



Government of South Australia  
Department for Education

# 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 2, 6th July, 2018

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## DIARY DATES

Pupil Free Days 2018  
- Fri 21 Sept

School/Preschool Closure  
Day for Royal Adelaide  
Show—Mon 3rd September

Assemblies 2018 at 2:30pm  
- Mon 6 August  
- Mon 27 August  
- Mon 17 September

Newsletter Dates Term 3  
- Fri 10 August  
- Fri 31 August  
- Fri 21 September

Fri 6/7—End of Term 2  
2:20pm Early dismissal  
OSHC closes at 5:30pm

Mon 23/7—Term 3  
begins

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

## FROM THE PRINCIPAL

I can't believe another term has gone by already!

### Student Free Day - Visible Learning

Last Friday our staff spent the day with staff from Meadows and Macclesfield Primary Schools for a Visible Learning workshop. We spent the day looking at how we, as teachers, can be evaluators of our practice and how we can develop visible learners and know the impact we are having. All teachers will be planning some action research that they will carry out over the next term. We are excited about this opportunity to reflect on our practice and working with each other to carry out our plans.

### 2019 planning

As we are now halfway through the year we are beginning to look at our enrolments, classes and staffing for 2019. If you have a child who will be starting school next year please advise the school as soon as possible so that our records are up to date for planning purposes. If you know of a family in our community who has a child who will be beginning school in 2019 please advise them to make contact with us for a school tour. If you know that your child will not be attending Echunga Primary School next year (excluding current year 7 students) this is important information for us to know as soon as possible.

### Staffing

We have a few staffing changes coming up for next term.

As you are aware Marina is leaving us for pastures new. Marina has shown great commitment and dedication to our students and families so we will certainly miss Marina but we wish her all the best for her new position at Pembroke. Marina's position has been advertised this week and we hope to have someone appointed to the position by the middle of next term.

Amy Clarke will be joining our staff as a Student Support Officer on Wednesdays, Thursdays & Fridays.

Steve Ward has decided to reduce his time for the rest of the year and will be teaching in the Lorikeet class on Thursdays & Fridays. Georgie Patti will be teaching Lorikeet Monday to Wednesday. Georgie and Steve will work together to plan the programs for the class. I have every confidence it will be a smooth transition. Georgie is very excited to be taking the class for the rest of the year and has obviously already built strong relationships with the students during her Arts lessons and when she taught them 1 day a week in term 4 last year. We are currently in the process of finding a replacement Arts teacher.

# SCHOOL NEWS

Melissa Rosedale has decided to resign from the Department for Education so will not be returning to Echunga Primary School next year. We wish Melissa all the best for whatever she decides to do next. Teena Wilks has been appointed to the school on a full-time basis as from 2019 to fill the vacancy created due to Melissa's resignation.

## Cyber safety

Do you know what your children are accessing online? Do you know the age restrictions for apps and games?

All social media sites and apps have some form of age restriction. Here are some examples:

- ♦ **Facebook** 13
- ♦ **Instagram** 13
- ♦ **Snapchat** 13
- ♦ **Whatsapp** 16
- ♦ **Youtube** 13 with parent permission, 18 without
- ♦ **Musical.ly** 13 but the app developers state that to use the service you affirm that you are over 18



Lots of these apps have inappropriate content, allow communication with strangers and can be a vehicle for cyber bullying.

Cyberbullying most commonly occurs through:

- ♦ Comments posted in an open online environment such as Facebook.
- ♦ Direct text, email or instant messages online or on a mobile phone.

Children can manage cyberbullying with your support by taking the following action:

- ♦ **Blocking the person** cyberbullying and changing privacy settings. Retaliating or responding to the bully only gives them the attention and power they want.
- ♦ **Reporting the bullying.** Most websites have online help centres and reporting facilities, and online abuse is in violation of the Terms Of Use of most social networking sites.
- ♦ **Collecting the evidence.** Keeping mobile phone messages and printing emails or IM conversations.
- ♦ **Talking to someone they trust** like parents or a teacher.
- ♦ **Visiting the Cybersmart Online Helpline** ([www.cybersmart.gov.au/report.aspx](http://www.cybersmart.gov.au/report.aspx)) to chat with an experienced counsellor or calling the Kids Helpline on 1800 55 1800.

Next term we will be focussing on cybersafety with all of our classes.

Parents can find further information here:

This is a great website with lots of information and this page in particular is very informative about apps and social media.

<https://www.esafety.gov.au/esafety-information/games-apps-and-social-networking>

<https://www.esafety.gov.au/education-resources/iparent>

Have a lovely holiday with your family. See you next term.

Pam

# SCHOOL NEWS

## THANK YOU FROM MARINA

I have been overwhelmed and deeply touched by the kind words I have received from members of this community over the past week.

Thank you also to the students, staff and parents for the lovely farewell at Assembly on Monday.



