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From The Principal ...

Respect is a core value at WMPS, of all our values I believe it is the most important as it frames all the interactions we have at school and in the community. This value is something that we are actively developing as part of our school culture. To help improve respectful relationships this year we have had a big focus on a simple golden rule, that at WMPS every student has the right to be safe and respected at school.

We have social skills programs running in all classes and our wellbeing staff are working in each class throughout the week. Our Berry Street training is contributing to the development of a range of strategies to support students manage their engagement and self regulation with increasing autonomy. We have also been implementing an anti bullying program developed by the Department, there is a **Bullying No Way** fact sheet from this program included in this newsletter.

The principle of safe hands, feet and mouths has been a topic of discussion in all classrooms during morning circle discussions and on my classroom visits throughout each week. This is an old idea that always holds true. In order to be safe and respected at school students must not be hurting each other physically, students must also ensure that the words they choose do not have a negative impact on those around them.

Despite this work there has recently been an increase in poor choices being made by students, resulting in an increase in conflict between students at the school. I make no apologies for making every attempt to provide a safe and respectful environment for learning. Physical or verbally abusive behaviour, of students or staff, is not acceptable as it makes it impossible to create the positive environment needed for learning to occur and interferes with a child's right to learn.

As the Principal of this fantastic school, it is important that the interactions I have are respectful, fair and concentrate on the issue at hand. If you have any questions or concerns regarding our school values or our social and emotional learning programs please make a time to speak to your child's teacher, Kris Straus-Scott or meet with me in person.

Scott Moore
Principal WMPS



What's on?

Monday 13th March

Public Holiday

Tuesday 14th March

Pupil Free Day

Friday 17th March

National Day of

Action Against

Bullying and Violence

Friday 24th March

National Ride 2

School Day



**RESPECT
LEARNING
RESILIENCE**

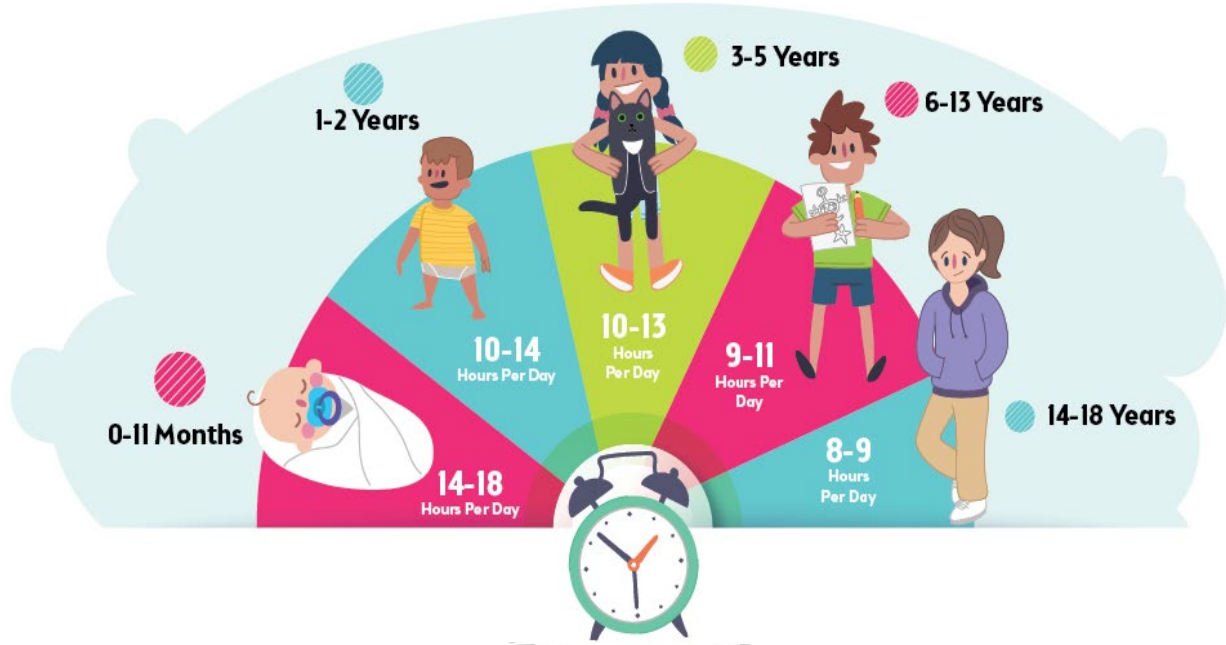


From The Wellbeing Leader

What happens when your kids don't get enough sleep?

