

GOOLWA PRIMARY SCHOOL

SEKOLAH DASAR
GOOLWA

MINYA
KULI KUTANGK



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Government of South Australia
Department for Education



Seesaw

No. 5
JUNE 7 2023
DIARY DATES

June 2023

12 PUBLIC HOLIDAY
13 STUDENT FREE DAY

20 Scholastic Book Orders due
21 Governing Council

July 2023

3 NAIDOC Week
5 Semester 1 Reports go home
7 Parent Coffee and Chat
Last day Term 2
Early dismissal 2.15pm

LEADERSHIP TEAM

Louisa Guest, Principal
Louisa.Guest741@schools.sa.edu.au

Adele Kenny, Deputy Principal
Adele.Kenny426@schools.sa.edu.au

Toby Medlin, Wellbeing Leader
Toby.Medlin954@schools.sa.edu.au

Hayley Blyth
Inclusive Education Coordinator
Hayley.Blyth134@schools.sa.edu.au

Sophie Medlin
Literacy Coordinator
Sophie.Medlin579@schools.sa.edu.au

NEWSLETTER

“Quality Education in a Caring Environment”

OUR SCHOOL VALUES ARE:

Organisation • Persistence • Confidence • Getting Along • Resilience

#OneGoolwaFamily

NATIONAL SIMULTANEOUS STORYTIME

Goolwa Primary School participated in this year's National Simultaneous Storytime (NSS). NSS is held annually by the Australian Library and Information Association (ALIA). Every year a picture book, written and illustrated by an Australian author and illustrator, is read simultaneously around the country. This year's winner was *The Speedy Sloth* by Rebecca Young. We celebrated in classrooms with popcorn cooked by Mr Medlin and his helpers. Students enjoyed creating and colouring some sloths to celebrate as well.



RECONCILIATION WEEK

Thanks to Mick and Sue, students were engaged in reconciliation activities throughout the week. A particular highlight was at our whole school assembly on Wednesday 31 May, which began with a smoking ceremony by Uncle Cedric and acknowledgement of country by students Ayla and Mia. See more photos and information further in the newsletter.



***** **STUDENT FREE DAY TUESDAY 13 JUNE** *****

OSHC will be operating, bookings are essential. Staff will be involved in Maths differentiation.



#OneGoolwaFamily

IN THIS EDITION...

- Welcome
- OSHC
- Eye Test
- Reconciliation Week
- Sport

GOOLWA PRIMARY SCHOOL OUT OF SCHOOL HOURS CARE (OSHC)



Please contact the OSHC directly by phoning 0438 861 943

OSHC will be operating on the
STUDENT FREE DAY Tuesday 13 June.

Please book asap by texting 0438 861 943 or emailing Tracey.Ahrns1@schools.sa.edu.au

HOW DO I HELP MY CHILD READ?



If your child stumbles on a word when they are reading – knowing what to do, and how to prompt them is key to building their confidence and their literacy skills. Here are some helpful tips for you to use with your child

1. Look at the whole word from left to right.
2. Track your finger under the word and say each sound the letter or letter string represents, blending the sounds as you go. In the beginning, short decodable books are best because they are matched to your developing child's knowledge of the letter/sound relationships. // /igh/ /t/ /b/ /oa/ /t/
3. Once your child has blended the sounds together and says the word – prompt them to read it again fluently.
4. Have a quick chat about the word. Make sure your child understands the meaning of the word within the context of the sentence.
5. Can you identify meaningful parts that can be applied to understanding other words? (er, plural s, -ing, past tense -ed, -ful, -ness)

Learning to read is a journey. It takes time – stick with it and if you feel there is an issue, have a chat with your child's teacher.

