



Snowtown Primary News

Week 6, Term 1.

8th March 2017

TRUST RESPECT HONESTY KINDNESS LISTENING

DIARY DATES AND REMINDERS

13th March

Adelaide Cup Public Holiday

17th March

Sports Day @ Pt Broughton

24th March

Harmony Day

REMINDER

During Term 1 & Term 4 in the case of catastrophic fire danger, the school will be closed and the school bus will not operate. On all other days, the school has a Bushfire Action Plan that sets out what we do in the event of a fire front approaching the town. Part of this plan is an identified Refuge (School Activity Hall) where students and staff stay until the front has passed.

ASSEMBLIES

Assemblies are held at 2.30 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.

Principal: Trish Boschetti
31 Glen Davidson Dr
SNOWTOWN SA 5520
Ph: 8865 2006
Fax: 8865 2082
Mobile: 0488 987 957
General inquiries:
dl.0742_info@schools.sa.edu.au

Principal News

Ride or walk to school day



How fantastic was it to have such an active start to the day last Thursday for the Ride or Walk to school day/Think Feet First – Brekky, Bikes and Bein' Safe. Thank you to Neil for providing the police escort and helping keep us safe on the roads. The R/1/2 class did some bike maths with me that afternoon and counted 28 bikes and 2 scooters at school. It was amazing to see the level of participation from families, staff, students and even our preschoolers who joined in on a non-kindergarten day. Thank you to Wayne for driving the bus early so that our bus travellers could also participate. Carley and Katrina did an amazing job preparing the breakfast which capped off the healthy start to the day. Thank you to Kickstart for supplying the food for the breakfast and to Daina for organising flyers and bowls for the breakfast. A special thanks to Addie for not only riding but helping to serve the breakfast. I'm hoping to see some more adult riders for our Term 3 Ride.

Many students have continued to ride to school and it is hard to find a space in the bike racks. We will be following up on road safety with the RAA coming to school on Thursday, 30th March to run workshops with students.



SLT Induction



We had an extra special assembly on Thursday morning to induct our Student Leadership Team. Mayor Rodney Reid presented our young leaders with their certificates. The SLT meet on Tuesdays and they have already been quite active this year organising events, fliers and ice block sales and contributing their ideas for the school.



Second hand uniforms



We would appreciate any donations of old school uniforms that you child has either grown out of and no longer needs. Please drop them into the front office.

Sporting School Swimming

We have had a great turn out to the Sporting Schools swimming programme. Megan has been busy purchasing new equipment for the pool including new lifejackets, noodles, a volleyball set and underwater hoops.



Assembly Week 7

The R/1/2 Assembly will be on Thursday of Week 7 – March 16th at 2.30pm due to Sports Day.



Young Environmental Leaders

The YEL team attended the first Forum for the year at Clare Primary School last week. The focus this year is on Kids teaching Kids. This year students will earn badges as they share sustainability information. They participated in various activities and they will run these activities with classes to earn their News Spreader and Class Sharing badges. The YEL team will be working towards two badges before the next Forum on Bugs and Slugs in May. The YEL team will meet each Friday to plan their activities and investigate a topic that they will showcase in the Term 4 Forum.

"I liked the sensory story" - Mia

"I liked meeting new people" - Chloe

I liked playing the dot game and the fun experience" - Cooper



"I liked learning about sustainability and the getting to know you games" - Deegan



Our school did not get selected to do NAPLAN online this year. Students will sit the paper version of tests in Term 2 and we will participate in an online trial in Term 3.

Week 5 NLG

Educators in the Mid North Partnership meet each term in Network Learning Groups (NLG). Our first NLG was held at Clare High School last week. Teachers meet in small groups with a facilitator to pursue an area of interest. This networking opportunity is one way to build our educator capacity and an example of adults being powerful learners also.

Brightpath Trial

Our school is part of the DECD Brightpath Trial. Brightpath is a tool to help improve student writing skills. This year students will write two narratives and teachers will use an assessment ruler to assist with mapping pieces of writing. The tool will assist with targeted feedback to learners and help learners to set specific goals for their next piece of writing.

