

The Pines School Newsletter



Week 2, Term 3
5th August 2022

Respect, Belonging and Engagement in Learning

We welcome all students, staff and families back to school for Term 3. Our students have settled in to their learning routines very well and are working hard towards achieving their goals.

We started Term 3 with a Pupil Free Day where all staff were involved in professional development in teaching maths. Our numeracy leader Ms Phillips and our school improvement leader Sonia Magon lead staff in continuing the work they have been doing in differentiating maths instruction and developing maths vocabulary. Staff further explored the importance of explicitly teaching the language of maths so students can confidently participate in all maths lessons. Teaching vocabulary in maths is the same as teaching vocabulary in literacy lessons and any other subject in school. When students have a good grasp of the language of maths they are able to participate in lessons, use problem-solving language and express their thoughts and ideas more readily. When vocabulary is practised and acquired students are able to focus on the mathematical problem at hand without experiencing cognitive overload. Cognitive overload happens when there is too much information to process at the same time, distracting the learner from the important part of the learning task.

We have some students who arrive at school very early in the morning, before supervision is available. Teachers do not supervise the yard until 8:30am therefore it is unsafe for children to be on school grounds earlier than 8:30. Happy Haven OSHC provides supervised care until 8:30 each morning and parents are encouraged to enrol their children in OSHC for their safety. Please do not drop your children off before 8:30 am.

We have been fortunate to have a pedestrian activated crossing installed on Andrew Smith Drive for our students and families to use to cross the road each day. Unfortunately, we have had a few cars who have not stopped at the red light signal making the area extremely unsafe for our students. Please check the road carefully as you approach the pedestrian crossing and drive slowly. Parents who use the crossing to get children across the road also need to check that cars are stopping. The safety of our students is everybody's responsibility.

Week 5 of this term is Children's Book Week right across Australia. This is a fabulous week where students in schools celebrate having access to excellent books and quality literature. We are very fortunate at The Pines School to have a big library with many thousands of dollars' worth of books for students to borrow and read. The dates for Book Week are Monday 22nd to Friday 26th of August. A Book Fair will be held at our school on these days. Students and families will have the opportunity to buy books before school and after school with their parents. Working parents are welcome to send money in with their children and they will be able to purchase by themselves or with their teachers. Buying a book is not compulsory but a service that we provide for families who wish to participate.

To celebrate Book Week a Dress Up Day will be held on **Friday 26th August** and students are invited to dress up as their favourite book character or as something or someone that they dream about being or doing in the future. The theme for this year's Book Week is ***Dream With Eyes Open***. Students always embrace this day with much enthusiasm and enjoyment and we look forward to another excellent Book Week at The Pines School.

We wish all our students and families as well as our staff a fabulous Term 3.



Government
of South Australia
Department for Education

Dates to Remember

2022

Term 3

Week 3

8 - 12 August

Dental Van Visit

8 August

Musica Viva Performance
'Two wheel time
machine'

9 August

Boys & Girls Basketball
knock-out competition

12 August

Year 6 Transition
visit Parafield Gardens
High School 9am -
12:30pm

District Athletics
Competition

Week 4

15 August

Boys Football knock-out
competition

Principal
Mrs Cherie Collings

Deputy Principal
Mr Sam Konnis

Assistant Principal
Mrs Toulia Girgolas

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WELLBEING CORNER



A big welcome to all families as we enter Term 3. As part of our Positive Education focus, every class learns about two or three character strengths each term. This term our character strengths are 'kindness and prudence'.

Here is some information on kindness and the benefits of kindness for both the giver and receiver, written by Steve Siegle (See below for the website address)

Kindness is more than behaviour. The art of kindness means harbouring a spirit of helpfulness, as well as being generous and considerate, and doing so without expecting anything in return. Kindness is a quality of being. The act of giving kindness often is simple, free, positive and healthy.

Good for the body

Kindness has been shown to increase self-esteem, empathy and compassion, and improve mood. It can decrease blood pressure and cortisol, a stress hormone, which directly impacts stress levels. People who give of themselves in a balanced way also tend to be healthier and live longer. Kindness can increase your sense of connectivity with others, which can directly impact loneliness, improve low mood and enhance relationships in general. It also can be contagious. Looking for ways to show kindness can give you a focus activity, especially if you tend to be anxious or stressed in some social situations.

