



*Respect, Belonging and Fun Engaged Learning*

**The Smith Family's 'student2student' reading program now available at The Pines Primary**

Is your child in years 3 to 7 this year? Would they benefit from extra reading practice? Would they like their own buddy who is keen to listen to them read regularly? If so, student2student might be the right program for them.

Student2student is a reading program run by The Smith Family. An older buddy is paired with a reader who could use a little extra reading support and they read to each other over a phone or digital device 2-3 times a week after school, for two terms.

To apply for a place in the program, please complete the registration forms available from Jacqui Simpson (Student Well-being Leader). A brief reading test will then be conducted with your child to check their eligibility.

For more information contact Hayley O'Donohoe (Program Coordinator, The Smith Family) on 0466 413 590 or [hayley.odonohoe@thesmithfamily.com.au](mailto:hayley.odonohoe@thesmithfamily.com.au).



***Dates to Remember***

***Week 7***

**12 March**

Adelaide Cup Holiday

**16 March**

National Action against  
Violence and Bullying  
Day

***Week 8***

**21 March**

**Harmony Day**

**The Pines Preschool  
will also be  
acknowledging  
Harmony Day**

## HARMONY DAY 2018

Harmony day is on Wednesday 21<sup>st</sup> March. At The Pines School we will be celebrating our cultural diversity in many ways. Students will be involved in learning about aspects of different cultures in their classes. At The Pines School, everyone belongs and to celebrate this, students are invited to wear something orange or their national dress/costumes on the day.

Thank you for your support in celebrating Harmony Day.

**everyone BELONGS**



Principal  
Cherie Collings

Assistant Principal  
Sam Konnis

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](mailto:dl.1777.info@schools.sa.edu.au)  
Web: [www.thepines.sa.edu.au](http://www.thepines.sa.edu.au)

# I Am a Bucket Filler

You may have heard your child talking about 'Bucket Filling' and 'Bucket Dipping' at school over the past few weeks.

Below is some information for parents. You might like to adopt this concept and use similar language with your children at home.

*Jacqui Simpson—Student Well-Being Leader*



The concept of bucket filling is to use actions and words to make someone feel good about themselves, to enhance resilience and inspire them to achieve internal happiness. For example, it is more important to encourage a person after a mistake rather than berate them. It is more heart-warming to say thank you and appreciate someone's help rather than staying silent. Finally, it is noble and appreciative if you give someone your umbrella if it's raining.

## **What is the "bucket"?**

The bucket represents your mental and emotional self. How do you feel when your bucket is full? When your bucket is full, you feel more confident, secure, calm, patient, and friendly. Your thoughts are positive and you expect positive results. When your bucket is overflowing, you experience an intense happiness that can spread to those around you. Have you ever felt better after someone gave you a friendly smile or happy grin? This is the "ripple effect" of a full bucket.

## **How do you feel when your bucket is empty?**

When your bucket is empty, it contains few, if any, positive thoughts or feelings. When your bucket is empty you can easily become sad, negative, insecure, nervous, angry, depressed, stressed, worried, afraid, or physically ill. When you experience any of these feelings, it's easy to believe that life is too challenging and that nothing you attempt will be successful. An empty bucket can affect your behaviour and cause you to express your emotions in a way that empties the buckets of those around you.

## **What affects the level of happiness in your bucket?**

Negative life events. The careless or even cruel words and behaviour of others can also affect the level of happiness in your bucket. Your own self-talk and thoughts can dramatically reduce or raise the level of happiness in your bucket. It's important to know that you are responsible for what you choose to think and when your thoughts are positive and healthy; your bucket levels will reflect it.

## **What is Bucket Filling?**

Actions or words that show that you care about someone. Saying or doing something kind. Giving someone a heartfelt smile. Using names with respect. Helping without being asked. Giving sincere compliments. Showing respect to others. There are hundreds of wonderful ways to fill buckets. The language of bucket filling has become synonymous with being kind and thoughtful. Your bucket will be filled when, at the close of each day, you reflect on the ways in which you have filled buckets.

## **What is Bucket Dipping?**

Making fun of someone. Saying or doing unkind things. Refusing to help. Failing to show respect or being intentionally disrespectful. This is a partial list of ways in which it's possible to dip into another's bucket. Another is bullying, the behaviour that has become the essence of bucket dipping. It is very important that we learn to understand the motivation for these behaviours. Note: It is also dipping when we unintentionally dip into another's bucket with a thoughtless word or careless action. These are small and should be repaired with a swift, sincere apology.

<http://www.lighthouseresources.com.au/assets/Forms/BucketfillingFAQ.pdf>



Hi from Caroline Stevens your Pastoral Care worker at The Pines School, I just want to add my welcome to 2018 at school and to introduce myself too those who are new to our school community. I am at school this year on Tuesday and Friday, starting the day with Breakfast Club, playing Playdough in the courtyard at lunch on Tuesday and running Y's Girl in the afternoon. Friday lunchtime JAM which is Jesus And Me commenced on the 2 nd of March, which is a fun interactive program were students can learn about what Christians believe, but parent / caregiver permission is required to attend.

