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Department for Education and Child Development
T/A SOUTH AUSTRALIAN GOVERNMENT SCHOOL
Renmark Primary School
CRICOS Provider No. 00018A 

No 12/2017

Term 3, Week 6

Thursday, 31st August 2017

◆ Respect ◆ Excellence ◆ Self Belief ◆ Trust

News from the Principal

NAPLAN REPORTS

By now you should have received your child's NAPLAN report. Hopefully you have found time to talk to your child about their report, celebrate their effort and achievement and talk about areas for further development.

Overall, our data is not as strong as last year, however within that, many students have clearly made great progress although they may still not be at the DECD Standard of Educational Achievement (SEA) level. The DECD SEA standards are Yr. 3 – Band 3, Yr 5 – Band 5, Yr. 7- Band 6.

They are a band higher than the National Minimum standards identified in the NAPLAN reports; both are very valuable benchmarks.

NAPLAN data is one of many data sets used to monitor the progress, goals and learning strategies for each child. At the upcoming Parent-Teacher-Student discussions, your child's class teacher will show you a more complete data set that clearly maps your child's achievement and progress.

BUS TRAVELLERS

A quick reminder to all bus travellers about having your bus pass ready for the driver to scan. The idea of scanning the bus pass is to make it quicker for the bus driver to get students on and off the bus and record exactly where every bus traveller is at any given time during their period of travel.

If the card has been lost or broken, parents will need to buy a new one from Townsend's Bus depot for \$3.00.

LITERACY AND NUMERACY OPEN AFTERNOON

A very big thank you must go to students, teachers, parents and visitors who were part of our Literacy and Numeracy afternoon yesterday. It was very successful and great fun.

I have heard that many parents found the class activities were not only fun but helped them to understand how our students learn to be literate and numerate.

If you'd like a further information session on anything you saw, please let me know. We are very happy to provide parent information sessions – THRASS might be an area that some parents wish to find out more about.



PUPIL FREE DAY

Monday September 11th

OSHC is available for child care.

Please call 85864481 to book in.

NATURE PLAY PLAN

The plan for our Nature Play space arrived this week and it looks fantastic.

I would like as much feedback as possible from parents, staff and students about the plan so please look on our Face Book page for the plan and add your comments for our consideration.

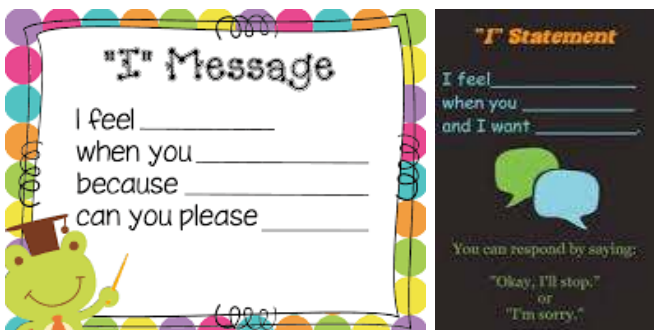
RENMARK PRIMARY SCHOOL - OFFICIAL



Nature Play is about providing opportunities for children to explore, create and reconnect with nature.

Conflict Resolution

All students have been learning about conflict resolution, a way for two or more people to find a peaceful solution to a disagreement among them. Students have been learning and will be continuing to learn different strategies to help them achieve this. Ask your children "What is an I message?"



Student Wellbeing Survey

Over the next three weeks, all students will be completing a Student Wellbeing survey. The survey is designed to find out how students feel about school, what they enjoy, do not enjoy, if they feel safe at our school and if they are aware of any bullying in the school.

Anxiety in Primary School Kids - by Dr Jodi Richardson
Anxiety affects people from all walks of life, and lots of kids have it. If that's what's happening in your family, your little one is lucky that you know, care, and are seeking answers.

The idea that one of our kids might be experiencing anxiety sets off all sorts of alarm bells in us as parents. It's fair to say it makes us anxious ourselves, and has us asking all sorts of questions like "What does it mean?", "What's 'normal'?" and "What can I do to help?" Like anything else in life, the more informed we are about anxiety, the calmer and more empowered we'll feel, enabling us to support and advise our precious kids through their challenges and seeking help when needed.

That's what this article is about. Giving you the facts and helping to settle your mind so that you can begin to help them settle theirs.

Before reading on, I want you to close your eyes and take three long, slow breaths in and out... Depending on what you're up to right now, you may indeed be experiencing a level of anxiety at the moment, and this breathing exercise will help.

Okay, let's get you some answers to those questions.

Anxiety, what is it anyway?

