



*Respect, Belonging, Fun - Engagement in Learning*

## *Leadership News*

Term 1 is well and truly underway with students engaging in learning and developing valuable new friendships in their new classes. At great time was had by all students yesterday at our annual Big Splash at the Salisbury Swimming Centre. The students were all very well behaved and they had a lovely time swimming and splashing with their friends. It is always great to see how well the students from our school conduct themselves in public areas and how respectful they are with each other, with school staff and members of the public.

All students at our school are issued with a library bag when they enrol. The bag is water proof and made of durable nylon with the school logo on it. This protects library books in transit between home and school and remains with the student throughout their time at the school. All new students would have received their library bag by now and students who have been with us longer would have been given their bag that was collected at the end of last year. A list of all students was marked with whether or not the bag was handed to their teacher late last year. We expect that all students bring their library bag to school each day and especially on their library day as they cannot borrow books without it. If your child has lost their bag a new one can be purchased for \$7.50 at the front office.

This year in the curriculum area of English we are continuing to look closely at our reading practice. All students in junior primary will be taught phonics through the Jolly Phonics program that the school has purchased and used over the last few years. Students in the primary years will continue with Jolly Grammar until year 6. Students in Reception spend the first five weeks of Term 1 immersed in phonemic awareness activities. Phonemic awareness is the ability to identify and manipulate individual sounds (**phonemes**) in spoken words. Phonemic awareness and good oral language are two of the most important skills that young children need to develop to be able to experience reading success.

At The Pines School we work hard to develop students' knowledge of phonics using decodable readers during reading instruction. These readers best support students in developing skills in sound recognition, identifying initial, middle and end sounds in words, substituting sounds, blending and segmenting words. Most students in the early years will use decodable readers to practice reading at home. These will be sent home by teachers when they begin their reading programs. Most classes from years 1-7 will be sending reading books home by the end of week 5. Reception students will begin taking readers home to practice only when they are able to identify the sounds they are being taught in class. As students progress through the early years of school and develop the necessary knowledge of sounds they will move from decodable readers to predictable readers.

When students are in the primary year levels and are fluent and independent readers they will be bringing home readers that are matched to their independent reading level. Older students who have moved through the reading levels and are completely independent readers will be bringing home novels from the library and they will be focussing on developing their comprehension skills. To support your children with reading at any level it is important to listen to them read and then talk about what they have read, asking them specific questions about the books.

If you have any questions about reading or how to best support your children please phone the school office and ask to speak with Mrs Toula Girgolas.

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

#### **Term 1**

##### **Week 7**

8th March

**Adelaide Cup  
Public Holiday**

##### **Week 9**

22nd-26th March

**Swimming -  
Primary Years 3 to  
Year 5**

##### **Week 10**

29th Mar - 1 Apr

**Swimming - Junior  
Primary Reception  
to Year 2**

**Parent/Teacher  
Interviews**

##### **Week 10**

2nd April

**Good Friday**

##### **Week 11**

5th April

**Easter Monday**

Principal  
Mrs Cherie Collings

Deputy Principal  
Mr Sam Konnis

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# WELLBEING CORNER



## **The Importance of Sleep**

By now your child should be settling in to his or her new class and into the wider school community for those students who are new to our school. You may notice that your child gets tired towards the end of the school week, which is normal, but it is also vital that parents understand how sleep can affect your child's overall wellbeing. The extract below is from [www.raisingchildren.net.au](http://www.raisingchildren.net.au)

### **Why sleep is important for children aged 5-11 years**

*When your child sleeps well, your child will be more settled, happy and ready for school the next day. Good-quality sleep helps your child concentrate, remember things, regulate emotions and behave well. This all helps your child learn well. Getting enough sleep also strengthens your child's immune system and reduces the risk of infection and illness.*

### **Sleep: what children need**

*At 5-11 years, children need 9-11 hours sleep a night. For example, if your child wakes for school at 7 am and needs approximately 10 hours sleep per night, your child should be in bed before 9 pm. Some children fall deeply asleep very quickly when they go to bed. Others sleep lightly, fidgeting and muttering for up to 20 minutes, before getting into deep sleep. Children have different kinds of sleep during the night. The first few hours of sleep are usually the deepest. Most dreams happen in the second half of the night.*

### **How to help children sleep well**

*A good night's sleep is about getting to sleep, staying asleep and getting enough good-quality sleep. Here are some ideas that can help your child get the sleep they need.*

### **Bedtime routine**

*A bedtime routine is very important at this age. It helps your child wind down from the day. For example, a child who normally goes to bed at 7.30 might have a bedtime routine that looks like this:*

*6.45 pm: put on pyjamas, brush teeth, go to the toilet.*

*7.15 pm: quiet time in the bedroom with a book and a bedtime story or quiet chat.*

