



NEWSLETTER

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DIARY DATES : TERM 4, 2023

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Week 1	16/10 Water Safety Week	17/10	18/10	19/10	20/10
Week 2	23/10	24/10	25/10	26/10	27/10
Week 3	30/10 Class 11,1,3,4 Ensemble performance 	31/10 School Assembly - Room 12 presenting 	1/11	2/11 Beach Volleyball - selected students 	3/11 Class 5 - Greek Olympics 
Week 4	6/11 Tennis Carnival - selected students Class 6 Camp - Kangaroo Island 	7/11 Governing Council	8/11	9/11	10/11
Week 5	13/11	14/11	15/11	16/11	17/11 Colour Run 
Week 6	20/11	21/11 School Assembly - Room 11 presenting 	22/11	23/11	24/11
Week 7	27/11	28/11	29/11	30/11	1/12 SHOWCASE
Week 8	4/12 	5/12 Governing Council  Governing Council	6/12	7/12 Yr 6 high school transition	8/12 Yr 6 high school transition
Week 9	11/12	12/12 Year 6 Graduation School Assembly - Year 6 presenting 	13/12	14/12 Room 7 & 8 Excurison	15/12 Steiner Stream Year 6 rose ceremony Last day of Term 4 - 2.10 dismissal

School Finishes - Term 4 – Friday 15th December 2.10pm



...a moment with Ms Miller!



*How amazing does our courtyard look?!!! Thank you to those families who came to our special edition breakfast club to celebrate the official opening of our courtyard! We had lots of teacher and parent helpers put together our beautiful new picnic tables the night before to get it ready in time for breakfast club. **Thank you to those wonderful helpers!***

We also had Gen from Genandtonic Art come so that we could introduce her to our community and thank her once again for the beautiful murals she has created.

Here are some comments from our students and teachers:

- It is very detailed and colourful.
- I like the Lapwing bird.
- It adds an extra layer of light to the courtyard.
- It has completely changed the space and lifts your mood as soon as you walk into the courtyard. So beautiful to have the situational Flora and Fauna of our area painted so expertly and vibrantly.
- WOW!!!!
- The courtyard is so amazing, fresh, welcoming and fun! Just love the creature features especially the bee!
- The courtyard looks absolutely beautiful and I have heard the students saying how much they love it too. So nice to see some visual changes in our school... well done to all involved.
- Courtyard looks stunning!
- Our courtyard has been completely revamped and looks beautiful! The butterfly is my fav!

Gen said that this has been by far her biggest and most favourite project! She loved working with and for our community. We will definitely have her back to do more in the future!



HEALTHY... WELL-THY ...AND WISE!

Ever get to dinner time and ask 'How was your day today?' only to hear the resounding sound of 'Good', and 'What did you do?', 'Nothing'. Well if this is your experience, why not play a little game to facilitate some meaningful conversations with your kids.

Simple instructions: All you need is a dice and a copy of the questions below. Take turns, roll the dice and choose which box you would like to talk about (based on the number you have rolled). Make it light hearted and have fun! I've done this with my boys and found it very insightful.



A huge CONGRATS to:

- ✓ Ashy from Rohan's class
- ✓ Sonny from Andrew's class
- ✓ Forrest from Mrs Howard's class
- ✓ Melody and Lachy from Ms Kemmery's class
- ✓ Axel from Rita's class
- ✓ Alice and Kaeley from Ms Prowse's class
- ✓ Mia from Mrs McKenzie's class
- ✓ Esme from Mrs Golding's class

...for receiving Celebration of Values notices. Thank you so much for your positive contribution to our school.

