



Term 3 Week 6
30th August 2017

SMS Absence: TEXT ONLY

0408 727 632

**Must include student's
name, date, reason, class**

DIARY DATES

August/September

1 st September	School Closure Day
8 th September	PRC Finishes
11 th September	Willunga HS Transition
12 th September	Governing Council 7pm
17 th September	Choir Performance AEC
19 th September	Readers Rap Comp
22 nd September	Special Food Day
29 th September	Last day of term

ASSEMBLY DATES

Friday 22nd September

Principal

Ali Colbeck

Deputy Principal

Karen Matthews

Assistant Principal

Lisa Gray

Business Manager

Michelle Collins

OSHC Program

Director: Belinda Filkin

Bookings: 0438 761 656



Government of South Australia
Department for Education and
Child Development

WILLUNGA PRIMARY SCHOOL NEWSLETTER

Where Tradition and the Future Meet

Website: www.willungaps.sa.edu.au

Email: dl.0744.info@schools.sa.edu.au

247 Main Road Willunga 5172

Telephone: 08 8556 2234 Fax: 08 8556 2398

What have we been doing so far this term....

Bookweek

Well we really did 'Escape to Everywhere'!! The focus on homemade costumes delivered some outstanding results made from recycled goods. Although the assembly was long and loud, the students loved seeing each other's costumes and cheering along to their friends. As a parent with two children currently backpacking (separately!!) overseas, I personally enjoyed seeing children dressed as global travellers, ready to escape into the world.

JP Country Show

Sue Camac ran a fabulous Country Show with competitions and show bags for all the Year1 and 2 students. Goodies were kindly donated from many organisations. The competitions for Lego design, painting, drawing, biscuit decorating, recycled art, fruit and vegetable creations and healthy lunchboxes were on display for all to see. It was great to see so many collaborative family creations!

Willunga's Got Talent

What a talented group we have! So far we have seen magic tricks, dance groups, singers and musicians. Students will continue to perform over the next few weeks as we get closer to a winner!

Jump Rope for Heart launch

We started skipping with gusto at our school launch and local demonstration from Woodend Primary students. Students will soon be bringing home sponsor packs and our Jump Rope focus will possibly take over the yard for the rest of the term!!

Pizza and Bakery day

Both days have been hugely successful and raised significant funds for the school as well as connecting with a local business. This is a huge undertaking and would not be possible without our group of dedicated parents who manage the orders.

NAPLAN results

Great growth in much of our data shows us that our improvement program cycle is proving successful. High gain activities in intervention and Junior Primary are clearly shown. This is exciting information from us that we can use to narrow the focus and ensure we are meeting learning requirements across all year levels. Also pleasing was the consistent levels of growth in individual student data for students who have undertaken our intervention in middle years. All students showed growth above their previous assessments. NAPLAN individual student data will be sent home soon. Please see you class teacher if you have further questions about your child's results.

Ali Colbeck

Sue Camac's News

Performances for **Willunga's Got Talent** have started. Here are some photos of our performers so far



Following on from last newsletter we will be looking at 10 ways to promote **Good Mental Health** over the next two newsletters. While some people list different things in the top 10 there are a few that cross over. I've tried to combine a variety of top ten tips. Many of these are obvious and basic but never the less a good reminder for us all.

Here are the first 5:

1. **Get enough sleep** – Many children and adults are sleep deprived!
2. **Eat well** – Our physical health affects our emotional health more than we realise.
3. **Exercise** – Even just getting out and walking around the block can improve mood and relieve stress. Better still, go for a hike! I love hiking so was particularly interested in the following where they studied participants who hiked through an urban or natural environment. They found that those who walked for 90 minutes in a natural environment also had reduced neural activity in the subgenual prefrontal cortex, an area of the brain related to mental illness.
4. **Watch your negative self-talk.** It's easy to get in the habit of doing that but try not to continually put yourself down.
5. **Surround yourself with good people:** People with strong family or social connections are generally healthier than those who lack a support network.

New Oval RULE

As part of our whole school discussion around RULES for play, the oval is now divided (virtually) into two sections with JP students (yellow t-shirts) to play at the end closest to the school. This is to aid supervision, but also to make sure they make it back to their classes quickly on the bell! Please discuss this with your child to help them support the rule.



