Government of South Australia
Department for Education

# Renmark Primary School
# Newsletter

RENMARK
WORK HARD PLAY HARD

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Principal: Ms Lyn Bretag

**No 6/2019** **Term 2, Week 2** **Thursday 9 May 2019**

• Respect • Excellence • Self Belief • Trust

## News from the Principal

The start to term 2 has been very positive and smooth. Students have settled well into the new term due to routines, expectations and goals being well established in term 1. Having Parent-Teacher-Student discussions later in term 1 means that students, parents and teachers are up to date with new goals and strategies to progress learning.

**NAPLaN** testing starts on Tuesday 14th May, with tests held on Wednesday 15th, Friday 17th and Monday 20th May. All but year 3 writing are online so students will experience the Writing (yr 5,7), Conventions of Language, Reading and Numeracy in a new and engaging format.

Students have been well prepared with online practice tests and the rigorous learning that happens every day.

We expect all students to participate; they'll use the learner dispositions to stay focused and approach each test question with confidence.

We don't want students or parents to be concerned about the testing; it's part of the assessment cycle and provides another set of data to help us best support each student.

Please see the helpful hints on page 7.

Please ensure your child is at school before 9.00am every day, especially on tests days, has a bottle of water and a healthy lunch and afternoon snack.

## IS YOUR CHILD GETTING ENOUGH SLEEP?

Getting enough sleep every night is absolutely vital to all of us, especially children while they are growing and active.

Without enough sleep, they cannot concentrate fully on learning, find friendship and other social problems difficult to resolve, are not as patient or persistent, may not feel like eating and may find school very challenging.

They are also more likely to arrive late to school due to sleeping in, feel rushed and disorganised to start the day.

A number of factors may contribute to disturbed or not enough sleep. I am particularly concerned about the number of our students staying up well past an appropriate bed time, playing on their iPad, gaming stations, computer or phone.

***What are they playing? who are they communicating with? and what impact is it having on them? Are they putting their own safety and wellbeing at risk?***

Children can also become more agitated and even aggressive after being online for extended periods, especially at night time.

Their tiredness affects how they cope at school and can impact teaching and learning; tired students often disrupt others because they can't focus.

Please talk to your child/ren about the importance of getting enough sleep (aim for 10 hours a night) and have routines that allow your child to relax before going to bed. Shut down screens well before bed time and monitor devices in your child's bedroom.

Children need a good night's sleep to function well, be happy and get along well with others.

## NEW SCHOOL WEBSITE

Our school's website has been revamped and looks terrific!

One of our gorgeous lower primary students, Mikayla welcomes everyone to our home page with her beautiful smile!

Our students are absolutely at the centre of every decision made and all that we do. We wanted our website to reflect this.

Please visit our website www.renmarkr7.sa.edu.au ; more information will be added over time, including photos and videos of learning, special events etc.

## SCHOOL UNIFORM

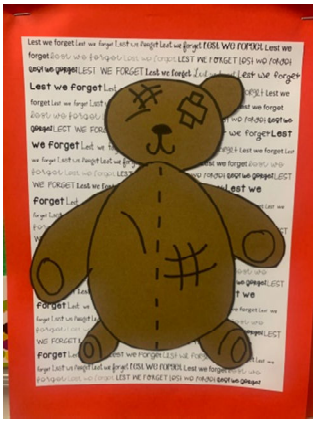
Please make sure your child/ren wear a full school uniform every day. **Navy blue pants and school jumper**, no casual clothes, black clothing or active wear.

More casual clothing has crept in lately so please purchase school uniform items required or come to the office if you need assistance with uniforms. Donations of uniforms are always much appreciated.

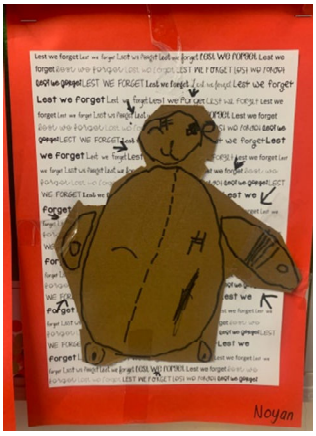
# ANZAC Day

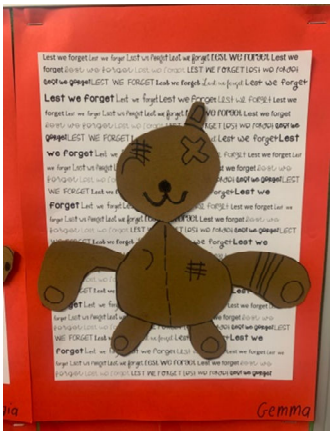
On Thursday 25th April, students from our SRC and Little Leaders represented our school at the annual ANZAC DAY service held at the Shrine of Remembrance. We would like to thank all of these students for representing our school at this important event.

