

PARAFIELD GARDENS PRIMARY SCHOOL

United Nations Global Peace School

Working Together



Newsletter - Week 6 Term 3 2024

From the Principal

It was wonderful to see so many of our students and staff get into the theme of Book Week this year, as we enjoyed a week long celebration including our Book Week Parade. Thank you to Lantana Kindergarten and Parafield Gardens Children's Centre for joining us for the event and a big thank you to all of our parents and carers for supporting their children with their fabulous costumes. Congratulations to Aira and Aima (Most Creative Award), Teebah and Jayce (Best Dressed), and Isabelle and Arlo (Most Magical).

School Tours have begun this term for parents/carers looking to enrol their children in school for 2025. We still have spots available on:

- Friday 6th September at 9:30am
- Tuesday 10th September at 5pm
- Thursday 19th September at 5pm.

This is a great opportunity to check out our facilities, resources and learning program, and discuss the individual needs and interests of your child. Please call the school on 8258 1816, if you would like to attend. 2025 enrolment packs can also be collected from the front office during school hours.

Thank you to our busy Governing Council Fundraising Committee who coordinated our Fathers Day Stall this year. Our students were very excited to choose from a wide range of gifts for their special person, with all proceeds going towards school fundraising.

This year, we will be holding a Disco for students, R-Year 6, on Thursday 26th September, 3:15pm-5pm. Tickets will be \$5 and can be purchased at the front office, from Week 7. Money raised from this event will go towards school fundraising. This event will coincide with our Casual Day with gold coin donation, being on the same day.

Learning Conversations are a great opportunity for all parents/carers to sit down with your child and their teacher and discuss your child's progress and achievements towards their learning goals. Session times for Week 9 can be booked online using our platform 'School Interviews' or by contacting your child's teacher via Class Dojo. Interpreters and Translators are available upon request. More information will be available soon for all families.

Have you bought your tickets for the Festival Choir Concert on Thursday 19th September? Come along for a special night out where we celebrate our choir students and enjoy their performance.

All of our parents/carers are invited and welcome to attend our International Day of Peace Ceremony in the courtyard on Friday 20th September, 9:15am-9:45am.

A reminder that Friday 30th August is a Pupil Free Day, and Monday 2nd September is our School Closure Day. Students are not required at school on these days. Our staff will be utilising this time to undertake professional development related to Problem Solving in Mathematics, individualised learning and support, and wellbeing.

Sara Broster

2024 Overdue School Fees

Thank you to those parents who have settled their accounts for this year's school fees. Final Notices will soon be issued to families who are in arrears, and have not made arrangements to pay their accounts by instalments. Please remember to apply for School Card if you are on a low income - this needs to be applied for each year. Methods of payment include Qkr!, EFTPOS, cash, Centrelink deductions and direct debit.

Any outstanding accounts will be sent to the Education Department's debt collection team and then referred to the Auditor General's Department.

Jenny Southwell - Business Manager

DIARY DATES

Fri 30th August	STUDENT FREE DAY
Mon 2nd September	SCHOOL CLOSURE
Tues 3rd to Fri 20th September	Dental for Schools
Tues 10th September	Governing Council 6:30pm
Mon 16th to Fri 20th September	LEARNING CONVERSATIONS
Thurs 19th September	Festival Choir Concert
Fri 20th September 9:15am - 9:45am	International Day of Peace Ceremony in Courtyard
Thurs 26th September	Casual Day with gold coin donation
Thurs 26th September	Disco 3:15pm to 5pm
Fri 27th September	Last Day Term 3 Early dismissal 2:00pm



OSHC Showcase

Thankyou to Aida and her OSHC team for warmly welcoming other OSHC Directors and staff from around the state. Our OSHC was selected as one of only four sites to visit for the OSHC Showcase on Friday 9th August, with ours being the only public school governed OSHC. Guests were treated to a freshly cooked meal and with a hands-on approach, were given the opportunity to make their own dumplings while enjoying the welcoming space and seeing all the wonderful displays and activities that our OSHC staff provide. With a new generation of OSHC staff now working in centres, we were grateful to Aida and her team for sharing with them all the great ideas and possibilities that are open to them.



Early Years Swimming

During Week 4 as part of our Health and PE curriculum, the children from Reception to Year 2 were involved in swimming lessons at the Elizabeth Aquadome Swimming Centre. These lessons were conducted by qualified swimming instructors and included water safety.

