



*Respect, Belonging, Fun - Engagement in Learning*

# Leadership News

As we head towards the end of Term 2 and our mid-year break, we would like to extend thanks to all of our students and families for a wonderful semester. Our students have consistently shown our school values of respect, belonging and fun engaged learning, and also regularly show kindness and consideration to their peers. Our teachers and staff have worked very hard to provide a quality wellbeing and social skills programs at the beginning of the year which will continue throughout the year. It has made a very positive difference.

Classroom learning programs are in full swing, and staff are working hard to provide relevant, interesting and challenging learning tasks for students. Our students are well engaged in their learning and have shown some wonderful progress. Each term we determine the growth in each student's progress over the term. It has been pleasing to see most students demonstrating significant growth. Teachers are currently very busy writing student reports, which will be sent home with students on the last day of term.

Reconciliation Week was from May 27th – June 3<sup>rd</sup>. Our teachers and students have engaged in learning and understanding Aboriginal history and culture, as well as how Aboriginal people would like to see their futures. We have been extremely proud of our students as they have shown empathy and kindness for our First Nations people. Our Reconciliation March was enjoyed by all and warmed our hearts to see such unity as we walked together for Reconciliation.

As we are now into the winter months, students no longer need to wear hats for outside play. Hats will not be required again until Week 6 of Term 3. Please try to make sure your children are in correct school uniform. We have a lot of spare jackets, jumpers and uniforms on hangers outside the courtyard and more in the office. Please help yourself or ask in the office for anything you may need.

All schools are required to implement the annual *Nationally Consistent Collection of Data* (NCCD) on school students with a disability or those students who require significant adjustment eg intervention to support disability, injury or learning difficulties. For further information please go to <https://www.nccd.edu.au/>

**A pupil free day will be held on Friday 11<sup>th</sup> June.** The school will be closed to students as the teachers participate in training. Training will include wellbeing, literacy, collection of NCCD data, as well as SSOs working on individualised learning programs for students with *One Plans*.

The **Queen's Birthday public holiday on Monday 14<sup>th</sup> June** will see students having an extra-long weekend. We hope you are able to have some quality family time over the weekend.

Lastly, we are very excited about our new school fence which has gone up around the oval. The Department for Education funded the new fence after feedback from the community. The school Governing Council and school Leadership Team have worked hard to make the fence a reality, and are very pleased for it to be completed.

Alicia Phillips

Numeracy and Aboriginal Education Senior Leader

## **Dates to Remember**

### **Term 2**

#### **Weeks 7 to 9**

#### **3 June to 21 June**

Life Education Van

#### **Week 8**

#### **14 June**

Queen's Birthday  
Public Holiday

#### **Week 9**

#### **22 June**

Year 7 Transition  
Parafield Gardens  
High School  
9:00 - 12:30

#### **23 June**

Sausage Sizzle

#### **24 & 25 June**

School Photos

#### **Week 10**

#### **30 June**

Market Day

Principal  
Mrs Cherie Collings

Deputy Principal  
Mr Sam Konnis

Assistant Principal  
Mrs Toula Girgolas

The Pines School  
P.O. Box 576  
Salisbury South SA 5106

Phone: 8281 2199  
Fax: 8281 5858

E-mail:  
[dl.1777.info@schools.sa.edu.au](mailto:dl.1777.info@schools.sa.edu.au)  
Web: [www.thepines.sa.edu.au](http://www.thepines.sa.edu.au)



# WELLBEING CORNER



## Wellbeing: Interoception

### What is Interoception?

**I**nteroception is our 8<sup>th</sup> sense. It has been called an awareness of internal bodily states. It is our inner centralised system that senses our physical and emotional states. When our interoception skills are developed, our body can notice, recognise and respond to its needs. For example, if a child becomes hot, his/her interoception skills would help the child to recognise this and perhaps take off any excess clothing, such as a jumper to cool down. Without this interoception skill, a child may become very upset, without knowing or understanding why. Other examples of how interoception works is the ability for a child to recognise and respond when thirsty, needing the toilet or when hungry.

