



NEWSLETTER

PRINCIPAL: Jo Miller

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COMMUNITY WEEK



everyone BELONGS

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 	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	11/4 	2/4	3/4	4/4 SPORTS DAY Early dismissal 2.10pm	5/4
Week 11	8/4	9/4	10/4 Steiner Autumn Festival	11/4	12/4 Room - 19,12,11,3,4,1 Excursion 2.10pm Early Finish 

School Starts - Term 2 – Monday 29th April 2024



...a moment with Ms Miller!



STUDENT LEADERSHIP

On Monday, Christie and I have the privilege of working with our Ambassadors and Wellbeing Leaders engaging in an online workshop with Education Department Chief Executive, Martin Westwell. The purpose of this workshop is to help deepen our understanding of wellbeing and learner engagement in public education. The students will have the opportunity to brainstorm ways that all students can contribute to the National Voice Council meetings as well as help design student voice across our system. We (amongst other students across the state) will be the first ones helping to design this.

It's an exciting, wonderful opportunity for our student leaders and we can't wait to see what great ideas they have and the rich discussions it evokes!

HARMONY WEEK 18-24th March

On Friday 22nd March we will be celebrating Harmony Week by encouraging students to wear orange or traditional clothes from their heritage. We will also be having lunch together on the oval (weather permitting).

Harmony Week is the celebration that recognises our diversity and brings together Australians from all different backgrounds. It's about inclusiveness, respect and a sense of belonging for everyone.



AUTISM INCLUSION TEACHER

I wanted to let you know that Brianna Adams is now our Autism Inclusion Teacher. She has taken over the role from Christine McKenzie who did an outstanding job last year and we thank her very much for this. Brianna has already created a Facebook page for our Neurodivergent Families. This page is linked to our school Facebook page and you can request access to it. It is a wonderful initiative that is designed to support, create awareness and share resources and ideas.

HEALTHY...

WELL-THY

...AND WISE!

Resilience PART THREE

How parents can build children's coping skills (continued):

Taking 'safe risks': Encouraging to 'have a go' attitude early is very empowering. Taking on challenges helps children see what is possible. Challenges should extend children but not be so difficult they become discouraged. Children learn:

- ✓ To think about their decisions
- ✓ To take reasonable risks in ways that keep them safe
- ✓ They can overcome obstacles
- ✓ They can cope if things go wrong or they fail.

You could:

- ✓ Break difficult things down into small steps
- ✓ Let them know it is okay to make mistakes – they are an opportunity to learn. Help them work out what they can do if it happens again.



Encourage children to have a go – “You can’t do it YET”

Positive thinking: How we cope in life often depends on how we see situations. When children think positively and have a sense of optimism they are more likely to have a go and succeed.

- ✓ **Tell children positive stories about themselves.** The way adults think and talk is very powerful in shaping children's beliefs about why success or failure might happen. When children hear positive stories about themselves such as their strengths, or times they were able to cope well, or succeed, it helps shape how they view themselves and their ability to face challenges.
- ✓ **Talk positively about situations.** For example saying ‘I was just thinking that when you allow enough time and really try hard with your maths homework you usually get good results’, is more helpful than ‘see you never allow enough time and you really don't try hard enough with maths’.
- ✓ **Reframe what children say.** For example if they say they don't have any friends you could say ‘sometimes it's hard to find a friend but last week you had fun when you were playing that game with Jake’.
- ✓ **Show you understand negative thoughts and feelings.** For example saying ‘it sounds like you're worried about that test’ is more helpful than saying they're being silly or telling them not to think like that. They will be more likely to express their feelings next time.
- ✓ **Help children replace negative thoughts with positive ones.** Some positive thoughts are:
 - ‘Things always get easier the more I do them’
 - ‘I can try my best’
 - ‘I have done well before’
 - ‘I can always ask someone to help me’
- ✓ **Help children notice their helpful and unhelpful thoughts,** eg ‘How did your thoughts change when you went from losing to winning that tennis game?’ Encourage them to stick with helpful thoughts.
- ✓ **Help them find the first step towards a solution.** If they can do one small thing they are on their way to success.
- ✓ **Help them find humour in the situation.**



