



Respect, Belonging and Fun Engaged Learning

Leadership News

Welcome back to all of our families this term and to the new ones that have recently joined our school. It has been a positive start to third term with children quickly settling into school routine. Third term has been traditionally “The Premier’s Be-Active” term where with parental and school support; children endeavour to do 60 minutes of physical activity 5 out of 7 days a week, for 10 weeks. If they achieve this, they receive the next medal in the sequence of achievement medals; our school is also rewarded with \$1000, which we spend on resources for our students.

We have had a fantastic response from families to the “Dentists in Schools Program” which begins on Monday the 3rd August. This program provides free dental care to all children that qualify for the program.

All teachers are really looking forward to catching up with parents during Interview Weeks (Weeks 4/5 - 10th to the 21st August) to discuss the progress of students. This year parents have the option of a phone interview. Notes and further information should be going home shortly.

A couple of other dates of significance this term are the Pupil Free Day on the 14th September and Sports Day on Thursday 24th September.

Finally, we would like to welcome Sonia Kilmister who joins our leadership team as the Senior Leader in Positive Education. Sonia will be working closely with the leadership team, to support our students in several specialised well-being programs.

Furniture to give away

We have a collection of miscellaneous furniture to give away. There are filing cabinets, sturdy teacher and student desks which could make good work benches or ideal storage in a shed or garage. If you are interested in any of the furniture, please see the Front Office staff.



Dates to Remember Term 3

Week 3

3rd to 7th August

Dentists in Schools Program

Weeks 4 and 5

10th to 21st August

Student/Parent/Teacher Interviews

Week 9

14th September

Pupil Free Day

17th September

Disco



Week 10
24th September

Sports Day



Principal

Mrs Cherie Collings

Deputy Principal

Mr Sam Konnis

The Pines School

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Wellbeing Corner



I would like to welcome Sonia Kilmister to our leadership team. Mrs. K and I will be working together with the SRC action teams, as well as providing proactive programs for students to develop their friendship and social skills, resilience and emotional regulation. Our main focus is to support student wellbeing and mental health for improved learning engagement. Each fortnight we will be providing you some information to support you and your child's wellbeing. If you feel your child needs additional support in these areas, please feel free to contact me so we can discuss it further. -- Ms. Valley

Wellbeing for Families

As the first educator of their child, parents/caregivers will have a significant impact on their wellbeing. However, there are many factors to consider when raising healthy and well-adjusted children. It's just not your child that you have to look after!

An important part of being a parent is to make sure you look after yourself. Parenting can be a demanding job and takes a lot of physical and emotional energy. It can be easy to lose sight of the importance of looking after yourself. If you're tired, stressed or exhausted, it's difficult to be the parent that you're striving to be. But when you feel happy and well, you're better able to cope with stress, maintain relationships and enjoy parenthood.

Wellbeing is more than just physical health - it involves your emotional, social and mental health too! It's the overall satisfaction you feel about yourself and your life - which can go up and down depending on what's happening in your life.

Good wellbeing can include:

- Feeling able to cope with daily stresses
- Having a sense of purpose and generally enjoying life
- Feeling able to manage negative emotions
- Feeling connected to your community
- Having supportive relationships
- Being able to do and enjoy things that are important to you

It's important to take time to reflect on your own wellbeing.

Thinking about these questions might help you figure out what area you need to focus on, or give you some ideas on how to improve your wellbeing.

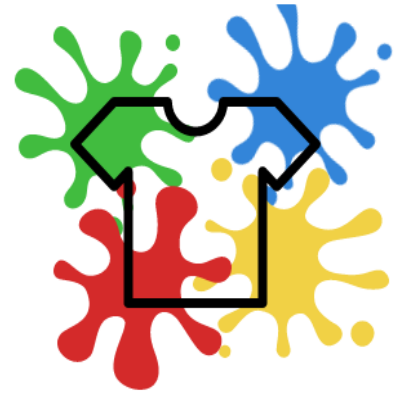
Ask yourself:

- Do I have someone I can talk to about my feelings, thoughts and experiences?
- Do I do things that I enjoy or make me feel good?
- Do I spend time with people outside of my immediate family?
- Do I get regular physical activity?
- Do I feel hopeful about tomorrow?
- Do I make time for distractions and fun?
- Do I set aside regular time for relaxation and activities that I enjoy?
- Do I eat regular and healthy meals?
- Do I get enough sleep?
- Do I get breaks from my daily responsibilities?
- Do I feel happy and content with my life most of the time?
- Do I think clearly and feel that I can work through any problems?

