



Newsletter

Ridgehaven Primary School

Term 1 - Week 5

Thursday 28th February 2019

Address: 479 Milne Road Ridgehaven SA 5097
Email: dl.1051_info@schools.sa.edu.au
Website: www.ridgehaven.sa.edu.au

School: Tel: 08 8264 5277
Fax: 08 8396 1715

Preschool: Tel: 08 8265 3140
OSHC: Tel: 08 8396 3327



Government of South Australia
Department for Education and
Child Development

Principal: Joe Blefari
Senior Leader: Martin Woodcock
Senior Leader: Sharon Foweraker
Governing Council Chairperson: Mel Leaver

From The Leadership Team

- ❖ School Captains
- ❖ Staff news
- ❖ Pupil free day
- ❖ Parent Subcommittees
- ❖ Leadership conference
- ❖ Free Parent Seminar
- ❖ Cyber Safety
- ❖ Preschool Sports Day
- ❖

Inside This Issue

- ❖ M&S Charges
- ❖ Easter Raffle
- ❖ Uniform Shop
- ❖ Subway order form
- ❖ Community News

Dates To Remember

Uniform Shop – Next Open Day

Tuesday 12th March

Pupil Free Day

Friday 8th March

Adelaide Cup Public Holiday

Monday 11th March

Early Years Grandparents Morning Tea

Thursday 14th March

Chromebook – First Instalment

Due by Friday 15th March

School Photo Day

Tuesday 26th March

Sports Day

Friday 29th March

From Leadership Team

2019 School Captains

At the beginning of this term the Year 6/7 students had an opportunity to submit a written application for the role of school captain. Thank you to all those students who took the time and effort to apply. I'm pleased to announce and congratulate the 2019 school captains; Ella B, Sarah H, Portia P, Olivia R, Charlotte F, Tahlia W, Aidan W and Harley T.

Some of the roles and responsibilities of captains include;

- Organising and running school assemblies
- Giving school tours
- Meeting and greeting special guests
- Organising and running activities for the whole school
- Supporting staff with various initiatives
- Listening to and responding to all students in the school
- Promoting, supporting and managing whole school events
- Supporting the positive culture of our school – in class and in the yard

It's important to remember that all students can be leaders and they do not need to have a title to demonstrate effective leadership or be wonderful role models for others. My daughter Ava applied to be a sports captain at her school last year, and although she was initially disappointed at missing out, I was extremely proud of the resilience she demonstrated in congratulating her peers who were voted in, and in taking on other important roles in her school throughout the rest of the year.

Staff News

I wish Mr Wallis (Room 19) all the very best during his long service leave between now and the end of term 1. I'm pleased to share that Tamsin McDonald will be replacing Marc during this time and will work closely with our other Year 6/7 teachers to ensure the class continues to receive the same learning experiences.

Pupil Free Day – Friday 8 March

A friendly reminder that our first pupil free day is on **Friday 8 March (week 6)** where teachers will be involved in training and development on *reading*.

Joe Blefari, Martin Woodcock & Sharon Foweraker

Our School Values:

Caring

Honesty

Excellence

Respect

Responsibility

The Program Achieve Keys To Success:

Confidence

Persistence

Getting Along

Organisation

Resilience

From Leadership Team continued

2019 Parent Subcommittees

As well as our Governing Council we also have the following subcommittees supporting the school. Thank you to these parents for volunteering their time, energies and expertise in their respective role/s in these groups. Parents are able to nominate for a subcommittee without joining the Governing Council.

Out of School Hours Care (OSHC) – Kerri Cook, Deb Penney, Mel Leaver & Joe Blefari

Parent Fundraising (PFC) - Mel Rawnsley, Jo Wardle, Mandy Mason, Mel Leaver, Ella Bailey (student rep) & Joe Blefari

Finance Advisory – Craig Stirna, Lyn Krstic, Kylie Rosenberg & Joe Blefari

Grounds & Facilities – Dave Toohey & Martin Woodcock

Please note that parents do not necessarily need to be on one of these committees to support the work of these committees throughout the year. I'm sure there will be many opportunities, particularly around fundraising initiatives, where we would love additional assistance. I look forward to sharing updates from these subcommittees throughout the year.