Last newsletter I wrote about the importance of getting enough sleep. Getting the right amount of sleep helps kids stay healthy, grow, learn and do well in school. Sleep physically restores their body, improves brain function and mental health.

How much sleep is enough? Here's a guide:



There are many things you can do to help your kids get good quality sleep as often as possible:

- Encourage exercise or time outdoors during the day
- Turn off devices at least 30 minutes before bed
- Talk to them about their sleep to figure out what might be impacting on it
- Help them make sleep a priority! Ensure they're getting enough sleep for their age
- Set up a regular bedtime and waking up time – and help them stick with it!
- Develop a regular bedtime routine – taking a bath, brushing teeth, then reading or meditation
- Create a good sleeping environment (dark, cool, quiet and screen-free)
- Avoid sugary foods and drinks a couple of hours before bed to help them rest easier

More information can be found at kidshelpline.com.au



Kris Strauss-Scott
Well Being Coordinator

Wallaroo Mines Primary School Student Representatives (SRC)



Wallaroo Mines Primary School Sports Day Captains and Vice Captains



Kurilla Captains

**Jasmine Johnson-
Matthews & Harlan
James**

Vice Captain

Bianca Burlinson

Wandita Captains

**Gracie McGregor &
Dylan Sutton**

Vice Captain

Shaylah Kittel



Mantu Captains

**Ollie Garrard & Charlee
Jones**

Vice Captain

Connor Jorgensen



Room 5 Numeracy

It is estimated that Room 5 receives 18 lunch orders a week.



It is estimated that 60% of Room 5 students play Fortnite.



It is estimated that Room 5 is active for 420 minutes a week.



It is estimated that Room 5 students spend 35 hours a week on Roblox.



It is estimated that Room 5 spends 214 hours gaming a week.