In our first session at the pool we got to go under the water. The instructor threw rings into the pool and we had to sit on the edge of the pool and we pushed ourselves down into the water to find them. I had my goggles on, but they broke and the teacher fixed them for me. After that we put a pool noodle around us to help us float. It was bent like a circle and we put our face in the water and blew bubbles.

On Tuesday we got to wear life jackets. The teacher showed us a picture of people on a boat who weren't wearing life jackets and another one with children who were wearing them. We had to tell her which picture had a problem. We learnt that it's not safe being on a boat without a life jacket, because if you fall into the water, you could drown. While we had our life jackets on we had to go onto our backs, looking up at the ceiling. We had to move our hands around in circles by our sides. We also went onto our stomachs and moved our arms in big circles and it was called 'the pizza'.

Sean Room 11

When we were in the water we did the 'starfish'. We had to put our arms and legs out and float on our backs. We used pool noodles to help us swim and we kicked our feet. We had to put our heads in the water and blow bubbles. We also had to look for toys on the bottom of the pool. At the end of the lesson we heard a big noise and we all got out of the pool and got changed into our clothes. Then we got on the bus and came back to school.

Tamana and Arlo Room 5

The teacher gave us life jackets and we had to hold onto them like a kickboard and then we had to kick our feet and we glided through the water. It was fun. Sometimes the water went up our noses and in our eyes and even in our mouths. It tasted bad.

Almir, Matthew and Daniel Room 4

My group went in the big pool. We had to do things out of the pool. One person had to pretend to be in the water

and another person had to pretend to rescue them using a rope. It was fun.

Hudson Room 22



The children all enjoyed their swimming experience.

Day of AI Student Challenge

As part of the recent Day of AI, the students from our school scored very strongly in the Student Challenge. David, William, Tintin and Venisa's entry, **Enviro Flier** in the Dolphin Tank was well presented, and congratulations go to Jared, Jackson and Jaxson for their submission **Rubbish Truck AI 3000**. As a result, they have won \$1200 for their class, which could go towards the purchase of technology equipment or an excursion to a tech-centric location.

Congratulations to all students who participated.



No Pen Day

In conjunction with Book Week, the Reception children in Rooms 3 and 5 worked with Ms Gretsas in The Hive taking part in activities that required not using pens. After listening to the story *Can You Teach a Fish to Swim*, the children took part in No Pen Day activities. These activities promoted other important skills such as Oral Language (speaking and listening) and fine motor skills, such as cutting and gluing.



Krael, Connor, Dawt, Areej, Amelia

Week 6:

Rooms 16 & 17: Rehan, Eddie, David, Erfan, Advaita, Aiza



Orangutan Foundation International Australia Foster Program

In 2019 Crystal, an orphaned orangutan, was rescued and taken to the Orangutan Foundation International Care Centre at barely one year old. Every orangutan infant has a human surrogate mother, who helps guide and develop their skills for the wild. The Orangutan Care Centre Quarantine is a special place where orangutan orphans are nurtured until ready to be reintroduced into the wild. As foster 'parents' we help care for Crystal during her rehabilitation by contributing to providing the medical, dietary and emotional care that orangutans need to thrive.

Located in Borneo, Indonesia, the centre currently cares for more 330 orangutans. Many of them are sick, traumatised, injured and malnourished when they arrive. Founded in 1986 by Dr Birute Mary Galdikas, the foundation also works towards preserving the rainforest where the orangutans live, to promote research and to educate people around the world about endangered animals and the environment. We are proud to be associated with this worthwhile project.

Parent Survey

The annual parent survey is underway and closes midnight Sunday 8th September. For more information please visit the [department's website](#)

This survey aims to get your views on:

- what we're doing well
- where we can improve
- what's important to you as a parent/carer.

Your answers won't identify you or your child and only collated feedback is provided to our school.

You should have already received a link to the survey via email or SMS. Reminder emails are currently being sent to you unless you have completed a survey or have unsubscribed.

Please take the time to complete the survey, this is valuable information for our school. If you cannot find the previously sent link, then please use this one:

education.ParentSurvey@sa.gov.au

VacSwim

VacSwim is South Australia's most renowned summer holiday program giving children (aged 3-12) confidence in and around the water. To help with diary organising, dates for classes at the Elizabeth Aquadome will be from 13/01/2025 to 17/01/2025. Further information and bookings will be available from September via the VacSwim website:

<https://www.vacswimsa.com.au>



School Crossing Monitors

Thank you to our next groups of School Crossing Monitors for Term 3 for their positive approach and enthusiasm.

