



# Newsletter

24 MAY 2024



## **From the Principal**

Term 2 is well and truly underway. A special **thank you** to Jane Hayes and the staff for holding down the fort whilst I was on extended leave and for another week when I was recovering from Covid – very much appreciated.

## **Site Improvement Plan – Educator PL**

Our staff attended a Professional Learning day on Friday May 17 to learn more about engagement and learner agency. Our presenters for that day included Amy Berry and Shane Crawford – both very experienced educators, researchers and consultants in these areas. It was an inspiring day and helped deepen our understanding about these two areas which will directly impact our draft Site Improvement Plan.

## **Social Media**

Moving forward, and because of growing concerns around the impact of social media access on our kids, I will include information in our newsletters to help keep us all informed. I will include facts and statistics from latest research and events to deepen our understanding about the many interactive technologies that are available, and the impact these can have on our children and young people.

### **Did you know...**

**Tik Tok and Snapchat – 2 of the most popular, as well as Discord, are the top 3 apps for online predators / paedophiles to connect with our kids.**

Susan McLean's top tips for parents/carers:

- The concern is more about the content than the time spent on screen. What are our kids consuming?
- 2 hours of positive online interactions – for example: face timing nan and pop – is better than 30 minutes access to damaging content
- No screens an hour prior to sleep
- Family's decide on a set time that phones are 'handed over' and locked away until morning
- Each family has to make this work – come up with what works for **YOUR** family

**Susan's most important message:**

- **No devices in bedrooms or bathrooms – this is where the cyber bullying and inappropriate image requests occur!**

## **IMPORTANT DATES 2024**

**Monday 3 June - Thursday 6 June**  
Years 4-6 school camp  
(Woodhouse Adventure Park)

**Monday 3 June - Friday 7 June**  
Nude Food Week

**Wednesday 5 June**  
Kindy transition 9-11am  
Smiles parent session 3 - 5:30-7pm

**Monday 10 June**  
Public Holiday-King's Birthday

**Wednesday 12 June**  
Kindy transition 9-11am

**Monday 17 June**  
Governing Council Meeting @ 5:15pm

**Wednesday 19 June**  
Reception excursion - GRUG Millicent  
Smiles parent session 4 - 5:30-7pm

**Thursday 20 June**  
Kindy transition 9-11.30am

**Wednesday 26 June**  
Kindy transition 9-1pm

**Wednesday 3 July**  
End of term assembly 2pm  
Smiles parent session 5 - 5:30-7pm

**Friday 5 July**  
Casual Day - PJ & movie  
Semester 1 student reports emailed  
Early dismissal 2:15pm

## OUT & ABOUT

Lots of interesting learning happening as usual.

Our Reception class are learning about how to persuade Wiz. Wiz is a cheeky character that has tied up a set of books with chains and locks in their room – I kid you not! - and he is leaving strong messages saying DO NOT OPEN the BOOK PACK! The children have been making books and persuasive essays to persuade Wiz to do the opposite - OPEN the BOOK PACK – and they are sounding very powerful. I wonder what will happen? Stay tuned!



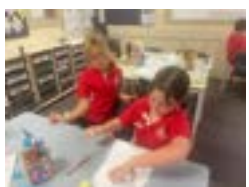
In History, Year 2/3 are learning about many of the important monuments that can be found in Robe. They are currently working collaboratively to create and sculpt some of these iconic structures – including Customs House, the Old Gaol & the lighthouse.



Year 1/2 are learning about the forces of push and pull in Science. They watched a video of Orca whales ‘pushing’ an iceberg to try and catch a seal – I wonder what will happen?

