



NEWSLETTER - TERM 1 - 5th MARCH 2014

DIARY DATES	
7/3/14	ASSEMBLY (9N & 6AN) 2:15 PM
26/3/14	GROWTH & DEVELOPMENT
28/3/14	ASSEMBLY (5W & 7E) 2:15 PM
4/4/14	SPORTS DAY
24/3 to 4/4/14	STUDENT LED DISCUSSIONS

Dear Parents/Caregivers,

SCHOOL ANNUAL GENERAL MEETING

Thank you to all the parents who were able to attend the AGM on Monday night. It was great to see so many parents present and hopefully enjoy the highlights of 2013 that we presented. I would like to take this opportunity to congratulate all students in the Choir and Jump Rope groups along with Evie Donoghue and Chris Franklin for their excellent performances. I would also like to thank all the Student Leaders for their presentation, they did a fantastic job. A very special thank you also needs to be given to Suzanne Dunn who prepared the slideshow and to Chris Ross who helped me with practices during the day.

As part of AGM our new Governing Council for 2014 was elected. Thank you to all those parents for your future work for and commitment to the governance of our school. I will include details of the new Council in next newsletter once the office bearers and committees have been determined.

UNIFORM EXPECTATIONS

Hallett Cove East PS has a very smart and eye catching uniform which clearly identifies our students as an important member of our school. It is great to see that most students wear our school uniform and follow the school's expectations regarding appropriate wear for school. As you know we have had some lines of uniform unavailable for purchase due to excess stock in other lines and sizes and purchasing issues. We know that this has caused some

concern for parents but thank you for your patience while we work through the issues.

Quite apart from issue of availability of uniform, recently we have begun to have some issues regarding students not following aspects of the uniform expectations. This was also raised as a concern by parents at the last Governing Council meeting. Last week I met with Years 4-7 classes and reminded students not only about appropriate clothing but issues around makeup, nails, jewellery, hats and footwear.

We have noticed many students wearing brightly coloured footwear and/or "vans" shoes which are not suitable sportswear. In my discussion with the older students I indicated that these were not part of the uniform expectations. I do readily understand that parents have already bought these types of shoes for their children and addressing this is now is difficult. So if students have other appropriate school footwear, I would ask that they please wear those for school instead. If these shoes are their only footwear I would ask that consideration please be given to safe and school appropriate footwear to replace shoes when they are due for replacement. Thank you.

SCHOOL PARKING BROCHURE

Please find a brochure that I hope families will find useful in understanding the expectation of parking signage around our school, attached to this newsletter. We continue to experience unsafe behaviours in both driving and parking from some parents in the streets near our school. I would again remind everyone to please be vigilant about road use to ensure our students can be kept safe.

OTHER COMING EVENTS DON'T FORGET

STUDENT LED DISCUSSIONS

Student Led Discussions will occur during Weeks 9 and 10 of this term. We will provide further details of these discussions in due course.

FAMILY GROWTH AND DEVELOPMENT SESSIONS

2 Growth and Development sessions will be held on Wednesday March 26th in the evening for parents to attend with their children. There is no cost but booking forms and more information will be sent home separately in order to book a place.

R-5 SWIMMING

Years R-5 Swimming will be held in Week 1 of Term 2. Again further details will be sent home in due course.

Anne Rathjen

PRINCIPAL

PE NEWS

School Sports Day

Plans are underway for our school Sports Day on Friday 4th April 2014. Our Year 7 students have been appointed Well Being Leaders and part of their leadership role will be the Sports Day House Captains.

The Sport Houses are:

**PERRY-BARR - YELLOW
KAURNA - GREEN
HALLETT -RED
TATE – BLUE**

Teachers will discuss the meaning of the House names with students and your child will be allocated to a house.

We would like to see the students dressed in their house colours on the day and some classes may be making some of their own decorations.

