



## Leadership News

Dear families,

As we approach the middle of first term for 2024, it is great to see students settled into their new classes and focussed on learning. Students have also started working on setting **learning goals** for the beginning of the school year. Students at The Pines School set a **learning goal** in English and Maths. **Goal setting** is an important part of learning, and helps children know what they need to do improve their learning. **Goal setting** also helps students have ownership and be responsible for their learning. Students in their first years of school often learn about goals by working on **whole class goals**.



### Music Program update

This year we are excited to once again be offering our students in Year 3-6 the opportunity to learn one of 14 different musical instruments. Students learning an instrument at The Pines School have weekly instrumental music lessons and have opportunities to perform throughout the year.

It has been great seeing our senior Taiko drummers already perform for school leaders from other schools. Our first assembly for the term also featured a trumpet duet!

### New JP Strings Program

This year we extend our music program to include our Year 1 students. They will be learning to play the violin or cello, with our reception children joining the program later in the year. New research has shown that when younger students learn to play a string instrument, their wellbeing, literacy, numeracy and brain development has greater improvement.



*(Leadership News Continues over page)*

### *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

P.O. Box 576

Salisbury South SA 5106

Phone: 8281 2199

Fax: 8281 5858

E-mail:

dl.1777.info@schools.sa.edu.au

Web: www.thepines.sa.edu.au



**We extend a very big thanks to Variety, the Children's Charity SA** who have provided The Pines School with the funds to purchase 75 instruments to make this program possible.

We look forward to sharing the progress of this exciting new program with our school community throughout the year.



### Uniform and hat reminder

Please remember that all students must be wearing their school uniform to school every day. Our school uniform includes maroon or bottle green t-shirts, jumpers or polo shirts. Plain black jumpers or jackets may also be worn. Students can also wear a green and white check school dress.

Pants, skirts and shorts that are black, green or maroon are also part of the school uniform.

As a **sun smart** school keeping kids safe from the sun is also important. Students must wear a plain black, maroon or bottle green bucket, or broad brimmed hat during play times.

Please also support your child to wear shoes that allow them to participate in active play physical education lessons.

*We extend a big congratulations to all our families, staff and students for helping The Pines School have another great start to learning this year!*

### MEET JACK

Jack loves Star Wars, soccer and AC/DC, and aspires to be a rock star himself one day.

Diagnosed with various medical conditions from a very young age, Jack found it difficult to move and see, making daily tasks and communicating challenging.

Through an \$80,000 grant, Jack travelled to the US with his family, for life changing surgery.

Jack is now able to walk independently, and happily plays soccer with his friends.



### MEET LEILANI

Leilani loves to dance and act, and dreams of becoming a movie star. Her career goal is to work full-time in the performing arts industry.

Receiving a Variety Heart Scholarship of \$5,000 has supported her existing talent in dance, and helped cover tuition, travel, dancewear and costume costs.

Leilani has successfully competed in national dancing competitions, and been a cast member in a musical.



## How to connect

Please feel free to email or call us directly if you have any questions.



(08) 8293 8744



[grants@variety.org.au](mailto:grants@variety.org.au)



[www.variety.org.au](http://www.variety.org.au)



Variety SA



@varietyorg



@varietyorg



variety-sa



**We can  
help your child  
to reach their  
full potential**





# WELLBEING CORNER



## Positive Parenting Tips!

Positive parenting is talked about a lot these days and below are some great tips to focus on the positive in your relationship with your children. When children misbehave:-

### **1. Focus on The Reasons Behind the Behaviours**

**There is always a reason why children misbehave**, even though the reason may seem silly to the parents. It *is* reasonable for the child, and that's why they behave that way. Addressing the cause can help the situation.

### **2. Be Kind and Firm**

Be kind to your child to model how to be kind and respectful to others. Children learn by mimicking others, and you are their primary role model. Being kind also helps a child to calm down, be receptive to reasoning, and be more likely to cooperate. Being kind is not the same as giving in. Some parents mistakenly equate being positive and kind to being permissive. This is simply not true. You should still set boundaries, but at the same time, you enforce them in a kind and firm way. For example, you can firmly and kindly tell a child she cannot have what she wants. There is no need to yell, use a mean tone, or talk in a stern voice. A stern voice conveys anger, while a *firm* voice communicates authority.

### **3. Be Clear and Be Consistent**

Decide and explain the consequences of pushing the boundaries or limits clearly, before being enforced. In addition, parents need to be consistent and follow through on them. If a parent is not consistent, there will be confusion. The child may keep testing or challenging the limits to see what else can happen.

**To follow through, it is important not to say something unless you mean it.**

Do not make empty threats to cancel their sport game if your kid misbehaves unless you are willing to carry it out when that happens.

### **5. Age-Appropriate Behaviour and Brain Development**

Sometimes, what we think is inappropriate behaviour is age-appropriate behaviour. For instance, tantrums in toddlers are very normal. These young kids have big emotions but cannot express them in words. They also can't regulate themselves because that part of the brain is not yet developed. Our child needs our help in learning to regulate. Stages of brain development play a part in choosing a positive parenting strategy. Toddlers and pre-schoolers (even three-year-olds) may not understand the consequences. For them, redirection instead of reasoning or giving consequences should be used.

