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## From The Principal ...

Term 3 is wrapping up and what a term it has been! So far we have had Science Week, Book Week, show excursions for several classrooms and more recently the regular sliming of staff as students and families continue to do a fantastic job raising funds for the colour run later that is being held this Friday afternoon.

Term 4 will be hot and hats will once again be a requirement at playtime as of the start of week 1 next term. Students without a hat will be required to spend play times under the large veranda connected to the main building during lunch and recess. If your child has lost their hat or needs a new one please speak to the front office and they will organise one.

We are beginning the process to establish an OSHC at WMPS. I believe that this will be a fantastic service for the school community and is another way we can support families as their local school. In order for this to occur we must establish the viability of a service. A survey was sent home this week, it is important that we have as much input as possible from our families. Please complete and return these this week. Electronic versions are available through this link or by using the QR code on this page. [OSHC SURVEY](#)

We are currently finalising classes for 2024, it is important that we have an accurate picture of student numbers across the school. if you are planning on moving or know of someone that is looking to enrol their child please let us know.

Have a restful holiday break and I look forward to seeing everyone in Term 4.

**Scott Moore**  
**Principal WMPS**



## What's on?

Friday 29<sup>th</sup>  
September

Cross Country and  
Colour Run

## OSHC SURVEY



## From The Wellbeing Leader

Students (and staff) are looking forward to the holiday break, after a busy term of learning but holidays can be challenging for families. Without routine, it's still important to stay healthy and look after yourselves.

### **Ways could include:**

#### **Eating well**

It's important to have a good balanced diet with less of the bad things (like junk food and lots of sugar) and more of the good things (such as veggies, fruit, whole grains and water). This can help with sleep, energy levels and general health and wellbeing.

#### **Sleep well**

Getting a good night's sleep helps you feel energised, focused and motivated. Developing a sleeping routine can help you sleep much better. To do this, try to wake up around the same time each day, get out of bed when you wake up and go to bed around the same time each night.

#### **Be socially active and get involved**

Social relationships are really important to your general wellbeing. Spending time with friends is also really important for keeping and building existing friendships. Getting involved with hobbies, clubs or sports can help you feel connected to your wider community while also meeting new people.

#### **Play**

Play is important for staying mentally healthy. Time spent having fun can recharge your battery, renew your social networks and reduce stress and anxiety.

#### **Physical activity:**

Physical activities such as walking around the block can help relieve stress and frustration if you are feeling down or finding things difficult.



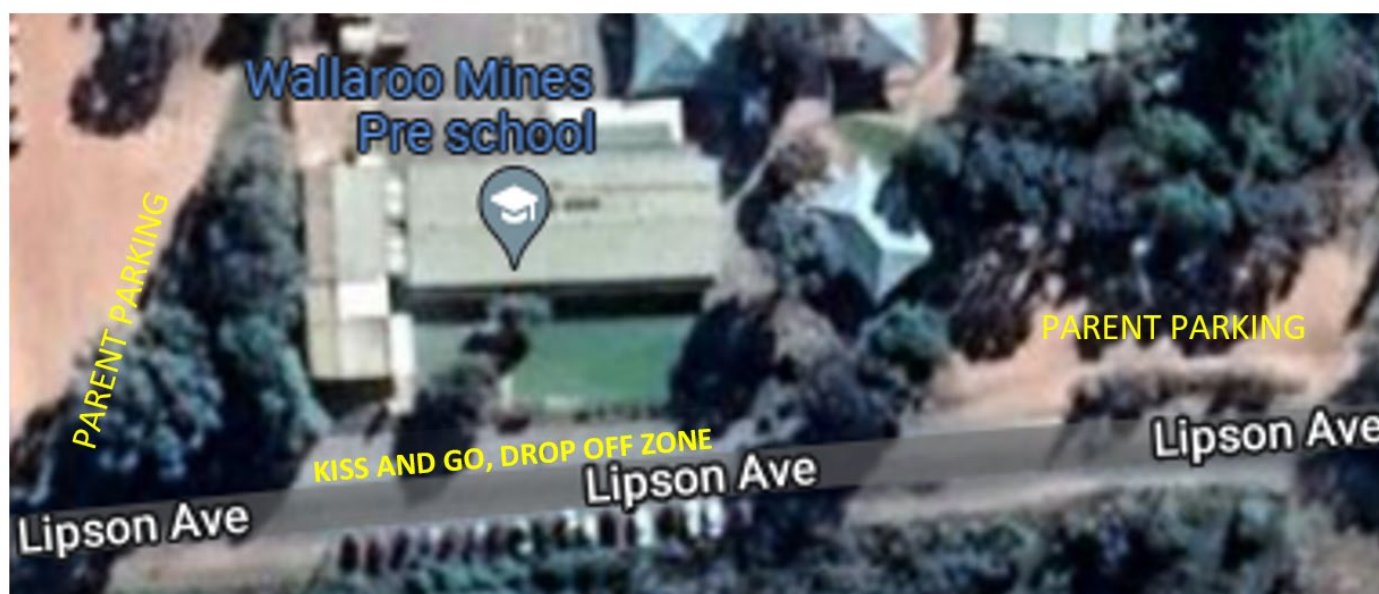
**Kris Strauss-Scott**  
**Well Being Coordinator**