Magazine

The 2016 School Magazine has arrived! Congratulations to Ocea Ebsary, Cohen Biddell and Manjot Kaur whose designs were chosen to be used as the front and back cover of the magazines. Each winner received a \$10 Snowtown Newsagency voucher and a free copy of the magazine. Magazines are still available for purchase from the front office or Kelly's Snowtown Newsagency for \$10.00.



Developing powerful learners



Our learning community has embraced the notion of being brave when learning and we are now moving our emphasis to **PURSuing YOUR PERSONAL BEST**. A good

way to support your child at home is to talk about what it means to pursue your personal best. One of the things to talk about is how you can be your personal best and challenge yourself to overcome limitations, fears and self-doubts. In what ways is your child growth minded and able to self-evaluate their learning and their contributions to the classroom and the learning community?

I have received many applications for the Powerful Learners Action Team and we will have our first meeting next week. This is an exciting opportunity for students to contribute to the school and help all our learners pursue their personal best.

Auskick

An Auskick clinic will be held at school on March 23rd for all the students to participate in.



Sports day

Students have been busy practising for Sports day. It's hard to believe it is only one week away. We are looking forward to seeing as many families as possible at Port Broughton next Friday, 17th March.



WHAT'S HAPPENING IN THE R/1/2 JUNGLE EXPLORERS ROOM?

We have been working with the 3/4s on Makers Empire. We made a toy. It came out on paper. I had fun with my partner. We made a horse.

Gracie



With Miss Krieg's Year 3s and 4s we have been using Makers Empire on the I-pads and Surface Pros. We are learning to make a 3D toy.

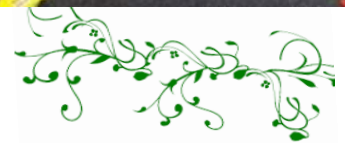
Hazel



In art we have been making toys. I made a cactus with plasticine, googly eyes, paper and paddle pop sticks. My cactus is green and looks funny. First we had to design our toy on paper, then we used lots of things to make them. I had fun making my toy. It can stand up by itself with no help.



Addison



Sports Day is very soon. We have been practising sports like hurdles, running and 'Over, Under'. My favourite activity is jumping over the hurdles. We also do fitness every morning so that we stay fit.

Paige



We have been practising for Sports Day. We have been doing hurdles and lots of running races. I am very fast at running.

Blake



In Spanish we are learning how to ask to go to the toilet. I like to watch the toilet song on the board because it is funny. The boy gets really mad, and everyone is singing.

Aden



“There is no health without mental health.”

This recent statement from the World Health Organisation emphasises how mental health involves everybody. Mental health - the way we think or feel about ourselves and what is going on around us, and how we cope with stresses of life, affects our sense of wellbeing as well as our physical health. In this sense everyone has mental health.

Good mental health is vital for learning and life. Children who are mentally healthy are better equipped to meet life's challenges. They also learn better and get on better with others. Good mental health helps children enjoy and benefit from life experiences, and contribute to their families, friends and society in ways that are appropriate for their age. Good mental health in childhood and adolescence provides a foundation for positive mental health and wellbeing throughout life.

Students have been working on positive mental health strategies during lunch activities on Monday and Tuesdays. Students have participated in Arcade Play which lets them use their imaginations by acting as secret agents to find the key to happiness, use problem solving skills by solving challenging clues, encourage social skills by working in teams, be physically active and develop coping skills by running, hiding and sometimes being caught by enemy agents and most importantly have lots of FUN!

Students were also invited to bring their bikes to school for a community mentor maintenance session.



Walking, riding or scooting to school is not just healthy it's also a great way for families and friends to connect with each other. On the way to school, kids can talk to their parents or friends about what's coming up for the day and what they're excited about. On the walk home, kids can talk about what they learned at school and who they spent time with. It's also fun to walk in a group so why not ask families who live nearby to join you on your daily walk to school. It's time to get your shoes on or fix your bike and start walking or riding and talking!

Remember – Think Feet First!

Having good mental health does not mean never having worries or feelings of distress. Everyone goes through difficulties that may have emotional impacts. Feeling worried at times, feeling sad, frustrated or angry are all normal emotions. Mentally healthy children are able to use positive coping skills appropriate to their age to manage feelings and deal with difficulties. They develop effective coping skills as part of their normal development and are not held back by emotional or behavioural problems.

