

# Goolwa Primary School



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Skoolbag  
Smartphone school to parent communication



Government of South Australia  
Department for Education and  
Child Development



## NEWSLETTER

No. 5

MARCH 28, 2018

FOR YOUR DIARY...

### March

29 SPORTS DAY

30 Good Friday

### April

2 Easter Monday

6 Ride to school day

13 Early dismissal 2.15pm

30 Term 2 begins

### May

2 SAPSASA Netball & Football

15-18 NAPLAN

16 SAPSASA Cross Country

28-1 June Reconciliation Week

31 DISCO

### June

11 Queen's Birthday Holiday

12 Student Free Day

## IN THIS EDITION...

- From Leadership
- Awards
- Woolies prizes
- Sports Day
- Harmony Day
- Room 3
- Nunga Tag
- Community News
- Kids Matter
- ICAS form

# NEWSLETTER

*"Quality Education in a Caring Environment"*

OUR SCHOOL VALUES ARE:

**Organisation** • **Persistence** • **Confidence** • **Getting Along** • **Resilience**

Dear Parents and Caregivers,

## GRIP LEADERSHIP CONFERENCE

It was a privilege to be able to take our leaders to a leadership conference. Our students were inspired to be leaders and taught base skills to build on to make their environment a better one for their peers. I was very impressed with our students' enthusiasm, their ability to interact with other school students and some even got on stage.



Following are quotes from some students who went:

*"Hi, my name is Liam. I'm in Year 7 and house leader for Birchall. On Friday 16<sup>th</sup> March, 11 other students and I went to a GRIP Leadership conference in Adelaide. GRIP stands for Generosity Responsibility Integrity and People.*

*Here are some things we learnt at the conference.*

*In session 1 we learnt leaders are transformers meaning we transform younger students using attitude, words and actions.*

*In session 2 we learnt to lead like a strawberry not like a watermelon. A watermelon leader is how they appear on the outside is different to who they are on the inside. A strawberry leader is how they appear on the outside is the same on the inside.*



*In session 3 we learnt how to make a positive change for example will it benefit other people, is it useful and will it work.*

*I found the excursion useful, fun and did lots of dancing. I hope I can use this information back at school." By Liam*

*"On Friday the 16<sup>th</sup> March all of the house leaders and head of school, Jordyn and Jack went to Adelaide Entertainment Centre for a GRIP conference. The students learnt what it means to be a good leader and role model for the school. We learnt that 'transformers' are leaders and to lead like a 'strawberry and not a watermelon' and also to make a positive change. We learnt that leadership is like a strawberry because the inside of the leaders should be the same as the outside." By Jordyn*



*"At the conference I learnt about how there is more to being a leader than just getting the role." By Breanna*

*"You can transform yourself into something better." By Oscar*

*"A student leader works with other and develops strategies and ideas." By Edie*

*"In leadership, TRANSFORM means to make changes that help others and also to grow myself." By Jack*

Louisa Guest  
Principal

Adele Kenny  
Deputy Principal

Letitia Hayward  
Wellbeing Leader

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[Letitia.Hayward354@schools.sa.edu.au](mailto:Letitia.Hayward354@schools.sa.edu.au)

## AWARDS

Congratulations to the following students who received an award at the recent school assembly.

Room 1

Cooper – excellent results in blue spelling group.

Olivia – improving your reading level.

Room 4

Layla – being well organised for each lesson.

Harry – beginning each task quickly.

Room 6

Noah – working on positive work habits.

Emily – always being ready for learning in the morning and after breaks.

Room 7

Jay – growing in confidence, always willing to share his ideas.

Latisha – showing great organisation skills.

Room 9

Isabelle – preparing and delivering two speeches in class.

Indie – being the first student to deliver her speech in class.

Riley – jumping in the learning pit with unfamiliar maths problems.

Room 13

Tyler – making good decisions when there are distractions in the class.

Ruby B – cleaning even when it is not your mess.

