



Principal: Belinda Krollig

Governing Council Chairperson: Deb Schutz

Respect Responsibility
Persistence Confidence
Care Honesty

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Term 4, Week 4 – Wednesday 4th November 2020

No 18

DATES TO REMEMBER

Friday 6th November	Student Free Day
Tuesday 10 th November	Kindy Transition #1
Monday 16 th November	Graduation attendance notes due back
Tuesday 17 th November	Kindy Transition #2
Wednesday 18 th November	Year 7 Transition Visit to High School
Friday 20 th November	Primary Splash Carnival

Principal

A reminder to parents that our student class placement for 2021 will soon start. If you have any particular concerns I encourage you to speak to your child's teacher, however please remember that you cannot request a particular teacher and we cannot guarantee that all requests will be met but we will do our best.

The year 7 students have taken home a note regarding family attendance at their Graduation Ceremony. Due to COVID restrictions and social distancing there will be a limit to the number of family members that can attend.

This Friday is our Student Free Day and teachers will be working on reviewing our 2020 School Improvement Plan and beginning our 2021 action plan so we can continue our work in achieving our goals and targets.

We have received the results of the new Parent Survey that the Department developed. It was very pleasing that we had 58 responses this year. We will reflect on the responses at this week's student free day and look for areas of improvement. The questions are listed below and parents are asked to give a *strongly disagree, disagree, don't agree or disagree, agree or strongly agree response*. I have given the number of *agree* and *strongly agree* responses for each of the questions

- People respect each other at this school - 30 agree and 17 strongly agree
- Teachers and students treat each other with respect at the school – 28 agree and 17 strongly agree
- I feel like my child is important to the school – 29 agree and 16 strongly agree
- I receive enough communication from the school – 32 agree and 10 strongly agree
- The school communicates effectively with me – 30 agree and 12 strongly agree
- I know what standard of work the school expects of my child – 35 agree and 11 strongly agree
- I have useful discussions with the school about my child's learning - 29 agree and 14 strongly agree
- I talk with my child about what happens at school – 53 talk often with their children
- The school provides an opportunity for me to have input about my child's learning – 29 agree and 9 strongly agree
- Overall, my child has a good routine around reading, studying and learning at home -35 agree and 14 strongly agree
- I think that education at school is important to my child's future – 17 agree and 37 strongly agree
- I feel equipped to help my child plan what they will do after they leave school – 26 agree and 13 strongly agree
- I would like more help from the school with my child's learning – 16 yes to help the parent, 17 yes the school to address their needs and 25 no
- The school encourages parents to help students to learn – 35 strongly agree and 10 strongly agree
- The school provides me with useful tips on how to help students learn at home – 20 agree and 7 strongly agree
- Looking ahead, what pathways do you think your child will take after leaving school? 41 stated they were not sure or it is too early to say.

2021 Instrumental Music Hub Recruitment

Riverland Instrumental Music (IM) staff are holding a 'Come and See' demonstration session on the 9th of November at 9:15am for students currently in years 4 to 6 who are interested in learning an instrument in 2021. In these sessions students will see and learn about the range of instruments taught by IM. Due to COVID restrictions, students will be unable to try the instruments this year.

Please contact Ben Leahy on 8582 3818 or ben.leahy529@schools.sa.edu.au for further information.

Deputy Principal

Next week (9th -11th Nov) Year 3-6 students will be participating in swimming lessons at the Town Pool. If your child is in these year levels please ensure they bring their bathers, towel etc. each day. Notes have also been sent home via classes. Year 7 students will participate in Aquatics in Week 9. The Primary Splash Carnival will be held on Friday 20th November at the Town Pool, for Year 3-7. A note will be sent home about this next week.

The Early Years students (Reception – Year 2) will participate in their lessons in Week 8, at the School Pool. The Early Years Splash Carnival will be held on Wednesday the 9th December at the school pool. Notes will be sent home via classes about these events closer to the date.

Parents will not be able to attend the swimming and splash carnival events and we appreciate your understanding.

Next Wednesday our School Leaders and Student Voice members will represent our school at the Remembrance Day service at the Memorial Gardens. The School Leaders will lay a wreath on behalf of the school and the students remaining at school will participate in learning about the significance of Remembrance Day and observe one minute's silence with their class.

Student Wellbeing Leader

Wellbeing focus: Sleep & screen time

Getting a good quality night's sleep can be a challenge for both parents and children and screen time can play a major role in this! Here are some helpful hints around screen use and sleep, from clinical psychologist Sarah Blunden.

A good quality, restful night's sleep means getting the right amount of sleep, sleeping at the right time of the day (night time!) and having fairly regular wake up and bed times. Screen use, such as tablets, mobile phones, computer screens, television screens and video games, affects all of these things! Not only does it displace sleep time, screen use disrupts sleep physiology as the hormone melatonin cannot be produced. Our body needs darkness in order to produce melatonin, which causes sleepiness. If our eyes are exposed to light, our brain gets confused and doesn't produce melatonin, hence poor quality and quantity of sleep!

For children and teenagers, what they're watching can also disturb their sleep. For example, if they are engaging on social media and the conversation is alerting, exciting, scary, mean, nasty or depressing – all of these things can impact their emotions and interfere with their capacity to be calm at bedtime. Gaming can be another activity that can interfere with bedtime if children/teenagers are playing to win and do not want to stop.

So what can parents do to decrease their child's screen exposure at night time?

- Negotiating rules around screen time (eg time limits or when other activities are done)
- Encouraging children to turn the screen off at least 30 minutes for bedtime
- Removing all devices, including TVs from bedrooms
- Restricting own device use to model good habits

Better sleep means a better mood and better health all round!

*Reference: <https://parenting.sa.gov.au/easy-guides/sleep-and-screen-use-sarah-blunden>

Alison Pietsch

Contact numbers to assist you

Rural Financial Counsellors	1800 836 221
National Debt Helpline	1800 007 007
Riverland Community Justice Centre	8582 4998
Regional Access 24/7 telephone counselling	1300 032 186
Salvation Army Community Services	8582 3182
AC Care	8580 5300
Life Without Barriers	8580 5500
Relationships Australia (SA)	8582 4122
ASK Peace Multicultural Services	8245 8110



AUSTRALIAN ARMY CADETS

South Australia – Australian Army Cadets Brigade
420 ACU 10 Thompson St Waikerie SA 5330

2021 REGISTRATION DAY

“BRING A BUDDY DAY”

MONDAY 16th November 2020 (at RSL Hall Thomson St Waikerie)

Are you turning 13, 14, 15 or 16 years of age in 2021?

Do you like to go Camping on Weekends?

Would you like to improve your confidence ?

Get involved in activities with the Riverland West Community

Be part of a Safe & Fun Youth Development Programme.

Uniforms Supplied at No Cost Free Yearly Fees

Once a Week after School on Monday's 4.00pm to 6.45pm

Information sessions with Staff at either 4.00pm or 6.00pm

This coming Mon 16th Nov 2020 Please Come along.

Noel Annear

Officer Commanding

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