Leadership Conference

At the beginning of the week I had the privilege and pleasure of attending a 2 day leadership conference organised by the Department for Education. I listened to Australian and international keynote speakers and attended workshops led by local principals from South Australia. The Minister for Education, Mr John Gardner and the Chief Executive, Rick Persse, released the Department's new strategic plan and action plan that describes how as a system we will achieve our ambition of world-class education. Both plans build on the solid foundation we already have in place and focusses on the 5 key areas we know will help every child, in every class, in every school achieve growth.

They are:

- challenging learning
- quality people
- strong engagement
- better support
- targeted resources.

Rick's message around 'not wasting a single day', particularly resonated with me.

Other key insights I gained from the conference included;

- Parents demonstrating a keen interest in their children's school activities is a larger indicator of children's success at school than parental income
- Every student deserves a great teacher, not by chance, but by design
- Children are three times more likely to learn if they know what they are learning and why they are learning it
- Children who read for 20 minutes each day will read approximately 282,000 words per year and score in the 90th percentile on standardized tests
- Children who read for 5 minutes each day will read approximately 1,800,000 words per year and score in the 50th percentile on standardized tests
- Children who read for 1 minute each day will read approximately 8000 words per year and score in the 10th percentile on standardized tests

I look forward to sharing my learning with staff to best support all children to be the best that they can be.

Free Parent Seminar - Mark LeMessurier

On Wednesday 27 March Surrey Downs Primary School is hosting a free Mark LeMessurier parent seminar focussing on Dealing with Big Feelings. There's an attached flier which provides further information about the session. I have attended a number of Mark's seminars over the years and have always found them to be highly informative and engaging. If you would like to attend please contact Surrey Downs PS on 8251 1393 to reserve a place.

From Leadership Team continued

Cyber Safety

The number of cyber issues schools and authorities deal with is growing at an increasingly rapid rate. Later this year we have organised SAPOL to talk to our older students about some of the dangers and risks associated with on line activity. I'd like to take this opportunity to remind you to keep your children cyber-safe and mobile safe. Some students participate in on line activities that they would not do in the real world. They think they are invisible and at times even anonymous. All on-line activity and phone activity can be traced.

Some parents think that if their children are home using a computer they are safe and not in danger. Nothing could be further from the truth. Your child could be placing him/herself in unsafe situations from your family home.

I would like to offer you this advice:

- Make it your business to know what your child is doing online. Teenagers (and preteens) are likely to take the position that their online activities are their business. But parents have a moral, as well as legal, obligation to ensure that their children are engaged in safe and responsible behaviour—including online behaviour.
- Keep the computer in a public place in the house. Periodically check on what your child is doing. Find out who his/her online friends are.
- Be sure you know the online communities your child participates in and know his/her usernames in these communities. Review his/her public postings, including his/her profiles, Web pages, and blogs. Discourage active involvement in the kinds of environments that promote excessive self-disclosure of intimate information and rude behaviour. Your child may object and claim that these postings should be considered private. A child who makes this argument simply does not understand. The material posted on these sites is not private—anyone can read it. If your child is uncomfortable about your review of the material, then this is a good clue that the material should not be posted.
- Be up front with your child that you will periodically investigate the files on the computer, the browser history files and buddy lists, and his/her public online activities as well as his/her mobile phone log.
- Be alert to secretive behaviour. It's a danger sign if your child rapidly switches screens as you approach the computer or attempts to hide online or phone behaviour by emptying the history file.
- If your child has engaged in unsafe or inappropriate behaviour, the most appropriate consequence is the use of monitoring software and consistent review of all public and private online activity.

The following sites offer further resources and information for your discernment.

