



**WAIKERIE**  
PRIMARY SCHOOL

A SCHOOL OF VISIBLE LEARNERS  
CURIOSITY PROBLEM SOLVING RESILIENCE

Principal: Belinda Krollig

Governing Council Chairperson: Deb Schutz

Respect Responsibility  
Persistence Confidence  
Care Honesty

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**Term 2, Week 6 – Wednesday 3<sup>rd</sup> June 2020**

**No 9**

### DATES TO REMEMBER

Friday 5 <sup>th</sup> June	Student Free Day
Monday 8 <sup>th</sup> June	Public Holiday
Friday 3 <sup>rd</sup> July	Last day for Term 2
Monday 6 <sup>th</sup> until Friday 17 <sup>th</sup> July	School Holidays
Monday 20 <sup>th</sup> July	School resumes for Term 3

### Principal

When developing our School Improvement Plan we followed a five step process. Step four is where we review our actions and monitor impact twice a term. This week we will undertake this review to see how we are progressing with our goals. We are continuing our focus on reading, writing, maths and the development of our students as visible learners.

At the last Governing Council meeting it was suggested that we ask the school community for feedback on how the COVID-19 situation was handled at Waikerie Primary School. Our approach was based on the directions of the Department for Education. If anyone would like to provide feedback on what you believe was undertaken well, what we could have improved on and what we should continue regardless of COVID please email [dl.0456.info@schools.sa.edu.au](mailto:dl.0456.info@schools.sa.edu.au) or send a note to the office or your child's class teacher.

Last Friday on dress-up day, Miss Platten took a group of talented dancers to the library to make a clip of them doing the *Harlem Shake*. If you are interested it is on the school Facebook page.

### Deputy Principal

#### Book Fair

From June 9<sup>th</sup>-16<sup>th</sup> we will be running a school book fair through Carnival Fairs. Each class will visit the Junior Primary area of the library early in the week to view the books available and create a wish list to take home. The selection of books at our Book Fair will include a wide range of quality books and the fair is a great opportunity to purchase books for your child to enjoy or as a great gift idea. Every purchase from the Book Fair earns free books and resources for our school.

We have selected times for parents to visit the Book Fair. Due to current restrictions we will be allowing a maximum of 6 adults in the room during these visiting times. We ask that you practice good hygiene by using the hand sanitiser provided upon arrival and departure, and maintaining 1.5m social distancing. Payment for purchases may be made via cash or card.

#### Visiting times for parents

8.30 – 9.30am and 2.30 – 3.15pm Wed 10<sup>th</sup>, Thurs 11<sup>th</sup>, Mon 16<sup>th</sup> June, or by appointment.



Has your child started participating in this year's Premier's Reading Challenge? Forms are available from teachers and this year students can read from a free choice of books. The challenge is to read 12 books by September and complete these on your form. Awards will be presented in at school in November. More information and book lists can be found at

<http://www.premiersreadingchallenge.sa.edu.au/prc/pages/parents>

Megan ☺



Government of South Australia  
Department for Education

**Student Wellbeing Leader**

**Reconciliation Week at Waikerie Primary School**

*Reconciliation Week* is a time for all Australians to learn about our shared histories, cultures and achievements, and recognise and celebrate respectful relationships between Aboriginal and Torres Strait Islander peoples and other Australians.

On Friday, Mrs Pietsch read the picture book 'Welcome to Country' written by Aunty Joy Murphy and Lisa Kennedy. Classes viewed and listened from their classrooms via the *Teams* application. Allira represented our Aboriginal students by presenting the Acknowledgment of Country and we talked about how an Acknowledgment of Country is offered at the beginning of a special event, meeting or gathering as a way of showing respect for Aboriginal and Torres Strait Islander heritage and the ongoing relationship of traditional owners of the land.

Each classroom has a map that shows all of the Aboriginal and Torres Strait Islander groups within Australia. Students were asked to identify the name of the Aboriginal group for our local area – it is the Meru peoples.

After this, classes contributed to a collaborative piece of art work (a bit like a puzzle!) based on this year's Reconciliation Week theme of 'In this together'. When the artwork is complete, we will display it in our office.

**Student Voice** – Last Friday we enjoyed a casual/dress up day, as requested by Student Voice. It was a fun way to celebrate the half-way mark of the term!

**Flipping the Lid** – At Waikerie Primary School, part of our wellbeing approach is to support students to understand and manage their emotions. We teach students about their brain and its role in thinking and controlling/expressing their feelings and we use Dr Dan Siegel's *hand-brain model* to explain this.

Imagine your fist is your brain. A closed fist (covering your thumb) is when your 'lid' is on. Your fingers represent the part of the brain called the 'pre-frontal cortex' which is a bit like a 'wise owl' (for younger students) as it is the part of the brain that allows you to think, problem solve, learn new things and make good choices. When your 'lid' is on, you are able to make wise choices and are in control of your emotions.

When you get stressed or triggered, your lid can flip! On the *hand-brain model*, when your lid is flipped, your thumb is exposed. Your thumb represents the part of the brain called the 'amygdala', which is a bit like a 'guard dog' (for younger students). When your amygdala senses a danger or threat, it acts like a guard dog and tries to keep you safe by causing a fight, flight or freeze response. This is very important and necessary to keep you safe if there is real threat or danger (like a fire or an emergency), but sometimes the problem is small. When your amygdala senses danger (or a problem), this can flip your lid and means that you might be aggressive, cry, say or do hurtful things, run away, hide, argue or refuse. When your lid is flipped, you are not in control, you may make a bad choice which may mean that there is a consequence to follow.

We teach students to try to recognise when their lid is about to flip (before it actually happens!) and encourage them to try a strategy to keep their lid on. Things like slow, deep breaths; going for a short walk; asking for help; reading or colouring in; getting a drink; using a stress ball (or fidget tool); doing a Brain Break – are all strategies that can help us cope and keep our lid on. When our lid is on, we are able to make safe, positive choices.

Alison Pietsch, Student Wellbeing Leader