



NEWSLETTER ISSUE 11

AUGUST 01-08-13

- ◆ Safety ◆ Happiness ◆ Respect ◆ Confidence ◆ Trust ◆ Pride

DIARY DATES

AUGUST

- | | |
|------------------|------------------------------|
| 7 TH | CYBER SMART WORK SHOP |
| 12 TH | GOVERNING COUNCIL |
| 19 TH | BOOKWEEK |
| 21 ST | FUNLUNCH |

LEADERSHIP

Welcome back to Term 3.

I hope you all enjoyed your holidays even if it was a bit wet and windy!

New students at Port Elliot Primary School

We continue to grow and grow. Welcome to our 12 new Reception students who have started school in Room 9.08 with their new teacher Ms. Jo Peat.

Luke B, Maya C, Summer D, Alex G, Mason G, Mia H Manju R, Faith T & Ryder G



Welcome to our new teacher Mrs Ella Lonergan co teaching with Mrs J Allsop Room 5:08.



I would also like to welcome Deriney H, Tihana H, Jayden H, Chloe H, Jayden L Christopher B, Noah W, Olivia B & Lilly B. We hope you have settled in well to your new school.

We now have 12 classes and 320 students at Port Elliot Primary School.

Grounds Committee

Port Elliot Primary School has a welcoming aspect as you walk around the play areas and buildings. However there are always areas for improvement or modification. The staff have formed a committee to provide direction and new ideas for the school grounds maintenance. We have already identified areas to focus on and would welcome any parents, grandparents or carers to join us at our next meeting **WEDNESDAY 14TH AUGUST 2013 AT 3.30PM IN THE RESOURCE CENTRE.**

Are your children getting enough sleep?

Children sometimes arrive at school (particularly on Mondays) very tired. In many cases the children then struggle to focus on their learning during the day. We would ask parents/caregivers to support us in providing the best learning conditions for your children by ensuring that they are going to bed early enough and that they are sleeping **between 9 and 11 hours each night.**

Even though the exact reasons for sleep remain a mystery, we do know that during sleep many of the body's major organ and regulatory systems continue to work actively. Sleep, like diet and exercise, is important for our minds and bodies to function normally.

Sleepiness has serious consequences.

Sleepiness due to lack of adequate sleep is a big problem and affects many children as well as adults.

Adolescents need about 8 to 10 hours of sleep per night, but many don't get it. As they progress through puberty, teens actually need more sleep. Sleep deprivation adds up over time, so an hour less per night is like a full night without sleep by the end of the week.

Inadequate sleep has serious consequences for children as well as adults. This can cause:-

- decreased attentiveness and concentration
- delayed reaction and response times
- decreased short-term memory
- increased risk of accidents and injuries
- decreases in consolidation of Information Learning.
- A negative effect on children's behaviour in school, on the playground, in extracurricular activities and in social relationships.
- It can cause mood swings and other psychological problems

Help your child to be healthier, learn better and be ready to fully participate in life by ensuring that they are getting adequate sleep every night.



P.E.-SAPSASA

Knockout Boys' Football

Our third round game was played against Hawthorndene PS on Friday 26th July at Kangarilla Oval. The boys played a superb team game of football outclassing their opponents in every area of the field. We won 19 goals 9 points to 2 goals. I'd like to congratulate the boys on the way they conducted themselves as gracious winners and for their effort and attitude throughout the day.

Thanks to Richard for his encouraging and supportive coaching, to John for goal umpiring, to Angela for washing the guernseys, shorts and socks and to all parents who drove and cheered the boys on. We are so fortunate to have such supportive parent helpers.

We now are in the semi final and are waiting for further details re opponent, date and location.



SAPSASA Knockout Boys' Soccer

Our third round match was played on Thursday 4th July against McLaren Flat Primary at McLaren Flat. The boys played really well as a team and won the match 5-0. Thank you to the drivers, Sam for umpiring, Jason for coaching and Angela for washing the uniforms.

Our next match is the quarter final against St John the Aposotle school.



SAPSASA Basketball

Our SAPSASA basketball teams will participate on Wednesday 7th August (Year 6/7 girls) and Thursday 8th August (Year 5/6 and 6/7 boys) in a day long carnival held at Morphett Vale. Information was sent home in Week 1 to the final selected team members. We wish the teams all the best for the day.

