



NEWSLETTER

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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 
Week 7	11/3 ADELAIDE CUP DAY	12/3	13/3	14/3	15/3 Room 3 - Class 6 
Week 8	18/3 Parent/teacher interviews	19/3 Governing Council	20/3	21/3	22/3
Week 9	2/3	26/3 	27/3	28/3  Yr 5/6	29/3 
Week 10	1/4 	2/4	3/4	4/4 SPORTS DAY Early dismissal 2.10pm	5/4
Week 11	8/4	9/4	10/4 Steiner Festival	11/4	12/4 2.10pm 

School Starts - Term 2 – Monday 29th April 2024



...a moment with Ms Miller!



Hi Everyone!

It seems impossible but we are now almost half way through the term!

On Tuesday 12th February we held our Annual General Meeting and shared our wonderful learning journey in 2023. Thank you to the parents that attended.

We also conducted the election for Governing council members and held our first meeting. I was really pleased to see new parents nominating to be a part of this committee.

Congratulations to the following people who have been elected and the position they were elected to:

Naomi Ford – Chairperson

Wayne Collins

Verity Booth

Karla Noble

Rachel Staples

Jo McGuire

I also want to thank our continuing members:

Narrah Zollo – Secretary

Donna Smith – Treasurer

Jodie Ginn – Deputy Chairperson

Julie Cudbertson

Patrick Edgley is the staff rep for this year.

If you have anything you would like raised at a Governing Council meeting please make sure you take it to one of the above people so that it can be placed on the agenda.

During our Governing Council meeting the below dates were ratified for Pupil Free Days and a school closure.

Friday 8th March – Pupil Free day

Friday 7th June – Pupil Free day

Monday 22nd July – Pupil Free day

Monday 9th December – Pupil Free day

School Closure – Friday 6th September

GRIP STUDENT LEADERSHIP CONFERENCE

On Monday 26th February, Christie and I had the pleasure of taking 19 students to the GRIP Leadership conference at the Entertainment Centre. These leaders make up our school Ambassadors, Wellbeing, Student Agency and Environment Team.

We are committed to developing strong leaders who have the skills and knowledge to represent our school, lead with positivity and confidence and make a real difference, not only in their chosen areas but across our school and wider community.

We were super impressed with the way our students conducted themselves, got involved in the activities and the positive way they represented Sheidow Park School.



Comments from students about the conference:

I loved it because they really motivated me into being a good leader – Aria k

I think that it was to much fun at conference and not enough feedback - Zakir

I liked how we all got up and got moving and also liked the loud noises bit – Claire

It was very engaging and detailed but it could have been more engaging if there were more breaks and we were able to run around – Joshua

I liked doing the booklet. I think they could explain a bit more about specific things – Ava H

I liked all the moving around to make us meet new people but I think it would have been better if we were doing more stuff in our groups – Georgia

They showed us what kids have done , not what we can do – Arlo

I think there was a lot of sitting down. I think we could have done some more quiet games but also I went out of the place knowing a bit more about being a leader - Nia

HEALTHY...

WELL-THY

...AND WISE!

The Driver of Children's Behaviour?

Children are born with a strong desire to connect with parents/caregivers, to please them and cooperate. They are also born with a strong desire to feel capable and learn to do things for themselves. This natural curiosity and drive to become independent throughout their development often means children push against boundaries and limits which can be a challenge for parents.



Using positive approaches doesn't mean there will never be difficult behaviour or stressful situations but it provides a strong foundation for dealing with them. Positive approaches involve seeing children's 'misbehaviour' as an opportunity to build their skills and strengthen your relationship, rather than a potential upset or battle.

Responding to Challenging Behaviours (PART ONE):

Over the next few weeks we will unpack healthy responses and **steps** to responding to challenging behaviours.

They are as follows:

1. *Pause before you respond*
2. *Connect before you correct*
3. *Understand the need or reason*
4. *Give reasons based on what is important in your family*
5. *Involve children in solving the situation and agree on solutions*
6. *Help children to do what is agreed*
7. *When things don't go as planned*
8. *Repair your relationship*

Step ONE – Pause before you respond:

First, pause and calm yourself before you respond. Take a deep breath, step back and create a space between your child's behavior and your actions. Take some time if you need to. When you react from emotions of the moment you are not able to think about the long-term vision you have for your child, what's driving their behaviour or what you would like them to learn. Pausing and becoming calm before you respond to challenging behaviour can make a big difference. It's easier to respond in ways that benefit your child.