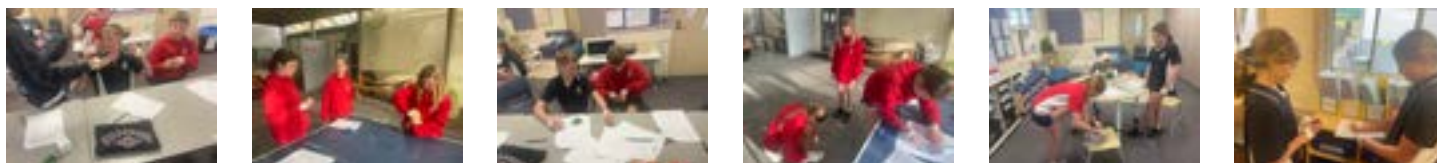
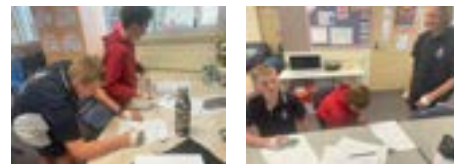


Every class is learning about persuasive texts. Year 2/3 worked in pairs to decide their position about the importance of play and then worked together to create a persuasive essay - including an introduction, reasons to support their position and a conclusion to the leave the reader absolutely convinced about their opinion.



Year 5/6 are working in small groups to discuss persuasive texts – identifying audience and purpose, connectives that help to guide the reader through the text, and persuasive devices such as emotive language and facts and statistics.

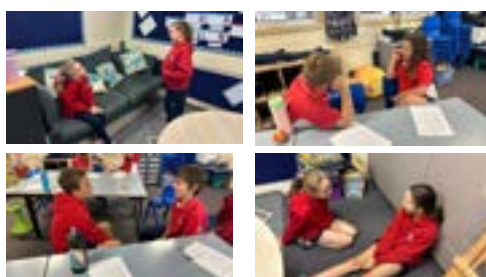
Year 5/6 learning about adaptations of living things. They were presented with an experiment about the purpose and importance of opposable thumbs – highly engaging and quite funny at times! The take away – thumbs are actually very important to humans!



Year 4/5 have been working towards the Mad Minute public speaking opportunity in a few weeks' time. This is a competition supported by The Lions Club and sets many of the kids onto the path of seeking out public speaking opportunities. The kids have been learning about persuasive devices as tools that authors use to be extra convincing and have brainstormed some things that good public speakers do. The kids choose random topics from a cup, take about 30 seconds to have a think and then they are start to share their thinking on a topic and must speak for a whole minute. It is much harder than it sounds!

**BRAINSTORM**  
What makes a good public speaker?

- Use engaging opening and closing statements
- Speak clearly, not mumbled
- Avoid fidgeting
- If moving, use considered and deliberate steps
- Show confidence in what you say
- Use a sense of humour
- Speak so the person at the back of the room can hear you
- Use deliberate hand gestures
- Know the point you're trying to make
- Use thinking time
- Be persuasive with Super Challenge topics
- Use expression
- Question the audience (use rhetorical questions)
- Control your speed and speak with fluency
- Think of at least 3 ideas that you can discuss in more detail.
- Avoid saying "like" and "um", and excessive use of "and"



## NATURE PLAY PROJECT

Climbing Tree visited during the holidays for a final inspection before delivery of the last 2 big ticket items – a cubby and nest swing. A recent follow up email was sent to confirm installation date – awaiting response. Once confirmed we will organise a working bee to install a water course at south end of nature play area, develop the south end garden and spruce up original work. Watch this space!



## GALA DAY

### **Netball**

GALA Day is a day of netball and football, there is usually about four teams that we play and if we win at least three of the games then we make it to the finals. There are two different age groups for gala day which are seniors and juniors.

### Juniors

The juniors were very happy because they made it to the finals, but sadly lost the grand final against St Anthony's (white). They still had an amazing time because they made lots of new friends.

### Seniors

The seniors had lots of fun and even found some new favourite positions. They won all their games except for St Anthony's (white) and even made it to the semi-finals which they won but they didn't make it to the grand final because of their stats.

By Livia Jess & Aurla Randell

### **Football**

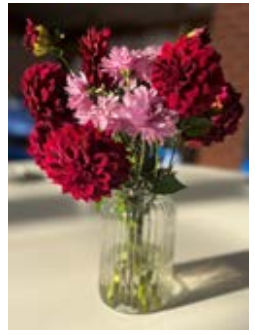
On Sunday the 19th of May, Robe participated in Gala Day at Millicent. The students that went were in Year 3,4,5 or 6. We played four games and won none of them but we all had a lot of fun. We played against teams from around the Mid South East and there was also a Grand Final.