FREE TESTING FOR YOUNG EYES

Children's eye tests are different from those for adults. Specially designed charts that allow children to recognise shapes or pictures, or even to match letters, rather than the traditional charts that you may be familiar with. This means that children's eyes can be tested even if they are unable to read. Optometrists are specially trained to test children's eyes. They know that the test room can feel a little intimidating to a young child so will use techniques to make it feel as welcoming as possible. Even though some of the equipment used in your child's eye test is different, it doesn't mean that your child's eye test is any less accurate than an adult's. In fact, great care is taken to ensure that it isn't. As well as checking the eyes, our optometrists also evaluate the muscles and associated structures to ensure they are healthy too. Recommendation is for children to have their eyes tested every 2 years. These tests are free.



Local optometrists
Thomas & Mackay Optometrists – Goolwa 8555 2200
Eyes & Vision Goolwa – Goolwa 8555 2151
See Optometry – Victor Harbor 8552 9055
Victor Eye Centre – Victor Harbor 8126 3048
Specsavers – Victor Harbor 8552 8522
OPSM – Victor Harbor 8552 2655

RECONCILIATION WEEK CONT

Goolwa Primary students had the privilege of celebrating Reconciliation week on Wednesday 31 May, beginning at the morning school huddle with our 'Acknowledgement of Country' and a very moving smoking Ceremony with Uncle Cedric Varcoe sharing the smoke and blessing the children and our school community.

The last two lessons of the day saw the whole school divided up into groups to enjoy some activities. The Junior school were visited by Ms Kelly Rigney a Ngarrindjeri woman, and Moorundi Community Cultural Development Officer, who told the children the story of the greedy man who became the Mulyawonk! If you have the opportunity, please take your children to Murray Bridge to visit him down by the river (the caged Bunyip) and ask your children to tell you the story! Kelly loved visiting with the little ones and seeing the scary detailed pictures they produced of the bunyip!

Middle and Upper Primary students were taught by their Nunga peers, how to make beautiful friendship wrist or ankle bands. Some were also lucky enough to make and eat some damper with Mick, Nodelle and Archie Kartinyeri. We look forward to seeing more finished wrist bands around the school in the coming weeks.

Thank you to all our special guests who freely gave of their time and everyone who helped make this day special for all of our students, who respectfully participated in the activities, acknowledging our Indigenous people and "Being a Voice for the generations". Also a huge thank you to Sue Bormann (AET) and Mick Kilsby (ACEO) who organised the day.

Anu nginti (thank you)
Nukkan



PRINCIPAL FOR A DAY

"Today (24/5/2023) I am principal for the day. I spoke at assembly, reminding everyone to pick up rubbish. I handed out assembly awards. I went to Room 15 to see how they were going. I had a meeting with Anita and a photographer. I thought it was good, walking around and talking to Miss Liz's class. I had to write my assembly speech and ate popcorn and biscuits. I would recommend being a principal for the day to others if they get the chance."

By Tahnee



Orienteering

We are so proud of Josh S and Bek who competed in the SA Schools Orienteering Championships on Monday 29 May. Josh winning second place in his age group and Bek coming 7th in her age group. Awesome effort!!



"Last Monday I went to Bonython Park for school state orienteering. I had a map and I had to find different check points using my map and a compass. The course was 2.6km and the event is timed. I thought it was fun because I get to run around outside. I ended up coming second in my age group, which was a good outcome that I didn't expect, however I am a little disappointed I didn't come first. That will be my goal for next year, I think I will need to rethink my strategy of drinking too much water before as I got a stitch, and it slowed me down."

By Josh S

Athletics

On Friday 26 May, 18 students proudly represented our school at the SAPSASA Athletics carnival. Congratulations to Molly who gained 1st in Shot Put, Tristan who gained a 2nd in Discus and Ruby B who made the finals of the 100m sprint. Thanks to Ms George and Ms Bormann who supported students during the day.



"For me SAPSASA athletics was really fun! I enjoyed watching our school compete in different events even if there wasn't the greatest outcome. We went to represent our school, also have fun and to enjoy ourselves doing sports and events we love. There weren't too many wins but not too many losses either, we all tried our personal best and supported everyone else after they competed. SAPSASA this year was so fun!"

