

THE PINES SCHOOL NEWSLETTER

Week 8

Term 1

24th March 2017

Dear Families,

It has been a busy couple of weeks, with Harmony Day celebrations, Big Blast Cricket, the Choir Cluster and National Action Against Violence and Bullying Day.

Students have been working hard on developing learning goals and strategies that will help them achieve these throughout the year. We are hoping that students will be able to share their goals with you at Parent Teacher Interviews next week. Teachers have sent out notes with times available on them. If you have not already booked a time, please speak with your child's teacher as soon as possible. Parent Teacher Interviews are a great opportunity to build relationships and find out about your child's progress in their learning.

A quick reminder also about Swimming in Week 10. All students from Reception to Year 5 and all IELC students will be going to the Salisbury Swimming Centre. Please ensure that you have signed all consent forms and paid prior to the end of next week.

If you have not had the opportunity to contribute to the Parent Survey please follow the link or look for it on Skoolbag. We would love to see parents contributing and providing information about how the school can meet the needs of your children and families in our school community. We will be closing the survey at the end of Week 9. <https://www.surveymonkey.com/r/S2BNZJL>

Cherie Collings
Principal

Congratulations to Matthew in Room 29 for representing our school and district at the State Swimming Championships at Marion last week. Matthew won Silver in the 50m Breaststroke. He also just missed out on a medal in the 50m backstroke finishing 4th and he also finished 9th in the 50m Freestyle. We are extremely proud of Matthew.



On Tuesday 21st of March our Year 5-7 students travelled to participate in the Milo T20 Blast Cricket Cup. The boys won all 4 games and finished tied for 1st place. They played with great sportsmanship. They now go into the draw to have the chance to play on Adelaide Oval later this year.

Mr Eldridge Physical Education Coordinator



Government
of South Australia
Department for Education
and Child Development

Dates to Remember

**March
Week 9**

Parent Teacher
Interview Week

**April
Week 10
Mon-Friday
3rd-7th**

R-5 & IELC R-7
Swimming

**Week 11
Tuesday 11th**
SAPSASA
District Athletics

Wednesday 12th
END OF TERM
Whole School
Assembly 11:50
**School Finishes
at 2:00pm**

Thursday 13th
PUPIL FREE DAY
NO SCHOOL

REMINDER

Please advise the school
as soon as possible of
any change of:
Address

Telephone Numbers
Emergency Contacts etc.

It is vital that our records
are kept up to date.

Thank you.

Cherie Collings
Principal
Sam Konnis
Assistant Principal

The Pines School
P.O. Box 576
Salisbury South SA 5106
E-mail: dl.1777.info@schools.sa.edu.au
Web: www.thepines.sa.edu.au

Phone: 8281 2199
Fax: 8281 5858

COUNSELLOR'S CORNER

Below is an article for parents and carers from the Growing with Gratitude program around some researched-based ways to help your child's development. I hope that you find it useful.

Jacqui Simpson

6 positive habits to help you raise happy kids

By Alison Balding on 20th March 2017

<http://babyology.com.au/miscellaneous/6-positive-habits-help-raise-happy-kids.html>

Children often remind us of the joy that can be found in the simple things but as parents we also influence whether or not they carry those values into adulthood. Ashley Balding is an Adelaide primary school teacher and founder of the mindfulness program Growing With Gratitude and he says there are a number of habits that help parents carve out happiness for their family. "The key habits that lead to happiness involve activities around gratitude, kindness, positive reflection, physical activities, mindfulness, empathy and service," he says.

In fact, through studies completed in partnership with the University of South Australia, Ashley says they've found the following six steps really help to drive each of these key lessons home for children.

1. Be clear

Whether you are a teacher or parent, the important thing is to give children clear explanations. "Start by teaching children explicitly what gratitude, kindness and positive reflection and so on actually are so the kids have a clear idea," he says. "You can do this, with gratitude for example, by discussing different words for gratitude, such as thankfulness. Then talk to them about what they are thankful for and try and lower the bar from being thankful for possessions to being grateful for water, food, family. The older the kids get, the more in depth you can go."

2. Model what you teach

Children learn a lot of their behaviours and habits from watching others – especially you! The most important thing for parents to do is to practice what they preach – teaching kindness by being kind to others, looking for the positive side of a situation rather than dwelling on the negative, and choosing to be happy even when times get tough. Ashley suggests parents make use of a gratitude jar that takes a prominent place in the home. The idea being for children to see their parents write down things they are grateful for and place it in the jar as a visual reminder of the many things they have to be thankful for.

3. Make time

When trying to change habits or introduce new ones, parents need to be deliberate in setting aside time, at least in the beginning until habits become part of your every day life. "You have got to consciously practice it, make time for it, make it a part of your daily routine and really cultivate it," Ashley says. "It doesn't require hours and hours, it can be in short two to 10 minute blocks, where you set up family time allocated to encouraging habits of happiness."