*Photos courtesy of Grant Schwartzkopff.*



Mrs Rainsford's year R/1 class discussed the meaning of Anzac Day and read the book 'Anzac Ted'. How gorgeous are the Anzac Ted pictures they made!



# We're "Taking It in Our Stride" on Friday 17 May 2019

Well it's that time of year again when our school starts seriously talking about walking!

Walk Safely to School Day asks that we all consider our transport habits and try to incorporate more walking as part of a healthy, active way to get around. And although walking all the way to school isn't realistic for many of us, it's quite easy to build a walk into your family's daily routine.

You can teach your child the healthy habit of walking more by:

• Walking with them the whole way to school

• Planning a walk together on the weekend

• If you have to drive, park the car a few blocks away from the school and walk the rest of the way.

Regular exercise like walking with your child helps them (and you!) by reducing the risk of chronic health problems like obesity, heart disease, behavioural and mental health issues and diabetes. It also gives you a great opportunity to teach your child safe ways to behave near roads and traffic.

Remember, Active Kids are Healthy Kids so start planning your own Walk Safely to School Day journey for Friday 17 May 2019!

Students can meet Renmark Primary School staff at the Riverland Mini Supermarket on 21st St. at 8.15am or at the Renmark Skate Park at 8.30am, and walk safely to school. Families are encouraged to join in!

We will provide a free breakfast for everyone - "Toads in the hole". Thank you to the Parent Group, Paringa Bakery and Glenview Poultry for their contributions.

# Peer Mediators and PALs

During Term 1, 16 students trained to become our 2019 Peer Mediators and Play at Lunchtime (PALs) leaders.

Peer Mediators have an important role in working with our staff to support younger students through moments of conflict. They work with younger students by helping them resolve problems and upsets by asking restorative questions that focus on the issue, and help students to find their own solutions to a problem.

The PAL's (Play at Lunchtime) programme assists year 6 and 7 students to develop skills and strategies in mediation, organising games for students, especially younger children, in the school yard at recess and lunch times.

During the training, students learnt how to encourage and motivate participants, provide feedback, provide every child with positive experiences of physical activity and create a safe learning environment.

As part of the final session, the PAL's leaders worked with some of our younger classes to practise these skills.

They did a wonderful job! Congratulations!

# ROOM 17 & 18

## Assembly Performance

At this week's Assembly, the lower primary classes will perform a song "Ram Sam Sam", a Moroccan Folk song about friends talking.

The students love practising this song as it has many fun actions.

We enjoyed making headbands for our performance.

**Ram Sam Sam**

A ram sam sam  A ram sam sam
Guli guli guli guli guli  Ram sam sam
A ram sam sam  A ram sam sam
Guli guli guli guli guli  Ram sam sam

A rafi, A rafi,
Guli guli guli guli guli  Ram sam sam
A rafi, A rafi,
Guli guli guli guli guli  Ram sam sam

# Parent Reminders...

**Pupil Free Days** - Friday 7 June, Friday 9 August, Friday 8 November.

**Public Holiday** - Monday 10 June 2019

**NAPLAN**
Tuesday 14, Wednesday 15, Friday 17, Monday 20 May

**Breakfast Club**

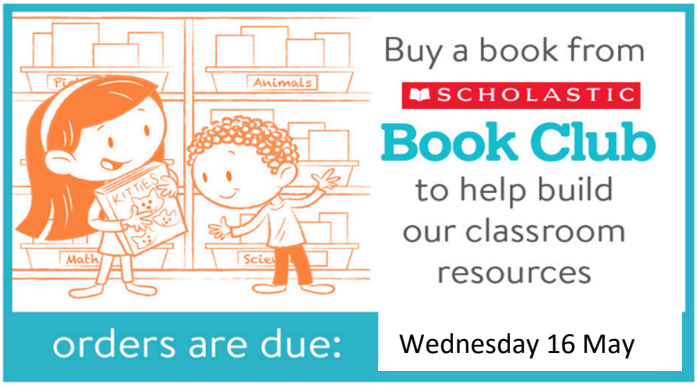
Breakfast Club is held every **Thursday from 8.15-8.45am;** in the kitchen.