Anxiety is a feeling. We've all experienced it. It's a completely normal reaction under dangerous or stressful circumstances. Perhaps you've narrowly avoided a car accident. Your heart pounds, your breathing becomes shallow and fast, your body floods with adrenaline to put you on red alert, your blood pressure goes up, you might perspire, and glucose dumps from your muscles into your bloodstream. All of this is preparing you to face up to the 'threat' or run like heck in the other direction. This is 'fight or flight' in action. This reaction is a survival instinct dating back to early times when life-threatening situations were ever present. These days we can experience anxiety when we're under pressure to meet a deadline, preparing to talk in front of our colleagues or for a job interview, or simply noticing how many emails are awaiting our reply. Our lives are not in danger but our bodies react as if this were the case. The same can be true for our kids. Anxiety is a normal response to a threatening situation. All of these physical changes happen instinctively as a tiny part of our brain called the amygdala tells the sympathetic nervous system to take over and fire us up so we can do what we have to in order to survive.

Do you know the feeling? Perhaps it happens to you now and then. But maybe, if you're one of the two million-plus Australians (including me) who experience an anxiety disorder, your body and brain respond like that more often, more quickly and more intensely than others. Trust me, it feels awful. I've experienced anxiety since I was a child, still do and always will. My parents didn't even know anxiety existed when I was a kid and it took me until my early twenties to be diagnosed. Now that I know, I can, and do, take action to manage it. I have my ups and downs like everyone else but on the whole I live a rich, full and meaningful life. Your kids can too. Anxiety is common, it's treatable and there's so much we can do to help as parents. Our kids are lucky. They have great parents (that's you) who know to look out for their mental health, and who have access to lots of great resources. Anxiety affects people from all walks of life, and lots of kids have it. If that's what's happening in your family, your little one is lucky that you know, care, and are seeking answers.

How do I know what's 'normal'?

All kids experience fear and worry about things. It's understandable given that so much is new for them; new

experiences, new places, new people, new teachers, new skills, new challenges to name just a few. What we need to look out for is when their amygdala (remember that tiny part of the brain?) is causing them to react anxiously to situations where there is no danger. Signs of this include:

Their worries and fears begin to outweigh the situations and challenges that they are facing. Their anxiety starts to interfere with their participation at school and the activities, sports, parties, playdates and events than other kids their age are enjoying. They're more anxious, and anxious more often, when compared to other kids their age. They're obsessed with symmetry or cleanliness and they repeat behaviours like hand washing.

What does anxiety feel like for them?

Our minds and bodies are interconnected and are now considered as one, not separate. How we think and what we think affects us physically, regardless of age. Anxious kids can complain of tummy pains, diarrhoea, headaches and difficulty getting to sleep. They are easily upset and often like to stay close to you.

Some anxious kids will worry a lot, mulling over and over their thoughts which only serves to fuel their anxiety. They can also look to us as parents to help them cope by seeking our reassurance that the scary thing won't happen or avoiding a confronting and anxiety-provoking situation.

Okay, so how can I help?

1. Spend regular quiet time with your primary schooler to foster a loving and open relationship while giving them time to share with you their thoughts, fears and worries. You can also help immensely by remaining calm under stressful situations (I know – easier said than done sometimes!)

2. If you think your primary schooler is experiencing anxiety, talk about it and go together to see your GP and have a conversation about what's been happening.

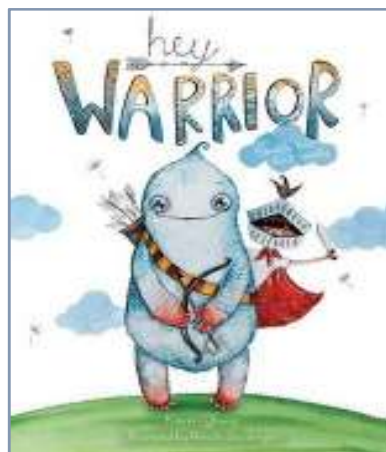
3. Teach your child about anxiety so he/she knows what underlies the thoughts and feelings. I highly recommend *Hey Warrior! A book for kids about anxiety*, by Karen Young. Anxiety is not nearly as frightening when you understand why.

4. Because breathing becomes shallow and fast with anxiety, a simple yet incredibly effective way to show the amygdala that everything is okay is to take deliberate, slower breaths (in for 3, hold for 1, out for 3). After all, no one can do this when their life really is in danger!

5. Mindfulness is a superpower for the anxious brain (any brain in fact!) and there are lots of great ways to help kids practice mindfulness. One fun game is lying on the floor, eyes closed and asking them to tune into their 'Spidey Senses', listening carefully for any sounds near or far, feeling any sensations under their hands and body and smelling for any scents in the air. Mindfulness reduces the size of the amygdala among other incredible changes in the brain.