We look forward to seeing many parents/caregivers and grandparents on the day. If you are able to offer assistance on the day in the canteen or with events/classes please leave a message at the school office.

District Cross Country

There has been a fantastic response to the Cross Country training with 30 students coming out each Tuesday morning at 8.00am. The event will be on Thursday in the first week back next term. I will be sending out notes with more details soon!

Southern District SAPSASA Softball Trials

These have been held over the last few weeks but the organisers are interested to hear if there are any other Year 6/7 students who have an interest in Softball and would like to trial for a

place in the teams (girls and boys). You can get in touch with the coach Kym Briggs 0403 166522 or Janet Harper 0409 416439. The trials have been held at Sheidow Park Primary School. The Carnival is in Week 10 31st March to 4th April 2014.

Science News

The Year 5/6 and 6/7 classes are learning about electrical currents and how electricity works. They have made simple circuits using a battery, wires and a light bulb. In weeks 5 & 6 they made another circuit to test materials in an "Investigation" to find out if they were conductors of electricity.

Edublog

Don't forget to view my Edublog to keep up with what is happening in my PE/Science programme and SAPSASA events. Please visit the site throughout the year.

The site is: <http://shonatreouth.edublogs.org/>. Please have a look!

**Shona Trenouth
PE/SCIENCE SPECIALIST TEACHER**

SCHOOL DENTAL SERVICE



A new children's dental benefits schedule for 2 – 17 year olds started in January 2014. It is called the Child Dental Benefits Schedule.

The School Dental Service is a Child Dental Benefits Schedule provider and welcomes babies, children and young people under 18 years.

Dental care is FREE for most children and the School Dental Service will bulk-bill Medicare.

Children who do not qualify for the Child Dental Benefits Schedule can still attend – a small fee may apply for each course of general dental care provided.

There are no waiting times at the School Dental Service. To keep your children's teeth and gums healthy we encourage them to attend the School Dental Service.

To locate your local School Dental Clinic, and for more information about the Child Dental Benefits Schedule, visit www.sadental.sa.gov.au

OSHC NEWS

Hi everyone it's difficult to believe we are half way through the term!

Welcome to all our new children including our four year olds.

Vacation Care

We had a very successful Vacation Care with 55 children booked in for one of the days. Some of the highlights were our visit to Semaphore Waterslide and Animals Anonymous coming to see us.

Our programme for the Easter Vacation Care will be out during week 8 and shortly after will appear on the schools website.

Assessment and Ratings

We had our Assessment and Ratings visit recently and are awaiting our report, which could take up to 8 weeks.

Peace of Mind

FOR AN INITIAL REGISTRATION FEE OF \$10 AND A COMPLETED ENROLMENT FORM YOUR CHILD CAN USE OUR SERVICE.

Occasionally parents are unforeseeably detained and cannot get to school to pick up their child. Recently we have had several instances where this has occurred. We have been asked if we could have the children in OSHC. Unfortunately we have been unable to have them in the service because they weren't registered with us. It is a legal requirement that we have an up to date completed enrolment form for every child using our service.

If you would to know how we operate you are very welcome to come in and have a look around.

Sally, Lissy, Linda, Natalie, Nathan, Ryan, Suzie, Tahlia and Tim

HOW TO BE DOG SAFE

This program is aimed at educating children and their parents to understand how a dog is feeling and how to behave. Through an interactive presentation, children will learn to understand the signs dogs send with their body language and how to approach and handle a dog safely and with confidence. *Presented by Southern Districts Kennel & Obedience Dog Club.*

Saturday 12 April 10.30am - 11.30am

Park Holme Library, Duncan Avenue, Park Holme

BOOKINGS ESSENTIAL Cost: FREE

☎ 8375 6785 to make a booking or visit

www.marion.sa.gov.au/libraries



A friendly reminder from the City of Marion. Please be mindful of the safety of children by parking legally at all times in Coorabie Crescent.

