



Respect, Belonging and Fun Engaged Learning

Leadership News

Term 4 has begun and it has been fabulous to see all our students return to school happily and full of energy. We have also welcomed new families and students to our school for the first time this year. On Tuesday we completed the annual Sports Day and the Green Team was successful in winning the day. This term is a very busy one as we continue with quality learning and prepare for the end of the school year and all the activities it brings. We particularly wish our Year 7 students the best of luck for this term and encourage them to work extra hard to achieve their goals. They have 44 days left in primary school and we know that they have worked so hard over the years to learn and to mature into wonderful human beings and leaders of the school.

This week on Friday, we have school photos and they will be followed up again next Monday so if students are ill they do not miss out on being in the class photo. Please ensure your children are at school on time on each of these days, as the photographer will begin work early.

We have a fabulous performance planned for our students called Girl Inside, which is about a deaf girl who tries to navigate her world. This performance is a musical based on an award-winning book by South Australian author Phil Cummings. We are lucky to have the opportunity to share this performance with our students.

In week 6 of this term two Year 6/7 classes will hold their Market Day. The students have worked hard on planning and preparing their stalls to be profitable and to provide a great range of items for the rest of the children in the school to purchase. We wish them well in their endeavours.

Reminder **School Closure Day**

Our school's School Closure Day is **Friday, 13th November 2020**. Staff will not be at school on this day. OSHC is open for bookings.

Dates to Remember

Term 4 Week 1

**Friday,
16th October**

School Photo

Week 2

**Monday,
19th October**

School Photo

**19th - 23rd
October**

BOOK WEEK

**Tuesday,
20th October**

**BOOK WEEK
Dress Up Parade**

**Thursday,
22nd October**
Book week
Performance
'Girl Inside'
R-6

Principal
Mrs Cherie Collings

Deputy Principal
Mr Sam Konnis

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WELLBEING CORNER



Welcome back to Term 4!

We hope you had the opportunity to spend some quality time with your children. The year has flown and we now find ourselves close to the end of the year with mostly beautiful weather. With daylight savings underway and much longer days, our children will need more energy to sustain them throughout each day. They can get this energy through eating the right kinds of food. Below is a bit of information about how children can get the energy they need in a healthy, but practical way.

Some children are given sugary treats such as lollies, chocolates and chips to fill in their lunch boxes and whilst these will provide a quick energy boost, they are not good for the long term energy needed to sustain them throughout the day. They are also not good for their concentration levels, not to mention their teeth! A better alternative is to provide fresh, natural foods, such as fruit and vegetables, wholemeal, whole wheat or fruit breads, fish, cheese and wholegrain cracker biscuits.

If your child is used to having sugary snacks, there will probably be some resistance at first to the idea of swapping them for fresh, healthier snacks, but over time, they will adjust and their energy levels for learning will improve. Children often enjoy helping you to organise their lunches and snacks and will be more likely to eat it if they have helped to prepare it. Remember to include fruit and vegetables in your child's lunch box. Foods such as sandwiches can be prepared the night before or on the weekend, frozen, then taken out for each day's lunch box.

Foods to put in a lunch box include the following suggestions:

- ◆ Fresh fruit
- ◆ Crunchy vegetables and salads
- ◆ A meat or protein food such as slices of lean meat, hardboiled egg
- ◆ Dairy food such as a cheese stick or slice, grated cheese, milk or yoghurt
- ◆ Carbohydrates such as bread, a roll, pita or flat bread, fruit bread or crackers

Further information about food choices for lunch boxes:

