



*Respect, Belonging and Fun Engaged Learning*

## Principal's News

Dear Families,

We have had a very good term 3 with students working hard and making great progress. Recently I attended the Festival of Music choir performance at Festival Theatre. Our students performed really well and it was a wonderful evening. Well done to all students in the choir and thank you to Mrs Girgolas our Choir trainer.

We wish all children a safe holiday. School recommences for Term 4 on Monday, 15th October.

Cherie Collings  
Principal

Last Tuesday evening 32 of our students performed on stage at the Adelaide Festival Theatre as part of the Public Primary Schools' Festival of Music.

Our school was also represented by 2 students who were part of the orchestra/troupe.

The Primary Schools Festival of Music, an official state icon, is a public school-based music education program which is a collaboration between the Department for Education and the SAPPs Music Society, which gives all SA public primary students the opportunity to perform at a prestigious venue.

The commissioned work was entitled "Next Stop: North Terrace" which was a series of songs composed by local musician Mark Simeon Ferguson about the North Terrace cultural precinct. The concert ended with a spectacular sea of colour. It was a spectacular event that our students enjoyed being a part of.

Congratulations to all members of the Senior Choir.



### IMPORTANT REMINDER

Please advise the school as soon as possible of any changes to:

Address  
Telephone Numbers  
Emergency Contacts etc.

**It is vital that our records are kept up to date.**

Thank you



### Dates to Remember

**School Holidays**  
**1st October**  
**to**  
**12th October**



### Term 4

**Monday**  
**15th October**

**Week 2**  
**22nd October**  
**Cricket Clinics**

**25th October**  
**School Disco**

**Week 3**  
**Bullying Awareness**  
**Program—Interrelate**  
**Year 3—5 classes**

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Cherie Collings

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## Making Mornings Magic - Dr Justin Coulson

Here is an article we discovered at the parent workshop a few weeks ago. Thought it was a great article to share with fellow parents and caregivers to help mornings run a bit smoother for everyone. Jacqui Simpson – Student Well-Being Leader <https://www.happyfamilies.com.au/blog/making-mornings-magic/>

A mum recently had the morning off. Her husband agreed to get the kids set for school, and she took advantage of her newfound freedom by taking a walk around the block. "I felt so relieved" she told her friend later that day. "Every house I went past that had kids, I heard all of the parents screaming at their kids. I thought I was the only one that hated mornings. I felt guilty about it, but I was so glad I'm not the only one that has kids that can't get it together in the mornings."

But it doesn't need to be so hard. Here are the tips you need to make mornings magic at your place.

### Remember that your morning starts the night before

Running late because the kids can't find their sports uniform? Or their socks? Or their shoes or lunchbox or reading folder? Sort it out the night before.

In our home we follow this routine every night:

#### 1. Screens off at dinner

Yep. That's it. For everyone. As soon as dinner starts, screens go into the basket in the parent's room and stay there until morning. All screens. I repeat: for everyone including parents. If the big kids need them for homework, they can negotiate after dinner.

#### 2. After dinner, check uniforms for tomorrow

Make sure that uniforms are ironed, shoes and socks are found, hats are sorted, and everything is set out for the next day.

#### 3. Organise school bags and lunch boxes

Check your calendar and ensure the kids have their bag packed with their sport gear, their library books, or anything else that may need to take to school the next day.

#### 4. Give your kids a breakfast menu to fill out

In our home, we do it like they do in hotels. The kids circle the food options they want – and we give them plenty to choose from. Spaghetti and baked beans, eggs however you like, toast, cereal, muffins, drinks... the works. Make sure they fill it out completely.

(I can feel you stressing already. Stay calm. You'll see why this works well soon.)

#### 5. Give your kids a lunch menu to complete

Think of everything your kids might possibly eat for lunch. Their fruit. Some chopped vegetables. A sandwich. Leftovers. Whatever else you're happy for them to eat. Put it on the menu and get them to fill it out.

#### 6. Finish your normal night routine

When kids go to bed early and relaxed (without screens) they'll wake up happier the next day. Cuddles, stories, baths, teeth and hair should take care of your evening. And then YOU make sure you get the sleep you need. Screens off. Talk to your partner or loved one, read a book. Get your full 8 hours.

