



Respect, Belonging, Fun - Engagement in Learning

Leadership News

This week we are celebrating some very important people in our school – the SSOs. We have many talented and committed SSOs at our school who work with our students to develop their academic skills and support their wellbeing. SSOs are integral to the functioning of our school. In total, we have 40 SSO staff working here. Their work involves intervention in Quicksmart, Interoception, literacy support groups, literacy blocks, interpreting, library and the administration of our school. Without them many programs would not exist in our school and students with learning needs would not be supported in working towards their goals. A big thank you to our SSOs for the amazing effort they put into their work every day.

To our amazing
School Services Officers



We would like to thank our families who support their children in wearing proper school uniform every day. Maroon, black and bottle green are the colours of our school and wearing them develops a sense of belonging and respect. Jumpers and pants with bright colours and logos larger than a fifty cent piece are not to be worn at school. This includes accessories that hang from clothes, excessive jewelry and makeup. As the weather becomes warmer, we remind students that shorts and skirts need to be mid-thigh and below. Hats need to be worn at play time starting this week, if you need to purchase a hat they are available in the office for \$7.50

We would like to thank all parents who have been following the COVID restrictions that are in place by wearing masks, using the QR codes around the school, dropping their children off at the gate and remaining out of classrooms and other school buildings. Following these restrictions keep our staff and children safe.

Dates to Remember

Term 3

Week 6

27th August
Book Week Parade

Week 7

Year 6/7 Camp

3rd September

Pupil Free Day

Week 8

6th September
School Closure Day

8th September

JP Cricket Clinics

10th September
District Boys Soccer

Festival of Music
Concert

Week 9

17 September
Sports Day

Principal
Mrs Cherie Collings

Deputy Principal
Mr Sam Konnis

Assistant Principal
Mrs Toula Girgolas

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WELLBEING CORNER



R U OK Day

Dear Families

Thursday 9th September is 'R U OK Day'. This is a day which encourages us to think about what others may be going through and prompts us to ask those close to us if they are doing okay. Please see the information below from the RUOK website:

THIS YEAR THE MESSAGE IS: Are they really OK? Ask them today.

Do you know how the people in your world are really going?

Life's ups and downs happen to all of us. So chances are someone you know might be struggling. Your genuine support can make a difference whatever they are facing, big or small.

So, don't wait until someone's visibly distressed or in crisis. Make a moment meaningful and ask them how they're really going.

Are they really OK? Ask them today. Your conversation could change a life.

R U OK? has developed FREE resources to help you encourage everyone in your school, workplace and community to think about who in their world might need to be asked how they're really going and how to make a moment meaningful by asking "are you OK?"

Sign up below to view the resources.

<https://www.ruok.org.au/>

There is an information brochure attached to this newsletter with more information on how you can ask a person if they are okay.

Have a great week!

Sonia Kilmister and Christin Valley

Wellbeing Leaders

TRUST THE SIGNS
ASK R U OK?

Trust the Signs, Trust your Gut & Ask R U OK?

It's time to ask R U OK? if you notice a change, no matter how small.

WHAT ARE THEY SAYING?	WHAT ARE THEY DOING	WHAT'S GOING ON IN THEIR LIFE
Do they seem: <ul style="list-style-type: none"> Confused or irrational Moody Unable to switch off Concerned about the future Concerned they're a burden Lonely or lacking self-esteem Concerned they're trapped or in pain 	Are they: <ul style="list-style-type: none"> Experiencing mood swings Becoming withdrawn Changing their online behaviour Losing interest in what they used to love Unable to concentrate Less interested in their appearance and personal hygiene Behaving recklessly Changing their sleep patterns 	Are they experiencing: <ul style="list-style-type: none"> Relationship issues Major health issues Work pressure or constant stress Financial difficulty Loss of someone or something they care about

RUOK?