Room 14

Bj – writing a fantastic persuasive text.

Mahli – doing her personal best every writing lesson.

## WOOLIES PRZIES ARRIVED



Last year, many families saved their Woolworths “Earn and learn” stickers and gave them to the school. Thank you all so much for your support. We were able to select learning equipment from a wide range of items and last week, these were delivered to the school. It felt like Christmas unpacking all the new things! The Quad block children are enjoying their pedal walkers, the gardening group has new gloves and we have lovely new sets of Legos to share around the school.

## BOOKCLUB



Orders due  
Wednesday 4<sup>th</sup> April



## SPORTS DAY

Students have been busy preparing for

# SPORTS DAY

which will be held on **Thursday 29<sup>th</sup> March.**

Don't know which house colour your child/ren are in? Ask your child/ren's teacher. A program will come out to parents and families closer to the event.

## CADELL

## HINDMARSH

## BIRCHALL

A program was sent home earlier in the week and copies will be available on the day.

The Parent Network run a sausage sizzle and cake stall. Donations of baked goods (cookies, muffins cupcakes etc) can be left in the staffroom in the morning when you drop your children off. There will be **NO LUNCH ORDERS** on this day.

# SPORTS DAY CAKE STALL

**Sausage Sizzle with onion \$2.00**

**Cheeseburger \$3.00**

**Angus Beef patty, cheese, onion and  
sauce**

**Fruit boxes and bottled water  
\$1.00**

**Homemade Baked Goods 50c-\$1.00**

**Donuts \$1.00**

**Popcorn 50c a bag**



## WHAT LEARNING LOOKS LIKE AT GPS

Acquaintance night showbag competition winners for drawing 'what learning looks like at GPS' were drawn at the AGM. Congratulations to Tilly and Matilda who received a new book as their prize. Thank you to everyone who entered the competition, all entries have been on display in the gym.



## PARENT / TEACHER INTERVIEWS

Teachers have planned a range of times to meet with parents and caregivers over the next couple of weeks. If you haven't already scheduled a time, please liaise with your child's teacher if you would to meet with them.

## HOLIDAY OSHC

Camp Australia has advised that bookings for Holiday OSHC are now open. For the service to proceed there must be a minimum of 10 bookings for each session.

## HARMONY DAY

The weather proved perfect for our shared lunch to celebrate Harmony Day on Wednesday 21<sup>st</sup> March. Thank you to all the families that joined us. Students also enjoyed orange themed Harmony Day display in the library.



Congratulations to the Harmony Day colouring in competition winners: Daman, Jahmaine, Oscar I, Kailey, Ruby W, Cheyenne, Nathaniel, Alice F, Lilli, Allyra, Lanaya, Luke, Scarlett. All entries have been on display in the front office, and we have had lots of wonderful comments on how colourful and vibrant they are! Thank you to everyone who entered.

## ROOM 3

In Room 3, we are passionate about looking after the environment. One way we can do that is through careful recycling. We have continued the good work from last year, when the class was inspired by watching *The War on Waste*, which aired on ABC. Since then, the collection of food waste has become a whole school practice, with compost collection bins in each classroom.



Room 3 students have continued to promote recycling, with a presentation at assembly a couple of weeks ago aimed at encouraging the separation of soft plastics from general waste. Last week, Mr Weatherill took a car boot full of soft plastics to a collection bin at Coles, Victor Harbor. The plastic wrappers, zip lock bags, clean cling wrap and even some bubble wrap weighed a total of 5.13kg.



Later this year, a fitness circuit will be installed near the gym. It will be made by REPLAS, a company who uses a mixture of recycled soft plastics and other recycled harder plastics. All their soft plastics come from Redcycle, who have the collection bin at Coles. The fitness trail will weigh 1300kg. Our class is inquiring about what percentage of the final product is made from soft plastics, so that we can work out how much we need to collect to equate to the amount used in the construction of the equipment. We aim to create a 'thermometer' to display our progress and to display it in the front office.

