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DIARY DATES

Fri 25-Mon 28/3—Easter
Tues 29-Wed 30/3—
Aquatics, Port
Noarlunga Year 6/7's
Tues 5/4 Volleyball at
Heathfield H.S. Yrs4-7
Mon 14/4—2:45
Assembly
Mon 11-Thurs 14/4—
Swimming Rec-Year 5's
Fri 15/4 End of Term 1
2.20 Early dismissal
Mon 2/5 Term 2 begins
Thurs 5/5 Lorikeet visit to
Mount Barker High School

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

FROM THE PRINCIPAL

Our Wooden Play Equipment

It is time for our old wooden play equipment to be taken down. After years of use it is finally starting to wear to the stage that it is becoming a hazard. Over the years it has been patched but it is now getting to the stage where it can't be. As a consequence, we are currently organising for its removal and to replenish soft fill around the rest of our equipment.



Governing Council will be approaching the students, staff and the community to get ideas about what it can be replaced with. Any replacement will need to be done in stages depending on what is decided.

External School Review

As part of our continuous school improvement we will be involved in an external school review with a review panel on Tuesday and Wednesday 12th and 13th April. A letter about this review and your and your children's participation in it is attached. There is an invitation for you to discuss the school with the school review panel on Wednesday 13th April.

Governing Council

Last newsletter I announced our new governing council. We have had a meeting since then and officer bearers and portfolios have been decided:

- ◆ Amelia Trabilisic - Chair
- ◆ Jo Place – Secretary and Grants
- ◆ Steve Tully - Treasurer
- ◆ Penny O'Neil - OSHC
- ◆ Megan Allen - Fundraising
- ◆ Michelle Bernhardt – Buildings and Grounds
- ◆ Nick Sward– Buildings and Grounds
- ◆ Renee Mooney – Public Relations
- ◆ Renae Beaumont – Early Years
- ◆ Ali Kelman – Communication and Canberra Trip Liaison

Preschool Enrolments

Don't forget to get your enrolment forms in if you have a child who is coming to our preschool in 2017. We already have 6 confirmed enrolments and many have taken forms.



SCHOOL NEWS

Apple Day

We had our first Apple Day where all students got to pick apples and eat them together. This is always a popular event. There are still some varieties of apples that haven't ripened yet so we have more Apple Days in the coming weeks.



Kirrilie Smout

Here is another article by Kirrilee Smout. Timely since NAPLAN is on the horizon. Not all of it is relevant for primary students but I know that many of you have teenagers at home as well.

[14 ways to help kids and teens do better in tests regardless of how well they know the material](#)

Jeb*, aged 14, came to visit me wanting to do better in tests and exams at school. He was a smart kid and learnt concepts well – but he just didn't do well in timed test situations.

As child psychologists, we work with both kids and teens to help them achieve their best at school. We can't help them learn the content itself, but we can help with increasing motivation, managing distraction, improving attention and concentration and with what psychologists call "test taking technique". The good news for many young people is that making small changes to how you study, and what you do before and in a test situation can make a huge difference to results.

I worked with Jeb on figuring out some better strategies he could use in tests. We practiced them in session. He walked away saying he felt much more confident. I had all my fingers crossed! And happy day, this week I got an email from him to tell me he'd got full marks in his latest science test. Hooray! Couldn't help but do a private little fist pump the air in my office J

Here are 14 ideas you can talk through and practice with your child/teen before they sit tests or exams. Please note – not all of these ideas will apply to your young person: what works will depend on the material, the child and the type of test being sat. Also, there are too many here to work on all at once. You'll have to pick the most important, discuss them and help them practice them on more than one occasion.

But they do work!

