



Government of South Australia
Department for Education and
Child Development

Echunga Primary School

Together we will strive for academic, social, emotional and personal achievement, working within a positive culture that promotes the pursuit of excellence and the understanding of others



Week 2, Term 4, 27th October, 2016

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DIARY DATES

Thurs 27/10—Ibis Excursion to Maritime Museum

Mon 31/10—7:00pm Governing Council Meeting

Thurs 3/11-Uraidla Carnival

Fri 4/11— Disco

Fri 4/11-Mon 7/11 Book Fair

Sun 6/11—Car Boot Sale Fundraiser

Thurs 10/11-Rugby Clinic

Fri 18/11-Sports Day

Sun 4/12—Carols Night

Mon 5/12-7.00pm Governing Council Meeting

Mon 12/12-2.30 Preschool Celebration Event

Wed 14/12—Year 7 Graduation Dinner

Thurs 15/12-Community Assembly/Year 7 Graduation

Fri 16/12—End of Term 4 2.20pm early dismissal

View the newsletter on our website at www.echungaps.sa.edu.au

FROM THE PRINCIPAL

On Friday 28 October, we celebrate World Teachers' Day. Families and students are invited to say 'thank you' to our wonderful teachers.

Visit www.dec.sa.gov.au and follow the links to World Teachers' Day 2016. Here you can download an activity sheet, fill it out and present it to your teacher on World Teachers' Day.

UPCOMING EVENTS

We have a number of events happening this term. Please put them in your diaries. Tomorrow of course is the Crazy Hat Day. The children are asked to bring something along for our Garage Sale which of course will take place on the community oval next to the school on Sunday 6th November. On 3rd November, the Yrs 3-7 students are going to Uraidla to participate in interschool netball, soccer and football. We will have our junior and senior discos on the evening of the 4th November. Also on the 4th we will begin our final Book Fair for the year. This will conclude on Monday 7th. On the 10th November the older students will be involved in a rugby clinic with students from Macclesfield PS who will come over to join us for the clinic and a sausage sizzle. Our students will attend and participate in the Remembrance Day ceremony in the Echunga RSL War Memorial Gardens and don't forget our Sports Day on Friday 18th November. We have also invited Rebekha Sharkie, Member for Mayo, to come and meet us on December 5th after meeting her in Canberra with the Year 6/7 students. Students from our school will be involved with the community carols again on the 4th of December. On the 12th December our Preschoolers will graduate in a celebration event and our Year Sevens will graduate as part of our Community Assembly to be held on 15th December. We take this opportunity to invite any community items to register with Alex. In the past we have had some wonderful items presented by community members and invite anyone who is interested to come forward.

COMMUNITY SURVEY

Please make the effort to do the community survey emailed out on 24th October and return it to us by November 11th. Thanks. Students and staff will also do surveys.

CAPTAINS

Congratulations to our elected Sports Day Captains:

Kuitpo: Captain – Georgina, Co-captains – Charlotte and William K

Jupiter: Captain – Edward, Co-captains – Javre and Liam O

Battunga: Captain – Kita, Co-captains – Foster and Ricky.

These leadership teams will be working hard to prepare the rest of the students for sports day and lead them on this day.

SCHOOL NEWS

ANOTHER ARTICLE BY KIRRILEE SMOUT

Last week I asked *Justine how her day had been and she said “boring”.

Nothing at school had been interesting. Nothing at home. She would be happy if she could have ipad time, but that wasn't an option - so life was boring, boring, boring.

Some children get bored more than others. As adults we often have little sympathy for children who report being bored. In fact sometimes, it feels downright annoying. Here's why:

- a) As adults some of us are very busy ourselves and would love a little time to be bored - it doesn't feel like something to complain about!
- b) Some of us remember childhoods in which saying you were bored led to instant punishment.
- c) Sometimes we feel resentful: we've given them activities and opportunities and challenges - why is it not enough? Sometimes we feel worried that children can't entertain themselves.
- d) As professionals (teachers, counsellors etc) - when children say they are bored then it feels like a criticism of all the hard work we are doing /have put in - to keep them learning and interested.

It's no wonder that adults often respond unsympathetically to bored children: “fine then, you can do X (job) and then you can really be bored”.

But here's an important question - Is there anything we can do to actually reduce how often children reporting being bored in the first place?

Yes. And it doesn't usually mean providing more toys, games or activities.

Let's look at why kids get bored in the first place. Essentially this is about skill gaps. They do not have the skills required to entertain or challenge themselves. There are a few reasons for this skill gap.

