



## *Leadership News*

We welcome all students, families and staff back to our school for 2024. We would also like to extend a warm welcome to all families and students who are joining our school community for the first time this year, including many Receptions and Pre-schoolers beginning their educational journey with us. The school day begins at 8:50 with all students required to be in class and ready to learn. Members of the Leadership Team will be on yard duty from 8:30 each morning to supervise students in the yard. All students are encouraged to be at school between 8:30 and 8:50 so they can meet friends and prepare for the day of learning ahead. It is imperative that all students are at school on time each day as lateness impacts on learning progress. All teachers will open classrooms at 8:40 and welcome students in.

Our values of Respect, Belonging and Fun in Engaged Learning underlie everything we do at The Pines School and we encourage all members of our community to embrace them for the benefit of our students.

We welcome new teachers to our school this year. Miss Leah Varelias has joined us to work with Reception and Year 1 students and Mr Joel Nadebaum will be teaching Year 3 students in Room 14. Ms Gurmit Sachdeva has joined us to work in the Intensive English Language Centre and Mrs Moen has returned to work with Mrs Phillips in the Year 2 class in Room 15. Finally, Ms Natasha who works in our Preschool will be working in Room 3 with Ms Keryl and the Reception students, two days a week.

Thank you to all families who attended the recent Acquaintance Evening. It is important that students know there is a connection between home and school and that we work together to maximise their learning and well-being. If you did not get the opportunity to visit on Tuesday please pop in and say hello to your child's teacher, either before or after school soon.

Information to families is provided regularly through the Class Dojo app, Newsletters, phone calls, face to face meetings and short before school and after school catch ups. The time before school and after school is for you to speak briefly with your child's teacher but if you require longer time to discuss your child's needs, please make an appointment.

Regular attendance is vital for student learning and achievement. All students are expected to be at school each day unless they are ill. In the event that your child is ill please phone the school office on 8281 2199 and leave a message with office staff, to be passed on to the class teacher. Alternatively, you can send them a message via Class Dojo.



### ***Dates to Remember***

## **2024**

### **Term 1**

#### **Week 7**

**11 March**

Adelaide Cup  
Public Holiday

**13 March**

NAPLAN begins

#### **Week 8**

**Harmony Week**

**21 March**

**Harmony Day**

#### **Week 9**

**29 March**

Good Friday  
Public Holiday

#### **Week 10**

**1 April**

Easter Monday  
Public Holiday

Principal

Mrs Cherie Collings

Deputy Principal

Mr Sam Konnis

Assistant Principal

Mrs Toulia Girgolas

The Pines School

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# WELLBEING CORNER



Welcome back! It has been lovely to meet all the new families and students who have joined our school and to see many friendly faces return for the 2024 school year.

Our teachers and staff promote and support student wellbeing in a range of ways at The Pines. At the beginning of each year, our teachers implement a program called 'The Starting Block' to support Social Emotional Learning (SEL) for all students, which includes setting clear expectations in their classrooms and preparing students for success in learning.

In addition to the SEL programs we currently run within our school, which include Kimochis in Years R-2 and What's the Buzz in Years 3-6, teachers will also be introducing 2 new wellbeing initiatives this year called **Restorative Practice** and **Zones of Regulation**.

**Restorative Practice** is an approach used to help improve and repair relationships. Conflict is something that happens in everyone's lives and our goal is to teach our students a healthy and productive way to resolve any problems that may arise. Our next newsletter will include more information about the restorative method and questions, as well as different ways to use it.

**The Zones of Regulation** is a program that helps students recognise and manage their emotions. Being able to do this is also known as 'self-regulation', which is best described as the level of alertness that you feel in a situation. For example, when your child takes part in a sports game, they would need to have a higher state of alertness than when, for example, they are going to bed at night.

From time to time, we all find it hard to manage strong feelings and emotions, which sometimes affects our ability to achieve our goals within a day. We want our students to be able to identify the emotions they are feeling using one of 4 zones.

