



NEWSLETTER

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DIARY DATES : TERM 2, 2024

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Week 1	29/4	30/4 Bike Ed - Rm 5 & 8	1/5	2/5 Cross Country 	3/5
Week 2	6/5 Room 1 Camp	7/5 Mothers Day Stall Bike Ed - Rm 5 & 8	8/5	9/5	10/5 Walk to school 
Week 3	13/5	14/5 Bike Ed - Rm 5 & 8 Dental for Schools	15/5	16/5	17/5
Week 4	20/5	21/5  Governing Council	22/5	23/5	24/5 Room 3 Excursion 
Week 5	27/5	28/5	29/5	30/5	31/5
Week 6	3/6	4/6	5/6	6/6	7/6 
Week 7	10/6 	11/6	12/6 Japan Day 	13/6	14/6
Week 8	17/6	18/6  Governing Council	19/6	20/6	21/6 Steiner Winter Festival 
Week 9	24/6	25/6	26/6	27/6	28/6  Disco
Week 10	1/7	2/7	3/7	4/7	5/7 2.10pm Early Finish 

School Starts - Term 3 – Tuesday 23rd July 2024



...a moment with Ms Miller!



Welcome back to Term 2! The autumn leaves are falling and the coldness is creeping in!

This week is Debbie Collins' last week and we welcome Tarun Garcha as our new Finance Officer. If you haven't met Tarun yet, please pop in to the office, say hello and welcome him to our community. Tarun is eager to meet everyone and is very friendly and approachable. He will be the person you speak to regarding all things financial now.

Although I wrote in a previous newsletter, I want to again thank Debbie for everything she has done for our school community over the last 28 years. She has been an integral part of our school and always goes above and beyond her role to support staff, students, families and the wider community. We wish her the very best for her future endeavors and know she will look forward to long lunches, gardening and spending time with her grandkids! We will miss you Debbie!

During the holidays I had the privilege of attending the Hallett Cove Beach Dawn Service with two of our ambassadors **Nia** and **Zahli**. The girls represented Sheidow Park School and laid a wreath at the memorial on our community's behalf. It was a wonderful opportunity to remember and give thanks for all those who served, are serving and those who have fallen. We are forever grateful and indebted to these courageous and selfless people.



Next week we have our annual Mother's Day Stall organised by our amazing Fundraising Committee. Students have the opportunity to visit the stall on Tuesday and purchase a beautiful gift for Mum or special person in their life. We also have some Steiner inspired gifts this year that have been created and donated by some wonderful and generous parents! There will also be some time Wednesday morning if anyone is away on Tuesday.

We look forward to another wonderful term of learning, collaboration and curiosity!

HEALTHY.... WELL-THYAND WISE!

Welcome to Term 2!

We are looking forward to a fabulous term with lots of exciting things planned. Let's take a little look at all things wellbeing for this term.

Focus Area: Character Strengths and Values

Values are enduring beliefs and attitudes that guide everyday behaviours both big and small, and exploring values is an important source of self-knowledge and awareness for students. Character strengths are defined as positive traits that influence thoughts, feelings and behaviours (Seligman *et al*, 2004). Character strengths are exemplified by a person's actions and behaviours that contribute to others' lives and the community.



This term the students will be diving into values and character strengths. The character domain aims to explore the student's unique qualities through investigating values and character strengths in cultures, communities and individuals. Students will be encouraged to develop acceptance and respect for the ways people are similar and different. This will be explored through values and character strengths.

Focus Area: Hope



Hope is about expecting the best in the future, working to achieve it and believing that a good future is something that can occur. Hopeful students have higher academic achievement and can be taught successfully in classroom and school settings. Some students will engage in learning about creating a hope map. Students with high hope often have an alternate plan on hold ready to enact if something changes in the pathway toward their goal. We call this an 'if... then ...' scenario and it is an effective tool to teach pathway thinking, resilience and persistence.

Focus Area: Gratitude

Incorporating acts of gratitude within the school day is a valuable way of reflecting. It can be used as a learning reflection tool where students can be encouraged to think of three things they have learned that day and to link this to gratitude by adding how they will find that learning valuable. Some activities that students may participate in involve:

- Gratitude journaling
- Gratitude wall
- Gratitude role modelling
- Silent gratitude map
- Gratitude letters, etc



We look forward to celebrating our students for their positive contribution to our school. Watch this space for those who have gone **above and beyond** to demonstrate our school values, and for those who have exhibited other values to make our school a better place.