By Molly



"We went on a bus all the way to Victor Harbor Primary School. When we got there we had a bunch of spare time until our first event so we talked with friends from other schools and ate some snacks. We wrote our times and events on our arms. We tried our best in each event and had fun."

By Jacob

"At SAPSASA we all had lots of fun and I met new friends from other schools. I had fun competing in all of my events. I liked it because I got to do my favourite things and hang out with my friends in between events."

By Josh R

Netball

On Friday 2 June, 16 students enthusiastically represented our school at the SAPSASA Netball Carnival. All girls showed resilience, played different positions, shot goals, defended well, supported each other and were a joy to coach. Thank you to Evie and Olivia who umpired all our games and to our awesome parents who scored and endured the rain to support our kids. Thanks to Ms George and Anita for supporting the students during the day.

- “1. We had lots of fun.
- 2. We traveled by bus from Goolwa to Victor Harbor.
- 3. We played 5 games.
- 4. We didn't end up winning but we had a good hit at it.
- 5. Thanks to everyone for helping us.”

By Rhi



“Today we played 5 games, lost them all, but still had fun. Everyone cheered on each other and filled in if needed. We travelled by bus to Victor Harbor netball courts. Everyone had fun and tried their best.”

By Amber

“Today was super fun! We didn't win but it was tiring. We traveled to Victor Harbor and played in 2 teams division 1 and division 2. Both teams list but we all had fun.”

By Sari

- “1. We all had a really fun and amazing experience.
- 2. We traveled by bus to Victor Harbor netball courts and played 5 different teams.
- 3. I played in division 1 and 2.
- 4. We didn't end up winning but we still tried.
- 5. Thank you for everyone who coached us!!”

By Casey

SCHOOL MATTERS

UNIFORMS

In 2023 we have a **Uniform Shop** in the stone building. The shop is only open on certain days at certain times, so we apologise in advance that we will not be able to sell uniforms at any other time. The operating hours for the shop are

Monday	8.30am – 10am	2.30pm – 3.30pm
Wednesday	8.30am – 10am	
Thursday		2.30pm – 3.30pm

Uniforms can be purchased online via the QKR app at any time, and will be delivered to your child/ren the next day. If the Uniform Shop is unattended during the above hours, please present to the front office.

FIRST FRIDAY COFFEE & CHAT

First Friday coffee and chat will continue this term. It will be held on the first Friday morning of each month, 9:05am in the library. All welcome – it is not a commitment to volunteer or fundraise. The next session is on

Friday 7 July

COLOUR FUN RUN PRIZES

Prizes will be distributed to students this week via a prize collection afternoon. Students will not be permitted to open prizes here at school, they will go into bags and be opened at home. Thank you to everyone who supported this event, it was an outstanding success!



www.raisingchildren.net.au is a great online resource for families for a wide range of parenting advice. Here are some useful tips about sleep.

About sleep and learning

Good-quality sleep helps your child concentrate, remember things and behave well. This helps your child to be a successful learner. Poor sleep or not enough sleep affects concentration, memory and behaviour, making it harder for your child to learn. Children who don't sleep well are more likely to feel sleepy at school during the day and to have difficulties with learning.

Concentration and sleep

Children who are sleepy have trouble concentrating during the day. If your child can't keep their attention on what they're trying to learn, whether it's climbing a tree at the park or singing a song at school, it will affect their learning.

Memory and sleep

Remembering things is part of learning. If your child is tired, it's harder for your child to remember basic things like how to spell words, how to do maths calculations, or where to find information in a book or on the internet. It's also harder for your child to remember how to do things like playing a musical instrument. Our brains create and strengthen different types of memory while we're asleep. For example, just before your child wakes in the morning, their brain is sorting and storing memories and information from the previous day and getting ready for the day ahead.

