



NEWSLETTER

PRINCIPAL: Jo Miller



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DIARY DATES : TERM 1, 2024

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Week 1	29/1 School is back	30/1	31/1	1/2	2/2
Week 2	5/2	6/2	7/2	8/2	9/2
Week 3	12/2	13/2 Open Afternoon 2:30 -4pm 	14/2	15/2	16/2
Week 4	19/2	20/2 	21/2	22/2	23/2
Week 5	26/2	27/2	28/2	29/2	1/3
Week 6	4/3	5/3 	6/3	7/3	8/3 Proposed Pupil Free Day - TBC
Week 7	11/3 	12/3	13/3	14/3	15/3 Room 3 - Class 6 
Week 8	18/3	19/3	20/3	21/3	22/3
Week 9	2/3	26/3 	27/3	28/3  Yr 5/6	29/3 
Week 10	9/3 	2/4	3/4	4/4 	5/4
Week 11	8/4	9/4	10/4 	11/4	12/4 2.10pm 

School Starts - Term 2 – Monday 29th April 2024



...a moment with Ms Miller!



STUDENT LEADERS:

I want to start by congratulating our school ambassadors – **Nia, Joshua, Rory, Anabel** and **Zali** who organised, set up and ran assembly on Tuesday. They did an amazing job and have shown me already how committed, organised and passionate they are about being successful leaders and positively representing our school.

Our wellbeing, student agency and environment leaders plus our house captains also did a fantastic job introducing themselves and their roles at assembly. Speaking in front of a large group of children and adults can be very daunting, but they all spoke confidently, were brave and responsible – all excellent attributes of leaders!

NEW WEBSITE!

I hope you have all had a chance to look at our brand new website! It is fresh, modern and hopefully easy to navigate and find everything you need. If you haven't had a chance yet, please check it out at: <http://sheidowps.sa.edu.au>

OPEN AFTERNOON:

We hope you had the opportunity to come to our 'Open Afternoon' on Tuesday and go to meet your child's teachers, see their classrooms and ask any questions you may have had. It is really important to us that our school environment is conducive to open communication, positive interactions and working in partnership with parents/carers!

THANK YOU!

Big thanks to parent volunteers – **Alex** and **Mark Bell, Symon** and **Hayley Merritt** who volunteered to put our new ping-pong tables together this week. These are a late addition to our courtyard revamp and through the wonderful work of our fundraising committee.

The students love them and we are very grateful for your time and effort!

AGM / GOVERNING COUNCIL

Just a reminder that the Annual General Meeting and first Governing Council meeting is on next Tuesday. The AGM will be presented by myself, other staff members and our current GC chairperson Naomi Ford, celebrating all that we achieved in 2023.

If you are wanting to nominate yourself or another parent/carer, please get a form from Jodie in the office. We will be declaring 6 vacancies and if there are more than 6 people nominating, everyone will need to do a short introductory speech. This is just to introduce yourself to those who will be voting. You could include how many children you have at Sheidow, what stream they are in, why you want to be on Governing Council, what you can bring to the group and any special skills you may have!

If you do not want to be on Governing Council but would like to nominate for a committee please add your name to the list on the night or let me know. Along with our current committee's Canteen, OSHC, Fundraising and Finance we will be introducing a new Steiner committee.

HEALTHY...

WELL-THY

...AND WISE!

Resilience PART TWO

How parents can build children's coping skills:

Feeling loved and safe: Children need to feel loved and safe and that they have a place in the world where they belong. Children build an inner sense of self-worth (self-esteem) from birth even before they know who they are.

Children need you to:

- ✓ Spend time with them
- ✓ Show them you care with actions and words
- ✓ Support their interests
- ✓ Listen and show you value what they say (even if you don't agree).

Predictable routines and family rituals can help children feel secure in times of stress. You could have regular meal times, bed times and night time routines, e.g. bath, story, goodnight kiss.



Feeling safe and loved provides a strong foundation for coping

Managing feelings: A sense of being in control of themselves builds children's confidence. Some children are easily upset when things go wrong and can find it hard to control their reactions.

Some ways to help all children are to:

- ✓ Acknowledge their feelings, e.g. 'I can see you feel sad/upset, 'It is okay to cry'
- ✓ Let them know all feelings are okay, even difficult ones
- ✓ Help them name their feelings, e.g. anger, frustration, worry
- ✓ Stay close and help them calm down. They will get better at calming themselves the more you do this. If they would rather be on their own, let them know they can come to you when they are ready
- ✓ Say that difficulties are part of life – they will pass and things will get better

Being resilient doesn't mean never having difficult feelings. It is about managing them in healthy ways. Sensitive children can be just as resilient as other children.

