



## Leadership News

Dear Families

We are almost half way through Term 1 and all classes have settled in beautifully to the new school year. Autumn is now upon us and it is a lovely time of the year, when the days remain comfortably warm, but the mornings and evenings become cooler over time. It is pleasing to see students adhering to our school uniform policy and remembering to wear their hats, which need to be worn every day when outside. If students do not have a hat, they will be asked to play in the shade. Hats can always be purchased from the front office for \$8.00.

At the beginning of each new school year, teachers and SSOs take the time to build and maintain relationships with all students, by getting to know their interests, likes and dislikes, their learning styles and their learning needs. Positive relationships are pivotal to all we do here at The Pines.

Setting up a class at The Pines involves teaching the 'Starting Block' which is a program based on Positive Education and the Berry Street Education Model. Through the Starting Block program, students are taught about our school values: Respect, Belonging and Engagement and Fun in Learning. They are taught about the 24 character strengths (and continue to learn about them throughout the year) and they learn how to have a 'growth mindset' to set them up for successful, lifelong learning. Students at The Pines are shown how certain parts of the brain work, for example, the amygdala and how it relates to big emotions and self-regulation. Students are also taught strategies to help them self-regulate, for example, breathing exercises.

### Literacy:

This term, the Literacy Pro Program has a competition, where students from Years 4 – 7 are encouraged to read as many books (Lexile) as possible and to take quizzes related to the content of the books. Our school could be in the running to win up to \$300 worth of reading materials through this competition. There is a flyer attached to this newsletter. Please encourage your children to read every day!

The Premier's Reading Challenge is now 20 years old and students are encouraged to read more than their usual 12 books this year and in fact are asked to read 20 books to celebrate the 20 year anniversary. The challenge is active until September of this year, so there is another great reason to get your children reading.

### School Crossing:

Thank you to all families who use the school crossings, rather than crossing anywhere along the road. The school crossings are there for everyone to cross safely on these very busy roads.

### Governing Council and School Annual General Meeting:

Our School **Annual General meeting will be held on Wednesday, 22<sup>nd</sup> March at 7pm** in our staff room. Families are welcome to attend. Our Annual Report about the learning improvement work at our Preschool and School will be presented at this meeting. We will also be electing our School Governing Council. We have some Council members retiring, so we welcome new nominations from parents and caregivers. Governing Council meets twice a term and oversees our school policies and other school procedures.

If you would like more information or to nominate for Governing Council, please complete the below slip or email your child's teacher on Dojo.



Parent Caregiver Name: .....

Child's Name: .....

☐ I would like more information about joining Governing Council.

☐ I would like to nominate to join Governing Council.

**Dates to  
Remember**

**2023**

**Term 1**

**Week 7**

**13th March**

**Adelaide Cup  
Public Holiday**

**Week 8**

**24th March**

**Pupil Free Day**

**Week 10**

**7th April**

**Good Friday  
Public Holiday**

**Week 11**

**10th 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



## **Bullying, Mean or Rude – Helping your Child Deal with Conflict**

Has your child ever come home and told you that they are being bullied at school? Hopefully not, but in the case that they have, here are some helpful hints to support your child.

The first thing is to **understand the difference being mean, being rude and bullying.**

**RUDE** - they do or say something mean or hurtful that wasn't planned or meant to upset someone

**MEAN** - they do or say something mean or hurtful to someone on purpose once or twice.

**BULLYING** - a person of power doing or saying something mean and hurtful, on purpose, over and over again even when asked to stop

As your child navigates through primary school, it is likely that they will have conflict with other students, possibly even their friends. This many happen because:

- they feel their ideas are not being heard by others
- they feel like they are not being treated fairly
- Expectations are not being met
- There is a difference in personalities or communication styles
- There is a different in beliefs or opinions

The best way to deal with conflict is to encourage your child to talk to the other people involved to try and work things out.

Before they do this, they need to

- Take time and space to calm down if they are angry
- Figure out why they are feeling angry
- Arrange a place and time for everyone to talk (they can ask for adult support with this at school if needed)
- Take turns listening to each other and keep an open mind
- Use 'I sentences' – eg. I was upset when.....
- Show you are listening through eye contact, nodding and open body language
- Each person can suggest a way to solve the issue or the problem

Please ***do not encourage your child to 'fight back', whether this be physical or verbal***, as this tends to escalate the problem, resulting in more trouble and ultimately not resolving the conflict.

If you find that your child is being targeted repeatedly by the same student, it is important to encourage them to report it to their teacher or a trusted adult at school.

Also encourage them to:

- Keep their distance from the bully
- not bully back
- Tell the bully what they are doing is not okay
- Report cyberbullying

At The Pines School, our goal is to educate and support our students to become kind, respectful and considerate members of society. We also want to ensure that students feel safe coming to school every day. If you find that your child is being bullied – that a person of power is doing or saying something mean to your child on purpose, over and over again – please let us know and we will support your child.

## *Festival of Music - Combined Choir Rehearsal*

Last Friday, we hosted a giant choir rehearsal in the hall with over 100 students. Elizabeth South and Mawson Lakes Primary Schools joined The Pines School students for a 1 and a half hour singalong. Robyn Gilmore, one of the Festival of Music choir directors, taught our choirs some new songs as well as the actions that go along with them, while Debbie Tsagatos supported her on the piano. Some of these songs included Metallica's 'Nothing Else Matters' and Creedance Clearwater Revival's 'Proud Mary.' The students managed wonderfully – especially after a hot week at school!



## ***Canteen News***

### Ice block & Ice-cream Price Increase

Dear Parents/Caregivers

Unfortunately we have had significant price rises in most of our ice blocks this term. This is due to supplier price increases. We will update in the next newsletter.