Sourced from: <https://parentline.com.au/parents-carers/issues/parent-wellbeing>

--Mrs. K

Tie Dye Sports T-Shirts



Are you sick of searching around shops trying to find the right coloured t-shirts for sports day?

Well we are here to help.

For a limited time only we are selling tie dyed t-shirts in your sports day colours of blue, green, red and yellow.

Pre-order and pay now as stocks are limited.

Child size: \$8.00

Adult size: \$10.00

Full Name	Sports day Colour	Size		Classroom number
		child	adult	

Orders need to be in to Miss Deb Room 26 by: Wednesday
12/08/20

They will be available for pick-up on our Market Day in wk 6

Be quick to make sure you don't miss out.

Student Leaders

Year 4 students Lily and Kaya from Room 29 and Lucas and Ali from Room 23, have been developing their leadership skills by teaching some of the junior primary students about our school gardens.

Last week, these Year 4 students had training to show them how to teach the younger students to pick peas and carrots responsibly and safely. Here is what the students have to say about the experience:

Lily from Room 29

It was a challenge to help all the kids in my group at the same time. Helping them to find the right size carrot and showing them how to pick them. I learnt that I had to show as well as explain what to do to, then the younger kids needed more help. I enjoyed teaching them because they could learn and in the future they can teach other kids as well.

Kaya from Room 29

I showed the Year 2 kids how to pick the carrots and snow peas. It was hard to get the kids to pick the peas carefully. The first time they did it I held the plant for them and they picked the peas. The second time they could do it on their own. I enjoyed teaching the little kids because I like teaching people. I think it helps me with my learning and it was also fun.

Lucas from Room 23

We taught the Year 2 kids to properly pick and eat peas and carrots. The challenge was making sure the kids were listening. I asked them to stand in a line and come one at a time to pick peas. So they were taking turns. I would like to do this again. It was fun to show the little kids how to do things and then keep doing it until they got it right.

Ali from Room 23

The challenge was for the kids to listen to me. I got them all to stay near me and put the carrots or peas in the bowl. I also had to make sure the kids stayed with me when we were washing the carrots. I will improve my teaching by making sure the students stay in a line and take turns more. I would also make sure I teach them by demonstrating more. It was fun to teach the little kids and when I grow up and I am a parent, I will be able to teach my kids how to do stuff.





What did the Year 2 students from Room 13 and 14 think?

Austin

I liked how I got to learn how to pick them with my friends. I liked that I got to take some home and cook them with rice. The big kids helped me with everything because I didn't know how to do it before.

Sarah

I enjoyed picking them because they were very delicious. And I liked eating them because they were very yummy and healthy.

Dakota

I picked some carrots and I tasted them and they were nice.

William

I picked carrots. We had to shake them to pull them out. Then we washed them. Then we got to eat them. They taste good.

Kaley

I liked picking the peas and carrots because it was fun that I got to help pick them. The big kids showed me how to pick the peas and carrots. They told me not to pick the little peas and carrots because they still need to grow into big peas and carrots.

The carrots were my favourite because they were sweet and crunchy.

Stella

We were picking vegetables. I liked doing it because we got to eat them after. It was really fun that we got to pick them. Because now we know how to pick them properly.

Sophia

I really enjoyed picking the carrots. The teacher was able to help me. I also liked washing them and moving them around in the ground to pick them.

Patrick

It was fun, and I don't care that I got dirty I just wash the dirt off. I got dirty by the carrots, pulling them out because my hand was in the dirt. We had to wash the carrots off to make them clean. You can't eat them if they are not clean. I liked eating the carrots. They had a lot of different textures to them, they were crunchy and then smooth when all chewed up.

Irons

I liked picking the carrots because it was fun. They were kind of sweet. They were yummy. The big kids helped us by saying how to pick the carrots that you can see, don't pick the small ones because they still need to grow.