Friday 1st September

School Closure Day

FROM THE LIBRARY

BOOK WEEK

Thank you to everyone who dressed up for our parade assembly. It was fantastic to see such creative costumes, and even just the simple additions to normal school clothes. It's a rewarding experience to be a part of something bigger, so feeling included in a whole school activity provides that opportunity for our students. Hopefully you also picked up some great costume ideas for next year!

The Book Fair was well attended and we were able to choose free books for the school based on the amount of our sales, so **THANK YOU!**



PREMIER'S READING CHALLENGE

We are starting to get close to the finish date, but there is still time to get a lot of reading done. If you need any assistance please see Ms James in the library. Remember that students can borrow every day as long as they bring back what they had on loan. The library is open before school at 8:30am and after school until 3:15pm, as well as recess and lunchtimes.

LAST DAY FOR PRC IS FRIDAY 8 SEPTEMBER - END OF WEEK 7.



Today we had another successful fundraising food day with Pizza and Juice.

Thank you to the hard working Parent Connection Members who donate their time to see that all the orders are filled and hungry students are fed!

We couldn't do it without you.

Reminder

OSHC is CLOSED

Friday 1st September

Alternatively, Aldinga Beach OSHC is open all day and they are holding a show day theme. To book, call 85566503 or 0407559889

Road Safety and Way2Go

The aim of the Way2Go program we are involved in this year, is for our students to commute to and from school using active and SAFE methods. Thank you to the families who contributed to the recent survey. These results will guide the decisions around our current considerations: Bike Ed program in 2018, secure storage for scooters and bikes on the grounds, working with DPTI re some sort of crossing on Aldinga Beach Road and introducing the use of crossing monitors on the Koala crossing on Main Rd. These are medium and long term projects, which Governing Council will also be a part of.

Currently however there are concerns expressed by the local community about the lack of road safety awareness of our students. There have been near misses on the school crossing with students walking straight onto the road without stopping to check the traffic has stopped. It has also been reported that students walk straight out from the skate park without stopping to look for cars.

When I was at school, Hector the Cat was the mascot for road safety teaching us to stop, look right, look left, and look right again; when the road is clear walk quickly straight across the road. If I go through dad's record cupboard, I would also find a single (45) with Humphrey B Bear and co-host singing about how to cross the road safely!

Why share my memories with you? Because it is crucial children hear and practise how to safely cross the road over and over. Even children older than 10 need reminders to:

Stop – on the footpath

Look – both ways

Listen – for oncoming traffic

Think – is it safe to cross?

And after all these years I still remember!

The Koala crossing has a teacher on duty after school who manages our students to cross safely during the peak traffic times. Our students do cross roads at different points on their way home where there are no teachers on duty nor are there crossings. Working together we can better ensure all our children / students get to and from school daily!



PS Hector the Cat has moved to the NT!
<https://transport.nt.gov.au/initiatives/hector-the-road-safety-cat>

Dress Code Policy review

Parent Connection Committee has reviewed our dress code policy and will be taking it to Governing Council next week for ratification. As part of this process, all classes have discussed the reasons for wearing a uniform and came up with a consistent expectation that ALL children should wear full uniform every day.

As part of the policy update:

- The committee are setting up a 'swap a top' program, so that children out of uniform can swap their top for one that fits the policy.
- The committee will purchase hair bands to make sure that all long hair is up and away from the face.
- SAPSASA jumpers are not part of the dress code policy and should not be worn to school.
- Layered items must also be in school colours of Navy or yellow (dependant on year level).
- New uniforms are available from the front office, second hand items can usually be found at Save the Children on Main Street, Willunga.
- Families experiencing financial hardship are asked to make an appointment with the Principal for support to implement this policy.

Your support with this policy implementation at home will help us ensure that all students are recognisable as Willunga students and have a sense of pride in belonging to this Primary School. Copies of the full policy will be sent home next week.

Ali Colbeck

Principal



NAPLAN RESULTS

Results have gone home today with your child. If you haven't received them, please check the bottom of their school bag or with your child's teacher.

Students Doing Great Things

This month saw Willunga Primary School once again compete in the Interschool Horse Riding competition held at the Strathalbyn polo grounds.

Lauren I and Jasmine C both competed in the hack classes, riding classes and show jumping.