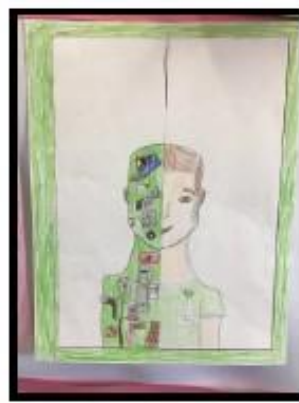
Classroom News - Room 6

Welcome to Term 2.



In Room 6 we have spent time exploring and identifying our learning brain and our creative brain. The focus of our learning brain is to identify how everyone 'gets ready to learn'. We also identified the strategies that work best for each of us to unlock our love of learning. We are also working on becoming 'effective learners', to maximize learning opportunities and tap into our love of learning.

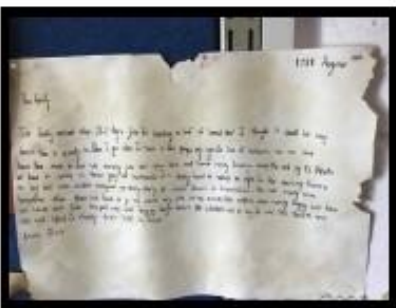
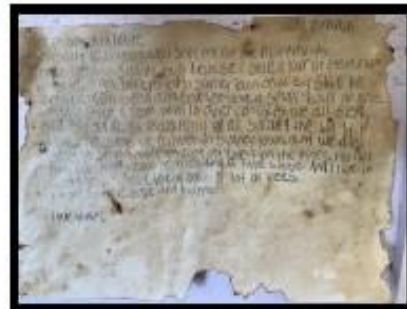
In Rm 6 we have created our own self-portraits. We drew our self on one side of the page and a colourful side with all things that we love and like. By Zara M and Aria F



During Literacy and HASS, we have been stepped back in time to the First Fleet and Early Australian Settlement.

First Fleet Facts by Ava H and Alice

- There were 11 ships on the First Fleet
- The First Fleet arrived in 1788
- It took 252 days on the ships
- The conditions on the ships were very bad
- 2 of the ships were transporting convicts



PE NEWS

Cross Country



SAPSASA Cross Country 2024

What a beautiful Autumn Day! Thank you to the 31 students who ran hard and persisted in finishing the race even though it was long run and the hills were tough. Our volunteers, student teacher and staff that attended, we couldn't have done it without you. Thank you for supervising, setting up tents, directing students, picking up cones, supporting and even running with students to give them the energy to finish.

All students ran really well with lots of great finishes but a special mention goes to Seth who finished 4th in the 12 year old boys and Felix who finished 5th in the 11 year old boys. These top 6 finishes qualify the boys to be part of the Southern Valley Team at the State Cross Country Championships on Thursday 6th June – CONGRATULATIONS!

Well done Sheidow Park School – looking forward to Cross Country 2025.

'On the 2nd of May 2024 Sheidow Park Primary School went to Thalassa Park in Aberfoyle Park to do a 2 - 3km cross country run up and down hills. Students who were 9 and 10 years old from Year 4 and 5 ran 2km, the older students who were 11 and 12 years old in Year 5 and 6 had to run 3km. It was sunny weather and we saw lots of QANTAS jets fly past. 2 Sheidow students Seth and Felix came 4th and 5th and are going to State Cross Country'. - Seby

'Cross Country was a really good experience running against different people from other schools. The course was long and more challenging than our school track because it had lots of corners, steep hills, and different surfaces like gravel, grass and concrete. It was really fun but everyone was exhausted at the end of their race. Sheidow placed 3rd within the small schools competition, which is fantastic!' - Zara

