

# SHEIDOW PARK SCHOOL



Mainstream and Steiner Education R-6  
*A village of learning, a world of opportunity*



Government of South Australia  
Department for Education



## PRINCIPAL'S WELCOME

### Jo Miller

At Sheidow Park School we pride ourselves on our inclusive environment, where positive, supportive relationships between students, staff and families are developed and nurtured.

Established in February 1980, we are a thriving public R-6 dual-stream school. Currently, the school accommodates approximately 300 students in both Mainstream and Steiner education. Our 'boutique' size school means we can build strong connections with students while still being able to offer excellence and equity in our learning opportunities.

**In 2015, the school began offering Steiner education for families looking for an alternative education option. We operate as a dual-stream school with a 'one school, one vision' approach.**

Having Steiner and Mainstream curricula taught in the same school is a wonderful opportunity for parents and the school community to grow and learn from each other. Students from the two streams benefit from sharing the school grounds and facilities, developing friendships and engaging in whole-school activities and celebrations.

Our school boasts strong parental involvement in every aspect of school life. We are grateful for the support of our community and make every effort to cultivate an atmosphere that encourages and values this involvement. We always look forward to inviting the Sheidow Park and surrounding community to our biennial Moon Lantern Festival to celebrate Asian culture, watch the student lantern parade and enjoy a fireworks display.

There are plenty of opportunities to learn more about our school. Book a tour, join our playgroups, or attend one of our community gatherings to experience the *Sheidow Life*. Families who align with the Steiner philosophy are encouraged to ask for our Steiner handbook.



# STUDENT WELLBEING

Wellbeing is an integral part of our students' educational journey. We have implemented the Berry Street Education Model, a teaching and learning pedagogy that is inclusive of all students. Through trauma-informed practices and positive education underpinning wellbeing approaches, we create a supportive, inclusive and engaging learning environment.

The start of our day and transition to specialist subjects often begin with a Welcome Circle, where students are greeted warmly by name. During the Welcome Circle, the teacher and students agree on the expectations, values and goals for the day. It is also an opportunity to acknowledge and celebrate individual students. Welcome Circles are an engaging time where students can experience a sense of connection and community with one another.

Students are also taught interoception skills. They are guided through interoception activities that support self-regulation and self-recognition of the internal physical and emotional states of their bodies. It's a useful tool for students to assess whether they are ready to learn.

**In 2022, teachers introduced wellbeing journals with their students. Our wellbeing journals foster engagement in conversations relating to emotional intelligence, understanding the body, identifying feelings, character strengths, stamina, engagement, relationships, mindfulness and address our core values of respect, persistence and responsibility.**

Breakfast club was introduced in 2023 after talking to parents who view it as a wellbeing opportunity for students to come to school and make connections before the day starts. This program is supported by our pastoral care worker and KickStart for Kids. We also encourage parents to stay and have a chat.

*Our Wellbeing Leader collaborates with staff to support the creation of positive environments for learning. A number of wellbeing initiatives are also in place to support students.*





## EFFECTIVE LEARNERS

Our school provides excellent learning and teaching programs using the Australian curriculum and Steiner Education Australia curriculum. All students experience learning opportunities in the following core learning areas:

- Mathematics
- The Arts
- Languages - Japanese
- English
- Science
- Humanities & Social Sciences
- Health and Physical Education
- Technology (Mainstream only)
- Craft (Steiner only)

Our school values, RESPECT, RESPONSIBILITY and PERSISTENCE, underpin all teaching and learning. We place a strong emphasis on learner wellbeing and a 'one school, one vision' approach that incorporates both of our streams.

We provide varied, challenging and stimulating learning opportunities that build on students' own abilities, interests, culture and experiences. We aim to develop the knowledge, skills and character strengths that support and empower them to become skilled, successful and compassionate citizens. Students with additional needs are supported through various models of differentiation, intervention programs and IESP funding where appropriate.



ANZAC Day dawn service 2023

## LEARNER AGENCY

Our school is dedicated to fostering authentic student leadership and voice. We offer a variety of opportunities for students in Years 4-6 to take on leadership roles. These roles encompass Student Voice in Learning, House Captains, Community Service Volunteers, and an Environment Committee.

Our Student Ambassador Leadership Program commenced in 2019. Student Ambassadors represent all students and provide a platform for their voices to be heard in various aspects of school life. Ambassadors also represent the school at external events.

Students apply for leadership roles in Term 4 and commence these roles the following year. Leadership roles are coveted positions among students and the number of applications received for these roles is high.