- ◆ Fruit – best choices include fresh or tinned fruit. Dried fruit is sticky and high in sugar, so have it occasionally. Dried fruit bars and 'straps' should be avoided as they are very high in sugar, low in fibre and stick to children's teeth causing tooth decay.
- ◆ Vegetables – try vegetable sticks with dip or a small container with mixed vegetables such as cherry tomatoes, carrot sticks, capsicum and cucumber. Chips and packets of crisps are best left for parties and special occasions.
- ◆ Milk, yoghurt and custard can be kept cool in an insulated lunch box. Dairy desserts and flavoured milks are high in sugar and should be avoided.
- ◆ Dips, cheese and biscuits – pre-packaged or your own homemade versions of cheese and crackers are fine. Children enjoy mini packaged cheeses. Avoid sweet dips such as chocolate spreads. 'Oven-baked' savoury biscuits are just as high in salt and fat as chips and are best avoided.
- ◆ Different breads add interest – include a variety of bread, especially if children begin to lose interest in sandwiches. Try bread rolls, pita bread, flat bread, bagels, fruit loaf or buns, scones, pikelets, muffins, crumpets, crispbreads, rice cakes or corn thins.
- ◆ Fillings can include vegemite or cheese (try different types), tuna, egg, sliced cold meats, baked beans, grated carrot and lettuce, chopped roast meat with pickles or chutney, and avocado. Dips like eggplant, chickpea (hommus), cucumber, yoghurt (tzatziki) or spinach also make good spreads. Avoid chocolate spreads, jams and honey, and fatty meats like salami or metwurst.
- ◆ Muffins and cakes – try making your own muffins and cakes as a great way to include more fruit and vegetables. Examples include sultana, carrot, zucchini, banana or pumpkin. Donuts and creamy cakes are best offered at birthdays and special occasions instead of in lunch boxes.
- ◆ Muesli and 'breakfast' bars – almost all 'bars' are too high in sugar to include regularly, but cereal bars may be better for teeth than chewy sticky muesli bars. Try to avoid muesli bars and chocolate bars in lunch boxes. These are expensive and are usually stuck together with fats and sugars.

We hope you find some of these suggestions helpful!

Christin Valley and Sonia Kilmister

Bookweek 2020



This year Book week is being celebrated in week 2 of this term. The theme is '**Curious Creatures and Wild Minds.**' The students have an opportunity to dress up as their favourite book character or something else related to the theme next Tuesday, 20th October.

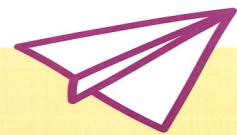
Ms Gina has created a magical display in the library to celebrate Book week and the short listed books are all on display for our students to read and enjoy.

Tell Helen Postcard Campaign

Many of our students aged 8-12 years are directly supporting the important work of South Australia's Commissioner for Children and Young People, Helen Connolly as active participants of her 'Message to the Commissioner' (Tell Helen) Postcard Project.

The project is helping the Commissioner to gain a clearer understanding of what is important to students aged 8 - 12 years. She is asking this under-represented group of children and young people to respond to six simple questions including what they would do if they were the boss of South Australia. All responses are anonymous. No personal information is being collected. The Commissioner will use our Student's responses to inform her work to make South Australia a great place for children and young people.

Learn more about the 'Message to the Commissioner' (Tell Helen) Postcard Project at www.ccypsa.com.au/tellhelen



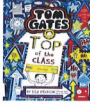
Tom Gates top of the class (nearly)

Liz Pichon

Tom Gates top of the class (nearly)

Scholastic

2015



Do you like simple and short types of novels with twists? Well Tom Gates top of the class might be the perfect book for you. Yes, I'm talking to you.

At the start, Tom's (the main character) is dreaming about being a school counsellor when Mr. Fullerman wakes him up. Then, Tom goes to catch-up class to study for the next test that's coming up. Over there, he meets Bully Buster and he starts getting distracted. Next, he draws an inappropriate drawing about his teacher. Mr. Fullerman comes around but Tom quickly hides it. Tom and Derek (his best friend) are passing notes but bully Buster finds out and gets cross. He tells them to keep it a secret. When Tom leave catch-up class, he soon realizes that he forgot the drawing in the library. If you seek more information, simply buy the book at Scholastic.

