



NEWSLETTER

PRINCIPAL: Jo Miller

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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!



SHOWCASE

Wow! What an amazing *SHOWCASE!* I sincerely hope you all enjoyed it and appreciate all the wonderful learning the students have completed in The Arts over the year. It is a beautiful display of the dance, drama, singing and musical learning that happens in our classes, across our streams and as a whole school. It really unites our two streams and emphasises our "one school" ethos.

I want to again *THANK* our amazing teachers and support staff for all their time and effort and a special *THANK YOU* to Tayla Nelson-Milton our Performing Arts teacher for organising and co-ordinating the entire Show.

CLASSES

Classes for 2024 are being finalised and students will receive a letter on Friday of week 9 to inform you of their teacher. They will also have a short visit with their 2024 teacher (where possible) on this day.

GOVERNING COUNCIL

On Tuesday 5th December we have our final meeting for the year and I want to publicly *THANK* all the 2023 Governing Council members:

Naomi Ford (Chairperson)
Narah Zollo (Secretary)
Donna Smith (Finance)
Jodie Ginn (Fundraising rep.)
Fleur Samuel (Fundraising rep.)
Lisa Nelson (Fundraising rep.)
Jo McGuire (Canteen rep.)
Kristi-Lee Kalendra (Fundraising rep.)
Julie Cudbertson (Fundraising rep.)
Scott Carslake
Mel Howard (Staff rep.)



It has been a wonderful group of caring, thinking and supportive parents to work with and I really appreciate the time, effort and consideration they have put into this role.

Grounding Techniques (Part 2)

In our last newsletter I mentioned Part 1 of some grounding techniques that may help you and/or your children experience big feelings. They included the 5-4-3-2-1 technique, and Categories. Our next strategies look at body awareness and mental exercises.

STRATEGY 3: Body Awareness: The body awareness technique will bring you into the here-and-now by directing your focus to sensations in the body. Pay special attention to the physical sensations created by each step.

1. Take 5 long, deep breaths through your nose, and exhale through puckered lips.
2. Place both feet flat on the floor. Wiggle your toes. Curl and uncurl your toes several times. Spend a moment noticing the sensations in your feet.
3. Stomp your feet on the ground several times. Pay attention to the sensations in your feet and legs as you make contact with the ground.
4. Clench your hands into fists, then release the tension. Repeat this 10 times.
5. Press your palms together. Press them harder and hold this pose for 15 seconds. Pay attention to the feeling of tension in your hands and arms.
6. Rub your palms together briskly. Notice and sound and the feeling of warmth.
7. Reach your hands over your head like you're trying to reach the sky. Stretch like this for 5 seconds. Bring your arms down and let them relax at your sides.
8. Take 5 more deep breaths and notice the feeling of calm in your body.

STRATEGY 4: Mental Exercises: Use mental exercises to take your mind off uncomfortable thoughts and feeling. They are discreet and easy to use at nearly any time or place. Experiment to see which work best for you.

- Name all the objects you see.
- Describe the steps in performing an activity you know how to do well. For example, how to shoot a basketball, prepare your favorite meal, or tie a knot.
- Count backwards from 100 by 7.
- Pick up an object and describe it in detail. Describe its color, texture, size, weight, scent, and any other qualities you notice.
- Spell your full name, and the names of three other people, backwards.
- Name all your family members, their ages, and one of their favorite activities.
- Read something backwards, letter-by-letter. Practice for at least a few minutes.
- Think of an object and "draw" it in your mind, or in the air with your finger. Try drawing your home, a vehicle, or an animal.



A huge CONGRATULATIONS to Braxton and Cahill from Rohan's class, Aurora from Patrick's class, Georgia and Layla from Mrs McKenzie's class, Maia and Eliza from Rita's class, Riley and Georgia from Ms Kemmery's class, and Zara from Miss S's class for receiving Celebration of Values notices. Thank you so much for your positive contribution to our school.

Library News



Premier's Reading Challenge

Congratulations to everyone who completed the 2023 Premier's Reading Challenge!

This year 181 students participated in the challenge. PRC celebrated its 20 year anniversary this year. As part of the anniversary, students were asked to read 20 books. One class read their usual 12 books, which was amazing, and everyone else completed all 20 books. At assembly on the 21st November, classes were given their awards. Many students participate every year and are proud to add each award to their collection. Thank you to families for helping their children read plenty of books.

Overdue Books

Library books can be borrowed for 2 weeks. If books are overdue a note will be sent home reminding families to look for the book/s and return them.

ALL BOOKS ARE DUE BACK NO LATER THAN FRIDAY 8TH DECEMBER.

Please make sure books are returned by this date or please make a cash payment at the front office. These payments are necessary to replace books. Unfortunately, students are unable to borrow if they have any overdue library books.
Thank you to all of the students who return books on time.

