



Government
of South Australia

Department for Education

58 Murtho Street, Renmark, SA, 5341
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Renmark Primary School Newsletter



Website: www.renmarkr7.sa.edu.au
Email: dl.0376_info@schools.sa.edu.au
Principal: Ms Lyn Bretag

No 4 / 2021

Term 1, Week 8

Thursday 18 March, 2021

♦ Respect ♦ Excellence ♦ Self Belief ♦ Trust

News from the Principal

Governing Council

Thank you to our parents who attended the Governing Council AGM on Monday night. We had very small numbers however enjoyed the chance to hear all about the Resilience Project from Mrs Smith and discuss other matters related to our school.

We are very pleased to introduce our 2021 Governing Council members:

Chairperson: Amanda Thiel

Deputy Chairperson: Alison Andrews

Secretary: Jess Lang

Treasurer: Biljana Elliot

Grounds Committee representative: Raj Singh

Staff reps: Sofy Pipinis and Brenda Pfitzner

I sincerely thank Amanda, Jess, Raj and Biljana for continuing this year. We very warmly welcome Alison to our Governing Council. Having new members brings new perspective, ideas and support, so thank you Alison.

We urgently need several more parents to join Governing Council to represent our parent community. Parents do not need to hold an official position; we need you to add your voice and contribute to future planning. Please consider this opportunity. We can provide free childcare, if required. Governing Council meetings are held twice each term, Monday weeks 3 and 8, 6.00-7.00pm in the Resource Centre. Our meetings are friendly and very informative.

Please contact me for further information or to express your interest in this opportunity.
Lyn.Bretag360@schools.sa.edu.au or
phone: 85865737.

What's the beat at RPS?

You may have seen our fabulous new video on our Facebook page or website. It shows many aspects of our school, with students doing most of the talking. It's just wonderful and shows what great pride and passion we all have for our school. I encourage you to have a look if you haven't seen it yet.

Thank you very much to Sofy Pipinis for organising the students, filming and putting this video together. The hours of work and organising you put into this have produced an outstanding glimpse into our school.

I also congratulate the Student Leaders who worked with Mrs Pipinis and played significant roles in the video; you spoke about our school so well, the learning and opportunities available. Thanks to our students, Riley, Sarah, Jackson, Drumbeat group, Shynae, Zeynep, Colin, Sarsho, Chance, Sophie, Maria, Nikki, Abdallah, Avani, Kayleigh and Emme.

Also to staff who lead important aspects of our school; Mrs Pfitzner, Deputy Principal talking expertly about reading, Mrs Smith, Student Wellbeing Leader talking about our new Resilience Project, Maria Dowzard, Pastoral Care Worker talking about our pre-school Playgroup and Chris Laxton, Aboriginal Community Education Officer talking about her role in supporting our Aboriginal students and families.

A terrific team effort!



Peer Mediation and Play at Lunch Time Leaders



Congratulations to all of our Peer Mediators, Student Leaders and Sports Leaders who completed their Play at Lunch Times certificate this week.

We would also like to congratulate all of the students who will complete their Peer Mediation training later this term. These students will receive their 'Red Hats' at our first assembly next term.

Peer Mediators have an important role in working with our staff to support younger students at play times when upsets arrive. Peer Mediators help fix problems and upsets by asking restorative questions that focus on the issue and help students to find their own solutions to a problem. This is an important part of building problem solving skills and resilience in our students.



National Day of Action against Bullying

The National Day of Action against Bullying and Violence (NDA) is on Friday 19 March 2021.

The theme for 2021 is 'Take Action Together.' The aim is to elevate student voice and empower young Australians to join the national conversation. Students are at the heart of the NDA and are a big part of the solution to prevent bullying.

The NDA is an opportunity to bring our whole school community together and send a powerful message that bullying and violence are never okay, and to promote our school's bullying prevention strategies.

The Bullying. No Way! website offers a range of materials to support schools to prevent and address bullying, including lesson plans and classroom discussion starters. For more information on bullying prevention and support, see the 'Bully Stoppers' at: <https://www.education.vic.gov.au/about/programs/bullystoppers/Pages/default.aspx>

What is bullying?

Bullying can happen at school, at home or online. It is never okay and it is not a normal part of growing up.

There is a new nationally agreed definition of bullying which all Australian schools now use:

Bullying is an ongoing and deliberate misuse of power in relationships through repeated verbal, physical and/or social behaviour that intends to cause physical, social and/or psychological harm. It can involve an individual or a group misusing their power, or perceived power, over one or more persons who feel unable to stop it from happening.