My favourite part was when Tom realised that he had left his drawing in the library. You can really tell by his face on page 66. My favourite character is Tom because he goes through a whole series to get that drawing back. The reason I think the author wrote the book is it could be relatable for troublemakers at school and to entertain the reader. Tom and Derek are the main characters. They do what an average kid would do except they have an amazing band called Dogzombies and the author has even written a book about it called Dogzombies rule. The illustrations are simple, yet really enjoyable. The font of some words change because the font is related to the word. For example, when Tom says, "did Mr. Keen just say **THICK BLACK MARKER PEN**" it says thick black marker pen in bold.

I love this book like all the other Tom Gates books but this one is my favourite. This would be a great class novel and people might even read other books by Liz Pichon. I recommend this to 9-11-year-olds. I rate this book a solid 10/10.



Review of Written Text

Author: J.K Rowling

Book Title: Harry Potter and The Philosopher's Stone

Publisher Name: Bloomsburg

Date Published: 2001



Have you ever wanted an imaginative book with descriptive sentences? Well then Harry Potter is the perfect book for you.

Harry Potter is a boy who had a very hard life with his parents dying when he was a baby. He is treated badly by his Aunt and Uncle until he gets a letter from Hogwarts. His Uncle continuously burnt his letters and Harry was taken to an unknown house in the middle of the ocean, to get away from the letters. But then a strange man who looked like a giant, who had a big, bushy beard came. From here on the book gets so exciting it's unbelievable! Harry meets several friends along the way. It has so many plot twists it grabs hold and never let's go.

The three main characters are Harry, Ron and Hermione. Harry is my favourite character. He's a very pale boy, who wears glasses, has black hair and a scar that looks like a lightning bolt. Ron is from the Weasley family who has orange hair, 6 siblings, a pet rat and is very poor. Hermione is a girl that has brown hair, is very smart and loves studying.

Personally, I love Harry Potter. It's so descriptive and imaginative, I love it. The plots are so interesting and there are so many characters. Its like I can't say anything bad about it. Also GUESS WHAT! It's a 7-book series and it just gets more interesting! Although I have not read other J.K Rowling books I would love too. So, get up and ask your family members to get HARRY POTTER!

My review on this book is a big, big, big, giant 5-star rating. I recommend it for ages 9 and above. Thank you for reading my book review on Harry Potter Ep. 1.



By Jaxon

Rm 25

Review of wolf girl

Anh Do

Wolf girl

2019



I bet you've been forgotten or lost, and that's a big thanks to your parents. You probably haven't been lost for too long but... This character in wolf girl has been lost for FIVE YEARS at least for book 1.

The main events in book 1 was escaping war, getting separated, finding wild dogs and a wolf and lastly saving an eagle. At first Gwen (The one that got lost) wasn't use to eating disgusting insects and didn't wanted to eat them. I mean would you want to eat insects? YUCK! But after some time, she had no other chose but to eat insects and wild life. Imagine you were in her place!! The main character is Gwen. Gwen has a family but she was caught in war. They tried to escape like everyone else but they ended up getting separated. But now she mad new friends. 4 dogs, a wolf and an eagle. She misses her family very much. I mean she's been lost for around FIVE YEARS! At the end of book 1 something insane and unexpected happens.

Some characters in the beginning of the book were Gwen, Kate (her sister), Mum and Dad. Some information about her pets are that Zip, is half blind. At the start, her name was Puppy but now that she's grown and they found out that she is a wolf they changed her name to Sunrise. Sunrise is a wolf who is big, strong and fast. Bruno has anger issues and he hesitates. Nosy is a good smeller, Tiny thinks he's the leader including the best out of the group. But Eagle is helpful because now that she's grown up, she is very handy for food.

My favorite part of wolf girl 1 is the beginning because her mum wakes her up in a rush while its dark outside. I like how her sister Kate and her were fighting in the back of the car. If you have siblings we can relate. My favorite character is Gwen and Sunrise/Puppy. I like Gwen because she is the main character also because she's warm hearted. I like Sunrise/Puppy because she's good at a lot of stuff like running, caring for others and getting food. The illustrations were good because it showed us the main action on that page. The authors purpose is that people go through hard stuff throughout their lives. The author Anh Do did really well with the story because much of the book is based on true events that people have experienced. Though the events in wolf girl 1, the author got me and others hooked. I badly want to read book 2. I haven't read any other books of hi but I would love to read his books because his books are gripping and entertaining. My overall opinion of this spectacular book is that the book gets you scared by, what will happen next, will she die? But don't worry, it's also adventurous. I give this excellent book a 5/5 because it's my type of book. I think the ages 10-30 would read it.

