



DIARY DATES

SEPTEMBER

27th Fun Run @ 1:45

27th **Last Day of Term 3**
2:20 Finish

OCTOBER

14th **First Day of Term 4**

HISTORY WEEK



Long time volunteer
Elsie and her spinning
demonstration

Teacher Rena Kwong
and her plucka duck stall



History week has come to an end! What a fabulous week it was! Thank you to all involved in the organisation and planning of the week. Without the commitment and support of our dedicated staff team it would not happen.

A committee has worked behind the scenes this year managing our School History priority and were the brainchild behind History Week. One of our aims this year was to raise the profile of Australian Curriculum History in line with the implementation of the new Curriculum. The Curriculum leads children from Reception to Year 7 on a journey of our own personal history, to local history, to commemorative events, to Australia's History including Federation and then in Year 7 students study Ancient History. The week was designed to immerse our children in History and link it to the Australian Curriculum with the key concepts of the Australian Curriculum History including evidence, sources, contestability, continuity and change, cause and effect, significance, and perspectives being key features.

Cont.

HISTORY WEEK cont.

Hopefully you got the chance to view the Eye Spy display in the Library. This was an unbelievable collection of items brought in by the staff and their families and really was an incredible array of items that gave our children an insight into what life was like in the past. Items included a penny farthing, old car, sewing machines, old school items, washboards, mangles, books, toys, games.....the list goes on.

The children also got to make and do in our Hands on History Room including making necklaces, pom poms and butter and washing with a washboard to name a few.

A highlight of the week was our biannual Lunctime Fair with an old fashioned theme including dress up day. This was a credit to the hard work of staff and students who brought it altogether. We had a fabulous turn out of families and the rain held off!!

The week finished off with a Whale Day donut recess and classes involved in the Australian Museum of Childhood with old games.

It was a great week made all the better by the enthusiasm of the children!

Melanie Jones- Curriculum Coordinator R-7



Everyone had a great time!

Thank you to all the parents and caregivers who returned the above survey. We had a good response from families.

The purpose of the survey was to ask parents/caregivers their perception of the school in relation to the school's work in the area of mental health and wellbeing.

The survey results have now been collated and following are the top five issues of importance and the top five of what parents/caregivers would like to know more about.

There are more results from the survey and these will be on display in the Parent/Breakfast Club room on Sports Day next term.

Parents/Caregivers will be most welcome to come in and have a look.

The results of the survey will be further analysed by the Kidsmatter action team and will inform future planning for improved mental health and wellbeing of our students.

Kidsmatter Parent Survey Results

Top 5: Issues of Importance.

1. Child learns where to go and how to get help.
2. Promoting positive relationships among children.
3. Opportunities for families to engage.
4. School assists children and families to get help for mental difficulties.
5. Child learns about different cultures, families and ways of living.

Kidsmatter Survey Results (% respondents)

Top 5: What would you like to know more about?

1. Dealing with bullying (76%)
2. Managing Challenging behaviour (56%)
3. Cyber Safety (56%)
4. Children's wellbeing & mental health (53%)
5. Child development & learning (52%)

Action: Organise talks for 2014?



Supporting your children to make appropriate decisions:

Children often focus on their immediate wants and don't consider long term consequences. This can be frustrating for parents and carers who can be left to sort out problems at the last minute.

Children need adult guidance to develop their decision-making skills and understand the consequences of their actions. Families can prompt good decision-making by identifying appropriate choices for children to make and using questions to help them think through steps.

At school we spend considerable time supporting children to make effective choices and working in partnership with you, we give the message to children that we are all on the same page and want their decisions to work well for them.

Helping kids to choose wisely

It can be more than a little frustrating for adults when kids don't think through the consequences of their decisions, say, when they 'forget' to do their homework or 'accidentally' hurt their younger sibling playing too roughly.

The younger the child is, the more likely they are to focus on satisfying their immediate wants (ie eating lollies just before bed) and the less likely they are to consider the outcome (ie the inevitable sugar-high preventing a proper night's sleep).

Rather than telling them what they *should* do, you can step children through the process of making good decisions so they can master this important life skill. Here are some expert strategies.

Little kids

Consequences need to be simple for young children, but early childhood is nonetheless an excellent time to start teaching them about choosing wisely.

- **Give them chances to make simple decisions**

"Would you like to wear your red jeans

or your spotty skirt today? Which is better for climbing trees?"

- **Encourage problem-solving**
"Oh no, we've run out of bread for sandwiches! What else could we have for lunch?"
- **Allow them to make mistakes**
"It's nice that you wanted to make a cake for Daddy, but next time you need a grown-up to help you, okay?"
- **Tell stories about good and bad decision-making**
"Do you think Goldilocks did the right thing going into the bears' house without being invited?"

Older kids

School-age children are better able to see other viewpoints and anticipate consequences.

- **Step them through the decision-making process**
"Okay, this is the issue, now what are our options? Which is the best choice? Why? Alright, let's give it a go and see what happens!"
- **Praise them for taking responsibility**
"You know we have a 'no skateboarding in the house' rule, but I'm happy to see you cleaning up the mess you made."
- **Set goals together**
"If you get your homework out of the way now, you will have the rest of the afternoon to play."
- **Support them to stay on track**
"I know it's hard practising piano while your sister is crying. Why don't I take her for a walk and give you some peace?"

If you want to discuss aspects of your child's wellbeing please contact me via the school.

