



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 10 Term 1, 6th April, 2018

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## DIARY DATES

### Pupil Free Days 2018

- Fri 29 June
- Fri 21 Sept

### Assemblies 2018 at 2:30pm

- Mon 9 April
- Mon 14 May
- Mon 4 June
- Mon 25 June

Fri 13/4 End of Term 1  
2:20 Early dismissal

Mon 30/4 First Day of Term 2

### Orienteering

- Thurs 3rd May
- Thurs 10 May
- Thurs 24 May
- Thurs 31 May

Tues 15/5 7:00pm Governing  
Council Meeting

Tues 15/5-Fri 18/5 NAPLAN  
Years 3,5,7

Fri 18/5-Mon 21/5 Book Fair

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

## FROM THE PRINCIPAL

It's hard to believe we're almost at the end of term already! It has certainly been a whirlwind of a term!

Many of you will have met with your child's teacher over the last couple of weeks. Hopefully, you will have learned a lot about your child's progress and how they are learning.

### Learner Dispositions

This term classes have been working on the Learner Disposition "I am Optimistic". Staff and students developed the characteristics of being optimistic:

- \* I am open-minded and willing to listen to new ideas
- \* I believe that I can make progress and I use my growth mindset to improve my learning
- \* I know that I am still learning when I am in the Learning Pit
- \* I focus on positive things
- \* I am proud when I make progress in my learning

These are characteristics that are not just beneficial in school but in our lives in general, as learning doesn't only happen at school.

### NAPLAN Online

Next term our year 3, 5 & 7 students will be sitting the NAPLAN Online tests. This will be the first time the actual tests will have been used as last year's online testing was cancelled. Our Year 5 & 7 students sat a practice test a couple of weeks ago so they are familiar with the platform. The Year 3s will have a trial run next week. The demonstration site is also available for parents to visit. The site enables students and parents to become familiar with the student test experience and functionality. You can find the test here:

<http://www.nap.edu.au/online-assessment/public-demonstration-site>

### Thank You

I would like to thank all of our parents and other family members who have volunteered their time this term. We have had a great response to calls for help, including All British Day, Sports Day, SAPSASA events, Election Day & Bunnings BBQs, cooking and listening to reading. We really appreciate the contributions our volunteers make to our school.

I hope you all have a very relaxing holiday and that the sun shines for at least some of it.

Pam

# SCHOOL NEWS

## Governing Council

As previously mentioned we have a new Governing Council which was voted in at the AGM earlier this term.

Our Governing Council members for 2018 are:

Ben Beviss	Chairperson
Sophia Tragellis	Treasurer
Jo Rosenthal	Secretary
Michelle Bernhardt	Buildings & Grounds
Roger Tinning	Communications
Glen Wandless	Fundraising
Naomi Dunning	OSHC
Carly Rosser	
Cassie Healy	
Leisha Grant	
Pam Thompson	



There will also be a staff member on Governing Council – this will change each term. In Term 2 Georgie Patti will be the staff rep.

## PREMIER'S READING CHALLENGE

Congratulations to the following students who have recently completed the Challenge:

Abbey, Angus R, Cyra, Charles S, Archie W, Brock, Hayley, Kayla, Ellyce (Rosella) and Jade (Kingfisher).

Students are encouraged to borrow Premier's Reading Challenge books to read in the school holidays.

## SCHOOL FEES

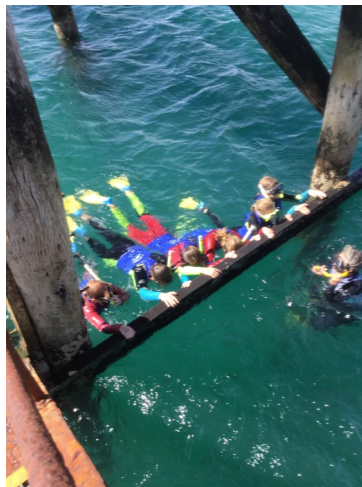
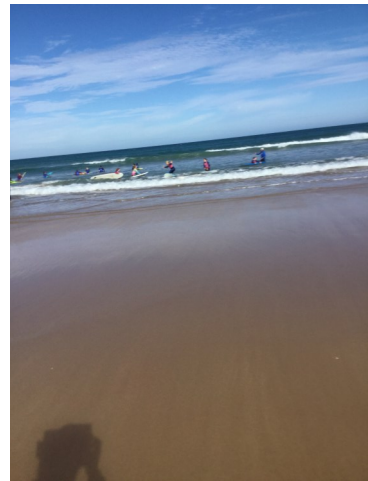
Thank you to those families who have paid all their school fees.

Just a reminder that fees are due to be paid by the end of next week unless paying by instalments or you have applied for School Card.