We encourage you to recycle soft plastics at home. Google Redcycle to find a list of what can and can't be recycled. Remember: **Reduce, Re-use and Recycle!**

## YEAR 7 CULTURAL EXCHANGE

For our Year 7 students, it's time to start thinking about planning for our Cultural Exchange Program. A note has been sent home and a deposit of \$50 can be made at the front office. Payment plans can be arranged with Pam Johnston, Business Manager.

## NUNGA TAG

Nunga Tag is a Touch rugby carnival for Nunga year 6–9's, who come from all over Adelaide and the South and is supported by the NRL. This year was the 6<sup>th</sup> Nunga Tag held at Christies Beach High School. Due to small numbers, Goolwa formed a team with Port Elliot Primary and Woodcroft Primary Schools.

From Goolwa our Nunga Tag stars are Noah, Risho and Chloe, the Port Elliot stars are Ash-Monique, Tyler and Abigail and our Woodcroft Rugby Tag stars are Emily, Nevara and Ada. We became WPG!! With Jason King (Deputy Principal WPS) as Head coach!

They formed team of dynamic, young people who came together respectfully and did us proud. Not only were their Rugby skills awesome, but their behavior was commendable. I was really stoked to see so many Goolwa families down there. The Welcome to Country was delivered by Aunty Georgina who spoke beautifully about the positive aspects of coming together for sport and how the Kaurna, Ramindjeri and Ngarrindjeri people have been doing so for thousands of years.

We played 5 ten minute games, winning 4 and drawing 1! The last game was played against Victor Harbor which was a bit of a rivalry match for our two Fleurieu schools!

Well done to Jessica Wishart, who is the ASETO from CBHS for putting together a successful day. It was a wonderful atmosphere with so many smiling faces. The T-shirts look fantastic. Thank-you to our awesome coach, for making the training session and the day a success. Thank-you to Moorundi Health, for allowing us the use of their bus. It really makes a difference being able to transport the kids without the expense, or having to rely on busy, working parents. Thanks to Charlene and Lisa for cheering us on and helping out throughout the day.

One of the highlights of the day was the staff vs students match. Kingy was a bit of a gun!

I look forward to putting a team in next year.

Jade McHughes – ACEO, Goolwa Primary, Port Elliot and Woodcroft Primary



*"Nunga carnival Schools that joined in.  
Goolwa and Pt Elliot and Woodcroft.*

*We played Touch [ or tag ] RUGBY.  
There is NO TACKLING.*

*It's not About winning. It's About having FUN.*

*At first we wore our school uniforms.*

*Then we got proper nunga uniforms.*

*I got 9 tries.*

*All the teams got a trophy. Ours went to the Woodcroft office."*

*By Noah H*



## SOUTHERN FLEURIEU SAPSASA

### FOOTBALL and NETBALL

Don't forget that the SAPSASA football and Netball is coming up in the first week of Term 2. Netball and football practice will started in week 7.

### CROSS COUNTRY

Cross Country is in Term 2, week 2. Mrs Kellett is holding training sessions on Monday and Wednesday mornings at 8.15am Netball Shelter Shed. Love to see you all there.



## M&S CHARGE (SCHOOL FEES)

Thank you to the many families who have either paid their school fees or made arrangement to do so and those who have returned their School Card applications forms. We ask that all families make arrangements before the end of March.

There are various methods of payment you can use:- cash, cheque or eftpos at the front office, direct debit (account details are available from the office), or instalments (see me for further information). If you have any queries or concerns please do not hesitate to contact Pam Johnston, Business Manager.

## Goolwa Ride to School Day

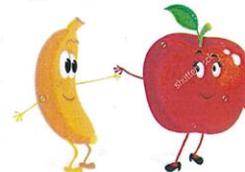
Ride your bike or scooter and get a free breakfast!