Interoception is an important skill which, when developed, will help children to regulate their emotions and sensory needs.

*Please see the chart to the right. This is one of the ways we can educate our students about keeping themselves hydrated and recognising the body's signs that they may be dehydrated. This chart outlines the different colours of urine according to how hydrated a person may be.*

In Term 1, all teachers at The Pines School were trained in learning about interoception, because it is crucial for children to learn these skills. This term, every class has also had a lesson in the basic concept of interoception.

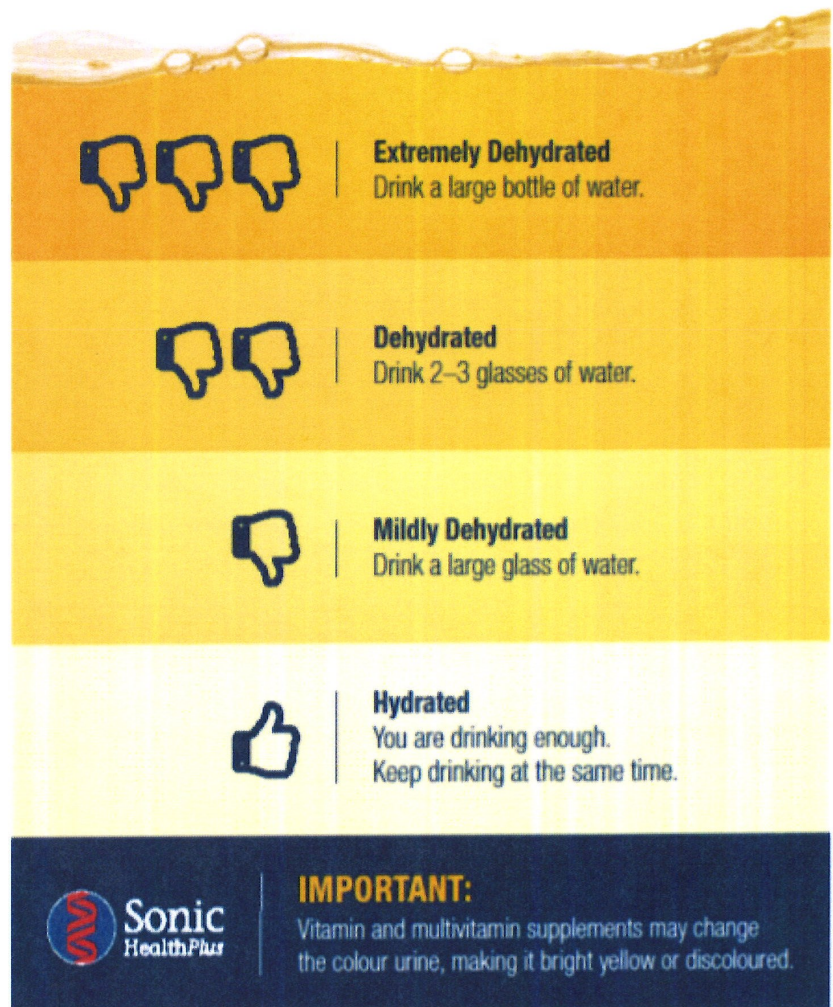
From this term onwards, teachers are also beginning to implement interoception activities within their classes during brain break times.

Have a chat to your child about interoception skills and ask them how aware they are of their internal physical and emotional signals.

More information about interoception can be found by asking to speak to Christin Valley or Sonia Kilmister.

## REHYDRATION

Use this urine colour chart to give yourself an idea of whether you are drinking enough water or if you are dehydrated.



