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From The Principal ...

Term 2 is just about over and it is time for a well-earned break for students and staff. In the next week reports will be coming home that indicate how your child is achieving this year. While everyone loves to see their child get great grades, it is important to remember that these are only one aspect of your child's schooling. Committing to their learning, showing respect for themselves and others, and being resilient when things are difficult are all important to academic success and this section of your child's report along with their General Comment provide excellent context for their academic achievements. If you have any questions about your child's report please speak to their classroom or specialist teachers.

Week 10 is NAIDOC Week, an opportunity to celebrate and recognise the history, culture and achievements of Aboriginal and Torres Strait Islander peoples. It is fitting that we have finally found a home for the mural that our RAP Committee was lucky enough to create with Violet Buckskin from Winda Creations. The mural now lives on the side of the Gym along with our First Nations flag mosaics. On Thursday our assembly will celebrate NAIDOC week and we will finish the term with students having the opportunity to experience some traditional First Nations food.

The cold weather will continue next term and it has come to my attention that many students are out of uniform, in particular many students are wearing hoodies, name brand jumpers and colours other than blue or navy. Our uniform is an important aspect of our community and school identity. It promotes belonging amongst students and creates a sense of safety as students can be easily identified. If your child is missing a jumper there are many in the lost property near the back door of the main building and it is worth having a look, if they need a new jumper or school shirt, please speak to anyone in the front office and they will arrange one for you. Payment plans can be put in place for any family that requires some extra support.

I hope everyone has a safe and restful holiday and is ready to return full of energy for Term 3.

Scott Moore
Principal WMPS



What's on?

Wednesday Week 10

5th July

School Disco

Thursday Week 10

6th July

Assembly 2:15

Friday Week 10

7th July

2pm Dismissal

School's Back

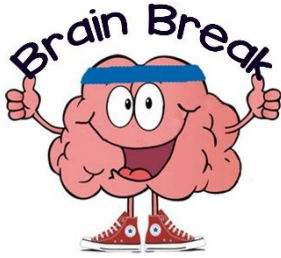
Monday 24th July



From The Wellbeing Leader

Berry Street Education Model “Brain Breaks”

Through our Berry St training, staff have learned the importance of offering regular Brain Breaks to students. What are they?



- 1–5 minute movement break from learning

Brain breaks are important for kids because they:

- Reduce stress, anxiety, and frustration
- Help kids focus and be more productive
- Help kids learn to self-regulate and be more aware of when they’re getting fed up or losing track of what they’re doing
- Increase efficiency and performance in the classroom
- Provide positive emotions through partner and group activities

An example of a Calming Brain Break you could try at home...

Focus with the 5-4-3-2-1 method.

This mindfulness technique helps you focus more on what’s happening around you and less on any anxious thoughts you may be having.

To use the 5-4-3-2-1 method, take a deep breath and focus on what’s around you. Notice and name:

- **5 things you can see**, like a desk or a clock or a water stain on the ceiling. It doesn’t matter how large or small.
- **4 things you can feel or touch**, like the pencil you’re holding, your shirt, or even the ground under your feet.
- **3 things you can hear**, like the tick of the clock, the buzz of an overhead light, or the sound of your own breathing.
- **2 things you can smell**. You could sniff your hands for a whiff of soap or hand sanitizer.
- **1 thing you can taste**. It’s not always easy to find a pleasant taste, but even a sip of water has a taste to it.

Some other things that can help calm are:

- Drawing, colouring or painting
- Writing
- Listening to calming music
- Setting up a cozy corner with cushions, pillows, and soft lights
- Playing artistic or mathematical games
- Doing yoga or meditation
- Blowing or catching bubbles
- Doing deep breathing or progressive muscle relaxation
- Taking a nature walk

Some things that can help energise are:

- Bike riding
- Running
- Walking the dog
- Box breathing, deep breathing
- Yoga poses, stretching
- Drinking water
- Laughing

What will you try with your child?

If you’d like any more information, please chat to your child’s teacher or feel free to speak with me – my work days are Mondays and Tuesdays.

