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## DIARY DATES

Mon 16/5—7.00pm  
Governing Council Meeting

Fri 20/5—Mon 23/5—Book  
Fair

Fri 20/5—Table Tennis at  
Murray Bridge

Tues 24/5 -District Cross  
Country

Wed 8/6—Kingfisher  
excursion to State Library

**Fri 10/6—Pupil Free Day**

Mon 13/6—Queen's  
Birthday Public Holiday

Fri 17/6-Lapathon

Mon 20/6 7.00pm  
Governing Council Meeting

View the newsletter on  
our website at  
[www.echungaps.sa.edu.au](http://www.echungaps.sa.edu.au)

## FROM THE PRINCIPAL

### Pupil Free Day

Please note that Governing Council has approved a Pupil Free Day for the school (not Preschool) on Friday 10<sup>th</sup> of June – the Friday of the long week end. Teachers will be working with our Coordinator Primary Australian Curriculum on the topic of Student Voice.

### Reminder

The bell goes just before nine, and then at nine, to start the school day. It is important that students are at school by this time as they can touch base with friends before school starts, find out the routine of the day, touch base with their teacher and of course not interrupt lessons or procedures that may have started. If they come late they miss out on valuable lesson time and may miss some important learning. On a regular basis this missed learning time builds up. If students are 15 minutes late a day for instance, that equates to 2 weeks of school over the year not to mention sickness, family days and various others. Non-attendance days build up and can lead to learning difficulties. Even 5 minutes a day can add up to 3 days.

If you are having difficulties getting your children to school on time, contact the school. We might be able to help.

Please note that if your child is going to be late or away, please ring the office by 9:00 AM. If they are late they need to check into the office before they go to the classroom.

### Volunteers

This week is Volunteer Week and we would like to say a big thankyou to all the volunteers helping out in the school and the preschool. We have volunteers cooking, crafting, supporting, listening to reading, helping out teachers in a range of different ways. We have members on Governing Council and parents helping to get out 6/7 students to Canberra. Thankyou all for your help. It is much appreciated.

### Relevant History Screening for Volunteers

Many of our parents and guardians volunteer at our school/preschool service to support their child's learning.

To make it easier for parents and guardians to volunteer their time, the Department for Education and Child Development has updated its relevant history screening policy and procedures.

As a result, parents and guardians who volunteer to directly support their child will no longer require a relevant history screening.

This will mean many of our volunteers can help out sooner.

# SCHOOL NEWS

A screening is still necessary for parents and guardians who are volunteering at school camps and sleep overs, as well as those hosting billets and homestay students.

As has always been the case, a screening is not needed to attend single events or activities at our school/preschool service. These include concerts, fundraisers, swimming week or sports day.



Screenings are just one measure used to help keep children safe. Everyone who works with children plays a part in child protection, including watching out for inappropriate behaviour.

Find out more about relevant history screening and keeping children safe at [www.decd.sa.gov.au](http://www.decd.sa.gov.au).

If you have any questions about screening or these changes, please speak with school staff.

## **SMS Message**

On Monday an SMS message was sent to you regarding the school having lost power. Whilst it wasn't an emergency it was pleasing to get such a great response. Some of you however apparently didn't receive the message. If that was you please contact the school, if you haven't already so that we can rectify this in case we do have an emergency.

## **Pastoral Care Worker.**

We have a new Pastoral Care Worker. Congratulations to Narelle Chester. She will initially be here on Fridays but this will change later. Some of you have already met her, I know. She will slowly make herself known over time. She has already met the children.

## **ANOTHER ARTICLE BY KIRRILE SMOUT**

### **An often overlooked but essential method of helping kids/teens calm down**

Last night I missed out on watching a House of Cards episode I'd been really looking forward to, because my husband (who watches it with me) had to work.

It was the one thing which had kept me going during a long day and evening of work and I was really disappointed...So I yelled, cried, screamed and threw things across the room.

Just kidding. :)

Actually, I just sighed loudly - and got over it. But let's unpack WHY I didn't have a meltdown and how I managed it.

- I understood there were good reasons that my husband had to work

- I soothed myself by saying to myself, "I guess I can watch Parks and Recreation instead and I can watch House of Cards with him tomorrow night"

- I got myself a cup of tea.

That's what adults do. We (usually) have the skills to soothe ourselves - meltdowns averted!!!

# SCHOOL NEWS



Children (and even teens) however do NOT always have these skills. They sometimes don't understand the details about why they can't do things and they don't have the skills to soothe themselves without help. So they scream, cry, yell, slam doors and act in aggressive ways. This drives us crazy - and makes us mad at them, which often leads to further meltdowns.

For example, almost every single week I have a conversation with a parent who tells me their children have meltdowns about one particular issue - turning off their screens/ipads/laptops etc. Often I will have this conversation with the child.

Me: "Tell me, how much do you like screens...and what do you like about them?"

Child (usually with help from me and a parent): Tells me how they are the most interesting, fun things in their lives, and turning them off is incredibly disappointing, frustrating and sad.