Breakfast club is off to a great start we have purchased a new fridge freezer with donations from 2 church groups at Parafield Gardens Uniting Church, banking fund raising and recycling money from The Pines community. So a BIG THANKYOU to everyone. As you can see in the pictures we have lots of fruit and veggies available for students to help themselves too for the day if the cupboard is running low at home! Please come and visit us at Breakfast Club. Allow me to introduce Nath and Zach as seen the the photo, who are helping us now Friday mornings.

Thank you for the privilege of caring for your children and supporting them in their well being.

If at any time you wish to talk to me, you can leave a message for me at the front office.

Yours thankfully  
Caroline Stevens



## BREAKFAST CLUB

Tuesday and Friday

8:10am—8:45am

(8:10am-8:30am must be in Technology Kitchen)

Toast, Cereal, Fruit and Yogurt

All Free

All Welcome

Technology Kitchen through the Library Doors

Thanks Caroline



## STEM

WITH ROOM 46 (MISS CAMPBELL) AND ROOM 47 (MR DUNNING)

Rooms 46 and 47, are looking into how we get food and how we grow food. We will be designing a garden bed and planting some different vegetables. Mr Mark will help us decide which vegetables we can grow at this time of the year. We look forward to planting, looking after and harvesting our food.





# COMMUNITY NEWS

## GEMINI NETBALL CLUB INC

Website: [www.gemini.sa.netball.com.au](http://www.gemini.sa.netball.com.au)

### VACANCIES WINTER SEASON 18

9 & U x 4 players      11 & U x 3 players  
13 & U x 2 players      15 & U 4 players

9 & U 11 & U

13 & U - 15 & U

ALL GRADES AGE  
AS OF 31/12/2018

9 & U play Saturday

Afternoons 12.50pm

11 & U Saturday

afternoons 2pm

13 & U play Tuesday nights  
6.50pm

15 & U Tuesday nights

### COACHES REQUIRED

Small honorarium paid end of season

Accreditation—Foundation Coaching Course

### UMPIRES REQUIRED

Game fee paid end of season for all qualified umpires—Level 1

Club prepared to train umpires

**CONTACT MARGARET NOW!!!!!!**

M: 0414 641 063



**SATURDAY NIGHT ROLLERSKATING DISCO**

**SATURDAY 17 MARCH, 6:00PM – 9:30PM**

Theme : Easter  
Top 40 music

\$8.50 per person or \$30.00 for a family of 4 (includes skate hire)  
Don't forget to dress up for the chance to win best dressed!  
No bookings required.

All children under 16 years old must be supervised by an adult.

Ingle Farm Recreation Centre

Ingle Farm Recreation Centre  
Corner Beach Road and Rocopa Street  
Ingle Farm, SA, 5098  
(08) 7422 1100  
inglefarmcc.com.au

Partly insured by  
belgravia@aisure



**URRBRAE**  
AGRICULTURAL HIGH SCHOOL

**OPEN DAY** FOR PROSPECTIVE YEAR 8 STUDENTS  
TUESDAY MARCH 20TH 2018

2 hour programme (9.30 - 11.30am or 1.00 - 3.00pm or 5.00 - 7.00pm)  
Includes Application Information, Farm Tours and School Tours

Students wishing to enrol at Year 8 level in 2019 and their parents are invited to attend. Parking on the School Oval with access via Gate "C" off Cross Rd. Proceed to the Gym.

Urrbrae is a Special Interest School which offers a comprehensive curriculum including Agricultural Studies.

- Selection for enrolment is based on the student's interest in Agriculture, the Environment and Technology
- Application Packages available from March 20th
- Enrolment applications close 6pm Wednesday May 2nd

505 Fullarton Road, Netherby, SA, 5062  
Ph: (08) 8372 6955  
dl.0798.admin@schools.sa.edu.au  
[www.urrbrahs.sa.edu.au](http://www.urrbrahs.sa.edu.au)

Government of South Australia  
Department for Education and Child Development

**COME & TRY - KICK & CATCH NIGHT**  
**FOR ALL AGES FROM U10s to U18s & SENIORS**  
**THURS 15TH MARCH @ 6:30PM**  
**@ MODBURY OVAL**  
**Hazel Grove, Ridgehaven**

**FEMALE FOOTY @ MFC**

**NEW PLAYERS WELCOME TO BRING A FRIEND**



**MODBURY HAWKS**  
est. 1862

**For more information contact Julie 0417 841 965 or Paul 0417 845 730 [www.modburyhawks.org.au](http://www.modburyhawks.org.au)**

**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.**



**OLSH OPEN**

**SUNDAY 18 MARCH, 1 - 3pm**  
**MONDAY 19 MARCH, 5:30 - 7:30pm**

To register, email: [olsh@olsh.catholic.edu.au](mailto:olsh@olsh.catholic.edu.au)

**OUR LADY OF THE SACRED HEART COLLEGE, ENFIELD**  
A Girls Secondary Catholic College from Year 7 - 12    496 Regency Road Enfield SA Australia 5085    8269 8800    [www.olsh.catholic.edu.au](http://www.olsh.catholic.edu.au)