Starting a conversation

- 1. Ask R U OK?**
 - Pick the right time and place to start the conversation.
 - Mention specific things that have made you concerned for them, like "You seem less chatty than usual. How are you going?"
- 2. Listen**
 - Take what they say seriously and don't interrupt or rush the conversation.
 - Encourage them to explain: "How are you feeling about that?" or "How long have you felt that way?"
 - Show that you're listening by repeating back what you've heard (in your own words) and ask if you've understood them properly.
- 3. Encourage action**
 - Help them think of next steps they could take to help them manage their situation.
 - If they've been down for more than two weeks, encourage them to see a health professional.
 - Be positive about the role of professionals in getting through tough times.
- 4. Check in**
 - Schedule a reminder to call them in a couple of weeks. If they're really struggling, follow up with them sooner.
 - Stay in touch and be there for them. Genuine care and concern can make a real difference.

Can you spot the changes?

Find the 6 differences between these two illustrations.

Useful contacts for someone who's not OK

Encourage them to connect with a trusted health professional like their GP or these Australian crisis lines and professionals.

Lifeline (24/7) 13 11 14 lifeline.org.au	Suicide Call Back Service (24/7) 1300 659 457 suicidcallbackservices.org.au
Beyond Blue (24/7) 1300 224 636 beyondblue.org.au	Kids Helpline (24/7) 1800 551 800 kidshelp.com.au
SANE Australia 1800 18 SANE (7263) sane.org	More contacts ruok.org.au/finchhelp

RUOK?
A conversation could change a life.
ruok.org.au



ASK

Adults Supporting Kids

Are you worried about the safety or wellbeing of a child, young person or family?

ASK is a free service that can connect you to information and support near you.

It's ok to **ASK** for help, so **ASK** early and **ASK** often.



 adultssupportingkids.com.au



Student Leaders

Special Events

BOOK WEEK 2021

This week is Book Week at our school. During this special week we celebrate books and reading. On Friday, students can dress up to celebrate book week, wearing a costume that goes with this year's Book Week theme of '**Old Worlds, New Worlds, Other Worlds**'.



Miss Sharon with the help of Miss Jo created our amazing library Book Week display this year. The Display fits perfectly with this year's theme 'Old Worlds, New Worlds, Other Worlds'.

Salina from Room 29 interviewed Miss Sharon about Book Week and the library display:

Question: Please tell us about Book Week and this year's book week display:

Miss Sharon: Book Week is held every year by the Children's Book Council of Australia. This year the theme for Book Week is 'Old Worlds, New Worlds, Other Worlds'. Book week is for young people to share books across Australia.

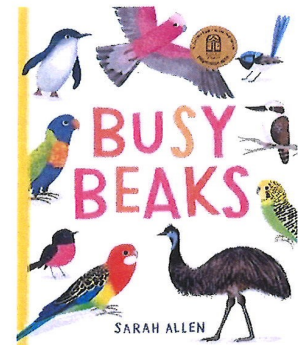
The Pines School library display took about 4 hours to put together over a couple of days. I love it when children come in the library. The looks on their faces when they see the display makes it all worth the effort.

Salina talked about the Book Week book she likes:



I like the book 'Busy Beaks' by Sarah Allen because I like to learn about the different kinds of birds in the text. My favourite bird in the books is the powerful owl.

For book week I am going to dress up as Hermione from Harry Potter.



Daniel from Room 29 interviewed Mrs Girgolas about book week:

Question: Why is book week important to you?

Mrs Girgolas: Because it's a special time for us to celebrate books.

Question: How does it make you feel to see all the kids participating in Book week?

Mrs Girgolas: It gives me great joy and happiness.

Question: When did costumes come into the picture?

Mrs Girgolas: Costumes came about 50 years ago.

Question: What do you feel when we do the book week parade?

Mrs Girgolas: It feels fantastic because I get to have fun with all the students and staff.

Daniel talked about the Book Week book he likes:

I liked the book, 'Not Cute' by Philip Bunting because it is funny. As you read it, you get clues about what will happen next in the text. 'Not Cute' is about a quokka who looked very cute but did not like it one bit. It was also about other animals. It is very awesome.



