



# Snowtown Primary News

Week 6, Term 4.

22nd November 2017

**TRUST RESPECT HONESTY KINDNESS LISTENING**

## DIARY DATES AND REMINDERS

**23rd**

**November**

Ride To School Day

**24th**

**November**

Snowtown Christmas Carnival

### REMINDER

During Term 4 & Term 1 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 2.40 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



During Week 4 we were privileged to be part of the Mid North Resilience Project. Staff, students and parents had the opportunity to listen to Martin Heppell talk about resilience.

Martin delivered some strong messages about mental health and resilience in an entertaining manner.

- Resilient kids need to go through adversity
- We need to equip kids to seek advice
- We need to get kids to trust the outcome so they will tell us how they are feeling
- Kids need to hear the stories of failure from adults, parents and teachers
- Kids will then see failure as part of life

Martin spoke about the benefits of G.E.M. There are three simple parts to G.E.M. that can help switch us to a more positive state.

1. Gratitude – express thankfulness each day
2. Empathy – think of ways to help others
3. Mindfulness – be present in the moment



Martin suggested 3 activities that have a positive and quick influence on emotions

1. Music – 7 seconds
2. Exercise – 30 seconds
3. Laughter – instant

Positive emotion helps build brain capacity and has the power to:

- Broaden attention span
- Increase working memory
- Enhance verbal fluency
- Increase openness to new information
- Increase creativity
- Increase engagement



Children can develop a stronger sense of gratitude by using a journal to:

- Write three things that went well for you during the day  
Or write or talk about
- What was the best thing that happened to me today?
- Who am I most grateful for today and why?
- What am I looking forward to most about tomorrow?

Did you know that every time you do something kind for someone else, your brain releases oxytocin. This leads to an increase in self-esteem and confidence, an increase in energy, an increase in levels of happiness and increased levels of positivity.

We will be following up on Martin's key messages and I encourage families to talk to a staff member about developing resilience with children at school and at home.



## Resilience Project Cont...

Martin recommended 3 apps to help with mindfulness.

1. Smiling Mind
2. Buddify
3. Headspace



Headspace



Buddify



Smiling Mind

If you would like to find out more visit the Resilience Project website or follow them on twitter and facebook.



## Thank you

Thank you to Sharee Cocks and Daina McCormack for supplying the school with bamboo for the Nature Play Area. Students have been using the bamboo creatively to make new structures. Thank you to Mr King for picking up large wooden reels for the Nature Play area also.



## Transition

This year we have whole school transition with the Kindy kids spending time in the R/1/2 classroom, the Year 2 spending time in the 3/4 classroom and the Year 4s spending time in the 5/6/7 classroom. The Year 7s will have two days at Clare High School next week. The 2018 Kindy kids have started their pre entry with Mrs Jones. It is a credit to our educators, families and powerful learners that transition has been such a smooth and exciting experience for all involved.



## Snowtown Primary School Christmas Concert and Presentation Evening

When - Wednesday, December 6th

Time - 5:30pm BBQ Tea  
6:30pm Concert Begins



'I liked getting the badges and the solar powered bugs. I also liked watching Miss B holding the carpet python.' - Chloe

# YEL

## Young Environmental Leaders



The final YEL Forum was held on Thursday, 9<sup>th</sup> November at Auburn Primary School. We ran our interactive 'Kids teaching Kids' workshop twice and showed four different schools how to test water for PH, salt levels, nitrates and turbidity. We watched four other schools do their presentations.

Bonnie from NRM presented us with our badges, certificates and a solar powered bug.

After lunch we watched Animals Anonymous and our favourite part was holding the massive carpet python.

Thank you to Kelly and Des who helped us with our preparation for the day.

Mia, Chloe, Deegan and Cooper.

'My favourite part of the forum was the Animals Anonymous because we held a long carpet python.' - Deegan



'My favourite activity was the air pollution where we played a game called Celia, in which we had to try and get people who were running through but we had to stand still. I also enjoyed the Animals Anonymous.' - Mia

'My favourite part of the day was the Animals Anonymous because I saw lots of different animals I don't normally see.' - Cooper



# 5/6/7



It has been busier than Father Christmas' Workshop in the 5/6/7 Primary Class this term.

With the Year 7 students heading to Canberra, it was an unfortunate coincidence the two novels read in the Year 5/6/7 class dealt with plane crashes....However we are pleased to report Brodie, Cooper and Kim have returned safely to tell us of their wonderful 4 days and are currently preparing a power point to show at the next Assembly.

### Week 7 Assembly

Come and see the Year 6/7s debating the topic "Australia should celebrate Halloween" and view our Memory Books and Magazines.

### **Coming up in Health....**

**Smart Choices Café for the R/1/2s  
Tuesday, 28th November.**

**We have a dietician coming in to help prepare a healthy and nutritious lunch**



### **MATHS**

We all watched "Behind the News" for an episode on Parliament House when they returned and found out the measurements of the huge flag which flies the House. It is 12.8 x 6.4 metres (the size of a double decker bus). We measured this out and then calculated how many times bigger it is than our school flag. It is 80 times bigger!