Happy Reading,
Karen Dwyer.



Premiers Be Active Challenge

Thank you to each class at Sheidow Park School for completing the Premiers Be Active Challenge - What an excellent effort. If a class completes the challenge it means they were active for 60 minutes of each school day for at least 4 weeks. This includes PE lessons, fitness, laps of the track and also recess and lunch. During assembly in week 6 classes received their medals starting with Bronze medals for students competing the first time and all the way to Be Active For Life Bronze and Silver medals with students competing for the 7th or 8th year.

At Sheidow Park School we encourage classes to complete the Premiers Be Active Challenge for 10 weeks as we know how important being physically active is. The 10 week challenge puts us in the running to win \$1000 to promote physical activity. We were lucky enough to win \$1000 this year as we were selected as one of the 50 High Achieving Premier's be active Challenge Schools for 2023. This is exciting news as we are planning to use it to have fun and different activities at Sports Day in 2024. We have been lucky to win this money before and in 2023 the money went to having gymnastics, tug o war and ultimate frisbee at our Sports Day in Term 1. In previous years we fixed up the outside basketball hoops, bought padding for the outside basketball hoop poles and helped paint lines in the OSHC hall.



PE News



Add SAPSASA tennis

Congratulations to Charlie and the Southern Valley tennis SAPSASA team on the win 🏆



2023 MATERIAL & SERVICE FEES POLLING RESULTS

The first part of this process was sending watermark letters indicating the proposed fees for next year, in which you could write or attend the Governing Council if you had concerns about this.

The second part was setting the fees, based on any feedback received.

We then polled to approve the Material and Services legally recoverable amount.

Results:

Mainstream

66 Yes

15 No

Steiner stream

14 Yes

1 No



Explosion School Run 4 Fun

We couldn't have done it without you!

Thank you to all the participants for making our Colour Explosion School Run 4 Fun a huge success.

What an amazing effort, together we raised **\$8,744.05**

This money will go towards improvements around our courtyard and school for the students to enjoy.

Your prizes are on their way, so make sure you keep an eye out 👁️.

To all Fundraising MonSTARS, congratulations and you will be receiving a pack of Monty glitter gel pens, well done!

Thank you again for your support and generosity 🙏!
You made it truly unforgettable









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!

Sebastian S, Zakir M, Phoebe H, Benji BW



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

OSHC News



Vacation Care

Our program for December 2023/January 2024 holidays is out and bookings are coming in fast, so please return your forms and deposit ASAP to avoid disappointment!

Non-attendance

We have been looking for so many children around the school every afternoon recently as parents have not informed us that their child is either absent from school, gone home early or will not be attending their booked session of OSHC. Please note that the school's front office is not responsible for informing the service of these absentees, it is the parents responsibility to keep us informed. Please and thankyou for your co-operation and your understanding of this matter

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.

2024 Enrolment forms and medical plans

Please ensure you have collected a 2024 enrolment form for your child and returned it to the service, as well as an updated medical plan and medication if your child requires this. Please contact Vanessa if you are not sure when your child's requirements expire. Please note these are both legal documents and are compulsory for your child to attend our service.