Student Leaders

Week 5 Assembly

Families are still not able to attend assemblies due to current restrictions, so our student reporters Sanvi and Vansh from Room 5 and Annabel from Room 33 report on the Week 5 Assembly. Caitlin from Room 35, our newsletter photographer took photos at the assembly.



Mia and Marliah from Room 46 and Mia from Room 30 worked with Miss Phillips to read the Acknowledgement to country.



We learn about growth mindsets at The Pines School to help us learn. Many students received character strength awards for perspective and humility at the week 5 assembly. Students in the audience were able to explain that perspective means seeing things from another person's point of view. Our reports Sanvi and Vansh also got an assembly award.



Soha and Aditi from Room 27 were great comperes at the Week 5 assembly.

Some of our Year 5 instrumental music students in the orchestra played a piece of music called Scarborough Fair.



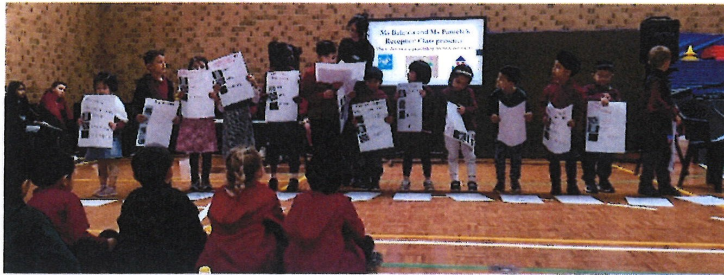
Some of our SRC leaders spoke with us about R U OK? Day that is happening on 9th September.

The Pines School Wellbeing Committee has organised some lunch time and class activities to help us understand the meaning of the day in September.



Student Leaders

Week 5 Assembly *(cont)*



Miss Belinda and Miss Pamela's class presented their visual art work and explained how they followed a procedure to make it.

Miss M announced the house captains and vice captains for this year's Sports Day. Our captains and vice captains will lead our teams on sports day.



Mrs Collings shared some good news about the new junior primary playground climbing equipment that will start being built next week. Students will need to stay away from the area until the new playground is finished. The preschool will also be getting some new equipment built.

Finally, the winning junior primary class with the best listening and audience skills was Room 44, Ms Courtney's Class. They will be looking after Huggie Bear until the next assembly. Congratulations to Room 44.



Student Leaders

THE PINES SCHOOL ORCHARD

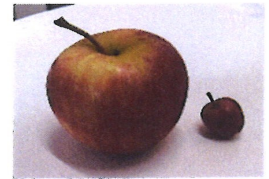
Saanvi from Room 35 reports on our school orchard:

Did you know our school has an orchard? An orchard is a group of fruit trees. Our fruit trees have just been pruned (when trees are cut back to help them make a better growth), and a few of them are starting to get some shoots!

Soon, when it is spring, a few of the trees will look beautiful as they will have leaves and fruit! I will be taking photos weekly to document how the trees change this year.



I also noticed that there was a tiny apple on the ground. I wondered how it might have gotten there and thought that a bird must have tried to eat it, but while trying to get it, the apple fell on to the ground. Here is a picture of the tiny apple next to a normal sized apple.



Here is a picture showing some of our freshly pruned fruit trees. They won't look so bare for long!

Sports Day

With Sports Day coming up later this term, students are already getting excited and thinking about what they are looking forward to on Sports Day.

Sanvi and Vansh from Room 9 share what they are looking forward to. They also interviewed Mr Eldridge and Mr Konnis about why Sports Day is important.