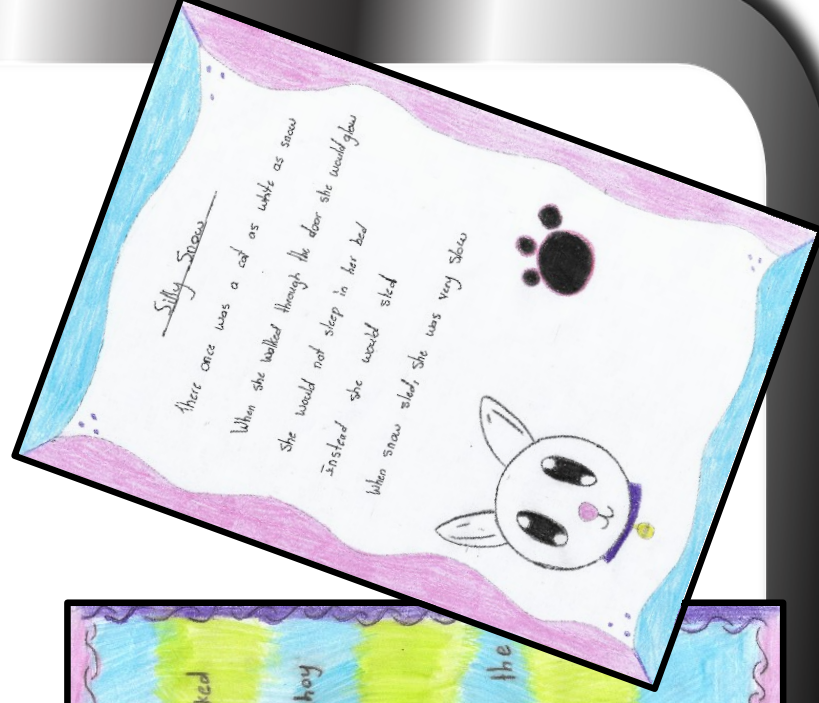
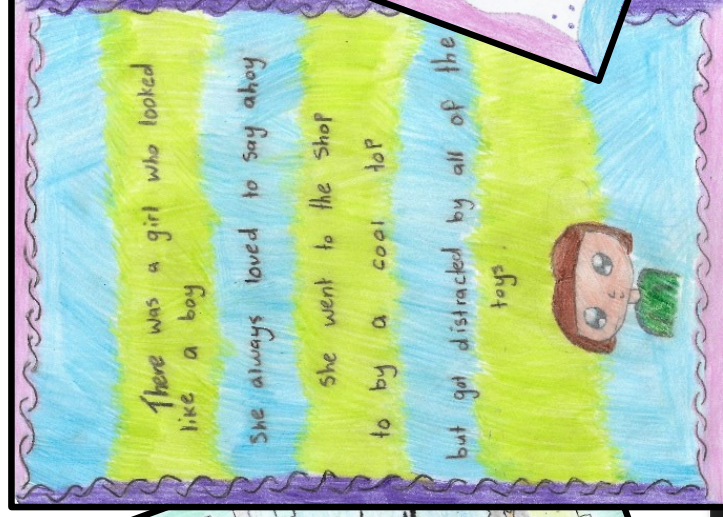
Mr. Liam - Room 35

Last term in Art, Room 35 studied acclaimed ukiyo-e painter and printmaker Katsushika Hokusai. Students created a piece of natural and figurative work depicting life in Tokyo throughout the 1800's. We practiced techniques such as foreshortening to make objects appear larger in the foreground of our pictures, as well as using the colours that Hokusai utilised frequently.



ROOM 37 Poetry

As part of writing in term 2, the Year 5's created, designed, edited and published limericks. To help the students enhance their poetry they have been learning about figurative language including similes, metaphors, personification and idioms. Below are some student poems that include examples of similes and metaphors.



COMMUNITY NEWS



SOCCER FOR JUNIORS



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- Skills based intro to Soccer
- Indoor sessions
- Modified equipment
- Ideal for beginners
- Age appropriate programs
- Parent help for 3+4 year olds
- SOCCER BALL TO KEEP!

Location: Mawson Lakes Sports Centre

UniSA Campus – B Building) Off Mawson Lakes Blvd, Mawson Lakes

Starts

\$78

Saturday 15th August

3 + 4 year olds – at Wynn Vale

5 + 6 year olds - 10.30am to 11.15am

7 - 9 year olds - 11.15am to 12.00pm

\$78

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To receive the Earlybird price of \$78 you need to Enrol+Pay before 1ST August.

**After 1st August cost will be \$90 FOR 6 SESSIONS INCLUDING A
SOCCER BALL FOR YOU TO KEEP!**

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