The Pines School Newsletter





The end of term is almost here with only one more busy week to go before the end of Term 2. We wrap up the term with the final fund raiser event for the Year 6/7 camp to Narnu Farm at Hindmarsh Island. Following the *Trash and Treasure* sale a few weeks ago, this week, many students enjoyed a delicious sausage sizzle. The Year 6/7 students and staff worked very hard to fill the many orders for this special lunch. *Market Day* will be held next week. The Year 6/7 students have spent many weeks researching, planning, designing and developing their market stalls ready for the big day next Wednesday. This is all part of their work on developing entrepreneur skills.

Class Dojo has become a valuable communication tool for our school. Teachers have found it very useful for sharing whole school and class information. Families have also found it useful, as it allows them to get the information they need about the school, as well as contacting the teacher about student learning and for reporting absences. Because of the success of Class Dojo and through feedback from families, we have decided to discontinue the use of the SkoolBag app. If you are not yet connected to Class Dojo, please let your teacher know so they can assist you with this. We are also working toward having a school text messaging service that will support the school and parents to easily report absences. Keep an eye out for more information about this next term.

A number of School Governing Council members worked hard with me over many years, to seek funding and permission from the Department for Education for a new fence. **Student leadership** is important and valued at The Pines School. One of the ways we develop student leadership is through our Student Representative Council (SRC). This term the SRC has been looking at how we can make learning better at The Pines School. SRC students have been working through a process to develop their thinking and ideas for this school improvement project. This has included getting feedback and ideas from students in every class. The SRC then had to carefully analyse and sort all the different ideas and have been able to come put with the top 9 ideas. The next step will be getting some more feedback from all classes to decide which ones to focus on and develop. Keep an eye out for updates about how this exciting work develops.

Last week **we celebrated our new fence around our oval**. The school community had wanted a fence around the oval for quite a while and a community petition was submitted. The school community wanted the fence to further secure our school. Problems with motor bikes, cars and strangers coming onto the oval had been issues, as the fence borders the verge by the road. Having the fence means that it's much safer for our students and staff on the oval.

A number of School Governing Councils had worked hard with me over years, to seek funding and permission from the Department for Education for a new fence. I'd like to acknowledge the work of Governing Council members, leaders, staff and others who assisted make this project happen.

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Term 2

Week 10 29 June RAA - Street Smart

> **30 June** Market Day



2 July End of Term School finishes 2:00pm

Term 3 Monday, 19th July 2021

Principal Mrs Cherie Collings

Deputy Principal Mr Sam Konnis

Assistant Principal Mrs Toula Girgolas

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Leadership News

At our celebration last week we also acknowledged the excellent support of Michael Brown MP. Michael assisted us over time pursue approval and funding for the fence. The Department for Education funded the whole project this year, which was excellent. Salisbury Council has also offered to assist our school further develop our oval for Junior Cricket and Junior Soccer.

While the school oval is not available during school hours, fence gates remain open after school hours, including on the weekends, so that the community can use the oval after hours. We ask anyone using the oval to help us look after this area. If dogs are brought in after-hours it's important to pick up after dogs. Our Groundsman spends a lot of time keeping our oval in good condition for our students and we ask all those using this space to be responsible and respect this area.

At the end of next week school holidays will begin. I'd like to wish all students a safe, enjoyable holiday. Students and staff have worked really hard to continue our work on improvement for every child in terms one and two. A lot has been accomplished so far this year and we look forward to terms 3 and 4. Many of our students are now learning musical instruments and some performed really well last week. Some of our students are also involved in Choir and practising for the Adelaide performance later this year.

Don't forget that school finishes at 2pm on the last day of term next Friday 2<sup>nd</sup> July. We wish our students and their families a very safe holiday.

Reports will come home at the end of term.

Best Wishes Cherie Collings Principal



### Fence Opening Student Report

#### Annabel our reporter from Room 33 reports about her experience at the Fence Opening event last week:

Last week was the opening of our new oval fence. Students from classes came to watch. We also had some SRC students say some speeches about why they are thankful for the fence, such as it helps to keep us safer at school.

Before the speeches started, we all waited for our special guest Michael Brown MP to arrive. Then the Reception students from Room 3 did the Acknowledgment to Country that Miss Keryl had taught them. The Pines School Orchestra did a performance. I played a duet with Harry, then the whole orchestra played a song called Tap Dancer. The SRC students gave Michael Brown MP a thankyou card for helping us to get the fence. We also gave him a box of fresh produce from our school gardens. Mr Brown made everyone laugh when he said he had never been invited to a fence opening before or been given a thankyou card for helping with a fence.

