FROM THE PRINCIPAL

Camp

How good was our camp at Woodhouse? It was a real PERMA camp. We all experienced positive emotions from all aspects of the camp. Everyone engaged in all the activities with enthusiasm and zest. There were positive relationships experienced amongst peers and across peer groups. The older students in particular stepped up and looked after, encouraged and helped the younger students all of the way showing that they have meaning to their lives in being part of something that is bigger than just them. The students’ achievement was just great especially on Challenge Hill where many who thought they couldn’t achieve, did.

The camp had a great feel to it and we the staff were proud of all of them.
Sports Day

Another great event. The feel from the camp continued on this day. It was great to see teams applauding other teams and showing great sportsmanship. It was also wonderful to see parents, family and friends willing to participate in the community activities and contribute to team points. I must say the parents were as enthusiastic as the students. It ended up as a community sports day and something that we might need to entertain again for next year.

The winner by the way was Battunga (the red team). Congratulations to them.

Preschool Development

A big thankyou to all the parents who have and are contributing to this project. This area is really starting to come on now especially after the working bee there last week. Many came on the day and did their bit and what a difference it has made. Thankyou to all of you. Your work in this area has been much appreciated.

From this:
To this:

Yes there is still work to do but what a transformation.

Community assembly

As you are aware, we are having a community assembly on the evening of Thursday 10\textsuperscript{th} December beginning at 6:00 pm incorporating both the preschool and year 7 graduations. A community tea will follow. We are also inviting acts from our school community as we did last year. We have two community acts spare. If you would like to perform at our assembly, please contact or see me ASAP.

Class structures for 2016

Unless we have a huge influx of students between now and the beginning of next year we will have 3 classes again:

* Reception/1
* Yrs 2,3 and 4
* Yrs 5,6,7

Teachers for these classes are still being considered and will be announced before the end of the year.

LOST PROPERTY

Here’s a list of the items in the lost property box just before camp. None of these have names on.

- 3 EPS jackets with hood
- 4 plain blue jackets with hood
- 2 plain blue jackets (no hood)
- 5 EPS windcheaters
- 3 plain blue windcheaters
- 1 EPS blue “hoodie” windcheater
- 1 blue “Quicksilver hat
- 1 Plain blue T-shirt
- 10 drink bottles
- 7 plastic food containers
- 2 round ice
- A variety of non-school clothing, including gloves, jackets and soccer boots.
Please tell your kids about the one important thing "Inside Out" got wrong!

August 05, 2015/ kirriliesmout

My blog from last week was about questions to ask kids after seeing the movie Inside Out. As I said in this blog, I thought this movie was awesome. I thought it was a great learning tool and conversation starter for kids and parents.

I loved how the film introduced the ideas of a range of emotions. I loved how sadness was important for getting help. I liked the idea of “personality islands” which stood for a person’s interests and values. I liked the ideas of memories being formed each day, the idea of the subconscious and dream land was very cool indeed.

But there is one thing Inside Out got all wrong. And I think it's really important we tell our kids about it.

The problem I had with "Inside Out" is about who is standing at the control panel in Riley’s brain. In the movie, the control panel (the console which determined what she did in her life - what she said, where she went and her actions) was operated by Riley’s emotions. Sometimes fear operated the control panel, sometimes it was anger, joy or disgust.

In real life - this is NOT how it works. Our emotions do not get to stand at that control panel. We do. Sure emotions definitely influence what we do and say. It's like this - emotions are standing next to us at the control panel - telling us to do one thing or another. Emotions change how our body FEELS. Emotions make us notice different things. Emotions make our experiences very different. Emotions try to get us to run away, run towards, speak, stay silent - they TRY to get us to do different things. Sometimes those emotions are standing right by us at the control panel and YELLING at us. It feels like they are in control. But they don't get to touch the panel. Ultimate control of what we do and say rests with us. It rests with the part of us that is bigger than our emotions. The part of us which knows what is important, what matters and what we really want. We are at that control panel - our emotions never get to decide what we do. I wish the movie had shown this. If I was the Inside Out producer, I would have put an “Riley boss” at that control panel. "Riley boss" would have listened to all her emotions and noticed what they wanted her to do – but at the end of the day, she would be the only one allowed to touch that control panel.
These are important, vital messages for our kids.