Blue – low level of alertness

Green – calm state of alertness

Yellow – heightened state of alertness

Red – heightened state of alertness and intense emotions

The chart below shows some of the feelings we may have within each zone:

## The **ZONES** of Regulation®

<b>BLUE ZONE</b> Sad Sick Tired Bored Moving Slowly	<b>GREEN ZONE</b> Happy Calm Feeling Okay Focused Ready to Learn	<b>YELLOW ZONE</b> Frustrated Worried Silly/Wiggly Excited Loss of Some Control	<b>RED ZONE</b> Mad/Angry Terrified Yelling/Hitting Elated Out of Control

*Wellbeing Corner continues over the page ...*



# WELLBEING CORNER



## Wellbeing Corner continued

It is important for children to know that **all feelings are okay**. We will teach our students that everyone experiences all of the zones. **The Red and Yellow Zones are not 'bad' zones**. All of the zones happen to all of us, at one time or another. We will show them that the Blue Zone, for example, is helpful when you are trying to fall asleep and that you may be in the red zone when all your friends yell 'SURPRISE!' at the surprise party they have thrown you.

As students are learning to recognise what zone they are in, we will also be teaching them strategies to help them cope with the feelings within these zones, so they can get back to learning and trying to reach their goals for the day. These strategies can also be called 'regulation strategies.'

By teaching our students ways to cope with their feelings, it will allow them to better tackle the learning challenges they face in the classroom and will build up their resilience so they don't give up as quickly.

I encourage you to ask your child questions about the zones and in our next newsletter, we will share some ideas about the language you can introduce at home to support their learning.



**Breakfast Club** – Don't forget that we have Breakfast Club every Monday (cereal and fruit only), Tuesday and Friday in the Library!



## Take control of your finances

For every dollar you save, you will receive another dollar from ANZ to spend towards educational costs, up to \$500



**Saver Plus** gives you down-to-earth money talk – and a **\$500 incentive** to build your savings!

If you save up to \$50 a month for 10 months (the length of the program), **ANZ will double it.**

### What can the \$500 be spent on?



Laptops and tablets



Vocational education



Books and supplies



Uniforms and shoes



Lessons and activities



Camps and excursions

### To join Saver Plus

- ✓ Be 18 years or older
- ✓ Have a Health Care or Pensioner Card
- ✓ Have a child in school, starting school next year, or be studying yourself
- ✓ Get a regular income (you or your partner)
- ✓ Agree to join in free online financial education workshops

**Saver Plus supports people to develop life-long savings habits.** It's delivered by Brotherhood of St. Laurence, The Smith Family and Berry Street. It's funded by ANZ and Department of Social Services.

**saverplus.org.au 1300 610 355**



*Congratulations to The Pines School for being in the top 50 schools in South Australia.*



A proud moment for Zach and Mitchell receiving the Premier's be active Award from the Minister of Education, Mr Blair Boyer on behalf of The Pines School.

## Canteen News

Please ensure that your child's **Profile on the Qkr! App** has their correct classroom number for the 2024 school year.

If you have already placed an order and your child goes home early, please notify the canteen **or** if before 9am, orders can be cancelled using the App.

Sue Canteen Manager



masterpass

TIP OF THE WEEK

### Q. How do I cancel food orders that have already been paid for?

A. To cancel a food order from your itemized eReceipt:

1. Open Qkr! and tap Activity.
2. Scroll down to 'Order History' and sign in with your password.
3. Tap the red circle with a minus symbol on the order to be cancelled. Select the entire order or individual items to cancel and tap 'OK'.
4. If your eReceipt contains food orders for more than one child, you will need to cancel one by one.

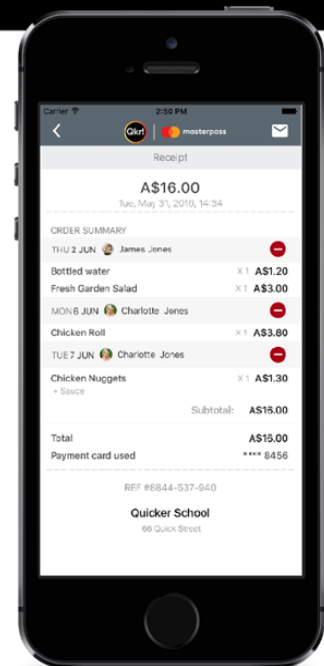
OR

To cancel a food order from the calendar view:

1. Open Qkr! and select the relevant menu.
2. Tap on the tick icon on the date for which you want to cancel the order.
3. Tap the red circle with a minus symbol on the order to be cancelled. Select the entire order or individual items to cancel and tap 'OK'.