I enjoyed the fence opening, and enjoyed playing the cello for the performance, even though it was a bit scary because it was my first time performing with my cello. I also enjoyed seeing the receptions doing the <u>Acknowledgment to Country</u> and when Mr Brown made us all laugh.

# Student Leaders

### Caitlin from Room 35 took photos of the event:











Mrs Collings and our SRC students gave speeches about our amazing new fence that helps keep us safer at The Pines School.





The Pines School Orchestra played some music at the event.



### Have you completed your Premier's Reading Challenge yet?

Our student reporters all love reading and report to you on the Premier's Reading Challenge (PRC) at The Pines School.

#### Vansh from Room 9:

The Premier's Reading Challenge is a fun and challenging way of getting children to read. But how is it fun? It is fun because of the medals the children get by reading. The children want to get medals so they read more.

Vansh interviewed Mrs Girgolas to find out more about the PRC.

Q: Do you get more medals if you finish more than one sheet of the PRC each year?

**A:** No, you only get one medal per year. Students at The Pines School who complete more than three pages of the challenge receive a bonus prize from the school. The record for the most PRC sheets completed at this school is approximately ten sheets!



### Daniel from Room 29:

The Premier's Reading Challenge encourages kids to read and learn for countless years. I really like the PRC because reading makes you happy.

Daniel asked Mrs Gina about the PRC:

**Q:** Why and how did you start the PRC at The Pines and when did you start it?

**A:** It was the South Australian Education Department and the Premier that started it to promote reading. The library staff had to find all the books in the library that were on the PRC list. The PRC books had to be colour coded for the year levels. Mrs Gina encourages the students to borrow at least one PRC book when they come to the library. The PRC started in 2004.

#### Sanvi from Room 9:

Students can do more reading in the PRC. They can be more confident reading the punctuation and by competing with other students to finish the challenge. It is fun finishing the challenge but it is also good for you to do more reading and it helps you go on higher levels. I like the PRC because it gets you to read more fiction and non-fiction books and it is interesting and good for you to learn by reading.

Sanvi interviewed Mrs Girgolas about the PRC:

Q: Why is it important for kids to do the PRC?

A: It is important because it makes kids read more and it improves their reading.

Have you completed your PRC yet? Students have until early September to read 12 books and complete their PRC form. So get reading everyone!





#### Mental Health in Children and Young People

Recently we were at a wellbeing conference and learned about mental health in children and young people. When our students are sick, we contact families and carers so they can help them get better. We know coughing, sneezing, having a runny nose and sore stomachs are some indicators of being sick or struggling with physical health.

It is also important for our educators to know what indicators to look for when a child's mental health is deteriorating so we can let families/carers know as well, so they can support their children. We recently shared the mental health continuum with our staff to help them better understand what to look for.

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Flourishing	Going OK	Struggling	Severely impacting everyday activities

Similar to physical health, mental health is always changing. There are many different things, both positive and negative, that can affect a child's mental health and where they are on the mental health continuum at any point in time.

When a child is **flourishing** they 'feel good, function well, get along well with others, and approach their learning with purpose, curiosity and optimism.'

When they are **going ok**, they have good mental health and there is an absence of frequent or significant feelings of distress.

Moving down the continuum, when children are **struggling**, they have more noticeable distress but it is usually only for a small period of time. The distress may have a mild impact on children's behaviour, learning and relationships. When they are showing signs of Struggling, these experiences could be:

- a) an expected part of development and growing up
- b) an expected emotional reaction to a challenging life situation or
- c) the early signs of an emerging mental health condition

On the far right hand side of the continuum, children and young people are having 'distressing thoughts, feelings and behaviours that are **severely impacting on their everyday activities**.'

Our goal is to support our students to help move them towards flourishing. At The Pines School we have a number of wellbeing practices in place to help support our students' mental health:

- Morning circles at the beginning of the day to support belonging
- Working together with students to create goals and have a growth mindset to achieve success
- Mindfulness activities after break times to refocus so they can be relaxed, calm and present for learning
- Explicit teaching of social and relationship skills using Kimochis and What's the Buzz to foster resilience and responsible decision making
- Providing interroceptive brain breaks to assist students in restoring balance and making them more aware of how their bodies react in relation to their changing emotions



Some students will demonstrate changes in their relationships, behaviour and learning that suggest they may be in or moving towards the 'severely impacting end of the continuum.' Some examples of these changes in behaviour are:

- Physical .
- Self harm •

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- Isolating or withdrawn
- More disruptive than usual
- **Changed eating habits**
- **Developmental regression** •
- Change in sleep or hygiene
- Absenteeism
- Not interested in friends

Negative self talk No connection to the future •

We have the privilege of spending a large part of the day with your children, so noticing changes and supporting them to get back on track is our priority.