Test taking tips

SCHOOL NEWS

1. Help the young person get enough sleep the night before if at all possible. Sleep is more important than cramming (unless they know nothing at all of the material) for getting the best possible results.
2. If it's a multiple choice test – remind the young person - don't look for a "right" option, look for the very best option. In multiple choice tests, there will often be a few "right" options which often fool kids or younger teens who are used to quickly looking for something that looks right.
3. For multi-step or complicated maths questions – write down first what you know, then the next step, then the next step. It's tough to convince students to do this because it's faster and therefore easier to do the steps in their head. Most people don't really like writing out their thoughts/assumptions/what they know already – and would rather skip ahead to getting the answer. But this is far more likely to lead to errors.
4. Teach kids the idea of "backwards checking" for maths questions. In other words, take your answer and put it into the question to see if it works. eg: Q If John has thirty apples and gives Simon twenty, how many does John have left? A: 10. We can check this by asking – if John has ten apples and Simon gives back 20 to him – how many will he have now – 30.
5. Once young people know how to backwards check, they can use this in multiple choice questions. Teach kids and teens the idea of working out an answer to multiple choice questions by using a process of elimination. In other words, take each option and see which ones "work" in the question. This might seem obvious to us as adults, but kids often need to be shown how it works.
6. In humanities or essay questions, ask children and teens to underline the most important words in the question before they answer. Tell them to especially look out for the little important words like "not"!
7. Teach young people to do rough time plans. Make sure they have access to a clock or timer or watch during the test/exam and work out roughly how much time they will have for each question (if older teens). For younger children or shorter tests when a time plan isn't feasible, teach them to always stop their work five minutes before the end to check their work.
8. For younger children, don't stop at telling them to "check" their work but instead teach them how to effectively and carefully check. One way to do this on spelling tests/writing tests is by putting a finger under each word/letter at the end of their test to ensure they keep their eyes on the page as they check. Another way to effectively check is to leave a time gap between writing something and checking it. Another way to check effectively is to read over work imagining that you are reading it for the first time.
9. For hand writing based tests, tell kids/teens to leave plenty of space between their words so that if they need to go back later and add in/cross something out, there is plenty of space. For the same reason tell them to not cram in words at the end of the line or even hyphenate words across lines where possible.
10. For children/teens who have access to working out paper in tests, teach them to use it effectively. In other words, allow enough space (ie start at the top of the page) when working things out, write in one section of the page for each problem, and neatly cross it out when done. Many errors are made in working out paper when children/teens write illegibly or run out of space.

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11. Help kids and teens practice completing tasks at the same speed required in tests/exams. If you know they will have 20 minutes to write a narrative in a particular test, then get them practicing 20 minute blocks of writing time. If you know they have to do a spelling test where they only have 30 seconds or so per word, help them to learn to write a word and check a word (preferably higher up in the list) in a 30 second time span.

12. Teach kids and teens to prioritise getting questions they know done first and coming back to the ones they get stuck on.

13. Teach younger kids good posture in tests/exams and how to keep their eyes on the paper. Sitting close to the table and having their materials in easy reach does make a difference. Often children are partially lying on the desk, or sitting so far away they have to stretch or spending lots of time looking at the ceiling.

14. Eating protein before a test/exam situation is linked with greater success. Eggs and bacon for breakfast!

Hopefully some of these ideas will help the young people you know or work with. For parents, we can learn a lot about what our own child/teen needs help with in test/exam situations by simulating a test situation at home and just watching how they work. You'll probably see other areas not listed here – gradually and kindly coach young people in these skills.

Kids and teens may well learn these skills eventually on their own - but as parents can speed up this process and help them show their true skills and talents.

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YEAR 6/7 CANBERRA TRIP FUNDRAISING EVENT

In 2016 a group of 10 children are fundraising for Echunga's Year 6 and 7 students to make an educational trip to Canberra. They will be holding a market stall at the Gravity Festival at Macclesfield on Sunday April 3rd and are looking for donations of pre-loved accessories such as jewellery, scarves, hair accessories, hats, bags etc. They would be very grateful of your donation.