Step TWO – Connect before you correct:

Next, help your child to become calm. If they are really upset then the thinking part of their brain has been overwhelmed with emotion and reasoning/learning will not happen. It can be frightening for a child to feel out of control so staying close and being with them helps them to feel safe. Show your child you understand how frustrated they feel. When they are calm and feel you really understand them, they will be more open to your guidance. A comment you could make: "I see you're feeling really angry/frustrated/upset. It's hard when... (name the cause of the concern if you know it). Even if a child cannot have/do what they want, naming their frustration can really help them to cope. It's good for children to know that their feelings are normal, they happen to adults too and that you really understand them... "I know you are feeling upset at the moment. I feel upset too sometimes", or "Sometimes I get grumpy too when that happens."

Showing your child you understand doesn't mean you agree or approve of their actions. When children feel you really 'get them' and are willing to see their point of view, they are more open to your guidance.



Congratulations to Logan from Olivia's class, Evie from Mrs Howland's class, Stella and Mitchell from Mrs Sharman's class and Anne from Mr Grant's class for receiving a Celebration of Values Notice, and being such wonderful members of our school community!

Christie Wilson/Deputy Principal (Wellbeing)

Parent/Teacher Interviews

BOOKINGS from Monday 4th March – closes Wednesday 13th March

INTERVIEW WEEK Monday 18th March to Friday 22nd March

Interviews are happening again this term-the nature of the parent/teacher meetings this term is not compulsory but are offered based on student need. This may be requested by the parent/carer or the teacher.

Interviews are strictly 15 minutes and spaces are limited. Bookings close Wednesday 13th March 2024.

Bookings can be made on from our website - www.sheldowps.sa.edu.au and click on interviews

Enter the code **snyb3**



MAKE A BOOKING



Enter your details



Select the teachers you wish to see



Select the appointment times that suit your family best



When you click FINISH, your selected bookings will be emailed to you immediately. If you not receive your email, please check your junk mail, or enter the event code again and check your email address spelling. Update your details if email address is incorrect. **DO NOT DELETE** the email you receive. Keep it somewhere safe. You may need to refer back to it later.

REMEMBER TO ADD YOUR APPOINTMENTS TO YOUR CALENDAR - reminders will not be sent home.

Classroom News - Room 9

Room 9 had their head in the clouds with our first art project of the year!

We used a range of materials such as acrylic paints, cotton balls, fabric, string and photographs to create these fun hot air balloon self-portraits.

We then used some sentence stems and our senses to create some poetry to go along with our artworks.



Up, Up and Away!

My hot air balloon soars in the sky,
I can see other colorful hot air balloons speeding
through the air.

The wind pushes me up so very high,
I can hear birds chirping near by.

My hot air balloon starts sailing down,
I can smell very smoky gas.

Softly, gliding through the clouds,
I wonder if I can fly my hot air balloon to Italy.

By Nicholas

Up, Up and Away!

My hot air balloon soars in the sky,
I can see clouds, and I can see birds soaring
through the sky.

The wind pushes me up so very high,
I can hear green, fresh, leaves swaying in the
breeze.

My hot air balloon starts sailing down,
I can smell the nectar on the pretty pink and purple
flowers.

Softly, gliding through the clouds,
I wonder if I will ever fly across the green fresh
grass or the mountains in a hot air balloon?

By Jasmine

Up, Up and Away!

My hot air balloon soars in the sky,
I can see the clouds making shapes
The wind pushes me up so very high,

I can hear the wind swishing and swashing.

My hot air balloon starts sailing down,
I can smell flowers sprouting in the sun.

Softly, gliding through the clouds,
I wonder how fluffy the clouds are and how they
feel.

By Piper G

Up, Up and Away!

My hot air balloon soars in the sky,
I can see big buildings, nice animals, fast cars,
people, peaceful nature.

The wind pushes me up so very high,
I can hear the gas fiercely rushing into the balloon,
the squeak-squawk of a bird.

My hot air balloon starts sailing down,
I can smell gas from the flames, grass we are going
to land on.

Softly, gliding through the clouds,

I wonder if I can fly past the sky.

By Levi

Up, Up and Away!

My hot air balloon soars in the sky,
I can see the tops of the trees underneath me.
The wind pushes me up so very high,

I can hear the wind rushing by.