SAPSASA District Athletics Day

All students aged 10 to 13 have had the opportunity to practice and try out for the local District Athletics Day which will be held at Victor Harbor Primary School on Friday 30th August. Further trials and practices will be held. More information for the successful athlete per event will be sent home soon.

SAPSASA District Golf Team

All students have been informed of the opportunity to trial for SAPSASA District Golf. Information was sent home with anyone interested. Please see me if any more information is needed.

Local Sporting Success Stories!

On Saturday 20th July members of the Victor Harbor Tang Soo Do club participated in the Asia Pacific Tang Soo Do National

Championships at Willunga. Competing against fellow martial artists from South Australia, Gold Coast and Mackay and being judged by Masters and

Grand Masters from SA, Qld, Europe and South Korea. Billy, Eli and Lucas had great success at these Championships. Billy won a Gold Medal for Sparring, in the Blue Belt Division. Eli won Gold for Form and Silver for Sparring in the Red Belt Division. Lucas, who is a White Belt, and very new to the club, participated in the Junior Tag Sparring competition and had lots of fun, earning a Participation Medal. All 3 boys represented their club with pride and honour and their results represent the years of training and discipline that Karate requires. Congratulations boys!

Victor Harbor Tang Soo Do club meet on Tuesday and Thursday 6:30-8pm at the Victor Harbor Recreation Centre.

If you have any local success stories involving our students, please let me know so they too can get a mention in this section of the newsletter.

Trina Doig ☺



AUSKICK

PORT ELLIOT PRIMARY SCHOOL MONDAYS AFTER SCHOOL (3.30PM) COMMENCING 29th of JULY, 2013

The Goolwa/Port Elliot Football Club would like to invite your child/ children to participate in a 6 week Auskick program.

Running on Monday afternoons between 3:30 – 4:30pm on the school oval, starting Monday 29th of July.

Run by Goolwa / Port Elliot Football Club representatives who will provide all direction and equipment.

Parents / Grandparents/ older siblings welcome to assist. Your involvement assists with the quality of the program we can offer. There is no cost involved.

However, students are invited to become Auskick members and receive a backpack and their own football for \$55. Registration for Auskick membership can be made online at www.aflauskick.com.au

Contact Trina Doig at School or ring David Winn G/Pt EFC on 0427089640 for any further information or offers of assistance



FLEURIEU SOUTH COUNTRY CUP TRIALS – U12's & U14's

For all cricketers from the Great Southern,
Alexandra & Eastern Hills
& Southern Cricket Associations

When: Sunday 18th August 2013

Where: ICA Sportsworx Morphett Vale

Time: U12's: 1pm-2pm
U14's: 2pm – 3pm

Cost: Free

Wear: Rubber soled shoes (no spikes)

Bring: Batting equipment (wicket keepers bring gloves)

Please register by Monday 12th August.

For more information or to register, please contact SACA
Cricket Officer, Shelley Nitschke on 0447 081 634 or
snitschke@saca.com.au

Internet Safety Parent Information Night

The Cybersmart Outreach—Internet Safety Awareness
presentation will be held on:

**Wednesday August 7th in the library from
5:30pm to 7:00pm.**

Young people today are immersed in digital technologies. They use the internet and mobile phones to socialise, study, exchange ideas and play. While online activity has many benefits, there are also risks.

To help your children stay safe online, our school will be hosting a free after school workshop for parents run by Cybersmart Outreach, titled 'Internet Safety Awareness'. This presentation is provided by the Australian Communications and Media Authority (the ACMA) as part of a national program of cybersmart initiatives.

The Cybersmart Outreach—Internet Safety Awareness presentation is thorough and non-technical. It covers a range of issues including:

- the ways children use the internet and emerging technologies
- potential risks for children online, such as cyberbullying, identity theft, inappropriate contact and exposure to inappropriate content
- tips to help children stay safe online.

I would encourage you all to attend this workshop as it will be relevant for every parent whose child is using the internet.

If you would like more information contact Kathy Turley at the school or go to the Cybersmart website www.cybersmart.gov.au

MORE SCHOOL NEWS

MS R DALE'S 4:02 YR 2 CLASS TRUST ACTIVITY

THE TRUST WALK By Jay Ballantine

We wrote our names on papers then we put the papers in a monsters mouth. Next Miss Dale picked papers out for us. Then we put blindfolds on and went out for the trust walk. Charlie was my partner. Charlie stepped in a puddle. I laughed a bit then we went past the boat and over the ramp and past the little cubbie.

Next we went past the play ground then we went past the bush and back to the class room.

