



# Snowtown Primary News

Week 3, Term 2.

17th May 2017

**TRUST RESPECT HONESTY KINDNESS LISTENING**

## DIARY DATES AND REMINDERS

**19th May**

Walk To School Day

Meet at Fed Shed at 8:30am

**23rd May**

Governing Council Meeting 7pm

**23rd May**

Young Environmental Leaders Forum

Supervision of children in the yard is available from 8.30am to 3.15pm on school days. Parents are asked not to send children to school, or drop them off at school, before 8.30am. Prior to that time the school is unsupervised and children are at risk.

## ASSEMBLIES

Assemblies are held at 2.40 pm in the Common room on Fridays. Weeks 3, 5, 7 & 9. ALL WELCOME

## HATS

Students are required to wear broad brimmed hats outside all year round.

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31 Glen Davidson Dr  
SNOWTOWN SA 5520  
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## Principal News



### It takes great strength to be sensible

Each term we have a whole school focus on one of the Wilson McCaskill Play is the Way concepts. We are currently exploring **It takes great strength to be sensible: we do the right thing because it is the best thing to do.** Here is a list of ideas to think about in terms of your child and how many of the behaviours they regularly exhibit.

Do they:

- Consider others
- Listen to everyone
- Respect other's work and property
- Show compassion
- Think about others - respect, kindness, listening, trust
- Follow instructions
- Stay confident
- Make strong choices and not be encouraged by people doing the wrong thing
- Let everyone have their say
- Stand up for others
- Help and include others
- Have self-respect and respect others
- Think before they act
- Have self-belief
- Show resilience
- Work co-operatively with others
- Be positive at hard times
- Show self-control
- Think of things positively
- Show patience
- Recover from mistakes and learn from them
- Be strong in mind
- Be fair with everyone, even when cross
- Stay calm when upset
- Try hard even when things are frustrating or difficult
- Co-operate with new and different people
- Don't do things they will regret, walk away
- Encourage everyone
- Set goals
- Think before they speak



**IT TAKES GREAT STRENGTH TO BE SENSIBLE – HOW STRONG ARE YOU?? WHAT IS YOUR GREAT STRENGTH?**



# WHAT'S HAPPENING IN THE YEAR 3/4 CLASS?

## DESIGN & TECHNOLOGY

In Design and Technology lessons we have been learning how to use Makers Empire. First we looked at the different types of superheroes and compared superheroes and super villains. We found out that superheroes' weapons are called gadgets. Our task this term is to invent a new gadget for a superhero that visited our class called the 'Powerful Learner'. The gadget had to help 'Powerful Learner' fight against the super villains.- **Koopa, Chayse and Noah**

"My superhero gadget is a lava gun. It shoots lava out of it at the super villains."  
**Chayse**

"The gadget I am working on is an invisible mask. When the superhero wears the invisible mask they become invisible which helps them get away from the super villains." – **Koopa**

"I am making an axe that blows things up when you hit them." – **Noah**



"Last week the whole school practised for cross country. The course started at the big blue skip, then it went past the pool fence, towards the tennis courts, into the trees, around the oval and through the Nature Play Area. We were practising for cross country to see who the quickest people were in Years 4 to 7. These people would be selected to run at Burra on Friday 19<sup>th</sup> May. The R/1/2 class had to do 2 laps of the course, the 3/4 class had to do 4 laps and the 5/6/7 class had to do 6 laps."

**Ocea, Austin, Brooke, Skye and Ava**

"My strategy was walking and running from one cone to the next." – **Riley**

"It was hard because we got puffed out and our legs got tired but I enjoyed it because everyone gave it a go." – **Manjot**

"It was very fun but hard. I kept running." – **Nicholas**



# WHAT'S HAPPENING IN THE YEAR 3/4 CLASS?

## CONT...

### Spanish

In Spanish we have been learning about body parts. We have also been working on how to write correct sentences in Spanish. We learnt that a 'coco' is a little pretend coconut or monster that sometimes hides in our home. We rolled a body parts dice, a number dice and a colour dice to create our own 'coco'. We used the information from each dice and translated it into Spanish sentences to describe our 'coco'. **By Saffy and Heath**



### HISTORY

**With Mr King**



This term with Mr King we have been learning about Captain Cook. We learnt that Captain Cook's real name is Captain James Cook. He was born in Marton in the United Kingdom and came to Australia on his ship called the Endeavour with 97 other people. His ship was made out of white oak wood. He was not a pirate but we are haven't learnt why he came to Australia yet. We are looking forward to finding out. He died when he was 50 years old.

