



Respect, Belonging and Fun Engaged Learning

Leadership News

Managing wellbeing is everyone's business at The Pines School. This year our classroom teachers have all implemented Berry Street Circles each morning within their classrooms. The goal of these circles is to develop a sense of belonging and connection as a group. We participate in positive greetings, celebrate student successes, set expectations for the day and prepare students to have a positive mindset for learning. Our circles create a calm, ordered and predictable routine in the morning.

Each day after play time we also participate in mindfulness activities such as meditation and breathing. Engaging in mindfulness activities every day strengthens student focus and attention in class and supports students in reducing stress and anxiety as well. Being mindful involves being present in the current moment, which can be difficult to maintain at first but improves through ongoing practice. Mindfulness can also help students recognize and regulate their emotions. If you have moved to keeping your children at home, continuing mindfulness activities can not only support them but also other members of your family. Smiling Minds is a free app you can download and use to incorporate mindfulness into your daily lives, at home.

During this unpredictable time, it is important to continue managing your family's wellbeing and your own. Allow children to share their concerns and have calm and reassuring age-appropriate discussions about the situation. Try to limit exposure to media (social, TV, radio) and be aware of how this information may affect and increase anxiety in all family members. If you are at home in isolation, the Beyond Blue website has provided some ways to support your mental health:

- Remind yourself that this is a temporary period of isolation to slow the spread of the virus.
- Remember that your effort is helping others in the community avoid contracting the virus.
- Stay connected with friends, family and colleagues via email, social media, video conferencing or telephone.
- Engage in healthy activities that you enjoy and find relaxing.
- Keep regular sleep routines and eat healthy foods.
- Try to maintain physical activity.
- Establish routines and try to view this period as a new experience that can bring health benefits.
- For those working from home, try to maintain a healthy balance by allocating specific work hours, taking regular breaks and, if possible, establishing a dedicated work space.
- Avoid news and social media if you find it distressing.

We wish all our families at The Pines School, good health, both in body and mind. Our character strengths this term are kindness and generosity – I encourage everyone to practise these skills as we move through these challenging times.

Dates to Remember

Term 1

Week 10

***3rd April
End of Term
School finishes
3:00pm***

Week 11

***6th - 9th April
Pupil Free
Days***

***10th April
Good Friday
Holiday***

Term 2

**Week 1
*27th April***

***First day of
Term 2***

Principal
Mrs Cherie Collings

Deputy Principal
Mr Sam Konnis

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For Sale

Euromaid freestanding oven. In good working order for \$75. Please enquire at Front Office.



APPLYING FOR A SCHOOL CARD



All types of School Card applications are now online.

You can access the online forms from any device that gets internet, including mobile devices, such as tablets and smart phones, as well as laptops and computers.

Applying online is easy! Simply follow the steps below.

- STEP 1** Visit sa.gov.au/education/schoolcard
- STEP 2** Select the type of School Card you would like to apply for (for example 'Type A') and follow the prompts.
- STEP 3** Complete all mandatory fields.
Please note: you cannot submit your application unless all mandatory fields are complete.
- STEP 4** Once you have completed a page click on the 'NEXT' button.
- STEP 5** Once you have filled out all pages click the 'SUBMIT' button.
Please note: if you exit the form without clicking 'SUBMIT' your details will be lost.

You can save the form, and return to complete it at another time, by clicking on the 'SAVE' button.



sa.gov.au/education/schoolcard



Government
of South Australia
Department for Education



Government of South Australia

Department for Education

Office of the Chief Executive

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Dear parents and carers,

The advice from national Public Health officials remains clear – schools, preschools and early childhood services are safe to remain open, and will continue to operate.

However, COVID-19 is an unprecedented challenge and we understand that many of you would prefer to keep your children at home during this time. We support your choice.

Until the end of Term 1, some teachers will have capacity to offer take home work, but others will not. Please continue to support our teachers, as they are doing their very best in this unprecedented situation.

To support our transition to flexible teaching and learning ready for term 2, there will be 4 pupil free days from 6 to 9 April 2020 inclusive. This time will allow our staff to plan and prepare for new models of school based and home based learning.