Next it was my turn. As soon as I put the blindfold on I felt dizzy and I didn't feel like trusting Charlie but I had to. When we were walking I felt the different textures under me. I felt the squelchy grass and the stony rocks and the bark then I started to know where I was. We went past the bush and back to class. I learnt that I could trust Charlie and to watch out for where other people are going.



RESOURCE CENTRE

Book Club

Book orders for **Issue 5** of Scholastic Book Club need to be back at school by **Tuesday 06th August**. Make sure your child's name and class are clearly marked on the order form. **If you choose to pay with a credit card please do this through the school rather than online or by phone to Scholastic as we can keep track of orders better if they are all done through the school.**



Sharon Cadman/Dorothy Geaghan

PARENT NETWORK

Ice Creams on sale Wednesday and Friday`

Juice Stick	\$1.00
Billabongs	\$1.80
Milo Scoop	\$2.50
Frozen Yoghurt	.80cents



NEXT FUN LUNCH WEDNESDAY 21ST AUGUST

Cheers Parent Network



Fee-Free course in Certificate II in Women's Education.

Information Session will be held at TAFE SA Victor Harbor Campus on Friday August 2nd at 10:00 am.

Kelly Lyas

Program and Campus Services

Business Services, Hospitality, Infrastructure, Women's Education

TAFE SA

T (08) 8552 0245

E kelly.lyas@tafesa.edu.au

W tafesa.edu.au

19 George Main Road, VICTOR HARBOR SA 5211

CRICOS Provider Code: 00092B

**AIR YOUTH OF SOUTH AUSTRALIA
NO 12 SQUADRON (VICTOR HARBOR)**

There are vacancies for boys and girls:-

Cadets (8-14yrs) & Officer Cadets (15-18years)

Training has 5 levels of Proficiency including:-

- Aviation Knowledge
- Leadership Training
- Conservation and Bushcraft
- Map and Compass
- Australian Customs and Traditions
- Care of the Environment
- Survival Techniques
- Space Technology
- Drill
- Protocol and Parade Procedures, etc

Meetings every Monday 6.30pm-8.30pm

Newland Church Hall, Victoria St, Victor Harbor.

Enquiries:- Peter Munson 85522708
 Alan Tomkins: 85525357
 Kerry Lawrence: 0424589306
 E-Mail: kerry50@adam.com.au

**Southern Fleurieu Blue Light Disco
Blue Light Disco - Underage Rage**

The Sothern Fleurieu Blue Light Disco Committee is happy to announce the next Underage Rage on Friday the 2nd August 2013.

Where:-The Centenary Hall Cadell Street Goolwa. Drug and alcohol free event will be located in a safe, monitored environment by police officers and volunteers from Blue Light Committee.

Groups:- 7 - 11years olds from 6.30pm – 8pm
 12 - 17 year olds from 8.30pm – 10.30pm

Cost:- \$5 - tickets sold at the door.

D.J:- Roxy

Refreshments, giveaways and great music is on offer, don't miss out

The Underage Rage is a LOCK IN event so we will need parents to drop you off and pick you up at the DOOR, also for the younger ones can you please leave your phone number in their pockets or hand bags just in case you are needed ☺.



AUGUST 2-25TH 2013

EMOTIVE COASTAL SCAPES

DEPICTING NOSTALGIC EXPERIENCES IGNITING THE VIEWERS SENTIMENT TO PORT ELLIOT'S AMBIENCE AND SPIRIT

OPENING AFTERNOON SUNDAY 4TH AUGUST 2PM-4PM

AFTERNOON OF NIBBLES, BUBBLES, GOOD CONVERSATION & AMAZING ART.

COME ADORE & STAY AT THE YHA PORT ELLIOT 13 THE STRAND PT ELLIOT

PH 8554 1885

8AM-12PM

5.30PM-8.30PM 7 DAYS

Parent Reading Workshops

Today is the first day of a workshop run by Stella Dorward (our Reading Support Teacher) for parents, grandparents and carers of our Reception and year 1 students about listening to children read.

During the hour long sessions from 9am-10am Stella is sharing ideas to help improve your son or daughters reading. This is so important and a few tips are always helpful.

The workshops will continue Thursday morning for the next three weeks. 8th, 15th and 22nd of August

9:00-10:00am in the Resource Centre. If you missed the first session feel free to join in the others by letting Stella know via the tear off slips below.

ADD TEAR OFF SLIP!!!

Name:- _____

Contact:- _____