A big thank you to all the families who participated in the Bikes Brekky and Being Safe Ride and Walk to School event on Thursday 2nd of March! I would also like to thank the Snowtown Primary School Staff and parent volunteers for our healthy Breakfast.

Daina McCormack

Pastoral Care Worker

(I'm here Monday and Tuesday)





The students in the R/1/2 and 3/4 classes have been developing their bravery, an effective coping skill. They have been making smart choices and choosing to cook healthy pizzas. They chose creative toppings that are high in fibre to help the digestive system. Each class practised their bravery skills by smelling, touching and tasting the new pizza flavours! They made Apple and Cheese, Apple and Ham and Strawberry Jam and Apple

pizzas. What flavour will your family make? *Daina*



BRAVE PIZZA

PIZZA DOUGH

- 1 Cup natural yoghurt
- 1 Cup plain flour

HEALTHY TOPPINGS

APPLE AND CHEESE

- 1 grated apple (skin on)
- 40g grated cheese
- 1 Teaspoon ground cinnamon
- 1 Teaspoon ground nutmeg

APPLE AND HAM

- Tablespoon tomato paste
- 1 grated apple (skin on)
- 40g sliced ham
- 40g grated cheese

APPLE AND JAM

- Tablespoon strawberry jam
- 1 grated apple (skin on)
- 1 Teaspoon ground nutmeg
- 1 Teaspoon ground cinnamon



Preheat oven to 180 degrees Celsius.

In a bowl combine yoghurt and flour with a fork.

Flour a bench and hands to knead the dough into a ball.

Sprinkle flour on a bench top and use a rolling pin to roll the dough into a flat pizza base.

Put your healthy topping on the pizza base.

Sprinkle flour on an oven tray and place the pizza on the oven tray.

Cook the pizza for 15 minutes or until the cheese and base are golden.

Why It's Important To Eat A Rainbow



The rainbow colours of fruit and vegetables and their health benefits

Colour	Health benefits	Contains	Fruit	Vegetables
Red Pink	Keeps eyes, skin and immune system healthy. May help protect against cancer and heart disease.	<ul style="list-style-type: none"> • Vitamin C • Potassium • Carotenoids • Lycopene • Anthocyanins • Quercetin • Flavonoids 	Red apples, cherries, cranberries, red grapes, guava, red pear, red plum, pomegranate, raspberries, rhubarb, strawberries, tamarillos, watermelon	Red capsicum, red chillies, red kidney beans, radishes, tomatoes
Orange	Keeps eyes, skin and immune system healthy. May help protect against cancer and heart disease.	<ul style="list-style-type: none"> • Vitamin C • Potassium • Carotenoids • Flavonoids • Limonoids • Terpenes 	Apricots, cumquats, loquats, mandarins, mangoes, orange nectarines, oranges, papaya, pawpaw, peach, peacherino, persimmons, rockmelon, tangerines, tangelo	Carrots, orange capsicum, orange lentils, pumpkin, sweet potato (kumara)
Yellow	Keeps eyes and immune system healthy. May help protect against cancer and heart disease.	<ul style="list-style-type: none"> • Vitamin C • Potassium • Carotenoids (such as vitamin A, lutein and zeaxanthin) • Flavonoids • Terpenes • Quercetin 	Yellow apples, banana, cape gooseberry, grapefruit, lemons, yellow pears, pineapple, yellow plums, quince, star fruit (carambola)	Butternut squash, yellow capsicum, sweetcorn, yellow tomatoes, yellow zucchini
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.	<ul style="list-style-type: none"> • Vitamins C, K and folate • Calcium • Potassium • Iron • Carotenoids (such as vitamin A, lutein and zeaxanthin) • Flavonoids • Indoles • Saponins • Sulforaphane 	Green apples, avocado, feijoa, green fig, green grapes, honeydew melon, kiwi fruit, lime, green pears	Asparagus, green beans, fresh broad beans, bok choy, broccoli, brussels sprouts, cabbage, chinese cabbage, green capsicum, celery, cucumber, globe artichokes, green herbs, green kale, kohlrabi, leeks, lettuce, okra, green olives, peas (green peas, snow peas, sugar snap peas), silverbeet, spinach, spring onion, green zucchini
Blue Purple Black	Protects cells from damage and protects against heart disease and cancer. Linked with improved memory function and healthy ageing.	<ul style="list-style-type: none"> • Vitamin C • Anthocyanins • Chlorogenic Acid • Quercetin 	Blueberries, blackberries, blackcurrants, purple figs, purple grapes, mulberries, passionfruit, purple plums, prunes	Aubergine (eggplant), beetroot, purple cabbage, purple or black capsicum, purple carrot, purple kale, black olives, purple onion
White	Protein for growth. Energy for an active body. Helps protect against cancer.	<ul style="list-style-type: none"> • Starch and protein • B group vitamins • Potassium • Indoles • Isothiocyanates • Anthoxanthins 	White nectarine, white peaches, lychees, white currant	Apple cucumber, cauliflower, celeriac, Japanese radish (daikon radish), fennel bulb, garlic, leeks, white onion, parsnip, shallots, taro, yams, turnips, water chestnuts, white beans (cannellini, lima beans, navy beans, soybeans)
Brown	Protein for growth. Energy for an active body. Helps protect against cancer.	<ul style="list-style-type: none"> • Starch and protein • B group vitamins • Potassium • Indoles • Isothiocyanates • Anthoxanthins 	Brown pear, dried raisins or sultanas, dates, dried fig	Borlotti beans, brown lentils, Jerusalem artichoke, mushroom, potato, swede