Both girls did a tremendous job and represented their school well showing good sportsmanship, riding ability and courage.

This year the competition was extremely tough, with the upcoming Royal Adelaide Show.

Unfortunately both girls were riding new ponies and both ponies proved to be a challenge the whole day.

During the competition the girls did not quit, they showed true perseverance and it was a good life lesson that sometimes things don't go as planned but to stick at it.

Well done Lauren and Jasmine



Garden Working Bee

Calling all gardeners and nature appreciators!!

If you have any ideas about plants for garden beds or ways to improve the outdoor areas around your child's classroom we would love to hear them. Cutting contributions welcome. The more flowering plants we can get in around the school the happier the birds and butterflies.

This week we are continuing on with hand weeding and mulch spreading. If you are able to call in for just a half hour it would make a big difference to the gardens and fellow volunteers.

Time: **9am – 11am**

Date: **Thursday 7th September**

Place: Meeting at the Garden Shed in the Vegetable compound on the Western side of the school

What to bring: We can load up on tools, barrows and buckets at the shed so just bring your own creature comforts – e.g. hat, water bottle, and jacket

Little hands welcome – the more the merrier.

For further information please call Meredith on 0438 633 100.

We've booked in some sun but if it's raining we'll postpone it to the following week via the 'skoolbag app'. So weather permitting, we look forward to seeing you then.

Happy grubbing,

The Grounds Committee

COMMUNITY PHOTOGRAPHIC EXHIBITION

Send in one or more photographs that represent your unique perspective of life. Photos can be of things that inspire, delight or provoke emotion – tell us your story. People, places, culture, and history.

You don't need to be a professional photographer. Photos can be taken on your phone, tablet or camera.

Email your photos, along with a short blurb to Jess Flynn, Community Development Officer at jessica.flynn@onkaparinga.sa.gov.au by COB Friday 22 September 2017.

Photos will be exhibited as part of the Inspire Festival – Celebrating Inspirational Communities.

Photographs will be displayed digitally at the Arts Centre, Port Noarlunga for the launch of Inspire Festival 2017 on Friday 13 October from 5.30–7.30pm, and then on display at the Noarlunga Civic Centre from Monday 16 October to Friday 10 November 2017.

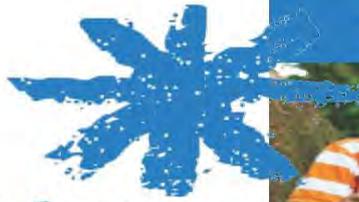
inspire
A FESTIVAL TO CELEBRATE THE SPIRIT
AND PEOPLE OF ONKAPARINGA



For more information contact Jess Flynn, Community Development Officer on 0424 108 919, email jessica.flynn@onkaparinga.sa.gov.au or visit www.onkaparingacity.com

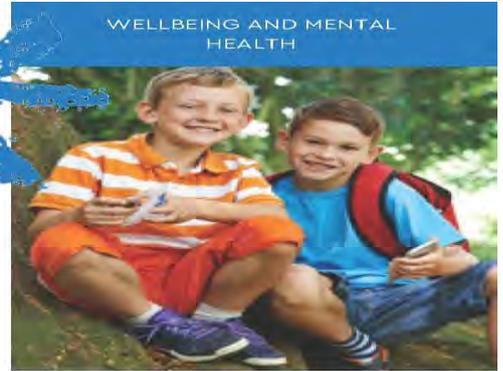
CITY OF ONKAPARINGA





Using screen time to foster kids' wellbeing and family fun

by Dr Jodi Richardson



Children of my generation (born in the 1980s) used to spend a great deal of time outside. Childhood is different now. Technology has changed everything. Our 'digitally native' children don't know of a life when watches were used to tell the time and if you wanted to make a phone call anywhere other than at home you needed 30 cents and a phone booth. As kids we built forts, practiced goal shooting in our backyard ring, rode our bikes all around and spent hours outside. We loved it.

Nowadays, left to their own devices, literally and figuratively, our kids are relying on technology for their entertainment. Some young Australians are now spending a third of their waking hours glued to screens, and this is affecting their physical, psychological and behavioural health.

For optimal health and wellbeing, our young people need more quality family time, movement, green time (over screen time) and a chance to put a stop to the perpetually rewarding dopamine drip from constant tapping, scrolling, searching, swiping and Angry Bird launching.