<https://www.esafety.gov.au/education-resources> (iparent portal)

<https://bullyingnoway.gov.au/> (online safety)

<https://www.ncab.org.au/bullying-advice/bullying-for-schools/> (e smart schools)

Preschool Sports Day - Wednesday 27 March

I'm pleased to share that our preschool will be holding a 'mini' Sports Day on Wednesday 27 March, 9.30am – 11.00/11.30am. Our PE teacher, Mr Kym Hillard will be setting up some fun activities for the children to take part in. These will include activities such as; egg and spoon, running, parachute, tunnel ball and a parent race. The emphasis will be on children participating in physical activity, trying their best and most importantly, having fun! Ally and her preschool team will send home more information in the coming days.

I hope you have a positive end to the week.

Kind regards,

Joe

2019 SCHOOL M&S CHARGES

Payment due by Friday 12th April 2019

Payments can be made at the Front Office by Cash, Cheque, Eftpos or Credit Card. Payments may also be made through the phone QKR app.

Payment by Instalments can be arranged either by paying in person or by direct debit from your bank account or credit card.

School Card forms must be completed every year. Forms are available from the front office for eligible families whose combined family income (from your 2017/18 tax return) is under the following limits:

No of children	Annual Income	Weekly Income
1	\$59,432	\$1,143
2	\$60,493	\$1,164
3	\$61,554	\$1,185
4	\$62,615	\$1,206
5	\$63,676	\$1,227
Each addt child	\$ 1,061	\$21

EASTER RAFFLE DONATIONS REQUIRED

Support of donations will be much appreciated and can be left at the front office.

Raffle books will be sent home in week 7 and will be drawn at school on Wednesday 10th April



UNIFORM SHOP

The Uniform Shop has relocated to the front office and will be run by the office staff on the following dates in Term 1.

Week 7	Tuesday 12 th March	2:30-3:30pm
Week 9	Monday 25 th March	2:30-3:30pm
Week 11	Monday 8 th April	2:30-3:30pm

SPORTS DAY Friday 29th March



2019 Pupil Free Days

Term 1 - Friday 8 March
Term 2 - Friday 7 June
Term 3 - Friday 30 August
Term 4 - Friday 22 November

**2019 School Closure Day
Monday 2 September**

NEW SUBWAY ORDER FORM



Ridgehaven Primary School

Name: _____ Class: _____

Please tick your choices and enclose money (Drink included in price)

\$5.00 (4 inch) \$6.00 (6 inch or wrap)

Order Total:

Change required -

Bread choice:	<input type="checkbox"/> White <input type="checkbox"/> 9 Grain <input type="checkbox"/> Wrap (\$6 only) <input type="checkbox"/> Gluten free Wrap (\$1 extra)
Filling: (choose one)	<input type="checkbox"/> Ham <input type="checkbox"/> Turkey <input type="checkbox"/> Beef <input type="checkbox"/> Chicken (cold)
Cheese	<input type="checkbox"/> Yes <input type="checkbox"/> No
Salad: (please tick)	<input type="checkbox"/> Lettuce <input type="checkbox"/> Tomato <input type="checkbox"/> Cucumber <input type="checkbox"/> Onion <input type="checkbox"/> Carrot <input type="checkbox"/> Other _____
Sauce: (choose one)	<input type="checkbox"/> Honey mustard <input type="checkbox"/> BBQ <input type="checkbox"/> Mayonnaise <input type="checkbox"/> Tomato <input type="checkbox"/> Pizza
Drink: (choose one)	<input type="checkbox"/> Apple (200ml) <input type="checkbox"/> Calciyum(choc 200ml) <input type="checkbox"/> Water 350ml

Optional Side \$1

Sides: (choose one)	<input type="checkbox"/> Fruit Crusher
----------------------------	--

COMMUNITY NEWS

Free Meningococcal B immunisation

Free Meningococcal B vaccinations will be available to children and students from 1 February.

To receive the free vaccine, children and students must be SA residents and have a Medicare card.

Meningococcal disease is a serious infection caused by meningococcal bacteria. It can affect all age groups but it is most common in children under age 5 and in young people aged 15 to 20.

To find out more information read the following factsheet relevant to your schools:

- [Factsheet for primary schools](#)
- [Factsheet for secondary schools](#)

Contact: [SA Health website](#) for more information.