Good for the mind

Physiologically, kindness can positively change your brain. Being kind boosts serotonin and dopamine, which are neurotransmitters in the brain that give you feelings of satisfaction and well-being, and cause the pleasure/reward centres in your brain to light up. Endorphins, which are your body's natural pain killer, also can be released.

Be kind to yourself

It is not just how you treat other people — it is how you extend those same behaviours and intentions to yourself as well. I believe you can be kinder in your own self-talk and practice gratitude. People are good at verbally beating themselves up, and rarely does that work as a pep talk. Rather, negativity often causes you to unravel and may even create a vicious cycle of regularly getting down on yourself.

"Be kind whenever possible. It is always possible." —Dalai Lama

Steve Siegle is a licensed professional counsellor in Behavioural Health in Menomonie, Wisconsin.

[www.https://www.mayoclinichealthsystem.org/hometown-health/speaking-of-health/the-art-of-kindness#:~:text=Good%20for%20the%20body,be%20healthier%20and%20live%20longer](https://www.mayoclinichealthsystem.org/hometown-health/speaking-of-health/the-art-of-kindness#:~:text=Good%20for%20the%20body,be%20healthier%20and%20live%20longer)



Room 10



This term students in Room 10 became little chefs. We are cooking healthy recipes and writing simple procedures. In week 1, we made a delicious fruit platter and we made a fruit salad. This term on our menu there will be Smoothies, Pavlova, Greek Yoghurt Ice-cream, Pizza and Baked Vegetables, Spinach and Cheese puff pastry, Pinwheels and many more😊

Room 10 is very grateful to Mr Mark for letting us use the fresh vegetables from the garden.



Room 11 Adelaide Zoo Excursion

'The tiger likes to eat meat and all of the animals were so cute! I also enjoyed playing and jumping on the big trampoline in the playground.' - Borey

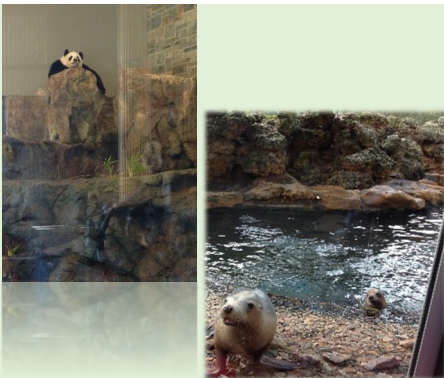
'My favourite animal was the tiger. The tiger was running and eating meat. It was also very strong.' - Tamim



'I liked the meerkats when they stood up on two legs and I liked watching the koalas sleeping in the trees. There was a big slide to play on.' - Nancy

'I liked the giraffe because the neck was so tall! The giraffe was eating leaves.' - Kirtan

'I liked the black and white monkeys the most. They were climbing and swinging in the trees. The monkeys were funny because they were playing and being silly!' - Digvijay



'My favorite animal was the Giant Panda. The panda was sleeping. I also liked the seals. We saw the seals at feeding time and they were eating fish.' - Zahra

'The meerkats stood up on two legs! The koalas were sleeping in the trees. I liked playing on the big slide in the playground'. - Silina

Student News Team

We are now halfway through the school year. Some of our students on the news team reflect on learning at The Pines School and what is happening during the second half of the year. Ben, one of our senior reporters only has two terms left at The Pines School before he heads off to high school. He shares his thoughts on all the things he will be doing before he finishes his time in primary school. We also hear from some of our reception students about what they have been learning about in their very first 100 days of school.

First up, we have **Tanisha and Kiara from Room 34** to share what they have been learning about so far this term:

Welcome back to school and we hope you had a great holiday and hope that students are excited to learn new things this term. We have enjoyed seeing our friends and teachers again. So far this term we have been learning how to write poems. This term we are also learning about music. We are learning things like the beat being a steady pulse in music with Miss Norley. We have done maths games this term that help us with our addition and our fluency. We hope that we get to do more maths this term because we enjoy doing problem solving to help our maths brain grow. Every Monday and Friday we do a quick write to help improve our writing. In quick write our teacher, Miss Renshaw puts a picture on the board, and we have to write a story about the picture. We enjoy it because we can write whatever we think about the picture. We don't have to worry about any writing rules. Sometimes I write more than I usually would because it is very enjoyable.