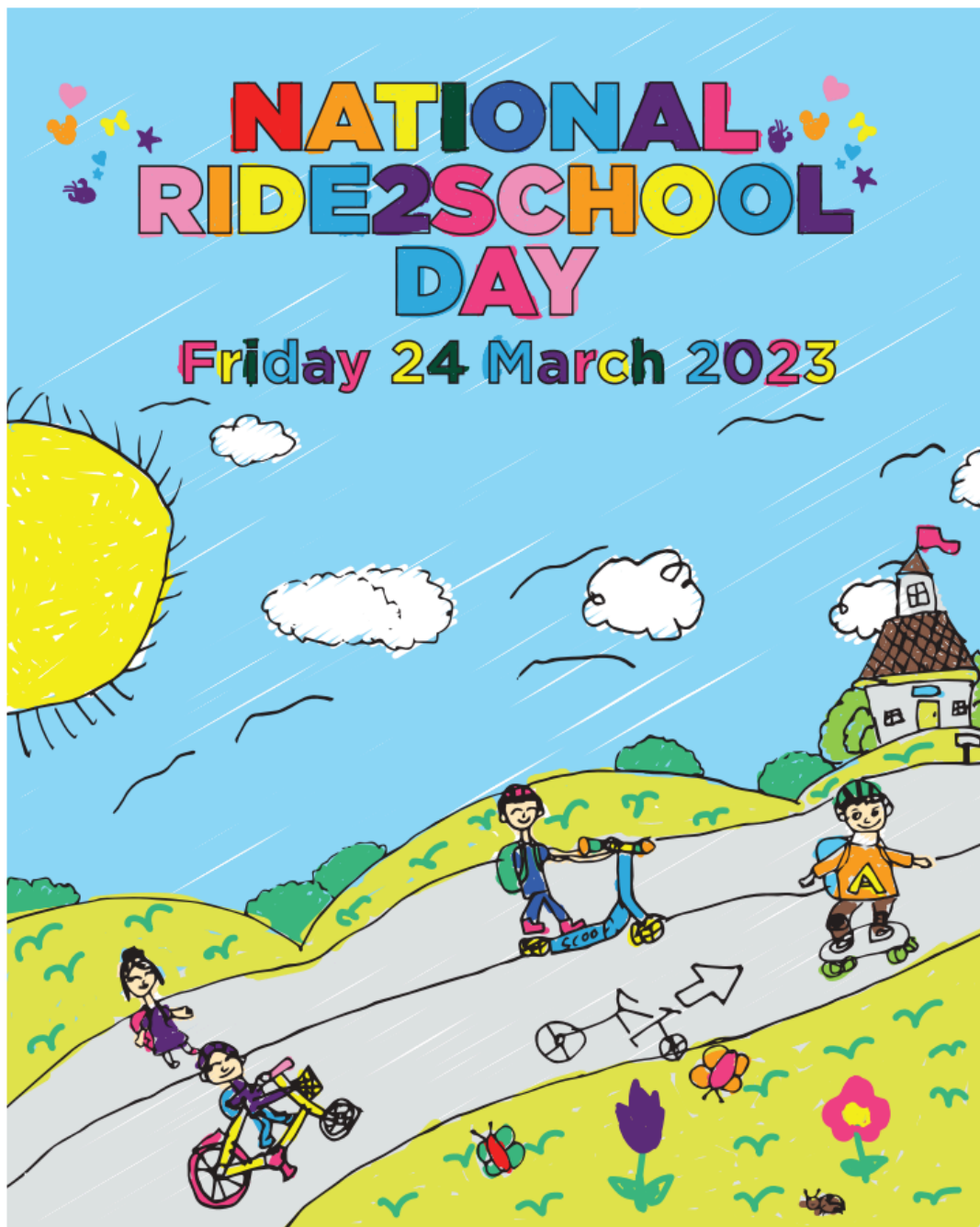


National Ride 2 School Day

The SRC will be hosting a 'National Ride to School Day' and 'Wheels Day' on Friday the 24th of March (Week 8). Students can ride their bike, scooter, skateboard, roller blades or walk to school on this day.

Students can meet Miss Dabinett at the train tracks at the end of Lipson Avenue or meet Mrs Garrard at the red post box at the other end of Lipson Avenue. Please meet there at 8:15am to ride/walk to school together. Parents are encouraged to join us too.

Students are invited to decorate their wheels and/or helmet to take part in the SRC's decorate your wheels and/or helmet competition. There will be prizes for the best decorated wheels and helmet for both Junior Primary and Upper Primary.



Definitions of bullying, harassment, discrimination and violence

Bullying, harassment, discrimination and violence are all interpersonal behaviours that can create or contribute to negative social environments. All school communities should have clear definitions outlined in their school policies and procedures for bullying, harassment, discrimination and violence.

Bullying

The national definition of bullying for Australian schools says:

Bullying is an ongoing and deliberate misuse of power in relationships through repeated verbal, physical and/or social behaviour that intends to cause physical, social and/or psychological harm. It can involve an individual or a group misusing their power, or perceived power, over one or more persons who feel unable to stop it from happening.

Bullying can happen in person or online, via various digital platforms and devices and it can be obvious (overt) or hidden (covert). Bullying behaviour is repeated, or has the potential to be repeated, over time (for example, through sharing of digital records).

Bullying of any form or for any reason can have immediate, medium and long-term effects on those involved, including bystanders. Single incidents and conflict or fights between equals, whether in person or online, are not defined as bullying.

Behaviours that do not constitute bullying include:

- mutual arguments and disagreements (where there is no power imbalance)
- not liking someone or a single act of social rejection
- one-off acts of meanness or spite
- isolated incidents of aggression, intimidation or violence.

However, these conflicts still need to be addressed and resolved.

Likewise not all online issues are bullying. (Online bullying is sometimes referred to as cyberbullying and refers to bullying that is carried out through information and communication technologies.)

Harassment

Harassment is behaviour that targets an individual or group due to their:

- identity, race, culture or ethnic origin
- religion
- physical characteristics
- gender
- sexual orientation
- marital, parenting or economic status
- age
- ability or disability.

It offends, humiliates, intimidates or creates a hostile environment. It may be:

- an ongoing pattern of behaviour or a single act
- directed randomly or towards the same person(s)
- intentional or unintentional.

Discrimination

Discrimination occurs when people are treated less favourably than others because of their:

- identity, race, culture or ethnic origin
- religion
- physical characteristics
- gender
- sexual orientation
- marital, parenting or economic status
- age
- ability or disability.

Violence

Violence is the intentional use of physical force or power, threatened or actual, against another person(s) that results in psychological harm, injury or in some cases death. It may involve provoked or unprovoked acts and can be a single incident, a random act or can occur over time.