Week 4:

Room 15: Isabel, Isabelle, Mason, Venisa, Kavish, Anil, Milly, Indie, Indiana, Japnoor

Week 5:

Room 34A: Nathan, Jasmine, Thomas, Ava, Hunter,



Room 30 - Sugar Wall

In Term 2, Room 30 studied Food and Nutrition in Health lessons. Students looked at the Healthy Eating Circle, the nutrients in each food group and how they benefit our bodies. Students discussed 'sometimes foods' and how, although tasty, these foods do not contain as many nutrients as 'everyday foods'.

Students investigated how much sugar is in drinks. Students counted out spoonfuls of sugar to discover which drinks contained the most sugar. The recommended daily intake (RDI) amount of sugar is:

- Adults - 12 teaspoons (50 grams)
 - Children (aged 2 – 18 years old) – 3-6 teaspoons (12 – 25grams)
- Students discovered that the majority of the sugary drinks we tested contained MORE than the RDI of sugar!

Students discussed the impacts that too much sugar in our diets can cause. Too much sugar can cause people to be overweight, which puts people at a greater risk of:

- Type 2 Diabetes
- Liver disease
- Heart disease
- Kidney disease
- Stroke
- Cancer

The best drink to have is water and to eat a wide variety of fresh, whole foods, keeping our 'sometimes foods' for special occasions! Check out our "Rethink Your Drink" display outside the Canteen!

Stephanie Ryan
Health/PE Specialist teacher



TIME TO RETHINK SUGARY DRINK?

6.75KG WEIGHT GAIN IN ONE YEAR
It has been estimated that consuming one can of soft drink per day could lead to a 6.75kg weight gain in one year (if these calories are added to a typical US diet and not offset by reduction in other energy sources)

1.28 BILLION LITRES
THE AMOUNT OF CARBONATED/STILL DRINKS BOUGHT IN 2012
In the 12 months to October 2012, Australians bought 1.28 billion litres of carbonated/still drinks with sugar, with regular cola drinks being the most popular (847 million litres)

16 PACKS OF SUGAR IN 1 600ML BOTTLE OF REGULAR SOFT DRINK
THERE ARE ABOUT 16 PACKS OF SUGAR IN 1 600ML BOTTLE OF REGULAR SOFT DRINK

47% OF CHILDREN
The 2012 Australian National Children's Nutrition and Physical Activity Survey found that 47% of children (5 to 16 years of age) CONSUMED SUGAR-SWEETENED BEVERAGES (INCLUDING ENERGY DRINKS) EVERY DAY

23 KILOS OF SUGAR
If you drink 1 x 600ml regular soft drink every day for a year you will drink 23 KILOS OF SUGAR

AUSTRALIA IS IN THE TOP 10 COUNTRIES FOR PER CAPITA CONSUMPTION OF SOFT DRINK

1 pack = 4 grams of sugar

WHAT ARE SUGARY DRINKS DOING TO YOUR BODY?

SUGAR & ACID LEVELS IN SUGARY DRINKS AND 'DIET' VARIETIES CAN CAUSE TOOTH DECAY

HIGHER SUGAR INTAKE INCREASES YOUR RISK OF NON-ALCOHOLIC FATTY LIVER DISEASE

340ML OF SUGARY DRINK A DAY, LESS THAN ONE CAN, INCREASES YOUR RISK OF TYPE 2 DIABETES BY 22%

SUGARY DRINKS CAN REDUCE BONE DENSITY WHICH MAY LEAD TO OSTEOPOROSIS

BEING OVERWEIGHT OR OBESE PUTS YOU AT GREATER RISK OF HEART DISEASE, KIDNEY DISEASE, TYPE 2 DIABETES, STROKE AND SOME CANCERS

ONE CAN OF SUGARY DRINK A DAY CAN LEAD TO 6.5KGS WEIGHT GAIN IN A YEAR

RAPID BLOOD SUGAR SPIKES AFTER DRINKING SUGARY DRINKS CAN INCREASE HUNGER AND OVER EATING

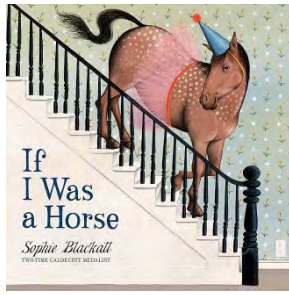
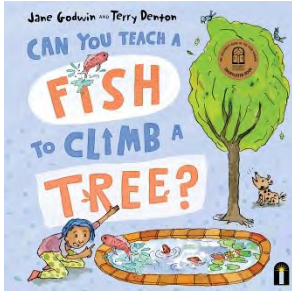
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Book Week



As part of Book Week the Early Years students visited the Salisbury Community Hub Library. They had the opportunity to explore our local library, share one of the award winning books with a library educator and participate in a fun activity after the story. Julieanne, one of the library teachers, was dressed as Hermione from Harry Potter. The theme was *Reading is Magic*.

