



Respect, Belonging and Fun Engaged Learning

Dear Families,

This week we are in the midst of parent/teacher interviews. Teachers have been meeting with parents and students to discuss progress, achievement, development of social skills, friendships and general school engagement. It's been great to see so many parents attending interviews to discuss their child's progress with their teachers and to hear about the learning that has been happening at school. Partnerships with families are very important and we try hard to ensure that these partnerships are fostered with all parents and families. If you were unable to attend an interview please let your child's teacher know and we could arrange a telephone interview at a suitable time.

We are looking forward to swimming lessons for our Rec to year 5 students next week. These lessons are a good opportunity for students to develop swimming and water safety skills. Finally we wish all our families and students a happy and safe Easter break.

School Canteen

Assistant

We are looking for a paid canteen assistant for a minimum of three hours per week. For a job description please contact The Pines School on 82812199 or dl1777_info@schools.sa.edu.au Closing date Wednesday 11th April



**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.

**Dates to
Remember
Week 10**

Tuesday 3rd-Friday 6th
Rec—5 Swimming

Week 11

Friday 13th End of Term
School Finishes at
2:00pm

TERM 2

Week 1

Monday 30th April Pupil
Free Day

More Up-coming dates

Pupil Free Days:

- 12th June
- 3rd September

School Closure

- 31st August
- Book Week 20/8 –24/8
- Grandparents Day 24/8
- Sports Day 27/9
back up 28/9

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

Web: www.thepines.sa.edu.au

Room 23 & 24 STEM Challenges

We have been working on developing our collaborative thinking and team work skills through completing STEM challenges. Our first challenge was to design and make the tallest tower possible out of one newspaper.



The next challenge was to work as a team to design and make a structure with a "bucket" suspended within the tower and that bucket had to hold the weight of a cup of water.



THE REAL TRUTH ABOUT EXERCISE & ITS MENTAL HEALTH

BENEFITS FOR CHILDREN

We all know exercise is vital. Do you really know why?

The real truth about exercise is that it has more benefits than you may realise.

In this article you will read how exercise benefits adults and children from a different perspective.

Research by Tom Scheve has demonstrated that satisfaction and exercise are connected in three significant ways:

1. Boosts our immune system

- Shields our bodies from disease and sickness

2. Discharges endorphins. Endorphins:

- Stimulate the brain and numb pain
- Create feelings of elation, contentment and lower stress

3. Diminishes cortisol levels. Cortisol is delivered amid times of:

- Stress
- Nervousness
- Dissatisfaction
- Tears



Exercise & Children's Brains

Not only is exercise essential for children's bodies it is also essential for their brain. Exercise encourages blood flow throughout the body, including the brain. Brain cells are able to connect more effectively with each other.

R. Morgan Griffin concludes exercise benefits children in the following ways:

Better Thinking Skills

- Studies show that people who exercise more are sharper mentally
- The effects may be almost immediate
- One study found that kids scored higher on math and reading comprehension tests after exercising for 20 minutes

More Confidence

- Studies have found that kids who do athletics are more confident
- In turn, that confidence may improve their academic performance
- Active kids tend to get better grades (though there could be a lot of reasons for that, including brain benefits, part of it may be better self-confidence)

Better Moods

- Many studies have found that kids who exercise feel happier
- Physical activity releases brain chemicals that are natural stress fighters
- Just about any physical activity seems to help
- Physically active kids are better at managing their moods
- Have fewer mood swings

Sounder Sleep

- Kids who exercise regularly fall asleep faster than other kids
- They also stay asleep longer
- The more vigorous the activity, the bigger the sleep benefit
- Getting enough sleep lifts moods, improves judgment, and boosts memory

Exercise & Gratitude

When we take care of our body through exercise we show love and gratitude for ourselves.

The benefits for exercise are endless.

It is vitally important children learn the habit of exercising as early as possible.

The benefits can shape a person's life physically and mentally.

Article adapted from <https://www.growingwithgratitude.com.au/blog/the-real-truth-about-exercise-its-mental-health-benefits-for-children/>

Jacqui Simpson
Student Well-Being Leader

COMMUNITY NEWS

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

Last week in the IELC and Junior Primary health classes, we learnt about the amounts of sugar in common drinks. The task was for students to read the amount of sugar per serving on each drink label. Then, one at a time, they poured tea-spoons into a clear bag and weighed it on the scales until it matched the amount stated on each label. The results stunned the students who couldn't believe how much sugar can be in one drink. **Did you know a 600ml bottle of Sunkist has 11 tea-spoons of sugar?!** Here is our classroom display that I hope all students will remember next time they are having their 'sometimes' drink! –

Miss B.

THINK BEFORE YOU DRINK



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.