Focusing on strengths: Knowing their strengths helps children feel they have some power in their lives.

You could:

- ✓ Notice children's strengths and tell them, eg kindness, fairness, honesty, bravery
- ✓ Talk about how they can use their strengths when there are problems
- ✓ Focus on what they can do, not what they can't do
- ✓ Give them lots of time to do what they are good at
- ✓ Praise efforts rather than outcomes, e.g. 'I can see how hard you worked on your project'. Be specific so they know what they have done well, e.g. 'I like the detail you put into that diagram'

Showing your genuine delight in what children are learning or doing has a powerful impact



Congratulations to Alec from Andrew's class, Melody and Milah from Mrs Howard's class, Ava, Irie and Mick from Patrick's class, Belle from Grant's class and Thomas from Christine's class for receiving a Celebration of Values Notice, and being such wonderful members of our school community!

Christie Wilson / Deputy Principal (wellbeing)

Classroom News - Room 11 - Class 2



CLASS 2 NEWS

Class 2 has started the year with a lot of surprises and new additions. We welcomed our new student Alaska, and then at the end of week one gave a beautiful Milkweed plant to every family in our class. We grew these from tiny seeds last winter and they were now ready to take home and plant. Not only that, but one of them has a caterpillar already on it. It is growing in our classroom every day and one day this will be a Monarch Butterfly!!



We are planning on donating some milkweed plants to Tim so that we can have even more butterflies living in our Butterfly Garden.

Our Main Lesson has been Summer Stories from Nature. We have explored the ocean, beaches, forests, rivers and deserts at summertime. Lots of Australian animals have featured in our stories. Here are a few pages from some books, plus our main Chalkboard drawing.



New Website



Table tennis tables



Our new table tennis tables have arrived and were kindly put together by two wonderful school families 🙏 Thank you for volunteering your time and effort! The tables are a fantastic addition to our revamped courtyard, made possible by the hard work of our fundraising committee and generous community donations.

[#SheidowLife](#)

[#ItTakesAVillage](#)

[#SchoolCommunity](#)

[#SchoolVolunteers](#)



Updating your contact details



Have there been any changes to your contact details?

- Address or postal address
- Email address
- Mobile phone number
- Work phone number

Please provide updates to dl.1537.info@schools.sa.edu.au

Thank you

Volunteers Wanted

We welcome volunteers!

If you would like to help in the classroom, canteen, around the school please let Jodie know in the front office for more details – 8381 8911 or dl.1537.info@schools.sa.edu.au



Midyear Intakes

Start school with us in July!

Enrolments are open for the midyear intake.

If you would like a tour, please call - we would love to show you our school!

Our new website, school brochure and handbook also shares information about our school. Please ask for a copy or access it in our

link on bio. Experience the [#SheidowLife](#)

ENROLMENTS OPEN

Mid year intake

EXPERIENCE THE #SHEIDOWLIFE

- ✓ Wellbeing focused
- ✓ Nature play
- ✓ Highly engaged school community

Our experienced teachers and engaging curriculum in both Mainstream and Steiner Education offer children the opportunity to learn and grow in a safe, nurturing environment.

ENROL NOW OR BOOK A TOUR!

☎ 8381 8911

🌐 <https://sheidowps.sa.edu.au/>

"A village of learning, a world of opportunity!"

Cross Country

Show your love for running 🏃❤️🥰 training for cross country begins
Wednesday 14th February.

If you are 10 or older (born 2014➔) or capable 9 year old (born 2015), join Miss Sara on the school track at 8.25am each Wednesday to build your stamina. 11 and 12 year olds will be training to compete in the 3km race. 10 year olds (and younger) will train to compete in the 2km race. Unfortunately during this time the track will only be for cross country runners

[#SheidowLife](#)

[#SheidowParkSchool](#)

[#SAPSASA](#)



CROSS COUNTRY

Term 2, Week 1

Training begins weekly from
Wednesday 14th February 8.25 am



2024

Bush Playgroup



Tuesday
9 - 10.30am

please bring water and
piece of fruit

Waldorf/Steiner inspired education and nature play

Join us each week during school term for nature based play
and learn more about Steiner education while connecting
with other like-minded families

meet by the sandpit next to
the veggie patch at the rear
of Sheidow Park School

we are an outdoor playgroup - please dress for the
weather, rain or sunshine



please email Crystal - Playgroup Leader, to register: dl.1537.info@schools.sa.edu.au