Me: "Tell me, what could you do or say to yourself to make you feel a LITTLE bit better about turning off the screens?"

Child (usually - with help from me and a parent): identifies some other things which can help them feel better, including things they can do afterwards, sentences they can say to themselves, reasons they can cope with it.

Now don't get me wrong - this conversation doesn't make it magically all better. Meltdowns still happen. But I find sometimes they happen less intensively and less often, because the parent and I haven't just got angry at the child for feeling really disappointed and upset - we have helped them figure out what to do in that moment.

Another example: last month I talked with a teen who did this successfully - she really didn't like walking home from school and moaned about it constantly. Her Mum was sick of her complaining and essentially was telling her to "suck it up". There was no way around it - she did have to walk home, and the complaining was getting on everyone's nerves. So I sympathised with her, and acknowledged that walking home from school after a long day was not fun. I then asked her to tell me any way she could help herself feel better about it. After a conversation she decided that it was useful for her fitness (she was a keen tennis player) and she actually started to jog part of the way home to improve her fitness even more. Her Mum told me the following week that she had stopped complaining.

Who knows how long that will last - but maybe we've gone a little way to helping her know how to soothe herself in other situations too perhaps.

Strategies for kids and teens to deal with disappointment and frustration include:

- Saying, "at least I can do it again after tea"
- Saying, "I can bookmark this page and come back to it later"
- Arranging things so they get to eat a favourite food AFTER they have to do an unpleasant task
- Reminding themselves of the good things coming up the next day that they are looking forward to
- Reminding themselves that the job/other unpleasant task doesn't take long
- Saying out loud, "I'm so disappointed" instead of yelling
- Finding something good about the task they have to do

# SCHOOL NEWS

## PREMIER'S READING CHALLENGE

[www.prc.sa.edu.au](http://www.prc.sa.edu.au)

Evie & Joseph S were the first students to finish the challenge this year. They will both receive an award at our next Assembly on 23rd May.

The following students have also finished the challenge recently: Ruby T, Cody P and Jamie C (Ibis); Billy C (Kingfisher) and Brianna R (Lorikeet).

Students can explore the KIDSPACE and TEENSPACE section on the webpage and be involved in book reviews, look up their names on Hall of Fame Honour Roll, for seven years of reading, student blogs and much more.

Jodie from OSHC has borrowed a selection of Premier's Reading Challenge Books to read to, and with, students who wish to read books at After School Care.



## PRINCIPLES OF EDUCATION FOR SUSTAINABILITY

Education for sustainability is based on the following principles:



### **Transformation and change**

Education for sustainability is not simply about providing information but involves equipping people with the skills, capacity and motivation to plan and manage change towards sustainability within an organisation, industry or community.

### **Education for all and lifelong learning**

Education for sustainability is driven by a broad understanding of education and learning that includes people of all ages and backgrounds and at all stages of life and takes place within all possible learning spaces, formal and informal, in schools, workplaces, homes and communities.

### **Systems thinking**

Education for sustainability aims to equip people to understand connections between environmental, economic, social and political systems.

### **Envisioning a better future**

Education for sustainability engages people in developing a shared vision for a sustainable future.

### **Critical thinking and reflection**

Education for sustainability values the capacity of individuals and groups to reflect on personal experiences and world views and to challenge accepted ways of interpreting and engaging with the world.

### **Participation**

Education for sustainability recognises participation as critical for engaging groups and individuals in sustainability.

### **Partnerships for change**

Education for sustainability focuses on the use of genuine partnerships to build networks and relationships, and improve communication between different sectors of society.

# SCHOOL NEWS

## YEAR 6/7 CANBERRA TRIP FUNDRAISING

To raise money for the Canberra trip later in the year the Year 6/7's have a couple of initiatives:

- They will be catering at the Echunga Football Club on the 21st May if you would like a break from cooking that night! It will be Italian Night. All welcome from around 5.30pm.
- They now also have a Crowdfundng website at: <https://www.gofundme.com/cancancanberra>



It would be great if you could have a look at the video and, if it gives you a giggle, consider either giving a donation or sharing the link with others.



## Positive Psychology and Education Training For Parents & Community Members

Join us for a two part workshop to explore what Positive Psychology is, how it is being implemented in South Australia and around the world, and the research behind the practice.



Learn about the practical application of Positive Psychology in schools and simple skills that can be used at home to improve PERMA in the family and support flourishing in life!



7 – 9pm

Wednesday 1<sup>st</sup> & 8<sup>th</sup> June

Mount Barker High School Resource Centre

Light Supper Provided

Bookings required by Friday May 27th – email [jenni.cook525@schools.sa.edu.au](mailto:jenni.cook525@schools.sa.edu.au)

Or phone the school 8391 1599

*Not for ourselves alone*



# OSHC NEWS

## OSHC Awards Term 2 2016

And the OSHC Awards go to...

