



Respect, Belonging and Engagement in Learning

Leadership News

Dear Families

I hope everyone had the opportunity to rest and relax on the long weekend that just passed. We are now over half way through Term 1 and all the classes have settled well into the school routine. Due to the continuing restrictions with COVID, our last assembly was held online through the Teams program. The reason we held it in this way, was so we didn't have multiple classes and teachers together in one space, therefore reducing the risk of spreading COVID. It was pleasing to see that there were many students who were awarded certificates at the last assembly for showing some of the character strengths they have been learning about. The character strengths we are learning about in Term 1 are:

- Humour
- Judgement
- Appreciation of Beauty and Excellence

All classes learn about these character strengths as part of our Positive Education program here at The Pines School.

Thank you for your continuing support with our COVID restrictions. We will always endeavour to keep the community informed of any changes or easing of restrictions as they apply to our school.

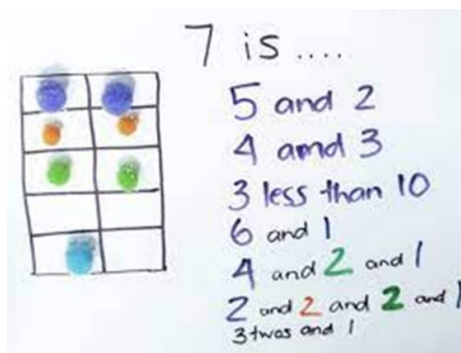
Thank you for remembering to drive carefully around our school at the beginning and end of the school day, as this helps to keep our students and families safe. It is great to see so many families using the school crossing on Andrew Smith Drive as this is the safest option to cross this very busy road.

Below you will find some important information about assisting your child to develop their skills in the area of numeracy. Thank you to Alicia Phillips, our Senior Leader in Numeracy and Aboriginal Education at The Pines School for this information.

Maths Hints and Tips

Part-part-whole is a maths concept that develops children's early number skills. It is about knowing every combination or fact about every number 0 - 9.

For example:



What part-part-whole facts can you think of for the number 8?

**Dates to
Remember
2022**

Term 1

**Week 10
4th April**

**Musica Viva
Performance**

**Week 11
15th April**

**Good Friday
Public Holiday**

Term 2

**Week 1
Starts back on
2nd May 2022**

Principal
Mrs Cherie Collings
Deputy Principal
Mr Sam Konnis
Assistant Principal
Mrs Toula Girgolas

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WELLBEING CORNER



Social Skills

Social skills are the ways that we interact with others and are very important in helping children build good relationships. At The Pines School, our teachers teach these 'skills' and encourage their students to practise them regularly. The more we practise any new skill, the better we become at it. Having good social skills improves a student's ability to communicate and understand how others are feeling. Students ultimately become more confident and this can result in increased participation in classroom activities. Being able to identify social cues of others helps us relate to and have more positive interactions with others.

At The Pines School, we explicitly teach social skills using 2 programs:

- R-1 – Kimochis
- 2-6 – What's the Buzz

Kimochis



The word Kimochi means 'feeling' in Japanese. These soft characters live in each of the Reception and Year 1 classrooms at our school – you may have heard of them: Lovey Dove, Huggtopus, Cat, Bella Rose, Bug and Cloud. Each character has their own story and personality that our students get introduced to in Term 1. They also have feeling pillows that go into their

pouches, which are used by teachers to discuss different feelings students have. By teaching students a range of different emotions, it makes it easier for them to discuss how they feel. They also use the Kimochis in role play, to show how each character copes with their different emotions and provides students with strategies they can use when they are working through their own 'big emotions.'

What's the Buzz



What's the Buzz is a social skills program that uses the stories of 'Archie', role plays and play based programs to teach children how to think and relate to others in social situations. It runs over 16 weeks starting in Term 1 and is broken into 3 groups, each working on age appropriate content:

- Year 2-3 – early primary
- Year 4-5 – middle primary
- Year 6 – upper primary

We encourage our teachers to share what they have taught each week/fortnight on Class Dojo and there is an 'After the Buzz' letter that will be sent out to families after each lesson. It provides you with some ideas of how you can support your child(ren) to practise these skills and reinforce what has been taught in class. Over the next few weeks we will be learning about peer pressure, seeking attention, being friendly, winning and losing, sharing and taking turns, cooperation and being a good friend.