**Friday 6<sup>th</sup> April**



To celebrate the end of our Way2go cycling education program and to promote riding safely to school, we will have a free breakfast treat of a small yoghurt and apple or banana for any students that ride to school on **Friday 6<sup>th</sup> April**

Once you have put your bike in the bike racks, come and see Mrs Guest and Mrs Kenny under the verandah of the Well being Centre to collect your free breakfast treat.



We are collecting vouchers – drop them into the collection box in the front office at the school.



## COMMUNITY NEWS

Little Athletics SA  
Athletics South Australia

**SA ATHLETICS ACADEMY**

STARTING SUNDAY 6TH MAY 2018  
SA Athletics Stadium, Mile End SA 5031

**REGISTRATIONS OPEN!**

ATHLETICS DEVELOPMENT PROGRAM FOR CHILDREN AGED 9 TO 19 YEARS

Proudly supported by:  
Sunday Mail  
CITY-BAY  
MAGNET

FOR MORE INFORMATION & TO REGISTER:  
[www.salaa.org.au/SAAthleticsAcademy](http://www.salaa.org.au/SAAthleticsAcademy)



## Pupil Free Day! Tuesday 12th June 2018

Come and join the fun with us at our upcoming Pupil Free Day

**When:** Tuesday 12th June 2018

**Time:** 06:30 to 18:30

**Where:** The Before and After School Care Room at SA Goolwa Primary School

**Fees:** \$63.88\*

**Out of Pocket guide (with rebates)\*:** \$11.59 to \$31.94

**Bookings:** Must be made by Tuesday 5th June 2018

There's lots to do and lots of fun to be had with your friends and the Camp Australia Team at the upcoming SA Goolwa Primary School Pupil Free Day.

To book visit [www.campastralia.com.au](http://www.campastralia.com.au) or call our friendly Customer Service Team on 1300 105 343.

We look forward to seeing you soon!

SA Goolwa Primary School Camp Australia Team.

## KIDS MATTER

### Helping children cool down and stay calm

When children get caught up with angry feelings it can be quite difficult for them to calm down. This is because the body gets ready to fight when we are angry and can take some time to return to normal. Teaching children steps to cool down their anger can help.

### Rate your anger

Using a rating scale to notice how angry they are helps children become more aware of their angry feelings so that they know when to use calming strategies. Draw a thermometer to show the scale points of between zero and 10. Add some words that describe low levels (eg 0 = calm; 2 = a bit irritated), medium levels (eg 5 = quite cross), and high levels (eg 9 = extremely angry, 'losing it'). Talk about the body signals that accompany each level. Ask children to rate their anger and watch it to see if it changes. This encourages them to look for the signs of angry feelings and to see if they can lower their anger levels. It is much harder to change anger when it is high, so when the rating goes above 6 it is usually best to teach children to move away from the situation. They can move to a special quiet space or ask an adult for help.

**Relax** - There are lots of ways to relax. Some useful ways to teach children to use relaxation strategies to calm their angry feelings are:

**Deep breathing** - Slow deep breathing has a very helpful calming effect. Getting children to practise breathing in deeply and breathing out very slowly, can help to calm down angry feelings.

**Visualisation** - Have children visualise a very relaxing scene in their minds. For example, they might imagine themselves floating on an air bed in a swimming pool. You can combine deep breathing with visualisation. For example, ask children to imagine a candle in front of them. As they exhale, ask them to imagine making the candle flicker but not go out.

**Robot/rag doll technique** - The robot/rag doll technique is useful for helping young children release muscle tension. Ask children to tense up all muscles in the body and visualise themselves as robots. Have them hold this tense state for approximately 15 seconds. Then ask them to release all the tension and visualise themselves as rag dolls, with all muscles very loose, and stay relaxed like this for 15 seconds.