By Nate Allen & Harry Austin



## The Reception's - Mother's Day Spa

On Wednesday the 8th of May the reception students held a relaxing spa morning to spoil their mums for Mother's Day. The mums were treated with some specially designed slippers to wear during their spa morning and were given a glass of 'bubbles' on arrival. The students treated their mums to facials, massage, manicures and body art. They also made crowns, read stories and enjoyed some mindful colouring in. After being spoilt, the very relaxed mother's and students shared a delicious morning tea.



## Science in Mr Wise's Year 2/3 Class!

Students have been learning about the characteristics of living things; including growth, reproduction, nutrition and respiration. Our class have enjoyed sorting different things into categories based on these characteristics, including a hilarious debate about whether or not clouds are living, because: "They move around, they grow bigger, and "Mr Wise they even do wees when it rains!"

Our latest lesson involved looking at the names that are given to the different parents and offspring of animals. Did you know that a male duck is called a drake?

Our class sorted these animals into their species and organised them by their parents and offspring. Here are some photos of our awesome posters!



## South East Cross Country Championships 2024

On Friday the 10th of May we went to Naracoorte to run in the Cross Country against lots of different schools across the South East. The Cross Country Championships were held at Naracoorte Primary School. There were different age groups and they all had different distances to run. The 8 and 9 year olds ran 1.3km, the 10 year olds ran 1.8km and the 11 and 12 year olds ran 2.5km.

There were about 100 kids in each race. Everyone tried really hard and represented Robe Primary School really well, each student who participated should be really proud of themselves.

Congratulations to Lydia Austin for winning a gold medal, coming first in the 9 year old girls race. A special mention to Max Semple for coming 5th and Harry Austin for coming 9th.

Another congratulations to Aleyah, Harry and Fred for making the top 6 in the Mid South East and being selected to represent the region at Oakbank on June 6th. Good luck guys!

There were about 100 kids in each race. Everyone tried really hard and represented Robe Primary School really well, each student who participated should be really proud of themselves.

Congratulations to Lydia Austin for winning a gold medal, coming first in the 9 year old girls race. A special mention to Max Semple for coming 5th and Harry Austin for coming 9th.

Another congratulations to Aleyah, Harry and Fred for making the top 6 in the Mid South East and being selected to represent the region at Oakbank on June 6th. Good luck guys!



## Little Leaders 'Ice cream Spiders' Day

On the 16th of May the Little Leader's sold spiders for \$2. The fizzy drink options we had were Creaming Soda, Fanta, Pasiona and Lemonade. We made \$112.80 in total but after taking away expenses there was a profit made of \$65.48. The Little Leaders ran the stall at the end of the day and the kids went home with a yummy treat!

By Olivia Ashenden & Jimmy Collins

## Mother's Day Stall

On Thursday 9th May, students were invited to purchase a \$5 gift from our Mothers Day Stall. This is a service the school provides, no profit is made. We hope all mums had a lovely Mothers Day!



# Smiles All Round Parenting Workshops

This week we had our second session with Lana-Joy and Gez from Smiles All Round, Naracoorte. It was great to see so many parents making this a priority and we hope to see a few more faces next session. Below are the dates for the following so please pop them in your calendars! Thank you to Jane Hayes, who has offered her time to babysit our children, so parents can attend the sessions. All sessions run from 5.30-7pm.

**Session 3: Wednesday 5th June**

**Session 4: Wednesday 19th June**

**Session 5: Wednesday 3rd July.**

## Workshop 1: Teaching Our Kids Emotions

During the first session we delved into understanding our children's emotional development. Emotional development can be defined as 'a child's ability to recognise and manage their own feelings, understand the emotional responses of others and form positive relationships with their families, peers and others in their environment'.

Emotional development is influenced by many things, some of which include: cultural influences, disability and delays in development, relationships and behaviours of adults in children's life, inbuilt temperament (the reason why siblings raised in the same house can be COMPLETELY different), relationships with others and our children's opportunities in life.