Behaviour and sleep

Sleepy children tend to have more problems with behaviour at preschool or school – and at home too! For example, a sleepy and tired child might not cooperate in class or have difficulty following the teacher's instructions. A sleepy child might miss out on learning because the teacher is busy managing the child's behaviour. The child might also miss out on playing with other children if the other children don't like the way the child is behaving.

If your child is having problems with their concentration, memory or behaviour, checking your child's sleep is a good place to start. If you're worried, or the problems go on for more than 2-4 weeks, talk to your [GP](#) or [child and family health nurse](#).

Working on sleep problems to help with learning

Many children have [sleep problems](#), which you can often manage with simple behaviour strategies. A good place to start with sleep problems is **your child's sleep habits**. Sometimes changing both daytime and night-time habits can make a big difference to your child's sleep. For example, you might be able to reset your child's body clock with a regular bedtime routine, morning sunlight, regular exercise and a healthy diet. If these strategies don't help to reset your child's body clock, it's a good idea to talk about your child's sleep problems with a health professional, like your GP. It's also worth looking at **your child's breathing** during sleep. If your child continually snores, stops breathing during sleep, works hard to breathe, breathes through their mouth, tosses and turns at night, or sweats a lot overnight, it might be [obstructive sleep apnoea](#). Obstructive sleep apnoea is another cause of sleep-related learning problems. See your GP if you think your child's sleep problems might be related to obstructive sleep apnoea or another medical condition, or if you're worried your child might have a [persistent sleep problem](#).

About 50% of sleep problems that start before a child starts school continue into the early years of school. You can support your child's learning by dealing with sleep problems as they come up and helping your child develop good sleep habits.

Dear parents, guardians and carers

Re: Nationally Consistent Collection of Data on School Students with Disability (NCCD)

Every year, all schools in Australia participate in the Nationally Consistent Collection of Data on School Students with Disability (NCCD). The NCCD process requires schools to identify information already available in the school about supports provided to students with disability. These relate to legislative requirements under the *Disability Discrimination Act 1992* and the Disability Standards for Education 2005, in line with the *NCCD guidelines* (2019).

Information provided about students to the Australian Government for the NCCD includes:

- year of schooling
- category of disability: physical, cognitive, sensory or social/emotional
- level of adjustment provided: support provided within quality differentiated teaching practice, supplementary, substantial or extensive.

This information assists schools to:

- formally recognise the supports and adjustments provided to students with disability in schools
- consider how they can strengthen the support of students with disability in schools
- develop shared practices so that they can review their learning programs in order to improve educational outcomes for students with disability.

The NCCD provides state and federal governments with the information they need to plan more broadly for the support of students with disability.

The NCCD will have no direct impact on your child and your child will not be involved in any testing process. The school will provide data to the Australian Government in such a way that no individual student will be able to be identified – the privacy and confidentiality of all students is ensured. All information is protected by privacy laws that regulate the collection, storage and disclosure of personal information. To find out more about these matters, please refer to the [Australian Government's Privacy Policy](https://www.education.gov.au/privacy-policy) (<https://www.education.gov.au/privacy-policy>).

Further information about the NCCD can be found on the [NCCD Portal](https://www.nccd.edu.au) (<https://www.nccd.edu.au>).

If you have any questions about the NCCD, please contact the school.