OPEN DAY - WEDNESDAY 27 MARCH 2019

School Tours

(Registration via the [school's website](#))

Tour 1 – 11.00am - 12.15pm (lessons operating)

Tour 2 – 11.45am - 1.00pm (lessons operating)

Tour 3 – 4.15pm - 5.15pm

Tour 4 – 4.45pm - 5.45pm

Tour 5 – 5.15pm - 6.15pm

Tour Program

- Arrival and registration - Dame Roma Mitchell Centre (DRMC) Foyer
- Principal's address - Dame Roma Mitchell Centre (DRMC) Lecture Theatre (Thiele side)
- Tour of our facilities led by a member of our Executive Leadership Team and Student Voice representatives.

Quality Learning Programs offered at Golden Grove High School

- Special Entry Dance Program – Year 8
- Special Interest Dance, Touch Football and Netball programs
- Languages – Japanese or Spanish
- EXCEL Program for students with high intellectual potential
- Extensive co-curricular programs including Outdoor Education, School Sport, School Productions, Overseas Exchanges and Student Leadership
- An extensive Arts Curriculum in Dance, Music, Drama, Digital Multimedia, Visual Arts and Music Technology
- Flexible learning pathways leading to university, TAFE and / or employment
- Partnerships with North-Eastern State Secondary Schools, Gleeson College and Pedare Christian College broaden learning opportunities and subject choices for senior students
- Support programs for students with special learning needs
- Flexible learning options (FLO, ATSI, EALD, SWD)

Student Enrolment: The school has year level enrolment ceilings and waiting lists. Application for Year 8 enrolment in 2020 is via the Department for Education's [Year 7/8 Transition Process](#).

Special Entry Dance Program – combining an academic education with a specialised Dance program. There are a limited number of places available for Year 8 students in 2020. Entry into the program is via a written application, audition and interview process. Applications are open to all 2019 Year 7 students (in and out of zone). Please download an [application](#) from the school's website. Applications close on Friday 3 May 2019.

Enquiries and further information:

Please visit our school's website <http://goldengrovehs.sa.edu.au/enrolment/enrolment-information.html>



Government of South Australia
Department for Education



Golden Grove
High School

Department for Education T/A South
Australian Government Schools
CRICOS Provider No.: 000184



Respect • Equality • Pride • Integrity • Resilience



Special Entry Dance 2020

The Special Entry Dance program is open to all students regardless of where you live.

Golden Grove High School is widely recognised for the quality and breadth of its Arts programs.

Enrolment in this program is via a selection process involving a written application, audition and interview. Some previous dance training is preferable.

The program combines an academic education with a specialised Dance pathway throughout Years 8-12.

Applications for the 2020 intake close on **Friday 3 May 2019** with auditions held on Sunday 19 May 2019 (by allocation only).



Please download the [application](#) from our [website](#).

1 Adey Place, Golden Grove, South Australia 5125

T (08) 8282 6400 F (08) 8282 6499 E dl.1834.info@schools.sa.edu.au W www.goldengrovehs.sa.edu.au

Success For All



MODBURY JUNIOR FOOTBALL CLUB
'HOME OF THE MIGHTY FIGHTING HAWKS'

SWOOP
WANTS YOU!

TO PLAY FOOTBALL IN THE
UPCOMING 2019 SEASON
SEASON STARTS IN APRIL!

GAMES PLAYED ON FRIDAY NIGHTS AND SUNDAYS
REGISTRATION ONLINE WWW.MODBURYHAWKS.ORG.AU

NEW PLAYERS WELCOME FOR SEASON 2019
AGE GROUPS U6S TO U10S - MODIFIED RULES
AGE GROUPS 12S TO 16S - PREMIERSHIP GRADES
GIRLS TEAMS U10S, U12S, U14S & U16
TRAINING FOR YOUNGER GRADES (U7-10) COMMENCING FIRST WEEK OF MARCH