We are currently trying to source some other products to keep prices down.

Regards

Sue

Canteen Manager







# SCHOLASTIC



SCHOLASTIC  
Literacy Pro



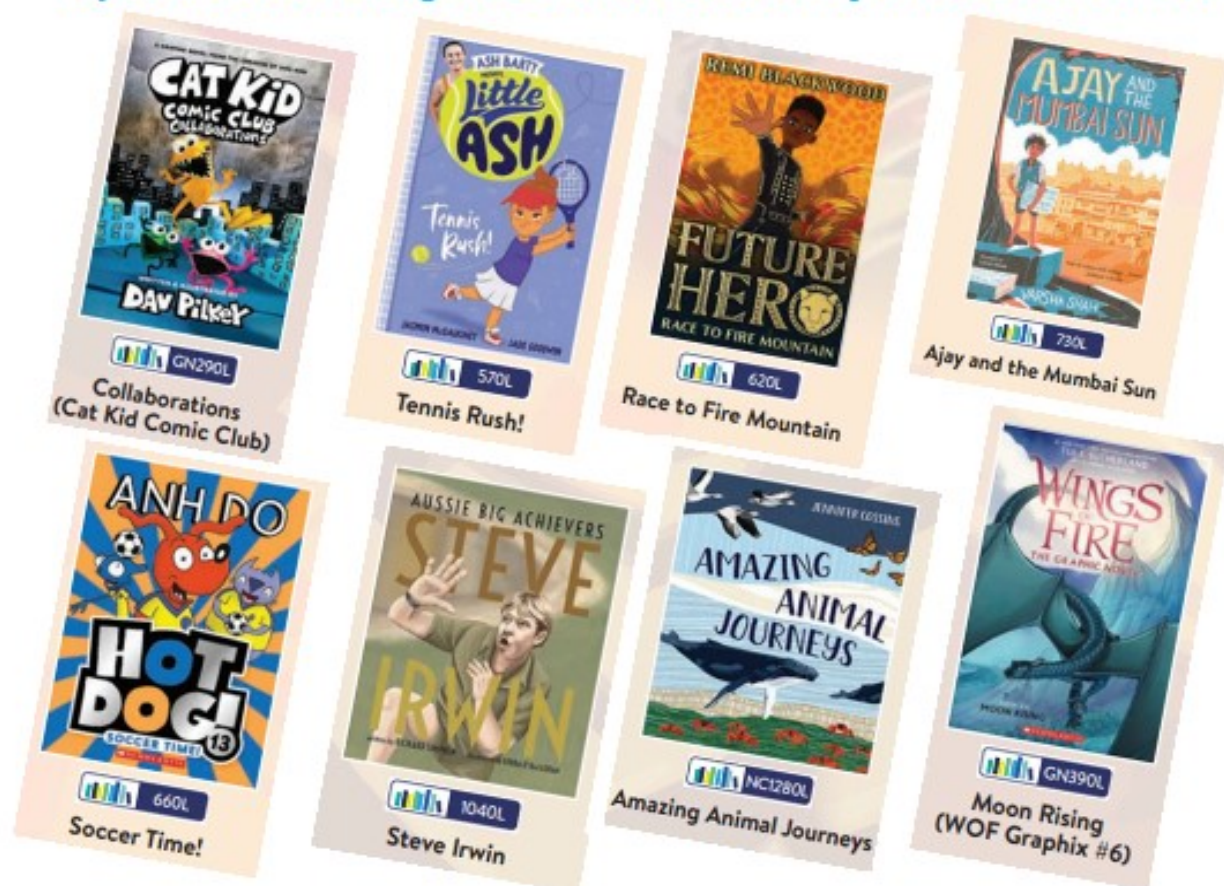
## Join the Scholastic Literacy Pro Reading Words Challenge SA 2023

### Help our school read more in term 1!

It's easy..... just start reading!








- Grab a good fit book in your Lexile Reading Range about something you love
- Make sure it has an online quiz
- Read it, love it!
- Take the quiz, pass the quiz!
- Keep reading!

Why not start with these great new term 1 Lexile and quiz titles now available!



# COMMUNITY NEWS

## Term 1 Calendar 2023

Wk	Monday	Tuesday	Wednesday	Thursday	Friday
6	6 March	7 March	8 March	9 March	10 March
7	13 March Adelaide Cup Holiday	14 March	15 March	16 March Boys and Girls Football & Netball Para District try outs	17 March
8	20 March Street Smart Receptions Boy's Football Try outs 	21 March 	22 March Governing Council AGM 7pm in Staff room	23 March Girl's Netball Try outs 	24 March Pupil Free Day
9	27 March Boy's Football Try outs 	28 March	29 March	30 March Girl's Netball Try outs 	31 March Combined Districts One day Carnival Boy's Football & Girl's Netball
← Parent Teacher Interviews →					
10	3 April Boy's Football Try outs 	4 April	5 April	6 April Girl's Netball Try outs 	7 April Good Friday
11	10 April Easter Monday	11 April	12 April	13 April Junior Primary Assembly 9:50am Primary Assembly 1:30pm	14 April End of Term School Finishes 2:00pm

EVENTS AND ACTIVITIES MAY BE ADDED OR CHANGED DURING THE TERM

## OLSH OPEN

Discover how your daughter will find her place with us

**SUNDAY 19 MARCH**  
**1:00-3:00pm**



BOOK NOW

A Girls Secondary Catholic College from Years 7 - 12 | 496 Regency Road, Enfield SA 5085 | T: 8269 8800 | W: [olsh.catholic.edu.au](http://olsh.catholic.edu.au)