## Arrival & Departure at School

A reminder that children are supervised from 8:30am onwards until 3:10pm. Caregivers are asked to ensure that children are not in the school yard before this time. The after-school yard duty teacher is not responsible for supervising students after the buses leave. If you are unable to collect your child at 3:00pm please contact the school and your child will be supervised in the front office area.

The area at the front of the school is a “Kiss and GO” zone and has been designated as no parking. Please remain with your car if you are waiting for your child on the road. There is parking either side of the school available for longer parking if needed. We do not encourage children crossing Lipson Avenue, especially at the end of the day when traffic is heavy and school busses are loading and leaving.

Student safety is our number one priority, it takes everyone to contribute to a safe environment.



## Lost Property

There is a lot of clothing in the lost property corner. Please check to see if any of these items belong to your child.

## School Card

Applications for school card will soon be expiring. If you are eligible and haven't applied online please do it now. If you need help please come into the front office and see Deb on Wednesday's, Thursday's or Friday's. See the flyer attached to this newsletter with information on how to apply online.



## Miss McCarthy



Adelaide Show



Class basketball tournament after a 5-week

Miss McCarthy joined Room 5 as a placement teacher from weeks 3-9 of Term 3. She was responsible for teaching classroom curriculums including English, Math, Science, Health and PE. Miss McCarthy suited our classroom well with her energy and enthusiasm for learning. We will miss her dearly and wish her all the best with the next chapter of her teaching career. Here is a look at some of the learning that took place in Room 5 with Miss McCarthy.



Poetry Analysis



Science Experiments on  
solids, liquids and  
gasses



Planned a trip around  
Australia exploring  
distance and duration



Cooking



## Adelaide Show

Room 6 and the Year 6 students enjoyed their visit to the Adelaide Show. The Year 6 students enjoyed celebrating their final year of primary school with their peers and taking the opportunity to spend time with one another before they head off to middle school. Students engaged in all that the Adelaide Show had to offer from completing the yellow brick road, watching performances and visiting the animals to going on rides, competing in the side shows and of course buying show bags. Thank you to the parents and staff that joined us on this trip – we think they had just as much fun as the kids.





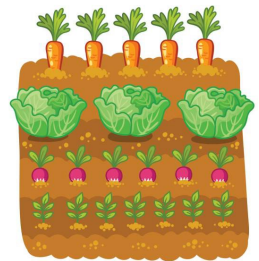
## Room 4 Healthy Futures

During Health lessons with Miss Smith, Room 4 students have been investigating the connection between the environment and our health. We have explored where our waste ends up, analysed the type of rubbish in the school yard, collected data on how much food packaging we bring in our lunchboxes and implemented solutions such as a 'Nude Food' week to try and minimise our waste.

Room 4 students would like to share some sustainable practises you can implement into your own lives:



- Turn off lights and running water
  - Grow your own food
  - Flush the toilet on half
  - Ride to school more
  - Shorter showers
- Use a reusable water bottle
  - Reuse plastic bags
- Nude Food lunchboxes
  - Toy swaps
- Only buy what you need



Have a look  
at our Nude  
Food  
lunchboxes!