*7.30 pm: goodnight and lights out.*

### **Relaxing before bed**

*After a big day at school, your child might still be thinking about the day's events and worries. If your child's mind is still busy at bedtime, it can cause a restless night or bad dreams. You can help your child settle and relax for sleep by keeping activities quiet in the hour before bed. For example, you could play gentle music or read a story together. Making a bath part of your child's bedtime routine can also help with relaxation. Relaxing before bed also helps with better sleep for pre-teens and teenagers.*

### **Good sleep habits**

*Your child might sleep better at night if they:*

*keep regular sleep and wake times, even on the weekend  
turn computers, tablets and TV off an hour before bedtime*

*have a quiet and dimly lit place to sleep*

*get plenty of natural light during the day, especially in the morning*

*avoid caffeine in tea, coffee, sports drinks and chocolate, especially in the late afternoon and evening.*

More tips on helping your child get enough sleep can be found on the website above, so please visit it if you would like to know more about this topic.

In the last newsletter we explained how our school is undertaking a whole school approach to wellbeing with the starting block and implementation of Kimochis for the R-1 classes and What's the Buzz for the Year 2-7 classes.

Further information about wellbeing and your child can be obtained through visiting the Australian Government Student Wellbeing Framework and Wellbeing Hub, which can be found at the following link: [www.studentwellbeinghub.edu.au/parents](http://www.studentwellbeinghub.edu.au/parents)

You will find useful information about understanding the stages your child will go through as they grow and learn. There are interesting articles exploring the important role parents have in helping their child successfully navigate the different transition phases and obstacles they will face during their growing years.

We hope you have a great end to the week!

Christin Valley and Sonia Kilmister  
Wellbeing Coordinators

# Student Reporters

*This week our student reports are introducing some of our new and returned staff. The reporters also took some photos and asked students what they liked about the Big Splash last week.*

## The Big Splash

**Big Splash photos by Annabel from Room 33**

Last week on Thursday, The Pines School students and staff went to The Big Splash at Salisbury Swimming Centre. We have the Big Splash to celebrate all the students and teachers learning about social skills in the first few weeks of the year.

Even though the weather was very hot nearly all the students managed to keep cool as the pool was a perfect temperature. The year 6 and 7's had a treat early in the morning and got to use a giant inflatable obstacle course. The children got sprayed by a hose that was held by a person who had very good aim as they maneuvered their way across the course. Children also enjoyed spending their time playing games such as water volleyball and hide and seek chasey.

I really enjoyed playing with my friends, other students and having fun at the Big Splash. I am looking forward to going onto the giant inflatable next year when I am in Year 6.

**Jamie, Room 37**

*Amelia interviewed Mr Konis to find out how The Big Splash was organised.*

*Here is what Mr Konis Said:*

We had to make a timetable for the day because the younger students stay at the pool for a shorter time than the older students. The timetable shows the times different classes arrive and leave the pool. I had to book the buses and work out how much it would cost. I also had to work out how many students would go on each bus, so there were not more than 60 people on each bus. Then I could send notes home to get them signed by parents/ caregivers. This year, because it was such a hot day, we provided ice water to keep our students cool and hydrated. We also finished earlier, at 2pm, so students and staff wouldn't get burnt by the hot afternoon sun. It takes about 4 to 5 hours to organise everything for the Big Splash.

**Amelia, Room 32**



Children enjoying themselves in the big pool under the shade cloth.

# Student Reporters

*Our reporters Jaxon and Amelia interviewed students around our school to find out what they thought about the Big Splash last week:*

## Year 1

Myles from Room 43 said he enjoyed swimming because it was fun.

Savannah from Room 44 said she liked it when she went in the pool because she went under water

## Reception

Sanav from Room 3 said he liked swimming under the water because it was cold.

Harris from Room 3 said he liked splashing because in the name it was Big Splash.

## Year 2

Nicholas from Room 14 said he played chasey with his friends and had fun.

Brianna from Room 13 said it was very fun playing with her friend. They played on the slides and jumped into the water.

## Year 3 and Year 4

Ella from Room 34 said she liked being with her friends because they jumped in the pool.

Zara from Room 23 said she liked going into the deep end because she could jump in and swim around.

## Year 5 and Year 6

Isaia from Room 37 said she enjoyed diving from the blocks because she likes jumping from high places into water

Sureja from Room 26 said she liked the inflatable because you have to jump and swim

## Year 7

Idi from Room 28 enjoyed going on the inflatable because it was tricky

Brodie from Room 19 said he learned to float and to swim in the deep end as well as going on the inflatable.



A life guard watching children in the pool, while in the background Year 6 and Year 7s are also enjoying themselves on the inflatable obstacle course.



Junior primary kids having fun in the warm shallow pool.

# Student Leaders

## *New and returning staff*

The Pines School has a number of new and returning staff this year. Our student reporters Amelia and Jaxon have interviewed, and photographed some of the new and returning staff for 2021.