Department for Education



## VISUAL ARTS

### YEAR 4

### ROOM 30

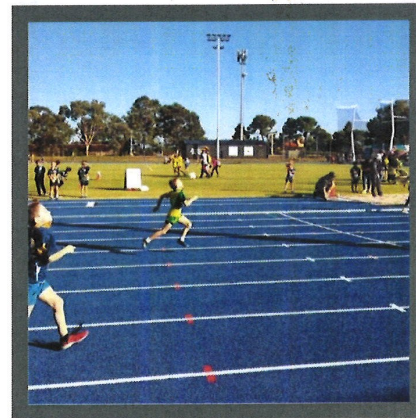
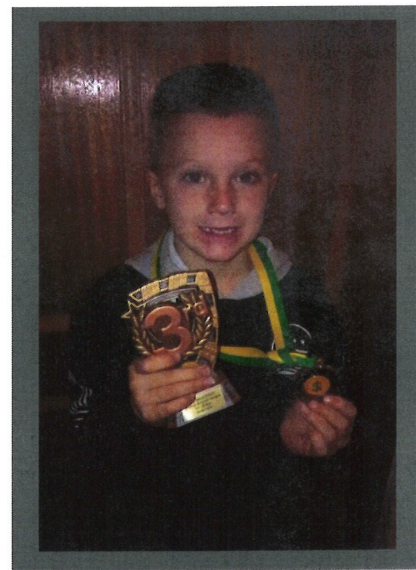
After studying Vincent Van Gogh's famous Sunflowers painting, we created our own floral arrangements in vases.



# THE SPORTS CORNER

CELEBRATING OUR STUDENTS AND THEIR  
SPORTING ACHIEVEMENTS OUTSIDE OF SCHOOL!

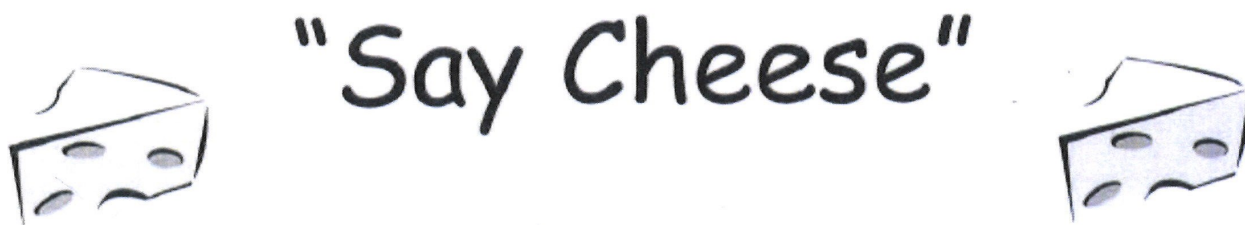
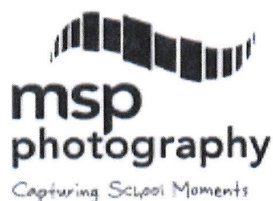
TERM TWO - 2021



## JORDAN, YEAR 2

Jordan has been involved with the Salisbury Little Athletics Centre since the 2018/19 season. This is a place where "all children participate in a variety of events each week including sprints, distance running, race walking, long jump, high jump, shot put and discus - just to name a few!" Recently, Jordan won a state Silver medal with his team in the 4x100 metre relay at Santos Stadium, coming 2nd by half a second!! He also finished 7th out of 16 athletes in his discus event at the State Challenge. As the season concluded, Jordan finished with 31 PBs, 3rd overall for his age group and 4th in points!

At school, Jordan is an extremely passionate PE student who is a leader amongst his peers. He is always willing to help students and support their learning. It is fantastic to see Jordan succeeding out in the community. We are very proud of Jordan's achievements and we wish him all the best for his next season!!