**Use coping self-talk** - Using coping self-talk involves saying things to yourself to calm down. Children can be encouraged to say things to themselves like:

*Take it easy.*

*It's okay if I'm not good at this.*

*Take some deep breaths.*

*Don't let him bug me.*

*Stay cool.*

*Time to relax!*

*Chill out.*

*Try not to give up.*

To teach children to use coping self-talk, it is helpful to model it yourself. For example, you could make a point of saying out loud, "I need to relax," "I'm going to cool down," or "I won't let this get to me." You can also use coping statements to coach children through stressful moments. Asking older children what they could say to themselves when they need to cool down their anger helps them learn to use coping self-talk for themselves. This is best practised before children get angry.

*Slow deep breathing has a very helpful calming effect. Getting children to practise breathing in deeply and breathing out very slowly, can help to calm down angry feelings.*

View KidsMatter information sheets online at [www.kidsmatter.edu.au](http://www.kidsmatter.edu.au)

# Free Positive Parenting Program



Do you sometimes find you have questions about your child's behaviour and development and not quite sure where to turn?

- Positive Parenting (Triple P) teaches simple and practical strategies to confidently tackle parenting challenges
- Aimed for parents of children aged between 3 and 12

Please join us for three FREE sessions where we will discuss and learn strategies relating to:

- **Positive Parenting**

**1.30-3.30pm Thurs 10 May, 9.00-10.30am Fri 11 May**

- **Raising confident and competent children**

**1.30-3.30pm Thurs 17 May, 9.00-10.30am Fri 18 May**

- **Raising Resilient Children**

**1.30-3.30pm Thurs 24 May, 9.00-10.30am Fri 25 May**

*Light refreshments and crèche will be provided*

**When: See times and dates above  
(2 sessions per week over 3 consecutive weeks)**

**Where: Goolwa Primary School; LOT 4 Gardiner St, Goolwa**

**To book: Contact Letitia Hayward  
email: [Letitia.Hayward354@schools.sa.edu.au](mailto:Letitia.Hayward354@schools.sa.edu.au)**

**Everyone is welcome to join us for these engaging and informative sessions, however bookings are essential**

*Happier families. Better relationships. Successful kids.*

These seminars are delivered by DECD's Positive Parenting Team



**Government of South Australia**

Department for Education and  
Child Development



## Silent Disco 3B Sports

Presented by Party Higher

The Silent Disco specialists are back by popular demand with their new program 3B silent sports. This is a unique sports themed program utilising technology. 3B sports stands for Body, Brain, Belief. Body promoting physical movement, co-ordination and teamwork with cool games. Brain Olympic world trivia educating kids with sports techniques. Belief Mindfulness through a guided headphone meditation and positive thinking.

Suitable for ages 8+



Tuesday 24 April | 6 - 7.30pm  
Goolwa Library  
11 Cadell Street, Goolwa  
FREE | Bookings essential : 8555 7000

## Lego

If you are looking for a great way to challenge your kids, come along to the library for an hour of fun with Lego.



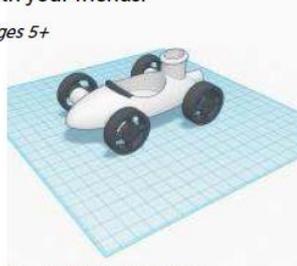
Suitable for ages 5+

Thursday 26 April | 11am - 12pm  
Strathalbyn Library  
1 Colman Terrace, Strathalbyn  
FREE | Bookings essential : 8555 7000

## 3D printer balloon racers

Learn all about 3D printers and see one in action! Make a balloon racer to take home and race with your friends.

Suitable for ages 5+



Saturday 28 April | 10 - 11.30am  
Goolwa Library  
11 Cadell Street, Goolwa  
FREE | Booking essential : 8555 7000

alexandrina  
libraries



# School Holiday Activities in the Library

April  
2018

Proudly sponsored by  
Friends of the Goolwa Library



To make a booking phone 8555 7000

 [facebook.com/AlexandrinaLibraries](https://www.facebook.com/AlexandrinaLibraries)

## Dream catchers

DIY dream catchers are a great way to keep kids thinking about geometrics by creating their own unique patterns and designs.