Name: Tamsin McDonald

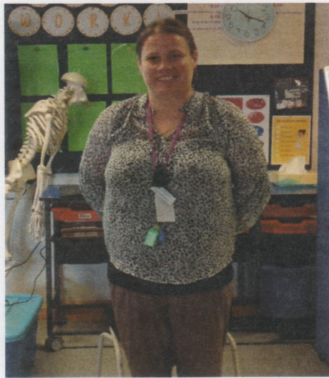
Role: Science Teacher

What do you like about The Pines so far?

Everyone at The Pines is so friendly and welcoming.

What do you enjoy about being a teacher?

Teaching students new things. I like to think of myself as contributing to part of the future.



Name: Miss Nicole

Role: SSO (returning this year)

What do you like about The Pines?

I have always liked the garden and the friendly faces here at The Pines.

What do you enjoy about being an SSO?

Getting to know the kids and helping them learn.



Name: Emily Brown

Role: Year 6 Teacher

What do you like about The Pines so far?

I like how everyone has been nice and welcoming to me.

What do you enjoy about being a teacher?

I enjoy it when students have a lightbulb moment. A lightbulb moment is when someone is stuck on something they need to work out, then the answer or an idea pops into their head – that's a lightbulb moment. I also enjoy getting to teach new students every year.



Name: Andrea Cirocco

Role: Reception Teacher (returning this year)

What do you like about The Pines?

I have enjoyed meeting my new class this year. I have also enjoyed seeing all the students I have taught in the past.

What do you enjoy about being a teacher?

I love seeing children learn something new.



# Room 1

In Room 1 we have been learning about being a “Bucket Filler”. We learnt that everybody has an invisible bucket. When our bucket is empty we feel sad. We can fill people’s buckets by being kind, helping others, sharing and being a good friend. The best part is, when we fill someone’s bucket, we fill our own buckets too!



## Room 2 - Quilt



Our class has been learning about how we can be successful and work together well in Room 2.

We each made a dot picture. We discovered that 'on our own we can do good things but when we work together we can achieve bigger and better things!'

When we joined our dot pictures together we were able to make a beautiful quilt.

# Preschool News



The Preschool have been celebrating Lunar New Year. 2021 is the Year of the Ox.

Our Vietnamese Bilingual Annie talked to us about how they celebrate Lunar New Year in Vietnam and other countries in Asia.

We made an ox, using lucky colours red and gold. The children have been practising using chopsticks in the home corner and at a sorting game.



We have been reading stories such as 'Cleversticks' by Bernard Ashley and watching the lion dance..



## Awards for Ex-students

Last week a number of students who attended The Pines School in the past received awards at Parafield Gardens High School. We had three students in Year 8, four in Year 9 and five in Year 10. Twelve students in Year 11 and five in Year 12 also received awards.

Yllor also achieved joint DUX of Year 12, which is an excellent effort. Special awards including *the Australian Defence Force Long Tan* and *the Michele Thredgold Inclusive Award* were awarded to Demi and Lily respectively.

Congratulations to all of our ex-students on achieving success, it is fantastic to see their effort being rewarded.

## *Canteen News*

### Qkr Ordering Update



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.

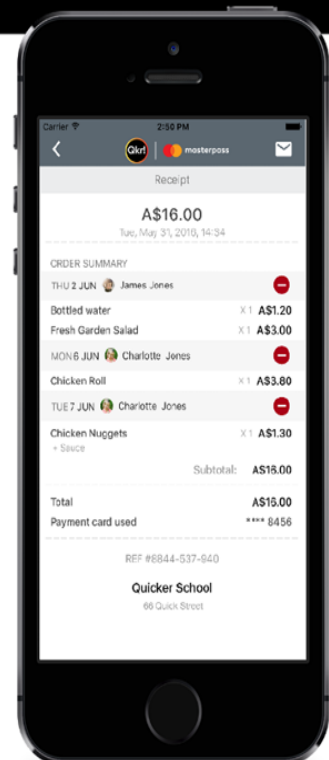
OR

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.



# COMMUNITY NEWS



**OPEN DAY**  
**SUNDAY 28 MARCH**  
**1:30PM-4:00PM**  
PRINCIPAL TALK & TOUR  
REGISTER ONLINE

[www.endeavour.sa.edu.au/event/open-day-28-march](http://www.endeavour.sa.edu.au/event/open-day-28-march)

**COME.**  
**EXPLORE.**  
**BELONG.**

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**OLSH**

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SACRED HEART  
COLLEGE

**OPEN DAYS**

SUNDAY 14 MARCH  
1.00 - 3.00pm

MONDAY 15 MARCH  
5.00 - 7.00pm

To register, visit: [olsh.catholic.edu.au](http://olsh.catholic.edu.au)

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