A new Junior Leadership Development Program was implemented in Term 3, 2023. This program is designed to teach, build and encourage leadership skills in our little people. We believe that supporting, growing and nurturing skills and character strengths is important. These skills help students to work collaboratively, advocate for others, solve problems creatively and build their self esteem. Developing student's knowledge, skills and capabilities supports students to become active compassionate citizens that are lifelong learners.



## EQUITY AND EXCELLENCE

Our school is dedicated to creating learning environments that are safe, inclusive and collaborative. We believe that all students can, and are entitled to, progress in their learning. Students are given learning experiences with appropriate challenges, differentiated support, quality feedback and on-going assessment. We strive to develop healthy, positive relationships so that students can voice their opinions and take risks with their learning. Students are reminded and encouraged to question and persist through their learning journey. Teachers and students have joint ownership of the learning environment, incorporating prior knowledge and interests with the understanding that mistakes are part of an effective learning cycle.

Our teachers have a wide range of experience and expertise and they regularly engage in professional development. Our pedagogical development focuses on high impact teaching strategies that support students to learn how to learn! We also focus on trauma aware practices that support every child to feel safe, learn how to self-regulate, and engage in their learning.

### **As a school community we are committed to:**

- providing a safe, caring learning environment
- developing positive relationships between child, parent and teacher
- recognising and fostering the uniqueness and individuality of each child
- fostering positive self concept and self esteem
- enabling genuine student leadership and learner agency



# PHYSICAL EDUCATION

Students have 2 x 50 minute lessons of PE with a specialist teacher each week. From Reception to Year 4 students participate in a safety swim program each year at the Noarlunga Aquatic Centre. This week long program helps build water confidence, survival and swimming techniques.

The aquatics program for Years 5 and 6 at Port Noarlunga is looked forward to by many of our senior students. This program includes kayaking, sailboarding and snorkelling.

School Sports Day is a much anticipated whole school-community event each year, reflecting aspects of the school PE program. External providers are often engaged to provide a diverse and popular range of activities including tug of war and gymnastics.

## SPORT

We provide sporting opportunities across all year levels and skill levels.

A range of after school sports programs are supported, including football, basketball and soccer. Sports on offer often reflect student interest and are therefore offered on a demand basis. Parents are actively involved in coaching and managing teams.

The school supports significant student involvement in a range of SAPSASA (South Australian Primary School Amateur Sports Association) activities, primarily for students in Years 5 and 6. SAPSASA sports include tennis, softball, baseball, swimming, cricket, football, netball, hockey, rugby, beach volleyball, athletics and cross country, and are competed at both a local and state level.





## JAPANESE

Students learn Japanese as a second language. Our experienced Japanese teachers deliver an engaging and diverse program, with each class having 2 x 50 minute lessons a week.

## MOON LANTERN FESTIVAL

With the support of our community, our Japanese teacher organises and coordinates our biennial MOON LANTERN FESTIVAL. This amazing event is open to the community and provides year 5 and 6 students a wonderful opportunity to get hands on experience in organising a whole school/ community event. These students are responsible for the planning, cooking, advertising and running of stalls on the night. All students are involved in designing and making their own lantern which they proudly present to the community in our lantern parade.

Trott Park Kindergarten children and their families are also invited to participate.

The night culminates in spectacular fireworks and is an event not to be missed!







## PERFORMING ARTS

The Performing Arts program at Sheidow Park School focuses on Music, Dance and Drama. Students are encouraged to build their confidence and express themselves creatively in a safe and nurturing environment where they can practise using their growth mindset to try new and challenging things.

In Music all students are exposed to music of various cultures and take part in learning about where music comes from and why people create and play music all around the world. In reception we focus on developing confidence in singing and using aural skills to identify pitch. As students get older they start to learn about music notation reading, beat and rhythm, dynamics and tempo, all while exploring a variety of different instruments. By year 6, students are confident in their ability to try new musical concepts and learn about more complex instruments.

In Dance, our goal is to create an understanding of fundamental movements in a fun and creative way. Starting in reception, students are given opportunities to express themselves through movement and analyse how and why people communicate ideas through dance. They start with mimicking movements and build on that knowledge to start creating dance sequences by year 6.

Through Drama, students learn about expression, improvisation and situation, and build their literacy skills around story development and structure. Students start by exploring simple improvisation through games and stories in reception. As their skills grow they explore drama in action with short plays, drama circles, and drama from other cultures. By year 6, students are beginning to create their own short plays and dramatic sequences.

All the skills learnt throughout the year in Performing Arts lessons are displayed at our End of Year Showcase, giving students a performance goal to strive for.