Regards,
Liz Edwards (School Counsellor)

AFTER SCHOOL SWIMMING LESSONS



Term 4 2013
After School
Swimming Lessons
For bookings and
enquiries please
contact
Teresa 0429 840 944

ENTERTAINMENT BOOKS

Only 3 Entertainment Books are left at the front office \$65.00.

\$13.00 from each book goes to the school.

Books can be collected and paid for at the front office by Friday 27th September 2013.



SPORTS DAY

Don't forget Sports Day next Term is Thursday 31st

In case you were wondering about the origin of our Sports teams:

Penny – Orange

Named after Mrs. Edna Penny who was President of the Welfare Club from 1947 – 1949 and from 1951 – 1953. Until the last few years when her health deteriorated, Mrs. Penny was a regular judge for Gala Day.

Bruce – Green

Named after Mr. Stan Bruce, (who was Chairman of the school committee for 15 years, 1936 -1950. Mr. Bruce was a land agent in Victor Harbor.

Jenkins – Yellow

Named after Mr. William (Bill) W. Jenkins who was the Mayor of Victor Harbor from 1951 – 1959. Mr. Jenkins was also an elected Member of Parliament, a Member of the State House of Assembly for the District of Stirling, from 1952 until his death in 1963. He operated a carrying business in the town.

Rumbelow – Red

Named after Mr. Ken S Rumbelow (born 1902) who was a member of the School Committee for 11 years and served as Chairman for seven years, 1951 – 1957. His son, Bill, was the first House Captain of Rumbelow. Mr. Rumbelow was in several businesses – he had a grocery business in the town, A.M.P. Insurance agent, and was the last owner of the store at Yilki, which operated as a Post Office. This was closed on 30th June, 1976.

CANTEEN NEWS

Congratulations to Rory Power on winning a canteen voucher for ordering a Tuesday Special.



SECURITY IN THE HOLIDAYS



Please contact Crime Stoppers 1800 333 000 or Police emergency 131 444 if you see anything or anyone suspicious on the school grounds over the school holidays.

MESSAGE FROM CANTEEN COMMITTEE

The Canteen Committee wishes to thank those members of the school community who forwarded constructive comments and suggestions on the following topic: "Consult the students. Ask them their desires for items, taste test them, get students involved as part of their key learning themes related to health and wellbeing and healthy eating".

We wish to advise that at each Canteen Committee meeting there are members of the Student Representative Council. Their input is sought on many topics and their opinions valued and respected.

Thank you,
Canteen Committee

NO HAT NO PLAY



Just a friendly reminder; our Hat Policy comes into action in Term 4. Children will be required to wear a hat at all times when outside.

If children do not bring their hat, they will have to stay in the shaded areas.

PORT ELLIOT SURF LIFESAVING CLUB

Nipper registration: 19th October 11am-3pm
@ Port Elliot Surf Lifesaving Club
Eftpos available/new bathers available to buy Forms can be downloaded from www.portelliotslsc.com.au
Medical/media/registration forms (must be brought on registration day)
Registration forms will also be available on the day.

All welcome (nippers start 2/11/2013)

Any questions please contact:

Penny Smith: 0426 828 120/ 8554 2521

Brenda Byrne: 0420 783 115/ 8552 6797

BACK VALLEY TENNIS CLUB SEEKING PLAYERS FOR SEASON 2013/14

Are you interested in playing tennis this season? Yes! Then Back Valley Tennis Club wants you. If you are a junior (or parents, you can play as a senior) then let us know. Training for the season starts soon. For more information or to attend training,
Juniors - Kerry Pearson: 0427545336 or
Seniors - Sharon McArdle: 0428647198.

SOUTH COAST LITTLE ATHLETICS

Fitness, Family Fun

Season commencing on Friday September 13th
At the Victor Harbor R-7 Oval,
The Parkway, Victor Harbor
Ages 3-17

Competition will be on Friday Nights commence at 4:30pm and Coaching sessions will be on Wednesday Nights 5.00 – 6.00pm

Come and Trys available throughout the season at \$5.00 per session.

Registration \$65.00 per Athlete
\$165.00 per Family (3 children or more).

Launch yourself into Athletics, Long Jump, High Jump, Shotput, Discus, Javalin, Running, Race Walking
Come and join in the fun

FITNESS FOR KIDS



8-10 Philip Ave
Victor harbor
www.spa.clubs.com.au

SCHOOL HOLIDAY FUN AT VICTOR HARBOR



REGISTER YOUR INTEREST TODAY!

Come and join in for a day of fun and exciting holiday program activities! Gymnastics, Kids Bootcamp, Games and MORE!

FOR BOYS AND GIRLS AGED 4-16
9am-5pm

Thursday 10th and Friday 11th of October

FULL DAY COSTS \$40 1st Child \$30 2nd Child
HALF DAY COSTS \$30 1st Child \$20 2nd Child

SPA CLUB members get a \$10 discount off this fee!
Register your interest today at the reception desk or call

WAMH

The Wellbeing and Mental Health Network

INVITES YOU TO THE **WELLBEING EXPO**

WHEN

Mental Health Week

Wednesday 9th October 2013

11am-2pm

WHERE

Victor Harbor Council

Chambers & Foyer

1 Bay Rd, Victor Harbor

AIM

To raise awareness about local social supports and community activities that promote wellbeing

To meet community members and workers who are involved in wellbeing promoting activities



FOOD

Café food available

ENTERTAINMENT

Unity Band

Photography Exhibition

Short films

Children's activities

CONTACT

Sue Tolsher

Life Without Barriers

(08) 8552 1966

Sue.Tolsher@lwb.org.au