I was unable to express my gratitude as I would have liked, but please know it was deeply appreciated.

Echunga Primary School has been part of my life since before I worked here and will continue to be into the future.

As a member of the community of Echunga, I look forward to hearing how your precious children progress throughout their school life and beyond.

## PREMIER'S READING CHALLENGE

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



Congratulations to the following students who have recently completed the challenge: Alice & Tabitha (Lorikeet).

Students are encouraged to borrow books over the holidays for the Challenge, or alternatively you can borrow books from local libraries.

## ORIENTEERING NEWS

We have some exciting orienteering news!

Next term our school will be a cluster training school for orienteering. This means that students from our school and other schools can practice orienteering at our school. This is a great opportunity to keep developing our skills in this sport and help other schools learn/practice the sport.

The training sessions will be held at Echunga Primary School on Thursdays 3:30 to 4:30pm on the following dates in August: 2nd, 9th, 16th and 23rd.

All students are welcome and encouraged to come along to these events.

*Rowan Blake*



# SCHOOL NEWS

## PASTORAL CARE WORKER NEWS

I don't know about you, but in my household we are *feeling* and *hearing* the end of Term 2 in a big way! Tired, cranky kids whose sensitivity has increased and ability to bounce back has slowed down – not to mention a tired, cranky mum! Tiredness, among other factors, has considerable effect on our mental health and wellbeing. I find when I'm tired and run-down, my diet suffers as does my capacity to get out and move – automatically putting me on the back foot for my general health and wellbeing.

Dr Michael Carr-Gregg – whom I referred to earlier this term in regards to mental health concerns in young people – talks of the fundamental 'building blocks of wellbeing'. Here are his top 4:

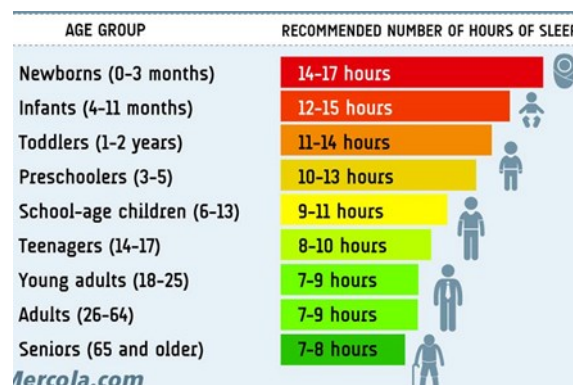
- \* Sleep. Studies have shown an increase in anxiety and depression correlates with lack of sleep. Kids are increasingly getting less sleep or being unable to sleep. If you need some tips for better sleep hygiene I have some resources I can share.
- \* Exercise. 92% of Australian teens are sedentary. Initiatives such as the Be Active Challenge, playing sport, dance or martial arts, going for family bike rides or walks (eg walking to school!), jumping on the trampoline etc all contribute to better physical and mental health.
- \* Diet. 32% of kids go to school without food. Rest, water and food regenerates our brains. What we eat can also affect our moods, so eating more fresh, unprocessed foods is the way to go. Dr Carr-Gregg touts the ultimate brain foods as **eggs, yoghurt, blueberries and walnuts**. So try to get more of these into your kids!!
- \* Positive self-talk. Learning to turn down the constant conversations or critics in our heads through the use of calming sentences, practising gratitude, doing meditation and mindfulness.

These 'building blocks' are by no means a cure-all for issues surrounding mental health and wellbeing – but they are a good place to start. Putting these foundations in place can help us think and feel better and in turn, enhance our resilience and ability to get on with and enjoy life! (And *please* seek professional help if you are concerned about your child's mental health or wellbeing.)

Here is a simple sleep chart for your reference.

Have a fabulous break! Looking forward to catching up on all the holiday news next term.

Karen



## *The ADVENTURES of Fairy Wren and Rosella*

### **Week 9's Focus: Building Relationships and Nature Play**

This week, Fairy Wren joined Rosella in the Rosella Classroom to find out about this weeks shared activity. The Rosella students buddied up with a Fairy Wren and went on a walk around the school to collect sticks. It was great to see lots of caring and co-operation between students as they carried sticks back to Kindy. Once back in Kindy, buddy groups worked together to build with sticks using stick-lets (they hold sticks together). It has been wonderful to see the confidence of the Rosella students in being a leader grow throughout the term; and we look forward to continuing our sessions throughout the remainder of the year.



## **Rosella Class: Learning Re-cap Term 3**

This term we have been learning about what makes someone a good learner and how they use these qualities in their learning.