MJFC IS A PROUD FAMILY CLUB WITH ENCOURAGING PLAYERS
& QUALIFIED/CERTIFIED COACHES

FOR FURTHER INFORMATION PLEASE CONTACT SHARON 0419 844 910
FOR ALL EMAILED ENQUIRIES PLEASE SEND TO MJFC.REG@GMAIL.COM

MODBURY JUNIOR FOOTBALL CLUB. HAZEL GROVE, RIDGEHAVEN (BEHIND WATERWORLD, GOLDEN GROVE ROAD)

VACANCIES FOR ALL GRADES STARTING AT UNDER 7'S
UP TO 16'S AND GIRLS TEAMS AVAILABLE



CROSS COUNTRY & WALKS

ATHLETICS HOLIDAY DEVELOPMENT CLINIC

MONDAY 15TH & WEDNESDAY 17TH APRIL 2019

SA ATHLETICS STADIUM, MILE END

A clinic for **ANY 8-17 YEAR OLDS** to learn, have fun, and improve their **Cross Country & Race Walking** skills to prepare for the winter athletics season!

REGISTRATION CLOSES:
SUN 7TH APRIL 2019

☎ (08) 8352 8133 |

🌐 littleathleticsa.com.au/holidayclinics



Mark Le Messurier – PARENT EDUCATION SEMINARS

TOPIC: DEALING WITH BIG FEELINGS –

Coaching kids to manage ANXIOUS to ANGRY feelings, and anything in-between!

Wednesday 27th March, 6.30pm to 8.00pm. Surrey Downs Primary School

Mark Le Messurier is a well-known teacher, counsellor and author of 11 books. He is the co-author of BOTH 'What's the Buzz? friendship/ social skills building programs now assisting children (4 to 14 years) in schools and organisations around the world - <http://www.whats.the.buzz.net.au/> He regularly presents at conferences and is a recipient of an Australian National Excellence in Teaching Award. Mark works in schools and in private practice in Adelaide with young people he affectionately calls 'Tough Kids'. He is the architect of the 'Mentoring Program' now running in many Catholic and state schools throughout Australia to support vulnerable students. Mark's book, RAISING BEAUT KIDS (\$25), follows PARENTING TOUGH KIDS (\$25) which became an international best seller. Mark's books will be available at the workshop for purchase, using cash or credit card. Mark will offer RAISING BEAUT KIDS and PARENTING TOUGH KIDS together as a BOOK BUNDLE for the discounted price of \$40.



Are BIG FEELINGS normal?

Yes, everyone experiences BIG FEELINGS - even emotionally mature adults! Typically BIG FEELINGS are bigger and more prevalent in the world of children usually as a reaction to dread, stress or disappointment. So, first up, let's normalize these BIG FEELINGS by seeing them as frustrated feelings accompanied by compensating behaviours. These compensating behaviours can be expressed as anger, aggression, anxiety, avoidance, shyness, withdrawal, shame, running away, tearfulness, sadness, despair and so many more!

How do BIG FEELINGS and tricky compensating behaviours work together?

As children start to grasp the social and emotional worlds of school and home, there's a tendency for them to impulsively use anger as a defence against any kind of emotional threat or risk. On one hand, anger can be used by all individuals, at any age, to simply get their way. Equally, anxious and fearful children can flip into anger as protection against what they perceive as a threat.



Is some anxiety in my child alright?

Just as we worry, children worry. Normally, it is seen as a reassuring sign that their development is on track as worry is a useful means to plan, sort, prioritise, unravel problems and cope with life's experiences. However, too much anxiety, too often stops children from getting the most out of life. Too much anxiety causes children to miss school, miss social activities and miss out on night after night of sleep just because of the troublesome thoughts in their head.

Can I really coach my child to better manage their BIG FEELINGS?

Many parents feel helpless as they witness their child acting out their BIG FEELINGS, inaptly, day in and day out. Sometimes, from a place of love, parents unintentionally use strategies that feed and strengthen their child's strong and distressing emotional responses. There isn't a 'one-size-fits-all' solution to address the array of BIG FEELINGS, but there is a wide selection of great research-based techniques that can help manage it. Learning to manage all kinds of BIG FEELINGS starts with coaching kids to identify the feeling they're experiencing and developing tools to calm down and express feelings and thoughts. The truth is that most of these coping skills are simple to learn, easy to use and effective over time. It is possible to teach all kids how to cope better with their BIG FEELINGS and bring more emotional steadiness and happiness in their lives.