Well, what if I was to tell you that you can combine the wonders of technology with an endless number of outdoor adventures that are infinitely more fun than selfies, snapchat and episodes of *Little Lunch*? Would you want to give it a go?

All you need to do is to download a free app called 'Geocaching'. It's a high-tech GPS-based treasure hunting app and it's one of the best-kept family fun secrets.

Hailed as the world's biggest treasure hunt, the premise of geocaching is to get us all playing outside. And that it does. Here's how it works:

You start by downloading the app and creating an account, giving you the perfect opportunity to chat to your kids about remaining anonymous online. Once you're all signed up, you can load up a map of your current location (or anywhere in the world) and watch for all of the hidden 'geocaches' – otherwise known as 'caches' – to appear showing their precise coordinates. Each cache is a hidden, small waterproof container containing a logbook and, if large enough, a pen and a whole range of trinkets or swaps from previous finders.

When you find a cache, being careful not to be seen by outsiders affectionately known as 'muggles', you can sign and date the log, swap your trinket or toy with something inside the container, close it all up and return to exactly where you found it.

parenting * ideas

There are millions of these geocaches hidden all over the world. There's probably one near you right now!

The app provides information about the difficulty of finding the cache, the local terrain, the size of the cache, a description of what you're looking for and even hints if you're having a bit of trouble. We always like to check the 'activity' of a cache too, to make sure it's been found recently so that we can be confident it's where it's meant to be.

It's so exciting when you all find one! Some are really quick finds while others can take quite a bit of hunting. We practice perseverance each time and agree not to give up until we achieve success.

My family have had the most amazing fun on our geocache adventures. Some days we plan an afternoon of treasure hunting, other times we set off after school to hunt for one closer to home. Some families even plan holidays around their geocaching adventures!

Aside from the obvious advantages of getting outside into the fresh air, moving and having fun, geocaching ticks all the boxes for the elements that contribute to happiness and flourishing.



The PERMA model of flourishing tells us there are five key contributors:

Positive emotions. These are aplenty when geocaching, starting with a sense of adventure and excitement, followed closely by wonder, curiosity, joy and elation.

E is for **E**ngagement, which is all about devoting time to those things that capture your attention and enable you to dive in head first to an activity, experiencing a feeling of flow by being fully immersed in what you're doing. A big tick for geocaching on this one!

R is for **R**elationships which are essential for our kids' mental, social and emotional health. Geocaching will bring you together as a family as you work towards a unified outcome, take turns to locate the cache, chat, problem solve, search, laugh and encourage each other along the way.

M represents **M**eaning, something we experience when we feel a part of something bigger than ourselves. Being a valued part of their family fosters meaning for our young people, and so does being a part of the geocache community as a whole.

A is for **A**chievement, which is absolutely essential for our kids to flourish, not to mention us as parents too. The sense of achievement experienced by 'geokids' is evident by the smiles on their faces with every successful treasure hunt. It never gets old.

Wishing you and your families hours of good old-fashioned (if high-tech) outdoor fun. Learn more about geocaching at geocaching.com. And connect with me on Facebook/[drjodirichardson](https://www.facebook.com/drjodirichardson) to let me know how you go!!



Dr Jodi Richardson

Jodi is a happiness and wellbeing speaker and writer, and is mum to two primary school aged kids who light her up. For more great ideas on flourishing mental health for the whole family, subscribe to her newsletter at drjodirichardson.com.au and say hello on [facebook.com/DrJodiRichardson](https://www.facebook.com/DrJodiRichardson) Enquiries to jodi@drjodirichardson.com.au

BLOW YOUR MIND!



Open your eyes to a whole new world and discover some of the latest and coolest tech around.

SUITABLE FOR ALL AGES!

TECHNOLOGY AND MAKER EXPO

23 September, 10am – 4pm

Woodcroft Community Centre
175 Bains Road, Morphett Vale

There is something for everyone, with demos, guest speakers and hands-on workshops on digital animation, EV3 robotics, 3D printing, coding, virtual reality, circuits, Makey Makey, green screen, other latest technologies and much more!

COST

Families **\$10**
Individual **\$5**
Family Concession **\$7**
Individual Concession **\$3**
Food and drinks available for purchase.

