



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 9, Term 1, 26th March, 2020

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## REMINDER

The School and Preschool will be closed to students from Monday 6th to Thursday 9th April for Pupil Free Days.

OSHC will be available on these days. Please speak to Jodie McDonald or fill-in the booking sheets at OSHC for the days required.

## FROM THE PRINCIPAL

We are nearly at the end of Term 1 and what an interesting term it has been!

Whilst there is a lot of negative news in the media at the moment we should also acknowledge all of the positive things that have been happening this term. Our children have had a fantastic term – they have been positive and enthusiastic about their learning as well as demonstrating our school values and learner dispositions.

At our recent External Review our students spoke very articulately about their learning and the reviewers commented on their engagement with their learning and their positive attitude. We were very proud of the students and their contributions.

One thing that has been evident during this challenging time is the resilience of our children. I am so impressed with the way they are supporting each other continuing to engage with their learning. The understanding and support of families as we navigate through the unknown territory facing us has also been very evident. I know that you seem to be receiving emails and updates every 5 minutes as we try our best to keep you fully informed. As you will have seen by now in the latest update schools will have the last 4 days of the term as student free days to enable us to work on learning programs for your children for next term. Please contact Jodie or the school if you are needing to book your children into OSHC.

## DIARY DATES

Monday 6th to Thursday  
9th April—Pupil Free  
Days

Monday 27th April—  
Term 2 begins

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

# SCHOOL NEWS

When we face uncertainty and challenging times it is very important to look after our, and our children's, wellbeing. There are some resources and websites available to help with this:

[WHO: Helping children to cope with stress during the COVID-19 outbreak](#)

[Headspace: how to cope with stress related to COVID-19](#)

[Australian Psychological Society: advice about maintaining positive mental health during the outbreak](#)

[Australian Childhood Foundation \(Kids News\): It's not all bad news; there is good news too](#)  
[Lifeline: mental health & wellbeing during the COVID-19 outbreak](#)

For those of you who have already decided to keep your children home here is some good advice shared by [The Center for Disease Control and Prevention](#):

## **Help children continue learning**

### **Stay in touch with your child's school.**

- Many schools are offering lessons online (virtual learning). Review assignments from the school, and help your child establish a reasonable pace for completing the work. You may need to assist your child with turning on devices, reading instructions, and typing answers.
- Communicate challenges to your school. If you face technology or connectivity issues, or if your child is having a hard time completing assignments, let the school know.

### **Create a schedule and routine for learning at home, but remain flexible.**

- Have consistent bedtimes and get up at the same time, Monday through Friday.
- Structure the day for learning, free time, healthy meals and snacks, and physical activity.
- Allow flexibility in the schedule—it's okay to adapt based on your day.
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### **Consider the needs and adjustment required for your child's age group.**

- The transition to being at home will be different for preschoolers, K-5, middle school students, and high school students. Talk to your child about expectations and how they are adjusting to being at home versus at school.
- Consider ways your child can stay connected with their friends without spending time in person.
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### **Look for ways to make learning fun.**

- Have hands-on activities, like puzzles, painting, drawing, and making things.
- Independent play can also be used in place of structured learning. Encourage children to build a fort from sheets or practice counting by stacking blocks.
- Practice handwriting and grammar by writing letters to family members. This is a great way to connect and limit face-to-face contact.
- Start a journal with your child to document this time and discuss the shared experience.
- Use audiobooks or see if your local library is hosting virtual or live-streamed reading events.

Stay safe and take care of yourselves and your families.

Pam

# Rosella Writing



The Rosella students have been using Pie Corbett's model text 'Stuck in the Mud' to learn about narrative features and structures. They have explored the text recognising the opening, build up, problem, resolution and ending. They have begun innovating their model text, to substitute the characters and setting to create a new text.

Below are some of our opening innovations:

Once upon a time there was a fairy princess called Rosalee who had a unicorn called Juniper. – By Juniper

*Once upon a time there was a princess called Fiona who had a unicorn called Kayla.* – By Eloise

Once upon a time there was a princess called Polly who had a parrot called Bella. – By Emily

*Once upon a time there was a princess called Sella who had a unicorn called Sila.* – By Ava

Once upon a time there was a princess called Susie who had a mouse called Polly. – By Layla

*Once upon a time there was a pirate called Fisha who had a dinosaur called Leo.* – By William

Once upon a time there was a pirate called John who had a bird called Pete. – By Cooper

*Once upon a time there was a girl called Poppy who had a foal called Governor.* – By Poppy

Once upon a time there was a giant called Eddy who had a parrot called Birdseed. – By Eddy

*Once upon a time there was a pirate called Molly who had a parrot called Polly.* – By James