SHEIDOW PARK SCHOOL OSHC

Vacation Care | 18th Dec 2023 – 26th Jan 2024



WEEK 1 – WEEK 2

| MONDAY 18 th December | TUESDAY 19 th December | WEDNESDAY 20 th December | THURSDAY 21 st December | FRIDAY 22 nd December |
|---|--|--|---|--|
| IN DAY | EXCURSION DAY | IN DAY | EXCURSION DAY | SCHOOL BASED DAY |
| | | | | |
| ANIMALS ANONYMOUS Animals Anonymous comes to OSHC. Experience and hold a variety of Australian wildlife animals <i>Activities</i> Painting Art & Craft *LUNCH PROVIDED* PASTA BAKE & GARLIC BREAD | IMAGINATION KIDZ PLAY CAFÉ Have fun on one of Australia's best indoor play cafes, climbing, exploring and playing with friends. <i>Activities</i> Hama beads Wool crafts Bus departure: 9:30am Arrival time back: 2:00pm | IGNITE VR EXPERIENCE Experience virtual reality at OSHC in a workshop with the team from Ignite VR Experience. <i>Activities</i> Scavenger hunt Art & craft *LUNCH PROVIDED* SOUP & BREAD | FASTA PASTA & FORESHORE PLAY – CHB Wear a Christmas shirt / hat and join us on our Christmas lunch to Christies Beach Fasta Pasta. Foreshore play to follow. *If you are attending this excursion please be sure to select one of the lunch options listed on the below booking form Bus departure: 11:30 am Arrival time back: 3:30pm | CHRISTMAS COOKING & PARTY DAY Wear something festive and join us in celebrating Christmas! <i>Activities</i> Christmas craft & cooking Christmas movie *LUNCH PROVIDED* PARTY LUNCH |
| OUTCOMES: 3, 4, 5 EYLF: 3, 5 | OUTCOMES: 3, 4, 5 EYLF: 3, 5 | OUTCOMES: 2, 3, 5 EYLF: 2, 4, 5 | OUTCOMES: 1, 2, 4 EYLF: 1, 4, 5 | OUTCOMES: 3, 4, 5 EYLF: 3, 4, 5 |
| MONDAY 8 th January | TUESDAY 9 th January | WEDNESDAY 10 th January | THURSDAY 11 th January | FRIDAY 12 th January |
| SCHOOL BASED DAY | IN DAY | EXCURSION DAY | SCHOOL BASED DAY | EXCURSION DAY |
| | | | | |
| STEM/ SENSORY DAY Enjoy experimenting with slime, Oobleck and cloud dough as we explore different STEM and sensory activities. <i>Activities</i> Slime, Oobleck, Cloud dough, group challenges *LUNCH PROVIDED* MINI PIZZAS | OLD MCDONALD'S TRAVELLING FARM The farm visits OSHC! Children can experience a variety of different farm animals, whilst feeding, brushing, cuddling and petting them. <i>Activities</i> Sand art & scratch art Baking *LUNCH PROVIDED* PASTA BAKE & GARLIC BREAD | NOARLUNGA SWIMMING CENTRE Swim in the giant pool, swing on the Tarzan rope and try your balancing skills on the inflatable fun run! *Please pack a spare change of dry clothes and a towel* Bus departure: 9:30am Arrival time back: 3:30pm | WHEELS DAY Bring your bike or scooter to OSHC and have fun on our inside wheels track. <i>Activities</i> Ice cube painting Traffic light cookies *LUNCH PROVIDED* CHICKEN, RICE & BREAD | MEGAZONE ENTERTAINMENT CENTRE MEGA ZONE - NOARLUNGA Play unlimited laser tag, arcade games and playground play at Mega Zone Noarlunga. <i>Activities</i> Group games Obstacle courses OSHC departure: 10:00am Arrival time back: 1:00pm |
| OUTCOMES: 3, 4, 5 EYLF: 3, 5 | OUTCOMES: 1, 4, 5 EYLF: 1, 2, 5 | OUTCOMES: 3, 4, 5 EYLF: 3, 5 | OUTCOMES: 1, 2, 3 EYLF: 2, 3, 5 | OUTCOMES: 3, 4, 5 EYLF: 3, 4, 5 |

*Reminder: Bookings are not accepted until a deposit and signed vacation care forms are received.