It is vital as parents and caregivers that we help our children to understand and notice their emotions. We tend to focus on the negative emotions such as anger, frustration and sadness, however, it is just as important to highlight our children's positive emotions. Helping our children put a name to their emotions can help them to make sense of what they are feeling and become more familiar of their body cues and emotional state. For example, this may sound like:

"I can see you feel angry because you are making fists and growling".

"It seems like you may be worried about your test tomorrow".

"It looks like you are really enjoying playing that game".

The link between situations, feelings and thoughts: It is important that children (and adults) understand the connection between situations that trigger certain emotions/feelings and how this can influence our thoughts. We can model our own feelings and link these to a certain situation. For example "I am feeling happy because I am having fun cooking with you", "I am feeling frustrated because I have asked you to brush your teeth 14 times" or "I can see that you are upset because I took your iPad away".

**Increased awareness of our emotions = increased ability to manage them.** The following videos provided a great explanation on the importance of naming our emotions and how we can respond to our children when they are dysregulated.

**Name it to tame it:** [Dan Siegel: Name it to Tame it - YouTube](#)

**Connecting to calm:** [Dan Siegel - Connecting to Calm \(youtube.com\)](#)

## Connection with our children is the key!

Connection doesn't mean spending 2 hours crafting together, it's about taking the small opportunities to during the day to connect with your child. This could be for 2 minutes or 20 minutes. It may involve playing a game, talking, taking time out from cooking or washing just to have a look at what your child is drawing or building.

**\*\* Action points: What can you try this week? Try one or more of these strategies for the next week:**

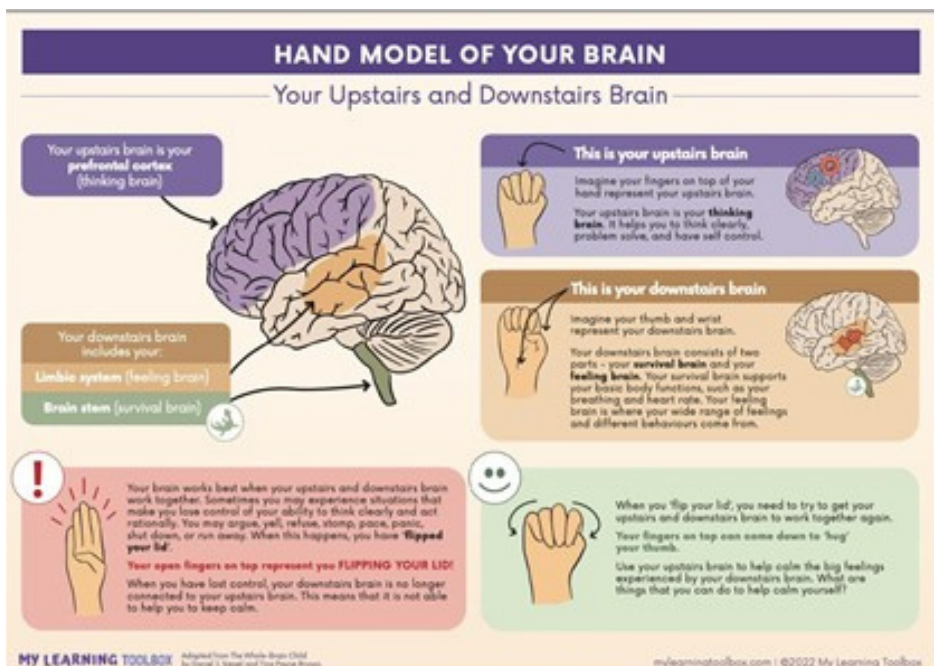
1. **Connecting with your child: getting down on their level, showing interest and following their lead.**
2. **Labelling your own emotions, both pleasant and unpleasant and linking these to situations.**
3. **Helping your child to label their emotions, both pleasant and unpleasant and linking these to situations.**

## Workshop 2: The Brain Science Behind Emotions

This week was all about the brain science behind our emotions and what an informative session it was! As you can see from the model below, Dan Siegel's hand model of the brain is a useful model to explain how our brains processes and regulates emotions. Here is a video by Dan Siegel [Dan Siegel - "Flipping Your Lid:" A Scientific Explanation \(youtube.com\)](#).