Congratulations to Isabelle from Andrew's class, Nia from Patrick's class, Mitchell from Mr Grant's class, and Joshua from Mrs Howland'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

Class 6 - Room 3

Ancient Rome:

Class 6 started off the year with an in-depth study of Ancient Rome. Through this study the students learned of the origins of the Roman Empire and learned about the effect it continues to have on our society today. Through this main lesson, the students continued to refine their writing ability and extended themselves through self and peer correcting. In previous years, the teacher co-constructs a lot of the content with the students. With the Ancient Rome main lesson, class 6 are taking charge of their learning, and have more freedom in how they design their pages in order to showcase their understanding and skills. The students have also engaged in rigorous debate and discussions about the morality of historical Roman people and the structure(s) of Roman society.

Students will continue to learn about other areas of the Roman Empire through project work, future main lessons, and the Shakespearian excerpt we will be performing as a play "The Death of Julius Caesar."

Business and Economics:

Ancient Rome was an excellent segue to move into our second main lesson, Business and Economics. During this main lesson, students engaged in trade activities to explore the idea of value, where they also happened on other ideas such as quality, scarcity, bartering, and ethical business practices. We are now exploring the fundamental mathematical skills that underpin business practices. Much like in the Ancient Rome main lesson, students are beginning to own their own learning much more. In order to fill the pages in their main lesson books, the students first explore the concepts, work with each other, and access help from the teacher in order to understand the concept, before they write their own understanding of it in their book.

By the end of this main lesson, students will create a business plan and proposal, and secure either a loan or an investment from their teacher, before running a small business for the remainder of the year, keeping track of their expenses and profits.



Welcome Michael



Canteen Manager

Hi everyone, I would like to introduce myself, I'm Michael Todoric and I am the new canteen manager here at Sheidow Park.



I have 30 years of catering experience including other schools.

I've had 3 children go through Sheidow Park with my youngest being in class 6.

Please feel free to come say hello and introduce yourself.

We are always looking for volunteers to come in and help with lunches so if you have 2 hours to spare every couple of weeks it would be much appreciated



CANTEEN EASTER LUNCH SPECIAL

Wednesday 27TH MARCH 2024

ORDERS CLOSE FRIDAY 22ND MARCH 3pm.

No other orders available on the day

QKR orders only

Option 1

Vege Burger or
Chicken Burger
Hash Brown
Fruit Juice

\$8.00

Option 2

5 Dino nuggets or
5 fish fingers
Hash Brown
Fruit Juice

\$8.00

GF/Veg/Vegetarian option available

CANTEEN SPORTS DAY SAUSAGE SIZZLE

Thursday 4th April 2024



\$2.50

Self-serve sauces available when collected. GF/Veg/Vegetarian and bread available

Extensive range of mini pizzas, hash browns, team-coloured donuts, chips and ice-cream available on the day.

QKR ONLINE ORDERING ONLY

CLOSE FRIDAY 22ND MARCH 3pm

Student orders only – due to the chance of inclement weather. Sausage sizzle will be available to parents on the day.

NORMAL LUNCH ORDERS CLOSED ON THIS DAY



QKR update

Dear Qkr Admin Users

The Android Phone issue has now been resolved, parents/users can now download the App from the Google Play Store.

Can you please advise your parents/users.



Apologies for the inconvenience and thank you for your patience.

Regards
The Qkr Team

Ride to School - Friday 22nd March



We are excited to be celebrating National Ride2School Day on Friday 22 March 2024 🚲🚲

On National Ride2School Day we encourage you to ride, scoot or walk to school! Students who are active on the way to school on this day please come to the courts and tell the House Captains how they travelled to school 🤗👏

If you check in with the House Captains at the courts you will get a raffle ticket and go into a draw to win a sporting prize 🏆🏆 The prizes will be drawn at week 9 assembly 🤗 We hope to see lots of families riding, walking or scooting to school safely.