Vehicles found to be parked in No Stopping areas, too close to the white dividing line or otherwise parked illegally may be subject to action under the Australian Road Rules.

Thank you



CANTEEN NEWS

Meal Deals - \$5.00 each

- 1) *Toasted Ham & Cheese sandwich
Large Muffin & Fruit Juice*
- 2) *Roast Chicken with Lettuce & Mayo Wrap
Frozen Berri Cup & Fruit Juice*
- 3) *Cheese Baked Potato & 1 Corn Cob
Large Muffin & Fruit Juice*

Help is needed on Thursday lunch times. Please, if you can spare the time, I need you. You can volunteer whenever it suits you, weekly, fortnightly or monthly.

I will also need extra helpers on SPORTS DAY. If you would like to help in the Canteen throughout the day or on the BBQ, please consider supporting us on this very busy day.

Lunch Bags are available from the school finance office or Canteen (*70 cents a bundle of 20 bags*).

Janine Curtis

CANTEEN MANAGER

A BIT FROM BEK

Hi Parents, Caregivers,
Family and Friends!

As if it's week 6 already?
When did that happen?!
Goodness gracious!

Now, if you read my articles regularly, you will have picked up that I love quotes. Too often I get caught up on Pinterest finding so many beautifully presented sayings and inspiring thoughts. They are just too good, I can't help but share them!



Here's an interesting one... *"Either you run the day, or the day runs you."* –Jim Rohn

We all have those days where we feel like we are constantly chasing our tails – slept through the alarm, ran late to get the kids to school and get to work, didn't have time to get coffee from the good coffee place and now you have to drink the instant stuff at work until you can duck out on your morning break to get a 'real' coffee – and that's just the start of your day... fast forward to when you've collapsed on the couch after the kids are in bed and you look over to see there is a sink full of dishes... we've all been there. Those are the days that feel like they are on fast-forward and time streams along and you get into bed feeling like you haven't accomplished all that much in the day.

Our lives are complex – family, work, meetings, appointments, sporting commitments, volunteer commitments and let's not forget to squeeze in an episode of The Block or My Kitchen Rules. As this quote suggests, there are two options for those days – we run those days or those days run us.

What does it look like for us to take charge and run the day? It's different for everyone. For me, it's making sure that in the busyness of the day I stop for 10 minutes, take a few deep breaths and have a cup of tea, making sure I have a laugh

with a friend, sending a text or email to someone telling them that I appreciate them, and just being present in the moment to enjoy the small things that each moment has to offer.

This week, I hope that you run your days and milk each moment for what it's worth!

Take care! ☺

Bek O'Neill
CHRISTIAN PASTORAL SUPPORT WORKER

COMMUNITY NEWS

Please see noticeboard for further information.

- **FOSTER CARE** – Join the Family. Carers are needed to provide overnight emergency, long-term & respite care. Further information ☎ Linda 8131 3456 or visit www.anglicaresa.com.au/foster-care
- **NETBALL HOLIDAY CLINIC** – Netball SA Stadium 23rd & 24th April. Various ages, times & costs. Register at <http://www.trybooking.com/EEYF> or ☎ 8238 0500.
- **SEAVIEW HIGH SCHOOL OPEN DAY** – Principal's Tours & Evening Guided Tours Wednesday 26th March 2014. Bookings essential ☎ Jess Tutton 8377 8000.
- **SCALLYWAGS DISCO** – R-7 children on Friday 7th March, 2014 at HALLETT COVE LUTHERAN CHURCH at 7pm & concluding 9:30pm. Entry \$5 of which \$1 is donated to a children's charity. Lock in event. Further enquiries ☎ 8322 2544 or visit www.hallettcovelutheranchurch.org.au
- **CRICKET SA** – Glenelg District Cricket Club – Ray Sutton Shield Selection Trails for yr 6/7 boys. Gliderol Oval (Rugless Tce entrance), Wed 12th, 19th, 26th March at 4:00 pm. Bring own equipment & drink. More information ☎ Glen Turner 0427 836 957.
- **ABERFOYLE PARK HIGH** - Primary School Tennis Challenge. Yr 5-7 students on Thursday, 6th March. More information ☎ Terry Ellis 8270 445 or terry.ellis@aphs.sa.edu.au.
- **TROTT PARK – MAKING PLACES** – Share stories & create public art work. Pop-Up Art workshops Sun 23rd & Sun 30th March 2 to 5 pm. ☎ Lucy on 8375 6828 or email luch.thurley@marion.sa.gov.au