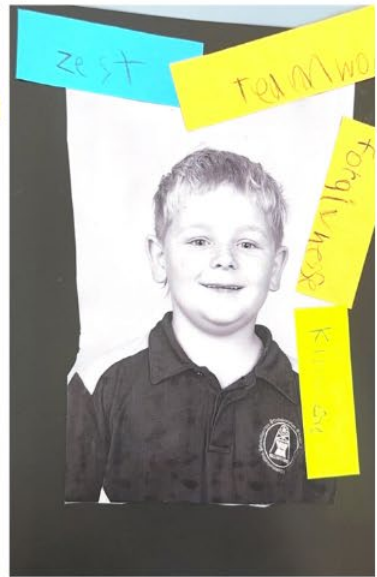
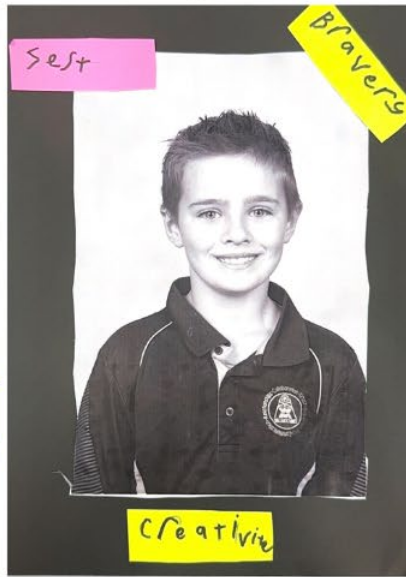


Kris Strauss-Scott
Well Being Coordinator

ROOM 4 Character Strengths

Room 4 Character Strengths

This term Room 4 underwent a Character Strength Challenge where we focused on a different Character Strength for 5 weeks. Students then selected their top 3 to 5 strengths.



ROOM 4 Character Strengths



COPPER COAST LIBRARIES JULY SCHOOL HOLIDAY PROGRAM

KADINA

Anytime between 1pm and 4pm

Tuesday 11th July: Hot Air Balloon Crafts

Wednesday 12th July: Slime Time

Thursday 13th July: Design Your Own Library Bag

Tuesday 18th July: Make Pencil Toppers

Wednesday 19th July: Monster Craft

Thursday 20th July: Make a Puppet

WALLAROO

Anytime during Wallaroo Library Opening Hours
(between 10am and 1pm MON-FRI)

Collect a kit!

Make your own key-ring, pom-pom, dragon mask,
mosaic art, or design a boomerang

MOONTA

10am-12 noon

Tuesday 11th July: Play Baby Play
(soft play for families with children birth to preschool)

10am-2pm

Wednesday 12th July: Games for all ages
Thursday 13th July: Scratch Art

10am-12 noon

Tuesday 18th July: Play Baby Play
(soft play for families with children birth to preschool)

10am-2pm

Thursday 20th July: Pop Stick Puzzles



WHAT'S ON IN TERM 3

	Monday	Tuesday	Wednesday	Thursday	Friday
1	24/7	25/7	26/7	27/7	28/7
2	31/7	1/8	2/8	3/8	4/8 SAPSASA Basketball Carnival
3	7/8 Stomp Out Bullying	8/8	9/8	10/8	11/8
4	14/8 National Science Week	15/8	16/8	17/8	18/8
5	21/8 Children's Book Week	22/8 Book Week Parade	23/8	24/8	25/8 Wear it Purple Day
6	28/8 SAPSASA Girls Cricket Gala Day	29/8	30/8	31/8	1/9 Premier's Reading Challenge Forms Due
7	4/9 Pupil Free Day	5/9	6/9	7/9	8/9
8	11/9	12/9	13/9	14/9	15/9
9	18/9	19/9	20/9	21/9	22/9 Premier's Be Active Challenge Ends
10	25/9	26/9 YP Field Days	27/9 School Closure YP Field Days	28/9	29/9 Last day of term - 2pm Dismissal Cross County & Colour Run

*Dates and times subject to change, we will provide as much notice as possible if they do.