Hon Jay Weatherill MP
Premier of South Australia

TO: THE PRINCIPAL AND SCHOOL COMMUNITY

RE: PREMIER'S READING CHALLENGE

Welcome back to a new school year and the fourteenth year of the Premier's Reading Challenge in South Australia.

I am challenging South Australian students from Reception to Year 12 to read twelve books by 8 September 2017.

Also, for the first time, there will be a reader for life hall of fame award presented to students who have completed the Premier's Reading Challenge fourteen times.

The Premier's Reading Challenge continues, with over 131300 students completing the Challenge in 2016 from 704 schools. Many students educated at home also took part in the Challenge.

Almost 97 per cent of all South Australian schools had students completing the Challenge. This is an outstanding achievement and I thank you all for your time and efforts in supporting children and their families to complete the Challenge.

I congratulate all of these schools on their results.

The Challenge has been fortunate to have seventeen high profile and enthusiastic ambassadors who inspire students to enjoy reading and achieve their goals. Adelaide United Football Club, Adelaide Lightning Basketball Club, Port Adelaide Football Club, Adelaide Football Club, Thunderbirds Netball Club and SA Scorpions have also thrown their support behind the Challenge and Premier's *be active* Challenge as joint ambassador teams.

The Premier's Reading Challenge continues to be an important initiative that supports the State Government's commitment to improve the literacy skills of young South Australians and encourage them to enjoy reading.

All information about the Challenge is on the Premier's Reading Challenge website at www.prc.sa.edu.au, phone 8226 2006 or email prc@sa.gov.au. A school contact person is requested to coordinate your school's participation on behalf of all teachers, staff and students at your school.

I encourage all students to discover the world of reading with the Premier's Reading Challenge and keep up the momentum. I wish you every success in 2017.

Yours sincerely

Jay Weatherill
PREMIER

21 / 01 / 2017

Term 1 Planner 2017

WK	Mon	Tue	Wed	Thu	Fri
3			15 Baby Bounce Newsletter	16	17 Assembly 2:30pm Playgroup
4	20	21	22	23 Governing Council AGM 7pm	24 Swimming Lesson Playgroup
5	27 Playgroup with Kindy	28	March 1 Baby Bounce	2 Ride or Walk to school Day 8:15am	3 Assembly 2:40pm Playgroup
6	6	7	8 Newsletter	9	10 Playgroup
7	13 ADELAIDE CUP	14	15 Baby Bounce	16 Assembly 2:30pm	17 Sports Day No Playgroup
8	20 Back up Sports Day	21	22	23 Auskick Clinic	24 Harmony Day Playgroup
9	27	28 Clean Up Australia Day Governing Council Meeting	29 Baby Bounce Newsletter	30 RAA Road Safety Lessons	31 Assembly 2:40pm Playgroup – Lead by Anne Jones
10	April 3	4	5	6	7 Playgroup
11	10	11	12 ANZAC Day Ceremony Baby Bounce	13	14 GOOD FRIDAY