PARKING RESTRICTIONS AT SCHOOLS ARE FOR THE SAFETY OF YOUR CHILDREN

Local Councils impose a variety of parking restrictions at and near schools to achieve a safer environment for your children. These restrictions are also to optimise traffic movement and safety.

NO STOPPING ZONES -

These zones are usually adjacent to school entrances and the approach and departure sides of school crossings.

You must not stop your vehicle in a no stopping zone or on a solid yellow line, not even for a few seconds.



NO PARKING ZONES -

You may stop in a No Parking zone to immediately pick up or set down your child, and drive off as soon as possible.

No Parking zones are to ensure a quick and smooth turnover of vehicles.

You must not leave your vehicle parked or unattended. You must not wait and watch your child go into school from this zone. If you are going to collect your child from this zone, have your child wait nearby in the school grounds so they can see you arrive. On your arrival they can then leave the school ground, enter your vehicle and you can then drive off. *(Do not wait in the zone if your child is not in sight).*



CONTINUOUS WHITE CENTRE LINE -

If a road has a continuous white centre line, there must be 3 metres between the vehicle and the white line.

SCHOOL CROSSINGS -

You cannot stop within 20m of the approach side or 10m of the departure side of a school crossing.

SPEED LIMITS -

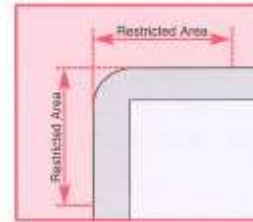
Speeding vehicles in a school zone are highly dangerous for children. There is a **speed limit of 25 kph**, designated by the signs and a zigzag line below, any time when children are present or when the lights are flashing (depending on the type of crossing).



INTERSECTION OR T-INTERSECTION

(Restricted Area)

You cannot park within 10m of the intersection.



CROSSING PLACES (driveways)

You may park so that the front of your vehicle is level with the approach or the back is level with the departure side of a driveway to any private or public property so that vehicles can enter and depart safely.

FOOTPATHS / NATURE STRIPS -

Parking is prohibited at all times. It creates dangerous situations for both pedestrians and other vehicles in the vicinity.

DOUBLE PARKING -

Creates dangerous situations anytime, however the danger is increased near schools, especially when children are entering or leaving school.

