

# SANDY CREEK PRIMARY SCHOOL NEWSLETTER

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*Respect  
Responsibility  
Excellence*

## From the Principal

I would like to say a big thank you to all staff who have managed so ably while I have been at various required trainings this week, with a special thankyou to Lauren for being Teacher-in-charge.

I have also been enjoying getting to know students and their families. Please introduce yourself to me if we have not yet spoken. Thank you to those parents and caregivers who attended our coffee morning last week. We plan to have a few coffee mornings every term for informal catch-ups and discussions. Christina Artini will be organising these with parents, so please chat to Christina if you have any suggestions.

This year's NAPLAN tests for year 3, 5 and 7 students were expected to be held online. They will now be done as a paper test similar to last year. The test dates are 9 to 11 May, 2017. We encourage all students to participate in the NAPLAN tests to give us information about their learning achievements. This is just one of many tests students participate in during the year, helping us to assess student learning needs and providing information to DECD. If you have any concerns or questions about the NAPLAN, or wish to discuss your child's specific needs, please see me within the next few weeks to discuss them.

*Robyn Gibbes*

## Acquaintance Night and Governing Council AGM

A Reminder that our Acquaintance Night and Governing Council AGM will be held at school on **Wednesday 1st March from 5:15pm**. This is an opportunity to meet with your child's teachers and hear about classroom routines and expectations.

## Student Leadership Positions

This year we have a wide range of opportunities for Student Voice and Leadership.

Various **Actions Teams** have been set up across R-7. Children were required to apply for these positions through an application process which included a referee statement.

### Well done to the following students:

**Student Librarian:** Kelsey, Balin

**Gardening Team:** Sebastian, Max, Jamie, Teagan, Myles, Kirra, Luke

**Peer Play Leaders:** Talana, Osha, Lisa, Jessica

**Nature Play Team:** Jaye, Elisha, Amelia

**Sports Action Team:** Jasper, Seth, Myra, Izaak, Dexter

**Digital Leaders:** Corey, Bailey, Talana, Alex, Noah, Jessica, Angus R, Josh V, Kai, Angus N

**SRC** voting was held on Wednesday 22nd. Well done to all students who tried out. It was great to see a large number of students willing to put themselves in the running and "have a go". Your interest and effort is appreciated.

### Congratulations to our 2017 SRC members:

**Banksia Room:** Dexter and Ella

**Eucalyptus Room:** Angus, Elisha, Lilah, Balin

**Waratah Room:** Nathaniel (*Chair person*), Talana (*Vice Chairperson*), Corey (*Treasurer*), Alexis (*Secretary*), Osha and Sienna (*Publicity Officers*)

These students now have the great responsibility to act on behalf of and in the best interests of all students at Sandy Creek. We wish them the best of luck.

The mid term assembly will be held on **Wednesday March 1st** where we will be inducting our 2017 SRC members. It will be at the earlier time of **2.45 pm** in the Resource Centre.

## School Diary Dates 2017

### March

**Wednesday 1st**  
2:45pm Whole School Assembly  
5:15pm Acquaintance Evening and Governing Council AGM

**Wednesday 2nd & Thursday 3rd**  
Chris and Chandra at Quick Smart Training

**Monday 6th— Friday 10th March**  
Chris at WHS Training

**Thursday 9th— Friday 10th**  
Robyn at Results Plus PD

**Monday 13th**  
Adelaide Cup Holiday

**Tuesday 14th**  
Pupil Free Day

**Wednesday 22nd**  
Governing Council

### April

**Monday 3rd— Thursday 6th**  
Parent Teacher Interviews

**Monday 10th— Wednesday 12th**  
Years 3-7 Camp

**Friday 14th**  
Good Friday

## Fruit Roster

To encourage healthy eating, we ask that parents donate a selection of fruit for students to have for Wednesday recess. Thank you.



**Wednesday 1st March** Ranford, Ninnes

**Wednesday 8th March** Preece, Roberts

**Wednesday 15th March** Sandford, Tait

## Reading Volunteers

The Banksia class are seeking some regular parent volunteers to listen to children read in the afternoon. A volunteer is also needed to help manage the sight word programme. If this interests you, please speak with Lauren McGowen to arrange a time.

The Eucalyptus and Waratah classes would also appreciate more volunteers for their Reciprocal Reading programme. Sessions would run in the morning block with a small group of children. Please speak to Bek Pens in the Waratah Room for further information and thank you to those who have already volunteered!