Kosar rm:25

Room 25

Room 25 spent a lot of Term 3, viewing brief media clips, reading novels and then reviewing both. Although we would all love to have our efforts published, we have only enough space for these few examples. We have chosen some **book** reviews to fit in with **Book week** next week.

Student Leaders

Student Reporters

Riley, Malisa and Hayley from Room 28

Room 28 Zoom Call with astrophysicist Dr Brad Tucker from The Australian National University



Room 28 online with Dr Brad Tucker and reporters Riley, Malisa and Haley

At the end of Term 3, Room 28 had an online call with Brad Tucker, who is an astrophysicist (someone who studies space) from The Australian National University. Students gave him a series of space related questions, here are some of the questions and responses:

Q: If the Sun disappeared, how long would it take for us to realise?

A: We wouldn't realise until 8 minutes later due to the speed that light travels through space.

Q: If you were looking at Earth from a giant telescope from far away, would you be able to see dinosaurs or the Big Bang?

A: If you travelled far enough into space, you would be able to see dinosaurs and the Big Bang because it has something to do with light years and the speed of light travelling.

Q: Is it possible to time travel?

A: The answer was very complicated and it would be too hard to explain here, but we are able to time travel (sort-of) due to speeding up, e.g. Flying in a plane would be faster rather than travelling in a car to the same destination. According to scientists, using less time is classified as time travel. This means when you fly in a plane, you age less than if you were in a car.

Q: What is light pollution?

A: If you looked up at the stars in the countryside, you would see more stars and they would appear brighter than if you looked up at them in the city because of light pollution.

Some facts Brad Tucker told us were:

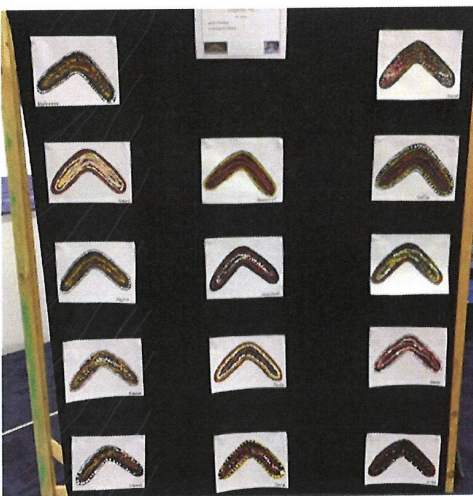
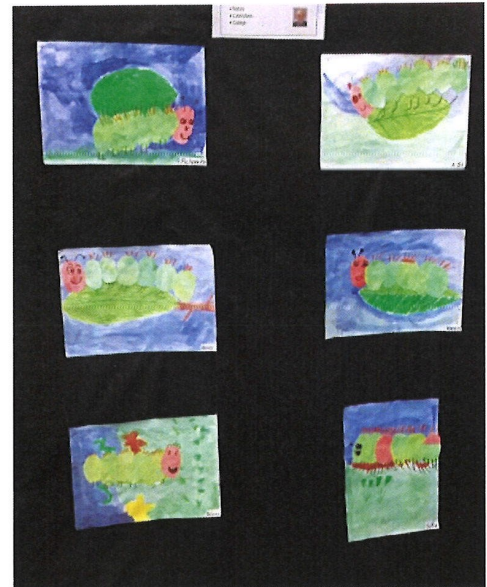
- People used to think that the Solar System was rotating around the Earth. Later on, it was discovered that the Earth and the other planets are orbiting (moving) around the Sun.
- The Earth is rotating around its axis (spinning) which causes day and night.
- A chemical was discovered on Venus that possibly came from something alive.