### Create a morning checklist

If you're constantly telling the kids what to do in the mornings, save your energy by creating a simple checklist for them to follow. Stick it on their wall. Use pictures if they're younger.

And no rewards. Just a check-box if they want to 'tick' that they've done it. The list is there so you don't have to keep track of who's not done what.

### Wake up ten minutes early

Start the day off by getting up earlier than you need – and by getting the kids up earlier than they need. But do it the right way.

My suggestion: sit on your kids' bed and scratch their back. Spend a few minutes talking to them about their day and what they're looking forward to. Then let them know it's time to get moving and you're there to help if they need it.

### Do as little as possible

This is the best bit.

Walk into the kitchen or living area. Then watch your kids do their stuff.

They'll leave their room dressed in their uniform because guess what? It was laid out the night before.

They'll walk into the kitchen for brekky, grab their menu, and organise things themselves, because guess what? It was laid out the night before. If they get stuck, you can help them to scramble the eggs or whatever is beyond them. But they'll be able to organise most of it themselves.

They'll grab their lunch menu and organise their fruit, their veggies, their snack, and their drink. They might ask for a bit of help with a sandwich if they're small. Maybe cling wrap is tricky. You can give them a hand. But guess what? They can do most of it on their own, and it's easy because they did the thinking last night.

Now and then they'll look a little lost. You get to say, "What's next on your list?" Or you might ask, "Is there something you need a hand with?"

But most of the time, your job is to sit, smile, and help out where needed.

Some of these things are a little tough for kids under the age of five. It can still be tricky. But most kids can manage most of these things without too much trouble. And that means that when someone walks past your house in the morning, they'll hear your family having a magic morning.





## Father's Night at The Pines Preschool



Wednesday 19th September was Father's Night in the Preschool. Many dads braved the rainy weather and attended an evening session at Preschool.



It was a special and happy occasion. Dads and their children read books, painted pictures, built towers and houses, played with playdough and much more. The dads even participated in a group time, where we sang songs and played fun games.



A big thank you to Jamie and Jack from Happy Haven OSHC who provided a yummy BBQ dinner for everyone.



**A big big** thank you to all the dads who attended this lovely event.

## Girl's Thursday Netball

Every Thursday during term 2 and 3, Miss M and Miss B ran netball skills sessions for year 6/7 students. From the first week to the last, students improved in all areas including teamwork and resilience. They consistently attended the sessions and put in their best effort. Well done to all the students who participated



# COMMUNITY NEWS

## Qkr is here!

The Pines School has introduced a new method of paying for School and Preschool fees and also the ordering of lunches through the canteen.

It is a free app called 'Qkr' which is downloaded onto your mobile phone. Please note:

The app will not give you information about how much you owe in fees, you need to check your invoice or contact the school.

2018 School fees – the full year fee of \$250 is ticked by default but you can nominate "Enter Amount" to pay a different amount.

2018 Preschool fees – term 3 fees of \$70 is set as default but you can nominate "Enter Amount" to pay a different amount.

Canteen lunch orders – you can pre-order lunches in advance by nominating the date. The cut off time to order lunch on the same day is 9:00am.

Information about the app is also available on the school website and on Skoolbag.

For further information please enquire at the school the front office.



## KARTMANIA GEPPS CROSS SCHOOL HOLIDAY SPECIAL

Bring this voucher in during the school holidays  
Sat 29th Sept - Sun 14th Oct 2018 and receive 2 laser skirmish games  
for only \$12 per person. (Normally \$18)

Bring Mum, Dad or friends, this voucher is valid for up to 6 people.

For ages 7 and up

Bookings are essential. Its as easy as a phone call 8262 8548



Laserforce at Kartmania Gepps Cross is Adelaides largest 2 storey indoor laser skirmish maze. Our laser skirmish is one of the darkest and tightest mazes around, creating plenty of hiding spots.

Kartmania Gepps Cross  
1 Port Wakefield Road, Gepps Cross, SA.  
8262 8548

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## Canteen News

Canteen on-line ordering is going well, please remember that you need to place orders before 9am. You can also order lunches up to two weeks in advance.



## Volunteers

We would welcome anyone that is available to volunteer in the canteen.