The Pines School Newsletter



Week 6, Term 2 8th June 2018



Department for Education and Child Development

## Respect, Belonging and Fun Engaged Learning



# Reconciliation at the Pines 2018

27.5.18 - 3.6.18

This year for Reconciliation the Aboriginal Learning Community students designed some fantastic artwork on boomerangs as well as wooden animal shapes. Some students have had magnets put on the back of their work to take home and stick to their fridge.

This year the students will also work on a 5-piece mural that will coincide with NAIDOC week as well as a performance from Phil Geia – Island Dreaming in week 9.

We hope you have had a great Reconciliation week and managed to get along to all of the wonderful community events celebrating Reconciliation.

Thanking you Michelle Boerkamp ACEO





40's Block



Room 14

#### Dates to Remember

Term 2

Week 7

11 June Queen's Birthday Public Holiday

> 12 June Pupil Free Day

14 June Crows Presentation

Week 8
20 June
Governing Council
Meeting

Week 9 26 June Photo Day

29 June IELC Photo Day

Principal Cherie Collings

Assistant Principal Sam Konnis

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dl.1777.info@schools.sa.edu .au Web: www.thepines.sa.edu.au Below is an article from the '*Growing with Gratitude*' Blog that I thought I would share with families and caregivers.

Jacqui Simpson – Student Well-Being Leader

## We Often Say, "We Are Grateful…" But…Do You Live Gratefully?

There is a vast difference between thinking you are grateful and actually practising gratitude every day to live gratefully. In today's modern society of the western world it is becoming harder and harder for young people to have a deep sense of gratitude because let's face it, most things are handed to us on a silver platter.

Electricity, transport, food, water, clothes resources and for many – toys, electrical gadgets and so on. So it's no wonder most of us especially young children perhaps don't think twice about how lucky they are to have these things or feel truly appreciative of the day to day living situation around them.

### This is how you can start to help your child live gratefully:

- When eating a meal with your kids encourage 'mindfulness eating' which means, explore with your kids the taste they are experiencing when eating a certain food, what ingredients they think are in it, where they think the food came from and how long they think mum or dad took to cook or prepare that food. (This helps young kids to slow down and reflect on what they are eating instead of it being simply an automatic process. It promotes thinking about something or someone other than themselves and increases gratitude for not only the food but also everything involved in the process of creating the food and getting it to their plates)
- Mindful conversations can also be used during other things such as bath time, driving in a car etc
- Spark light conversations with your children around the fact that some other children don't have access to the certain things your children have- reassure them it is not their fault however it just means they should take extra care of their things because they are very special to have them. Perhaps encourage them from time to time that they can give away some of their unused or old toys to kids who aren't as lucky to have them and take them with you when you hand in these toys to whatever donation location you choose- praise these selfless acts.
- During breakfast time ask your children to think of two things they are grateful for/happy/feel lucky to have (language can vary to match age level) and briefly explore each family members answers. Do the same for dinner time or bed time.

This practise of gratitude will soon become a habit to a young person and they will start to naturally name more than two things, further than this a deep sense of gratitude will be embedded in them as well as in your whole family.

Jacqui Zdravkovski of https://www.empoweryoucounselling.com.au

## Principal's News

Dear Parents/Caregivers



Between *Week 6, Term 2 and Week 6, Term 3* hats are no longer compulsory for outside play. Students can continue to wear their hats if they choose. Please make sure that hats are kept in a safe place at home or school.







#### **BREAKFAST CLUB**

**Tuesday and Friday** 

8:10am-8:45am

(From 8:10am-8:30am Students must eat in Technology Kitchen)

Toast, Cereal, Fruit and **Yogurt** 

**All Free** 

All Welcome

**Technology Kitchen through** the Library Doors

**Thanks Caroline** 



#### PLAYGROUP

Wednesdays

9:00am-11:00am

Preschool Activity Room



Contact:

Jenny Halliday on 8281 2199

Email:

Preschool.info775@schools.sa.edu.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.



Say Cheese"



**MSP Photography** are on their way!!!

School Photo Day is: Tuesday, 26th June 2018 Friday, 29th June 2018

Have your child's school memories captured forever.

Please take time to read the relevant information on the MSP payment envelopes & remember these helpful points:

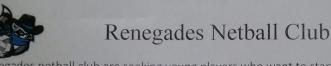
- Don't seal envelopes inside each other—You can pay for all children in one envelope however each child needs to have their own envelope on photo day. Family envelopes are available at the school office upon request. Please enclose correct money as no change is given—cash, chaques and money orders only. Credit card payments can only be made online.

Please feel free to visit our web site

www.msp.com.au

For photo enquiries Phone: (08) 8132 1148 or Email: enquiries adl@msp.com.au







Renegades netball club are seeking young players who want to start participating in a team

sport.

You will be able to learn netball skills, while having fun & building new friendships.

Seeking players from 5years old.

If you're interested or would like more details, please contact Kelly on 0429 686 850

contact us via Email: renegadesetballclub@outlook.com Or search our Facebook page and leave us a message.





Find us on