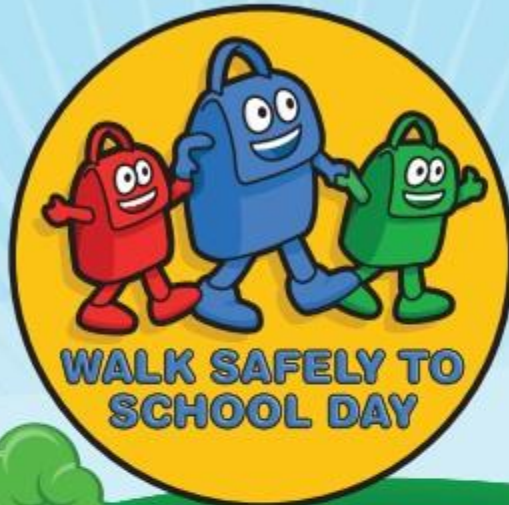


CROSS COUNTRY

• Thalassa Park 2024 •



ACTIVE KIDS ARE HEALTHY KIDS



**JOIN US
FRIDAY 10 MAY 2024**



WALK.COM.AU



@nationalwalksafelytoschoolday



@natwalktoschool



@natwalktoschool

#WSTSD



**SUPPORTED BY THE AUSTRALIAN GOVERNMENT AND ALL STATE,
TERRITORY AND LOCAL GOVERNMENTS**



Year 6 information - Starting High School 2025



Year 6 Students ONLY - Registration of interest for students starting secondary school in 2025

Year 6 Students – registration of interest for high school – 2025

A new online registration of interest form is now available for parents of students starting secondary school in 2025 to complete.

An email was sent to you with your unique link for your child.

If you haven't received it please contact Jodie in the front office so she can email you again please.

The form can be accessed from a computer, tablet or mobile phone, as long as you can connect to the internet, and replaces the old paper format used by schools, sometimes referred to as an ED176 form. It is recommended that you use Chrome as your internet browser to complete this form.

The online form will allow you to tell the department if: you would like your child to attend their local/zoned secondary school (find which secondary school is your local/zoned one at find a school)
you are interested in your child attending another SA government secondary school/s
your child does not require a place as they will not be attending a SA government secondary school in 2025

You must complete and submit the form by 26th May 2024.

Where appropriate, the link to this unique form has been sent to each person who has legal responsibility for your child. It is important that parents/guardians reach an agreement regarding which secondary school(s) you want to nominate for your child before you complete the form, as only one form can be submitted for each child.

If you need to make changes after the form has been submitted, you will need to contact our office at Sheidow Park Primary School.

All families will be advised of their child's secondary school allocation on or by 9th August 2024.

You can find more information as to how the transition process works on the department's website or in the provided parent brochure for students starting secondary school in 2025. If you need guidance on how to complete the online form, please find guidance videos here .

Guidance videos – <https://www.education.sa.gov.au/parents-and-families/enrol-school-or-preschool/school-enrolment/register-your-childs-interest-starting-high-school>

If you are not able to access the online form, or if you need help or have questions about how to complete it, please contact our office at Sheidow Park Primary School for assistance.



Aberfoyle Park
High School

Parent Information Evening Year 6 into Year 7 2025

Wednesday
22 May
6:00pm

**PERFORMING
ARTS CENTRE**

ENTER FROM
TAYLORS ROAD

We welcome you and your family to attend our Parent Information Evening to be held in our Performing Arts Centre.



This evening will provide you with the opportunity to meet key staff, understand the transition process and become familiar with our school culture. We look forward to seeing you on the night.

**REGISTER YOUR INTEREST BY EMAILING
APHS.INFO970@SCHOOLS.SA.EDU.AU**



FOOTBALL SOUTH AUSTRALIA



FOOTBALL IN SCHOOLS



School:

Sheidow Park PS

Start Date:

Wednesday 15th May

Finish Date:

Wednesday 3rd July

Time:

3:30pm - 4:30pm

Contact:

footballinschools@footballsa.com.au



JOIN TODAY!



CONTACT US
(08) 8340 3088



TO PAY ONLINE PLEASE VISIT
www.footballsa.com.au/footballinschools

IT'S NEVER TOO LATE!!
to get your leaf or picket on our beautiful
Forest Art Installation



**Order forms are available from the
front office
or can be found under 'Documents'
in the Team App
Orders will go in at the end of Term
Orders close for Term 2
28th June 2024**



Please join us for our 2024

Mother's Day Stall



Tuesday 7th May

Term 2, Week 2

Gifts \$1.00 - \$10.00

Catch up: Wednesday 8th May

Community News

CHILDREN NOT SLEEPING WELL?



WINK
Sleep Clinic

We are a team of
psychologists who've been
supporting people and
families with sleep concerns
since 2006

Do you or your child:

- Have trouble falling asleep?
- Wake up during the night and struggle to return to sleep?
- Have trouble waking up or getting out of bed?
- Feel overly tired or fatigued during the day?
- Struggle to stay focused at school or work?

If so

Please feel free to contact
us at

hello@winksleep.online

OR via our website