Our prefrontal cortex (purple section) is also known as our thinking, or logical brain. It is in charge of decision making, organisation, rational thinking and planning.

Our limbic system (brown) and brain stem (dark green) is referred to as our emotional or survival brain and this is in charge of ensuring survival. This includes our amygdala which is responsible for our 'fight, flight or freeze' response. Our emotional brain kicks into action when we feel scared, fear, worry, when we sense a threat to our safety (real or imagined). Our hippocampus (which we can think of as our palm on the hand model) is responsible for storing and retrieving memories; it also plays a role in overcoming our fear response.



When our survival brain takes over and we 'flip our lid' our logical brain is no longer in control and we are unable to listen, think rationally and make good decisions. Hence why, when our children become dysregulated, they really are unable to listen! When we flip our lids and our survival brain has taken over, we need to use strategies to reduce our bodies 'fight, flight or freeze' response and encourage our hippocampus to take back control and eventually our logical brain!

### How do we get our logical brain to take over?

By activating our vagus nerve... the 'queen' of the parasympathetic nervous system, sometimes known as 'rest and digest'. The vagus nerve plays an important role in calming the effects of the sympathetic nervous system AKA 'fight or flight'.



**Breathing:** Deep breathing exercises, such as diaphragmatic breathing, have been found to activate the vagus nerve's calming effects. By taking slow, deep breaths, we engage the diaphragm muscle, which in turn stimulates the vagus nerve. This activation triggers a relaxation response in the body, reducing heart rate and blood pressure.

*Box breathing: inhale 4 seconds, hold 4 seconds, exhale 4 seconds, hold 4 seconds... repeat. This is just one example, there are many different types of deep breathing.*

### Mediation: The majority of mediation apps incorporate breathing techniques.

*Smiling Mind app – incorporates mindfulness and breathing, Jacob the frog app, MyCalmBeat.*

It is important that these breathing techniques are practiced when we are feeling regulated, this makes it easier for us to implement them in times of need.

We hope you can join us for our upcoming session in **Week 3, Wednesday 5th June 5.30pm**. Please reach out if you would like any further information.

Nat Boulden

## Walk Safely to School Day



### Lions Hearing Dogs

Dave and Margie Thomas have said goodbye to Gumpy, their 10mth old hearing dog in training. We have shoelaces for sale in the front office to help fundraise, please pop in and grab yourself a pair in support of the cause. If you are interested in becoming a foster parent, please contact the school for further information.



# Little Leaders Term 2 Calendar

THURSDAY MAY 16	<b>Spiders</b> fizzy drink/icecream \$2 per cup
WEDNESDAY JUNE 12	<b>Wheels Day</b> Reception to Year 3 & Year 6
THURSDAY JUNE 13	<b>Wheels Day</b> Year 4/5
FRIDAY JULY 5	<b>Casual Day</b> PJ & movie day

## PREMIER'S READING Challenge

### STUDENTS WHO HAVE COMPLETED THE CHALLENGE!

- Cash Agnew
- Tommy Austin
- Nancy Bui
- Shelby Cullen
- Archie Dew
- Hudson Kokiousis
- Grayson Patterson
- Lloyd Ramsey
- Chelsea Sneath
- Rooney St John-Ryan
- Jaxon Stratford-Walmsley
- Chase Wasson
- Scarlett Ferguson
- Gabriel Rodgers
- Arthur Ramsey
- Emerson Kokiousis
- Harper Kokiousis
- Isabel Hall
- Ollie Sharpe
- Aleyah Pelkonen

### Premier's Reading Challenge Guidelines

#### What is the Premier's Reading Challenge?

- The Challenge is a literacy engagement strategy that requires students to read 12 age-appropriate books in a year. Students who complete the challenge receive an annual award.

#### Who can participate:

- All students. The Premier's Reading Challenge is open to all students from Reception to year 12 in South Australian government and non-government schools.

