



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 6, Term 4, 23rd November, 2018

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DIARY DATES

Mon 10 Dec—2:30 Assembly

Tues 27 Nov 9-12:00 &
4 Dec 9-1.30 —Transition Days for
new Reception
students

Tues 4 Dec—9:15 Volunteers'
Morning Tea
7:00 Governing Council
Meeting

Fri 7 Dec—9:00 Premier's
Reading Challenge Awards
Assembly

Mon 10 Dec—2:30 Preschool
Celebration

Tues 11 Dec—Ibis Class Party
Year 7 Graduation and celebration

Wed 12 Dec—Year 7 Graduation
Dinner

Thurs 13 Dec—Lorikeet Class
Party

Fri 14 Dec—Last day of term 2:20
early dismissal

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

FROM THE PRINCIPAL

I have felt very privileged to be the principal of our wonderful school over the last few weeks. There have been several events when our children have made us all very proud. We had fantastic participation in Echunga's Got Talent, with children showing their growth mindsets, resilience and great encouragement for each other. Whilst there may have been some winners all of the children achieved something and should be proud of themselves. I was also proud of our students who went to the El Shaddai Camp. They were polite and well-mannered and showed that they have learned to be risk-takers, to manage mistakes and to challenge themselves. Our Year 6/7 group who went to Canberra last week were also great ambassadors for our school. George and Abby were even lucky enough to be chosen to lay a wreath at the Australian War Memorial. On Tuesday Georgie & I accompanied the Lorikeet class to attend the opening of the Stephen Street Art Exhibition, which includes a piece of abstract art created by Lorikeet. Again, our children impressed us with their manners and behaviour. We also visited the Art Exhibition in the Town Hall. If you haven't been yet it is well worth a visit but be quick as it closes on Sunday! Well done everyone!

Transition

Our 2019 Reception students have started their transition visits to the Rosella class. This week was their first visit and it was lovely to see them so settled and engaged. Next week they will stay until 12:00pm and the following week until 1:00pm.

Bushfire Season

I know it doesn't feel like it at the moment but we are in bushfire season. Please make sure your child/ren brings a drink bottle with them every day.

Parent Survey 2018

Thank you to the 26 parents who have completed the parent survey. There are 10 surveys not fully completed so those responses are unable to be accessed. We will include results from the survey in our Annual Report.

Looking for Christmas ideas to do with your children?

The DECD Great Start website has some ideas for Christmas activities.

<https://www.education.sa.gov.au/parenting-and-child-care/parenting/learning-your-child-greatstart/celebrations>

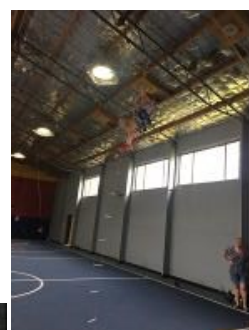
End of year Celebration and Community Tea

The end of year celebration will be held on Tuesday 11th December at 6:00pm in the Alluvial Hall. This will also include the Year 7 graduation. We anticipate finishing by about 7:30pm when we are inviting families to stay for a shared community tea. A list has been put on classroom doors for families to add their contribution to the tea. If you aren't staying for the tea just note that on the list.

Pam

SCHOOL NEWS

EL SHADDAI CAMP SNAPSHOT



SCHOOL NEWS

REMEMBRANCE DAY

Lorikeet students and their siblings attended the Echunga Community Remembrance Day service at the Echunga Garden of Remembrance. Our school was a part of this important community program. This year was significant as it commemorated 100 years since the Armistice which ended the First World War. Here are some of the students who attended the service. Special thanks to Jemima's Mum for the wreath, which Jemima and Rylan laid on behalf of the school.

Great effort to everyone who attended. Well done.

Steve



A MESSAGE FROM GOVERNING COUNCIL

As we hit the busiest time of the year, Governing Council wanted to give the school community an update about what's been happening throughout the year.

Fundraising has been ongoing. Over the course of the year, we've had All British Day, multiple Bunnings BBQ's and a Football Club Dinner. Michelle also organised two Election BBQ's which were held at the school. Monies raised from those BBQ's helped to fund the year 6/7 Canberra trip.

Our current fundraiser is the Wine raffle. Glen has organised a 10 prize raffle where the entire proceeds will be donated to Echunga Primary School. If you would like to sell a few tickets, please see Glen. This raffle will be drawn on 11 December, after the end of year celebration.