AUSTRALIAN ROAD RULES

CHILDREN SCHOOLS & TRAFFIC

A POTENTIALLY DANGEROUS COMBINATION

Proudly distributed by the

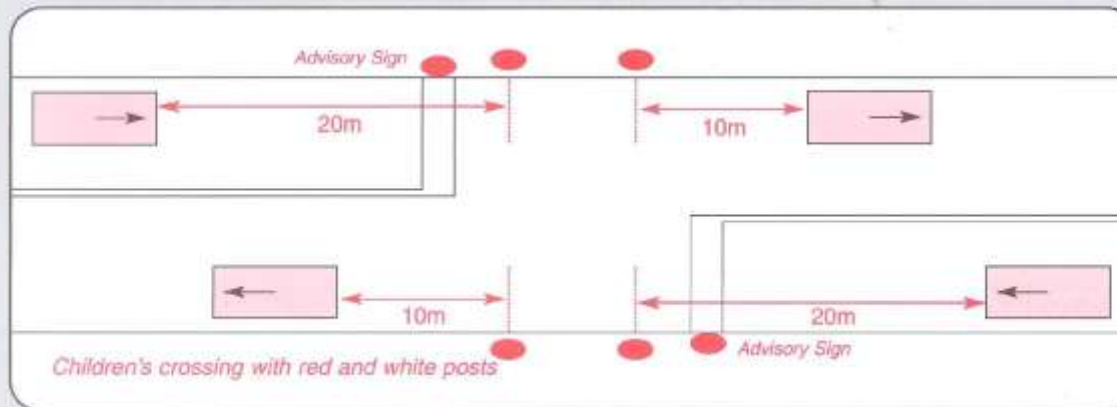
**LOCAL GOVERNMENT AUTHORISED
PERSONS ASSOCIATION**

**P.O. BOX 21
OAKLANDS PARK S.A. 5046**

BECAUSE CHILDREN ARE NOT LITTLE ADULTS YOU NEED TO DRIVE WITH CARE AND CONCENTRATION NEAR SCHOOLS

WHY ARE CHILDREN AT RISK

- Their size means that sometimes they cannot easily see or be seen in traffic.
- Parked vehicles, light poles and other street furniture all block a child's view of the road and also make it difficult for drivers to see them.
- Their concentration is limited and they are easily distracted.
- Their actions are often spontaneous and unthinking (that's why they will dart out on to the road to fetch a ball or weave about when riding their bikes) without checking to see if vehicles or pedestrians are coming.
- Their sight is not fully developed, especially their ability to "scan" for things.
- They are lacking the ability to estimate the speed of vehicles, the gap between vehicles, where a vehicle is coming from or how far away it is.



HOW YOU CAN HELP YOUR CHILDREN

FOR UNDER 5 YEARS

Make sure your children have reliable supervision at all times when in or near traffic, especially when crossing roads.

FOR 5 TO 8 YEARS

Help your children to become familiar with all aspects of the road environment – signs, traffic lights and crossing places.

Teach them cycling skills in a safe area – in a park or playground etc.

If they are riding a bike to school, plan a safe route for them to take.

FOR 9 TO 12 YEARS

Take the time to explain the road rules in simple terms e.g.: Right of way, what to do at intersections etc.

Go for bike rides with your children to make sure they have safe cycling behaviour.

**ABOVE ALL, BE CAREFUL
WHEN YOU ARE DRIVING
NEAR SCHOOLS, THE SAFETY
OF ALL CHILDREN
DEPENDS ON YOU**

Parking correctly and safely

Adhering to parking regulations helps keeps drivers and pedestrians safe.

This article illustrates a parking issue that has been highlighted within the City of Marion. It also describes relevant legislation.