As part of the Performing Arts program, we also offer a year 5 and 6 choir that participates in the Primary Schools Festival of Music each year. This is an incredibly rewarding extra-curricular program that opens up a world of exciting opportunities for musically focused students interested in singing with a committed and supportive team.



## CRAFT

Craft is a specialist subject within our Steiner Stream. Students in the Steiner Stream have two 50 minute Craft lessons a week.

Craft tends to the creative needs of our heads, hearts and hands. Through handwork, students are introduced to a range of natural materials and develop their fine motor and social skills. Weaving, knitting, crochet, embroidery and clay work offer the child a means to develop life skills such as persistence, problem-solving and a sense of achievement. Students are supported by a specialist craft teacher and parents are encouraged to assist in the younger years. Craft ignites wonder in the early years and progresses through to upper primary, incorporating colour theory, pattern, symmetry and history.





## ART CLUB

A new program for our school, art club is run by our talented artistic Steiner teacher Rita.

Art club is offered during lunch twice a week (junior students and senior students) and has proven to be very popular!

It's a fantastic space for students who are looking for a creative outlet, want to learn new skills or to make new friends!

Art club is a space for students who have a passion for visual arts, enjoy drawing, painting and sculpture, and would enjoy spending time expanding their skills and knowledge in art.

## BREAKFAST CLUB

Our breakfast club takes place in the courtyard each Tuesday morning of school term (except week 1). Everyone is welcome!

It is made possible with the support of KickStart for Kids and local church groups, and managed by our Pastoral Care Worker Deb. Each week you'll find Deb, our Principal Jo, and Wellbeing Leader Christie putting together breakfast options for students with the support of some parents and other community volunteers. We even have students volunteering their time to help out too. It's becoming a bustling hub on Tuesday mornings and a great place to meet before the day starts!

Breakfast club is an initiative of Governing Council in response to Covid, aimed at reconnecting our community and supporting student wellbeing, especially those who struggle with getting to school.





## PLAYGROUPS

Our weekly playgroups are a popular activity for children and their parents or caregivers during school term. We offer a playgroup for families considering Mainstream education at Sheidow Park School, and a separate bush playgroup for families who align with the Steiner philosophy of education and play. The mornings are a perfect way for children and their families to become engaged in routines, meet other families, enjoy hands-on play and begin experiencing the Sheidow Life.

Both playgroups are provided free to the community and are led by qualified staff who prepare wonderful and engaging programs each week.

## OSHC & VACATION CARE

Our Out of School Hours Care program is highly sought after by our school community. We also offer a popular Vacation Care program that attracts students from neighbouring schools. As a school-operated program, all profits are reinvested into new resources for the OSHC program and school to benefit students.

We are proud of our inclusive service, and we welcome input from both students and parents. Our qualified staff, some of whom also work as teachers or student support officers, prepare a fantastic program of activities for our students to enjoy.



# PASTORAL CARE

Debra our Pastoral Care Worker (PCW) provides a Chaplaincy service to Sheidow Park School on behalf of the Southern Ministry Group.

Working closely with the leadership team and other staff, Debra provides pastoral care and practical support to students, families and staff where needed.

Debra is a welcome sight across the school community and you will regularly find her at school events. She is an integral part of the school community and the ongoing success of our breakfast club on Tuesday mornings.

Debra has been working within school communities for 18+ years and has developed many connections and strong relationships. She is a very approachable, respectful and caring person who always shows compassion and understanding.

## Debra's regular days at Sheidow Park are:

### Tuesday and Thursday

Students can connect with Debra by asking their teacher to make an appointment, approaching her at recess/lunch or leaving a note in her 'letterbox' on the front office counter.

Parents/caregivers are welcome to call or email Debra. In-person meetings are also welcome by making an appointment.

If you would like to connect with Debra  
Phone: 83818911 or  
Email : [debra.smith163@schools.sa.edu.au](mailto:debra.smith163@schools.sa.edu.au)

The support Debra provides is vast and includes:

- recruiting and organising volunteers
- support for families or individuals in times of crisis
- food hampers/emergency food
- support at special school events
- fundraising initiatives
- home visits
- informal chats
- religious education
- strong connections within the community
- referrals to support agencies
- kimoichi lessons

Debra also has a degree in Counselling, Grief and Loss.





# Parent Handbook

This section of the handbook provides important information to guide your child's successful journey at Sheidow Park School, including our school's routines policies and practices, school payments, parent involvement and community.

Much of the content will answer parent/caregiver frequently asked questions. If there is something not covered here or you need more information, please call the front office on 8381 8911.

## School policies and procedures

A comprehensive list of school policies and procedures are available to read and download on the school website.