Contact Details
 Director: Vanessa Kelly
 Assistant Director: Brianna Adams


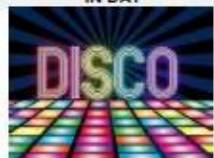





Mobile: 0418 814 057
 Email: oshc.director766@schools.sa.edu.au

SHEIDOW PARK SCHOOL OSHC

Vacation Care | 18th Dec 2023 – 26th Jan 2024



WEEK 3 – WEEK 4

| MONDAY 15 th January | TUESDAY 16 th January | WEDNESDAY 17 th January | THURSDAY 18 th January | FRIDAY 19 th January |
|---|--|--|---|---|
| <p>EXCURSION DAY</p>  <p>SEMPAFORE MOVIES & FORESHORE PLAY Enjoy a movie at the Odeon Cinema, a park lunch and then some outside/ playground play.</p> <p>*PLACE YOUR CINEMA ORDER ON THE FORM BELOW.</p> <p>Bus departure: 8:30 am Arrival time back: 3:30pm</p> <p>OUTCOMES: 3, 4, 5 EYLF: 3, 5</p> | <p>IN DAY</p>  <p>MAGIC MIKE DISCO & WORKSHOP Have fun foraging in the garden, building cubbies, pot painting, making nature crafts and enjoying the outdoors.</p> <p><i>Activities</i> Magic workshop, craft, cooking</p> <p>*LUNCH PROVIDED* PASTA BAKE & GARLIC BREAD</p> <p>OUTCOMES: 3, 4, 5 EYLF: 3, 5</p> | <p>SCHOOL BASED DAY</p>  <p>RAINBOW DAY Come dressed in your most colourful attire and spend the day making crafts, engaging in rainbow activities and having fun.</p> <p><i>Activities</i> Art & craft</p> <p>*LUNCH PROVIDED* TOASTED SANDWICHES</p> <p>OUTCOMES: 2, 3, 5 EYLF: 2, 4, 5</p> | <p>IN DAY</p>  <p>GOO ROO ANIMATION Engage in a animation workshop where you can create your own movie. Use lego, backdrops and film applications to great a spectacular movie.</p> <p><i>Activities</i> Team challenges</p> <p>*LUNCH PROVIDED* SOUP & BREAD</p> <p>OUTCOMES: 1, 2, 4 EYLF: 1, 4, 5</p> | <p>EXCURSION DAY</p>  <p>BOUNCE – MARLESTONE Bounce, climb and fly as you conquer the many obstacle courses Bounce Marlestone has to offer.</p> <p><i>Activities</i> Hama beads</p> <p>Bus departure: 9:30 am Arrival time back: 2:00pm</p> <p>OUTCOMES: 3, 4, 5 EYLF: 3, 4, 5</p> |
| MONDAY 22 nd January | TUESDAY 23 rd January | WEDNESDAY 24 th January | THURSDAY 25 th January | FRIDAY 26 th January |
| <p>SCHOOL BASED DAY</p>  <p>OSHC WATER PLAY DAY Enjoy completing water obstacle courses, games and outside play on the oval.</p> <p><i>Activities</i> Loom bands Group games Water play</p> <p>*LUNCH PROVIDED* SPAGHETTI BOLOGNESE</p> <p>OUTCOMES: 3, 4, 5 EYLF: 3, 5</p> | <p>EXCURSION DAY</p>  <p>HOLEY MOLEY & PLAYGROUND CRAWL Join us at Holey Moley for 18 holes of mini golf fun. Enjoy a park lunch and playground crawl to Goliver and Princess Elizabeth Playground in Adelaide's CBD.</p> <p>Bus departure: 10:30 am Arrival time back: 3:30pm</p> <p>OUTCOMES: 3, 4, 5 EYLF: 3, 5</p> | <p>EXCURSION DAY</p>  <p>BEACHOUSE – GLENELG Join us at the Beachouse for unlimited amounts of fun!! Dodgem cars, mini golf, waterslides, carousel, train and much more.</p> <p><i>*Please pack a spare change of dry clothes and a towel. Children are required to wear swimwear for this activity.</i></p> <p>Bus departure: 9:30 am Arrival time back: 2:30pm</p> <p>OUTCOMES: 2, 3, 5 EYLF: 2, 4, 5</p> | <p>SCHOOL BASED DAY</p>  <p>PJ & MOVIES DAY Come to OSHC dressed in your comfiest clothes or PJ's and enjoy a (G/ PG) movie or two.</p> <p><i>Activities</i> Art & Craft</p> <p>*LUNCH PROVIDED* CHICKEN, RICE & BREAD</p> <p>OUTCOMES: 1, 2, 4 EYLF: 1, 4, 5</p> | <p>HAPPY Australia day</p> <p>OSHC Closed!</p> <p>26th January 2024</p> <p>OUTCOMES: 3, 4, 5 EYLF: 3, 4, 5</p> |

***Reminder: Bookings are not accepted until a deposit and signed vacation care forms are recived.**

Contact Details
Director: Vanessa Kelly
Assistant Director: Brianna Adams

Mobile: 0418 814 057

Community News



FEMALE FOOTY

OPEN/INFO DAY

SUNDAY, DECEMBER 10
11AM - 1PM

FREE SAUSAGE SIZZLE FOR ALL, SO DON'T BE SHY!
BRING A FRIEND OR 2 TO HAVE A LOOK THROUGH OUR FANTASTIC FACILITIES, HAVE A KICK IF YOU LIKE & REGISTER YOUR INTEREST FOR THE 2024 SEASON - IN ANY OF THE BELOW AGE-GROUPS

AUSKICK (GIRLS ONLY SESSIONS) PLUS...
U/8 - U/10 - U/12 - U/14 - U/16

FOR MORE INFORMATION, PLEASE CONTACT DARRYL ON: 0431 580 219
OR EMAIL US AT: MPFC.JUNIORS@HOTMAIL.COM

DIVISION 1 PREMIERS 2023



MORPHETTVILLE PARK ROOS
DENHAM AVE, MORPHETTVILLE

18 PLAYERS GONE ON TO PLAY AFLW



NETBALL HOLIDAY CLINICS

JOIN US FOR A FUN &
INTERACTIVE SESSION OF
SKILLS AND DRILLS

DATE: Sunday 21 January 2024
VENUE: Marion Leisure & Fitness Centre
Cnr Oaklands Road & Rosedale Ave, Morphettville
TIME & AGE: 10.00am - 11.00am, 5- 7 years
11.30am - 12.30pm, 8 - 13 years
COST: Free

TO REGISTER AND FOR MORE DETAILS:

WWW.CHEERIONETBALL.COM | SECRETARY@CHEERIONETBALL.COM | 0419 810 656



Christmas by the Sea

Hallett Cove Community Carols 2023



Free
Event

Friday 8th December, 6:30 - 8:30pm

Guest Artist & MC - Vanessa Kersting
BYO Picnic & Blanket