# 2023 WMPS CROSS COUNTRY

FRIDAY, SEPTEMBER 29

**BEGINS @ 9AM**

**Running order:**

**Under 11**

**Under 12 & 12+**

**Under 9**

**Under 10**

**Under 5**

**Under 6**

**Under 7**

**Under 8**

**PRESENTATIONS & MINI-  
ASSEMBLY @ 10.30AM**

**Colour Run @ 1PM**

**Dismissal @ 2PM**





## SASPASA ATHLETICS

Congratulations to the following students who had the opportunity to represent NYP at the Track and Field Country Championships in Adelaide on Monday 18<sup>th</sup> September.

All students competed hard and represented our school and district with great pride. Well done to all involved!



### **Results:**

#### **Mackensie Oliver**

10-year-old Girls – 100m Final (3<sup>rd</sup> place)

10-year-old Girls – 4x100m Relay Final (1<sup>st</sup> place)

***"I loved getting to compete against other people I've never met before. It was exciting!"***

#### **Braxton Sutton**

10-year-old Boys – Shot Put Final (8<sup>th</sup> place)

***"It was awesome to experience something I'd never experienced before!"***

#### **Riley White**

11-year-old Boys – High Jump Final (=6<sup>th</sup> place)

***"It was scary at first, but I was excited to try something new. I wish I'd jumped as high as I did at sports day though."***

#### **Tyrone Parkes**

10-year-old Boys – Long Jump Final (5<sup>th</sup> place)

***"I'm proud of finishing fifth against people I didn't really know. I was close to beating my best jump of 3.34m!"***





### KADINA

**ACTIVITIES ANYTIME BETWEEN 1PM AND 4PM**

#### WEEK 1

TUESDAY 3/10 SEACREATURE CRAFT

WEDNESDAY 4/10 DESIGN A DOORHANGER

THURSDAY 5/10 PAPER CUP ROCKET LAUNCHER

#### WEEK 2

TUESDAY 10/10 DESIGN YOUR OWN PENCILCASE

WEDNESDAY 11/10 SCAVENGER HUNT

THURSDAY 12/10 CARDBOARD ROLL CRAFT

### MOONTA

**ACTIVITIES 10AM - 12 NOON**

#### WEEK 1

TUESDAY 3/10 PLAY BABY PLAY

THURSDAY 5/10 GAMES FOR ALL AGES

#### WEEK 2

TUESDAY 10/10 PLAY BABY PLAY

THURSDAY 12/10 CHILDREN'S CRAFT SESSION

### WALLAROO

**ACTIVITIES DURING OPENING HOURS  
(10AM - 1PM WEEKDAYS)**

#### WEEK 1 & 2

AN ASSORTMENT OF CRAFT PACKS TO  
TAKE HOME OR COMPLETE AT THE  
LIBRARY

## Community News

# SCHOOL HOLIDAYS

### WEEK 1

**MONDAY 2ND OCTOBER**  
PUBLIC HOLIDAY. CENTRE CLOSED

**TUESDAY 3RD OCTOBER**  
SWIM & PLAY 10:30-11:30 under 5s  
SWIM & PLAY 11:30-12:30 all ages

**WEDNESDAY 4TH OCTOBER**  
JUNIOR BOOTCAMP 10:30-11:15  
SWIM & PLAY 12:00-12:45 all ages

**THURSDAY 5TH OCTOBER**  
PICKLEBALL SESSION 10:30-11:30 ages 5-12

**FRIDAY 6TH OCTOBER**  
BASKETBALL REBOUNDER SET UP ALL DAY  
\$3.00 per person  
SWIM & PLAY 2:00-3:00 all ages

### WEEK 2

**MONDAY 9TH OCTOBER**  
KINDERFUN 10:30-11:30 0-5 years

**TUESDAY 10TH OCTOBER**  
SWIM & PLAY 10:30-11:30 under 5s  
SWIM & PLAY 11:30-12:30 all ages

**WEDNESDAY 11TH OCTOBER**  
JUNIOR BOOTCAMP 10:30-11:15  
SWIM & PLAY 12:00-12:45 all ages

**THURSDAY 12TH OCTOBER**  
TENNIS CARNIVAL 9:00-10:30 ages 5-12

**FRIDAY 13TH OCTOBER**  
BASKETBALL REBOUNDER SET UP ALL DAY  
\$3.00 per person  
SWIM & PLAY 2:00-3:00 all ages

**Swim & Play** - Under 5's must have a parent in the water within arms reach at all times. Over 5's must have a parent in the water at all times unless the child can swim independently without a flotation aid.