# SCHOOL NEWS

## AQUATICS

Week 9 saw the 6, 7's experience 2 days of aquatics at Port Noarlunga. The group challenged themselves with kayaking, surfing, and boogie boarding and double sessions of snorkelling on the reef at Port Noarlunga. They learnt new skills in these areas and an excellent time was had by all, including yours truly who snorkelled with the class. There were an array of fish species and the odd dolphin spotted. Many of the class in our reflection time suggested that some of their prior concerns with the ocean i.e. the depth of water, safety of the sea, believed this experience had helped them overcome their concerns and had great time over the 2 days and would thoroughly recommend aquatics!



# SCHOOL NEWS

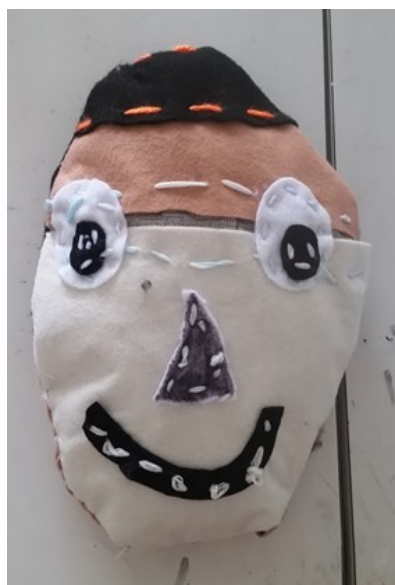
## VISUAL ART

This term in Art we have been focussing on Visual Art. Rosella and Kingfisher class have been looking at a variety of painting and drawing techniques and have been working with watercolours and acrylic paint to develop a range of paintings.

Ibis class have been learning about Mandala art. The students have dyed sand different colours and used paper funnels to arrange the sand in a unique mandala pattern, they have also been developing their own mandala design which have been drawn over the top of wet on wet ink background designs.

The Lorikeet class began this year looking at Australian-Chinese artist Chen Zhong and completing a practical artwork task inspired by his work. The class are now working through the creative process to design and create a textile portrait artwork inspired by the artwork *'Every face has a story, every story has a face'* by Indigenous artist Kulila.

We can't wait to show you all our artworks next term in the Echunga Visual Art Showcase (more details to come next term).



# SCHOOL NEWS

## FRUIT BREAKS AT ECHUNGA PRIMARY

What sorts of food do your children look for when they want a snack? If they are like most children, given a choice, they will reach for processed foods which often have high sugar, salt and fat content. We are surrounded by advertising which gives tempting messages of what to eat when we feel “peckish”.

In order to create the best possible learning conditions for students, classes will generally have a “Fruit Break” between 9am and recess.

Why do we do this?

While we expect that students will normally arrive at school having had a healthy, filling breakfast, we are aware that our brains often need a “pick-me-up” partway through the morning, due to the brain’s need for glucose as fuel.

At Echunga Primary:

*We want our students to develop lifelong skills of healthy eating, so we practise eating fresh fruit and vegetables as a snack. We want to make “healthy” normal.*

*We want our students to have good dental health.* Eating dried fruit, which tends to stick to teeth, gives greater opportunity for tooth decay. Fresh fruit or veg are better options.



*We want our children to have natural sugars for the best sustained release of glucose to their brain.* Food which has been processed (ie no longer in the form in which it was harvested) has had the natural sugars altered, which then act differently in the body to natural sugars.



So at “Fruit Break”, by eating fresh fruit or fresh vegetables, our message is:  
***Fresh is Best***

## COLES SPORTING VOUCHERS

The Coles Sporting Vouchers promotion has now closed.



If you still have vouchers to bring in to school could you please drop them off by the end of term. As soon as we have sent them in and they have been counted we will be able to order our sporting gear. Thank you to everyone who has donated vouchers to the school.

# SCHOOL NEWS

## PASTORAL CARE WORKER NEWS

Happy post-Easter! It's been fun to hear the kids talk about time with family, Easter egg hunts and the amounts of chocolate received!!

Earlier this term I wrote about New Year's Resolutions and how one of my family's goals for the year was to go camping more. Well we scored a big tick this weekend.

Ahhh.... How amazing was the fresh air, the starry nights, the stories told around the campfire, the toasting of marshmallows, the camp-oven dinners, the time spent chatting with friends and each other surrounded by trees and mountains - I even got to read a whole book! All the wonders of camping intermingled with the dirt, the long drop toilets and no showers for days!!!

We had a really great time away. And we had no technology or internet for the better part of 4 days...

I must admit there were times when technology would have been a nice distraction from the arguing, the constant demands for food and the interrupted conversations, but all in all, the opportunities for creativity, adventures, play, co-operation, negotiation and resilience far outweighed my need for peace!! (although there were moments, I must admit when I had to look away from my kids rolling in the dirt and giving each other mud tattoos.)