The teacher at the library read two book to us. The first one was 'Can You Teach a Fish to Climb a Tree?' It had lots of funny things that animals were doing like a horse trying to drive a car. It was about a lot of things that animals can't do, but then we learnt lots of information about what they can do. We learnt that seals can swim under water and hold their breath for 2 hours! When birds fly together they make shapes in the sky. It helped us to understand that we are all good at something.

The other book was 'If I Was a Horse' and it had beautiful drawings in it. The teacher told us that this book was about using our imagination.

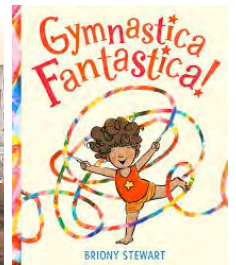
Declan Room 7 and Jessica and Aria Room11



Some of the children made magical bookmarks for their activity.



The wonderful teachers from the Salisbury Community Hub Library came to our school to share Book Week activities with our Reception students. After listening to the story 'Gymnastica Fantastica', the children made their own magical gymnastic ribbon sticks.



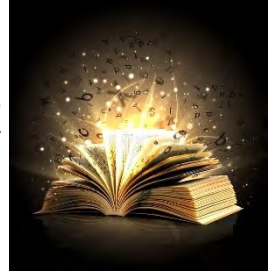
Year 1 students warmly welcomed our Parafield Gardens High School friends to read together in The Hive in celebration of Book Week.



The Year 5 students from Room 34B worked with their Room 4 Reception PAL class to make colourful bookmarks.

Our Book Week Parade

Our Book Week parade was hosted by two of our student leaders - Rehat and Venisa, under the COLA with many of the students and staff dressing up as their favourite book or film character, making it a very colourful scene. This year's theme was "Reading is Magic". We saw Thing 1 and Thing 2 from 'The Cat in the Hat', Rusteze from 'Cars', WALL*E, Mr McGee, a bear from 'A Boy, a Bear and a Balloon', a koala from 'Wombat Stew' and a Very Hungry Caterpillar. As the theme for Book Week this year was magical, we saw lots of witches and wizards and characters from the Harry Potter books. Some of the other characters we saw included, super heroes, princesses, some very scary dinosaurs, some Bucket Fillers and the characters from Toy Story. We also welcomed the little ones from the Children's Centre as well as Lantana Kindy and their staff. It was lovely to see so many families join us to enjoy the fun and excitement of our Book Week parade.



Science Week



Student work was submitted for our very first Science Fair to celebrate National Science Week. Year 11 physics students from the high school were involved in mentoring and judging. Incursions from the RSPCA Aware program were engaged to support learning about local native animals. Some of the students researched particular animals and made adaptations for them, where flight might help them survive in our ever changing world. They also made clay models of their adapted animals.

ZEBRAS

Adapt an animal species where flight might help the animal to thrive and survive in our ever changing world.

Why does your chosen animal require wings?

Zebras can fly away from predators that would be hard to escape if they were not on their feet.

If zebra's surrounding changed, they might be completely lost in the dark woods, but zebra's can fly away from predators.

Zebras can fly away from predators that would be hard to escape if they were not on their feet.

Brandon - Rm 27 Y 4

Turtles

Adapt an animal species where flight might help the animal to thrive and survive in our ever changing world.

Why does your chosen animal require wings?

Turtles can fly away from predators that would be hard to escape if they were not on their feet.

If a zebra's surrounding changed, they might be completely lost in the dark woods, but zebra's can fly away from predators.

If a zebra's surrounding changed, they might be completely lost in the dark woods, but zebra's can fly away from predators.

Harvish - Rm 27 Y 4



You are invited to attend

INTERNATIONAL DAY OF PEACE CEREMONY

20 SEPTEMBER 2024
9:15AM - 9:45AM
PARAFIELD GARDENS PRIMARY SCHOOL
IN THE COURTYARD