Cancelled items are shown in red on your eReceipt confirming they have been cancelled and a credit is available for future food orders. The value of any credits will be automatically deducted from your next Qkr! food order.

Please contact your school office to cancel any other (non-food) school payments according to school policy.



## Enrol now for Preschool



**The Pines  
Preschool**

### When can my child start Preschool?

Your child can start preschool when they turn 4 years old between:

#### Term 1

**1st November and 30th April**

#### Term 3

**1st May and 31st October**

For more information visit [education.sa.gov.au/parents-and-families](http://education.sa.gov.au/parents-and-families)



**treasure boxes**

GIVING GOODS TO KIDS IN NEED

## *helping SA families through tough times*

*providing direct access to basic essentials for babies and  
children from newborn to 18 years old.*

- *is your family struggling to make ends meet?*
- *do you have a health care card?*
- *We can provide essentials for a fraction of the cost.*



*Quality preloved and new essential childhood items*

- Toys, books and games
- Clothing packs (12 month supply)
- Shoe Pack (4-5 pairs)
- Nappy and baby care items (1 month supply\*)
- Toiletry packs (Baby, child, teen, adult)
- Linen, bedding and homeware packs

**VISIT**

[treasureboxes.org.au](https://treasureboxes.org.au)

*Family Support Program*

*Any questions: [requests@treasureboxes.org.au](mailto:requests@treasureboxes.org.au)*

*Two locations. Edwardstown & Davoren Park*







**CITY OF SALISBURY**  
**HARMONY WEEK**  
*Celebration*

## SAVE THE DATE

City of Salisbury invites you to save the date

**Friday 22 March 2024 | 10am to 2pm**

Salisbury Civic Plaza - Inparinthe Kumangka  
34 Church Street, Salisbury

We hope you'll join our vibrant, intercultural community in celebrating Harmony Week 2024!

**For any queries, please contact**  
W: CHWAdmin@salisbury.sa.gov.au  
P: 8406 8368

  Australian Government

**Find out more: [salisbury.sa.gov.au/harmony](https://salisbury.sa.gov.au/harmony)**




## OPEN NIGHT

**WEDNESDAY 6 MARCH**

**4.00pm to 7.00pm**

**We can't wait to meet you !**

Come and join us to explore our hidden gems! We are a small and friendly school that takes pride in every student achieving their personal best. Our community has high expectations and big aspirations.

We warmly welcome all prospective families to visit our school and discover the Para Hills High School Way. You can take a tour of our school, learn about our special interest streams in Digital Technologies and the Arts, and meet our award-winning staff and students. We look forward to seeing you!

SPECIALIST PROGRAMS	RECENT AWARDS	CO-CURRICULAR & STUDENT PARTICIPATION
<ul style="list-style-type: none"> <li>Special Interest Digital Technologies &amp; Arts streams</li> <li>International study tours</li> <li>SAASTA</li> <li>STARS</li> </ul>	<ul style="list-style-type: none"> <li>Winners of the SA Public Education Awards 2022 &amp; 2023</li> <li>Winners of the the ACEL Education Leadership Award 2023</li> <li>Winners of the NAASA Science Olympics 2023</li> </ul>	<ul style="list-style-type: none"> <li>Student Leadership programs</li> <li>Robotics &amp; Technology</li> <li>National &amp; international academic competitions</li> <li>Dance &amp; Drama performances</li> <li>Australian Business Week</li> <li>Inter-school sports</li> <li>Instrumental music</li> </ul>

 SCAN TO REGISTER or go to <https://forms.office.com/r/dJLt8efDi6>

90 BEAFIELD ROAD, PARA HILLS SA 5096 | 8258 5466 | [www.phhs.sa.edu.au](http://www.phhs.sa.edu.au)



**Parafield Gardens Soccer & Sports Club**

**Junior Registration 2024**

**U/6 – U17/U18(Colts)**

**Saturday 10<sup>th</sup> February 10am till 2pm**

**Sunday 11<sup>th</sup> February 10am till 2pm**

**Fees \$300 total**

**\$250 for second child**

**\$200 for each additional child/children**

**\$100 Non-refundable deposit must be paid on the day of registration**

**Remainder of fees must be paid before the start of the season**

**Shorts and Socks available for purchase through club**

**New registrations must provide copy of proof of age e.g. birth certificate or passport or won't be registered**

**All players U/9+ must supply a passport size photo for their ID cards**

**Sport vouchers are available to all South Australian children, one voucher per calendar year from reception to year 9 (born between 2009-2019)**