My hot air balloon starts sailing down,
I can smell grass that we are about to land on.

Softly, gliding through the clouds,

I wonder if I will ever do this again.

By Amella

Up, Up and Away!

My hot air balloon soars in the sky,
I can see sparkling, golden sand below me.

The wind pushes me up so very high,
I can hear birds chirping happily.

My hot air balloon starts sailing down,
I can smell smoke from the fire.

Softly, gliding through the clouds,

I wonder why did I land in this place?

By Evle

Up, Up and Away!

My hot air balloon soars in the sky,
I can see the bright and warm sun.
The wind pushes me up so very high,
I can hear people cutting down rusty trees.

My hot air balloon starts sailing down,
I can smell the smoking flames dissolving.

Softly, gliding through the clouds,
I wonder if I can fly to the book store?

By Piper K

Up, Up and Away!

My hot air balloon soars in the sky,
I can see fluffy clouds.

The wind pushes me up so very high,
I can hear birds chirping happily.

My hot air balloon starts sailing down,
I can smell gas from the flames.

Softly, gliding through the clouds,
I wonder if my family would like to come.

By Melody

Up, Up and Away!

My hot air balloon soars in the sky,
I can see the clouds and birds.

The wind pushes me up so very high,
I can hear the wind rushing by and the fire in my
engine.

My hot air balloon starts sailing down,
I can smell grass that's going to be landed on.

Softly, gliding through the clouds,
I wonder what's for dinner?

By Ryan

SAPSASA News



Congratulations to Koby S who will represent South West/Southern Valley at the State Softball Carnival



Congratulations to Oliver W & Eliza W who will represent in the State Swimming Carnival



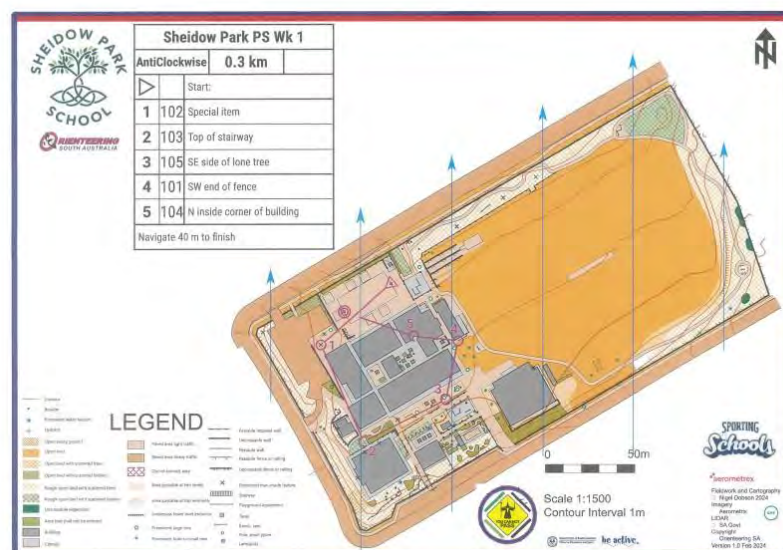
PE NEWS

Orienteering

A huge thanks to Sporting Schools, for the grant we have received for Term 1 2024 which has allowed us to map the school and bring in orienteering coaches.

Orienteering SA coaches Dianne and Colin started at Sheidow Park school on Thursday 29th February and year 3 – 6 students loved the challenge of reading our school map and following the course on the maps around the courtyard and on the courts. Students will continue learning orienteering on Thursday's for 3 more weeks.

If students are interested to further their orienteering outside school Orienteering SA have competitions and event courses set up in the local area. [Eventor Australia - Event information: SA Sprint Distance Championships - Aberfoyle Park HS \(orienteering.asn.au\)](https://www.orienteering.asn.au/)
More information about Orienteering is available here - [Home - Orienteering South Australia](https://www.orienteering.asn.au/)



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

Kyton Easter Fundraising



The Fundraising Committee are organising a Kytons Easter Drive.

Paperwork has been sent home last week.

You can ask any known people if they would like to make an order including eg. Relatives, neighbours, work colleagues etc.

This year orders only on QKR.

Last day for orders is Thursday 14th March 2024

Baking in South Australia since 1938, Kytons believes quality is at the heart of making life special.

Founded as a family business, Kytons Bakery has been sold twice in its history but on each occasion to a family friend of the previous owner – keeping those ties close.

