



Government
of South Australia

Department for Education

PARAFIELD GARDENS R-7

Save the Children United Nations Global Peace School



Newsletter - Week 3 Term 1 2019

From the Principal

Safety for our children

We would like to advise our school community that due to boundary training for our new Reception students we are shutting the pedestrian gate by the office, the car park gate and the double gate next to the double storey building. These gates are not locked but closed with the slide bolt. We ask that after entering and leaving the school grounds through these gates, you please shut the gates again behind you and slide the bolt back into place.

End of Day Dismissal

We would like to remind all families that our dismissal times are as follows:

- **Monday 2:15pm**
- **Tuesday-Friday 3:00pm**

We have noticed an increasing number of students who are waiting to be picked up at the end of the day. For your children's safety please be on time to collect your child. If parents are very late, students will be sent to OSHC and parents will be charged accordingly.

End of the Day Safety (buildings)

As we have over 670 students, this means that all buildings have significant numbers of children in them. At the end of the day all access points to buildings and classrooms are very busy. **In the interests and safety of the children I am requesting that parents and caregivers please wait for their children outside the buildings until the bell goes to indicate the end of the day. This will provide students with a safe and clear path out to the yard.** If you need to speak to your child's teacher this can be done after the initial rush of students.

Acquaintance Night and Governing Council

Thank you if you attended our Acquaintance Night and Governing Council AGM last night. I would like to thank the following people who have been elected on to Governing Council for a two year term - Liz Schoneweiss, Melanie MacGregor, Denise Angel, Kelli Simone Kennedy, Taissiya Lebedeva and Jacinta Greaves. They will join our existing members Kate Swanson, Kyall Zechner, Kerry Smith, Tracey Carthew and Melissa Oldland who move into the second year of their tenure. The staff representatives for 2019 are Rachel Shephard, Stephanie Ryan and Nina Ostrun.

School Pedestrian Crossing Monitors

Students from Years 5, 6 and 7 took part in School Crossing Monitor training with SA Police Officer, Senior Constable Merrilyn Millar today.

The training is an official requirement for students before they can volunteer to work as crossing monitors for our

school crossing on Shepherdson Road. By volunteering, students develop community spirit and leadership skills. These are personal qualities we particularly encourage in all our students. Students will receive an official training certificate when they return their permission slip and agree to volunteer.

Vicki Poulain

Out of School Hours Care

If you wish to book your child into our before and after school program, or you would like more information about our service, please contact the centre on the numbers below. If you would like to continue using the OSHC service for 2019 you will need to fill in a new enrolment form, ensuring that any overdue fees have been paid in full.

Our number is 8281 5104 or you can try our mobile number, which is 0401 121 430

Aida Chapman - Director



DIARY DATES

THIS TERM ASSEMBLIES ARE HELD ON THURSDAY OF WEEKS 2, 4, 6, 8, 11 at 9:00am in the Hall

Thursday 14th February
School Crossing Training for Year 5-7 students

Friday 15th February
Year 7 Big Day In

Tuesday 26th February
No Pen Day

Thursday 28th February
Visit from author - Stuart Reid

Monday 11th March
Adelaide Cup Public Holiday

Tuesday 19th and Thursday 28th March
Year 6/7 Aquatics

Thursday 21st March
Harmony Day

Friday 29th March
Partnership Pupil Free Day

Monday 1st to Friday 5th April
Parent Teacher Interviews

Wednesday 10th April
Casual Day with Gold Coin Donation

Friday 12th April
Last day of Term 1 with Early Dismissal at 2:00pm

23 Shepherdson Road,
Parafield Gardens, SA 5107
Tel: 8258 1816 Fax: 8281 5857

<http://www.youtube.com/user/ParafieldGR7>

Working Together

Comments and Feedback to:
dl.0537_info@schools.sa.edu.au
www.pgardens.sa.edu.au

Secondary School Open Nights

The Year 7/8 transition process for 2020 is due to commence and High School packages will be sent home later this term. Now is the time for families to consider their choice of secondary school for next year. High schools will be holding their Open Nights and Information sessions over the next few weeks and as this information comes to hand it will be published in our newsletters. The following schools have announced their open days and special evenings for students and their families to attend.

