



Respect, Belonging and Fun Engaged Learning

Welcome back everyone for Term 2. We would like to welcome Ms Thuy Nguyen as she will be replacing Mandy Jenkinson in Room 25, while she is on leave this

Para District SAPSASA Swimming Carnival

On 2nd March Urszula and Matthew Waligora represent The Pines Primary School at the **Para District SAPSASA Swimming Carnival**.

Urszula came 2nd in 50m Freestyle, 50m Breaststroke, 50m Backstroke and 50m Butterfly.

Matthew came 1st in 50m Breaststroke and 50m Butterfly, 2nd in the 50m Freestyle and 3rd in 50 Backstroke.

The school would like to congratulate both swimmers' on making the **Para Districts Metro Swimming team** that competed at Marion on March 22nd.

SAPSASA—Athletics Carnival

Congratulations to the Year 6 and 7 students who participated in the Para District Carnival. Our students competed in Long Jump, Discus, High Jump, Shot Put as well as 100m, 200m, 800m and Relay events.

Aden from Room 27 said *"Going to SAPSASA Carnival was a challenging and fun experience that allows children to be active in a competitive environment."*

Salma from Room 26 said *"Last term I went to the SAPSASA Athletics Carnival. It was really fun and my favourite was the long jump. I loved cheering on the my friends."*

I feel great about doing SAPSASA because I represented the school.

I like it that I can get a PB for

Butterfly I37.00; Backstroke - 42.00, Freestyle - 34.00 and Breaststroke - 43.00.

Matthew Room 25



The best bit was when I swam and I won the medals.

Urszula Room 24

SAPSASA— Football and Netball

Congratulations to The Pines School students who have been selected to represent the Para District in Netball (Lily Rm 27) and Football (Brandon, Jackson, Brodie Rm 27 and Harry Rm 35).

Carnival will be held on the 28 May to 1 June, with football to be played at West Beach and netball at Priceline Stadium.



Dates to Remember

Term 2

Week 2

11 May

Mother's Day Stall

Week 3

15 to 18 May

NAPLAN online

16 May

Governing Council Meeting

Week 4

21–22 May

NAPLAN online

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

5 SIMPLE YET EFFECTIVE WAYS TO CALM YOURSELF WHEN ANXIOUS

I found this article by [Lystia Putranto](#) provided some useful strategies for both children and adults to try when feel worried or anxious.

Jacqui Simpson – Student Well-Being Leader

Sometimes nothing feels quite as awful as anxiety. Fortunately for us, there's much we can do to reduce anxiety and its effects on our mind, body, and soul. Here are simple and fuss-free tips to apply that I have found to be effective to help establish and maintain a calmer peace of mind :

1. Take Deep Breaths

Breathing deeply differs from our normal breathing (shallow breathing) as it requires your focus to breathe from your diaphragm as opposed to just breathing from your nose. Moreover, shallow breathing may often feel tense and constricted, whereas deep breathing induces relaxation. By just taking a minimum of 10 deep breaths whenever you find yourself feeling anxious, you can instantly feel more peaceful and more importantly, it could bring our focus back to the present moment even in moments of panic or extreme anxiety. Through focusing our attention in the present moment, we are able to give our best effort in finding solutions to the issue(s) we worry about.

2. Listen to Inspiring Tunes

I'm a true believer in the power of music and great tunes can be a great tool in lifting our spirits whenever we feel anxious or overwhelmed. Create a special playlist of your favourite inspiring (preferably upbeat) tunes and be sure to have them on hand to give you a spirit boost whenever you feel less than stellar.

3. Let it Out

When we are plagued with anxiety, one of the best ways to alleviate yourself from that palpable worry is to talk it out with someone you trust. One of the toughest things to deal with when it comes to anxiety is the facade that you are alone and that you are the only one in the world who is going through challenging times. Feeling anxious and feeling like you have to keep it all bottled up is unhealthy and can often feel excruciatingly difficult. The truth is, all of us have experienced anxiety and worry and this is why it is crucial for us to be able to turn to our spouse, friend, parent or sibling and share our troublesome thoughts.