A few Saturdays ago I spent the day at a 'Resilient Kids' Conference in Adelaide, listening to some amazing speakers talk about topics such as Mental Health, Growing Up Online, ASD and the Pre-teen, Building Resilience and Body Image.

But one thing that really got my attention was the current statistic that **the average child spends just 45 minutes outside per day**. I'm unsure as to whether this refers to a school day – as the break times outside alone would amount to this – but as I began to calculate how much time even my own kids spend outside on a weekend from time to time, there would be days when perhaps this rings true.

Technology would definitely have an impact on this statistic. Due to the increased inactivity and less outside time (among other things), we are seeing a decrease in concentration and body strength/co-ordination, increased aggression and anxiety, less ability to self regulate, a lack of energy and empathy and children **playing** a whole lot less.

The World Health Organisation states that *'playing is as important as eating and drinking'*. Through play, children learn from the 'bottom up'. They learn real life skills, they grow their knowledge of the world around them and take risks. Outdoor play is very much connected to health and wellbeing.

Spending time outdoors may require some organization – such as going for a bushwalk, fishing or playing sport – but let's encourage our kids to connect with nature and reap the benefits. And, as much as I cringe to watch my kids get really dirty – it will wash off!!!

Here are some ideas for getting outside – go for a walk/swim at the beach, camp in the backyard, visit the playground, kick a ball or shoot some hoops, fly a kite, wash the car, walk the dog, make potions out of flowers and water.

Have a fantastic holiday break!

Karen



# OSHC & COMMUNITY NEWS

## **OSHC Awards**

OSHC Awards are given to children who are kind, fair and help other children and staff at OSHC.

Week 7: Archie

Week 8: Charlie

Week 9: Bennett

Week 10: Ellyce



## **Vacation Care April**

Our program is out now and is filling up fast. We have lots of fun activities planned for these holidays. If you would like a copy of the program emailed to you please come into OSHC and let us know.

## **Child Care Subsidy**

On July 2nd the Australian Government is introducing a new Child Care Package for all Children's Services across Australia, as mentioned in previous newsletters. The Child Care Subsidy will replace the current Child Care Benefit and Child Care Rebates.

All families who wish to use OSHC from July 2<sup>nd</sup> (Week 10 Term 2) onwards will need to apply for and be assessed against the new requirements of the Child Care Subsidy.

## **Child Care Subsidy – What do I need to do right now?**

In order to be assessed for the new Child Care Subsidy and to enter into Compliance written agreements with the Government to use our service you will need to be registered to use MyGov. I strongly advise all current families and families wishing to use OSHC in the future to register with MyGov and be linked to Centrelink/Human Services as a first step. All agreements/contracts to use OSHC will be through MyGov.

As we get closer to transitioning to the new system I will pass on new information as we receive it.

## **OSHC fees up to July 2nd**

All current OSHC fees (up to and including week 8 term 2) will need to be paid in full by July 2<sup>nd</sup> (Monday week 10).

Week 9 of Term 2 will be invoiced after the 2<sup>nd</sup> of July (during week 10) and families will have two weeks to pay their fees in full. Families who have not paid their fees will not be able to use OSHC until their fee is paid in full.

## **COMMUNITY CONNECTION POINTS**

As well as a 10:00am Sunday worship service, Echunga Uniting Church offer connections points for all ages in the Echunga community. All groups meet in Wandeen (next to the church building) unless otherwise specified. Visit our website for further details - [echunga.ucasa.org.au](http://echunga.ucasa.org.au) or contact Rev Matthew Carratt on 0438 856 167.

### **TONIGHT (April 6)! - PROGRESSIVE DINNER - ECHUNGA & MEADOWS YOUTH**

Bring \$10, your friends and an empty tummy to fill with food and fun. This week we will be on the hunt for some delicious food around Meadows - desert, mains and entre courses. BUT you need to solve the clues and overcome set challenges first to find the food. A percentage of our money will go to a charity, Second Chances. Meet 6:00pm @ Wandeen, return by 9:45pm. All Year 6-12's welcome. Contact us:- Bec Hughes (Youth Worker): 0416 076 085 - Rev. Matthew Carratt: 0438 856 167 Facebook: 'Echunga & Meadows Youth' Follow us on Instagram @echunga\_meadows\_youth

### **ECHUNGA KIDS CLUB**

Tuesday April 10th (after school 'til 5:00pm) For more information contact Sarah Hammond (Children's Worker) on 0429 134 031

### **CRAFT, CUPPA & CARDS**

Meeting each Wednesday from 1:00pm. Bring along your own craft or come to play cards or board games. \$2 a week. Contact coordinator Valerie Trim on 0407 602 800.