### Christmas Carnival

Come and see the wonderful variety of crafts we have made which will be available to purchase.



# Year 7 Canberra Trip



Our Canberra correspondent Cooper reports, "It was an exciting adventure. I really enjoyed Questacon for all the scientific games you could try and the War Memorial had wonderful displays. I made friends with about half the boys. I would love to go to Canberra again."



*We spent a lot of time looking around the museum. We made a robot and played a game there.*

The mint was interesting because the bronze medal for the Commonwealth games was being made.



The aeroplane ride was a bit bumpy with turbulence on the way there.



*Questacon Science activities were a lot of fun.*

We tried games out at the AIS and had a tour. We saw the gymnasts training and also the volleyball players training.



**We got to see what happened in WWI at the War Memorial. We watched a film about the bombing of Berlin.**

**Thank you to everyone who helped us to raise money for the trip. It was exciting and adventurous.**

## Materials & Services Charges 2018

## YEAR 7 STUDENTS TO VISIT CANBERRA

Materials and Services Charges for 2018 have been set. Please see detailed information below.

### Reception - Year 7 - \$235.00

An invitation is extended to the school community to attend our next Governing Council Meeting where the 2018 Materials & Services charge of \$235 will be presented for approval.

The meeting will be held on

**Tuesday, 5th December at 6pm at the Snowtown Hotel.**

**If you have any questions please contact the school.**

**RSVP is essential to Katrina Ebsary by Tuesday 28th November.**

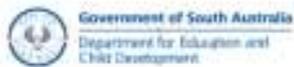
In lieu of attendance at the council meeting, parents can express their concerns in writing to the Chairperson, Mrs Bernie Altmann.

**Katrina Ebsary, Finance Officer**

Students from our school have undertaken an excursion tour of the national capital. Students were given the opportunity to participate in a variety of educational programs with a focus on Australia's history, culture, heritage and democracy.

The Australian Government recognises the importance of all young Australians being able to visit the national capital as part of their Civics and Citizenship education. To assist families in meeting the cost of the excursion the Australian Government is contributing funding of \$60 per student under the Parliament and Civics Education Rebate program towards those costs.

The rebate is paid directly to the school upon completion of the excursion.



Snowtown Primary School - 0742		
Notice of Materials and Services Charges for 2018		
Notice of Charges for Reception To Year 7		
HEADING	ITEMS AND SERVICES	COST (\$)
Printed and electronic materials related to the educational program and which are provided for the student	Workbooks	\$30.00
	Text Book Hire / E-Book Access	\$0.00
	Photocopied Material	\$30.00
	<b>SUBTOTAL (ZPREW)</b>	<b>\$60.00</b>
Stationery items that are provided for the student	Stationery Items	\$20.00
	Other (please Specify)	\$0.00
	Other (please Specify)	\$0.00
	<b>SUBTOTAL (ZSTAT)</b>	<b>\$20.00</b>
Materials and Services that are provided by the school for the student to consume or use the materials or take ownership of a finished article produced by the student with the materials	Access to Student Information Technology	\$45.00
	Access to Machinery	\$0.00
	Access to Equipment	\$0.00
	Curriculum/Subject Supplies and Services	\$66.00
	Other (please Specify)	\$0.00
	Other (please Specify)	\$0.00
	<b>SUBTOTAL (ZACMS)</b>	<b>\$111.00</b>
Materials for inclusion in the school library and to enable use by the student	Library resources including access to borrowing library resources	\$35.00
	<b>SUBTOTAL (ZACLI)</b>	<b>\$35.00</b>
<b>Total Materials and Services Charge (excluding Subject Charges)</b>		<b>\$235.00</b>

## Walleroo School Dental Service Clinic

SA Dental Service

*Keep your kids smiling*



Dental care is FREE for ALL babies, preschool and most children under 18 years at School Dental Service clinics.  
The School Dental Service is a Child Dental Benefits Schedule provider.

**Call us now for an appointment!**

Your local clinic is: Wallaroo School Dental Service Clinic  
Phone: 8880 5210  
[www.sahealth.sa.gov.au/sadental](http://www.sahealth.sa.gov.au/sadental)

These subject charges are in addition to the Materials and Services Charge above for those students undertaking the following subjects.

Subject Description	Cost (\$)
	\$0.00
	\$0.00
	\$0.00
	\$0.00
	\$0.00

# Term 4 Planner 2017

WK	Mon	Tue	Wed	Thu	Fri
6	20	21	22 Newsletter	23 Ride to School Day Volunteers Brunch	24 Christmas Carnival at Town Oval
7	27 Orientation Week	28	29 Baby Bounce	30 Preschool Pre-entry	DECEMBER 1 5/6/7 Assembly
8	4	5 Governing Council Dinner Meeting 6pm	6 Concert & Presentation Evening	7 CHS Presentation Night	8
9	11 Swimming Lessons	12 Splash Carnival	13 Newsletter Baby Bounce	14	15 Early Dismissal 2:10pm Student Led Assembly

## Ride Or Walk To School Day Thursday, 23rd



**November 2017**

Meet at the

Federation Shed at

8:30am

Light breakfast on arrival

\*Bikes, trikes and strollers

No Scooters\*

## 2018 Drum & Bass Guitar Lessons

Spaces are currently available for students to enrol in private Drum or Bass Guitar Lessons, to be held at Snowtown Primary School during the school day for 2018.