### **6. Start Early**

Positive parenting begins with the parent becoming a positive model for the child and gaining child development knowledge. It can start even when your child is only a newborn baby. Young children learn by watching their adults and how they react in different situations. Attending to your child's cues and responding positively can significantly impact your child's life. Happy kids are not born but nurtured.

### **7. Time-Out Yourself to Chill Out**

Yes, you heard that right. You need to take a time-out yourself when needed. Sometimes parents are exhausted and angered by children's unruly behaviour. But this is the true **do-as-I-say-AND-as-I-do moment**. If you can calm yourself down and speak respectfully and firmly, your child learns to handle anger and disappointment with grace. If something doesn't go your child's way, you want them to have the ability to self-control and remain respectful. If you cannot do it yourself, don't expect your child to do this. When you feel that you're about to lose it, tell your child you need a moment by yourself because you are upset. Give a time frame on when you'll return and then go into another room to cool off. Walking away not only stops the power struggles but also allows you the time to calm down.

*(Continued over page)*







# WELLBEING CORNER



Remind yourself of your disciplining goal, which should be to teach, not to win in a conflict. While there, take a few deep, mindful breaths to clear your mind.

You now have more time and breathing room to think of ways to deal with the issue at hand. When you return, you will be refreshed and ready to tackle your parenting challenges again. Another good way to improve your self-regulation is to practice meditation. Regular meditation helps reduce stress in trying situations like this and promotes mindful parenting.

## 8. Make It a Learning Opportunity

When children are old enough to reason (older than three), every misbehaving episode can be an invaluable problem-solving lesson. What is the lesson of breaking a toy? It means the child cannot play with it anymore. That's a natural consequence. If the child didn't like the toy, he should have given it to a friend or donated it so other kids could enjoy it. If they break a toy out of frustration, help them find other outlets to release the anger, such as punching a pillow. Teach them how to think of alternative ways to resolve an issue instead of acting out. Teach them the vocabulary to explain their feelings ("I am angry because...") rather than misbehaving. Help children develop their communication skills. Promoting language development will cut down on temper tantrums and misbehaviour significantly.

## 9. Be Patient and Don't Despair

Positive parenting and discipline won't produce the behavioural changes parents want overnight. Using positive parenting skills is not about getting fast results. It is about teaching behaviour that parents want their children to emulate over time. Be patient, and don't yield to peer pressure from other parents who prefer fear-based parenting strategies. Initially, you may have to do a lot of explaining every day. It may take longer to see real changes than traditional punishment because children need repetitions to learn. It can be weeks or even months before your child gets it. But when that happens, it will be very rewarding, and the benefits will **last a lifetime**.

Sourced from <https://www.parentingforbrain.com/what-is-positive-parenting/>

### **Governing Council and School Annual General Meeting:**

Our School **Annual General meeting will be held on Wednesday 20<sup>th</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 nomination 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.**

## 2024 MATERIAL AND SERVICES CHARGES (SCHOOL FEES)

Below is a copy of the watermarked Material and Services Charges for 2024.

The Department for Education has set the 2024 prescribed fees for primary schools at \$287, this is the least amount a primary school can charge families for school fees.

The full amount of \$287 will be a legally recoverable amount.

If you apply for school card and it is approved, school card will cover the full amount.

If you have any enquiries relating to the 2024 M&S Charges please email

[dl.1777.finance@schools.sa.edu.au](mailto:dl.1777.finance@schools.sa.edu.au) or telephone the school on 8281 2199.



Government of South Australia  
Department for Education

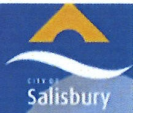
The Pines School - 1777		
Notice of Materials and Services Charges for 2024		
Notice of Charges for Reception - Year 6		
HEADING	ITEMS AND SERVICES	COST (\$)
Printed and electronic materials related to the educational program and which are provided for the student	Workbooks	\$40.00
	Text Book Hire / E-Book Access	\$0.00
	Photocopied Material	\$30.00
	<b>SUBTOTAL (ZPREM)</b>	<b>\$70.00</b>
Stationery items that are provided for the student	Stationery Items	\$70.00
	Other [please Specify]	\$0.00
	Other [please Specify]	\$0.00
	<b>SUBTOTAL (ZSTAT)</b>	<b>\$70.00</b>
Materials and Services that are provided by the school for the student to consume or use the materials or take ownership of a finished article produced by the student with the materials	Access to Student Information Technology	\$25.00
	Access to Machinery	\$0.00
	Access to Equipment	\$22.00
	Curriculum/Subject Supplies and Services	\$40.00
	Art Supplies	\$30.00
	Other [please Specify]	\$0.00
	<b>SUBTOTAL (ZACMS)</b>	<b>\$117.00</b>
Materials for inclusion in the school library and to enable use by the student	Library resources including access to borrowing library resources	\$30.00
	<b>SUBTOTAL (ZACLI)</b>	<b>\$30.00</b>
<b>Total Materials and Services Charge (excluding Subject Charges)</b>		<b>\$287.00</b>

These subject charges are in addition to the Materials and Services Charge above for those students undertaking the following subjects.