During Term 3, the school had a 3D printer on loan. Feedback from staff and students was so positive that Governing Council voted to purchase a 3D printer for the school. This is now being put to good use.

New outdoor play equipment is something Governing Council has been aiming for with fundraising for many years. Whilst it may look like there are no plans for money raised, it's slowly accumulating for new equipment. Play equipment is quite costly so this is an ongoing endeavour.

Early next year we will once again have a hot dog fundraiser at the All British Day. Please prepare yourselves to help out on this day if you can. It's an amazing fund raiser for the school.

If you would like the opportunity to be a member of Governing Council next year, please keep an eye out for nomination forms which will be available early next year. We'd love to have more parents/caregivers on board.

SCHOOL NEWS

CANBERRA TRIP 2018

Last week the year 6/7s headed off to Canberra for a week full of learning, adventure, fun and lots of laughs.

We visited the Australian Institute of Sport, the War Memorial, the National Museum, CSIRO, Old and New Parliament House and the High Court; just to name a few.



SCHOOL NEWS

PASTORAL CARE WORKER NEWS

Last term I came home from a conference with a new book – ‘Raising Resilient Kids’. I read it through in a matter of hours. It was such an easy read, offering clear, user-friendly ideas from a number of experts in the field on topics such as managing anxiety, raising happy, thankful kids, building resilience in the digital arena, self-harm, and developing our own resilience as parents. This week I want to share the insights of Hugh van Cuylenburg who created ‘The Resilience Project’ – a program used in schools and corporate circles around Australia. Hugh’s key to resilience is a simple formula of gratitude, empathy and mindfulness (GEM).

G – This involves paying attention to what we’ve got, not what we don’t have. Our negativity bias shows that we are 7 x more likely to focus on the negatives than the positives. Too often we get caught up on the ‘if and then’ model of happiness – for example, **if** I get ____, **then** I’ll be happy. Most of us know that this often doesn’t go as planned!

Hugh recommends recording 3 things at the end of each day that **went well** – not so much the things we are grateful for, but the unique, enjoyable moments of the day. Simply greeting our kids after school with ‘What went well for you today?’, rather than ‘what did you do today?’ or ‘what happened at school?’ can prompt them to scan their day in search of the good stuff.

E – feeling what others feel. Putting ourselves in others’ shoes. Valuing others. Practising kindness – randomly and intentionally. **Modelling** this behavior and our values to our kids.

M – paying attention to the moment, being calm and present. Taking just 10 minutes a day to focus on where we are, the steadiness of our breath and the ‘*here and now*’ rather than dwelling on the past or the uncertainty of the future (good apps include Headspace and Calm).

Research has proven that practicing GEM can **reduce anxiety** in a matter of weeks and **allow us to be happier, experience better mental health and be more resilient**.

Hugh also adds a few extra points to ponder...

- * Think about 2 or 3 words you’d like your child to be described as when they are an adult eg kind, passionate, humble. Model these!!
- * Ditch the phone more!! Especially when we’re around our kids. Turn the notifications off. Being in control of our phone, rather than our phone controlling us. The ‘Moment’ app can give a run-down of our phone usage. This might be confronting but also a good challenge for us to reduce our screen time.
- * Do less for our kids – despite our best intentions, we are often doing way too much for our kids, wrapping them in cotton wool and fighting their battles. We all need to experience failure and adversity and make mistakes to become resilient. Letting them deal with the consequences of their actions, especially at school, enhances their resilience and ability to take responsibility.

*
I’ve ordered a copy of this book for school. I’ll let you know when it’s here!

*Take care,
Karen*

SCHOOL NEWS

ITS ENTERPRISE TIME AGAIN IN THE LORIKEET CLASS!

In week 8 on Wednesday the 5th December the Lorikeet class will be having an enterprise sale. There will be a variety of things available for purchasing, all hand made by the Lorikeet students. The stalls will be open from 2:30pm until 3:40pm. All profits will be donated to a charity chosen by the class.

Things for sale will include;

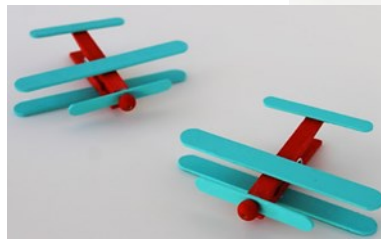
- * Stress Balls and Orballz
- * Baths Bombs
- * Cookies Pops
- * 3D printed and Pom Pom Earrings
- * Peg Planes
- * Posters
- * Tic-Tac-Toe on the Go
- * Bookmarks
- * Shrinkie and 3D printed Keyrings
- * Play Dough

Prices will range from \$0.50 to \$6.00 – it would be ideal if buyers could bring small change for purchasing.