In our class we have something different to other classes. We have three fish that are named Cookie, Mr Small and Goldie. This term the fish have a bigger tank that gives them more room to swim.

We are looking forward to learning lots of new things in the rest of the year!

Patrick from Room 34 wrote a Haiku poem about learning and about his own learning here at The Pines School:

Haiku about learning

Learning at The Pines
Challenging your mind is good
Mistakes are progress

Student News Team

I wrote this haiku poem about my experience learning at The Pines School. It is also about having a **growth mindset**. Mistakes are good because it is proof that you are trying to figure something out, and it also shows that you are making progress when you keep trying.

I use persistence in maths because when I make a mistake, I go straight back and try again.

I challenge my mind all the time, for instance, in writing I try to write more than I did last time. In maths, I do the Maths Olympiad. I like challenges because they help me to think outside of the box and prepare for harder things to come. This is important because you learn harder things to expand your knowledge and thinking.

This year I look forward to maths, I don't know why I just have a thing for maths.

Ben from Room 37:

I am Ben and I am in year 6 this year.

For my last semester at The Pines School, I plan to reach all my goals before I graduate.

My English goal is to learn how to spell harder words without having to use strategies to help me. In maths my goal is to get better at percentages and averages. My general learning goal is in HASS. In HASS we are preparing for Market Day, and I hope to get students to play my game so I will be able to make a good profit.

This year I am part of a lot of teams including instrumental music, TOM (Torment of Minds), the drama production, Maths Olympiad, PNN (Pines News Network) and the newsletter team.

Music: I play the guitar. I started learning guitar when I was in year 4 with Sonia, then in year 5 I started learning guitar with Lothar and this year I am still learning with Lothar.

The TOM team: I am a part of the TOM team. My team will get a challenge that we will work on for six weeks. We will present our solution to a panel of judges.

Drama production: I am in the drama production. I have a major role as Felix who is a head troll. I have to remember all of my lines and remember my actions so I can perform at the end of this term.

Math Olympiad: There are 3 teams this year and I'm in the Green team. This helps my learning by doing different maths problems and learning strategies that I can use to help me solve harder maths problems.

PNN: I am a news presenter and have been on episode 2 and 3. I have also edited both episodes and for episode 5, I will be the producer. I help other students to be presenters and learn how to edit.

Newsletter: I am a part of the newsletter team and I write articles just like this one so our community can read about what is happening in our school.

Finally, two of our reception students from Room 3, **Oliver** and **Sehraj**, share what they have learned about in their first 100 days of school:

We have now been at school passed 100 days!



We have been learning about sounds. We have learnt so many sounds like a, t, b and sh. We learn how two letters make a sound. We learn sounds so we can read. We say the sounds, not the letters to read. We know the letters, but we say the sound to read the word.

We have been learning about things from the past, like dinosaurs. Like the megalodon sharks that were in the ocean and are now extinct. Megalodon was the biggest shark. It had 22 teeth in 5 rows. The teeth were very long. We have been learning about fossils that are still here in this country. Scientists dig them up with special tools.

Maths is about numbers. We learn about subitising. Subitising is looking and knowing what the numbers are. We learnt to count to 100. I like to play Treasure Bump in maths. It's a pirate game that helps you learn numbers.

We went to the museum. We looked at everything and there was a lion that moved its tail!