## Uniform

Our school uniform policy promotes a sense of belonging and unity among students, fostering a positive school environment and a sense of pride. All students are required to wear the school uniform and follow the dress code with respect to makeup and accessories. We are currently transitioning to a new logo and both logos are acceptable until the end of 2025. The uniform policy is available on the school website.

Uniforms can be purchased from Marino Uniforms either via QKR or by visiting their store. QKR purchases are delivered to the school every Thursday for your convenience.





# Contacting Us

## Who do I contact?

For all inquiries about your child's learning and wellbeing, the first point of contact will be your child's teacher. If needed, the teacher will refer you to another staff member.

Parents are given their teacher's contact details at the beginning of the school year. This might be an email address, ClassDojo or Team App, depending on the teacher's preference. You may also leave a message for the teacher or other staff member with the front office.

Please be mindful that teachers may not be able to respond to your message straight away. All urgent matters should be communicated to staff in the front office.

### Front office reception

(08) 8381 8911

[dl.1537.info@schools.sa.edu.au](mailto:dl.1537.info@schools.sa.edu.au)

### Finance

(08) 8381 8911

### Student absences

(08) 8381 8911

[dl.1537.info@schools.sa.edu.au](mailto:dl.1537.info@schools.sa.edu.au)

### School uniform

Marino Uniform

08 8293 3837

[sales@marinouiforms.com.au](mailto:sales@marinouiforms.com.au)

### School website

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

## Reception hours

Monday to Friday 8.00 am - 4.00 pm

office hours may vary during school holidays.

## School hours

Please note that students should not be on school grounds before the first bell (unless attending breakfast club on Tuesday mornings).

8.25 am	first bell
8.40 am	second bell - classes begin
<b>10.50 am</b>	recess
11.20 am	lessons
12.50 pm	lunch eating time
<b>1.00 pm</b>	lunch play time
1.30pm	afternoon lessons
3.10pm	dismissal

Teachers finish yard duty at 3.25 pm.

### Tuesday dismissal is 2.20 pm

for staff professional development and meetings.

Students who are not collected from school by 3.25 pm will be sent to front office and parents contacted.





# School Communication

Communication between the home and school is extremely important. We have a variety of ways that we share information with you.

## Personal contact

The first point of contact should always be with your child's teacher. They are always open and willing to discuss your child's learning with you.

Teachers will have an online communication platform like ClassDojo or Team App to share classroom news and information. Please ask your child's teacher for access to this. They may also use email or phone calls if they need to speak to you about your child. We welcome you to book a time to meet your child's teacher in person if needed.

## School notices

Download and install Stack Team App and select the Sheidow Park School group. You can download this for free on your smartphone or tablet. This app will enable you to access our school notices, receive important notifications, use QQR and access our Facebook page!



## Newsletter

Our fortnightly digital newsletter is sent to all families via Team App. Current and previous issues can be read on our website. It shares important announcements, school achievements, upcoming events and wellbeing information and highlights the work of a different class each fortnight.

## Social media

You can keep up to date with school news, events and achievements by following our Facebook and Instagram pages. Please note - these pages complement and support, not replace, our other formal communication modes.

## School to home contact

There may be times when school staff need to contact you. Your contact details are provided upon enrolment and we ask you to update them each year. Please ensure that you notify the school should any of these details change throughout the year. This allows us to contact you directly and quickly if needed.

If a student has received a Reflection Room for inappropriate yard behaviour or an Office Referral for inappropriate classroom behaviour you will receive an automated text message. If the behaviour is more serious, a member of leadership will contact you.

## Assemblies

Our whole school assemblies are held in the gym on Tuesdays at 1:30 pm, in weeks 3, 6 and 9 each term. All classes have the opportunity to share their learning throughout the year. We also have special assemblies to celebrate different events e.g. Book Week, Remembrance Day etc.

Families are always welcome to join us at any assembly. If your child's class is presenting at the assembly, you will also receive a special invitation to attend.



**Sheidow Park School**



**sheidow\_park\_school  
sheidow\_park\_steiner**





# Punctuality and Attendance

We encourage punctuality from all our students and encourage parents and caregivers to support students to arrive before the 8.40am bell, ready to learn. Arriving 5 minutes late every day adds up to over 3 days lost each year, impacting your child's learning and disrupting the classroom.

**Students arriving after 8.40am must report to the front office before going to their class.**

If your child is going to be absent due to sickness or other reasons, please notify the front office before 9.30am. A text message will be sent to parents if we aren't notified of the absence.