- Listen to your feelings.
- Notice what they want you to do.
- Don't blame yourself for having any feelings—ever.
- Remember feelings are a part of you.
- But know this: you are in control of your control panel. Regardless of what feelings you have, you get to decide what to do.
- You can create your personality islands and decide—what shall I do next?

You are totally the boss of that control panel, and that's really cool.

MOUNT BARKER HIGH SCHOOL
Year 7-8 Transition Day
For students attending Mount Barker High School in 2016
Thursday, December 3rd, 2015
8:30am-3:00pm

Meeting in the school hall at 8.30am, students will work with their Care Group teachers, experience lessons with year 8 subject teachers and meet their fellow class members for 2016.

Please bring your bag, a drink, something to write on and something to write with. Dress—primary school uniform.

Recess and lunch provided. Please inform us of any special dietary requirements so that we can take this into account when planning our catering.

Parents are invited to the Year 7-8 Information Evening Tuesday December 1st at 7pm.

Further information is available from Mr Andy Amberg, Assistant Principal, Middle Years on 8391 1599.

COMMUNITY NEWS

SA Police Band
The Lobethal/Lenswood/Charleston Neighbourhood Watch Group and Centennial Hall Committee has organised the South Australian Police Band to do a Christmas show on Friday 4th December at the Lobethal Centennial Hall from 7pm for a 7:30pm start. Price $10 adults, $5 kids (5-16yo), others free. Tickets available from the Lobethal Newsagency. Some tickets available at the door on the night.

Life Be in it Come ‘n Try
South Australian sporting and recreation bodies have come together to provide a coordinated program of Come ‘n Try sessions for 5 to 16 year olds. Children can try a series of different sports in and around the centre of Adelaide in the first week of the summer school holidays from Monday 14th to Friday 18th December.

This is a great initiative to get kids to try a new sport and to keep active in the school holidays. You can try a large range of sports; AFL, BMX, Cricket, Cycling, Golf, Hip Hop Dance, Judo, Korfball, Life games, Netball, Rowing, Soccer, Taekwondo, Tennis and Touch Football.

If you would like more information you can visit http://www.comentry.com.au.
COMMUNITY NEWS

At DanceSA School of Performing Arts you will experience recreational dance fitness classes which celebrate individuality, diversity and creativity!

Enrolments for our 2016 year are now open! Join the DanceSA Family of 12 years, come and trial our dance classes.

Experience a fusion of dance styles in every class. Jazz, Contemporary, Hip Hop with Ballet Fundamentals.

Dance classes available for ages 3 years and up, of all experience levels! 18 Locations across South Australia.

FREE trial lesson with great fees and family discounts
AMAZING performance opportunities
NO costume making, NO expensive shoes, NO need to join multiple classes
BOYS only classes, ADULTS classes, and of course the GIRLS!

Enquiries and enrolments phone 8345 1677 or 0408 988 483, info@dancesa.com.au. View our website for more information www.dancesa.com.au.

ECHUNGA UNITING CHURCH EVENTS

‘Messy Christmas’ this Friday
Celebrate Jesus’ birthday party at our final Messy Church for 2015 with craft and activity, music and story, plus tea provided for the whole family! 4:00-6:00pm Friday November 20th in Wandeen. Doors open from 3:30pm after school. Contact Narelle for more information on 0409 754 298 or go to www.facebook.com/echungamessychurch.

Ten Pin Bowling & Laser Skirmish—Echunga & Meadows Youth Group
6:30-10:30pm Friday November 27th. Meet and pick up at Wandeen. Cost $16 plus $ for supper @ McDonalds. Contact Narelle for more information on 0409 754 298 or go to www.facebook.com/hillsyouthgroup.

Bush Street Party
This Saturday 21st November at 6pm, 64 Pocock Road, Echunga. Live Country Music, possible bonfire. Bring your own table, chairs, food & drinks. BBQs and tea and coffee provided.

Invite your friends and don’t forget your hat and boots.