They are also hoping to sell locally made produce and baked goods, such as sauces, chutneys, jams, biscuits, muffins etc. These items must display all ingredients on the packaging and they ask that factors such as no refrigeration access and shelf life be considered when donating.

Items can be dropped into the school office no later than Friday 1st of April. Alternatively, you can contact Penny O'Neil (Fundraising Committee member) either via her Facebook page, email pennyinyourpocket@hotmail.com, or mobile 0402023382.

If anyone could help with any donations it would be greatly appreciated by these children who are trying to raise funds so that every child can go regardless of their financial position. We would like to take this time to thank the school community for their ongoing support and help with this great cause...and if you are looking for an outing on Sunday April 3rd please come say "Hello" at the Year 6-7 stall.

Thank you.

Penny O'Neil

*On behalf of the Year 6-7 students and the
Fundraising Committee*

SCHOOL NEWS

POSITION VACANT ADVERTISEMENT



PASTORAL CARE WORKER

(Previously known as “School Chaplain”)

ECHUNGA PRIMARY SCHOOL

Address: 802 Echunga Road Echunga SA 5153

Schools Ministry Group along with local churches are seeking applications for this 9 hour per week position, commencing Term 2, 2016. The position exists to offer Chaplaincy Services to students, staff and the school community.

A Job and Person Specification, including details on “How to Apply”, is available from Schools Ministry Group on 8378 6800 or mail@smg.asn.au

Closing date: 5pm, 30th March, 2016

For details about the next **Information Session** go to:
www.smg.asn.au

Presentation: “Help Your Child Achieve Their Best.”

What can you do to **ensure** that your child or teen has the best chance of achieving at their **full potential**?

Now that the **school year** is well under way it is timely to **review** and **assess** what is required for your child to complete a **successful** and **fulfilling** year.

YOU CAN DO THINGS THAT WILL GREATLY SUPPORT YOUR CHILD IN ACHIEVING THIS GOAL.

Come along and find ways in which you can **initiate changes** to get things back on track if **warning signs** are emerging. **Identify** the **factors** that will have, or continue to have, a **positive impact** on **home** and **school** life and **enhance** your child’s **self-esteem** and **mental health**.

For: Parents, grandparents, carers, teachers, health professionals and students (Single: \$10; Double/friend: \$15; Concession: gold coin)

Time & Place: 7.00-9.30pm Wed. April 6th 2016, Mt. Barker Community Library (5 Dumas Street)
(Tea, coffee and biscuits available FREE)

Enquiries: email: keithrm@internode.on.net (to indicate attendance)

PRESENTER: Keith Miller (M Spec ED, Grad Dip Ed Counselling) has more than twenty years’ experience as a counsellor, health worker, teacher and consultant, working with parents, families, carers, teachers and professionals, in a variety of settings, around issues of behaviour, communication and relationships. He has presented at local, national and international conferences, and, as a result, has been asked to contribute articles internationally on his work.

COMMUNITY NEWS

ECHUNGA UNITING CHURCH EVENTS

EXPERIENCE EASTER @ ECHUNGA UNITING CHURCH Thursday (tonight!) 7.00pm—
Reflective Service Good Friday 9.30am, followed by hot cross buns Easter Sunday 10.00am.
Further details at www.echunga.unitingchurchsa.org.au

MOPS—'EXERCISE FOR LIFE'

Join physio Henry Rischbieth as a part of the next MOPS morning
Thursday March 31st. MOPS is a group of mothers of preschool children
and runs 9.30-11.30am fortnightly in Wandeen (Echunga Uniting Church).
Your children will be looked after in the MOPPETS program. For further
information see www.echunga.unitingchurchsa.org.au/MOPS



YOUTH AMP'D

A new evening service run by and for local young people featuring music, encouragement and food. Meet 6.45pm for a 7.00pm start at Echunga Uniting Church. Contact Matt for further details on 83888847.

Have a safe and happy
Easter break
with your
families.