4. Be consistent

Whether you embrace a daily time slot or not, consistency is important. "It has to be on a regular basis, whether it is daily or four to five times per week, to really build that habit and make it a part of who you are and really teach us and our children to be happy," Ashley says. "Generally kids are happy but as they get older they are going to start to come up against different issues and challenges. If we actually teach children this at a young age, it is only going to keep them in good stead as they get older."

5. Make it fun and engaging

To make happiness habits stick the activities can't feel like chores. "When we talk about cultivating habits of happiness, it really needs to be fun and engaging," Ashley says. "For example, getting children to write down three things they are grateful for is a great activity but through our research children have told us they found doing this every day to be boring. To have that positive effect, you really need to have variety to bring the fun and engagement."

6. Offer perspective

Having an open conversation with children can help parents present different perspectives. "The real key component of learning these habits that create happiness is to reframe things and put things in different perspectives," Ashley says. "So when things come up, for example, little Johnny might have said something to put little Greg down. Greg could take it in two ways, he could let it ruin his day or he could look at it from a different perspective and think, 'Johnny doesn't normally talk to me like that, he is normally really friendly and at the end of the day I am actually really lucky because I do get to go to school and it's really not that bad, I am okay.'" That's not to say being frustrated or angry is bad but if we have a choice to be happy or sad, most of us would choose happiness. We can show kids that often they have a choice to be happy or sad depending on how they choose to look at things.

Room 1

Jolly Phonics in Room 1.

Jolly Phonics is a program that is used to teach sounds in an explicit and sequential way. There are 42 sounds to learn. Each sound has an action and a catchy song. We learn 3 or 4 new sounds each week and practise the sounds we know every day. Letter formation, blending and segmentation are also part of the program and practised every day. Some days we have a craft activity linked to a sound. These are some of the amazing craft activities that the Room 1 children have made to go with the sounds.



Harmony Day

Thank you to everyone who celebrated that *'Everyone Belongs'*. It was lovely to see so many of our student wearing orange and traditional clothing. Students enjoyed eating their lunch together on the oval. It was an opportunity to bring everyone together and celebrate our differences. Jacqui Simpson



COMMUNITY NEWS

Settlers Farm Campus R-7 Car Boot Sale

Sunday, 2nd April
Barassi Street, Paralowie

Sausage Sizzle, Cakes & Drinks available

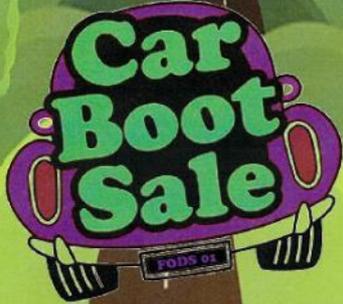
ALL SPOTS \$20

\$1.00 ENTRY FOR ADULTS, CHILDREN FREE

Open to the public 10.00am to 3pm

Raising Funds for
Settlers Farm
Campus R-7

**Sellers can arrive
from 9.00am**



To book a spot phone 8280 6866

LOW COST SHOP COMMUNITY THRIFTY FOOD Inc 10am til 3pm

EVERY WEDNESDAY, THURSDAY & FRIDAY

PRICES START FROM 20c

FREE BREAD, FRUIT & VEG

NO PURCHASE REQUIRED TO COLLECT FREE STUFF

6 KIERA COURT PARALOWIE

BUS 411 STOP 44C BURTON RD



CAFE 17

on Bagster

Coffee, light lunches &
catering available

Community Cafe located at
Bagster Road Community Centre
17 Bagster Rd, Salisbury North SA 5108

Tel: 08 8250 4167



Fast & Fresh Meal Kits

Fast & Fresh Meal Kits have been developed by the Bagster Road Community Centre with the support of OPAL, to provide ready-to-cook meal options to feed the whole family.

The new Meal Kits contain everything needed to prepare a fresh and tasty meal at home for a family of four using seasonal produce, all for under \$9. A simple guide is included with each kit making it suitable for people of any age.

Order now:
Cafe 17, Bagster Road Community Centre
17 Bagster Road, Salisbury North
Monday to Friday, 9am - 4pm
P: 8250 4167



Fast & Fresh Meal Kits

Now available at
Bagster Road Community Centre



Fast & Fresh Meal Kits

Autumn 2017 menu

- Chicken & Vegetable Stir Fry
- Coconut Vegetable Curry
- Vegetable Frittata
- Lentil & Vegetable Burgers
- Pasta Bolognese
- ☞ Creamy Chicken & Vegetable Casserole *only for short time*

Packs feed families of up to 4
\$8.50 per pack
Phone 82504167 to order



OPAL by SPORF is a joint
program of Australian, State
and Local Governments