Darren and Sharon Sutton took over in 2003.

Our pursuit of quality means we use the best ingredients, follow traditional recipes and take great care in our baking.

Orders will be delivered for collection on Thursday 21st March 2024

Thankyou
Fundraising Committee.

Nude Food

Nude Food at Sheidow Park School

After the success from previous years we will continue our Nude Food Tuesdays in 2024, led by the Environmental Team.

What is Nude Food?

Simply put, it's food without excess packaging. Usually, this means food that is not processed, often making it a healthier and more environmentally friendly option. Up to 50% of items in school bins come from food and drink packaging. You can help the environment and your school save money on waste disposal costs.

PACK:

- Snacks in reusable containers
- Drinks in a reusable bottle
- Reusable utensils when needed
- A reusable lunch box or backpack (Bento lunch boxes are fantastic)



AVOID:

- Plastic bags, cling film or foil
- Disposable drink boxes, cans, cartons and bottles
- Disposable forks and spoons
- Pre-packaged lunches or single serve items



If your children have chips, savoury biscuits, or other snacks: Try buying a bulk pack and have your children put the same quantity into a reusable labelled container that they bring home each day. It's also cheaper!

Below is a comparison of price on bulk pack of chips vs individual packets (information sourced from Woolworths online)



Cheetos Cheese and Bacon
Multipack = \$4.41* per 100grams
Party Bag = \$2.11* per 100grams

Smiths Crinkle Cut Original
Multipack = \$3.95* per 100grams
Party Bag = \$2.24* per 100grams



Where to buy containers to use for Nude Food Tuesdays

Big W

Big W has a huge range of reusable containers which are perfect to reduce waste in lunchboxes.



Nude Food Movers
Fruity Mover
\$4* each



Nude Food Movers
Sandwich Box
\$5*



Sistema Quaddie
1.5L 4 Compartment
Lunchbox \$10.50*



Nude Food Movers
Snack Box
\$5*

Kmart

Kmart has a great range of containers which are perfect to reduce waste in lunchboxes.



2 Pack Pink Silicone
Snack Box
\$12.00*



Sage Silicone Bento
Lunch Box
\$10.00*



10 Piece Planets Lunch Set
\$8.00 was \$10*
available in multiple
colours and themes

These are just some ideas from these stores, there are plenty more options out there.

Thank you for your support, Environmental Team

*Price accurate on creation of article.

Sheidow Park Primary School

Fundraising with Entertainment



To purchase online app click on 'join now' below

[Join Now](#)

About Us

Your purchase of an Entertainment Membership contributes to our School. Help us achieve our goal by sharing this link with your friends and family. Thanks for your support!

Support our fundraising and enjoy 100s of everyday savings!

Entertainment is the easy-to-use App packed with incredible savings of up to 50% off and 2-for-1 offers, so you can save on takeaway, dining, shopping, groceries, gift cards, activities and more!

And what's even better, 20% of every membership purchased goes to support Sheidow Park Primary School!

Easter Raffle

**DONATIONS
GRATEFULLY
ACCEPTED**
*HELP CREATE OUR
WINNING PRIZES

**DONATIONS
OF
CHOCOLATES,
EGGS, LOLLIES
& EASTER
CRAFT**

**TOP 3 TICKET
SELLERS WIN A
SPECIAL PRIZE**

**ALL
DONATIONS &
TICKET BOOKS
RETURNED BY
FRIDAY 22ND
MARCH**



EASTER RAFFLE

**WIN A DELICIOUS
EASTER HAMPER!**

**WINNERS DRAWN
TUESDAY 26TH MARCH
@ ASSEMBLY**

**EXTRA TICKET BOOKS
AVAILABLE FROM FRONT OFFICE**

TICKETS
\$1.00

Chessmates - After school on Tuesdays



Sheidow Park Primary School

TUESDAY

2:20pm - 3:00pm
Library

Weekly classes will help improve:

- Creativity
- Memory
- Concentration
- Planning Skills
- Independent Decision Making
- General Aptitude for Learning
- Problem Solving
- Teamwork



Learning chess has been shown to improve overall performance at school by nearly 20% compared with children who have not

To book online, scan or go to chessmates.com.au/schools

INFO@CHESSMATES.COM.AU
1300 CHESS MATES

Important Information

Road Safety Tips

- Make the effort to use the designated crossing even if it means walking a little further
- Organise to meet your child at an agreed safe place, with preference to collect them from the same side of the road as the school where possible.
- Park and meet your child, don't call them to cross the road by themselves
- Avoid U-turns within school zones – it confuses other traffic and children.