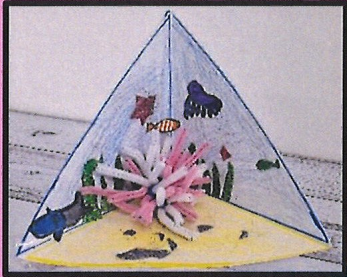
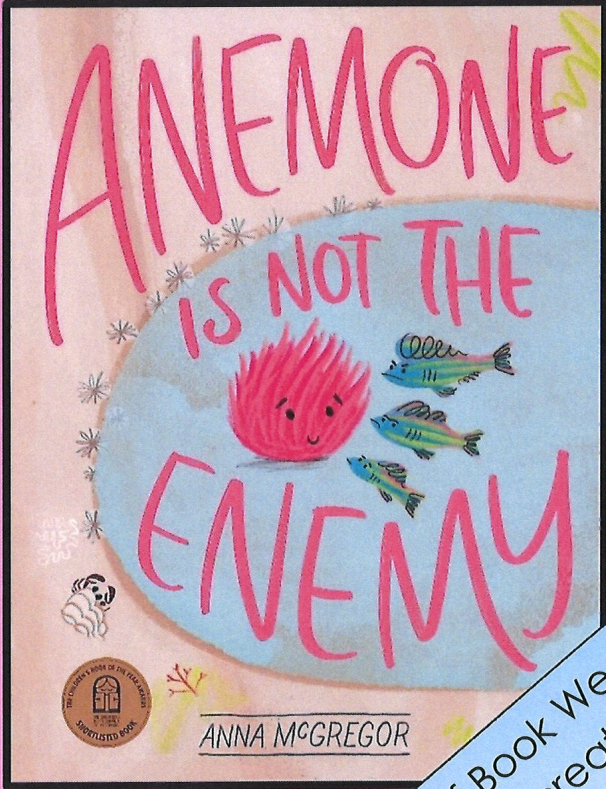
'Sports Day is coming in four weeks. Sports Day is all about getting fit and healthy and learning new games. We like the racing part because it's nice to win. It's not just about competing though; it is also about trying your best and meeting other people and making new friends from your team. We hope that the blue team will win.'

Interview with Mr Eldridge and Mr Konnis:

Mr Eldridge said we have Sports Day to promote healthy and active lifestyles. It is also to have fun with our friends and to learn different activities. We also get to celebrate The Pines School values on Sports Day.

Mr Konnis said Sports Day is about celebrating physical activity and using all the skills we have learnt in P.E. lessons and other places. It is also about having fun and doing our best.

ROOM 12 ART



As part of Book Week 2021, Room 12 and 13 joined together to create a triarama based on one of the shortlisted books, Anemone is Not the Enemy by Anna McGregor. We used a variety of materials to create a sea environment with characters from the book, including the sea anemone.