With thanks from your House Captains!! 👍



[#SheidowParkSchool](https://www.instagram.com/SheidowParkSchool)
[#ride2school](https://www.instagram.com/ride2school) [#ride2 schoolday](https://www.instagram.com/ride2 schoolday)

PE NEWS

Cross Country Training 2024

SAPSASA Cross Country will be held in Term 2, Week 1 for interested 10 year olds (born 2014) and older. A selection of capable 9 year olds (born 2015) may also be able to attend.

To ensure we are ready for this date training by running the school track will commence this Wednesday 14th February at 8.25am and continue weekly.

Distances expected to be covered to attend Cross Country are:

- 11 & 12 year olds – 3km
- 10 year olds (and younger) – 2km

I look forward to seeing interested students attend and build their stamina in long distance running.

Unfortunately at this time running the track will only be for Cross Country runners

Thanks Sara (PE Teacher)

Sports Day

Sports Day Overview

4th April 2024

Hardy – Yellow, Morphett – Purple
O'Halloran – Blue, Reynell – Red

- 8:50am – Opening / Acknowledgement/ Chants / Health Hustle
9:15am – 3-6 sprints
9.50am – Fruit
10:00am – Tabloid Events (each class goes to their designated activity)
11:00am – 11:30am – Recess (Trampolines and air gym available to try)
11.35am – R-2 sprints
12:00pm – Tabloid events
(pack up equipment at last event)
1:00pm to 1:10pm – Full school R-6 Relay
1.10pm -1.20pm – eating time
1.20pm – 1.50pm Lunch
1.50pm – Back to class and green walk clean up
2:00pm – Presentations outside gym
2.10pm – Early Finish

*Please note there will be the canteen and a coffee van available throughout the day

** If weather is above 36° on the 4th April we will postpone our Sports Day and reschedule for the 11th April. If this date also has weather above 36° unfortunately we will have no choice but to cancel.

Nude Food

NUDE FOOD TUESDAYS

Nude food Tuesdays are back this year!
Every Tuesday students can show their teacher their Nude Food lunchbox.
This will be recorded on a class list throughout the term.

At the end of each term those students who had Nude Food consistently on Tuesdays will be given a small reward.

The Environmental Team encourages all students to have nude food as often as they can, however Tuesday's are our record day!
Thanks for helping the environment by having nude food lunchboxes.

Entertainment book

<https://www.entertainment.com.au>



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 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 - Year 7 -2025



innovation. opportunity. success.




Open Night




Wednesday 13 March 2024

5.30pm - 7.30pm

Join us to experience our extensive curriculum opportunities, meet our Leadership team and view student displays & demonstrations
Bookings essential via our website




Aberfoyle Park High School

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



Wirreanda Secondary School

OPEN NIGHT INVITATION

Monday 18 March 2024

5pm to 7pm





Respect Responsibility Honesty Achievement







Seaview High School OPEN NIGHT

20 MARCH 2024, 5-7PM

PRINCIPAL'S ADDRESS
5.30PM & 6.15PM



Hear from the Principal
Explore the grounds
Visit facilities
Meet curriculum leaders

HALLETT COVE SCHOOL

YEAR 7-12 OPEN NIGHT

WEDNESDAY
27 MARCH

5:00pm - 7:00pm

Principal's Address at 5:00pm and 6:00pm
Guided tours departing at 5:20pm and 6:20pm
Self guided tours available until 7:00pm



info@hcssa.edu.au




OSHC News











The April Vacation Care Program is out now! Please pick up a program for the service or contact Vanessa to receive an e-mailed copy. We have lots of exciting excursions and visitors as well as school-based days to keep everybody busy throughout the holidays!

