

WALLAROO MINES PRIMARY SCHOOL NEWSLETTER

Term 4 - Issue 3
22nd November 2017



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Relationships

Understanding

Communication

Trust

Collaboration



From Adele

The term is going way too fast! Can you believe we only have three and half weeks left? It is wonderful to see so much happening. Over the last two weeks we have had; the year 7 students head to Melbourne, the year 6 students to Errappa Blue Light Adventure Camp, Reception students to Kindergym and a whole school performance, "Puss in Boots - Pet Detective". All this as well as the great learning that is happening in each classroom.

Thank you for supporting our Pupil Free Day on Monday. We used this day to analyse student data including academic, wellbeing and attendance data to assess achievement across the year and to develop a profile for each child to support with their transition into 2018. This data will also be utilised to configure classes for 2018 and to determine future intervention for children not meeting the DECD Standard of Education Achievement. We were very pleased with some of the results, seeing the growth students are showing. We will continue with these high expectations knowing that our students can achieve great things when we all work together.

Our Kindy transition is well underway and we are delighted to be gaining 15 Reception children in 2018. Mrs Woodforde has been working closely with the children to ensure a smooth transition into our school. Their last full day visit is this Thursday and we will have a little presentation at the end of the day for them.



Thankyou to Hamish and Ollie who attended the Remembrance Day service at Kadina and represented our school with great pride.

Advance Term 1 2018 dates:
Week 1, Pupil Free Day Monday 29 January
Term 1, Week 1 begins Tuesday 30 January



Adele Keleher



Wellbeing

Burnt out. Fatigued. Tired. Overwhelmed. Grumpy. Snappy. This would describe how I feel and my children feel at the end of a busy year. With the weather swapping between hot and cold, lots of activities happening after school, things getting busier within school, thinking about Christmas, presents, family and holidays – all while keeping up with the normal routines of school and work days, lunches and dinners and the lovely housework.

It is so easy to feel completely overwhelmed at this time of year both as a parent and as a child. There are a few things we can do to make the 'silly season' less silly for everyone.

- Get plenty of sleep– go to bed a little bit earlier
- Have some quiet chill out time. Read a book, draw a picture, do some crafts
- Go down to the beach for some fun – take deep breaths while you're there
- Watch a movie together
- Go for a walk as a family after school
- Play a board game
- Eat healthy meals and snacks
- Drink plenty of water!
- Have some technology free time! Phones, ipads, ipods etc all shut away!



Hopefully these things may ease the stress of the last few weeks of the year. Enjoy!



Emily King

Diary Dates

Thursday	23/11	All day transition for new reception students
Wednesday	29/11	10am – 2pm Year 7 transition
Wednesday	6/12	All day Year 7 transition
Thursday	7/12	Year 7 Graduation
Monday	11/12	End of year presentation assembly – 9am
Tuesday	12/12	Whole school excursions
Wednesday	13/12	Casual day and disco
Friday	15/12	Last day of Term 4 – early dismissal

School Birthdays

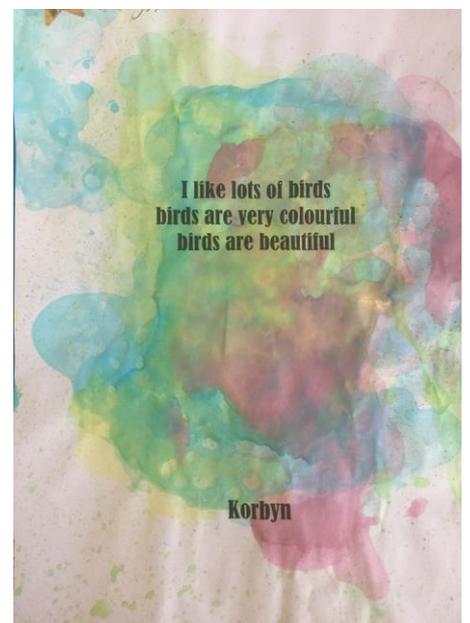
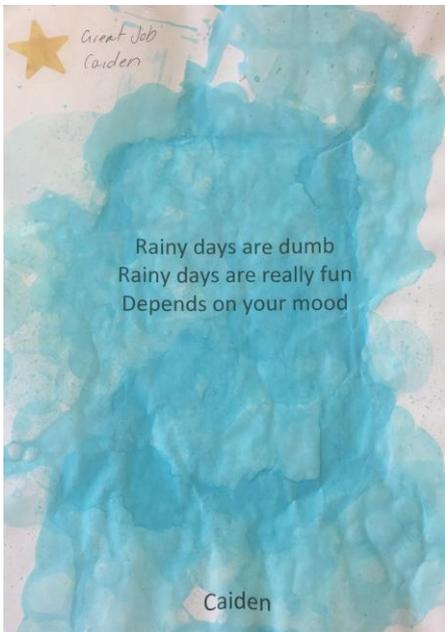
22/11 Emily

27/11 Silvana



Haiku

In Room Four we have been looking at different styles of poetry. One of the most interesting style so far has been the haiku. A haiku has three lines, the first has five syllables, the second has seven syllables and the third has five syllables. A haiku is written about emotions, seasons or things in nature. Once we had created our poems we chose colours that complimented our work and used them to do bubble paintings. To do bubble paintings you mix water with food colouring and a splash of detergent. Then you blow bubbles in the water with a straw and place your paper over the top. Here are some examples of our work.



SRC

This term SRC have been placing different play equipment out during lunch time for students to enjoy. Students have been playing with giant dominos and giant connector bricks. This is another fun activity for all students to enjoy during break times.

On Wednesday the 13th of December week 9, the SRC will be holding a casual day and a disco for students to come and get their groove on. Disco will begin at 1:30pm and finish at 3:00pm ready for parents to collect their children. We are lucky to have DJ Phil coming along this year to help run the disco!



