



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 - KI 	7/11 Governing Council	8/11	9/11	10/11
Week 5	13/11 Kindy Transition	14/11	15/11	16/11	17/11 Colour Run 
Week 6	20/11 Kindy Transition	21/11 School Assembly - Room 11 presenting 	22/11	23/11	24/11
Week 7	27/11 Kindy Transition	28/11	29/11	30/11	1/12 
Week 8	4/12 Pupil Free Day 	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 - 12.10pm 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!



Wow! Week 5...how did that happen? This term is flying by and we still have so many wonderful events to look forward to!

KINDY TRANSITION

On Monday we had our first of three kindy transition visits. We welcomed all the new students who will be starting with us as receptions in 2024. Christie and I also got to spend time with their parents and talk to them about our wonderful school. It was a wonderful positive visit for our new families and hope they feel welcomed and supported as they begin this new educational journey.

LEADERSHIP OPPORTUNITIES

Currently the year 3, 4 and 5 students are writing applications to be considered for one of our many leadership positions. We want students to have a genuine voice in their learning and their school and to give them opportunities to develop and grow their leadership skills.

The student leadership positions include School Ambassadors (current year 5's only) House and Vice Captains, Student Voice in Learning, Environment Committee, Wellbeing and Community Service Volunteers who support the library, canteen, office and IT.

Students who aspire to become part of our student's leadership team will need to demonstrate an understanding of and model our core values of **responsibility, respect** and **persistence**. There are also many leadership attributes like being organized, committed, collaborating with others, thinking creatively and being strong advocates to name a few. We will work with students to develop these attributes and make a positive difference at our school and the world around them.

We look forward to reading these applications, hearing the speeches from potential ambassadors and working with a fantastic group of students in 2024.

We thank the current leaders of our school for their commitment, dedication, leadership and support of our initiatives and community service. They will be acknowledged and celebrated in the week 9 assembly.

SHOWCASE

This year our wonderful Showcase will be at 1:45pm on Friday 1st December. We invite all families to join us to view wonderful performances of singing, dancing and drama across both streams. This is a beautiful display of what the students have been learning throughout the year and a lovely Christmas celebration as well!

HEALTHY...

WELL-THY

...AND WISE!

Grounding Techniques (Part 1)

It is normal for children (and adults at times) to experience big feelings, possibly anxiety, stress, fear, anger and/or other emotions from time to time. **Grounding techniques** are a great way to help control these experiences by turning our attention away from thoughts, memories, or worries, and refocusing on the present moment.

STRATEGY 1: 5-4-3-2-1 Technique: Using the 5-4-3-2-1 technique, you will purposefully take in details of your surroundings using each of your senses. Strive to notice small details that your mind would usually tune out, such as distant sounds, or the texture of an ordinary object.



What are 5 things you can see? Look for small details such as a pattern on the ceiling, the way light reflects off a surface, or an object you never noticed.



What are 4 things you can feel? Notice the sensation of clothing on your body, the sun on your skin, or the feeling of the chair you are sitting in. Pick up an object and examine its weight, texture, and other physical qualities.



What are 3 things you can hear? Pay special attention to the sounds your mind has tuned out, such as a ticking clock, distant traffic, or trees blowing in the wind.



What are 2 things you can smell? Try to notice smells in the air around you, like an air freshener or freshly mowed grass. You may also look around for something that has a scent, such as a flower or an unlit candle.



What is 1 thing you can taste? Carry gum, candy, or small snacks for this step. Pop one in your mouth and focus your attention closely on the flavors.

STRATEGY 2: Categories: Choose at least three of these categories below and name as many items as you can in each one. Spend a few minutes on each category to come up with as many items as possible.

Movies	Countries	Books	Cereals
Sports Teams	Colors	Cars	Fruits & Vegetables
Animals	Cities	TV Shows	Famous People

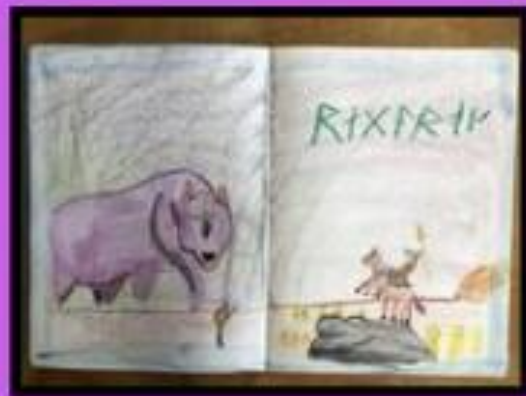
For a variation on this activity, try naming items in a category alphabetical. For example, for the fruits and vegetables category, say "apple, banana, carrot", and so on.