# "Say Cheese"

**MSP Photography  
are on their way!!!**

**School Photo Day is:**

**Thursday, 24<sup>th</sup> June and Friday, 25<sup>th</sup> June 2021**

**Have your child's school memories  
captured forever.**

Please take time to read the relevant information  
on the MSP payment envelopes & remember  
these helpful points:

- Don't seal envelopes inside each other – You can pay for all children in one envelope however each child needs to have their own envelope on photo day.
- Use the Shootkey on your envelope to order online!
- Family envelopes are available at the school office upon request.
- Please enclose correct money as no change is given – cash, cheques and money orders only. Credit card payments can only be made online.

Please feel free to visit our web site

[www.msp.com.au](http://www.msp.com.au)

For photo enquiries Phone: (08) 8132 1148 or Email: [enquiries.adl@msp.com.au](mailto:enquiries.adl@msp.com.au)

# Student Leaders

## WEEK 5 ASSEMBLY HIGHLIGHTS

*We have not been able to have families and caregivers attend assembly for some time now. We don't want our community to miss out completely, so here are some highlights from the Week 5 assembly this term.*



Students received assembly certificates for Leadership and Social Intelligence.



Year 2 students from Room 14 and 15 shared artworks from the 'National Simultaneous Story Time'.



## 'Home Among the Gum Trees'

Students from Room 46 sang and shared the actions for the song 'Home Among the Gum Trees'. They did an amazing job learning all the actions



# Student Leaders



Year 5 students wrote and performed a play about being kind called 'Have you Filled a Bucket Today?' They performed their play for the younger students.

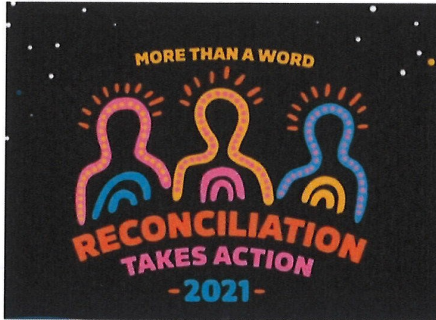
Years 5 and 7 students in The Pines School's new and growing orchestra played a song called 'Apple Trees in Bloom' at the upper primary assembly.



Year 4 students from Room 29 shared their artwork. They made wax relief paintings of Ming vases.

# Student Leaders

## Reconciliation Week March

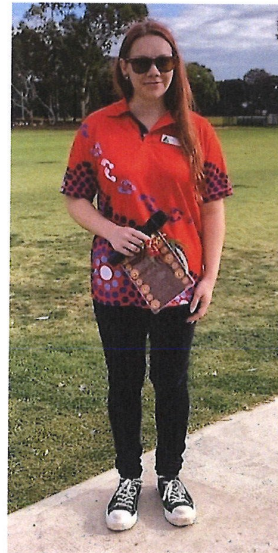


*Our Year 6 reporters Amelia and Jaxon report on The Pines School Reconciliation Week March:*

Last week was Reconciliation Week. One of the things we celebrate on this day is that the Indigenous people of Australian are finally being heard. On Thursday, the students and staff at The Pines School did a march around the oval that was led by our Aboriginal students. We could wear clothing that had an Indigenous design or the colours red, yellow or black for the march. These are the colours that are on the Aboriginal Flag.

*We asked Miss Philips our Aboriginal Education Senior Leader, why Reconciliation Week is important:*

"Reconciliation is about valuing everyone and working together to create a better country for everyone. It's important too because Aboriginal people were ignored for a long time and now it is time for our First Nations people's voices to be heard. Reconciliation is important to me because I would like to know that all Australians including my family and community are all valued equally."



*We interviewed some students to find out why they think Reconciliation Week is important.*

Zack from Room 32:

"Reconciliation week is a week that all Australians can come together as a whole. It's important because it is the week to celebrate our first Australians getting their land back."

Mackwin from Room 26:

"I think it is important because the purpose of Reconciliation Week is to say sorry to people who first lived here."

Aleah from Room 26:

"I think it's important for the Aboriginal people because it's a week for them to remember that the old Prime Minister said sorry and for them to be respected. It's important to me because I want the Aboriginal people to know that we are sorry for our actions."