Community News

Enrol Now to Receive Two Weeks of Care Free! *



Providing a supportive and enriching environment designed to enhance your child's early development.

Book a centre
tour to secure your
child's position
before 2018

See website for T&C's: <https://www.communitykids.com.au/centres/childcare-kadina/>

P. 08 8821 1125

A. 1 58 Port Road, Kadina, SA 5554 E. kadina@communitykids.com.au



FIONA MEADE is a counselling therapist and group worker in private practice based in Murray Bridge, SA. She has a background in working with violence, abuse and other trauma as both a therapist and health professional. Fiona also provides employee assistance, external supervision and selected training for organisations. Fiona has worked in rural and remote areas for most of her career and is committed to supporting regional communities and workers.

SUPPORTING RESILIENT WORKERS:

Addressing vicarious trauma, compassion fatigue and burnout

- WHERE:** Kadina Education Office Conference Room,
45 Taylor St, Kadina
- WHEN:** Friday 1st Dec (Term 4, Week 7)
9.15am (for a 9.30am start) - 4pm (morning tea, lunch provided)
- COST:** Nil
- REGISTRATION:** Email Bridget Johns bridget.johns@sa.gov.au
(noting any dietary requirements)

ONLY 25 PLACES AVAILABLE

Vicarious Trauma refers to the changes that take place, over time, in workers in helping roles with traumatised people. Good practice and management of vicarious trauma, compassion fatigue and burnout is becoming critical as government and non-government services alike face increasingly complex demand with contracting resources. The effects on workers are significant. Fiona explores worker experiences of vicarious trauma, compassion fatigue and burnout in a warm, genuine, safe and knowledgeable way.

Workers will come away equipped to recognise and address their own experiences in the workplace and support colleagues and their organisation to recognise and manage these very common effects of working with trauma. The training draws on learning around vicarious trauma, compassion fatigue and burnout as well as post-trauma growth.

This training provides information, skills development and reflection exploring vicarious trauma and

resilience for workers in helping roles. Learning objectives focus on:

- Defining Vicarious Trauma, Compassion Fatigue and Burnout
- Signs, risk factors and effects of Vicarious Trauma
- Experience of Vicarious Trauma
- Protective Factors - Organisational and Individual
- Good practice and management of VT, compassion fatigue and burnout
- Supporting worker resilience

Feedback from previous participants

- *"I knew there were times when I'd felt distressed by a client's circumstances...but felt that as a professional, I should just 'suck it up'"*
- *"The training was brilliant in a safe environment"*
- *"Wonderful job. I feel I am taking away a range of skills and information that I can utilise and share with others. Very skilled facilitator, a joy to learn from"*
- *"Sensitive issues handled well, allowing all to maintain dignity"*
- *"This is the first work-related training I have been to that I have come away feeling like I drew strength from the teaching"*

PLEASE HELP



Support

BEARS
Basketball Club



Donate your

CANS & BOTTLES

Saturday 9th December &
Sunday 10th December

Cans & Bottles can be dropped off at: 105 Port Rd, Kadina from 9am to 2pm
Alternatively

A Club member can collect from your home/business from 9am to 2pm

Please contact Amanda Yates (m) 0427716240 (e) amandayates105@hotmail.com
to arrange a collection time.

THE BEARS BASKETBALL CLUB THANKS YOU IN ADVANCE FOR YOUR SUPPORT!

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

Karen Lee Dance Academy

"Encore!"

Concert 2017

Saturday 25th November, McKnight Theatre,

Maitland

2pm & 7pm

Tickets available online at www.trybooking.com

P: 8825 3734

E: klda@dodo.com.au

"Come and Try Dance" in week 7

Email klda@dodo.com.au to register for a FREE trial
lesson of dance

GIVING BLOOD FEELS GOOD

Every donation can save three lives.

The Blood Service Mobile Blood Donor
Centre will be visiting:

Kadina

Sports & Leisure Centre, 1 Doswell Terrace,
Kadina

Wednesday 27 December

12:00pm – 6:00pm

Thursday 28 December

10:00am – 6:30pm

Friday 29 December

7:30am – 12:00pm

Make an appointment today.

To make an appointment call 13 14 95
or visit donateblood.com.au



PARENTING RESILIENT KIDS



We are inviting parents and their
primary-school aged children to take
part in a new online parenting program
designed to provide parents with
strategies to parent with confidence and
stay connected with their pre-teen child.

WHAT IS THE RESEARCH ABOUT?

You are invited to participate in research being conducted by Monash University, led by Dr Marie Yap. The research aims to evaluate whether our new online parenting program can help empower parents and in turn build their child's resilience.

WHAT IS INVOLVED?

You will be randomly allocated to one of two groups, to receive either:

- 1) An individually-tailored, interactive online parenting program that will give you practical strategies you can use to parent your child more confidently;
- OR
- 2) An information package of 8 weekly factsheets about child development and well-being.
- We will give you a 5-minute call once a week until you have completed your allocated program.
 - We will ask both you and your child (if they agree to take part) to complete some online surveys at the beginning, and after 3 and 12 months.

In total participation in this research will take a few hours of yours and your child's time over 12 months. To say thank you, you will be reimbursed with e-gift vouchers.

All components of the online program can be done using a computer, tablet, or smartphone.

WHO CAN PARTICIPATE?

Parents or guardians of a child aged 8-11 who
live in Australia, are fluent in English and have
internet access.



MONASH University

HOW DO I FIND OUT MORE?

To find out more, or to register to participate,
please go to www.parentingresilientkids.com

For further details, please contact the researchers
at med-resilientkids@monash.edu
or on (03) 9905 1232.



PARENTING RESILIENT KIDS:
Preventing Depression & Anxiety