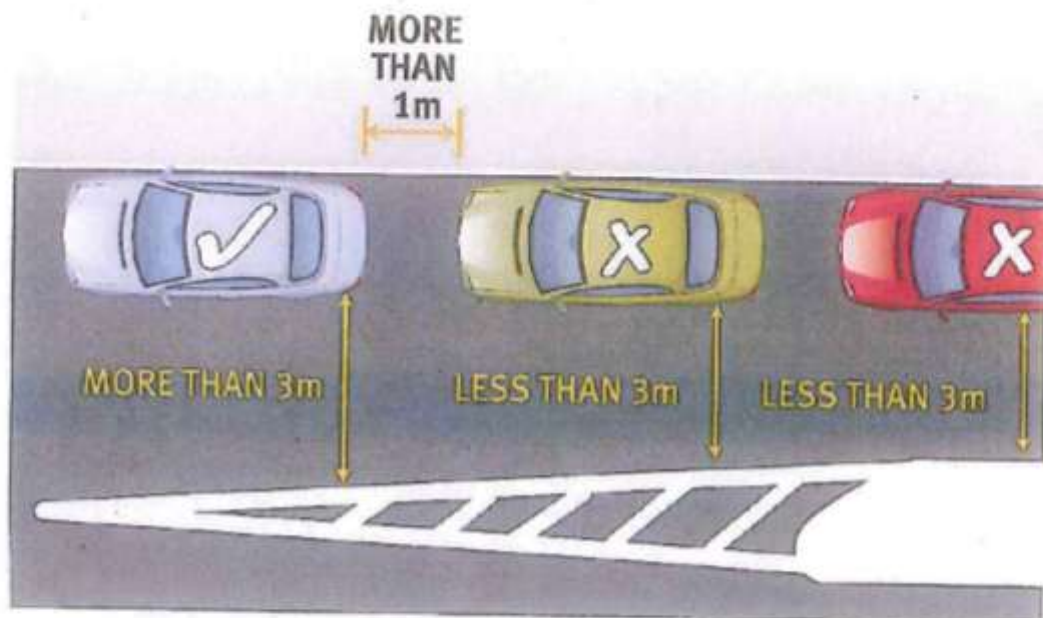
The white line rule

Section 208 (part 6) of the Australian Road Rules states that: "If the road has a continuous dividing line or dividing strip, the driver must position the vehicle at 3m from the continuous dividing line or dividing strip".

This means that if you can not leave at least 3m between your vehicle and the continuous white line you are parking illegally.

This applies to any continuous white line, whether it is a line along the centre of the road or if its part of a traffic control device, island and/or median.

Please park correctly and safely.



Research Study on ADHD



University of
South Australia

Researchers at The University of South Australia are conducting a study to investigate the effect of past ADHD medication use on the brain. Researchers invite parents of ADHD-diagnosed children, with and without a history of medication use, to contact the University to discuss their child's eligibility to participate in this non-invasive study.

**Participants will be compensated for their
time (\$50 per participant)**

For more information please contact

Miranda Leach

Phone: **8302 1248**

Email: miranda.leach@unisa.edu.au



*This project has been approved by the University of South Australia's Human Research
Ethics Committee*

CANTEEN ROSTER FOR TERM 1 - 2014

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Week 6 3/3/14 7/3/14	Recess	Anita King Annmarie Smith	Kerriane Springford Michelle Maxwell	Annmarie Smith	Megan Hunter	Bee Robertson Linda Batten
	Lunch	Anita King		Kylie Barnes-Sparks		Bee Robertson
Week 7 10/3/14 14/3/13	Recess	PUBLIC	Kerriane Springford Jo Marnes	Annmarie Smith	Megan Hunter	Carmen Gonzalez Linda Batten Nikki Dopson
	Lunch	HOLIDAY		Kylie Barnes-Sparks		Linda Batten
Week 8 17/3/14 21/3/14	Recess	Anita King Annmarie Smith	Kerriane Springford Michelle Maxwell	Annmarie Smith	Megan Hunter	Bee Robertson Jo Marnes Linda Batten
	Lunch	Anita King		Kylie Barnes-Sparks		Bee Robertson
Week 9 24/3/14 28/3/14	Recess	Annmarie Smith	Kerriane Springford Jo Marnes	Annmarie Smith	Megan Hunter	Carmen Gonzalez Linda Batten Nikki Dopson
	Lunch			Kylie Barnes-Sparks		Linda Batten
Week 10 31/3/14 4/4/14	Recess	Anita King Annmarie Smith	Kerriane Springford Michelle Maxwell	Annmarie Smith	Megan Hunter	Bee Robertson Linda Batten
	Lunch	Anita King		Kylie Barnes-Sparks		Bee Robertson Yvonne Caire
Week 11 7/4/14 11/4/14	Recess	Annmarie Smith	Kerriane Springford Michelle Maxwell	Annmarie Smith	Megan Hunter	Linda Batten Carmen Gonzalez
	Lunch			Kylie Barnes-Sparks		Linda Batten