1. May B
2. Tyson C

## April Vacation Care Program

We had lots of fun through the holidays. We went to Woodhouse and completed Challenge Hill with Meadows and Hahndorf OSHC. We went to see Zootopia at Wallis Cinema as well. We were so lucky to have such beautiful weather that we enjoyed lots of play outside, mostly in the sandpit nearly every day. We made some fantastic Mother's Day crafts too.



## July Vacation Care Program

We are already working on this with our children for the next holidays, and we have come up with some great ideas. If families have any suggestions on cost effective things we can do and places we can go please feel free to come in and see us. We love trying new things.

## Pupil Free Day

There will be a Pupil Free Day on Friday 10th June (Week 6). OSHC will be open if there are enough bookings. Bookings will close on Friday 3rd June (Week 5).

## 7 day Cancellation Policy

Just a reminder that we have a 7 day cancellation policy for Before and After School Care. This means that if you do not wish to be charged for a session you do not intend to use, you will need to cancel it 7 days prior or you will still be charged.

## Annual Leave

Jodie will be on Annual Leave on Thursday 19th and Friday 20th May. Rhee will be replacing Jodie for those sessions.

## Glass Jars

We are looking for little glass jars, 250ml or less to do activities with. Spice jars are the perfect size for our crafts. If you have any, would you kindly bring them into OSHC.

## Give away couch

We are giving away the black steel frame futon in the OSHC room. The mattresses will not be given away separately. Please see Jodie if you are interested.

## No Job No Pay immunisation requirements

As you are probably aware, families were given from 1 January until 18 March (or a later date if previously notified by the Department of Human Services) to meet the No Job No Pay immunisation requirements to keep receiving their Child Care Benefit (CCB) and Child Care Rebate (CCR). Those parents who did not take steps to meet the requirements will no longer receive child care payments from 2 May, 2016.



Due to the rise in the number of children vaccinated over the past few months, there was a delay in processing vaccination records, with some states and territories needing extra time to update the Australian Childhood Immunisation Register (ACIR). Centrelink uses the information on the ACIR to determine an individual's eligibility for CCB and CCR.

As the delay was beyond the parent's control and may have resulted in their child's information not being up-to-date, child care payments continued to be paid until 30 April to allow time for the ACIR to be updated. Parents who did not intend on vaccinating their child were advised to ask the Department of Human Services to stop their child care payments straight away, to avoid incurring a debt.



# OSHC & COMMUNITY NEWS

On 2 May, however, the Department of Human Services will undertake analysis to determine who had met the immunisation requirements by the 18 March deadline. Those who had not done so will lose child care eligibility for each child who did not meet the requirements, and may have to repay any child care payments they received between 18 March and 30 April.

The Department of Human Services will notify parents if they have been overpaid child care fee assistance.

## COMMUNITY NEWS

### Attention Tennis Players



**Aberfoyle Park High School** runs a specialist tennis program for students at all year levels. Applications for the 2017 Tennis Academy are now open. For more information to the school's website or contact Tennis Academy Director Terry Ellis. Email; [terry.ellis@aphs.sa.edu.au](mailto:terry.ellis@aphs.sa.edu.au) or phone 8270 4455.

### Birdwood Farm Day

Sunday 15th May from 10am-4pm. Run by Birdwood Primary School at the Cahlks Campground, Mount Crawford Forest (on the Birdwood to Williamstown Road). There are plenty of demonstrations, stalls, crafts and displays. Cost \$8 adults, children free, maximum \$15 per car.



For more information phone Birdwood Primary School 85685329 or visit [www.birdwoodfarmday.com](http://www.birdwoodfarmday.com).

### Echunga Netball Club Junior Disco



Saturday 14th May 6.30pm until 9.30pm at The Shed at the Echunga Netball Courts. All ages welcome. Bring your friends and family. Dress as your favourite superhero or character.

\$5 entry fee includes a drink and snack. Other drinks and snacks available for purchase. Fully supervised.

### For Your Family—Initiatives of Echunga Uniting Church

Echunga Uniting Church are passionate about encouraging your family and our local community. Some opportunities to connect over the coming week include:

- **Messy Church**—Returns 4-6pm tomorrow night (Friday). Bring the whole family for craft and activity, story and song then finish with a meal. All ages welcome.
- **MOPS (Mothers of Preschoolers)** - Continues 9:30-11:30am next Thursday. For a Term 2 newsletter and program visit [www.echunga.unitingchurchsa.org.au/MOPS](http://www.echunga.unitingchurchsa.org.au/MOPS).
- **Echunga & Meadows Youth Group—Bounce!** Next Friday, May 20th. Meet 6:30pm, pickup 10:30pm. For young people in Years 6-12. Bring \$10 and a drink bottle (cost includes socks).

For all activities meet at Wandeen ("meeting place") beside the church. Contact Rev Matthew Carratt on 83888847 for further information or visit [www.echunga.unitingchurchsa.org.au](http://www.echunga.unitingchurchsa.org.au).