A huge **CONGRATULATIONS** to Olivia and Stella from Miss S's class, and Hayden from Mrs Golding's class for receiving Celebration of Values notices. Thank you so much for your positive contribution to our school.

Classroom News - Room 1 / Class 4

IN CLASS 4 WE HAVE JUST FINISHED OUR FINAL MAIN LESSON ON NORSE MYTHOLOGY. THIS MAIN LESSON WAS A LITERACY BLOCK WITH A FOCUS ON PAST, PRESENT, FUTURE TENSES AND PUNCTUATION. WE WERE ENTHRALLED AND THRILLED BY THE DRAMA AND TRAGEDY OF THE VOLSUNG FAMILY SAGA AND THE FINAL DAYS OF THE GODS CULMINATING IN THE STORY OF RAGNAROK, THE END OF THE WORLD. HIGH DRAMA AND TRAGEDY INDEED! PICTURED IS SOME OF THE WONDERFUL BOOK WORK FROM STUDENTS RELATING TO THESE STORIES.



2023 Showcase



2023 Showcase

Friday 1st December

1.45pm - 3.10pm

Sheidow Park School- End of Year Showcase!!

It's that time of year again!

All families are invited to attend our Steiner and Mainstream End of Year Showcase to see the performing arts skills our students have been learning throughout the year.

Doors open at 1.30pm for a 1.45pm start.

Please note, we will try to have ample seating to accommodate numbers, however seats are not allocated, so a "first in, first served" seating structure applies. There will be some standing room available.

A few notes to consider:

- 👤 Showcase day is still a normal school day and students will be dismissed as normal at 3.10pm.
- 👤 Audience members are kindly asked to commit to staying for the entirety of the performance- Audience members getting up to leave during the show is distracting and disheartening for our students who have been working hard to create and practice these pieces.
- 👤 If your child is not able to attend the Showcase, can you please inform your classroom teacher.

Thank you, and we are excited to see you at our Showcase!

TENNIS TOURNAMENT

Add ANZ Hotshots Tennis Excursion

On Monday 6th November we took approximately 30 Year 3 and 4 students to O'Halloran Hill Tennis Club for the ANZ Hotshots Tennis Day and what a fun day it was. Thanks to our volunteers: Karine, Naomi and Shelley plus staff member Hallie each team of students had an adult to help them at each game, we appreciate you taking the time to help. Also, a thank you to the parents that popped in to watch their children and support throughout the day. Final thank you goes to Jodie from the canteen for lending her tents to keep the sun off us during our breaks on a warm day. Students got the opportunity to learn and play fun games of tennis with schools in our area. They even had a dance party while playing. Our tennis players were placed in teams of approximately 8 people and they had games on modified tennis courts where they played doubles. They played against 4 different teams and rotated halfway through a game to play against different students, so they had a total of 8 mini games.

A massive congratulations to Maia Rm 11, Olivia Rm 10 and Connor Rm 5 for getting awards for being great sports all day by showing Respect, Responsibility and Persistence.



SAPSASA News



Blake N had an amazing week of cricket.

They played 2 games Tuesday won 2/2
Wednesday 2 games, game 2 was start of finals.

They played amazing and made it to the grand final for
Thursday. Southern Valley played an awesome game of cricket
in the Grand Final and won gold medal and that now
means our cricket team has progressed from division 3
to division 2 next year.



Canteen News



Friday 15th December

\$3.00 each

Sauces available on the day

Vegetarian/Vegan/Gluten Free available

ORDERS ONLY ON QKR

Orders close Friday 8th December 2pm.

NORMAL LUNCH ORDERS NOT AVAILABLE ON THE DAY

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



CONNECTED PARENTING WORKSHOP



Respectful care for all ages

JOIN US!

Monday 27th November, 7pm-9pm

Sheidow Park School

Room 2 (please enter through Room 1 off the basketball court)

Respectful care and Connected Parenting looks different with a newborn, with a toddler, with a pre-kinder child, with a childcare or kinder child and with a school child. Working through how to keep centered in our commitment to respectful care and make the right time for connection is central to a settled and mindful family life.