- absences of 3 or more days require notification in writing or a doctors certificate
- extended absence other than for sickness (e.g. family holiday) requires an exemption form to be completed. Exemption forms are available in the front office

Unsatisfactory attendance, repeated unexplained absences or persistent lateness will result in contact with parents/caregivers by their child's teacher or the leadership team, or with the Department Attendance Officer.

1 or 2 days a week doesn't seem much but.....			
If your child misses.....	That equals....	Which is.....	Over 13 years of schooling, that's.....
1 day per fortnight	20 days per year	4 weeks per year	nearly 1 ½ years
1 day per week	40 days per year	8 weeks per year	over 2 ½ years
2 days per week	80 days per year	16 weeks per year	over 5 years
3 days per week	120 days per year	24 weeks per year	nearly 8 years

But what about 10 minutes late a day?			
He/she is missing just	That equals....	Which is.....	Over 13 years of schooling, that's.....
10 mins per day	50 mins per week	nearly 1½ weeks per year	nearly ¼ year
20 mins per day	1hr 40mins per week	over 2 ½ weeks per year	nearly 1 year
30 mins per day	1/2 day per week	4 weeks per year	nearly 1 year
1 hour per day	1 day per week	8 weeks per year	over 2 ½ years





# Volunteering

All staff welcome and value parent/caregiver participation and involvement. Parent/caregiver volunteering at our school can include

- helping within your child's classroom (e.g. listening to reading, craft activities etc.)
- helping in the library
- assisting in our school garden
- helping in the canteen or other whole school events like sports day or the school disco
- helping with excursions/camps/festivals
- coaching/managing after-school sport
- joining the governing council or one of its sub-committees

If you would like to volunteer, please speak with your child's teacher, or Jodie in the front office.

When you work with children you are considered a mandated notifier. This means you need to understand how to notify and report child abuse. All Sheidow Park School volunteers must complete mandatory notification training and keep it current. This includes governing council members. The training is called Responding to Risks of Harm, Abuse and Neglect – Education and Care (RRHAN-EC) and is a fundamentals course that is completed online. You can access this course via [plink.sa.edu.au](http://plink.sa.edu.au) and log in as a non-government employee. You are also required to complete a Working With Children Check (WWCC) if you want to volunteer for excursions and camps. This is free of charge for volunteers. Please speak with Jodie in the front office for help getting started. You will need to provide a copy of your certificates before you can volunteer.

# Governing Council and Committees

Being on governing council is a great way to get to know other parents and carers and stay informed about the school's activities. As representatives of the broader school community, governing council members support and contribute to the direction and vision of the school. Elected members are also requested to join one of the following committees: fundraising, finance, OSHC and canteen.

Governing council meets twice a term. The role of the governing council includes:

- establishing a vision and direction
- setting priorities
- facilitating planning and oversight
- evaluation and accountability
- policy development and approval
- other functions as designated by the Minister

For more information, see the Committees page of our website.





# Fees and Payments

## Materials and services charge

***The materials and services fee is set by the governing council each year.***

The materials and services fee covers all school items and services (including stationery) excluding incursions, excursions, school camps and other activities like swimming and aquatics.

Payment of fees can be made via credit card, EFTPOS, direct debit or QKR. Please contact our finance officer if you would like to pay by instalment.

Families on low incomes may be eligible to receive government assistance to pay the materials and services fee (school card system). Please contact the finance officer for more information.

## Other school payments

QKR is the preferred method for all other school payments. The Department for Education permission forms that are required for all excursions/camps are completed within the app as part of the payment process.

OSHC and Vacation Care accounts, canteen lunch orders, uniform orders, excursions and other events are paid via QKR.

Late payments for excursions incur a \$5.00 late fee.



# Canteen

The school operates a canteen three days a week on Wednesday, Thursday and Friday. It operates with an amazing canteen manager and many volunteers. Canteen volunteers are always needed and welcome!

Lunch can be ordered via QKR by 9:00 am each day. Our canteen manager uses natural produce where possible and aligns the menu with the Rite Bite program.

Special lunch days are held frequently throughout the year. On these days lunch orders from the normal menu are unavailable.

Please be aware we are a NUT FREE site.

Please see our website or QKR for the price list.





# Our Values

**Respect, Responsibility, Persistence**

*We emphasise 'one school, one vision' to incorporate both Mainstream and Steiner education*



## Experience the #SheidowLife

21- 43 Adams Road  
Sheidow Park SA 5158  
Phone: 83818911  
Email:  
[dl.1537.info@schools.sa.edu.au](mailto:dl.1537.info@schools.sa.edu.au)  
<http://sheidowps.sa.edu.au>



Sheidow Park School



sheidowparkschool  
sheidowparksteiner