Hints and Tips: Breakfast

Why is a healthy breakfast important?

Breakfast gives children a great start to their day. It provides much needed energy and fuels their growing brains. Children who eat a healthy breakfast are more likely to concentrate on learning, to participate in physical activities and their brains are better equipped to solve problems and use their memory more efficiently. Children who have breakfast won't be distracted by feeling hungry.

This means that a healthy breakfast can help children perform better at school.

Children who eat breakfast also tend to:

- Have better school attendance than those who regularly skip breakfast
- Be more emotionally healthy than non-breakfast eaters
- Stay at a healthy weight, because they're less likely to snack on unhealthy foods.

What does a healthy breakfast look like?

- A healthy breakfast has a balance of carbohydrates, protein and fat, giving children enough energy for the whole morning.
- Choose from options like porridge, oats, untoasted muesli, low-sugar wholegrain cereal, boiled eggs, omelettes, wholegrain toast, fruit and yoghurt.

You're an important role model when it comes to eating. Showing your children that breakfast is yummy and an important part of your day is a good way to encourage them to eat it. You can talk about the benefits of breakfast with them too.

Here are more breakfast ideas to encourage healthy eating habits in the morning:

- Make breakfast a time to sit and eat with your children. Setting a good example is a powerful way to influence your children's habits.
- If your child says they're not hungry in the morning, try making a healthy smoothie, with milk, yoghurt and a piece of fruit like a banana, instead of a more traditional breakfast 'meal'.
- Another option is for your child to eat a small meal at home, like a small bowl of oats or a piece of fruit. Then give your child a healthy snack to eat before school starts – for example, some yoghurt with fruit.
- If a busy morning schedule or an early start leaves little time for breakfast, try setting your child's alarm 10 minutes earlier, or even getting breakfast ready the night before. For example, put cereal in the bowl overnight and leave it on the bench or table, so your child just has to add milk in the morning.
- If your child is a fussy eater at breakfast, think about ways to make breakfast more interesting. For example, you could try something like low-fat ricotta on wholemeal toast with sliced banana and honey drizzled on top.
- If your older child refuses to eat breakfast, try not to make a big deal about this. Your child might be doing this as a way of showing independence. You could suggest your child takes a piece of fruit or a healthy smoothie made with milk, yoghurt and fruit to have on the trip to school instead. Or encourage your child to choose their own healthy breakfast options when you're out shopping.

Student Leaders

Delicious Healthy Food

Grown and Enjoyed at The Pines School

Did you know that we grow lots of different healthy and delicious food in our school gardens?

Did you know that our students get to enjoy the many different types of foods that grow in our gardens for free?

Well, our student reporters have been noticing and enjoying some of this fresh produce. This week, our student reporters interviewed Mr Mark, our groundsman and Miss Sue, our canteen manager to find out more.

Year 4 reporters Patrick and Sayesha from Room 34 interviewed Miss Sue:

Question: *What do you do to get the food ready?*



Every morning Miss Sue cuts up the vegetables that Mr Mark has picked or dug up from the gardens.

Sometimes Miss Sue makes hot potato wedges for classes too.

Question: *What type of fruit and vegetables have you had on the platters?*

Carrots, capsicum, corn, tomatoes, zucchini, cucumber and anything else available from the garden. Some children try new vegetables that they haven't tried before and there is no cost for kids to eat the vegetables grown here at the school.

Year 6 reporters Aaliyah from Room 28 and Aarti from Room 27 interviewed Mr Mark:

Question: *How much time does it take to grow the fruit and vegetables?*

It takes lots and lots of time to grow them!

The season can make a difference too. During summer time he grows tomatoes, cucumbers, corn and pumpkin because they are pretty easy to grow.

On the holidays he needs to water the gardens to keep them healthy. He has put in some irrigation to make watering quicker.

When it is very hot, it's harder to get things to grow. It hasn't been too hot lately so things have been easier to grow. The Corn has been very good this year because it was not so hot so we got lots of corn. We have had around 400 cobs of corn. We have also had more than 300 hundred cucumbers and about 30kg of zucchini.



The vegetables grown are chosen because the kids can eat them raw as it doesn't have to be cooked.