**Drum lessons are 1 on 1 and cater for students from year 3 to 7.**

**Bass lessons are aimed at students in year 6 and 7.**

Lessons are with qualified instrumental music teacher, Paul Gibson.

Please contact Paul asap for costs and further information.



Paul Gibson - 0417 873 016

[paulgibson.drums@yahoo.com.au](mailto:paulgibson.drums@yahoo.com.au)

[www.paulgibson-music.com.au](http://www.paulgibson-music.com.au)

# What's Happening in the Library!!

## Children's craft holiday program

The Library is running CRAFT activities including faux stain glass window creations and Rock painting.

Children are welcome to continue their craft at anytime over the holidays when the Library is open.

The following are the times when Staff are available to help with the craft activities.



**WEDNESDAY 20th Dec,**

**10th, 17th & 20th Jan 2018**

**10am—12pm**



## Baby Bounce & Rhyme Time

is full of singing, bouncing, rhymes, tickling, smiling, clapping and giggling!

We invite babies and little people of all sizes to enjoy the fun!

All sessions will be followed by morning tea.

Mums, Dads, Grandparents, Carers please bring your pre-schoolers and come join the fun!

Fortnightly on Wednesday's  
during term times

10:00am-11:00am

Join us for the last 2

Sessions for 2017!

November 29th

December 13th

*Need help? That is what we are here for*



# WHAT'S HAPPENING IN THE LIBRARY OVER THE CHRISTMAS BREAK



## Library opening times.



The Library will be closed for the  
Christmas break from COB Friday, 22nd  
December and opening again on  
Tuesday, 9th January 2018



## Breakfast Ideas

A HEALTHY BREKKY IS EASY AS PEEL, POUR,  
POP. IT'S QUICK, SIMPLE & EVERYONE WILL  
LOVE IT!

### *Why is breakfast important?*

A healthy brekky provides a great start to the day and helps kid's learning and concentration. It also provides plenty of vitamins and minerals our kids need for a healthy body such as:

- > **Calcium** to build and maintain strong bones
- > **Vitamin C** to boost the immune system
- > **Vitamin B12** for healthy blood cells
- > **Fibre** for healthy bowels
- > **Folate** for healthy growth and development

So enjoy a healthy brekky each day to ensure you and your kids get all the nutrients they need!

For more healthy brekky ideas visit: [opal.sa.gov.au](http://opal.sa.gov.au)



A HEALTHY BREKKY IS EASY AS PEEL, POUR,  
POP. IT'S QUICK, SIMPLE & EVERYONE WILL  
LOVE IT!

Kids aged 5-12 years need 1½-3 serves of low fat dairy every day for growth and good health. Dairy is a great source of energy and calcium for growing kids.

Try this simple smoothie recipe for a delicious calcium hit!

### > **Ingredients:**

Serves 2

1/3 cup of low fat milk

1/4 cup of low fat yoghurt

1 banana or 1/2 cup of berries (fresh or frozen) or use a bit of both!

1 tsp of honey

### **Method:**

Put milk, yoghurt and fruit into a blender. Blend until smooth and frothy and enjoy!

For more healthy brekky ideas visit: [opal.sa.gov.au](http://opal.sa.gov.au)



# DOES ATTENDANCE REALLY MATTER?

MISSING 1 OR 2 DAYS A WEEK MAY NOT SEEM LIKE MUCH BUT...

IF YOU MISS,	EACH YEAR THAT EQUALS,	THIS IS THE SAME AS MISSING,	OVER 13 YEARS OF SCHOOL FROM R TO 12 THAT MEANS YOU'VE MISSED OUT ON,	THIS IS EQUAL TO FINISHING SCHOOL,
1 DAY EACH FORTNIGHT	20 DAYS	4 WEEKS	NEARLY 1.5 YEARS	IN YEAR 11
1 DAY EACH WEEK	40 DAYS	8 WEEKS	OVER 2.5 YEARS	IN YEAR 10
2 DAYS EACH WEEK	80 DAYS	16 WEEKS	OVER 5 YEARS	IN YEAR 7
3 DAYS EACH WEEK	120 DAYS	24 WEEKS	NEARLY 8 YEARS	IN YEAR 4

IF YOU WANT TO BE SUCCESSFUL AT SCHOOL, ATTENDANCE DOES MATTER!

**MAKE EVERY DAY COUNT!!!**

Clare High School Presents The

## WINTER WONDERLAND CHRISTMAS SOCIAL



Clare High School Gym

**1ST DECEMBER**

**RECEPTION TO YEAR 3: 6-7:15PM**

**YEAR 4 TO YEAR 7: 7:30-9PM**

\$5 Entry