**Kinderfun & Jr Bootcamp** - Parents must stay on premises or participate with children.

**BOOKINGS ESSENTIAL FOR ALL PROGRAMS**  
**PLEASE CALL 88213106 TO BOOK!**

\$7.50 per child per  
session excluding  
prices already  
marked



Interested in registering to be a part of the 2023/24 NYP Little Athletics SA Season! You can sign up for a season membership or a two-week Come & Try membership. Follow the QR Code to our registration page.

**Location:** Kadina Memorial School -> senior school oval behind the Copper Coast Library and TAFE buildings.

**First Club Meet Date:** Friday, 20<sup>th</sup> October 2023

**Last Club Meet Date:** Friday, 22nd March 2024

**Weekly Club Meet Day & Time:** Fridays, 5:15pm for a 5:30pm start

**Training Session Day(s) & Time(s):** We will be adding training sessions to this 2023/24 season looking at Sunday mornings- more info to come

We cannot wait to see you out at the club and enjoying the exciting season ahead.



## LITTLE ATH'S YORKE PENINSULA ACADEMY 2023

**DATE:** Sunday 12 November 2023

**TIME:** 10:00am to 4:00pm

**PRICE:** \$40.00 per athlete

**WHERE:** Kadina Memorial School, Senior Oval - 5 Doswell Terrace, Kadina (Northern Yorke Peninsula LAC)

**AGE GROUP:** U6 to U17

Whether you are a seasoned athlete or just starting your athletics journey, this academy will help improve your throwing, jumping and running techniques in an atmosphere that fosters fun and friendship.

Join now to see what Little Athletics has to offer!

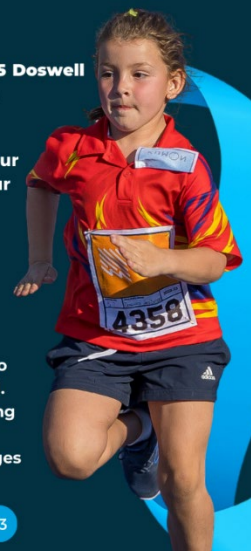
### What to Expect:

**Expert Coaching:** Learn from experienced coaches who will help you take your athletics skills to the next level.

**Skill Workshops:** Sharpen your skills in a practical setting in various athletic disciplines.

**Fun and Games:** Enjoy a day filled with exciting challenges and competitions.

[littleathleticssa.com.au](http://littleathleticssa.com.au) | [office@salaa.org.au](mailto:office@salaa.org.au) | 08 8352 8133





# LEARN TO SAIL

23/24 Spring Summer Season



The Wallaroo Sailing Club invites Juniors, Adults and Seniors who have an interest in sailing to join us for the upcoming sailing season.

Sailing will commence Sunday 15th October 2023

Wallaroo Sailing Club provides everything you need to get a taste for sailing no matter your skill level or age.

**Come and try sailing for a day !**

Training Dinghies & Safety Equipment provided.

Plus:

Club endorsed Sail Training instructors qualified to teach in a SAFE, FUN & SUPPORTIVE environment.

The Wallaroo Sailing Club facilities are ideal for Training and social activities.

**Contact:**

**Peter 0473 732 300**

**Maria 0427 749 755**

**Facebook: Wallaroo Sailing Club.**

The Wallaroo Sailing Club is COVID-19 aware and has Covid-19 Marshalls designated To ensure a safe protective environment for its members and guests. All care and attention is maintained to provide areas for social distancing and sanitising at all

[https:// www.revolutionise.com.au/wallaroosailing.](https://www.revolutionise.com.au/wallaroosailing)