4. Jot it Down

If for one reason or another you feel uncomfortable sharing your feelings and thoughts to others, an alternative tool you can use is to keep a journal. That way, you can "spill" whatever you are going throughout and/or feeling in private. There's something soothing and cathartic in writing out your inner most thoughts into paper that often leaves you feeling calmer and more at peace. Sometimes our minds like to play tricks on us, making us focus on the worst scenarios of situations as opposed to what's actually real and this is definitely something worth keeping in mind the next time we find ourselves filled with worry.

5. Get Physically Active

Science has provided much evidence that physically active people have lower rates of anxiety and depression. Exercise may also improve mental health by helping the brain cope better with stress and feelings of worry. In one study, researchers found that those who do regular vigorous exercise were 25 % less likely to develop depression or an anxiety disorder. Exercise increases our endorphin levels which are our body's "feel good" chemicals and this, as a result, helps us burn off excess adrenaline that we produce when we are at a heightened state of anxiety.

Adapted from <https://www.bookmeditationretreats.com/news/easy-ways-reduce-anxiety> May 2018

Maths in Rooms 1 and 2

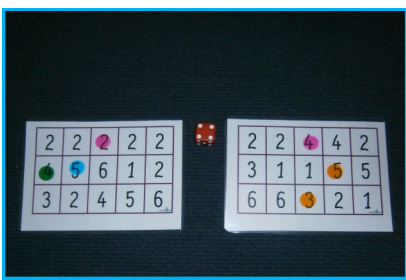
Room 1 has focused on the development of number sense. Number sense is being able to use numbers fluently and flexibly. We have been engaging in a range of activities and games to establish an understanding of the strategies for finding out how many in a collection.

An important aspect of developing number sense is the ability to subitise. Subitising is the ability to see how many in a collection without counting. This is how we recognise the dots on a dice. Other strategies include counting on and knowing doubles. As the children learn to trust the count and subitise, they can use this knowledge for mental computations and problem solving.



I like the bee game because I can learn to count on— 5, 6, 7, 8.

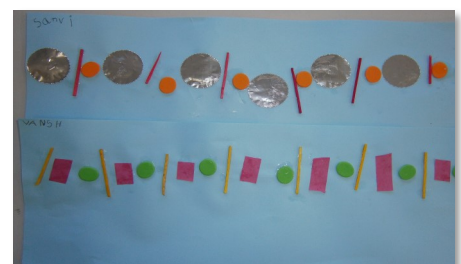
I can count one more than the dice— 6 and 1 more is 7.



I know that this is 4 without counting.

Room 2 explored sorting and patterning with a range of materials including classroom equipment, seed pods, ribbons, metal things and junk materials.

They sorted by size, shape, texture, colour, pattern and came up with other creative ways to do this.



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



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.

TERM 2 JUNIOR SQUASH PROGRAM



MONDAYS 4.00PM - 5.00PM
TUESDAYS 4.00PM - 5.00PM
WEDNESDAYS 5.00PM - 6.00PM
THURSDAYS 4.00PM - 5.00PM
SATURDAYS 9.30AM - 10.30AM
SATURDAYS 1.00PM - 2.00PM

INGLE FARM REC CENTRE

- STARTS WEEK COMMENCING MONDAY 30 APRIL
- RUNS FOR 10 WEEKS
- SPORTS VOUCHERS ACCEPTED
- FIRST TIME PARTICIPANTS RECEIVE THEIR OWN RACKET AND EYEWEAR TO KEEP
- 1 SESSION PER WEEK - \$60
- 2 SESSIONS PER WEEK - \$110
- SIBLING DISCOUNT - \$10

CONTACT GRANT NORMAN
0419 844 238 OR GRANT@BALLINGARRY.COM

PLAYGROUP

Wednesdays

9:00am—11:00am

Preschool Activity Room



Contact:

Jenny Halliday on 8281 2199

Email:

Preschool.info775@schools.sa.edu.au