City of Marion
245 Sturt Road
Sturt SA 5045

☎ 8375 6600
📠 8375 6699
✉ council@marion.sa.gov.au
marion.sa.gov.au

Keep Kids Safe

Traffic rules around schools



Information contained in this brochure has been adapted from the Australian Road Rules.

Designed by C&M Marketing and Communications 2022

The City of Marion works together with schools to promote safer streets and crossings around schools and ensure compliance with the Australian Road Rules.

To keep the kids safe, please adhere to the following zones and traffic restrictions that apply to schools.

If you witness unsafe behavior at or around a school, please contact a member from Council's Transport Team to discuss and work through possible solutions to improve the situation.



School Zones

School zones are represented by zig zag line markings and associated with signs on all school approaches.

When a child is within the zone, drivers must not exceed 25km/h at any time (including outside of normal school hours).

School Crossings

There are various types of school crossings, including a Koala or Emu, which are generally located within designated school zones. The crossing type and location are carefully selected to maximise the crossing safety of all users.

When the alternate lights are flashing, or children crossing flags are present, motorists must abide by the 25km/h speed limit and stop and give way to everyone using the crossing.

Pick up and Drop off zones

Look out for these signs which highlight the designated zones for dropping off and collecting your children. Please note, only 2 minute parking is permitted in these areas, therefore if your child is not present, you will need to move on to ensure the zone works effectively for all users.



School zone



Koala (Flashing lights)



Emu (Children crossing flags)



Drop off zones and pick up zones

Parking Restrictions

Detailed information on on-street parking restrictions is available online via My Licence - The Driver's Handbook - Parking. Some common parking restrictions around schools are as follows:

- Yellow Line (continuous)**
 - Particularly look out for these near pedestrian and school crossings (you can't park 20m before or 10 after any crossing)
 - Stopping in these areas impacts on the safety of all road users
 - You are not permitted to stop for any reason in these zones
- Double Parking / Queuing**
 - It is illegal to park next to another car to wait or drop or collect passengers
 - It restricts the vision of persons crossing the road and causes congestion within the neighbourhood
- Parking over driveways**
 - You should not park across a driveway (even slightly) to avoid creating an inconvenience to the householder
- Parking over white centreline**
 - It is illegal to park at anytime opposite a solid white centreline or traffic island, unless a 3m gap is provided
 - This causes unnecessary congestion and can increase the risk of accidents
- Bicycle Lanes**
 - You cannot stop within an operational bicycle lane at any time to pick up or drop off your children, or waiting in a queue (such as for a legal on-street parking space)
 - Some bike lanes may be timed such that this only applies during the sign-posted bike lane hours

The Signs to Look For

There are many good reasons to look for and follow instructions on local parking signs.

This helps to reduce traffic congestion, improve road safety, allow buses, service and emergency vehicles to navigate easily and effectively, as well as improving the overall look and feel of the environment. You will also avoid fines that are applicable to parking offences under Australian Road Rules.



Difference between a 'No Stopping' (No Standing) sign and a 'No Parking' Sign

No Stopping

Australian Road Rule no. 167

To 'stop' a vehicle means to stop and remain stationary for even a short period of time. You must not stop or park your vehicle in any area where a 'No Stopping' sign or a continuous yellow edge line applies, even to pick up or set down passengers or goods.



No Parking

Australian Road Rule no. 168

You must not park your vehicle in an area where a 'No Parking' sign applies, unless:

- you are dropping off or picking up passengers or goods and
- you do not leave the vehicle unattended – that is, move more than 3 metres away and
- you complete the dropping off or picking up as soon as possible - within two minutes.



Stops and Zones

Australian Road Rule no. 183

To assist with the efficient operation of public transport in your area you must not stop your vehicle in an area that is indicated by a Bus Zone sign. If there is no sign, you must not stop within 20 metres of the approach of a Bus Stop, or 10 metres following it.



Permissive Parking

Australian Road Rule no. 205

These signs, known as Permissive Parking signs, are used in areas that attract high levels of vehicles, and are there to help with a regular 'turn over' of vehicles so that more people get a chance to park.