Para Hills High School

- **Tuesday 19 March 2019 - 4:00pm - 7:00pm**
- **Interactive Demonstrations**
- **Tours depart every 15 minutes between 4:00pm and 6:00pm**
- **Meet the principal and key staff**

Marryatville High School

Special Interest Music Centre Information Evening

- **Thursday 21st March 7:00pm - 8:00pm**
- **For more information contact 8304 8431**

2019 Student Personal Data Packages

The 2019 'Student Personal Data' packages will be sent home to all families very soon. The purpose for the package is to give parents/caregivers the opportunity to check the information that we have on our computer data base and change any details if necessary.

This is especially important for emergency contact numbers and medical information.

Inside the package you will find:

- an account for your 2019 Material & Service Charges
- A print out of vital information about your child
- Medical Information forms and Permission forms if applicable to your child
- School Card information - see below for further information

Please complete and return these forms as soon as possible, as it is very important that our data base contains *current information*. Even if no details need to be changed, please return the forms.

What is School Card?

The School Card Program supports low to average income families by relieving them of the requirement to pay school materials and service charges (school fees).

Eligibility for School Card assistance is dependent upon the combined family gross income for the 2017-2018 financial year. The School Card Scheme, including the process for verifying declared income, is administered by the Department for Education.

The Importance of Learning Through Play

Research has evidenced the importance of play for a child's overall development of intellectual skills, thinking and motivation. Our classrooms are designed to promote opportunities for children to follow their

interests and passions as well as the development of social skills and oral language in line with the Australian Curriculum.

Studies have shown:

- Engaging in active play encourages the development of language skills. A child's vocabulary grows and develops as they play together with peers and interact with adults.
- Participating in play supports the development of literacy skills, such as listening skills and sound recognition.
- Play is associated with the development of social and emotional skills and the ability to develop positive relationships. As children play with each other they learn to get along, communicate their needs, cooperate and resolve conflicts.
- Play fosters creativity and imagination - valued traits that are vital in the modern world. Using imagination, children are able to find solutions to a variety of problems they encounter.



Recipe Corner

Are you stuck for yummy and healthy new foods to make? Or wanting a bit more variety in your culinary repertoire? Then look no further than the new **RECIPE CORNER** of the Newsletter, where you will find exciting new taste sensations, secret recipes and old favourites from the PG R-7 staff and community!

If you have a healthy recipe you would love to share in our newsletter, please write it down and pass it on to Stephanie Ryan (PE/Health Specialist Teacher).

Happy Cooking!

Stephanie Ryan (PE/Health Specialist Teacher)

Banana and choc-chip muffins

(From Kidspot.com.au)

Baking with bananas is a great way to use up over-ripe bananas - and to get something delicious to eat too! These banana and choc chip muffins have a wonderful banana flavour and are studded with little pieces of chocolate.

Serves: 18

Ingredients:

- 2 ½ cups self-raising flour
- ½ cup sugar
- 1 cup (250mL) milk
- 1/3 cup (80mL) oil
- 2 eggs
- 1 over-ripe banana, mashed
- ¾ cup choc chips or chopped chocolate

Method:

1. Preheat oven to 180°C. Grease a 12 hole and a 6 hole muffin pan or line with paper cases.

2. Sift flour into a large bowl of an electric mixer. Add sugar and beat briefly to combine.

3. In a glass measuring jug, pour in milk (up to 1 cup), oil (up to 1 1/3 cups) and add eggs, whisk to combine.

4. Pour milk mix and mashed banana into dry ingredients, beat until just combined. Stir through chocolate.

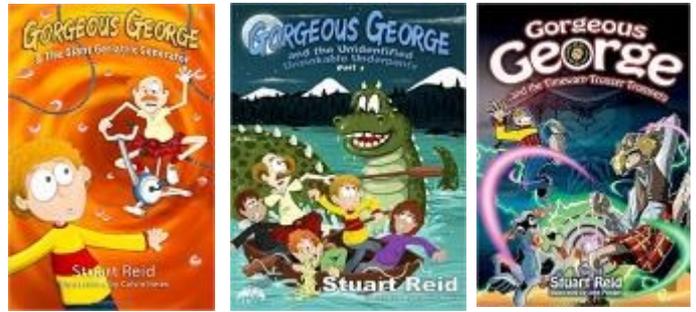
5. Spoon into muffin pans, fill each hole 2/3 full and bake for 15 minutes or until a skewer inserted into the centre comes out clean. Cool slightly, then place on rack to cool completely.