**School Banking**

Bank SA school banking occurs every Tuesday. Applications are available from Bank SA.

# School lunch orders

## NO LUNCH ORDERS NEXT FRIDAY 17th MAY




**WOOLWORTHS EARN & LEARN**

The Woolworths Earn and Learn program is on again this year from Wednesday 1st May to Tuesday 25th June.
Please send in your completed Earn & Learn Sticker Sheets so we can earn fabulous equipment for our school!
Simple place them in the green Earn & Learn box in the front office or drop them into the Renmark Primary School box at Woolworths.
Your support is greatly appreciated!

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

**Renmark Out of School Hours Care**
OSHC opening 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.

**Family Activities Program**
Follow the link below to access a fantastic 'Family Activities Program' put together by the Renmark Paringa Council.
The Program includes activities suitable for all age groups.
**http://www.renmarkparinga.sa.gov.au/familyactivities**

## 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.

## 2019 Term Dates

| | |
|---|---|
| **Term 2:** 29 April – 5 July | (10 wks) |
| **Term 3:** 22 July – 27 September | (10 wks) |
| **Term 4:** 14 October – 13 December | (9 wks) |

**Don't forget to check out our School website @ http://www.renmarkr7.sa.edu.au**

**And** Like Us On facebook

RENMARK PRIMARY SCHOOL OFFICIAL

## Dates to remember

### Term 2

*Week 1 and 2*

| | | |
|---|---|---|
| **May** | **9** | **Assembly 9.10am** |
| **May** | **10** | SAPSASA Football/Netball |
| **May** | **12** | **Mother's Day** |

*Week 3*

| | | |
|---|---|---|
| **May** | **14** | **NAPLAN Day 1** |
| **May** | **15** | **NAPLAN Day 2** |
| **May** | **17** | **NAPLAN Day 3** |
| **May** | **17** | Walk Safely to School Day |

*Week 4*

**'National Volunteers Week'**

| | | |
|---|---|---|
| **May** | **20** | **NAPLAN Day 4** |
| **May** | **20** | Governing Council 6pm |
| **May** | **21** | Volunteers 'Thank You' Morning Tea |
| **May** | **22** | SAPSASA Cross Country |

*Week 5*

**'National Reconciliation Week'**

| | | |
|---|---|---|
| **May** | **29** | Choir 'Cluster' Practise |
| **May** | **29** | **Assembly 2.40pm** |
| **May** | **31** | SAPSASA Tackle Rugby |

*Week 6 and 7*

| | | |
|---|---|---|
| **June** | **7** | **PUPIL FREE DAY** |
| **June** | **10** | **PUBLIC HOLIDAY** Queen's Bday |
| **June** | **10** | SA Volunteer's Day |
| **June** | **12** | ICAS Spelling Test |

*Week 8*

| | | |
|---|---|---|
| **June** | **17** | Governing Council 6pm |
| **June** | **17-21** | Netball/Football State Carnival |

*Week 9 and 10*

| | | |
|---|---|---|
| **June** | **28** | District Hockey |
| **July** | **4** | **Assembly 1.50pm** |
| **July** | **5** | **2.30pm DISMISSAL (Casual day)** |

***Please Note:*** *Dates are subject to change*

Camp Quality are coming to Renmark Primary School!

**Show Date: Wednesday 29th May**

For more information, please visit:

**https://www.campquality.org.au/how-we-help/at-home**

Hi parents and carers!

We're writing from Camp Quality to let you know that our Primary School Education program has been invited to perform at your child's school.