## Pizza Helpers Wanted

At the moment we are looking for parents who would be willing to heat up pizzas on Thursdays. This involves arriving at 12:15pm, heating up the pizzas and delivering them to students at 1pm. Please talk to Donna if you are able to help.

## Nature Play at Sandy Creek

There has been an ever-growing number of requests from the school community regarding nature-based play areas and learning opportunities at Sandy Creek. After discussion at Governing council and with staff, we have decided that this is a worth-while journey that we would like to embark on. The transformation towards Nature Play is not a quick one and will take a number of dedicated staff, parent volunteers and students to help develop a longer term plan for our Nature Play journey. If you are passionate about Nature Play or would like to learn more, please consider joining our committee. There is a form attached to this edition of the newsletter.

*Lauren McGowen*  
Nature Play Committee Leader

## Mental Health Care for Children

Hello! I hope that you and your children are settling in to the new school year! As the Pastoral Care Worker at Sandy Creek, I would like to make an entry in the newsletter a few times each term about Wellbeing and local services to help students and their families in difficult times.

In this edition, I'd like to make a note about **Mental Health**. We often hear the words 'Mental Illness', but don't always talk about Mental Health.

Maintaining good Mental Health is needed for Parents and Caregivers and also our children. Here are just a few tips for maintaining optimum Mental Health for children.

- Having good relationships with family members allows a child to feel secure.
- Eating well is essential. Healthy foods nourish the brain and body.
- Being as active as possible boosts the Body and Mind. This may be walking to school, a walk with family in the evening, or planned sport.
- Having adequate rest. We know that limiting 'screen time' before bed is essential to allow the body to make sleep-inducing hormones.
- Another essential type of rest is 'time-out'. (Not the type of time-out for misbehaving!) This time-out maybe reading a book, playing with pets, colouring in and playing with friends.

**Other useful information for Mental Health and Well Being can be found at:**

[www.headspace.org](http://www.headspace.org)

*The National Youth Mental Health Foundation*

[www.cyh.com](http://www.cyh.com)

*Health and Wellbeing topics for young people*

[www.relationships.com.au](http://www.relationships.com.au)

*Information on healthy relationships*

[www.beyondblue.org.au](http://www.beyondblue.org.au)

*Information on depression*

**Lifeline:** 131114

**The Kids Helpline:** 1800 55 1800

Northern Child and Youth Health (**CAMHS**): **(08) 8252 0133**  
(Covers areas such as Evanston / Gawler, Elizabeth, Munno Para, Virginia, Hewett, One Tree Hill and Uleybury.)

Country Child and Youth Health (**CAMHS**): **1800 819 089**  
(Covers areas such as Sandy Creek, Barossa, Mallala and Two Wells areas and outwards.)

Other Private Psychology services can be partially Government Funded by going to your GP and getting a 'Mental Health Care Plan' for your Child, but your GP is always a great place to start if you have any mental health concerns.

Hope this helps.  
*Christina Artini*

# Nature Play at Sandy Creek



## Principles of Natural Play Spaces:

A natural play space is a designated area that emulates a natural setting to provide a place where children can engage in creative, unstructured play with natural elements. Typically they are:

- Dominated by natural elements, vegetation, water, sand, dirt, mud, flowers, insects, wildlife
- Full of sensory stimulation
- Accessible at all times
- Places that promote imagination, curiosity and wonder
- Ideal spaces for spontaneous play and risk taking
- Visually appealing

## Where to Start?

Beginning this journey is a slow and steady process which takes time, effort, money and organisation.

1. Develop a team of dedicated people who share the same vision and motivation for our project.
2. Consult with those who will be the primary users of the space; the children. This is achieved through play observations, interviews and questioning.
3. Research what others have done. Contractors used,
4. Create a vision: make a vision board, plan, design, document.
5. Prepare a plan including stages of development, timelines, budgeting
6. Execute the plans. This will likely occur in small steps!

## Want to Learn More?

The Nature Play SA website is a wealth of information and a great place to start.

Nature Play SA is a not-for-profit organisation with a vision to make unstructured outdoor play in nature an everyday part of childhood. Endorsed by the SA Government.

[www.natureplaysa.org.au](http://www.natureplaysa.org.au)

“Wild Things” an article by UK Educational Consultant Claire Warden. The article is about Risk Taking during childhood and the benefits that Nature Play can have on child development.

<http://www.armedia.net.au/wild-things-nature-kindergartens>

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## Become involved:

I \_\_\_\_\_ am interested in becoming a member of the Nature Play Committee at Sandy Creek Primary School.

Signed: \_\_\_\_\_