EARLY BIRD PRIZE

Book and pay before **Monday 18 September** and go in the draw to win a drone. Early bird prize will be drawn at midday at the event.

To book call 8384 0050 or visit www.onkapingacity.com/libraries



Willunga Tennis Club

**OPEN DAY
SATURDAY
26TH AUGUST 2017
9AM – 3PM**

Contact

Ian - 0406 498 232

www.tennis.com.au/willunga

Email: willungatennis@hotmail.com

[@willungatennisclub](https://www.facebook.com/willungatennisclub)

2017/2018 SEASON
OPEN FOR BUSINESS

A NEW COACH!

HOT SHOTS TENNIS FOR
KIDS

SOCIAL FRIDAYS FROM
4PM

GROUP AND INDIVIDUAL
COACHING

FUN, SOCIAL AND
COMPETITIVE ACTIVITIES
AVAILABLE

ALL LEVELS AND AGES
WELCOME

AND LOTS MORE!!

**THINK
U
KNOW**
www.thinkuknow.org.au

**Comfortable
talking to your kids
about technology
and the internet?**

A ThinkUKnow cyber safety and security presentation will take place on

DATE: Onkapinga Technology and Maker Expo
Saturday 23 September, 11am-12pm

LOCATION: Woodcroft Community Centre
175 Bains Road, Morphett Vale
Entry fees apply.

The session will cover:

- What young people SEE, SAY and DO online
- The challenges they may face
- How to report and get help if things go wrong

**Expo
Bookings
8384 0050**

Visit www.thinkuknow.org.au for more information about online safety and security.



ASCOT PARK PRIMARY SCHOOL
R-7 SPECIALIST PHYSICAL EDUCATION & SPORT SCHOOL

Does your child LOVE
Soccer, Netball or
Gymnastics?

Want to incorporate their
love of sport with their
education?

Ascot Park Primary School Specialist Netball, Soccer
and Gymnastics Program trials for 2018.

Registrations now open for South Australia's only DECD Specialist Physical
Education and Sports Primary School.

When

Thursday, September 21, 2017

4:30-5pm
Information Presentation and Registration
5-5:30pm: Skill Based Testing/ Gymnastic Skill
Testing
5:30-6:30pm: Game play - Selection Panel

Tuesday, September 26, 2017

4:20 – 4:30pm: Registration
4:30-5:30pm
Skill Based Testing/ Gymnastics Skill sessions
5:30-6:30pm: Game play – Selection panel

Where:

Ascot Park Primary School
1-33 Pildappa Ave,
Park Holme, 5043.

On arrival register at front office

Netball—School Sports Centre

Soccer—School Oval

Gymnastics—School Gymnastics Hall

Registration criteria:

- Students must be in Year 2-7 in 2018.
- Do not need to be enrolled at Ascot Park Primary School.
- Register by Tuesday 19th September; either online or provide hard copy to the school office, visit website to register.

For further information and to register, visit the school website:

www.ascotpkps.sa.edu.au/specialist-sports-trails

Phone: 8276 3055 Email: dl.0340.sport@schools.sa.edu.au



Learning to drive Pro-bots in Room23C



The Pro-bot.



Programming the pro-bot to go forwards, backwards and turn 90 degrees



Watching the Pro-bot follow the entered code.



Learning to program the Pro-bot to drive to a T junction, pause to look both ways and then turn the corner!

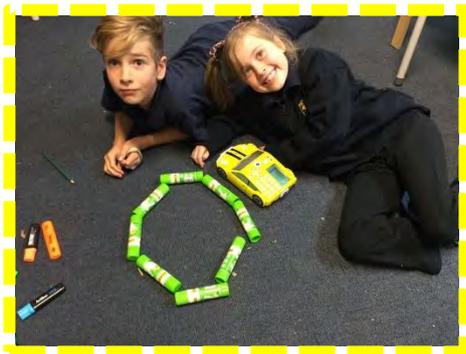


Using different strategies to adjust how many centimetres the Pro-bot moved forward. The popular choices being trial and error and using rulers to measure.

Stretching our thinking by programming the Pro-bot to turn different angles!



Programming the Pro-bot to move around a track



Programming the Pro-bot to drive around a roundabout!!