# COMMUNITY NEWS



## Art Workshops for kids

April School Holidays 2018

at the Hahndorf Academy

All workshops \$32.30 each

Wednesday 18<sup>th</sup> April 9:30am – 3:30pm (please enquire for recommended age if under 7)

**9:30 – 12:30 Collage and ink animal portraits:** Make your own collage paper using oil pastels, pencils and inks and choose from a selection of recycled collage paper to collage a giant portrait of your favourite animal or pet. Take it home to proudly hang on your wall.

**12:30 – 3:30 Botanical print making:** Come on a scavenger hunt throughout the Hahndorf Academy grounds to find interesting leaves and other pieces of nature. We will then use these to make whimsical prints that you can layer with drawing to turn into your own original artwork.

Thursday 26<sup>th</sup> April 9:30 – 3:30pm (please enquire for recommended age if under 7)

**9:30 – 12:30 Animated Flipbooks:** Go through a step by step process to learn about how to make an animated flip book. We will then create our own original animations, using tracing paper and a photocopier and many other magic animation tricks.

**12:30 – 3:30 Alcohol ink painting and marbling:** Using rubbing alcohol and ink we will paint amazing colours and textures on strange surfaces like ceramics and shiny papers to create incredible effects that you won't believe possible. This is a great technique for painting galaxies and planets too.

Friday 27<sup>th</sup> April 9:30 – 3:30pm (please enquire for recommended age if under 7)

**9:30 – 12:30 Finger and Hand Puppets:** Explore the wonderful world of puppet making! Using felt, googly eyes and many other craft items you will glue or sew your way to as many new puppet friend creations as you like. Leave with a hand full of monsters, animals, little people or whatever your imagination can stir up.

**12:30 – 3:30 Crystal ball illustrated worlds:** Imagine your ultimate universe, home or world, think of the landscape, the animals and the plants, perhaps they are all made up or maybe they are your favourite things. Learn how to draw a crystal ball (using fish eye perspective) with your imaginary world inside it and make a wish that it might become your future.

Contact: Rebecca Prince

0433098596 |

info@artytypesartschool.com



**YMCA**  
Adelaide Hills Adventure  
School Holiday Camp

**\$330** per person  
Register by 8th April

adventure course  
arts and crafts  
team games  
archery  
orienteering

Join us for three days of tenting, activities, food, friends & fun!  
Learn new skills from our qualified and trusted instructors.

Ages 8-13 (primary school aged): Monday 16th April to Wednesday 18th April  
Ages 13-16 (secondary school aged): Wednesday 18th April to Friday 20th April

8200 2514  
campingsa@ymca.org.au  
/YMCAcamping  
www.sa.ymca.org.au

... for fun, friendship, adventure and education

## ADELAIDE STORM COACHING SESSION

We invite ALL SPORTING SCHOOL PARTICIPANTS to attend a  
Free SKILLS SESSION With Adelaide Storm players

FOR ANYONE AGED 8-13 BOTH BOYS & GIRLS!

Improve your SKILLS WITH HELP FROM THE STATES  
BEST VOLLEYBALLERS!

PLUS heaps of Free Give-Aways on the day!

**Sunday April 15<sup>th</sup> 11:30 — 2:30 PM**

**Venue TBA**

Address TBA-More info will be emailed to registered participants.

**REGISTER AT** [www.volleyballsports.com.au/sportingschools](http://www.volleyballsports.com.au/sportingschools)

Info - 8363 1265 | [SCHOOLS@VOLLEYBALLSPORTS.COM.AU](mailto:schools@volleyballsports.com.au)



## TENNIS FOR JUNIORS

Only \$70 Earlybird for 6 classes in Term 2 2018

- Boys & Girls aged 3 - 8 Years
- Skills based intro to Tennis
- Indoor sessions
- Modified equipment
- Ideal for beginners
- Age appropriate programs
- Parent help for 3 - 4 year olds
- TENNIS RACQUET TO KEEP!

**Location:**

**Mt Barker High School, Wellington Road, Mt Barker**

**Starts**

**Sunday 13<sup>th</sup> of May**

3 and 4 year olds - 9.45am to 10.30am  
5 and 6 year olds - 10.30am to 11.15am  
7 and 8 year olds - 11.15am to 12.00pm

**COST: \$90 FOR 6 SESSIONS AND A TENNIS RACQUET FOR YOU TO KEEP!**

**ENROL + PAY ONLINE AT** [WWW.GETACTIVESPORTS.COM.AU](http://WWW.GETACTIVESPORTS.COM.AU)

Alternatively call the office on 1300 772 106

**Limited Spaces!**

**To receive the Earlybird price of \$70 you need to Enrol + Pay before 18<sup>th</sup> April 2018**