**By Madison and Matilda.**

## Snowtown Primary School



Australia's  
**BIGGEST  
MORNING  
TEA**

Snowtown Primary School is hosting an  
Australia's Biggest Morning Tea Event

**Wednesday June 7th 2017**

*Gold coin donation raises funds for Cancer Council*

**Parents, family and community members are invited  
to open classrooms at 10:30am and 11:45am**

Come visit our classroom, see our learning and  
enjoy our yummy food

**Morning tea at 11:00am**

*SLT*

## **PLAY IS THE WAY KEY CONCEPTS ONE BRICK AT A TIME!**

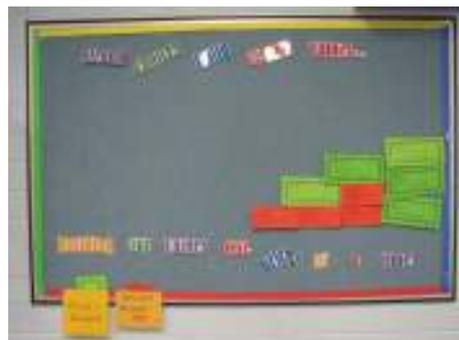
Students, teachers and staff are acknowledging students each week who are actively displaying the key concepts:

- Be brave, participate to progress.
- Pursue your personal best no matter who you are working with.
- It takes great strength to be sensible.

Students acknowledged to be helping to build a stronger Snowtown Primary School Learning Community are:

**Maddox, Paige, Hazel, Bailey, Noah, Matilda**

At each assembly the names of students who display key concepts will be read out and a brick placed on the wall.



## **PRESCHOOL NEWS**

***Eating a rainbow of fruits and vegetables is another way to help the whole family build strong, clever and happy bodies ready for Term 2.***



Many children don't eat enough fruit and vegetables which help growing bodies grow strong, clever and build a resilient immunity shield. Children can be reluctant to taste new foods, creating stress for their parents. The idea of eating a rainbow uses the appeal of fruit and vegetable colours to encourage children to try new foods.

Here are some ideas to encourage your child to be brave rainbow explorers and try a greater range of foods:

- Encourage your child to explore new food. Even if they only touch, smell or lick the new food, this is an important first step. Discuss colour, texture, shape and smell of foods.
- Involve your child in growing, shopping, preparing and cooking vegetables. Children can become familiar with vegetables without pressure to eat them.
- Talk with your child about how their tastes can change and develop ('their tastebuds can change their minds').

### **Colour of the week: Green**

- Keeps immune system healthy and protects against heart disease and cancer
- Iron and folate help make red blood cells
- Calcium and vitamin K help keep bones healthy

**Examples of green vegetables:** asparagus, green beans, fresh broad beans, bok choy, broccoli, brussel sprouts, cabbage, chinese cabbage, green capsicum, celery, cucumber, green herbs, green kale, leeks, lettuce, green olives, peas (green peas, snow peas, sugar snap peas), silverbeet, spinach, spring onion, green zucchini.

**Examples of green fruits:** green apples, avocado, feijoa, green fig, green grapes, honeydew melon, kiwi fruit, lime, green pears.

### **Green Recipe:**

#### **Mini zucchini frittatas**

Makes 12 mini frittatas

#### **Ingredients:**

- 3 eggs
- ½ zucchini
- ½ cup reduced fat grated cheese
- ½ cup reduced fat milk

#### **Equipment:**

Grater, chopping board, whisk, rubber scraper, oven mitts, large mixing bowl, non-stick muffin tray

#### **Method:**

1. Preheat oven to 190 degrees.
2. Crack eggs into large bowl, add cheese and milk. Whisk well.
3. Grate zucchini, add to bowl, and then stir.
4. Add spoonful of mixture into non-stick mini-muffin tray.
5. Cook for 8 to 15 minutes or until cooked through.

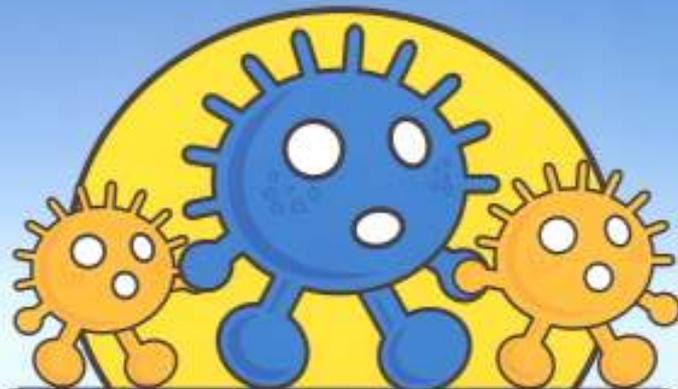
#### **Variation:**

Add grated carrot, or some chopped lean ham



**Daina McCormack** Pastoral Care Worker

# ACTIVE KIDS ARE SMARTER KIDS



**WALK SAFELY  
TO SCHOOL DAY**

**FRIDAY 19 MAY 2017**



**Until they're ten, children must always hold  
an adult's hand when crossing the road**

Meet at the Federation Shed  
at 8:30am

Piece of fruit provided at school.

No wheels! No bikes! No scooters!