Camp Quality is Australia's most trusted children's charity. Our purpose is to create the best quality of life for kids living with cancer and their families. At no cost to schools, parents or students- our vivacious and loveable puppets, Kylie, Dean and Melissa visit schools to help support children affected by cancer. The puppets dispel myths and misconceptions that are commonly associated with the illness. Since 1988 our program has visited schools across Australia, sharing an interactive, engaging narrative that explains:

- The ins and outs of cancer
- Why their peer who has undergone treatment may look a little different (due to the side effects of chemotherapy)
- Why it's important to be supportive of their classmate who is either living with cancer or has a diagnosed parent or sibling
- That cancer isn't contagious, so it's ok to play
- The importance of positivity and recognising our own strengths

**"It took away the stigma and fear from cancer. As we have a student at our school being treated for leukaemia, it helped the children understand what she is going through and why she has lost her hair. Having an understanding of the disease has certainly increased the empathy in the other children too."** - Primary school principal

**"The manner in which the show addresses cancer is age appropriate while clearly articulating the facts. It has helped me to be able to talk about cancer in a positive and reassuring manner"**- Primary school teacher

Following the performance, students are encouraged to ask questions and share their concerns. While we are able to answer most of their questions and concerns, we provide teachers with resources to supplement the performance and aid classroom discussion. If any concerns arise after the performance, please feel free to contact us.

If you would like more information about the program or would like to see a clip of our puppets in action, please visit www.campquality.org.au/how-we-help/at-school. You're also welcome to contact our puppet team by emailing us at Kylie@campquality.org.au or by calling 1300 662 267.

As a not-for-profit charity, all services come at no financial cost to the families we support. Thus, we rely heavily on the generosity of everyday Australians to keep our programs running. To donate, please visit ourwebsite.

## Need help talking about cancer at home?

The Kids' Guide to Cancer app has been developed to support children age 8-13 who have a parent, sibling, friend or loved one with cancer. Providing them with age appropriate information, the app answers some of the big questions kids have about cancer and gives them ideas on how they might be able to support their loved one. **www.campquality.org.au/kidsguidetocancer**

The following flyer is a great tool to assist families in reducing their child/ren's anxiety around tests.
A timely discussion to have with students participating in NAPLAN next week.

# 5 tips to reduce TEST ANXIETY in CHILDREN

Big Life Journal

## 1 PUT TESTS INTO PERSPECTIVE

- **Encourage** children to do their best, but remind them that one test won't make or break their future.
- Tell they will be **loved and valued** no matter what test score they earn.
- Explain this test will provide **helpful information** about what they're great at and what they still need to practice.

## 2 HELP THEM PRACTICE

- If your child is nervous, start by **asking why** they feel nervous.
- Consider **finding practice tests** online you can discuss together.
- **Don't push your child** to study for the test; these tests are meant to measure what your child already knows.

## 3 PROVIDE USEFUL TEST-TAKING TIPS

- Answer the **easiest questions first**, mark difficult questions and return to them later
- Use **process of elimination**, crossing out the answer choices you know are wrong
- Make an **educated guess** when needed
- **Read** all the answer choices before choosing one
- If penalized for incorrect answers, don't guess **unless** you can eliminate some answer choices
- If aren't penalized for incorrect answers, **don't leave any questions blank**. If time is about to run out, bubble something for each unanswered question