#### What must students do:

- Students are required to read 12 books from the start of the school year until the end of week 7, term 3.
- Students must record the titles and authors of the books they read on the relevant Student Reading Record for their year level.
- A teacher, teacher librarian, public librarian, or parent/carer must sign each entry on the Student Reading Record to indicate that the student has read (or shared in the reading of) a book at an appropriate literacy level and that the book title and author are accurate.

#### Free choice books:

Reception – Year 6

Students in reception to year 6 will need to read 8 books from the Premier's Reading Challenge booklist at an appropriate literacy level. They may read 4 books of their own choice at a similar standard to titles featured on the booklist.



# ROBE PRIMARY SCHOOL Term 2 Planner, 2024



= Newsletter

WK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1	APRIL 29	APRIL 30	MAY 1	MAY 2	MAY 3	MAY 4	MAY 5
2	MAY 6	MAY 7	MAY 8 Reception 'Mother's Day' spa morning Smiles session 5:30-7pm	MAY 9 Mother's Day Stall	MAY 10 South East Cross Country (Naracoorte) Walk Safely to School Day	MAY 11	MAY 12 Mother's Day
3	MAY 13	MAY 14	MAY 15	MAY 16 Spiders \$2/cup	MAY 17 Pupil Free Day	MAY 18	MAY 19 Millicent Gala Day
4	MAY 20 Governing Council Meeting 5:15pm	MAY 21	MAY 22 Smiles session 5:30-7pm	MAY 23	MAY 24	MAY 25	MAY 26
5	MAY 27 SAPSASA Football	MAY 28	MAY 29	MAY 30	MAY 31	JUNE 1	JUNE 2
6	JUNE 3 Nude Food Week	JUNE 4 Year 4-6 Camp	JUNE 5 Kindy Transition 9-11am Smiles session 5:30-7pm	JUNE 6	JUNE 7	JUNE 8	JUNE 9
7	JUNE 10 Public Holiday King's Birthday	JUNE 11	JUNE 12 Kindy Transition 9-11am Wheels Day-REC to Yr3/Yr6 Mad Minute	JUNE 13 Wheels Day-Year 4/5	JUNE 14	JUNE 15	JUNE 16
8	JUNE 17 Governing Council Meeting 5:15pm	JUNE 18	JUNE 19 Reception excursion Grug-Millicent Smiles session 5:30-7pm	JUNE 20 Kindy Transition 9-11:30am	JUNE 21	JUNE 22	JUNE 23
9	JUNE 24 SAPSASA Netball	JUNE 25	JUNE 26 Kindy Transition 9-1pm	JUNE 27	JUNE 28	JUNE 29	JUNE 30
10	JULY 1	JULY 2	JULY 3 Smiles session 5:30-7pm	JULY 4	JULY 5 Casual day-PJ/Movie Student reports emailed End of term assembly 2pm Early dismissal 2:15pm	JULY 6	JULY 7

## School Jumpers

With the cold weather upon us, jumpers are becoming lost more often...

We cannot stress enough to ensure you:

- Write your child's name on the jumper
- Check jumpers at home to ensure your child hasn't brought home the wrong one



## KISS N DROP ZONE

A safe and convenient drop off point for your kids.

This is not a parking area so please ensure it is utilised correctly.

Thank you



## Take control of your finances

For every **dollar** you save, you will receive **another dollar** from **ANZ** to spend towards educational costs, up to \$500



**Saver Plus** gives you down-to-earth money talk - and a **\$500 incentive** to build your savings!

If you save up to \$50 a month for 10 months (the length of the program), **ANZ will double it.**

### What can the \$500 be spent on?



Laptops and tablets



Uniforms and shoes



Vocational education



Lessons and activities



Books and supplies



Camps and excursions

### To join Saver Plus

- ✓ Be 18 years or older
- ✓ Have a Health Care or Pensioner Card
- ✓ Have a child in school, starting school next year, or be studying yourself
- ✓ Get a regular income (you or your partner)
- ✓ Agree to join in free online financial education workshops

**Saver Plus** supports people to develop life-long savings habits. It's delivered by Brotherhood of St. Laurence, The Smith Family and Berry Street. It's funded by ANZ and Department of Social Services.

[saverplus.org.au](http://saverplus.org.au) 1300 610 355