The Pines School - Term 3 Calendar 2022

Wk	Monday	Tuesday	Wednesday	Thursday	Friday
1	25 July Pupil Free Day	26 July	27 July	28 July	29 July
2	1 August	2 August Girls Netball Knock-out competition	3 August Girls Crows Cup Maths Olympiad Competition	4 August	5 August Grand Final Girls Football Choir Assessment
3	8 August Musica Viva Performance Years R-6 'Two wheel time machine'	9 August Boys & Girls Basketball Knock-out competition	10 August Dental Van Visit	11 August	12 August Year 6 - Transition visit Parafield Gardens High School 9am to 12.30pm District Athletics
4	15 August Boys Football Knock-out competition	15 August	17 August PSSO Music Concert Strings	18 August	19 August Choir
5	22 August	23 August	24 August	25 August	26 August Choir District Events Boys Soccer Girls AFL Assembly Book Week Parade
Optional Parent/Teacher Interviews					
BOOK WEEK					
6	29 August Magic Millions for all Choir! 11am-3.15pm	30 August	31 August	1 September	2 September School Closure Day
Optional Parent/Teacher Interviews					
7	5 September Pupil Free Day	6 September	7 September	8 September	9 September Choir
8	12 September	13 September	14 September Adelaide Youth Orchestra - Wind Ensemble	15 September Year 6 Market Day 	16 September Choir
9	19 September	20 September	21 September	22 September	23 September SPORT DAY 
10	26 September	27 September	28 September	29 September	30 September Whole School Assembly 10:20am End of Term School Finishes 2:00pm

EVENTS AND ACTIVITIES MAY BE ADDED OR CHANGED DURING THE TERM

SIMPLE WAYS TO REDUCE COST OF LIVING



1st August

Reducing the cost of your utility bills

Give away's at each session!

8th August

Cooking on a budget



15th August

Managing your money (budgeting)



22nd August

Create your own vegetable garden



29th August

What are your cost saving tips?



Creche
Available

10:00AM – 12:30 PM

MORELLA COMMUNITY CENTRE
90 KINGS ROAD PARAFIELD GARDENS

TO BOOK YOUR SPOT PLEASE RSVP TO COMMUNITYCONNECTIONS@MORELLA.ORG.AU



The Community Connections Program is funded by The Department of Human Services.

This event is supported by Anglicare SA.

treeclimb
Salisbury



Have Your Say

We want to hear from you!

City of Salisbury is pleased to propose the development of TreeClimb Salisbury, a unique and exciting nature based adventure park to be located within Harry Bowey Reserve, Salisbury Park.

TreeClimb Salisbury will provide a new attraction that will excite, educate and stimulate visitors to the Salisbury Region.

If you wish to receive a printed version of this survey, you can collect a copy from Salisbury Community Hub and return it to staff at the same location (34 Church Street, Salisbury).

TO HAVE YOUR SAY SCAN THE QR CODE OR
VISIT SALISBURY.SA.GOV.AU/TREECLIMB



COMMUNITY NEWS



2022/23 JUNIOR BASEBALL & TEEBALL

T-Ball 4+ | U9 Pee wee | U11 | U13 | U15

COME & TRY
+ Preseason Training
Sundays 1pm starting Aug 14th

FREE Come & Try, all ages & genders
August 14 & 21, September 11 & 18

September 25th Family Fun Day
Parents & Kids games + BBQ

**SPORTS
VOUCHERS**
APPLY TO YOUR LOCAL GOVERNMENT



For more information email: ndbcjuniors@outlook.com

Follow us on [Facebook](https://www.facebook.com/ndbaseballclub) @ndbaseballclub

NDBC - Walkleys Park, Fairfax Road, Ingle Farm



COME & TRY ATHLETICS



Learn more and try Little Athletics at our
free introduction sessions.

COME & TRY

Sat 20 Aug 1.30pm

COME & TRY / INFORMATION NIGHT

Fri 9 Sep 5.45pm

BRIDGESTONE ATHLETICS CENTRE
FROST ROAD, SALISBURY



jets.org.au/preflight

Northern Districts Athletics Club
Family, Fun & Fitness

Gawler & District Netball Association

22/23 SUMMER NETBALL

REGISTER TODAY!

Seniors - Tuesday & Juniors - Thursday

October 2022 to March 2023

Club, team, & individual
registrations welcome

- Central location
- Low entry fees
- Canteen
- Parking



MORE INFO

Mobile - 0438 801 557

Email - secretary@gawlernetball.com.au



GAWLER AND DISTRICT
NETBALL ASSOCIATION