6. If they are worrying about things over and over in their minds – let's say it's about presenting to their class instead of saying, "You'll be fine, I've heard your presentation, it's wonderful," or, "Don't worry, all the other kids will be nervous too," or similar, try this instead: "I understand how you're feeling, that's so normal. I'd feel the same way; is it

helpful to keep thinking about it?" No! "Okay, then let's focus our attention on something we can do to help, like practicing more, making cue cards or going outside to bounce on the trampoline." They need to know that you understand, that you 'get' it, and that they're not alone. "Is it helpful?" is a great question (when asked compassionately), followed up with asking your child what they can do that will help the situation, or engaging him/her in something meaningful and enjoyable, making a positive step forward.

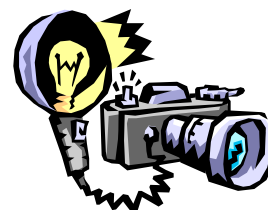


I highly recommend **Hey Warrior!**

A book for kids about anxiety, by Karen Young. Anxiety is not nearly as frightening when you understand why.

Renmark Primary School Photos

**Friday 8th (groups) &
Tuesday 12th (whole
school)
September 2017**



Special groups will be taken on Friday 8th September and Class and individual photos will be taken on Tuesday 12th September

Please send back the photo envelope before photo day **even if you don't wish to purchase any photos**. It has a special barcode that the photographer needs to match your child's photo to our school system.

Sibling photos of children attending Renmark Primary School will be taken after the classes are finished on Tuesday. Sibling Photo envelopes are available for collection from the front office.

Groups will include: SRC/Little Leaders, Graduation, Student Leaders, House Captains, Peer Mediators, Didgeridoo/Dance group, Instrumental Music and Choir.

Please Note:

***Group Photos will be available for purchase at a later date.**

Book Week 2017

"Escape to everywhere"



On Monday the 21st August Room 17 & 18 walked down to the Public Library for Book Week. Maxine was dressed as a pilot. She read 3 stories; "Go home cheeky animals", "Chip" and "Pig the winner". Then we went into the art & craft room to make a pilot's hat. We had photos with the plane and when we were leaving Maxine gave us a special aeroplane pen. A great start to Book Week!



Parent Reminders...



Assemblies
Week 9 – Mon 18th September 9:20am

Pupil Free Day
 Monday 11th September (week 8)

School Photos
 Friday 8th (Groups and Rooms 2 + 15)
 Tuesday 12th (Rest of school)

Book Club
 The book club closes on Monday Thanks, Vicki

Breakfast Club
 Just a reminder, Breakfast Club will be held every **Thursday from 8.15-8.45 am**; in the kitchen. Any coin donation helps!

School Banking
 RPS does school banking with Bank SA every Tuesday. Applications to open an account can be found at the front office.

School lunch orders
 Are on **Fridays** – orders **MUST** be in by 9am on Thursdays. Front office have menus and order bags.

Please Note – There will be no lunch orders available on the last day of term.

A MESSAGE FROM THE CANTEEN: Please ensure all lunch orders have the **CLASS NUMBER** on it, not just the class teacher's name.

Don't forget to check out our School website @

<http://www.renmarkr7.sa.edu.au>

And



RENMARK PRIMARY SCHOOL OFFICIAL



RIVERLAND SAPSASA

Book Week 2017

“Escape to Everywhere”
21st - 25th August



In Week 2 we had our annual **Book Fair**. We sold \$4,763 worth of books which is a tremendous amount for a school of our size. Out of this the school received \$1,667 worth of free books.

In week 5, during **Book Week** we had a fabulous book week parade. It was great to see lots of kids dressed up in costumes (even a lot of yr 6/7's). Most of the teachers took up the challenge and came dressed up also, which the children love to see. At the book week parade we gave away prizes for junior, middle and upper primary; the winners were Darcy B, Opal P, Holley T, Xander K, Kalyn R and Ali A.

The students also enjoyed lots of activities in the library during lunch time.

Vicki and Narelle

WHAT'S ON ???

Community Notices

Riverland Oral Health Centre (school aged dental)

Address: 10 Maddern Street, Berri SA 5343. Open Monday to Friday 8:30am-4:30pm Phone: 8580 2700.

In an emergency or for after hour's advice call:1800 022 222.

Renmark School Dental Closed as of December 2016.

Dental care is free for most children-SA Dental bulk bill Medicare.

Renmark Out of School Hours Care

Open out of school hours 6:30am-8:30am & 3:15pm-6:30pm, Pupil free days and School Holidays 6:30am-6:30pm. Please Call: 8586 4481 for bookings.