This generation are often fast processors. The speed of visual information and other auditory information which comes at us online in this day and age is unbelievable. It's not surprising that kids are learning to cope with the slower offline speed of life.

Some children also have lives in which there are not always a lot of activities to do. Once upon a time some children did have the option to be outside, in the creek etc - in this era and living in cities with safety concerns, some children can't do as many of these activities.

Some children aged around 10-12 year olds report being bored frequently as they have moved beyond purely creative play but yet haven't found replacement activities.

Some children in a school environment find school boring when tasks don't match their developmental level.

Some children are just less creative, more extraverted/need more outside stimulation and generally less skilled at challenging themselves than others.

Unfortunately for kids like this, entertaining and challenging yourself is an essential life skill - for home and school.

The good news is that we can help them get better at this. We can help kids learn to entertain and challenge themselves. Here are some ideas about how to do so.

Option 1. Help the child generate new activity ideas

This is about helping the child think about how they can think about activities or tasks to do. What is important here is to sometimes go beyond just verbally listing activity options but making sure there is a visual or written list of choices. For example:

SCHOOL NEWS

"For the next five minutes, I'd like you to make a list of activities you could do today - come back and show me when you are finished"

"I'm going to sit with you and together we will brainstorm all the things you might do this holidays and we will put it up on the fridge"

"Let's look up online ideas for rainy days/ideas for 10 year olds and I'm going to print it out"

"Get all our board games out and put them on the dining room table for today so you can see them"

Option 2. Help them get involved in the start of an activity

Sometimes children benefit from having an adult involved in the first few minutes of a task. A small time investment here sometimes means they are then able to entertain and challenge themselves for a long period of time. For example:

"I will start an activity/game/idea/task with you. And then you will finish it yourself"

"If you start x activity/game, I'll come over and look at it with you in X minutes"

Option 3. Empathise and normalise.

Sometimes children need to hear that filling in time, entertaining and challenging ourselves as humans IS not easy. They just need a bit of empathy. This can be a quick comment. Or sometimes asking an extra question can open up an interesting and helpful conversation.

"Sorry that you are bored, that's not a fun feeling."

"Did you know everyone feels bored sometimes? Me too."

"Is there anything I can do?"

"Do you think it's just being bored, or do you have another feeling as well? Like lonely? or sad"

Option 4. Help children take activities/tasks and make them more interesting or challenging.

Children don't always need an extra task or activity, but sometimes just need help to see the existing tasks or activity options in a different way. Children sometimes need help with this - both at school and at home.

"Could you do it differently to make it more interesting"

"Could you challenge yourself to do that task faster?"

"Could you teach someone else about it?"

"Could you think about it from a different perspective?"

"Please write these ideas down so that when you next do that activity, you can go to this list and use it to make the activity more interesting"

Option 5. Consider making starting an activity compulsory but finishing it optional

Some children will loll around waiting for gaming/device/technology/screen time to start again, being bored but refusing to do anything about it. The problem with this (other than it being irritating for us as adults) is that they are not actually learning to challenge and fulfil themselves in ways other than via gaming, which means over the long term more problems occur.

"Sorry mate but you can't sit there doing nothing. You need to pick an activity that we've discussed and do it for at least x minutes, and then if you still don't want to do it at that point then you can stop"

Option 6: Ignore it

Let me say - it's perfectly fine for us as adults to sometimes "ignore" the "I'm bored" comments and let children sort themselves out and deal with the boredom themselves. There are no rules which say that children MUST be helped with learning to entertain or challenge themselves. Often they will manage it and find activities to do if we stay out the way.

However, if we do have time to do options 1 - 5 even just occasionally - then it can help develop the "entertain and challenge yourself" skills which will help them over the longer term.

SCHOOL NEWS



FRIDAY OCTOBER 28TH 2016 (THIS FRIDAY!)

It's time we had a crazy hat day, the crazier the better! So this Friday, wear something silly or elegant or colourful or sparkly on your head!

Please bring in a block of chocolate or a gold coin donation that we can use for the Car Boot Sale on Sunday November 6th.

Remember though, that you will still need your school hat for recess and lunch.

ECHUNGA PRIMARY SCHOOL CAR BOOT SALE
– SUNDAY NOV. 6TH – 8AM – 2PM



Term 4 is here! We hope you have all had a happy and relaxing holiday and have taken the opportunity to empty cupboards in search of quality donations towards our Car Boot Sale. We are now on the daily countdown to the **Car Boot Sale**. We trust you have all been planning and thinking about how you can contribute to make our Car Boot Sale a great success.

