FREGON CAMP

On Monday 7th August the year 7 students were packed and ready for their two week cultural exchange to Fregon. We had two overnight stops at Woomera and Coober Pedy before reaching Fregon and our new campsite at West Bore, 20km NW of Fregon where we were greeted with a welcoming Inma (ceremony). Activities included a school visit, disco, watching the local football, exploring Victory Well and a local waterhole, climbing rocks, viewing of paintings and crafts, learning about Anangu way, eating Maku (witchetty grub) and Malu (Kangaroo) as well as general playing and getting along with the Fregon Kids.

Yulara was the next destination where students learnt more about Tjukurpa (dreaming stories) at the Cultural Centre followed by a hike around Uluru and Kata Tjuta. On return we stayed at Coober Pedy and Port Augusta before returning to the beautiful coastline of Victor Harbor where we swapped red dirt for sand.

A big thank you to the Fregon community for hosting us, our excellent camp leaders (Jayne, Cheryl, Abby and Neville), our dedicated drivers (Mark and Troy), our admin (Paula), Tjilpi Robins (old wise man) for making the journey to Fregon and of course our marvelous students who showed great values, resilience and respect over the two weeks.

Palya!

DIARY DATES

<table>
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<th>SEPTEMBER</th>
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BELL TIMES

DAILY ROUTINES

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<td>Morning Session</td>
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<td>3.10</td>
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ABSENCES

LATE ARRIVAL

EARLY DEPARTURE

Students who arrive at school after 8.50 must sign in the front office.

If you are picking your child up early they must be signed out through the front office.

If your child is absent, please notify the front office on 85521166, via email to the above web address and or a note in their diary upon returning to school.

Respect, Responsibility, Honesty, Safety, Trust
Q. What did you enjoy most about the cultural exchange to Fregon?
A. I enjoyed making friends with the Fregon kids. **Cooper**
A. Having fun with the kids, learning more about the culture and watching them do Inma. **Hayley**
A. I enjoyed meeting Denzel, Franklin, Leo and Hudson. **Zen**

Q. What did you learn from the cultural exchange to Fregon?
A. I learnt that we don’t always get what we want in life. **Olivia**
A. I learnt about the dreamtime stories and how to prepare Malu. **Erin**
A. I learnt what they do instead of playing with electronic devices. **Locky**

Q. What will you do differently when you get back home?
A. I will try and take every opportunity I get in life. **Brad**
A. Not take stuff for granted and spend more time with family. **Bradley**
A. Try to talk more Pitjantjatjra at home. **Ella**
SAPSASA FOOTY

Congratulations to Ryan and Owen who represented Southern at the Football State Carnival held at Barrat Reserve from Monday 15th August-Friday 19th August. The boys performed very well at Division 1 level and represented our school proudly.
Well done! Mr Robinson

**RExders RAP**

Mrs Reilly had the pleasure of taking 18 students to Yankalilla Area school last Friday to participate in the Fleurieu Schools Readers Rap competition. Over the last two terms the students have read three books and watched a movie in preparation for quiz questions on the day. The year 6 team of Dana, Amelia, Molly and Matilda, from Mr Camac's class, came third overall. Congratulations to all the students who participated and represented our school with exemplary behaviour. Our guest speaker was Renee Dutton, who writes by the pen name of Aprille Legacy. Renee is a past Victor Harbor R-7 and Victor High student and has self published a trilogy of books called the Soul Trilogy. The students were very interested in hearing about her writing journey and the persistence required to become a published author.

**Canteen**

**Reminder:** *Wednesday 21st September* is Footy Donut and Finger Bun Day. All orders must be pre-ordered in a completed lunch bag for each child and returned by *Monday 19th September*.

*Thursday* 29th September the canteen will be offering the Friday special as this is the last day of the school term for the students.

**District Athletics Day**

On Wednesday, August 31st Victor Harbor R-7 participated in the SAPSASA Athletics District Day held at Victor Harbor R-7 School. The carnival was open to students aged 10 – 13 years of age and events included 100m, 200m, 800m, Long Jump, High Jump, Shot Put and Discus.

The Victor Harbor team performed really well finishing 4th out of 11 schools. The sportsmanship and effort showed on the day was excellent. Congratulations to the following students for making it through to the State Athletics Day which will be held on Monday, 26th September.

Skye – 100m, 200m, 100m Relay, Long Jump
Taya – 800m
Lachlan – Shot Put
Olivia – 800m
Nikita – High Jump
Ava – Discus
Corey – 200m, Relay
Oakley – Shot Put
Zac – High Jump

Well done! Mr Robinson

**Victor Harbor R-7 Athletics Team:**

**Port Elliot Nippers**

Registration days are Sat 15th Oct and Sat 22nd Oct 11am to 2pm at Horseshoe Bay
Port Elliot Surf Life Saving Clubroom.
EFTPOS will be available at the Club.
Places are strictly limited.
Nippers sessions will commence 29th Oct 1:30pm-3pm and go through until March with a break over the Christmas period.
Carnival training commences 29th Oct
Training sessions are from 1pm-3pm Sat 5pm-6pm Thursdays.
Training will run until the State finals in March 2017.