Kiara from Room 33

"It is important that we remember that we took the land from Aboriginal people and they were on this land first and we need to respect that."

Baxter from Room 32

"We celebrate the Aboriginal people because they are the custodians of the Adelaide region. It's important because we can celebrate the proud owners of the Adelaide region and we can know they're the proud owners of the Adelaide region."



# Student Leaders



## Things we found out to help us know more about Reconciliation Week:

- On 13 February 2008 Prime Minister Kevin Rudd made a formal apology to Australia's Indigenous peoples, particularly to the Stolen Generations whose lives had been blighted by past government policies of forced child removal and Indigenous assimilation.  
It has been 13 years since Kevin Rudd said sorry.
- On 26 October 1985, there was a ceremony held to transfer custodianship of Uluru and neighbouring Kata Tjuta to its Anangu traditional owners. The ceremony, performed in the shadow of the immense rock, remains one of the most significant moments in the Aboriginal land-rights movement.
- Aboriginal people in this country have had a very long battle to have their history recognised and valued, secure rights and claim land that traditionally belonged to them. There is still a lot of work to be done.

## Reconciliation Week Performance

The Pines students were very fortunate to have Ryka Ali come to our school to perform music and dances representing Aboriginal and Torres Strait Islands cultures.

**Our Year 5 reporters Emily and Annabel interviewed Ryka to find out more about the performer and the importance of this performance.**

Q: What do you like best about performing:

A: I like sharing culture and teachings with others. I also like showing off!

Q: What tips would you give students to help them understand the importance of Aboriginal music and dance?

A: Always be respectful. Listen. Share what you learn with others.

Q: How long have you been performing for?

A: I started dancing when I was 7 years old.

Q: How did you learn these songs and dances?

A: He learnt from his mob. He travelled a lot with his mum and learned from lots of uncles and aunties and other people in his family.

Q: What is the most important thing to you about the performances you do?

A: The stories that go with the dances, respecting the stories, dances and music.



# Student Leaders

## At the performance:

At the performance, Ryka talked about where he comes from. He started off with a traditional Torres Strait Island dance. Some students were chosen to join in at the front.

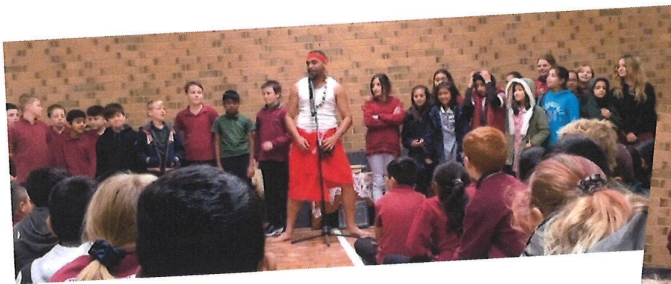
He talked about the traditional instruments and what they were made from, such as seeds and wood.

He also talked about the traditional clothing that is worn for certain dances and occasions. He taught some students the emu dance and they performed it together.

He played the didgeridoo and some other instruments like the clapper. Some boys learned about playing the didgeridoo as only men are allowed to play the didgeridoo.

We learned about different types of boomerangs.

He got some teachers to do some dances too!



## **Annabel**

I found the performance interesting and my favourite part was when Ryka played the didgeridoo and when he did a clothes change from Torres State Islanders to Aboriginal clothing. I think the best part was when he asked some teachers to come up and learn a dance and perform to the kids.

The performance was also funny because he made jokes.



# COMMUNITY NEWS

**ACTIVE LIFE!**

Physical activity is incredibly important for young children. By helping your child to get active, you help their body to develop, help them learn and start to develop their life long love for sport.