Kind regards

Deputy Principal

STOP THE SPREAD OF GERMS

Wash your hands with soap



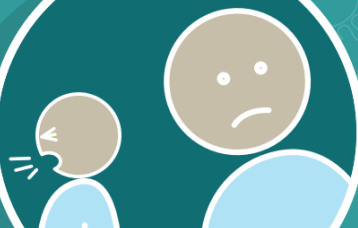
Use hand sanitiser



Wipe surfaces clean



Stay away from sick people



Cover your cough



Don't touch your face



Joyful June 2023

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY



1 Decide to look for what's good every day this month

2 Say positive things in your conversations with others

3 Re-frame a worry and try to find a helpful way to think about it

4 Take a photo of something that brings you joy and share it

5 Think of 3 things you're grateful for and write them down

6 Get out into green space and feel the joy that nature brings

7 Do something healthy which makes you feel good

8 Find joy in music: sing, play, dance, listen or share

9 Ask a friend what made them happy recently

10 Bring joy to others by doing something kind for them

11 Eat good food that makes you happy and really savour it

12 Write a gratitude letter to thank someone

13 Take a light-hearted approach. Choose to see the funny side

14 Share a happy memory with someone who means a lot to you

15 Look for something to be thankful for where you least expect it

16 Speak to others in a warm and friendly way

17 Take time to notice things that you find beautiful

18 Look for something good in a difficult situation

19 Get outside and find the joy in being active

20 Rediscover and enjoy a fun childhood activity

21 Send a positive note to a friend who needs encouragement

22 Watch something funny and enjoy how it feels to laugh

23 Create a playlist of uplifting songs to listen to

24 Bring to mind a favourite memory you feel grateful for

25 Show your appreciation to people who are helping others



26 Make time to do something playful, just for the fun of it

27 Be kind to you. Do something that brings you joy

28 Notice how positive emotions are contagious between people

29 Share a friendly smile with people you see today

30 Make a list of the joys in your life (and keep adding to it)



ACTION FOR HAPPINESS

Happier · Kinder · Together

Free swimming lessons and Nippers Program for First Nations kids Aged 7-12

Government of South Australia
Office for Recreation, Sport and Racing

Tjindu SOUTH AUSTRALIA

PARNGGI YARLUWAR PORLAR

FREE SWIMMING LESSONS IN TERM 2 AND 3

- Largs Bay Swim Centre
- iSwim at Immanuel
- Noarlunga Aquatic Centre
- Fleurieu Aquatic Centre

1 FREE SEASON OF NIPPERS

- North Haven Surf Life Saving Club
- West Beach Surf Life Saving Club
- Christies Beach Surf Life Saving Club
- Goolwa Surf Life Saving Club

YARN WITH KELLIE TO SIGN UP!

0433316523
KELLE@TJINDUFOUNDATION.ORG.AU

Project Partners: WEST BEACH, GARDNER, iSwim, the Y, Fleurieu, Goolwa, and others.

WEDNESDAYS 1.20PM - 3.00PM

DUG'S

A group for Dads, Uncles & Grandfathers of young children to get together and talk about parenting

6-week group focusing on relationships and growth in parenting

BOOK NOW STARTING - 3rd MAY

AT GOOLWA CHILDREN'S CENTRE
42 BROOKING STREET, GOOLWA SA 5214
08 8555 2509

Goolwa Children's Centre and human services logos.

Circle of Security Parenting

Do you want to have more understanding about your child's behaviour? Come along to this FREE 8-week course and learn how to:

Help your child organise their feelings, enjoy a more fulfilling relationship with your child, help your child to feel secure both now and into the future

Time: 10am - 12pm
Date: Tuesdays: 9th, 16th, 23rd & 30th of May
6th, 13th, 20th, 27th of June

Venue: Goolwa Children's Centre: Brooking St, Goolwa SA 5214

Creche is available for children to support caregivers to attend this course. Bookings can be made on 8555 2509

Bookings essential. Please contact The Goolwa Children's Centre- 08 8555 2509

Fleurieu Families and Goolwa Children's Centre logos.



JOIN THE FUN!
Goolwa Pt Elliot FC

All Girls Auskick

Where: Goolwa Pt Elliot Football Club

Wednesdays 4:15pm - 5:15pm

Start date: 3rd May
End date: 5th July
Jodie Allsop
0408 824 205
justin.jodie@bigpond.com.au

SCAN HERE TO REGISTER NOW!

play.afi/auskick

JOIN THE FUN!
Goolwa Pt Elliot FC

Goolwa Pt Elliot Football Club

Thursdays 4:15pm-5:15pm

Start date: 4th May
End date: 6th July
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