Unpacking truly connected parenting is key to a more peaceful family where children can play more independently and adults can get on with the work of the home without so much stress.

Please join us for an evening workshop to explore the basic rhythms of respectful care that support independence and foster joy. Daily practices, rhythms and self-care for adults. This course is for families from pregnancy to 9 years of age but all ages will benefit, as will all parents.



**Presented by Kate McMurray
Teacher and Family Coach
Mindful Family Life**

**Open to all parents/carers of
Sheidow Park School**

Please RSVP to Jodie on 83818911
or dl.1537.info@schools.sa.edu.au



0418 814 057

New Educator

We would like to welcome

Paige

Paige is an educator at another local OSHC service and is also studying Education support.

Please make her feel welcome 😊

Pupil Free Day

on Monday 4th December (week 8) Please contact Vanessa to book a spot for your child. It will be a fun day filled with various arts and crafts, outside play and watching a movie.

Lunch provided.

Vacation Care



Our program for the upcoming December 2023/January 2024 holidays will be released next week! (Week 6). We have so many exiting experiences on offer!

Early bird fees are charged for the first two weeks, with the first week ONLY open to Sheidow families, so get in quick to secure your spot!



OSHC News Fee Increase

Our Vacation Care fees will be increasing from Monday 18th December 2023 and our OSHC fees will increase next year from 29th January 2024. CCS will still apply to those families who are eligible. Please see attached letter for further information or contact Vanessa.

SHEIDOW PARK SCHOOL OSHC
Parent Information New Fee Structure | 2023



Dear families,

As of December, the 18th 2023 Sheidow Park OSHC will see a fee increase of the following sessions.

Session	Permanent booking	Casual booking
BSC	\$25.00	\$30.00
ASC	\$35.00	\$40.00

Session	Fee
VAC CARE – Early Bird	\$80.00
VAC CARE	\$85.00

This increase has not been introduced for the last 3 years to help support families and the community through the cost of living.

The increase in fees contributes towards providing high quality care through the activities we provide, staffing quality educators, excursions and in day activities during vacation care and providing afternoon tea/lunches where necessary.

Families are still entitled to their Child Care Subsidy (CCS) and will receive their allocated entitlements off of the new fee structure.

We appreciate your continuous support in OSHC & Vacation Care, if you have any further questions, please contact Vanessa.

We look forward to enjoying the remainder of term 4 with all of the SPS children and families.

Kindest regards,

Vanessa and the Sheidow Park School OSHC Team

Midyear intakes 2024



START SCHOOL

IN JULY!

THE NEW MID-YEAR INTAKE TO RECEPTION STARTS IN 2024.



STARTING PRIMARY SCHOOL

In South Australia, the first year of primary school is called reception.

From 2024, children who turn 5 years old:

- before 1 May can start school in term 1
- between 1 May and 31 October can start school in term 3 (mid-year intake)
- after 31 October can start the next year.

Children who start school at the beginning of the year will complete 4 terms of reception.

Children who start school in a mid-year intake will complete 6 terms of reception.



REGISTER YOUR INTEREST FOR 2024

Registrations of interest are now open to start school in the 2024 mid-year intake.



For more information visit
[www.education.sa.gov.au/
primary-school-enrolment](http://www.education.sa.gov.au/primary-school-enrolment)



Government of South Australia
Department for Education

START SCHOOL

IN JULY!



Government of South Australia
Department for Education



MY CHILD TURNS 5



Before 1 May

Between 1 May and 31 October

After 31 October



Starts school in term 1 (that year)

Starts school in term 3 (that year)

Starts school in term 1 (next year)



Completes 4 terms of reception (terms 1-4 the year they start)

Completes 6 terms of reception (terms 3 and 4 the year they start, then all 4 terms the next year)

Completes 4 terms of reception (terms 1-4 the year they start)



Starts year 1 (and each year after) in term 1

Community News

Welcome the world home



Host an international school student

South Australian
Government Schools



Government of South Australia
Department for Education



Want to discover the world from a different perspective? Host an international government school student to explore new cultures while receiving a weekly contribution of **\$340.***

Scan for more information



☎ 8226 3402

✉ education.homestay@sa.gov.au

internationalstudents.sa.edu.au/homestays



*(Starting 31/12/23)

Department for Education T/A South Australian Government Schools CRICOS Provider Number: 00018A