Subject Description	Cost (\$)
	\$0.00
	\$0.00
	\$0.00
	\$0.00
	\$0.00



# PARK SAFE AT SCHOOL



## PARK SAFE AT SCHOOL

### Read the signs

Some common signs to look out for;  
No Parking, Bus Zones, No Stopping, Disabled Parking etc.



### Know the rules

Take some time to learn what the signs and lines mean and some common rules, such as **no parking and stopping** on a verge, across a drive way, close to a corner or across a pedestrian ramp.

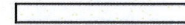
### Check for lines

Each line has a meaning, so before you stop check for yellow lines, white lines, dotted lines or painted islands.

Yellow lines



White lines



Dotted lines



Painted island



### Park Safe at Schools

Park safely to keep all pedestrians safe, travelling to and from schools and to their cars.



For more information on parking safely visit [salisbury.sa.gov.au/parksafe](https://salisbury.sa.gov.au/parksafe)

# NO PARKING

## DROP OFF & PICK UP AREA ONLY

## 2 Minutes Maximum

### Please stay with your vehicle at all times



For more information on parking safely visit [salisbury.sa.gov.au/parksafe](https://salisbury.sa.gov.au/parksafe)



# COMMUNITY NEWS

## MAWSON LAKES JUNIOR FOOTBALL CLUB



# PLAYERS WANTED

2024 REGISTRATIONS ARE NOW OPEN!

WE ARE CURRENTLY SEEKING NEW TEAM MEMBERS TO JOIN OUR CLUB. WE HAVE PLAYER VACANCIES ACROSS ALL OUR GRADES FROM UNDER 7'S THROUGH TO UNDER 15'S.

\*\*\*ALL NEW CLUB MEMBERS WILL RECEIVE A FREE PAIR OF SHORTS & SOCKS UPON PAID REGISTRATION\*\*\*

REGISTRATIONS OPEN NOW

CONTACT: [MAWSONLAKESJUNIORFC@GMAIL.COM](mailto:MAWSONLAKESJUNIORFC@GMAIL.COM)

PH: MARK 0439 003 728



Proudly Sponsored By  
MAWSON LAKES MAZDA



## GAWLER & DISTRICT NETBALL ASSOCIATION

# JOIN GDNA WINTER NETBALL

COMMENCING APRIL 2024

NetSetGO, Juniors, & Seniors

Saturday's

Due to the court redevelopment games will be played at Riverbanks College B-12 Angle Vale

Club, team, & individual registrations welcome



For more information:  
E: [secretary@gawlernetball.com.au](mailto:secretary@gawlernetball.com.au)  
P: 0438 801557

## COME AND JOIN US!

Para Hills Wanderers Netball Club is located at the corner of Bridge and Kesters Roads, Para Hills West. We are a small, but successful club, and we look forward to welcoming you into our community to begin, develop or continue your netball journey.



JUNIOR 4 PREMIERS



PRIMARY 5 RUNNERS UP



SUB JUNIOR 4 PREMIERS



SENIOR B4 RUNNERS UP

## WINTER SEASON VACANCIES

Para Hills



SUB PRIMARY - Born in 2015, 2016 or 2017 - must be 7 before May 1st  
PRIMARY - Born in 2013 or 2014  
SUB JUNIOR - Born in 2011 or 2012  
JUNIOR - Born in 2009 or 2010  
INTER - Born in 2007 or 2008  
SENIORS - 18yrs+

Registrations of interest close on Friday March 8th

Please register your interest via the Google Form on our Facebook page or by emailing us at [parahillswanderers@gmail.com](mailto:parahillswanderers@gmail.com)

# Languages Alive!

Experience the delights of other languages and cultures

**APRIL 2024**



Languages Alive! is a program of engaging and interactive language and cultural experiences for R-6 students.

Delivered by highly proficient speakers of the relevant language, the program will run during the April school holidays in metropolitan and country locations.

Workshops will explore a range of languages including: Chinese, French, Hindi, Indonesian, Italian, Japanese & Serbian.

**WHO:**

Reception to Year 6 students

**WHEN:**

April 2024

**WHERE:**

School of Languages: Tues 16 & Wed 17 April

Mitcham Primary School: Thurs 18 April

Pilgrim School: Fri 19 April

Nairne Primary School: Tue 23 April

**COST:**

\$10 per day

**FREE** for School card/Healthcare card holders



Register online by April 5 at:  
[www.ticketebo.com.au/languagesalive](http://www.ticketebo.com.au/languagesalive)



## SALISBURY HIGH SCHOOL

Empowered to create successful futures



Government of South Australia  
Department for Education

## OPEN NIGHT

### Wednesday 20<sup>th</sup> March 2024

3 sessions available

Enjoy a free sausage sizzle prior to  
tours starting at 4pm, 5pm and 6pm

Tours will be followed by the Principal's address

Respect Achievement Kindness

14 Farley Grove, Salisbury North SA 5108

Ph 08 8182 0200 | [www1.salisburyhigh.sa.edu.au](http://www1.salisburyhigh.sa.edu.au)