The 'P' actually stands for Permissive, and the number indicates how long you can park there continuously before having to move your vehicle. These signs also usually show the times and days to which these restrictions apply.

Parking in the City of Marion

The signs to look for

Parking at schools

Follow the School Rules and Keep Our Children Safe.

Here at City of Marion, we are very aware of the need to keep our children safe on the way to and from school, which is why there are a variety of parking restrictions at, and near, our schools.

These restrictions also help to optimize traffic movement, making drop-offs and pickups as safe and easy as possible.



No Stopping Zones

Australian Road Rules no. 167

These zones are usually right next to school entrances and the approach and departure sides of school crossings. This helps to keep traffic to one side of the street, reducing congestion.

You must not stop your vehicle in a No Stopping Zone, not even for a few seconds.



No Parking Zones

Australian Road Rules no. 168

There is a two-minute Passenger Loading Limit in a No Parking Zone, which means you may stop to immediately pick up or drop off children.

Please drive off as soon as possible, as this really helps with the quick and safe turnover of vehicles. You must not leave your vehicle parked or unattended in a no parking zone.



Yellow Lines

Australian Road Rules no. 169

The yellow lines in the streets around schools are there to provide even greater safety near corners and driveways. You must not park your vehicles (even partially) on a yellow line at any time.

School Crossings

Australian Road Rules no. 171

The safety of school children, teachers and parents is greatly enhanced by dedicated and clearly marked school crossings. You may not stop or park within 20 metres of the approach or 10 metres of the departure side of any school crossing.

Double Parking

Australian Road Rules no. 189

Drivers must not stop next to a parked vehicle when picking up or dropping off children, not even for a few seconds. This practice creates a dangerous situation at any time on any street, but the risks are greatly increased near schools, especially when children are entering or leaving.

Parking in the City of Marion

Parking at schools

Clearway

Australian Road Rule no. 176

These signs are usually installed on main arterial roads that see a high volume of traffic at certain times of the day. It is both unsafe and illegal to park or stop during the times and days noted on the signs as it will seriously impede the flow of traffic.



Bicycle Lanes

Australian Road Rule no. 153

You cannot stop a vehicle or any part of that vehicle in a Bicycle Lane during the times specified on the Bike Lane sign. If there are no times indicated on the sign, the Bike Lane is in operation 24 hours.



Bike Lanes are a single roadside lane indicated by a solid white continuous road marking. The bicycle symbol is painted on the road at intersections, which form part of the Bike Lane

Residential Parking Permits

If you live on a street that has parking restrictions with resident exemption you may be eligible for a Residential Parking Permit.

The exemption does not apply until the permit is issued and clearly displayed on your vehicle.

Download an application form at marion.sa.gov.au or call 8375 6600.



Parking in the City of Marion

The signs to look for

OSHC
After
School
Program
Monday - Friday
0418 814 057

- PLEASE ENSURE YOU HAVE COMPLETED A 2024 ENROLMENT FORM TO ASSIST US WITH BOOKINGS NOW OR DURING THE YEAR.

PUPIL FREE DAY - FRIDAY 8TH MARCH

WELCOME TO OUR NEW FAMILIES, ITS GREAT TO SEE SO MANY NEW FACES

Community News



Hight Avenue, Hove



"SUMMER LAX"

2024

**WANT TO LEARN TO PLAY LACROSSE?
JOIN US AT OUR FREE COME AND TRY
SESSIONS.**

**THEY ARE FOR ALL JUNIOR BOYS AND GIRLS
AGED 5 AND UP. SCAN THE QR CODE OR
FOLLOW THE TRYBOOKING LINK BELOW.
THE SEASON RUNS FROM MAY TO
SEPTEMBER.**

**ALL NEW PLAYERS RECEIVE A STICK AND
BALL WITH THEIR CLUB MEMBERSHIP.**

MARCH 7TH/14TH/21ST

<https://www.trybooking.com/CODRZ>

W: <https://www.brightonlacrosse.com.au>

FB: <https://facebook.com/brightonlacrosseclub>

Contact: Fiona or Sarah via juniorlax@brightonlacrosse.com.au

OCEAN POTIONS

Kids Potion Parties!
other themes also available

with our Water Fairy!

Arts by Nature

SENSORY SESSION IN NATURE
Sheidow Park Sun 3rd March, Ages 6mths to 12yrs
for bookings email artsbynature@outlook.com
or via www.arts-bynature.square.site

OCEANIA