GROWTH MINDSET

Wholehearted School Counseling

TOP 3	<p>Top 3 Goals For Your Future</p>	<p>ERASE</p> <p>Top 3 Mistakes That Taught You Something</p>	<p>Top 3 Goals For School</p>	<p>Top 3 Things You Want To Learn More About</p>	<p>Top 3 Accomplishments So Far</p>
COMPLETE IT	<p>"One step I can take to get closer to my hopes and dreams is..."</p>	<p>"When I have to deal with a big problem, I sometimes feel..."</p>	<p>"A strength of mine that I can still get better at is..."</p>	<p>"One of the biggest challenges I have faced that taught me something was..."</p>	<p>"Something I want to improve on is..."</p>
TRUE or FALSE?	<p>Your brain gets "stronger" and smarter the more you challenge yourself.</p>	<p>Most challenges are hard before they become easier.</p>	<p>You believe that you can do tough things.</p>	<p>Making mistakes helps you to learn.</p>	<p>If something doesn't work out the first time, you usually give up.</p>
WHAT IF ...	<p>What if your friend said school is awful because it's so hard? How could you respond to him using a growth mindset?</p>	<p>What if you couldn't figure out the homework? Rather than giving up, what could you do instead?</p>	<p>What if you wanted to learn how to play an instrument? What first steps would you take?</p>	<p>What if you made the All-Star Basketball Team? What would you tell yourself using a growth mindset?</p>	<p>What if every time you made a mistake in class you gave up? What would likely happen?</p>
RISK!	<p>Fixed Mindset or Growth Mindset: "I will never have any friends."</p>	<p>Change to a growth mindset thought: "I'll never understand this."</p>	<p>Act out something you have gotten better at from practice & hard work.</p>	<p>Change to a growth mindset thought: "I will never be as smart as her."</p>	<p>Fixed Mindset or Growth Mindset: "I can learn from this mistake."</p>
YOU JUST ...	<p>You just thought, "I give up!" Change the thought to a growth mindset one.</p>	<p>You just lost the 3rd soccer game in a row. How can you respond using a growth mindset?</p>	<p>You just got 100% on a test. What do you tell yourself using a growth mindset?</p>	<p>You just said something to a friend that you regret. Using a growth mindset, what can you do now?</p>	<p>You just worked really hard towards your goal. What did you do?</p>

Classroom News - Room 3 - Class 6

Class 6 have been learning about their world through Astronomy and the study of the constellations, planets and the moon. We learnt about the phases of the moon and how these influence the seasons. The students followed the moon for a month and plotted the nearest planets and stars.

During our Physics Main Lesson students learnt about Sound, Heat and Light through experiments, pictures and stories.



Water Safety

During Week 1-Term 4, (Monday 16th October – Friday 20th October), the water safety program took place for the R-4 children at the Noarlunga Aquatic Centre for the week.

Water Safety is considered an essential element of our physical education program.

Swimming & Water Safety Is Important.

Knowledge of swimming and water safety can reduce a child's drowning risk and provide them with skills that may one day save a life.

All the students enjoyed and learnt a lot about water safety.



Class Placement 2024

Dear Parents and Caregivers,

The process of planning for 2024 classes has begun at Sheidow Park School and we seek to give parents the option of providing input into class placement. Please be aware that once classes are finalised, placement changes only take place in the event of unforeseen enrolment variations or staff changes.



As the structure of classes is dependent on the number of enrolments, it is very helpful if we are told about students who may be leaving at the end of the year, as well as any students who want to enrol for 2024. If your children will be leaving the school, please call the front office on 838108911 or email dl.1537.info@schools.sa.edu.au

Please do not request specific teachers. Parents are also asked not to make specific friendship requests unless you believe your child needs to be separated from others in order to optimise their learning. Students are given the opportunity to list the friends they would like to be with and whilst every attempt to ensure they are with at least 1 friend, they cannot always be with everyone that they choose. Be assured that we invest significant care into this process, and work to secure an outcome best suited to the individual needs of every student.

This information needs to be received at the front office by no later than 9:00am Friday 10 November 2023.

Our aim is to establish balanced classes of students with the flexibility to accept enrolments at each year level. We consider factors such as student numbers, gender balance, social and intellectual development, learning needs, physical development, emotional maturity, chronological age and parent requests. The primary focus of the class placement process is student learning, not friendships. Our teachers are knowledgeable about our students, sensitive to their needs, and make class placement decisions judiciously and professionally.

The proforma can be found on the Team App under the 'Document' tab to print out or you can pick one up from the Front office and then return it to the Front Office by Friday 10th November 9.00am.