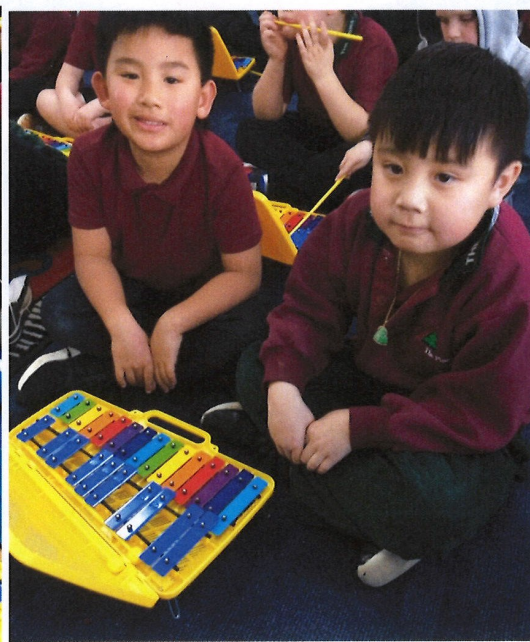
ROOM 13 ART

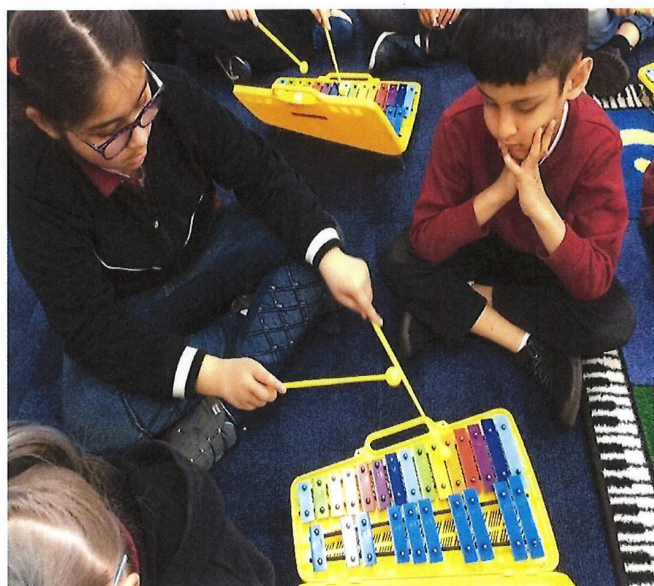
Fun Fact: Clownfish and sea anemones have a special relationship. Clownfish are immune to sea anemones' poisonous tentacles, and these provide the fish with protection from predators.



Room 14 & 15

Room 14 & 15 have been enjoying learning many new songs during music lessons. We have been having fun playing the glockenspiel, tambourines, claves, egg shakers, triangle and castanets.



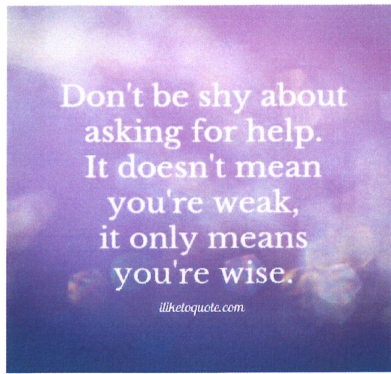


Dear families at The Pines School,

We would like to invite all families to continue to donate non-perishable items for our School Community Food Cupboard. This cupboard has helped to support many families who are struggling with emergency food.

We are looking for non-perishable items like:

Cans of soup, baked beans, vegetables and fruit etc. Pasta or rice, cereal, noodles and pasta sauce. Biscuits, sweet and savoury.



At school there are 3 boxes labelled **Food Donations** for you to place your items in. One box will be in the front office, the other box will be just through the doors on the school side of the front office by the new notice board and there is one in OSHC building.

Times continue to be hard and we want you to know that we are there for each other at The Pines School. We understand it is sometimes easier to give than to receive but we encourage families to come and talk to someone at school if you are struggling, so we can support you discreetly.

Yours faithfully

The Team at The Pines School.



**The Pines
Preschool**

2022 Preschool enrolments

If your child turns 4 before 1st May 2022, they are eligible for Preschool next year! Come to The Preschool to fill out a Registration of Interest form or email The Preschool at cpc.info87@schools.sa.edu.au for one to be emailed to you.

ثبت نام پیش دبستانی ۲۰۲۲
اگر کودک شما قبل از ماه ۱ مه ۲۰۲۲ چهار ساله را تمام کرده واجد شرایط پیش دبستانی هستند. میتوانید بروید دبستان برای پر کردن فورم ثبت نام ، و یا ارسال ایمیل به پیش دبستانی به و از طریق یکی از آنها برای شما ایمیل شود cpc.info87@schools.sa.edu.au ادرس

2022 Đăng ký vào Trường Mẫu giáo

Nếu con của quý vị lên 4 tuổi trước ngày 1 tháng Năm năm 2022, các em sẽ được nhận vào học ở trường Mẫu giáo năm tới.

Xin đến trường để lấy form (mẫu đăng ký), hoặc có thể gửi email qua địa chỉ này cpc.info87@schools.sa.edu.au để trường sẽ gửi form qua email cho quý vị

The Pines School - Term 3 Calendar 2021

Wk	Monday	Tuesday	Wednesday	Thursday	Friday
6	23 August	24 August	25 August Choir Excursion 9am to 12pm	26 August	27 August Book Week Parade
7	30 August	31 August	1 September	2 September	3 September Pupil Free Day
8	6 September School Closure Day	7 September	8 September <i>JP Cricket Clinics</i>	9 September	10 September Festival of Music Concert 12pm–9pm <i>District Boys Soccer</i>
9	13 September	14 September Year 6 - Transition visit Parafield Gardens High School 9am to 12.30pm	15 September Crows Girls Cup	16 September	17 September Sports Day
10	20 September	21 September Metro Athletics	22 September Room 23 Excursion	23 September Rooms 43 & 44 Excursion	24 September Whole School Assembly 10:20am End of Term School Finishes 2:00pm