They have a go and try their best - Cyra

They learn from their mistakes—Bailey

They use their strategies - Aaliya

They be brave by learning new things - Oscar

Be optimistic, they don't give up - Kayla

They use a growth mindset, they have a go and believe - Abbey

They help people by coaching and sharing strategies - Jorja

Be positive - Angus BM

Be reflective - it means you can bounce back from your mistakes - Jackson

They can be a problem solver and keep on trying - Ellyce

If they're stuck in the learning pit, they can ask for help and try their strategies - Charles

They keep on trying and never give up - Archie

Be reflective and talk about your learning - Lucy



## SCHOOL NEWS

### Rosella Class: Six Sentence Stories

Each student wrote or drew their own story based on a common criteria and structure.

**Intention:** to use 6 sentences to make a story

**Success Criteria:**

Our sentences need—finger spaces, full stops and capital letters

It needed to make sense

And it uses the Six Sentence Story Structure (it needed a sentence about: 1 - who, 2 - where, 3 - what, 4 - problem, 5 - feeling, 6 - solution ending)

We then published our stories using Microsoft word.

Once upon a time there was a fish.  
He lived in the sea.  
He could swim and loved to play.  
He hurt himself.  
He was sad.  
He got a bandage and cleaned his knee.

By Tara

Once upon a time there was a parrot  
He lived in a tree.  
He was the only bird that couldn't fly.  
One day he got stuck in his tree.  
He felt lonely.  
He wiggled his foot and he was free.

By Jackson

Once upon a time there was a very annoying crocodile.  
He lived in cave and he liked to go to the beach.  
He could front flip.  
But one day he forgot how to front flip.  
He was feeling sad.  
But he remembered how to front flip and he lived happily ever after.

By Angus B.M

#### NEWSPAPER DONATIONS

Thank you very much for your newspaper donations, we are now fully stocked so won't be needing any more newspapers. Once again, thank you.

Georgie



## COMMUNITY NEWS



### Yr 4-7 SCHOOL HOLIDAY CLINICS

**THURS JULY 12 - MARS SPORTS COMPLEX (Marden)**

**WED JULY 18 - BRIGHTON SECONDARY SCHOOL**

EXPERIENCED PLAYERS AND BEGINNERS WELCOME!

MORE INFO/NOMINATION FORMS AT LINK BELOW...

[WWW.VOLLEYBALLSA.COM.AU/HOLIDAYCLINICS](http://WWW.VOLLEYBALLSA.COM.AU/HOLIDAYCLINICS)



**8363 1265**

[juniors@volleyballsa.com.au](mailto:juniors@volleyballsa.com.au)

### WOMEN'S FOOTBALL Come & Try Sessions

Players of all ages, skill level and fitness are invited to our 4 come and try sessions.

We are a club with a long history of success and a competition leader in player development, at all ages. The Hahndorf FC are committed to developing skills, fitness and nurturing an inclusive community environment for all our community families who want to be involved with our great club.

The sessions will offer something for all participants at all levels of football most of all it will be fun and an excellent way to get involved with friends and family alike. There will be no pressure and no expectations.

Please bring athletic attire to train in, runners and boots if you have them! a drink bottle and encourage your friends and family to come along.

It takes a number of good people to create an exciting experience. We are also seeking interested support staff to help in roles such as coaches, managers, trainers etc.

WHERE: Pine Ave, Hahndorf Footy Club Oval

WHEN: Sunday 22nd & 29th July,  
Sunday 5th & 12th August

TIME: 10:am - 11:15am



If you would like further information or want to be involved in the foundation stages of this exciting phase of the Hahndorf football club, please come along or register your interest via the contacts below.

[womensfootball@hahndorffc.com.au](mailto:womensfootball@hahndorffc.com.au) or

Simon Stapleton  
Junior Coordinator  
0407077943

Michelle Gould  
Auskick Coordinator  
0488 551 485

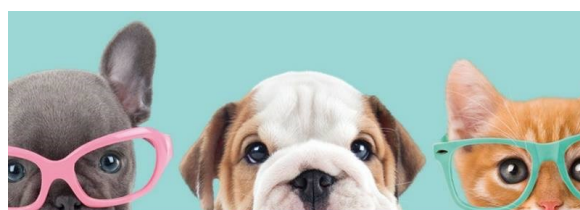
Nigel Grivell  
W/Coaching Coordinator  
0414 257 999

### RUGBY UNION IN THE HILLS

A brand new Rugby Union Club looking to setup in the Adelaide Hills at Mount Barker.

#### Come n try on July 29th

Training for junior males and females aged 5-15 years with former Wallaby David Campese!! This will be at Cornerstone College front oval 10am. All ages male and female welcome. We will also be running a training session for the adults with one of our coaches so bring your boots!! All levels welcome including those who have never played.



### ECHUNGA SCHOOL HOLIDAY PROGRAM

**TUESDAY 17TH JULY 2018**  
**10AM - 3PM**  
**ECHUNGA UNITING CHURCH**

**CRAFTS - STORY - ACTIVITIES**

Bring a photo of your favourite pet or animal.  
Your child's lunch & gold coin donation.

Contact: Sarah Hammond 0429134031  
Christian based program run by Echunga Uniting Church