Suitable for children aged 5+

Tuesday 17 April | 11am - 12pm  
Goolwa Library  
11 Cadell Street, Goolwa  
FREE | Bookings essential: 8555 7000

Thursday 19 April | 11am - 12pm  
Strathalbyn Library  
1 Colman Terrace, Strathalbyn  
FREE | Booking essential : 8555 7000



## Thumb wrestling arenas

Design your own thumb wrestling arena. The finished product will keep kids entertained during long trips in the car.

Suitable for children aged 5+

Tuesday 24 April | 11am - 12pm  
Strathalbyn Library  
1 Colman Terrace, Strathalbyn  
FREE | Bookings essential : 8555 7000



## Circus Elements

Looking for something cool to entertain the kids during the holidays? Let the fun and quirky crew from Circus Elements teach them a few tricks!

Starting with an introduction to circus skills and juggling performances, children will then be given step-by-step instruction on how to use circus props, juggling flower sticks, plate spinning, balance sticks and Hula Hoops. If the young ones are fascinated by circus skills or have a keen interest in juggling, this is for them.

Suitable for children aged 8+

Wednesday 18 April  
10 - 11am  
11.15am - 12.15pm  
12.30 - 1.30pm  
Strathalbyn Town Hall  
High Street, Strathalbyn  
Cost \$5 per child per session  
+ \$2 booking fee



Bookings essential  
Goolwa Visitor Information Centre  
1300 466 592 or [www.visitalexandrina.com](http://www.visitalexandrina.com)



## Nature Play Forest Festival

Grab your picnic blankets and beanies! Come and join us as we celebrate the Autumn holidays with wild nature play adventures and create magical memories with family and friends.

Elise from the library will be telling wild and magical stories between 10am - 3pm on Thursday 19 April.



Wednesday 18 & Thursday 19 April  
10am - 3pm  
Kuitpo Forest  
Cost | Children \$5 Adults \$10  
Enquiries & Tickets are available at <https://natureplay.org.au>

To make a booking phone 8555 7000

All children under the age of 10 must be accompanied by an adult for every event

## 2018 ICAS

Students in years 2-7 are invited to participate in the International Competitions and Assessments for Schools (ICAS). ICAS is conducted by Educational Assessment Australia, UNSW Global Pty Limited, an independent, not-for-profit provider of education, training and consulting services and a wholly owned enterprise of the University of New South Wales.

Students from over 20 countries in Asia, Africa, Europe, Pacific and the USA participate in ICAS each year. Educational Assessment Australia produces ICAS papers that test students in the following skill areas:

- Digital Technologies for Years 3-7
- Science for Years 2-7
- Writing for years 2-7
- Spelling for Years 3 -7
- English for Years 2-7
- Mathematics for Years 2-7

ICAS  
International Competitions  
and Assessments for Schools



Sitting dates will be in Term 2 and Term 3.

If you would like your child/ren to participate please complete the attached tear of slip and return to School together with payment.

ICAS Coordinator  
Jean Waddington

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**Student Name:** \_\_\_\_\_

**Year level:** \_\_\_\_\_ **Room Number:** \_\_\_\_\_ **Class Teacher:** \_\_\_\_\_

I would like to sit the ICAS Competition and Assessment in [please tick appropriate box]

- |                          |                      |         |
|--------------------------|----------------------|---------|
| <input type="checkbox"/> | Digital Technologies | \$9.90  |
| <input type="checkbox"/> | Science              | \$9.90  |
| <input type="checkbox"/> | Writing              | \$19.80 |
| <input type="checkbox"/> | Spelling             | \$13.20 |
| <input type="checkbox"/> | English              | \$9.90  |
| <input type="checkbox"/> | Mathematics          | \$9.90  |

**TOTAL ENCLOSED: \$** \_\_\_\_\_

Please return to the Front Office with payment by Thursday 5<sup>th</sup> April

Sitting dates will be sent home prior to the competition.