Author Visit

We will be hosting a visit from award-winning Scottish author Stuart Reid on Thursday 28th February.

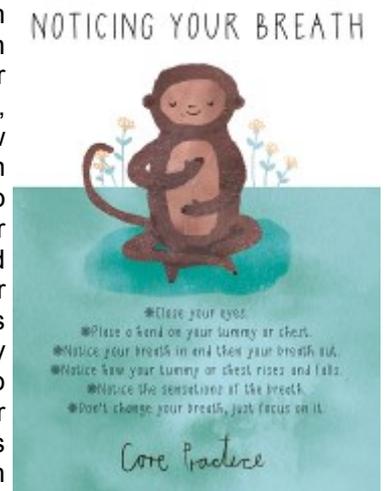
Stuart's first book *Gorgeous George and the Giant Geriatric Generator* won the Silver Medal at the *Forward National Literature Awards*. *Gorgeous George and the Unidentified Unsinkable Underpants* was written to inspire children to read for pleasure, and Stuart's latest book, *Gorgeous George and his Timewarp Trousers Trumpets* was launched at the Edinburgh Festival. Pupils can purchase books on the day, all signed by the author, with a personal dedication to each child.



Books are available for \$14 each, any two for \$25 or all three for a special offer price of \$30.

Mindfulness

The students have been practising 'Mindfulness' through meditation. The purpose of teaching mindfulness to the students is to give them skills to develop an awareness of their inner and outer experiences, to understand how emotions manifest in their bodies and to recognize when their attention has wandered and to provide tools for control. Mindfulness builds resilience skills by giving children skills to help them to cope better with stress, as well as engage more fully with themselves and the world.



The Reception students have been introduced to the beginnings of Mindfulness by listening to calming music and concentrating on their breathing.



Assembly Awards

Term 1 Week 2: Room 1: Freddy **2:** Linda **3:** Hayley **4:** Sagar **5:** Ravneet **6:** Dillon **7:** Quintrell **8:** Jeff **9:** Kai **10:** City **11:** Tiffany **12:** Jaxson **19:** Jasmine **20:** Amneet **23:** Carley **25:** Khadija **26a:** Connor **26b:** Nalisa **27:** Lisa **28:** Tung Mung **29:** Allan **30:** Payton **31:** Tristian **32:** Jack **33:** Kartik **34a:** Amarli **34b:** Mason

Health/PE (Ms Neilson) Room 19

Health/PE (Mr C) Room 27

Music/Drama (Ms Yates) Room 23

AUSLAN (Ms Krohn) Room 26a & 26b

Growth Mindsets

Students who display a growth mindset believe that they can learn, change and develop their skills through dedication and hard work. People who adopt this principle are better equipped to handle setbacks and know that hard work and effort will help them accomplish and learn. This view creates a love of learning, the resilience that is essential for accomplishment and success and has a profound influence over human behaviour.

Throughout the years all students will be involved in our Growth Mindset Program, enabling students to set goals, value their effort and persist to succeed.

Lessons within Years Reception to 1 concentrate on providing student with the opportunity to incorporate Growth Mindsets into their everyday learning. The focus is on perseverance for success at school and home.

Lessons within Years 3 to 4 concentrate on providing students with the opportunity to learn about how the brain works, the different parts of the brain and the importance of keeping our brains active throughout life.

Lessons within Years 5 to 7 concentrate on providing students with the opportunity to explore how the brain works and how intelligence is something that can be developed through study and learning, rather than something that is fixed.

Research shows that parents can have a powerful impact on their children's mindsets. The language you use and the actions you take show your children what you expect. Giving positive praise for genuine attempts of tasks, talking about the brain and its functions, accepting mistakes as learning opportunities and understanding the role of emotions in learning are all practices you can begin today.