Although educators are not mental health professionals, as Wellbeing Leaders, Mrs K and I (Ms Valley) work to provide our teachers with the tools to monitor students who may require attention or support, as well as identify and raise concern for those who may need more targeted assistance from wellbeing teams or mental health professionals.

One of the most important parts of this process is having open communication with families - we will let you know, (as we hope you will too), if we have concerns, so we can work together to support your child(ren). Remember that working towards positive mental health is not just for children but adults as well - if you feel that you might need some support with your own mental health, we encourage you to contact Beyond Blue and speak to someone for advice and assistance.

### www.beyondblue.org.au



Sourced from: www.beyondblue.org.au



This term we have been learning about procedure writing. We have been fortunate enough to have a preservice teacher Mr. P in our class teaching us how to write a procedure. Mr. P showed us how to make fruit skewers and we wrote a procedure on how to make them. It was so much fun!







Name: Evd Title: How to make a Stick-or Equipment:
Paper toutul Stick Plate froat.
Steps:
Wash yor hince sallpo cut the front of Put the front on the stick
cut the fronto
Put the froot on the stick
rit the stops,
rit the Stops, eet the froot stick,







Name: ....

Equipment:

Title: Hay to make a Stick



# **Room 44 Procedure Writing**

In our classroom, we have been learning about how procedures help us to make or do things. We learnt that the structure of a procedure includes a title, list of materials and steps which tell us how to complete the task.

We learnt to make many fun things, including orange juice and fairy bread.

Here are some pictures of us making orange juice and fairy bread below.



We hope you like them!



# THE SPORTS CORNER

# CELEBRATING OUR STUDENTS AND THEIR SPORTING ACHIEVEMENTS OUTSIDE OF SCHOOL!

TERM TWO - 2021



# TEANAH, YEAR 3

Teanah 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!" This season was very successful for Teanah as she finished 12th overall out of 33 athletes in the State Multi (Pentathlon) event at Santos Stadium. She won a state individual silver medal in long jump (tied 1st), second on a count back - jumping a Personal Best of 3.41m! During this championship, Teanah also achieved 3 more PBs in her 70m, 200m and 400m. By the end of the season, Teanah finished 1st overall for her club age group and first in points for her age group, along with 33 PBs and a club record to go with.

It is evident to see during PE that Teanah is very athletic and sporty person. She has the ability to be able to adapt her skillset into all sports, always giving 110% of her efforts. Our school is very impressed with Teanah's achievements and look forward to seeing what the future holds for her!





# Room 32 & 33 Music Excursion

In week 5 Rooms 33 and 32 went on an excursion to the city. First, we had lunch then some of us went onto the grass to kick balls. Suddenly two robots on bicycles came out of nowhere, one had lips for its face and the other had an eye. We were very excited to interact with them to check if they had someone inside of them (they didn't). After that we climbed multiple stairs into the Festival Theatre to see a musician, Adam Page who has a silver beard and is also tall. He took us on a journey of how to become a musician and he said he met a musician with a silver beard not grey (it is him). He started making music with random house hold items and recorded it. He used some of our voices to make a song, one of them was Miss Brown's and she said... "Oh hi!" Then he made a song out of a student's name. He was very funny and at the end he played real instruments and it shocked us as he could beat box with random words like... baboons eat pizza! After he had finished we went upstairs and saw famous buildings and landmarks that had been shrunk down and made out of cardboard. We all had a great time and would recommend seeing him.

Lily and Annabel

Room 33







ROLL UP! ROLL UP! THE PINES SCHOOL UPPER PRIMARY TEAM • PRESENT TO YOU OUR 2021

Canva

# CARNIVAL DAY!

WEDNESDAY, JUNE 30TH WEEK 10 TREAT YOURSELF OR BUY SOMEONE A GIFT

FOOD AND DRINK STALLS / BOUNCY BALLS / SIDESHOW GAMES / BEADED JEWELLERY / BOOKMARKS / COLOURFUL SOCKS / KEYRINGS / STRESS BALLS ....AND MORE!

PRICES RANGE FROM \$1-\$6









## 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.