We thank you for your input and look forward to an effective placement process.

Warm regards,

Jo Miller

Principal

Fundraising News

Counting down the days till the Colour Explosion School Run 4 Fun 🏃‍♀️!

There is still time to collect all your badges on the My Profile Page, and become a Fundraising MonSTAR. ☆

Obtain all the virtual badges before the fun run and your child will receive a ✨FREE✨ pack of Monty the MonSTAR glitter gel pens. Let's get started: www.australianfundraising.com.au

#schoolrun4fun #funrun #australianfundraising #fundraising #colourexplosion



Beach Volleyball

Beach Volleyball Thursday 2nd November

Wow what a fantastic day!

Huge thanks to our volunteers Karine, Chantel, Laura and Daneal and also our high school student referees Paige, Sophie, Eva, Caine and Jacinta. We also appreciate all the other families that popped down to the beach to watch and show their support.

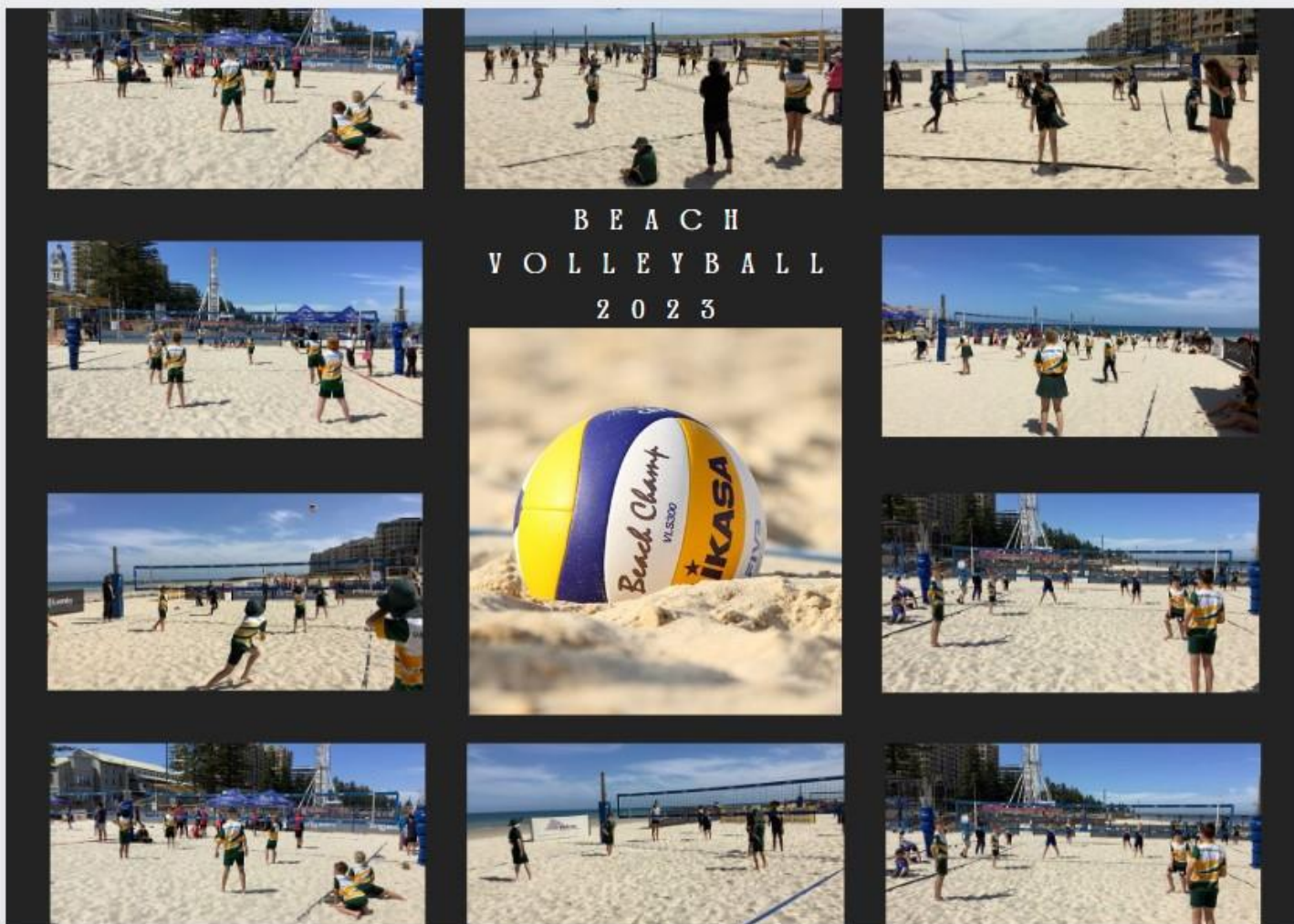
Massive thanks to the staff that attended Sarah and Patrick or helped behind the scenes Jodie, Debbie, Tim and Jo. Without all these people's help plus the amazing support of all the other staff at Sheidow PE excursions would not be possible.

