



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 8, Term 2, 23rd June, 2016

Inside this issue:

Diary Dates	1
From the Principal	1
School News	2-4
OSHC News	4
Community News	5

DIARY DATES

Sat 2/7—Election Day
BBQ at the school

Mon 4/7—Pupil Free
Day

Wed 6/7—Pizza Lunch

Fri 8/7—End of Term 2
2.20 Early dismissal

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



FROM THE PRINCIPAL

Lapathon

We nearly cancelled it. Luckily we decided to run the event around the outside of the oval and use the football club shelter as a base. We were very lucky with the weather and even though it rained in the end, most of the time for the lapathon had expired. The students really got into the spirit of things and ran/walked many laps in the end. You would have all received the lap totals by now. Please send in any promised money as soon as possible. Some money has come in already. It's difficult to gauge the lapathon's success yet but we are hoping for a great kick start to be able to begin to develop new play areas for the children, in the wake of the old playground equipment being removed.



M for Meaning

Understanding, believing in and serving something greater than yourself and deliberately engaging in activities for the benefit of others. (Copyright Geelong Grammar School).

SCHOOL NEWS

People who can identify a source of meaning in their lives report:

- greater overall happiness and life satisfaction
- physically and emotionally healthier
- more resilient
- greater sense of control over their lives.
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(Copyright Geelong Grammar School)

Our year 7s had the opportunity to engage in an activity for the benefit of others when they erected a shed (under the guidance of Katrina - our grounds person) for the kindy. Top job.



Here is another article from Kirrilee Smout. Although it applies more to our older students and what they might encounter soon, I know that there are older sisters in our community as well.

[Teenage girls - their eating and weight decisions:
why we can't leave it entirely up to them](#)
[June 14, 2016/ kirriliesmout](#)



Let me tell you about Cindy. Cindy is the representation of many, many teenage girls I have seen over the last 20 years. She is 14 and very self-conscious. She is desperate for approval by her peers and struggles with anxiety and confidence.

One day, Cindy looks at herself in the mirror and decides she is fat. Cindy is not fat. But she weighs herself and is shocked to find she weighs much more than she did when she last weighed herself when she was 10. She starts to try to lose weight. She skips some meals. She tells people she isn't hungry. She does 100 push ups at night in her room. She cuts her portion sizes down to tiny amounts. She weighs herself several times a day.

Cindy loses some weight and is thrilled by this. The weight loss gives her a sense of power and reward which is very seductive. So she tries to lose some more weight - and then some more.

SCHOOL NEWS

Her parents start to notice her weight loss and reduced eating, and are concerned by it - but they don't feel they can do anything - after all Cindy still eats. In fact she still eats junk food. Her weight loss is small. She is only *just* in the underweight category for her BMI. They don't feel it is their job to question her - or to "force" her to eat more. After all, she is old enough to make her own eating and exercise decisions. Isn't she?

Now let me tell you about Jenny. Jenny is the representation of many, many teen girls I have seen over the last 20 years. Jenny is also 14, also self conscious and also desperate for approval, and struggling with anxiety and confidence. Jenny also feels she is fat.

But Jenny doesn't skip meals. Instead Jenny starts eating more food. Feeling depressed and miserable, eating is her only solace. She begs her parents to buy her junk food at every opportunity and they do. Jenny stops playing sport because she is too self conscious to be in gym clothes. Jenny looks for the block of chocolate in the cupboard and eats it in one sitting. Jenny refuses to go for walks with her family. She spends most of her time sitting in front of the computer. She starts putting on weight. Which makes Jenny more depressed, and more likely to binge eat and more likely to avoid exercise.

Her parents notice, and are concerned - but they don't feel they can do anything - after all, Jenny is not significantly overweight. They don't want to make her feel worse. They don't feel it is their job to question her - or to "force" her to exercise or eat more healthy food. After all, she is old enough to make her own eating and exercise decisions. Isn't she?

Unfortunately what I know about Cindy and Jenny is that they are standing on the edge of a metaphorical cliff. They are both at significantly high risk of the mental health problems including even more severe depression, anxiety and eating disorders. This happens to boys too - and increasingly so in my experience.

In order to prevent them falling off this cliff, adults need to step in. Cindy needs to stop weighing herself, reduce her exercise and be required to increase her nutritional intake - whether she wants to or not. Jenny needs to increase her nutritional intake, have her junk food limited and be required to have a more active lifestyle - whether she wants to or not.

None of these things are easy. In fact it is one of the difficult jobs adults and parents will face. But they are absolutely necessary for these girls' emotional health.