It was interesting to learn and hear ideas about space from an expert. It was also fun to learn from different styles of teaching to what we are used to.

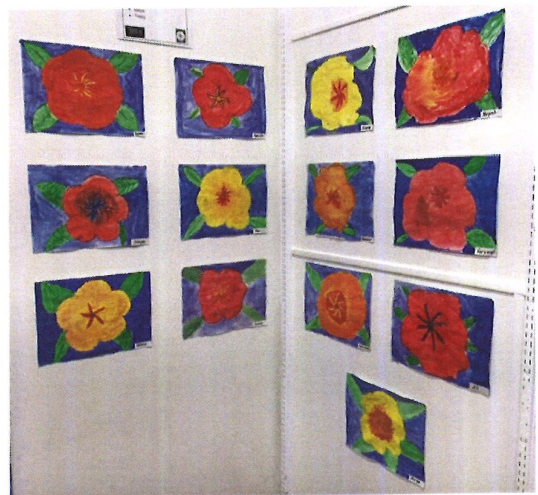
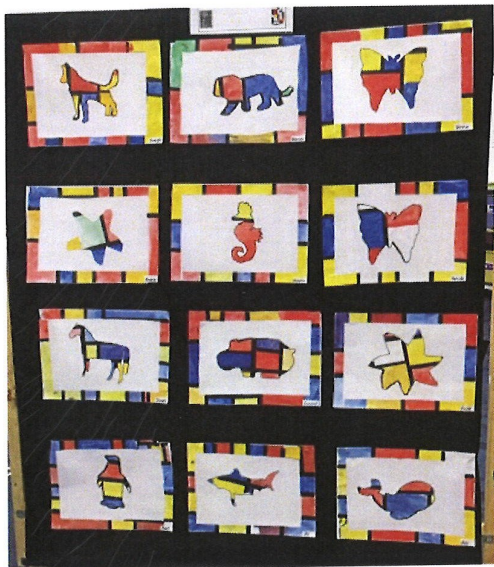
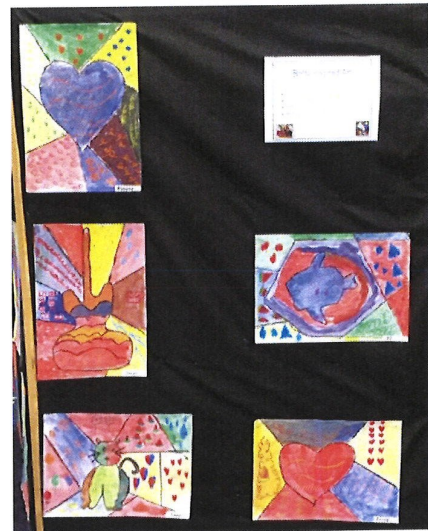
IELC Art Exhibition

Last term Ms. Sandra's, Ms. Sharma's, Mr. Z's and Ms. Anna's class explored various artists from around the world and experimented with many different materials and techniques during Visual Arts lessons. The students from each class showcased their beautiful pieces of work in an Art Exhibition during the last week of Term 3. Parents and caregivers came to view their child's artwork in scheduled time slots over two afternoons. They were impressed with the quality of work from all four classes. Congratulations IELC!

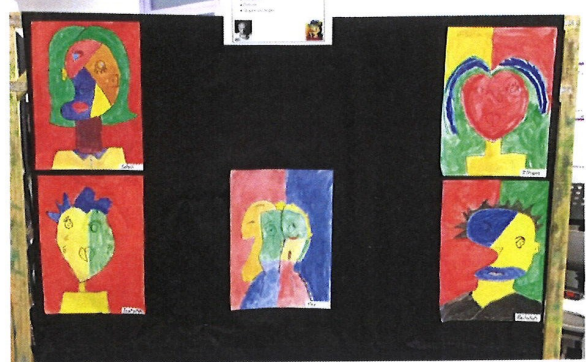
Ms. Sandra's Class



Ms. Sharma's Class



Mr. Z's Class



Ms. Anna's Class