**Contacts:**
Junior Secretary
Kate Pannell 0414 476 798 kate.pannell@sa.gov.au
Junior Manager Tara Irvin 0484 232 071 tara.irvin276@schools.sa.edu.au

Kind Regards
Kate Pannell
An ongoing frustration that many parents/carers feel is when their child gives a non-committal response to the question, “How was school today?” You may experience the same frustration when your child answers with just the throwaway word, “Okay” or “Fine” or “Good” and nothing more is forthcoming. This has been something I have heard from parents over several decades and I too had similar responses from my own children many moons ago.

If you want to know a whole lot more it is helpful to use more open-ended questions. Try to ask open-ended questions to keep a conversation going. If you ask your child questions that can be answered with one word (yes, no, a name), then you’ll probably get a one-word response.

Often kids are not specific, so you have to ask for specific information when you want it.

Starting with factual questions is a great way to ease into conversation. (“I know your class size is bigger this year than last year. What’s that like?”)

Avoiding emotion-packed words (happy, sad, mean) can help the conversation go on longer. Asking positive questions gives your child a chance to express concerns. Negative questions tend to stop a conversation.

I have collected examples of conversation openers which you too might find helpful. Sitting down together to have an afternoon snack at the kitchen table after school, or over the evening meal when there are no TV/digital game distractions are good times to try out the questions – or cooking together or while walking the dog - the best conversation stoppers are electronic devices so choose a time when they are turned off to ask about the school day.

The questions aren’t perfect but it is possible you will at least get complete sentences, and some may lead to some interesting conversations... and hilarious answers... and some insights into how your kids think and feel about school.

What was the best thing that happened at school today? (What was the worst thing that happened at school today?)
Tell me something that made you laugh today.
If you could choose, who would you like to sit by in class? (Who would you NOT want to sit by in class? Why?)
Where is the coolest place at the school?
Tell me a weird word that you heard today. (Or something weird that someone said.)
If I called your teacher tonight, what would she tell me about you?
How did you help somebody today?
How did somebody help you today?
Tell me one thing that you learned today.
When were you the happiest today?
When were you bored today?
If an alien spaceship came to your class and beamed someone up, who would you want them to take?
Who would you like to play with at recess that you’ve never played with before?
Tell me something good that happened today.
What word did your teacher say most today?
What do you think you should do/learn more of at school?
What do you think you should do/learn less of at school?
Who in your class do you think you could be nicer to?
Where do you play the most at recess?
Who is the funniest person in your class? Why is he/she so funny?
What was your favourite part of lunch?
If you got to be the teacher tomorrow, what would you do?
Is there anyone in your class who needs a time-out?
If you could switch seats with anyone in the class, who would you trade with? Why?
Tell me about three different times you used your pencil today at school.

Some children feel their school experiences are private so they might not want to share them. This is a normal part of school-age development as children start to shape their own identities and social worlds... but your child still needs to know you’re there when he or she is ready to talk.

Liz Edwards
Counsellor
VHR-7 School

Idea adapted from - Raising Children Network
This year we had many students enter the Mayor’s Short Story competition who received certificates of participation. Five of our students were shortlisted and one student won the R-2 overall category! Congratulations to all students who entered the competition and of course to those who were recognised for their writing talent. A copy of the shortlisted and winning stories is available in our school library if you would like to read them.

R-2
Overall winner: Noah “The Spooky Lair”
Shortlisted: Faith “The Fairy Garden”

Years 3-4
Shortlisted: William “The Mysterious World”
Poppy “The Girl Who Went On Holiday”

Years 5-7
Shortlisted: Emma “Why Did You Leave”
Catrina “Take Your Time”

DATE: 29th September
TIME: 12.50-1.30 –LUNCHTIME
PLACE: VHR-7 CANTEEN SHELTER

SRC EVENT
Auditions have been ongoing throughout the week and the finalists will have a ‘spell off’. Winners will be announced in our next newsletter!

Congratulations to the following participants:

**DIGITAL TECHNOLOGIES:**
Fergus - Merit  Isaac - Merit

**SCIENCE:**
Fergus - Credit  Isaac - Merit

**SPELLING**
Isaac - Credit

Olivia  Fergus

If your contact details have changed please notify the school by ringing the front office on 8552 1166, coming to the front office in person, emailing us on dl.0453.info@schools.sa.edu.au or writing a note in your child’s diary. You can also notify the school of your child’s absence the same way.

Please note if any of your child’s medical information changes it is important that you let the class teacher or the front office know ASAP.