To support learning at home, the Department for Education has launched Our Learning SA – a curriculum portal where you can access quality learning materials. These resources will be regularly added to. Please visit www.education.sa.gov.au/ourlearningsa.

We are also working with schools and preschools to develop options for OSHC and vacation care over the pupil free days and school holidays for children of essential workers. Please speak to your child's school or preschool for more information.

Thank you for being flexible and understanding as we work through a new way of teaching and learning during this extraordinary time.

We are working very hard to support you and ensure that essential school and early childhood services remain available to you.

If you need any more information, please talk to your child's teacher, or visit the Department for Education website – www.education.sa.gov.au.

Yours sincerely,

Handwritten signature of Hon John Gardner MP.

Hon John Gardner MP
Minister for Education

26 March 2020

Handwritten signature of Rick Persse.

Rick Persse
Chief Executive

26 March 2020



Science News

Hi parents/caregivers,

I cannot believe how quickly this term has gone!

It has been great getting to know all the students and help to foster their love of Science.

The students seem to be enjoying Science this term, which is fantastic.

Because of the interest, I have decided to run a lunchtime (Tuesday's only) Science Club. The process for selection was tough as I had over 60 applications and could only have an intake of about 15 students. Sonia and I worked through the selection process, following a question guide to determine who would be selected.

I would like to congratulate the following students:

Room 23 - Isaia, Anina and Saanvi

Room 25 - Eleni and Vihan

Room 27 - Chahed, Jemima, Angelo, Snit, Makayla, Quang and Cailan

Room 28 - Yuvika

Room 32 - Kartik

Room 35 - Kavynash and Nauman

I look forward to working with all of you.

Take Care
Ms Ash

Canteen News

Qkr Ordering Upda



masterpass

TIP OF THE WEEK

Q. How do I cancel food orders that have already been paid for?

A. To cancel a food order from your itemized eReceipt:

1. Open Qkr! and tap Activity.
2. Scroll down to 'Order History' and sign in with your password.
3. Tap the red circle with a minus symbol on the order to be cancelled. Select the entire order or individual items to cancel and tap 'OK'.
4. If your eReceipt contains food orders for more than one child, you will need to cancel one by one.

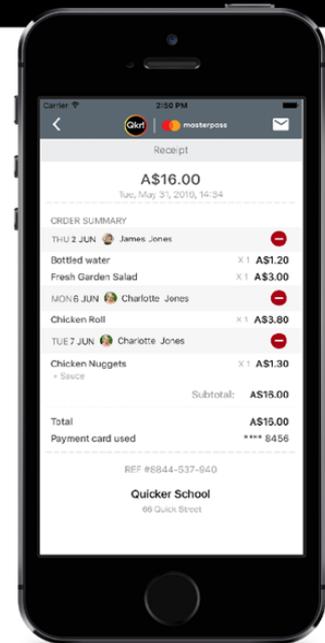
OR

To cancel a food order from the calendar view:

1. Open Qkr! and select the relevant menu.
2. Tap on the tick icon on the date for which you want to cancel the order.
3. Tap the red circle with a minus symbol on the order to be cancelled. Select the entire order or individual items to cancel and tap 'OK'.

Cancelled items are shown in red on your eReceipt confirming they have been cancelled and a credit is available for future food orders. The value of any credits will be automatically deducted from your next Qkr! food order.

Please contact your school office to cancel any other (non-food) school payments according to school policy.



2021 Preschool Enrolments

*If your child turns 4 years old before 1st May 2021,
they are ready for Preschool in 2021!*

*Please go to the Preschool to complete a registration form or
email us at cpc.info87@schools.sa.edu.au*

Spaces are limited so get in quick to secure a space for 2021.





HARMONY DAY

With Room 5

The last few weeks we have been celebrating Harmony Day and our cultural heritage. The students made two handprints which they decorated. One handprint has a picture of their family and an activity they like to do with their family. The other handprint has their heritage and Aboriginal symbols. We decided to make a Harmony Day tree to use as a classroom display to celebrate and embrace our diversity.