National Karate Academies Renmark

For R-7 at the RPS Hall on Wednesdays (enter from 19th St. Renmark). Phone Jeff on 0417 938 076.

Fun Fitness Sessions with Iris

Renmark Primary School Gym – Mondays 7:30-8:30pm, and on Thursday's 6:30 - 7:30 pm. Cost is \$5.

All ages & abilities welcome. For more info Ph: Iris on 0420552626.

Renmark Music & Movement Group

Is for 0-5 yr olds and their carers! Held every Monday during school term (except the first week back) from 9:30 – 10:30 am at the Renmark Uniting Church hall. \$2 a family per session. BYO water bottle and fruit snack. Come along when it suits your family.

Contact Susy on: 0430017553 for more information.

Tutoring/After School Help

Brianna Glekas is pursuing her career in teaching. Brianna has experience in tutoring grades R – 7 and will ensure your child/children perform to the best of THEIR ability.

For further enquires or to book a time, call Brianna on 0455136077.

School Uniform Donations

Do you have any second hand school uniforms; particularly T-shirts that you would consider donating?

Any school uniform donations are very welcome. Second hand uniforms can be purchased from the front office for a gold coin donation.

Dates to Remember

Term 3

Week 6

August/Sep 30/8 – 6/9 National Literacy & Numeracy Week
September 1 SAPSASA District Tag Rugby

Week 7

September 30/8 – 6/9 National Literacy & Numeracy Week
September 4 – 15 Parent/Teacher/Student Discussions
September 8 **School Photos (Groups only)**

Week 8

September 11 **Pupil Free Day**
September 12 **School Photos (Whole School)**

Week 9

September 18 **Assembly 9:20am Hall**
September 18 Yr 6/7 AFL Nines

Week 10

September 18 SAPSASA State Athletics
September 29 **2:30pm DISMISSAL**

Please Note: Dates are subject to change

Fruit Donations

Thank you to those parents/families who regularly donate fruit. The children love their crunch and sip break.

If anyone has excess fruit /vegies, donations are always much appreciated.

Lost Property

We have lots of unclaimed items in our front office lost property, including – Reading glasses (3x pairs) toys, playing cards, jewellery & fidget spinners.

2017 Term Dates

Term 3: 24th July – 29th Sep (10 wks)

Term 4: 16th October – 15th Dec (9 wks)



Tacker Attack!

Kids obstacle course

Sunday 3rd September - 9am to 2pm
At Loveday 4X4 Adventure park at Baramera
Unlimited fun for only \$18 per child
www.dirtwarssurvivor.com

Bring Dad along and celebrate
fathers day getting dirty



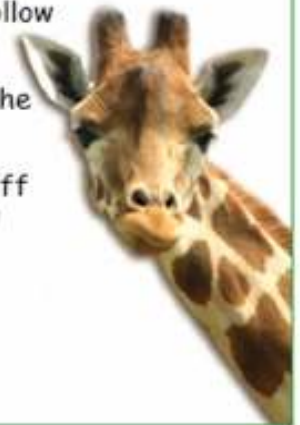
'Bright Start Bright Future'

Renmark Children's Centre



Field Day Safari

- ✓ Come on a fun safari, follow the map
- ✓ Snack on goodies, find the hidden giraffes
- ✓ Collect toys and fun stuff to fill your explorer bag
- ✓ See you at site 429B
Opposite Mothers Restroom
- ✓ \$10 a bag



2017 Primary Schools Concert Band Workshop

ROYAL ADELAIDE SHOW GROUNDS

(RIDLEY CENTRE)

Tuesday 31st Oct

&

Wednesday 1st Nov

*For further information & forms,
please contact your School or Music Teacher*

Applications close 15th September



Renmark Basketball Club

**is seeking all interested players for
the 2017/2018 Season.**

Trials Dates at Renmark Rec Centre

Thursday, 31st August, 2017

GIRLS

Local 3.45pm - 5.00pm

U12 Inter town 5.00pm - 6.15pm

U14 & U16 Inter town 6.15pm - 7.30pm

Wednesday, 6th September, 2017

BOYS

Local 3.45pm - 5.00pm

U12 Inter town 5.00pm - 6.15pm

U14 & U16 Inter town 6.15pm - 7.30pm

Tuesday, 5th September, 2017

Senior Women & U/18 Girls 6.00pm - 7.30pm

Tuesday, 12th September, 2017

Senior Men & U/18 Boys 6.00pm - 7.30pm

**Please keep an eye on our website and facebook
page for online registrations coming soon**

Apologies to Chantel Johnson phone 0419 803 780

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