EVENTS AND ACTIVITIES MAY BE ADDED OR CHANGED DURING THE TERM

COMMUNITY NEWS

playford
communities for
children

ANGLICARE SA

COME SEE US

COOL AFTER SCHOOL

Need time to talk to a
CFC worker?
All welcome call to book
into a time slot

WEDNESDAYS
3.30PM - 5.00PM
BY APPOINTMENT

The Platform, 73 Elizabeth Way,
Elizabeth, 5112. (Near skate park)
For more information
Call 8209 5440

Playford Communities for Children is funded by the Australian Government Department of Social Services

PLAYFORD CFC FUNDED IN SCHOOL PROGRAMS 2021

BOYS BIZ (8-12 YRS)

An 18 week in school program for boys focusing on life skills and positive influences from Male Mentors.

Workshops are 45 minutes over 16 weeks.

Where
Munno Para Primary
Elizabeth East Primary

When
Term 3 & 4 2021

Need more info?
Contact Scott 0479 175 100
The Smith Family

CIRCUS GIG (8-12 YRS)

Circus Gig is a fun weekly activity for kids and their families. Roll up and learn some deadly new tricks.

Cirkids tutors are fully qualified, accredited and trained.

Workshops are 75 minutes over 18 weeks.

Where
Elizabeth Downs Primary

When
Terms 3 & 4 2021

Need more info?
Contact Melissa 8255 3323
Relationships Australia

DRUMBEAT (5-12 YRS)

Drumbeat is an acronym for Discovering Relationships Using Music, Beliefs, Emotions, Attitudes, and Thoughts.

Workshops are 45 minutes over 8 weeks.

Where
Elizabeth Park Primary

When
Term 3 & 4 2021

Need more info?
Contact Muhama 8202 5980

TUNING INTO KIDS (YOUNG PARENTS)

A program that helps children and parents understand their emotions and develop good emotional intelligence. Children and parents will have an awareness and understanding of their children's emotions and regulations.

Where
Metro Youth Health Services North
6 Gillingham Road, Elizabeth

When
Thursdays 10.00am to 12.30pm
8 week program

Need more info?
Contact Melanie 8255 3477

PEACEFUL KIDS (5-12 YRS)

'Peaceful Kids' is a Mindfulness and Positive Psychology based program to lessen anxiety and stress and increase resilience in children. The program gives children the skills, practice and support to utilize coping strategies that lessen the symptoms of anxiety and stress. The program also involves parental involvement and commitment to supporting the strategies at home.

Peaceful Kids is an 8 week program 45 mins to 1 hour (depending on age).

Where
Playford Primary

When
Term 3 & 4

Need more info?
Contact Andrea White 0438 302 546
Together We Make A Difference

PLAYFORD 10 PROJECT (9-12 YRS)

Playford 10 is working in schools to connect 10-year-olds to ongoing activities within the community. Participants get to try a range of different activities through 'in schools program' and complete a community volunteer project. Our in-school programs aim to have students try activities in Music, the Arts, Volunteering and Sports.

Where
Elizabeth Grove Primary
Elizabeth Vale Primary

Need more info?
Contact Ali 8254 4698
City of Playford

Join our mailing list!

The CFC Team also do monthly 'Street Meets' in local parks and lots of free school holiday activities. Don't miss out on finding out what's happening in your area... join our mailing list today by emailing cfcplayford@anglicaresa.com.au to register.

Please call our team on 8209 5754 if you have any questions.

Have a great day!

Find us on Facebook



ANGLICARE SA
Together we change lives.

playford
communities for
children

Printed by: sbxckwp: at: 24/08/2021 12:35:28 PM
Playford Communities for Children Programs are funded by the Australian Government Department of Social Services

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.

