



*Respect, Belonging and Fun Engaged Learning*

## Principal's News

Dear families,

We look forward to seeing visitors and grandparents attend on Grandparents day. A flyer of the program is included in today's newsletter.

Last Friday I sent home a note advising families of an incident when a child was walking to school. Police are still investigating the incident. This incident happened in an area away from the school.

A reminder that it's always important that parents/caregivers are very vigilant at all times about supervision of their children before and after school, as well as on weekends to ensure their safety.

### Talk with and listen to your child

#### Spending time talking with your child helps them to learn and grow

Simple ways to do this include talking about what they're learning at school and what they enjoy or find difficult. Listening is a really important job.

#### Talk positively with your child about what they are enjoying at school

Ask about activities, topics, what they are learning or what they found interesting or fun in their day. Talking like this helps them believe in themselves and gain confidence.

#### Ask specific questions to draw out information. Instead of 'yes' or 'no' questions try:

How do you think you went with your maths or reading today?

What made you laugh today?

Who did you see being a helper today?

What was the most interesting thing you did today?



## 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

#### Term 3

##### Week 5

##### Book Week

21 August

##### Choir Rehearsals

23 August

##### Book Week Parade 9.15am

24 August

##### Grandparents/Special Visitors Day

##### Week 6

28 August

##### PGHS Transition Visit

30 August

##### SAPSASA Boys Soccer

31 August

##### School Closure Day

##### Week 7

3 September

##### Pupil Free Day

4 September

##### PGHS Transition Visit

Principal  
Cherie Collings

Assistant Principal  
Sam Konnis

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## Parents in Education (PiE) Week Parent Workshop

### *Behaviours for Learning and Well-Being*

Dr Justin Coulson

**Week 8 - Tuesday 11<sup>th</sup> September**

**MORNING TEA**

As part of the 2018 Parents in Education (Week 6), The Pines School will be hosting a local seminar viewing of Dr Justin Coulson speaking at the Adelaide Entertainment Centre about behaviours for learning and well-being for students. We will be running the session in Week 8 in order to view a recorded seminar and be able to hold this session in the morning.

All parents and caregivers from Pre-school to Year 7 are invited to come along and learn more about children's behaviour and strategies to develop resilience and problem-solving strategies.

We will be providing coffee, tea and morning tea for all parents and caregivers that are able to attend. For this purpose, it is important to register for the event. There will also be a crèche available. Please let us know how many children you will require a position in the crèche for when you register.

<b>When:</b>	Week 8 - Tuesday 11 <sup>th</sup> September
<b>Where:</b>	Staff Room
<b>Time:</b>	9.00am – 10.30am

Understanding the different types of behaviours that can support your child's learning and wellbeing and how you can help them develop these.

### **Key Themes**

- The fact that all behaviours have a purpose – they are a way that children communicate.
  - Understanding what your child's behaviour is trying to tell you.
  - How external influences affect children's behaviour.
- How to help children develop behaviours that will help them learn and have a positive sense of wellbeing. These could include:  
confidence and resilience self-awareness, self-management and social awareness the ability to work through problems, deal with stress and form healthy relationships skills in managing their emotions.

**Register to attend by phoning or visiting the FRONT OFFICE.**

Facilitator - Jacqui Simpson – Student Well-Being Leader





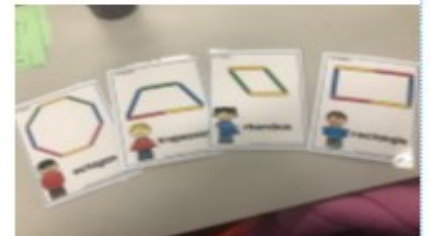
Congratulations to Matthew who participated in the School Sport Australia Interstate Championships held from 25th to 31st July in Hobart, Tasmania.

Matthew achieved several personal bests during the championships. His results included:

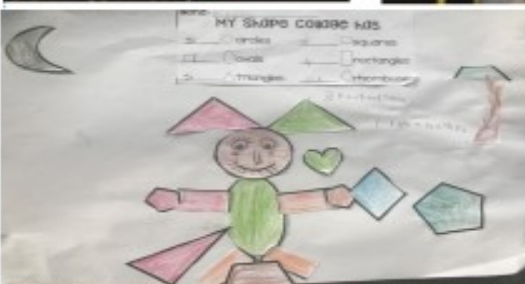
50m Breast stroke finishing 11th,  
100m Breast stroke finishing 17th, and  
50m Freestyle finishing 19th.

Matthew is looking forward to the next competition to improve on his performances. Matthew's parents would like to thank all those who provided sponsorship including our School and The Para District.

## Room 42 and 45



In math lessons, we have been studying 2D shapes. We have observed the properties of many shapes, and learnt about lines and corners. We have learnt to recognize, sort and name 2D shapes. Here are some pictures showcasing some of the learning activities we have enjoyed.



# COMMUNITY NEWS

## PARENTS: DOES ANY OF THIS SOUND FAMILIAR?

- Your child: often worries/ gets anxious
- Has “meltdowns”, finds it hard to follow instructions or gets frustrated easily
- May have been through or in a difficult life situation
- Struggles with social skills and managing friendships
- May have been diagnosed with anxiety, ASD, ADHD, ODD, learning or sensory problems - or not — but either way *often finds life tough.*

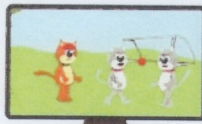
## WE CAN HELP!



**Calm Kid Central**  
calmkidcentral.com

### WE HELP CHILDREN MANAGE FEELINGS AND TOUGH SITUATIONS

Videos, activity sheets and posters for your children to help them understand worry, cope with stress, get along with others, act more calmly and behave in positive ways.



Calm Down Tricks



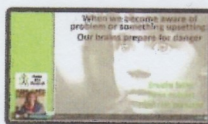
Understanding our “danger checkers” - why we worry



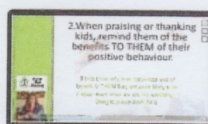
Relaxing our Bodies

### WE HELP PARENTS/CAREGIVERS FEEL CALMER, MORE CONFIDENT AND “GET THROUGH” TO TRICKY KIDS

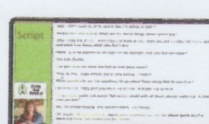
Videos, articles and “quick tips” for you to help you feel less stressed about caring for your child with big feelings and know what to say and do.



Helping Angry/Stressed Kids Calm Down



Making Praise More Powerful



Question Asking Mistakes

### WE ANSWER ALL OF YOUR QUESTIONS ABOUT YOUR CHILD

On Calm Kid Central, you can log in on your phone or from work/home and ask our child psychologists any question that you have about your children. We respond within 48 hours, 48 weeks of the year.

**FREE for Adelaide based families with a health care card.**

(Supported by Adelaide Primary Health Networks)

**go to : [www.calmkidcentral.com](http://www.calmkidcentral.com)**

As child psychologists we have been working with “tricky” kids and their families for over 20 years in our clinics. Now we have had over 1000 families and professionals sign up to Calm Kid Central.

Questionnaires completed by parents before and 4 months after using Calm Kid Central show that children experience a **significant reduction in anxiety, challenging behaviour and frustration.**

**97% of parents say it was quite/very/extremely helpful for their child.**

*“Just perfect specific tips that can be enacted immediately and that can be easily remembered. We had a lot of fun. Thankyou SO much. So practical and helpful...” - Parent*

Please note Calm Kid Central is NOT one to one therapy. Contact us with any questions about whether your child is suitable.

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