**BENEFITS OF PHYSICAL ACTIVITY:**

- PROMOTE HEALTHY GROWTH & DEVELOPMENT
- DEVELOP GROSS & FINE MOTOR SKILLS
- BUILD STRONG BONES & MUSCLES
- IMPROVE BALANCE, COORDINATION & STRENGTH
- PROMOTE CONFIDENCE & SOCIAL SKILLS
- HELP TO ACHIEVE & MAINTAIN A HEALTHY WEIGHT
- IMPROVE SLEEP

The Australian Government Department of Health recommends children aged between 5-16 are physically active everyday for **at least 60 minutes** of moderate to intense exercise per day.

**HERE ARE SOME TIPS TO GET YOUR CHILD MOVING:**

- Walk/ride to school
- Walking the dog
- Helping in the garden
- Ride a bike
- Kick a soccer ball

**1 IN 4 AUSTRALIAN CHILDREN ARE OVERWEIGHT OR OBESE**

Overall physical activity levels of Australian children were graded D-

**SPORT IS FOR LIFE!**

Skills learned during physical activity and sport contribute to the holistic development of young people, not just the physical benefits.

**YOUNG PEOPLE WILL LEARN THE IMPORTANCE OF KEY VALUES SUCH AS:**

|                     |                    |            |
|---------------------|--------------------|------------|
| RESILIENCE          | TEAM WORK          | COMMITMENT |
| RESPECT & INTEGRITY | ADHERENCE TO RULES | LEADERSHIP |

**ALL CHILDREN SHOULD BE ENCOURAGED TO BE ACTIVE** no matter what their age or level of ability.  
**YOU ARE THEIR ROLE MODEL, SO GET INVOLVED AND MAKE IT FUN!**

Australian Government Department of Health & Ageing "Move and Play Everyday"  
National Physical Activity Recommendations for Children 5-16 Years  
www.health.gov.au/national-physical-activity-recommendations-for-children-5-16-years

**SSA**  
1300 372 300 | SPORTSTARACADEMY.COM

**IMPACTS OF TECHNOLOGY SCREEN TIME**

has become a major concern for parents, especially as technology has become such a big part of our everyday lives.

The Australian Federal Government recommends...

**2 HOURS PER DAY**

use of an electronic media for entertainment.

**We love to see your child in action, having fun and learning their skills.**

Share your pics and videos with us by tagging @sportstaracademy #ActiveForLifeSSA on Instagram and Facebook.

**APPLICATIONS NOW OPEN**

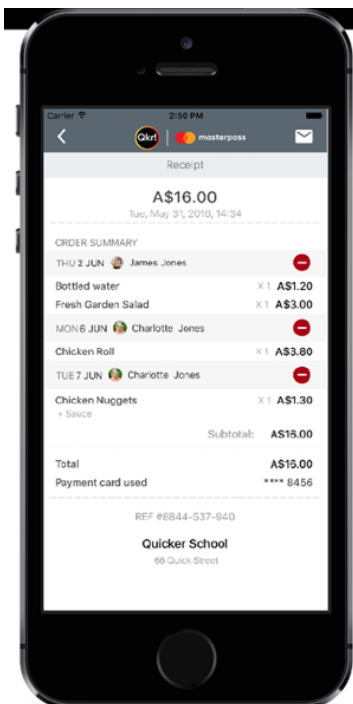
**SPORT STAR ACADEMY**

**SCHOOL GRANTS**

Apply now for your share of **\$1 MILLION** worth of sport programs to schools across Australia

**For more information and how to register a school, visit:**  
**www.ssaschoolgrants.com\***

\*Full terms and conditions on website



## Canteen News

### Qkr Ordering Update

To cancel lunch orders that have already been ordered and paid for:

1. Open Qkr App and tap activity.
2. Scroll down to order history and sign in with your password.
3. Tap the red circle on the right side of the order to be cancelled. You can select the entire order or individual items and then press OK.
4. You can cancel any order made by 9am.

If you need to cancel after this time please contact the canteen.