Strollers allowed

- 1 Collect coloured autumn leaves and thread them on string to make a necklace, garland or decoration
- 2 Find dried-out autumn leaves and use them to make leaf stamps (paint one side of the leaf and then press it to paper)
- 3 Stand under a tree on a windy day and look up to watch the falling leaves
- 4 Walk through a pine forest after it's rained and check out the fungi, moss and lichen growing in and around the trees. Use NRM's Fungi ID chart and see how many you can find.
- 5 Go on a nature treasure hunt (<http://natureplaysa.org.au/wp/wp-content/uploads/NaturePlay-SA-Scavenger-Hunt-Artwork.pdf>)
- 6 Create a family 'nature table' with all your outdoor treasures
- 7 Rake up all the autumn leaves you can find, make the biggest pile to jump in or bury yourself in
- 8 Go for a walk in the autumn rain and listen to the birds and insects
- 9 Send fallen leaves down the creek - race your friends to see whose leaf swims furthest and fastest!
- 10 Go for a walk in a Botanic Garden and feel and smell the cool, damp air
- 11 Go on a camping adventure! From May, you'll be able to make a campfire. Find the best stick to toast marshmallows. Make sure you check for local fire ban advice.
- 12 Make an autumn picture book with photos you have taken or sketches you have drawn
- 13 Make little newspaper pots out of wet newspaper in an egg carton and plant winter vegetable seeds. Pop them straight in the ground (paper and all) when the seedlings have grown too big for their pots!
- 14 Find a local orchard and pick your own apples or seasonal fruit/berries
- 15 Visit one of our Parks of the Month and try the activities featured in our Nature Play SA blog - Shepherds Hill Recreation Park in March, Lincoln National Park in April, and Mt Remarkable National Park in June.
- 16 Find a tree to climb!
- 17 Go on a bug hunt!
- 18 Get your family or friends together and try geocaching. If you've never tried it, check out our instruction sheet (<https://natureplaysa.org.au/wp/wp-content/uploads/NaturePlay-ThingsToDo-Geocaching.pdf>)
- 19 Plant your very own vegetable or herb garden (try mint, radishes, silverbeet, parsley)
- 20 Go on a colour walk! Take a walk in your neighbourhood or a local natural place, collecting as many different colours as you can, or pick a colour and see how many things you can find in that shade!
- 21 Make a leaf rainbow from different coloured leaves you've collected.
- 22 Put on your jacket and boots and play outside in the rain - what does it feel, sound, taste, smell and look like?
- 23 Make a tree - collect a thick stick to make a trunk, smaller sticks for the branches, and fallen leaves for the foliage
- 24 Sit in your backyard for 5 mins with your eyes closed and see if you can count 5 different 'natural' sounds. Listen for birds, insects, animals and plants.
- 25 Go on a micro-hike. Layout a piece of string 1-2m long. Crawl along the ground following your string trail and see what creatures or things you can find. Now see how many creatures you can find using a magnifying glass

Remember to get permission if you go out on your own, and take a drink bottle, sunscreen, and a hat!

# Term 2 Planner 2017

WK	Mon	Tue	Wed	Thu	Fri
3	MAY 15 School Photos	16	17 Baby Bounce Newsletter	18	19 Walk To School Day 5/6/7 Class Assembly
4	22	23 YEL Forum Governing Council Meeting	24 National Simultaneous Story Time	25 Whole School Dream Big Excursion to Adelaide	26
5	29 Reconciliation Week	30	31 Library Opening Celebration Baby Bounce	JUNE 1	2 R/1/2 Class Assembly
6	5	6	7 Australia's Biggest Morning Tea & Partnership Open Day Baby Bounce Newsletter	8	9
7	12 QUEEN'S BIRTHDAY	13	14 Baby Bounce	15	16 3/4 Class Assembly
8	19 Yoga	20 Governing Council Meeting	21 3/4 Class Matilda Excursion	22	23
9	26 Yoga	27	28 Baby Bounce Newsletter	29	30 Action Teams Assembly
10	JULY 3 Yoga	4	5 Makers Empire Showcase	6	7 Assembly 1.50pm Early Dismissal 2.10pm



## Body Confident Children & Teens

### Information for Parents & Community Members

We are pleased to offer parents/carers an interactive presentation that aims to equip you with knowledge, information and tips to help you better understand and promote positive body image in the home. This presentation is designed to help you feel empowered to support your child and their body confidence during puberty and adolescence.

#### Topics covered include:

- Background on body image and importance of prevention
- Brief overview of eating and body related issues and warning signs
- Key influences on body confidence
- Importance of role modeling positive body image and healthy behaviours
- Understanding 'Fat Talk' and handling 'stuff' they say
- Awareness around behaviours that increase or decrease body satisfaction
- Referral and support information
- Please note, this session does not cover dealing with fussy eaters

Date: Tuesday 30<sup>th</sup> May  
Venue: Clare High School Resource Centre  
Time: 7pm

To book: Call Lynda Johnson at Clare High School 8142 1788  
More information: [selen.barr@thebutterflyfoundation.org.au](mailto:selen.barr@thebutterflyfoundation.org.au) 02 8456 3908



Butterfly Education