## 4 TEACH CALMING STRATEGIES

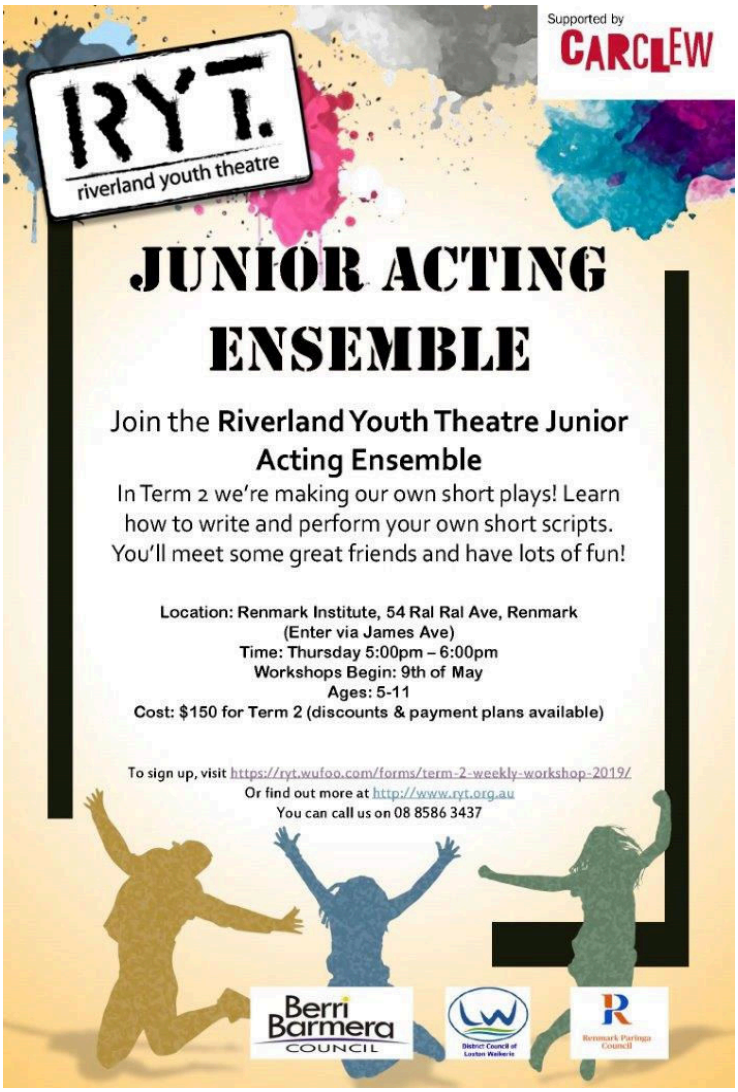
- Experiment with **calming strategies** to find some go-to techniques.
- **Remind** they won't know every single answer on the test, and that's okay.
- Give them **a plan** for what they will do if they don't know an answer.
- Equip your child with a few strategies that effectively calm them. Spend some time **practicing these strategies** before test day.

## 5 PROVIDE ENCOURAGEMENT

- If your child voices a negative statement, like, "I know I'm going to fail," **acknowledge your child's feelings**: *"I know you're feeling nervous about the test. Tests can be scary."*
- Counter with a **positive and encouraging** statement: *"You've practiced really hard and learned a lot this year. You might know a lot of the answers and get a higher score than you're expecting."*
- You can also leave your child **encouraging messages** in a backpack or on the mirror with dry-erase markers.

## BONUS TIP: HELP THEM FEEL THEIR BEST ON TEST DAY

- Choose movement and exercise
- Get plenty of rest
- Stick to your usual bedtime routine
- Avoiding excessive screen time
- Providing a protein-rich breakfast in the morning, like oatmeal or eggs
- Keeping conversation positive, encouraging, and lighthearted
- Share laughter and sing favorite songs on the way to school, if driving. Listen to our Big Life Journal playlists on Spotify!
- Leave your child with a big hug and words of encouragement



**410 ARMY CADET UNIT**
**FOREMAN RD**
**BERRI SA 5343**
**PH: 08 8582 4595**
**E: trudie.biddle@armycadets.gov.au**

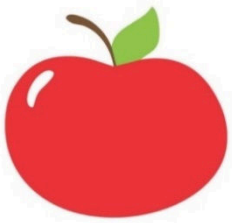
LOOKING FOR SOMETHING DIFFERENT TO DO?
ARE YOU TURNING 13 THIS YEAR?
JOIN NOW!
MONDAY NIGHTS 6:00PM UNTIL 9:30PM DURING SCHOOL TERM
RESERVES BARRACKS 8 FOREMAN RD BERRI

ac.care is offering a course

# FOOD 4 THOUGHT

The 5 week course covers:

- Food safety and storage
- Understanding measurements and quantities
- Budget meals
- Cooking and taste testing



| | |
|---|---|
| WHEN | Starting Monday 13 May 2019 |
| TIME | 9.30am - 11.30am |
| WHERE | Chaffey Community Centre 86 Nineteenth St, Renmark SA |
| COST | $5 per class |
| CONTACT | For more info and to register call Chaffey Community Centre Ph 8586 5745 |

Government of South Australia
Renmark Paringa Chaffey Community Centre
ac.care
accare.org.au
care@accare.org.au

Anglican Community Care Inc | ABN 53 440 436 445 | Charity Lic: CCP2565