

SANDY CREEK PRIMARY SCHOOL NEWSLETTER

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SANDY CREEK
Primary School

RESPONSIBILITY RESPECT EXCELLENCE

*Respect
Responsibility
Excellence*

From the Principal

Many students have been busy applying for leadership roles within the school. These include SRC, Sports Action Team, Garden Action Team, Nature Play Action Team, Student Librarians, Digital Leaders and Wellbeing Officers. SRC posters needed to be on display by last Friday and SRC applicants will make speeches to their classes on the 19th and 20th of February. All other applications are due 19/2/17. Student Voice is an important part of how we empower students as they develop positive wellbeing and resilience. It's great to see so many students interested in these leadership roles.

In our last newsletter I missed Michelle Tait's name on the staff list. Michelle T is one of our valued SSOs and works mainly in the Waratah Classroom and with our Reciprocal Reading program. This week we welcome Krisha Galloni to our staff team. Krisha will be working as an SSO every day starting part way through this week. We look forward to working with Krisha and I know everyone will welcome her to our school community.

Robyn Gibbes

Acquaintance Night and Governing Council AGM

Our Acquaintance Night and Governing Council AGM will be held on **Wednesday 21st February from 5pm**, here at school. This is an opportunity to meet with your child's teachers and hear about classroom routines and expectations. You are invited to bring along your own picnic tea or order hotdogs to eat so you can relax and enjoy some shared community time. There is a form attached to this newsletter for ordering hotdogs.

The evening will be structured as follows:

5:00pm – 5:20pm	Junior Primary presentation in the classroom
5:30pm – 5:50pm	Middle Primary presentation in the classroom
6:00pm – 6:20pm	Upper Primary presentation in the classroom
6:30pm – 7:00pm	AGM in the Resource Centre
7:pm – 7:30pm	Brief Governing Council Meeting with the new Council

Accompanying this newsletter is a form inviting you to ***nominate for our Governing Council***. A 30 minute meeting will be held after Acquaintance Night to form the new Council, followed by a short meeting of the new Governing Council. We have a number of vacancies, so please consider joining our group. It only requires you to be available for 2 meetings per term.

School Diary Dates 2018

February

**Monday 12th—
Tuesday 13th**
Year 6/7 Aquatics
Camp

Tuesday 13th
Robyn at Partner-
ship Meeting

**Thursday 15th-
Friday 16th**
Robyn at Leaders'
Conference

Wednesday 21st
Acquaintance
Evening and Gov-
erning Council
AGM

Tuesday 27th
Staff leaving
straight after
school for Buddy
staff meeting

Wednesday 28th
Assembly

March

Thursday 8th
Life Education
Van

Friday 9th
Pupil Free Day

Wednesday 21st
Governing Council

Tuesday 27th
Young Leaders'
Day

April

**Tuesday 3rd
-Thursday 6th**
Parent Teacher
Interviews

Fruit Roster

To encourage healthy eating, we ask that parents donate a selection of fruit for students to have for Wednesday recess. We will kick this off next week. Thank you for participating.

Wednesday 14th February Brown, Carson
Wednesday 21st February Caruso, Cornell
Wednesday 28th February Connor, Culley

Skoolbag App

Thank you to the many families who have so promptly begun using the Skoolbag App. If you have not already installed Skoolbag, please install Skoolbag for Sandy Creek Primary School on your Smartphone. We will be using this app to send home newsletters, reminders and quick notifications such as when the school is closed for a catastrophic fire risk day. The app is simple to use and will notify you when messages or newsletters are put up by the school.

Bushfire Information

Please remember that Sandy Creek Primary School is located in a high-risk bushfire area. ***If the forecast fire danger rating is catastrophic, our school will be closed. Our fire district is the Mt Lofty Ranges.*** We will also notify families of catastrophic fire days for our school via the Skoolbag App.

Students will practise the emergency fire drills this week, so they are aware of the routine should the situation ever arise. If a bushfire approaches us we have a designated bushfire refuge (the JP classroom), which is the safest place for staff and students to be in this situation. Further information is available from DECD on the Parent Bushfire Information Hotline 1800000279.

Playgroup

Playgroup will begin on Monday 19th February from 9:30am in the Resource Centre and will then be every Monday at this time.

Donations

We are looking for underwear (sizes 4-12) and socks (all sizes) to be added to the clothes we use for children as necessary during the school day. If you have any, please see Donna.