SHEIDOW PARK SCHOOL

PLAYGROUP

▪ TERM 1 - 2024 ▪
~ WEDNESDAYS 9am-10:30am ~

WEEK 2 WELCOME BACK Feb. 7th	WEEK 3 Valentine's Day Feb. 14th	WEEK 4 Super Heroes Feb. 21st
WEEK 5 Outdoor Nature Play Feb. 28th	WEEK 6 Ice Cream Day March 6th	WEEK 7 Sensory Play March 13th
WEEK 8 Teddy Bear's Picnic March 20th	WEEK 9 EASTER March. 27th	WEEK 10 Creativity Day April 3rd
WEEK 11 Aussie Day April 10th	Please bring a piece of fruit to share!	

Meet in the OSHC Hall at 21-43 Adams Rd
Sheidow Park ▪ Phone to book - 8381 8911

Breakfast Club

KICKSTART FOR KIDS™
SHELDON PARK SCHOOL

Breakfast Club

Fun, Free & for Everyone

Tuesday mornings
8.10 - 8.25am

The graphic features a large, multi-colored rainbow with a sunburst at its peak. Below the rainbow are two white clouds. The left cloud contains a line drawing of a bunch of bananas and a single apple. The right cloud contains a line drawing of a bowl of cereal, a sandwich, and a knife.



Term 1 Week 1 OSHC Newsletter 2024



2024 Enrolment form

Please ensure you have completed a 2024 enrolment form to assist us with bookings either now or during the year ☺ Children are unable to attend the service unless this form is completed, signed and returned prior to attendance.

Term 1 Bookings

Please let us know ASAP if you require bookings during the term, either permanent or casual to assist us with staffing.

Medical forms

Please remember if your child requires medication or a puffer at OSHC you are required to provide up to date medical plans from a GP as well as the medication. It is a legal requirement whilst they attend our service. Please speak to Vanessa if you are unsure if your child's dates (plans or medication) have expired.

Don't forget to notify us!

Just a friendly reminder to please let us know if your child is absent, on holidays, on excursion, school transition visit, camp, traffic duty or something else to avoid us having to search the school for them. As you can imagine it is a busy time during afternoon arrivals and affects ratios if educators are out having to look for children that will be arriving late or are not at school!

Don't forget your ID!

Please note if you are a new parent/ grandparent/ carer/ relative/ friend etc and you come to collect a child, you will be asked for ID if staff have not met you before. We have numerous staff members that work across the week and in the holidays, so we cannot guarantee the same staff member who may have previously met you would be on site each time you collect your child.

Please do not become angry or aggressive with staff as we are simply following our safety procedures to ensure the wellbeing of your child! Your understanding with this matter is appreciated.

Just a friendly reminder.....

OSHC has a **No cancellation policy**, once booked and if you cancel, you will be charged for the session.

If your child is unwell and will not be attending a booked session, please advise us as soon as possible as this saves considerable time looking for them after school has finished.

We still have some outstanding fees from vacation care, prompt payment would be appreciated. Please don't hesitate to contact the service if you are having financial difficulty and we can organise a payment plan.

Casual bookings

Please contact the OSHC service to make a booking for your child/ children. **Please DO NOT** call the front office and tell them your child is attending OSHC until they have been booked in through our OSHC service. School staff do not have access to the availability of the service nor staffing arrangements.

Before School Care: Please advise the OSHC service before 7:00am prior to the session commencing.

After School Care: Please advise the OSHC service before 2:30pm **and then advise the school office.**

Any walk in's will be charged a walk in fee of \$5.00 per child.

Guitar lesson at school



**DO YOU WANNA LEARN GUITAR
AT SHEIDOW PARK PS DURING SCHOOL?**

**We provide the guitars, amps and all
materials!**

**Learn the songs YOU want to learn
Learn how to read sheet music and tabs**

**Experienced, young teachers who have
travelled Australia in rock and metal bands**

**1/2 hour lessons are \$12 and \$25 for individual.
The front office will have a form to fill in and
the week after we can start.**

Any Questions please call Nick

0423 167 338

PE News



SOUTHERN VALLEY SAPSASA Facebook Page



Your child attends a school that is a part of the SOUTHERN VALLEY SAPSASA District. School Sport SA provides students with opportunities to compete in their chosen sport by representing their school, their District or their State.



Students who are in years 5 and 6 have opportunities to compete in all common sports. There are also opportunities for all students born in 2014 and older to compete in Swimming, Cross Country and Athletics events.