**Please bring Medicare card if claiming sports voucher**

**Bradman Road Clubrooms**





# COMMUNITY NEWS



AUSTRALIA'S #1 NON-COMPETITIVE SOCCER PROGRAM

**TERM 1, 2024  
SOCCER FUN  
FOR GIRLS &  
BOYS AGED 2-12!**

STARTING FROM 10TH FEB

**Free** FIRST 30 NEW  
ENROLMENTS RECEIVE  
COMPLIMENTARY SHIRT AND SHORTS!

FOR A **FREE** TRIAL P: 0421 933 894



## MITE-E SOCCER (2-3YO)

A great introduction to Soccer! Children work with their parents to learn new soccer skills and develop their motor skills! Lots of fun games in a non-competitive environment!

35 MINUTE CLASSES  
\$155 FOR 7 WEEKS



## PINT SIZE SOCCER (4-5YO)

Children take their first kicks in soccer! They'll be introduced to shooting, dribbling, goal keeping and more. Children get to play lots of fun, skill based games. Grasshoppers get introduced to Pint Size 1v1 Big Game!

50 MINUTE CLASSES  
\$160 FOR 7 WEEKS



## INTRO TO MICRO (5-6YO) MICRO (6-8YO)

The ultimate challenge for young soccer players! They'll learn the rules of the Grasshopper Soccer Big Game and develop their skills in passing, dribbling, shooting and more!

INTRO - 60 MINS \$170 FOR 7 WEEKS  
MICRO - 60 MINS \$170 FOR 7 WEEKS



## MICRO PLUS (8-12YO)

This program focuses on skill development and teamwork in preparation for club soccer. Children will enjoy all the favourite soccer based games, fine tune their skills as well as play the Grasshopper Soccer Big Game!

60 MINUTE CLASSES  
\$170 FOR 7 WEEKS



M: 0421 933 894 | E: [adelaidenortheastern@grasshoppersoccer.com.au](mailto:adelaidenortheastern@grasshoppersoccer.com.au)  
[GRASSHOPPERSOCCER.COM.AU/ADELAIDENORTHEASTERN](http://GRASSHOPPERSOCCER.COM.AU/ADELAIDENORTHEASTERN)  
[/GRASSHOPPERSOCCERADELAIDENORTHEASTERN](https://www.facebook.com/GRASSHOPPERSOCCERADELAIDENORTHEASTERN)



Would you like to play tennis?

**Salisbury Tennis Club Inc** is a **NON-PROFIT** organisation and is offering:

- **Disability Coaching \$12/hour** Saturday mornings.  
Yes, we cater for Children and Adults with special needs.
- **Juniors Competition** \$100 Sports Vouchers can be used to subsidise your cost. Friday evenings and Saturday mornings. Team training Tuesday evenings.
- **Development Coaching \$12/hour** Friday evenings and Saturday mornings.
- **Seniors Competition** Saturday afternoons.
- **Social Tennis \$90/term** Tuesday nights.

Are you a parent of a child who is interested in playing tennis? Why not try **Salisbury Tennis Club Inc**?

For more details please contact: Yvonne 0419819866 or Renee 0410599173

Salisbury Tennis Club Inc is located in  
Happy Home Drive, Salisbury North  
near Salisbury Swimming Centre

[www.salisburytennisclub.org.au](http://www.salisburytennisclub.org.au)  
[www.facebook.com/Salisbury-Tennis-Club-138490889831357](https://www.facebook.com/Salisbury-Tennis-Club-138490889831357)  
 Affiliated with TennisSA



**Health & Sciences (STEM) Pathways Program**  
Year 7 entry in 2025

To apply, visit: [abhs.sa.edu.au/enrolment/selective-entry/](http://abhs.sa.edu.au/enrolment/selective-entry/)  
 Applications close 14 February 2024

Adelaide  
Botanic  
High School