**PORT ELLIOT BOWLING CLUB**

**WEBSITE**

HAVE YOU VISITED OUR WEBSITE LATELY?
www.victorr7.sa.edu.au

Did you know you can report your child absent by using the links on our website home page? Also on the home page you will find the current canteen price list and menu and the most recent newsletter. Keep up to date with school events by clicking on Diary Dates or have a look through our photo galleries and enjoy some of the experiences offered to our students. Have something to say? You can use the Feedback/Complaints link on the home page or you can e-mail anyone in our leadership team directly by using the leadership section of the website. All the current information regarding the new middle school building progress is also available. Please enjoy our exciting website as we hope it is another opportunity for you to feel a part of our school community.

**CONTACT DETAILS**

Following on from the Parent Workshop with Donna Broadhurst in 2015, we would just like to remind parents and carers the following books are available to be borrowed through our school library.

*When Your Kids Push Your Buttons* by Bonnie Harris
*Raising Your Spirited Child* by Mary Sheedy Kurcinka

**PORT ELLIOT BOWLING CLUB**

INVITES YOUNGSTERS aged 9 – 18
to ‘GET ACTIVE’
by participating in ‘JACK ATTACK’
LAWN BOWLS FUN FOR YOUNG PEOPLE

EVERY FRIDAY 4.15PM – 5pm
COMMENCING 7TH OCTOBER 2016
No cost to participants – wear flat soft soled shoes

For further information
Phone Dorothy 8532 7234/Felicie 0466 190 953
Come ‘N Try Tennis

At the new Victor Harbor Tennis Courts – George Main Road

Bring your friends and make new friends...

Have fun and develop your tennis skills...

No cost...

When: Sunday 19th September, 10am – 11am (Tennis HotShots clinic) – for beginners, using low bounce balls to encourage hitting and rallying

When: Sunday 19th September, 11am – 12pm (tennis coaching for those with tennis experience)

Where: VHTennis Club (now) courts, George Main Rd, Victor

All sessions are conducted by Adam Fonde (accredited Tennis SA & Hot Shot coach) and assisted by VHTC members.

What is Hot Shots Tennis? Accredited tennis coaching using modified, low bounce balls that encourage the development of tennis skills in an encouraging and fun environment with other children of similar age/skill set.

No cost

BBQ lunch to finish.

Your child should bring: tennis racquet (also available on the day), sports clothes, suitable footwear, a hat and a bottle of water.

RSVP (Friday 16th Sept) your interest &/or for more information: Chris Scheid (VHTC) 0427 186 133

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SWIMMING LESSONS

AFTER SCHOOL SWIMMING LESSONS

It’s time to register your children for swimming for term 4 2016

The swimming program runs during term time, Monday - Thursday evenings starting from 3:45pm.

The program is designed to teach water safety and stroke technique to children starting school through to the advanced swimmer. All the instructors are trained and are Austswim Accredited.

Bookings are made on a term by term basis.

For more information on:

- After School Swimming lessons
- Adult Lap swimming
- Adult learn to swim classes

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VICTOR HARBOR TENNIS CLUB

Victor Harbor Tennis Club
PO Box 1347
VICTOR HARBOR SA 5211

President: Chris Scheid
Ph: 0427 186 135
Secretary: Gillian Miller
Ph: 0400 522 936

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CHITON ROCKS SURF LIFE SAVING

Do you like to swim in the sea?
Do you like catching waves?

Why not come & try Nippers at Chiton Rocks SLSC...

Saturday 8th October 2016 - 1pm-3pm: FREE

We offer a fun program for children aged 5 to 13 to learn surf safety skills in a supervised environment.

Our Nippers program has been running successfully for the past 10 years. Our focus is on safety and surf skills, with 10 sessions offered between October and March.

Joining Nippers builds general confidence, team skills and fitness. Older children are encouraged to train for awards in First Aid and Lifesaving.

Chiton Rocks Surf Life Saving Club has been running for nearly 60 years on the South Coast, between Victor Harbor and Pt Elliot. We consist of a dedicated group of volunteers, helping to keep the beaches at Chiton Rocks and nearby safe.

The club offers a friendly community-minded environment that encourages children and their families to enjoy beach activities. We regularly schedule social dinner nights to coincide with nippers sessions.

For more information, please contact us:
Andrew O’Callaghan, Nippers Coordinator: 0418 896 239
or email: nippers@chitonrocks.com
Amanda Dean, Membership Manager: 0407 794 515
or email: membership@chitonrocks.com
Website: www.chitonrocks.com/nippers

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SOUTHERN ADELAIDE PANTHERS FC

SEASON 2017 WOMEN'S AND GIRLS TRIALS

U9, U11, U13, U15, U17 & Senior Women

Wednesday 19th and 26th October

U9 & U11: 5.6pm, U13 & U15: 6.30-7.30pm, U17 & Seniors: 7-8pm

Sunday 23rd and 30th October

U9 & U11: 10-11am, U13 & U15: 10.30-11.30am, U17 & Seniors: 11am-12pm

Please bring shin guards, boots, water bottle etc

Attendance is required at two trial dates

For more information please contact:
Junior Coach Leigh: Mattheus 0412 567 478 leighv8@outlook.com
Senior Coach Darren Clay: 0415 530 031 dclay2727@rocketmail.com

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