It was a great display of Sheidow spirit seeing all students try their best during games and cheer each other on. All teams played a minimum of 4 games throughout the day in various competitions with excellent results. Congratulations to all 55 students who participated.

Our top team finish was 1st place to Abbi-Lee, Olivia, Tahlia and Kiarna in the Year 5/6 Girl's Division 2 competition. We also had a 2nd place finish for Riley, Andy, Jack, Blake, Charlie and Charlie in the Year 5/6 Mixed Division 2 competition.

<https://www.volleyballs.com.au/junior/schools-beach-festivals/glenelg/tables?grade=1523>

THANK YOU to Miss Sara for all the work that goes into getting this event organised, we really appreciated all the hard work behind the scenes to make this day happen for our students.



Environment Committee

Congratulations to all students who entered our Nude Food competition by having nude food lunch boxes on Tuesdays over the past 3 weeks.

Here are our winners!

Bailey M, Georgia R, Hayden P, Taylah P



Canteen Reminder

If your child is away sick and you have made a canteen order on QKR you can cancel this order through QKR before 9.00am or ring the front office to notify the canteen and you can move your order to another day. If you do not notify the canteen that your child is away the order is made and sent to the class and no refund will be given as it does not automatically get made for the next day your child attends school.



Cancelled canteen orders are refunded in the form of credit for future canteen orders. If your child goes home ill prior to lunchtime and order has been filled, you will not receive a refund - please remember to collect order on the way out.

A 'Refunded' stamp will appear on your eReceipt phone receipt confirming that the order has been cancelled and a credit is available for future food canteen orders.

The value of any outstanding food order credits will automatically be deducted from your next Qkr food canteen order.

If you are having difficulties, contact the Canteen Manager direct for assistance on 8381 8911

Qkr! | **masterpass** **TIP OF THE WEEK**

Q. How do I cancel food orders that have already been paid for?

A. To cancel a food order from your itemized eReceipt:

1. Open Qkr! and tap Activity.
2. Scroll down to 'Order History' and sign in with your password.
3. Tap the red circle with a minus symbol on the order to be cancelled. Select the entire order or individual items to cancel and tap 'OK'.
4. If your eReceipt contains food orders for more than one child, you will need to cancel one by one.

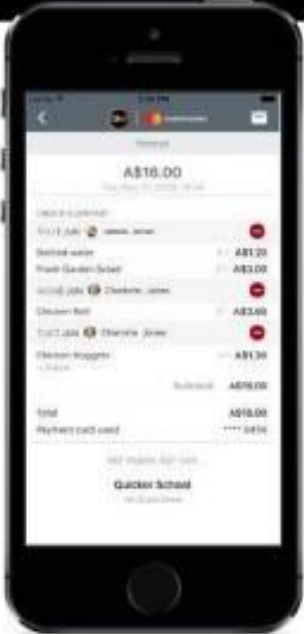
OR

To cancel a food order from the calendar view:

1. Open Qkr! and select the relevant menu.
2. Tap on the tick icon on the date for which you want to cancel the order.
3. Tap the red circle with a minus symbol on the order to be cancelled. Select the entire order or individual items to cancel and tap 'OK'.