Kids are eating things they haven't eaten before and have started asking for more different kinds of vegetables like capsicum that was plated this year.

Question: *Why do you give fruit and vegetables to kids for free?*

Mr Mark is trying to encourage students to eat healthy food at school. He also wants to inspire our students to grow some vegetables at home. Mr Mark gives seedlings of some plants to students to take home and plant in their own gardens.

It's also a nice thing to do and it helps children to recognise the connection between the garden and the food they eat.

He also loves doing it!

Student Leaders

It has been great when kids politely ask for vegetables and fruit and it is exciting to see kids interested in the garden and food that grows at our school.

Question: *What are some things you do to grow all the fruits and vegetables?*

He has to get the soil ready by removing the old crops. He digs in the old plants and compost to help make the soil healthy. He plants things according to the season. Right now, Mr Mark is taking out the older corn plants and planting carrots, peas, broad beans, broccoli and cabbage. He has also started to dig up some potatoes. Mr Mark needs to pull out the weeds from the gardens to look after them too.

Question: *Anything you want to tells us?*

I take a lot of the fresh vegetables to the canteen. They cut it up and put it on platters. They also make potato wedges for classes to eat. When the pumpkins are ready, the make pumpkin soup.



Our canteen staff do a great job cutting up fruit and vegetables from our gardens for students to enjoy!

Here are some pictures of our gardens and a tray of freshly picked vegetables!



Student Leaders

Our Students Enjoying Garden Produce

With Mr Mark



*Mr Mark with a delicious vegetable platter
in our school yard at play time.*

*Lots of students enjoy these freshly grown,
healthy tasty treats at our school!*



WELCOME TO ROOM 35'S ART GALLERY!

In Room 35, we pride ourselves in designing and creating the most amazing art work that is displayed in our very own 'Art Gallery' at the back of our classroom. Throughout the year we will be focusing on creating 12 different and unique masterpieces. We will experiment with different artistic techniques and conventions such as colour contrast, patterning, using different materials, creating illusions, shading and more. There will be a key message behind each of our designs that promote students to look at artwork from all different perspectives. Throughout the design process, we will explore famous artists and the meaning behind their artwork. We will explore this with an emphasis on learning more about Aboriginal and Torres Strait Islander artists and the skills and techniques they used to create famous paintings and drawings.

Our first piece of art focused on using a technique involving colour and shape. We chose colours that stand out when they are put against each other. This is called colour contrast. We also worked on displaying consistent patterns that create an artistic effect. During the creating process, we focused on our identity and what it means to have a place in our class. We are proud of the colours, patterns and shapes we used in this art piece.



"I enjoyed adding different detail to my art and planning which colours I was going to use."



"I loved using different contrasting colours and drawing circular patterns."



"I had fun drawing, colouring and outlining the patterns."



"I enjoyed using stripes and creating a 'deck of cards' theme."

COMMUNITY NEWS



Paralowie R-12 School
ACHIEVEMENT FOR ALL

Invitation



Open Night



Monday 21st March 2022

5:30 - 8:00pm

We look forward to your company

For further information contact
Senior Leader Middle School, Tiahne Rowe
on 8182 7222



Government of South Australia
Department for Education

BASKETBALL DEVELOPMENT SESSIONS



5 WEEK PROGRAM
COMMENCING WEEK OF 7TH MARCH

\$35 PER PARTICIPANT

LOCATIONS

JOHN MCVETY CENTRE - TUESDAYS
PARAFIELD GARDENS RECREATION CENTRE - WEDNESDAYS
IMMANUEL COLLEGE - SATURDAYS

BOYS & GIRLS SESSIONS 5 - 13YO

FOR MORE INFORMATION AND TO REGISTER CONTACT
SACHURCHBBALL@GMAIL.COM
OR VISIT SACHURCHBASKETBALL.COM.AU
OR CALL 0476 262 011



SALISBURY HIGH SCHOOL

Empowered to create successful futures



Government of South Australia
Department for Education

OPEN NIGHT

Wednesday 23rd March 2022

3 Sessions available

4pm, 5pm or 6pm

Tours will be followed by the Principal's address

BOOK NOW to secure your place
2 adult tickets per student –
students/children do not require a ticket
<https://www.trybooking.com/BYAJE> or via



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