These definitions outline key characteristics and have been taken from Student Wellbeing Hub <https://studentwellbeinghub.edu.au/resources-and-help/Glossary?origin-host=www.safeschoolshub.edu.au#/>

Community News



Messy Church Kadina Uniting Church Hall

A fun time
for the
Family



- Creative activities for Children you have never seen before
- Time for story and sharing what they have created
- Meal provided
- Donation towards costs appreciated

**Friday 17th March
2023**

3.15 -5.30pm

*For more information
call Jane Gersch
Ph: 0428 218 255*



Want to volunteer with your dog?

**Local schools are looking to start the Story Dogs program
but need suitable volunteers.**

Do you have one morning free during the week?

Do you have a calm, obedient, gentle dog?

If yes; come and join Story Dogs.

We help young children, usually year two, to learn to read. The children who are having trouble reading come out of their classroom and sit with you and your dog for 20mins and read to your dog. You will help the same 4 – 6 children each week.

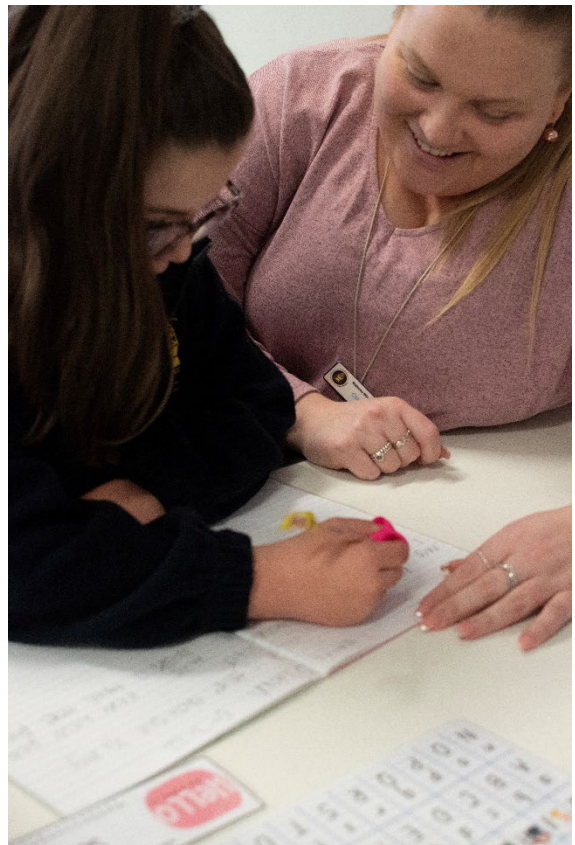


Story Dogs provides all the training, starter kit and accreditation.

Check out the web site for more information or call our local coordinator on:

Julie Johnston 0438382393

www.storydogs.org.au



Healthy
snack
Provided



Wallaroo Mines

Playgroup



MONDAY

1:30-3PM



Wallaroo Mines
Primary School
Lipson Avenue
Kadina



**ALL
WELCOME
FREE**

Children Learning Together with their families

Playing Together, Learning Together, Singing Together, Reading Together,
Laughing Together, Talking Together, Looking Together



Call Leanne on 0427008057



What's on at WMPS

	Monday	Tuesday	Wednesday	Thursday	Friday
0	23/11	24/11	25/11	26/11 Australia Day	27/11
1	30/1	31/1	1/2	2/2	3/2
2	6/2	7/2	8/2	9/2	10/2
3	13/2	14/2	15/2	16/2	17/2
4	20/2	21/2	22/2	23/2	24/2
5	27/2	28/2	1/3	2/3	3/3
6	6/3	7/3	8/3 International Women's Day	9/3	10/3 School Photos
7	13/3 Adelaide Cup PH	14/3 Pupil Free Day	15/3 NAPLAN	16/3 NAPLAN Close the Gap Day	17/3 NAPLAN National Day of Action Against Bullying & Violence
8	20/3 NAPLAN	21/3 NAPLAN Harmony Day Lessons 6&7	22/3 NAPLAN	23/3 NAPLAN	24/3 NAPLAN National Ride2School Day & Wheels Day Newsletter
9	27/3 NAPLAN	28/3	29/3 SAPSASA Football Carnival (Boys) Wallaroo	30/3	31/3 SAPSASA Football Carnival (Girls) CYS
10	3/4 SAPSASA Softball Carnival Adel.	4/4 SAPSASA Softball Carnival Adel.	5/4 SAPSASA Softball Carnival Adel.	6/4	7/4 Good Friday
11	10 th April Easter Monday	11/4	12/4 Assembly 2pm (Room 5)	13/4 Sports Day	14/4 Last day of term -2pm Dismissal