Cancelled items are shown in red on your eReceipt confirming they have been cancelled and a credit is available for future food orders. The value of any credits will be automatically deducted from your next Qkr! food order.

Please contact your school office to cancel any other (non-food) school payments according to school policy.



Playgroup - Term 4



PLAYGROUP

▪ TERM 4 - 2023 - FREE ▪

~ TUESDAYS 9am-10:30am ~

WEEK 1
WELCOME
Welcome Back!
Oct 17th

WEEK 2
DINOSAUR ROARRR!
Oct 24th

WEEK 3
Painting and Colouring
Oct. 31st

WEEK 4
Sensory Play
Nov. 7th

WEEK 5
Alice in Wonderland Tea Party
Nov. 14th

WEEK 6
Sports Day
Nov. 21st

WEEK 7
Paper Planes
Nov. 28th

WEEK 8
A Day at the Beach
Dec. 5th

WEEK 9
Christmas Party
Please bring a plate of food
Dec. 12th

21-43 Adams Rd
Sheidow Park





The graphic features a central white notepad with a blue spiral binding on the left. Two crayons, one red and one blue, are positioned at the top left of the notepad. A cartoon boy with dark hair, wearing a blue shirt, is sitting at a desk and writing on a piece of paper. The notepad contains the following text: 'OSHC' in yellow, 'After School Program' in orange and blue, 'Monday - Friday' in black, and '0418 814 057' in black. Below the notepad, there are three distinct sections: a red teardrop shape on the left containing the text 'REGISTRATION OPENS FOR VACATION CARE - WEEK 6', a yellow teardrop shape on the right containing the text 'PUPIL FREE DAY - MONDAY 4TH DEC', and a yellow teardrop shape at the bottom containing the text 'NEW EDUCATOR: WELCOME MATT. T TO THE TEAM'. A blue alarm clock is positioned between the red and yellow shapes, and a globe is positioned between the red and yellow shapes at the bottom.

OSHC
After School Program
Monday - Friday
0418 814 057

REGISTRATION OPENS FOR VACATION CARE - WEEK 6

PUPIL FREE DAY - MONDAY 4TH DEC

NEW EDUCATOR: WELCOME MATT. T TO THE TEAM

School of Languages - 2024 Timetable

Who we are

The School of Languages is a government school which specialises in languages education. Since its establishment in 1986, this unique South Australian school has supported thousands of students to pursue their interest in languages learning and to experience the joy of embracing another culture.

The school was initially founded as a secondary school for students from all three sectors. In 2000 the school introduced its first classes for students from Reception to Year 7. Since then our primary classes have continued to grow in popularity and demand.

Our mission

The School of Languages aims to enhance access, choice and continuity in language learning for South Australian learners, through the provision of quality programs in a broad range of languages R-12, that complement and supplement languages programs offered in mainstream schools and ethnic schools.

Our values

Respect; Quality; Commitment; Diversity

Our unique context

Students from Government, Catholic and Independent schools come together after school hours to learn the language of their choice, which is not available in their home school. Lessons are held once a week in a friendly environment of committed professionals and motivated students. This provides for a sustained focus and time for extending students' learning through a wide range of activities.

Teaching centres

Our classes are held in schools across Adelaide, with Adelaide High School being the largest centre.

Approximately 25 other teaching centres offer a variety of languages at various year levels, in response to local demand.

We give special acknowledgement and appreciation to the many schools across Adelaide that host our programs, thus enabling students and their families to benefit from learning a language.

Choosing to learn a language

Studying another language offers many rewards, including:

- being able to communicate, interact and negotiate within and across languages and cultures
- understanding one's own and others' languages, thus improving literacy skills, including in English
- understanding selves and others, and the diverse ways of knowing, being and doing
- further developing cognitive skills through thinking critically and analytically, solving problems, and making connections in learning
- becoming more competitive in the global market.

Languages taught

A wide range of languages is available through the school, both at primary and secondary levels.

