



Year 7 Aquatics Day

IMPORTANT DATES

Thursday 28th March
Primary Assembly
Lynne Asquith's Class
Yr 3 to Yr 7

Week 10
Parent/Teacher Interviews
Bookings now open

Tuesday 9th April
Oakbank Athletics Day

Friday 12th April
Last Day of Term 1
Early Dismissal 2.15pm

Happy and Safe Holidays

Term 2 Commences
Monday 29th April

Year 3 to Year 5
Arbury Park Camp

Camp 1
Monday 29th April to
Wednesday 1st May

Camp 2
Wednesday 1st May to
Friday 3rd May

Written by, Amelia Poole, Wesley Bowden and Rachel Howse Room 8, Miss B's class

On Thursday the 14th of March, the Year 7s went to the Murray Lands Aquatic Centre. When we got there we met an instructor named Michael, he gave us a quick talk about safety and what we should be wearing.

The 4 activities we did on the day were kayaking, catamaraning, stand up paddle boarding and last but definitely not least skiing/knee boarding. In kayaking, we had an oar with 2 blades. Kayaking was hard because we had a type of kayak called a



dancer, which turns really easily so it was hard to keep going straight. If you paddled too hard you spun on the spot so it was hard to control.

A catamaran is like a small sail boat with two sails and a trampoline in the middle, which separates two fibre glass pillars. There was 2 people called the crew who changed the front little sail the other person was called the skipper, they steered the boat. When you went to turn/tack the big boom changed sides and the skippers had to switch sides.

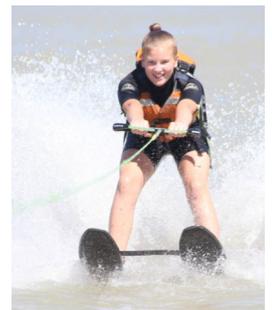
Stand up paddle boarding was easier than we thought. We had a paddle with one blade and a handle up the top.



We first laid on our stomach on the board, then we had to go up on our knees and once we got confident we stood up and started paddling. If we thought we were going to fall off, we put our paddle in front of our feet to balance.

Skiing/knee boarding was really fun. With skiing we had to squat like a frog in the water and keep our skis straight as well as our arms. We also had to hold our knees up against our chest and then when the boat started to pull you stand up with your legs a little bit bent so you could keep your balance. For anyone who hasn't skied before it was a bit of a challenge but we definitely recommend it. Also the year 6's and some year 7's did knee boarding, they said it was so much fun and they had a blast!

Overall it was a really fun two days for the year 6/7's. We had a great time and would love the opportunity to do it again!



Junior Primary Assembly Awards

Last Thursday our Junior Primary's held their assembly. The assembly was run by Kelly Shute's Class who did an amazing job! During this assembly our school gives out Effective Learning Awards. The following students were awarded for their efforts in class and the school yard:

Brave: Zoe Haylock, William Innes, Jake Sanders, Rhyley Gevers, Bella Gollan, Asher Vanderbom, Bree -Anna Bunn

Self Aware: Jack Eckert and Alice Martin

Engaged: Tas Hickeson and Mia Grant

Gritty: Angus Neale and Eli Beauchesne

Connected: Billy Badenoch

Premiers Reading Challenge



Congratulations to the following students who have completed the Premier's Reading Challenge. Well done! All these students have been given a completion certificate and will then receive their Award from the Premier in November.

Austin Bowry, Madison Whitburn, Billy Badenoch, Peyton Grubb, Nicholas Bakker, Theodore Van Den Ende, Olivia Mankowski, Arizona Small, Annabelle Boland Sithuki Kalugala, Hannah Innes, Max Trojan, Ty Read and Imogen Ferraro.

Parent Parking and Student Safety

We would like to remind students who are either walking or riding home to always make sure that they cross over roads at the designated areas rather than in between parked cars. This was very evident when a student this week narrowly avoided being severely injured in a near miss at the top school drop off.

We would also like to remind parents **not to park in the Staff Carpark** when collecting or dropping of their children. Parking spaces for staff is already at a premium due to the number of teachers and SSO's now working at our site. We suggest that if you would like to pull up close to the school or Preschool that you talk with your child/children and arrange that you will arrive slightly later than the bell. We do have staff on duty at our Kiss and Drop zones for 15 minutes after dismissal times to ensure that they are safe.