More information will be sent out at a later date.

Hope to see you there!

Georgie and the Lorikeet Class



STEPHEN STREET PUBLIC ART MURAL

On Tuesday the 5/6/7s attended the opening of the Stephen Street Art Mural.



Early in term 2 the class was involved in a collaborative art workshop led by artist, Wendy Dixon-Whiley. There were four local schools involved in this project and all four artworks- done by each school- will be up on display in Mt Barker for 12 months.



SCHOOL/COMMUNITY NEWS

ECHUNGA'S GOT TALENT 2018

Wow!! Words cannot describe the effort, dedication, teamwork, commitment and courage of the students from Echunga PS who participated in Echunga's Got Talent this year! Thank you to everyone who performed, compared, supported and assisted in making this such a fun and entertaining event. Thank you too to the judges (whose job was by no means an easy one!!)

The winner of Final 1 was **Ada** from Lorikeet, with the Encouragement award given to **Abbey** and **Jorja** from Rosella.

The winner of Final 2 was **Poppie** from Kingfisher with the Encouragement award given to **Emily**, also from Kingfisher.

It was a pleasure to be involved in this event. I anticipate many more acts to come!!

Karen

FROM THE LIBRARY

Thankyou to everyone for making me feel so welcome at Echunga. For those of you I haven't met yet, my name is Sue Little and I'm the new Library Co-ordinator.

It's been lovely meeting all the children over the past 6 weeks and getting to know what they like to read and their suggestions for new books for the Library.

The Premiers Reading Challenge certificates and medals will be presented by Josh Teague on Friday 7th December at 9:00am in the Alluvial Hall. It would be nice if you could join us in celebrating the children's reading achievements.

As it's nearly the end of term, please can you check that your child/ren have returned all their library books and readers.

Many thanks.
Sue



Christmas Portraits

Professional Studio xmas Themes

**Special
offer!**

\$45 Choice of 2 themes &
2 prints @ 13x18cm

*Bookings till 14th Dec 8391 3951 Unit 1/15 light Cres
conditions apply Mount Barker



COMMUNITY NEWS

COMMUNITY CONNECTIONS - ECHUNGA UNITING CHURCH

Sunday services 10:00am including creche and children's programs.

Details of connection points for all ages in the Echunga community are listed below. Programs meet in Wandeen (next to the church building) unless otherwise stated. Visit our website for further details - echunga.ucasa.org.au or contact Rev Matthew Carratt on 0438 856 167.

ECHUNGA & MEADOWS YOUTH EVENTS - AGES 11-18

* Rock Climbing - Friday Nov 23rd 6:30-9:30pm, \$10

* Hawaiian Pool Party & BBQ - Friday Dec 7th 6:30-9:30pm, \$5

MEETING PLACES: Echunga Uniting

Church OR Meadows Uniting Church

Contact Lisa Hughes on 0419 950 024 to arrange transport

Follow us at facebook.com/hillsyouthgroup

MOPS CHRISTMAS PARTY! (MOTHERS OF PRESCHOOLERS)

Thursday Nov 29th, 9:30-11:30am

Kids craft, Christmas story, presents and fun! Bring a plate of child-friendly food to share. Kids and mums together. For more information contact Bec on 0439 622 224 or join the Echunga MOPS Facebook group

LADIES COFFEE MORNING

10:00am Monday Dec 3rd @ Echunga General Store. All welcome.

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

ECHUNGA UNITING CHURCH INVITES YOU TO

Saturday 24th November
5pm—6pm start

BUSH STREET PARTY

64 Pocock Rd Jupiter Creek

Your St
My St

★ Live Country Music
★ Bouncy Castle for the kids

Bring your own table, chairs, food & drinks
BBQs and Tea & Coffee provided

Invite Your Friends and don't forget your hat and boots

Echunga Christian Community Outreach
Presents

COMMUNITY CHRISTMAS CAROLS

Guest Artists
Lighting of Candles
Carol Singing
Christmas Message
Followed by
light refreshments

GOLD COIN DONATION
Proceeds to
Hungry No More

7.00pm Sunday
9th December 2018
Echunga Memorial Institute