All information for the District is distributed to students through your school Sapsasa representative and will also be posted on our Facebook Page (Southern Valley SAPSASA DISTRICT) If you would like to keep up to date with all Southern Valley Sapsasa information, please click on "JOIN GROUP".

Jonathan Grant
Southern Valley District Convenor
jonathan.grant806@schools.sa.edu.au



QKR Tip

masterpassTIP 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.





Community News

👉 Applications are now open for our 2025 Special Interest Dance program.


Auditions will be held on Monday March 25 at 3.45-5.15pm at Seaview High School. Please see our website for more details and how to apply.

👉 <https://www.seaviewhs.sa.edu.au/learning/>

Please note: Applications must be received prior to audition date. Applications close March 18.



Aberfoyle Park High School



IGNITE



OPEN NIGHT
Tuesday
26 March
5:30-7:30pm

Email: APHS.Info970@schools.sa.edu.au
Website: www.aphs.sa.edu.au
Address: 36A Taylors Road,
Aberfoyle Park, 5159
Phone: 8270 4455

Programs:

- IGNITE for gifted students
- International Baccalaureate Diploma Programme (IBDP)
- Music
- International Ambassador
- Spanish & Japanese

Our 2023 year 12 results:

- 100% SACE Completion
- 6 Merits (Specialised Maths, English Literacy, Physics & Research Project B)
- Highest ATAR of 99.85
- 5 students with ATAR of 95 and above



PRIMARY DANCE PROGRAM FOR YEAR 6 STUDENTS

COME & DANCE WITH US!

TERM 1, 2024

Calling all Year 6 dance enthusiasts! We're thrilled to announce an exciting dance program in Term 1, tailored for students who are Year 6 in 2024 and have a passion for dance.

Program Highlights:

- Fun activities and jazz dance technique
- Collaborative dance creation with input from dancers

When: Thursday mornings from 9am – 10am, for four weeks, starting February 22nd, ending March 14th, 2024.

Cost: \$65.00 for the entire program. Get ready for an exhilarating dance experience that showcases your child's talent!

Eligibility: This program is designed for students with dance experience. If your child plans to audition for the Gift Dance program at MGHS, this is a fantastic opportunity for familiarity with the school.

How to secure your spot:

1. Liaise with your primary school first.
2. Book your spot at www.trybooking.com/events/landing/1177420.
3. Complete the online application form here: <https://forms.office.com/r/DvKGhbEEfe>

Students are required to wear footless tights and a plain t-shirt (or leotard) for the classes. Changing facilities are provided at the studio. We ask that you take responsibility for your daughter's transport to and from our school.

Kind regards,

Judy Swan
Manager Gift Dance Program/Dance Teacher



MITCHAMGIRLSHS@A.EDE.AU



OLG@MGHS.INFO@SCHOOL.SA.EDE.AU



[087228232](tel:087228232)



LEARNING FOR LIFE

Respect Responsibility Honesty Achievement

Wirreanda Secondary School - Specialist Sports Course

Wirreanda Secondary School offers the unique opportunity for students to extend their sporting abilities through the Specialist Sport Course, a recognised Department for Education Special Interest Program.

The Specialist Sports Course is offered to students (both within and outside of the Wirreanda Secondary School zone) who demonstrate athletic and/or sporting potential and passion. The Specialist Sport Course is designed to support the student athlete in working towards being the best they can be. Through internal and external support from a number of affiliated organisations, students will access the following throughout the course:

- Sport specific coaching
- SASI talent ID testing
- Strength and conditioning programs
- Sports psychology and nutrition coaching
- A range of other sport related experiences

In order to be considered for the program for 2025 and beyond, students must complete the application process either online or through hard-copy available via Wirreanda Secondary School. The applications for entry into the program for 2025 are due on **Friday 12 April 2024**. Following the application process, students will be invited to attend a trial in early term 2 where we work with the students through a range of different movement, team and skill sequences.

Leading into this, it would be great for the Specialist Sports Course team to present to the year 5 and 6 students at your site this term. The presentation will take approximately 20 minutes. If there is a particular day or time that would suit your school for a visit, please email Jasmin on jasmin.mooney947@schools.sa.edu.au

The Specialist Sport Course team very much appreciates the time and effort in supporting our Specialist Sports Program at Wirreanda Secondary School. If you have any questions regarding any aspects of the course, please do not hesitate to ask.

Kind regards

Dan Gale
SSC Leader

Karla Pobke
Principal

T 08 8329 7200 F 08 8329 7299
105 Richards Drive, Morphett Vale SA 5162
E 0838.info@schools.sa.edu.au
www.wirreandasecondary.sa.edu.au



Government of South Australia
Department for Education