Dogs on School Grounds

We are having an issue with dog poo constantly being found on our lawn area. If you see anyone on the school grounds with a dog please remind them to clean up their dog's messes straight away. This is a hygiene issue for our staff and students.

Consent forms

If you have not yet returned the consent forms for 2018 that went home in week 1, please return them to Donna tomorrow.

Nut Aware

Thank you to all families who are being very careful about what food is sent to school. Please remember that we are a nut aware school to keep students safe. This means **NO NUTS** in any food sent to school—no peanut paste, no nuts in bars or baked goods (including almond meal/flour) and so on. If the ingredient list says 'includes nuts', please do not send it to school. If the ingredient list only says 'May include traces of nuts' it is alright to be brought to school.

Student friendships

Many children are currently building lovely new friendships with other children as we begin the school year. Please support your child to build healthy friendships that are based on good social skills of sharing, listening to each other, taking turns and thinking of others. These friendships are always longer lasting than those built on gifts or dominance of one child over another.

Interoception

Over the last 2 weeks Students and Staff at Sandy Creek have been practicing Interoception Activities to help develop our ability to keep our bodies calm and be at our best for learning. "An interoception activity is one

- that focuses on a particular part of the body for at least 30 seconds.
- labels the movement and part of the body eg feel your stomach move as you breathe in and out encourages the child to identify a **change** in their body eg stretch-relax.

These activities help to focus students and activate "the parasympathetic nervous system" which helps us rest, digest and restore!!!

Our classrooms have spent 5-10 minutes after recess and lunch making sure we are ready to learn by noticing what happens in our bodies when we breath quietly and when we stretch different muscles. Students have measured their heart rates and seen that diaphragm breathing makes our heart rate slow down. They have also practiced focusing on muscles when they are stretched and relaxed. Importantly they have noticed that our bodies feel much better when we are calm!

We have also been talking about the importance of staying hydrated. Sometimes its hard to know when we need a drink so we have introduced a urine colour chart in the bathrooms to help remind students and staff to drink regularly.

Ask your student to show you how to focus on a muscle or practice diaphragm breathing.

Anna Johnson

Resource Centre

Have you visited our library lately? We have a new friend. Haiiro is our elephant who has taken residence on our circulation desk.

Do you know what his name means?

Have you returned your books this week?

Don't forget, the library is open for borrowing on Monday And Wednesday mornings.

See you there...

Kaye Hanton

SSO spotlight

Hi Anna, How long have you been an SSO?
3 years

What did you do before you were an SSO?
I was a speech pathologist and home schooled my children

What training have you had for your work?
I completed a University degree. I have also done training in Interoception and SMART (Strategies for Managing Trauma).

What is your favourite part of being an SSO?
I love helping a student find a smile in their learning.

Anna—interviewed by Osha

SkoolBag

Don't forget to download our school's SkoolBag app to ensure that you are kept in the loop on:

- | | |
|----------------------|-----------------|
| * School newsletters | * Cancellations |
| * Notices | * Reminders |
| * Events | * ...and more! |

**INSTALLATION
INSTRUCTIONS**

Just search for our school's name in the App Store on your phone and download our app!



GAWLER AND DISTRICT
NETBALL ASSOCIATION

2018 WINTER SEASON

Commencing 21 April 18
Junior & Senior Competitions
Central Location

For more details:

Website - <http://gdna.sa.netball.com.au>

E-mail - secretary@gawlernetball.com.au

Phone - 0438 801 557

Register Today!



SUNCORP
net set go

**Small Heroes.
BIG Dreams.**

Centre: Gawler and District	Location: Hallam Drive, Gawler
Registration: Closes 25 march 2018	Contact: Jo Connolly 0438 801 557
Cost: \$60 (10 weeks starts 21/04/18)	Register now: netsetgo.asn.au

COME 'N TRY FOOTY
Learn basic skills of footy whilst having loads of fun!

FREE FOOTBALL SESSIONS FOR FEMALES AGED FROM 10 TO SENIOR

- Sunday 11th February 2018 – South Gawler Oval
- Sunday 18th February 2018 – Williamstown Oval
- Sunday 25th February 2018 – Tanunda Oval

9am – 10.30am

You can attend 1, 2 or all 3 sessions of the female only sessions.
Please register for the sessions that you are going to attend at:
www.sanfl.com.au/comeandtry
or
<https://femalefootball.wufoo.eu/forms/q1usk4id03etecm/>

For further information please contact:
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