Please see the 2024 time table below and for any more information please check out:

<https://schooloflanguages.sa.edu.au/>



2024 Timetable Reception – Year 6



LANGUAGE	LEVEL	TEACHING CENTRE	DAY	TIME
ARABIC	R-6	School of Languages	Wednesday	4:30-6pm
AUSLAN	R-6	Pilgrim School, Aberfoyle Park Torrens Valley Christian School	Thursday Tuesday	3:30-5pm 3:45-5:15pm
CHINESE	R-6	Alberton Primary School Annesley Junior School Belair Primary School Burnside Primary School Pilgrim School, Aberfoyle Park School of Languages St John's Grammar School Sunrise Christian School Torrens Valley Christian School West Beach Primary School	Thursday Wednesday Tuesday Tuesday Thursday Saturday Thursday Monday Tuesday Monday	3:30-5pm 3:45-5:15pm 3:30-5pm 3:30-5pm 3:30-5pm 9am-12pm 3:40-5:10pm 3:45-5:15pm 3:45-5:15pm 3:45-5:15pm
FRENCH	R-6	Belair Primary School Henley Beach Primary School Prospect Primary School School of Languages Torrens Valley Christian School	Tuesday Monday Thursday Saturday Tuesday	3:30-5pm 3:30-5pm 3:30-5pm 9am-12pm 3:45-5:15pm
HINDI	R-6	School of Languages	Saturday	9am-12pm
ITALIAN	R-6	Annesley Junior School School of Languages School of Languages Walkerville Primary School	Wednesday Thursday Saturday Thursday	3:45-5:15pm 4:30-6pm 9am-12pm 3:45-5:15pm
JAPANESE	R-6	Henley Beach Primary School Nairne Primary School School of Languages	Monday Monday Saturday	3:30-5pm 3:30-5pm 9am-12pm
KHMER	R-6	School of Languages	Saturday	9am-12pm
KOREAN	R-6	Magill Primary School School of Languages	Monday Wednesday	3:45-5:15pm 4:30-6pm
NEPALI	R-6	Torrens Valley Christian School	Tuesday	3:45-5:15pm
PUNJABI	R-6	Immanuel Primary School	Tuesday	3:35-5:05pm
SPANISH	R-6	Alberton Primary School Burnside Primary School School of Languages Torrens Valley Christian School	Thursday Monday Saturday Tuesday	3:30-5pm 3:30-5pm 9am-12pm 3:45-5:15pm
THAI	R-6	School of Languages	Saturday	9am-12pm
VIETNAMESE	R-6	School of Languages	Wednesday	4:30-6pm

All Language courses are aimed at second language learners.

Updated 30/08/2023

The School of Languages reserves the right to relocate or reschedule a class. If enrolments are insufficient, or a teacher is not available, a class may need to be cancelled. Please refer to our website - www.schooloflanguages.sa.edu.au for the most up-to-date timetable.

Community News



HOLIDAY SWIM

ENROLMENTS OPEN
NOW

Swim
and
SURVIVE

GET IN QUICK!



WWW.HOLIDAYSWIM.COM.AU



MARK YOUR CALENDAR & TELL YOUR FRIENDS

ARE YOUR KIDS MISSING KICKING THE
FOOTY WITH MATES? ARE YOU
LOOKING TO KEEP THEM ACTIVE AND
HAVING FUN?
COME JOIN THE SUMMER AUSKICK
TERM FOR 4-12 YEAR OLDS

AUSKICK
RECRUITMENT
DRIVE

ROTARY PARK,
CHRISTIES
BEACH

JANUARY
28TH
11AM- 2PM

INCLUDED ON THE DAY:

- FREE SAUSAGE SIZZLE & FRUIT BOX FOR PARTICIPANTS
- FOOTBALL GAMES
- PARENTS/ GUARDIAN PARTICIPATION WELCOME



More Information

Renee Gilbert- 0402 582 400
renee.gilbert.cbfc@outlook.com.au



KIDS TAEKWONDO

Resilience Confidence Discipline Fitness

- Children can start at the age of 5
- Self defence and anti bullying program
- Non - Contact Training
- Experienced WWCC Instructors
- Sports Voucher approved provider
- Olympic Sport



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