The reality is that 14 year olds are simply not old enough to make every final decision about how much and what they eat, and exercise. This is especially true for 14 year olds who have or are at risk of a mental health disorder as are Cindy and Jenny.

If you are concerned about your teenagers eating and health decisions, contact your GP, or to find out more about our services contact the [Butterfly Foundation](#).

CROWS VISIT

Tomorrow (Friday 24th June) the Crows Football Club are visiting our school from 11:30-1:00. It is a whole school event. Most of the time will be spent in the Hall.

You are welcome to attend. The only hitch is that the Crows cannot say who will turn up as they play tonight (Thursday) against North Melbourne.

The visit surrounds the concept of gratitude, and fits well with our school focus on positive education.

Peter Moore

SCHOOL & OSHC NEWS

FUNDRAISING NEWS

On Saturday, 2nd July, the school will be holding an Election Day BBQ fundraiser. Proceeds from the fundraising will be split 50/50 with the school and the Year 6/7 Canberra Camp. If anybody is able to help out by donating cakes, cupcakes or slices to sell on the day it would be much appreciated. Items can be dropped off at the Art Room on Friday 1st July before the end of school. It is a requirement to show all ingredients used in items for sale so please attach a note to each different item.

If you are not coming to vote on the day, just drop in for a sausage, cake or even just a chat.

Thank you.
Megan Allen



OSHC Awards Term 2 2016

And the OSHC Awards go to...

7. Charlie B
8. Clint R

Late Fee

OSHC closes at 6:30pm. A fee of \$1.00 per minute, per child will be charged after 6:30pm. If you know you are going to be late and can't get here by 6:30pm, please organise for someone else to collect your children.

OSHC Invoices

When paying your invoice, please use your family name or your family's unique reference number provided on the invoice near our bank details, so Merridee and Jodie can reconcile your accounts.

July Vacation Care Program

The July Program is out now and there is still some space available. Some days are booked out already. All families need to fill in the booking form for Vacation Care. If you have not filled in a booking form and returned it to OSHC, then you are not booked in for any sessions.

OSHC Fee Increase from July 11th 2016

As per the budget recommendations and as ratified by Governing Council all our fees will go up as follows from July 11th 2016 (the first day of the July Holidays). This is for both Preschool and School age children.

	Current Fee	Fee from 11/07/16	New Fee with Child Care Rebate
BSC	\$14.50	\$14.50	\$7.25
ASC	\$24.00	\$24.50	\$12.25
VAC	\$50.50	\$51.00	\$25.50

'Physical Activity & Nutrition in Out of School Hours Care' study

Echunga Out of School Hours Care (OSHC) Centre has been chosen to take part in the 'Physical Activity & Nutrition in Out of School Hours Care' study being jointly run by the University of South Australia and Flinders University. Students from Uni SA will be attending our OSHC on Tuesday 26th July.

Pupil Free Day

The next Pupil Free Day will be on Monday Week 10. We currently have no children booked in. Monday week 9 is the cut off day for bookings.

COMMUNITY NEWS



School Holiday Workshops

July 2016

at the Hahndorf Academy

Tuesday 12th July

9:30 – 1:00pm

Magical Popup Books \$45

Learn a variety of simple and complex techniques to make folds, cuts and tab mechanisms in order to create your very own take home popup book.

Ages 7 to 15

Wednesday 13th July

9:30 – 1:00pm

Winter Lanterns \$40

Come and learn how to make lanterns for our winter lantern festival to be held in August. Take one home and make one or two for show in the event.

Ages 9 to 15

Friday 15th July

9:30 – 12:30pm

Cardboard fantasy lands \$40

Cut, Paint, glue and build your own small scale fantasy land from cardboard and paper, whether it be a city, doll house, dragon castle or anything else you can imagine, the possibilities are endless.

Ages 5 to 10

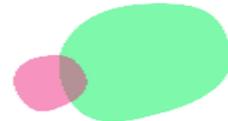


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ECHUNGA UNITING CHURCH NEWS

MOPS-'Catch Phrases that Stick'

Guest speaker Louise Wabnitz (MOPS Regional Coordinator) will encourage all mothers of pre-schoolers. 9:30-11:30am Thursday June 30th in Wandeeen (Echunga Uniting Church). Your children will be lovingly cared for in the MOPPET's program. For more information visit www.echunga.unitingchurchsa.org.au/MOPS.

Youth Amp'd

Youth-led music, an encouraging message and something to munch on. 7:00pm Friday July 1st at Echunga Uniting Church. For more information contact Rev Matthew Carratt (8388 8847).

Messy Church

Next Messy Church 4-6pm Friday July 8th.