SHEIDOW PARK SCHOOL OSHC

Vacation Care | 15th April – 26th April 2024



WEEK 1 – WEEK 2

MONDAY 15 th April	TUESDAY 16 th April	WEDNESDAY 17 th April	THURSDAY 18 th April	FRIDAY 19 th April
EXCURSION DAY	SCHOOL BASED DAY	EXCURSION DAY	IN DAY	IN DAY
 HAHNDORF FARM BARN The Hahndorf Farm Barn is a unique blend of a children's farmyard and wildlife park. Come along so you can hold, touch and feed the animals. Activities Hama beads Chalk drawing	 ART & CRAFT DAY Get your creative hat on as we complete lots of different arts and craft. Activities Plaster moulds Canvas painting Air dry clay	 WIZBANG FAMILY FUN CENTRE Have fun playing black light mini golf, laser tag, disco dancing and the jungle gym. Enjoy a nice lunch at Civic Park and a play on the playground.	 BRICKS 4 KIDZ – LEGO MASTERS WORKSHOP Embark on a Lego Workshop as we experience what it's like to be on Lego Masters for a day! Activities Painting Baking – muffins	 GAMES & MOVIE DAY *Please do not supply your own electronic devices Enjoy playing a variety of large and electronic games Activities (Optional – Fun for the week) Checkers/monopoly game – Fun for the week Large indoor games Playstation and Wii *LUNCH PROVIDED* SOUP & BREAD
Bus departure: 9:00 am Arrival time back: 3:30pm	*LUNCH PROVIDED* PASTA BAKE & GARLIC BREAD	Bus departure: 8:00am Arrival time back: 3:30pm	*LUNCH PROVIDED* CHICKEN, RICE & BREAD	
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 22nd April	TUESDAY 23rd April	WEDNESDAY 24th April	THURSDAY 25th April	FRIDAY 26th April
IN DAY	EXCURSION DAY	EXCURSION DAY	EXCURSION DAY	EXCURSION DAY
 NATURE PLAY MOBILE JUNK YARD WORKSHOP Have fun in nature as you build cubbies and enjoy playing outside in our nature play workshop hosted by Mobile Junk & Nature Play.	 SA BASE CAMP Explore what it's like to be a Ninja Warrior on the SA base camp course in Port Adelaide.	 FUNTOPIA AT PROSPECT Have fun in the playground and climbing world. Challenge yourself to climb all the way to the top of the rock-climbing walls. It'll be an adventure!	 ANZAC DAY <i>Left No Forget</i> OSHC Closed!	 PLAYGROUND PLAY AT HUGH JOHNSON BOULEVARD RESERVE Enjoy a walk to our local playground. Play with your friends in the park and enjoy a delicious Dominos lunch back at OSHC!
LUNCH PROVIDED SPAGHETTI BOLOGNESE	Bus departure: 8:30am Arrival time back: 3:30pm	Bus departure: 11:00am Arrival time back: 4:00pm		OSHC departure: 9:30am Arrival time back: 1:00pm
OUTCOMES: 3, 4, 5 EYLf: 3, 5	OUTCOMES: 2, 4, 5 EYLf: 1, 2, 5	OUTCOMES: 3, 4, 5 EYLf: 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
 Times: OPEN AT 7:00am CLOSE AT 6:00pm

Community News



WILLUNGA WALDORF SCHOOL

AUTUMN FAIR

SATURDAY 6TH APRIL 2024
10AM - 4PM

LIVE MUSIC FUN ACTIVITIES COFFEE AND CAKE LOCAL PRODUCE GOOD FOOD CRAFT STALLS

1 JAY DRIVE WILLUNGA
parentsandfriends@wvs.sa.edu.au



WANT TO PLAY BASKETBALL?

Come and join rodman basketball club for our upcoming winter season! Under 8's all the way through to Under 20's welcome, boys and girls!!!

Want more info, email us today at info@rodmanbasketballclub.com or scan the QR to sign up today!



OCEAN POTIONS

Kids Potion Parties!
other themes also available



with our Water Fairy!



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