Sports Day 2019

CONGRAULATIONS WATTS

What a fantastic day it turned out to be for both the Junior Primary and the Upper primary sports days. Both days ran well with children all participating with excitement and to the best of their ability.

The **House Captains** were all very well prepared and **showed exceptional leadership**. They all offered to help set up and pack up on both days, which was very much appreciated.

Thank you to Brigitte French and Jason Fishers, along with the Sports Day committee and staff, for all your work in preparing the school and students for the events.

A special thank you to Wally Brunnbauer, Chris Bourne, Phil Douglas, Glen Liebelt and Jonathan who helped out on the day. Also Parent & Friends for their cake stall and support as well as the Littlehampton Community Association who ran the Sausage Sizzle all day on Thursday.

We will have a big write up of all of our sporting activities for Term 1 in our last newsletter for this term in Week 11.

Grounds Update

There are lots of exciting things happening in regards to the school grounds.

The development of our **Nature Play Space** is coming along nicely. It looks like it will be completed by the end of the April school holidays. We are planning to hold an official opening at the beginning of Term 2. More information will be sent out when this is confirmed.

The two vacant houses next to the preschool are on track to be demolished some time this half of the year (possibly the April school holidays). The Education Department will then be advising us of what is available in regards to additional accommodation.

The Department has also purchased, on our behalf, three of the vacant blocks next to the vacant houses. These have been purchased due to the lack of play space for the number of students at our school. We are looking at possible grants to assist us in landscaping this area to be an open play space. Again, further information will be forwarded once we have more news to share.

Found Any Gold?

We all have a tendency to pay more attention and give more weight to negative rather than positive experiences. At school we try and counteract this negativity bias but helping students foster an 'attitude of gratitude'.

As mentioned in the last newsletter, one of the skills we actively teach is 'panning for specks of gold'. We all have good things in our lives, even if these things seem small or insignificant. By panning for specks of gold we help children identify and then amplify the positive events and emotions they experience throughout the day.

We now have a 'Specks of Gold' wall in the front office. We'd love you to contribute to the space by sharing your speck of gold.



How do you respond?

Have you reflected lately on how you respond to someone when they share great news?

Active Constructive Responding (ACR) is a style of responding to good news in which the responder, by showing genuine interest, supports the person to re-live and amplify their positive experience. Why is this important? Well, studies have shown that ACR is crucial to building and maintaining strong relationships. It sounds simple... and it is! However, we can easily find ourselves responding to good news in ways that can harm relationships, even if that is not our intention.

	Constructive	Destructive
Active	Active Constructive Enthusiastic support (authentic, eye contact) "Wow! That's great news! Are you excited?"	Active Destructive Quashing the event (dismissive, demeaning) "Boy! That's going to mean more stress. I don't envy you!"
Passive	Passive Constructive Quiet, understated support (low energy, delayed response) "That's nice."	Passive Destructive Ignores event (Turns focus inward, ignores speaker) "Really? I had the same thing happen when...."

Adapted from Gable, Reis, Impett & Asher (2004)

Watch this video and see if you can relate.... <https://www.youtube.com/watch?v=qRORihbXMnA>



In the first week back of Term 2 our Year 3 to Year 5's will be attending Arbury Park for a camp. There will be 2 groups going:

Camp 1: Monday 29th April to Wednesday 1st May

Classes: James Murray, Gillian Bevan, Sara Weston and Julie Claridge's Year 4 students

Camp 2: Wednesday 1st May to Friday 3rd May

Classes: Danielle Stone, Helen Kupczynski, Lynne Asquith and Julie Claridge's Year 5 students.

Letters with all information about the camp, consent forms and invoices, what to bring and dietary requirement forms will be sent out early next week.

Please ensure that all **paperwork is returned by the end of this term** to your class teachers and **money is paid no later than the due date of 9th April** to allow the teachers to finalize all for the camps to be a happy and safe experience for all going.

High School News

Mitcham Girls High School was recently announced as a pilot school to accept year 7 students from 2020.

This pilot will contribute to the project planning and successful implementation of year 7 transition to high school in the South Australian public education system in 2022.

Families have the option of registering their interest in participating in the pilot at Mitcham Girls High School. The pilot will proceed in 2020, pending the number of registrations of interest received by 24 May 2019.

More information is available from the front office or the Mitcham Girls High School website:

www.mitchamgirlshs.sa.edu.au