Will this workshop give me ideas that are 'real' and I can start using straightaway?

Mark promises to bring a wealth of totally practical ideas to show parents how to coach their children to tame their BIG frustrated FEELINGS. This workshop invests in you so you can empower your children!

To see and hear Mark Le Messurier go to his YouTube Channel - www.youtube.com/channel/UCOZkkRMU4LdXZc2uT7WY-Uw
Mark Le Messurier/ 8332 0698/ mark@marklemessurier.com.au/ www.marklemessurier.com.au/ www.raisingbeautkids.com



**THE HEIGHTS
SCHOOL**
Preschool - Year 12

The Heights School

- > Educating young minds
- > Serving our community
- > Instilling values and embracing our future

**Building
better
Schools.**

The Heights School has received a **\$10 million** grant to provide new buildings with state of the art furniture and equipment to enhance student learning. Planning has already commenced.

ignite

a program for gifted and talented children

We have completed a **\$3.5 million** upgrade to student facilities to provide vital new learning spaces and opportunities in Science, Technology, Engineering and Maths (STEM).

School Tour



You're Invited

Please join our school tour followed by the opportunity to meet our Principal, Nigel Gill, for refreshments and a conversation about your child's education in a relaxed atmosphere on

Monday 4th March 2019 from 9:00am to 10:15am

Are you looking for a **leading school** for your child as they enter Year 8 schooling?

The Heights School would love to share it with you

Bookings are essential. Please book online at <http://theheights.sa.edu.au/tour> or contact Dani Camillo 8263 6244

Brunel Drive, Modbury Heights SA 5092
Telephone 8263 6244 - Fax 8263 6072
Email dl.1430.info@schools.sa.edu.au
Website www.theheights.sa.edu.au



Government of South Australia
Department for Education



URRBRAE

AGRICULTURAL HIGH SCHOOL

OPEN DAY

FOR PROSPECTIVE
**YEAR 8
STUDENTS**
TUESDAY MARCH 19TH 2019

2 hour programme (9.30 - 11.30am or
1.00 - 3.00pm or 5.00 - 7.00pm)
includes Application Information,
Farm Tours and School Tours

*Students wishing to enrol at Year 8 level in
2020 and their parents are invited to attend.
Parking on the School Oval with
access via Gate "C" off Cross Rd.
Proceed to the Gym.*

- Urrbrae is a Special Interest School which offers a comprehensive curriculum including Agricultural Studies.
- Selection for enrolment is based on the student's interest in Agriculture, the Environment and Technology
- Application Packages available from March 19th
- Enrolment applications close 5pm Wednesday May 1st

505 Fullarton Road, Netherby, SA, 5062

Ph: (08) 8274 7455

dl.0798.admin@schools.sa.edu.au

www.urrbraehs.sa.edu.au



Government of South Australia

Department for Education

Tuning in to Kids

for young parents

ARE YOU A PARENT UNDER 25 YEARS?

INTERESTED IN LEARNING NEW WAYS TO MANAGE
TRICKY SITUATIONS WITH YOUR KIDS?

HELPING YOUR CHILD LEARN HOW TO MANAGE
EMOTIONS – ANGER, WORRY, FRUSTRATION?

Tuning in to Kids is a free 6 week parenting group

Have fun and learn while gaining new skills in
recognising, understanding and managing your own
and your children's emotions.

Free Lunch and Crèche provided

WHERE: Metropolitan Youth Health
6 Gillingham Road, ELIZABETH

WHEN: Thursday, 10:00am-12:30pm
7th March 2019 to 18th April 2019
(Excluding: 28 March 2019)

For information or to book please call

Sarah or Nicole on: 8255 3477

Funded by the Australian Government Department of Social Services

ANGLICARE SA

playford
communities for
children