We hope many of you will come along as sellers on the day, but if you don't have enough goods to sell, please consider donating something that the school can sell, and coming along for a sausage, cupcake and a browse at the sellers goodies.

As you may be aware, the Permapine play equipment in our schoolyard was recently removed due to it being unsafe for our children to play on. Unfortunately, new playground equipment is extremely expensive (tens of thousands of dollars), so all monies raised from this year's Car Boot Sale will be put in a "playground fund" while Governing Council explore suitable options for new playground equipment.

VOLUNTEER:

Please let us know (either in the schoolyard, the car park or let Merridee know) whether you are able to help out for an hour or two on the day to volunteer at one of the school stalls. (BBQ, white elephant, cake stall, etc)

PUBLICISE THE CAR BOOT SALE:

It is not too late to publicise this event, please collect a poster from the front office and display around your workplace, community centre or local café.

DONATE:

Please take your generous donations to the front office, as we are storing items in an adjoining office, ready to be sorted prior to the day. We are in need of good quality new and second-hand items:

Toys and games ,White Elephant (e.g. homewares, jewellery, handbags, accessories, prints/art), Tools, men's toys, Quality preloved clothing, Books, Magazines, DVD's, CD's, Records ,Bottle Stall Donations (e.g. preserves/jams, olive oil, mustards, cordials, lolly jars, perfume) n.b. labelling your donations is a great help! Plants.

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CAKE STALL

On the day we will be holding a cake stall and BBQ.

We would really appreciate it if each family could make at least one item for the Cake Stall. Cakes, muffins. Cakes will need to be dropped off on the day, or by prior arrangement and treats with a longer shelf life can be left in the front office on the Thursday or Friday (Nov 3rd & 4th) preceding the Car Boot Sale.

SELL YOUR RAFFLE TICKETS:

Raffle tickets will be coming out in the next week or so, for your chance to win a load of firewood, \$100 Target Gift Voucher and more great prizes. A flyer will be included with all the details. To ensure your tickets are entered into the draw, tickets and money must be back to the School by **Thursday December 8th and winners will be announced at the Year 7 Graduation on Thursday December 15th.**

Again, thank you all so much in advance for your generosity and support.

Echunga Primary School Governing Council

BOOK FAIR 'BUY ONE GET ONE FREE'

We are hosting a Scholastic Book Fair on Friday 4th November and Monday 6th November from 8:15-9:00am and 3:15-4:00pm in the Alluvial Hall.

This is a Book Fair with a difference.

For every book purchased you receive a second book of equal or lesser value FREE to give to a friend, teacher, donate back to the Library or keep yourself.

Students will have a chance to preview the books on Thursday 3rd November with their class.

This is the first time we have hosted a fair of this kind and it is a way of saying Thank You to the school community for supporting past Book Fairs and Scholastic Book Club.

We hope to see you there!

SCHOOL PHOTOS

School photos were received at school on Tuesday and by now students should have brought their copies home. Any student packs which still require payment are being held at the MSP Office.

Come into the school office to see the whole school photo and the school album.

If you would like to place an order for the OSHC photo or the Year 7 Mess Up photo, envelopes are available from Merridee in the Office. Orders must be placed by the 9th November.

COMMUNITY NEWS



MOUNT BARKER
HIGH SCHOOL

Positive Education Workshop

For Parents & Community Members

Join us for a two part workshop to explore what Positive Education is, how it can be implemented in everyday life, what is happening in South Australia and around the world, and the research behind the practice.



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



Positive emotion
Engagement
Relationships
Meaning
Accomplishment & achievement

7 – 9pm

Tuesday 15th & Thursday 17th November

Mount Barker High School Resource Centre

Light Supper Provided

Bookings required by Friday November 11th – email jenni.cook525@schools.sa.edu.au

Or phone the school 8391 1599

Not for ourselves alone



COMMUNITY NEWS

INK POT ARTS CIRCUS WORKSHOPS

Ink Pot Arts invites families to register for their workshops for 4-6 year olds and 7-9 year olds, to take place Monday afternoons after school with Jess Pierce. Email quill@inkpot.com.au or phone 0429 673 327.

MILO IN2 CRICKET

The Echunga Cricket Club is running the popular 'Milo In2 Cricket' program set up by 'Cricket Australia'. This 10 week program is suited for boys and girls aged from 5-8 years of age (a cricket pack is also part of registration). Our sessions are on a Thursday night 4-5pm and the Echunga Oval. Visit playcricket.com.au for more details and registration or contact Ben Hull 0428 762 359.