Once upon a time there was a princess called Madison who had a unicorn called Buckles. – By Ariannah

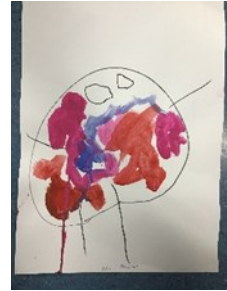
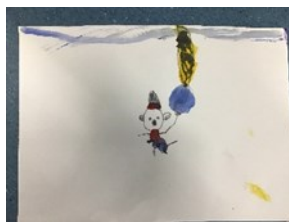
*Once upon a time there was a nurse called Anita who had a cat called Leo.* – By Anita

Once upon a time there was a princess called Vanilla who had a lizard called Stump. Early one morning Stump went to the forest and got lost in the forest. – By Molly

# SCHOOL NEWS

## PRESCHOOL NEWS

Preschool children have met Getting Along Gabby, and learnt how she likes to take turns, share and use kind words. We have been busy exploring and creating with our new junior engineer construction set. We are enjoying spending time in the outdoor learning environment. Tee ball and learning to swing are proving engaging for all children. We continue to read Pamela Allen stories. Mr. McGee is a very familiar and popular character from many of the stories. Through painting the children have produced many wonderful representations of our new friend.



# SCHOOL NEWS

## From the Library...

### **Premier's Reading Challenge**

Congratulations to the following children who have completed the challenge:

Jackson, Angus BM, Jack W, Amelia, Angus R, Oscar, Jorja, Chloe, Emily R, Molly, Eddy, Sophie, William G, Anita, Cooper, Ariannah, Tyson, Eloise, Maddy.

School holidays are a great time for children to get ahead with their reading and from next week, they will be able to borrow extra books from the Library.

More information can be found at:-

<http://www.premiersreadingchallenge.sa.edu.au/>

### **Scholastic Book Fair**

We know how much the children love the book fair coming to school, so instead of cancelling it, we have decided to reschedule it towards the end of the year.

More information will be advertised closer to the event.

### **Book Week 2020**

August 22<sup>nd</sup> -28<sup>th</sup>

This year's theme is '**Curious Creatures, Wild Minds**'

*Until next time, happy reading.*

Sue



# SCHOOL NEWS

## PASTORAL CARE WORKER NEWS

Hi All,

It has been a hectic start to the year, hasn't it? With great things – like wonderful new families and staff starting, swimming, Harmony Day, All British Day and celebrating the achievements of our school with the external review. But also with challenging and heartbreaking situations – such as the bushfires and COVID19, let alone personal family challenges. In this climate where we can often feel overwhelmed, I wanted to take a moment to talk about self-care, the thing we know we all should do but so often put off until a “tomorrow” that never comes.



We can't always do big things, but we can all do small things to make a difference, so here are a few things I'm initiating. For students, after discussion with the MAD group, I will be running lunch time programs under the OSHC veranda on a Tuesday and Thursday. These will involve art, craft, games, drawing and colouring in and more. The hope is that these can provide a fun, mindful and creative space for kids to engage and get some headspace.

Additionally, I have now got a “Catch-up” jar in the front office. If your child wants to catch up with me, they can go to the front office and leave a note in the “Catch-up” jar, which I will get when I'm here on Tuesdays and Thursdays. Students can see me for any reason: friendship issues, troubles with siblings, struggling with school work or simply needing a listening ear.



For parents and carers, once life returns to normal I would like to set up a regular coffee catch-up each Tuesday. I will send details later once we can run with this. However, if you would like a chat or some support at this difficult time, remember you can email me, or leave me your own note in the “Catch-up” jar anytime. Part of my job is also sourcing referral services if you're in need of them. In times of physical isolation, we need to keep social connection up.

We all need to be self-compassionate at the moment, realising that with all that's happening in the world our baseline stress will be up. This means we might be more snappy, on edge, frustrated or less patient – THIS IS NORMAL AND OK. In times of higher stress, we need to allow ourselves the time for self-care without feeling guilty about it. Like in an airplane, you have to put the oxygen mask on yourself before you can help others – self-care isn't selfish, but essential.



This looks different for everyone: it might be taking a bath, getting take-out, having a movie day, staying in your PJs, hiking, having a family dance party, or reaching out for help. I have attached 2 posters for you to use – they are self-care and family positivity boosters you can do at home. I find having a list (rather than trying to come up with something on the spot) can make all the difference between doing self-care and just thinking about it.

From Rachel, your PCW



## 25 <sup>★</sup>INSTANT family POSITIVITY BOOSTERS



# SCHOOL NEWS

