight for their excellence in a number of learning areas. Teachers will nominate students who have displayed excellent work in Literacy, and in their modelling of our school values of: **Respect, Honesty, Belonging and Fairness.**



Congratulations to our recipients for this fortnight:

Literacy— Millie Brun, Blayne Burgess, Latiisha Pickles, Shawn Harrison, Dakota Fenwick, Isaiah Vorakoumane, Riya Bhattarai, Kaden Midgley, Vienna Karpany, Jayda Fitzgerald, Chloe Brown, Mack Ellbourn, Kiarna Haycock, Dana Griggs, Maya Wood, Rory Leo, Johanna Downes, Jordan Jenkinson and Jayme Donselaar

Values — Ethan Hedges, Sophie Cunningham, David Whittingham, James Hamilton, Tahlia Gale, Milli Newell, Peter Kananga, Samuel Andary, Cooper Bryant, Taya Smith, Phoebe Allen, Jacob Nazer, Yusuf Khan, Reyse Edwards, Violet Hanks, Ryder Woodward-Hynes, Jake Harward, Jack Schrapel, Kristian Rante and Jada Harward

Sports— Corey Penn, Chloe Brown, Kailey Ireland, Braxton Creek, Chelsea Wasley, Lara Doughty, Jessie Nazer, Amelia Downes

School Reminders

- **School begins—**promptly at 8.30 am.
- **Student Absences—** Please phone (8281 6422) or note to Skoolbag Absences if your child is absent.
- **Assemblies—** Whole school assemblies are held in the Hall every second Friday at 8.45 am (even weeks).
- **Newsletters—**Published online every second Wednesday (even weeks)
Limited spare hard copies available at the office.
- **Student Banking—**This can be done on Wednesdays through the classrooms.
Please ask at the office if you would like an enrolment pack.
- **Car Parking—**Please do not park in disabled spaces unless you have a disability permit. These are available from the office. Please do not park in the staff car park.
- **ICE BLOCKS AT LUNCHTIME—**Our Year 7 class sell ice blocks at lunch time for 0.50 cents each.

Traffic Monitors

Thankyou to our monitors who have helped us last fortnight:
Keira, Mackenzie, Josh, Corey, Thomas and Vinny

Traffic monitors for:

Week 7 beginning Tuesday 13th March

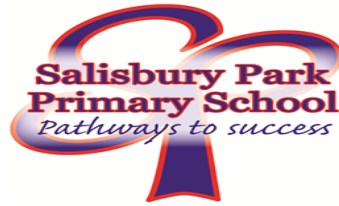
Kate Burner, Reyanka Gurung and Jake Harward.

Week 8 beginning Monday 20th March

Kiara Hewitt, Kaidence Spackman-Amesbury and Kaea Mataira



7 WAYS TO MAKE A SENSATIONAL START TO THE SCHOOL YEAR



A new school year means a fresh start for students. Regardless of your child's performance last year, they start school with a clean slate. A break offers students the chance to begin new habits and adopt new behaviours.

Here are seven ideas to help you make the most of the fresh start and make this year your child's best year ever year at school:

1. Commit to your child going to school every day on time

One of the most important things you can do to ensure your child has a bright future is to make sure he or she goes to school every day – and gets there on time. Kids spend more time asleep than at school, so we need to maximise every day to get full value.

2. Help kids start each day well

A good night's sleep, a healthy breakfast and some words of encouragement from you will help set a positive tone for a day of learning. This may mean that you adjust your morning routine so that kids have plenty of time to get up, eat and get ready for the day. Consider taking a leaf out of the book of a friend of mine who gets her children to make their beds each morning which sets the tone for a productive day ahead.

3. Establish work & study habits

The most successful students are those that develop regular study habits that suit their lifestyle, their study style and the school's expectations. Help them establish a work routine that matches their personality, lifestyle and family style. Be flexible here as one size doesn't fit all when it comes to study routines.

4. Make sure your child gets enough sleep

I encourage you to make a big focus as this year as many children and young people are sleep-deprived, which impacts on their well-being and their learning. A good night's sleep consolidates learning, as well as assisting future learning. Children need between 10-12 hours of sleep each day, while teens need a minimum of nine hours. Help kids get sufficient

sleep by having a regular bed-time and get-up time each day. Have 45 minute wind-down time each night, and remove screens and mobile phones from bedrooms.

5. Get your kids outside more for good physical and mental health

Kids today get less exercise than those of past generations, which is an impediment to learning and mental health. Health professionals recommend a minimum of 60 minutes of exercise per day for kids of all ages. Encourage kids to play sport; promote free and active play and look for ways to make moving part of their daily lives. Consider increasing your child's green time and decreasing screen time for good physical and mental health.

6. Focus on being friendly

Schools are very social places requiring kids to negotiate many different social situations each day. Encourage kids to be open and tolerant; to be friendly; to be involved in plenty of activities and to be social risk-takers. Some kids close down their friendship opportunities through self-centredness, poor attitude and unwillingness to take social risks.

7. Develop self-help skills

Successful students are often well-organised, self-directed and self-motivated. You can foster organisational skills and self-direction by developing simple, age-appropriate self-help skills related to their every day lives. Skills such as making lunches, packing school bags, and organising after school schedules can be great lessons that impact on how kids perform at school.

At the start of the school year kids are likely to adopt changes than at any other time. Make the most of the opportunity by focusing on two or three areas to really target and you'll find that the rest may well fall into place.







By Michael Grose, Parenting Ideas
www.parentingideas.com.au

Salisbury Park Primary School



Could \$500 help you with school costs?

Join Saver Plus and we'll match your savings, dollar for dollar, up to \$500 for school costs.

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|  laptops & tablets |  lessons & activities |
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|  sports fees & gear |  camps & excursions |

To join Saver Plus, you must have a Centrelink Health Care or Pensioner Concession Card, be at least 18 years old, have some regular income from work (you or your partner), and have a child at school or attend vocational education yourself.



Contact
Michelle Macarthy
your local Saver Plus
Coordinator

Phone
0409 986 245

Email
Michelle.Macarthy@
thesmithfamily.com.au

Web
www.saverplus.org.au



Saver Plus is an initiative of the Brotherhood of St Laurence and ANZ, delivered in partnership with Berry Street, The Benevolent Society and The Smith Family and other local community agencies. The program is funded by ANZ and the Australian Government Department of Social Services. Go to www.dss.gov.au for more information.