Bullying can happen in person or online, via various digital platforms and devices and it can be obvious (overt) or hidden (covert). Bullying behaviour is repeated, or has the potential to be repeated, over time (for example, through sharing of digital records).

Bullying of any form or for any reason can have immediate, medium and long-term effects on those involved, including bystanders. Single incidents and conflict or fights between equals, whether in person or online, are not defined as bullying.

The 3 main features of bullying are:

- the misuse of power in a relationship
- it is ongoing and repeated
- it involves behaviours that can cause harm.



Four Types of bullying behaviour

There are four main types of bullying behaviour:

Physical - examples include: hitting, pushing, shoving, intimidating or otherwise physically hurting another person, damaging or stealing their belongings. It includes threats of violence.

Verbal/written - examples include: name-calling or insulting someone about an attribute, quality or personal characteristic.

Social (sometimes called relational or emotional bullying) – examples include: deliberately excluding someone, spreading rumours, and sharing information that will have a harmful effect on the other person and/or damaging a person's social reputation or social acceptance.

Cyberbullying - any form of bullying behaviour that occurs online or via a mobile device. It can be verbal or written, and can include threats of violence as well as images, videos and/or audio.

What is not bullying?

There are also some behaviours, which, although they might be unpleasant or distressing, are not bullying:

- mutual conflict - which involves a disagreement, but not an imbalance of power. Unresolved mutual conflict can develop into bullying if one of the parties targets the other repeatedly in retaliation

- single-episode acts of nastiness or physical aggression, or aggression directed towards many different people, is not bullying
- social rejection or dislike is not bullying unless it involves deliberate and repeated attempts to cause distress, exclude or create dislike by others.

Participant roles

Everyone has the potential to bully others or be bullied. Individuals can take on various roles in bullying, and play different roles in different contexts.

Participant roles can include someone who:

- engages in bullying behaviour
- is the target of the bullying behaviour
- assists the bullying and actively joins in
- encourages and gives approval to the bullying; they reinforce it through verbal and non-verbal cues such as smiling, laughing or making comments and signal it is acceptable
- sees or knows about someone being bullied but for a range of reasons is passive and does not participate in the bullying or support the target
- is an upstander. An upstander supports the student who is being bullied by getting help from a teacher, distracting the students engaged in bullying behaviour, supporting the

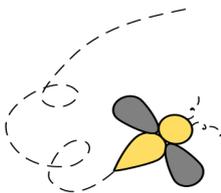


Is it Bullying?



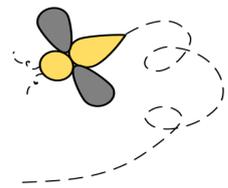
When someone says or does something unintentionally hurtful and they do it once.

That's RUDE



When someone says or does something intentionally hurtful and they do it once.

That's MEAN



When someone says or does something intentionally hurtful and they keep doing it even when you tell them to stop or show them that you're upset.

That's BULLYING

student who is being bullied or directly intervening. These students play an important protective role for peers who are experiencing bullying, have greater empathetic skills and are often perceived by peers to be positive role models.

A small number of students are both the target of bullying and engage in bullying behaviour. These students are particularly vulnerable and may need additional support and intervention.

It is important to remember that children and young people are still learning and practicing social skills. Everyone has the capacity to change their behaviour but being given a label can make changing much harder. All adults, including teachers, school staff and parents, can model positive upstander behaviour and intervene if they observe bullying behaviour occurring between students. Standing by and doing nothing, or leaving students to 'sort it out' themselves, sends the message to the whole school community that the bullying behaviour is being condoned.

While any student can be a target for bullies, there are factors that make some students more vulnerable to being bullied. These include:

- being different in some way
- being introverted and non-assertive
- having depression or anxiety
- lacking quality friendships at school
- displaying higher levels of emotionality
- exposure to family violence
- having a disability
- having a history of trauma
- belonging to a minority group, where isolation or lack of community support is an issue.

Impact of bullying

Bullying can have a negative impact on everyone involved, including families. If you have any concerns that your child might be experiencing rude, mean or bullying behaviours or would like any further information on this topic, please contact the school, or email Renee.Stilo114@schools.sa.edu.au.



This next presentation from [The Resilience Project](https://theresilienceproject.com.au/parent-and-carer-hub/) is all about **Empathy and Kindness**.

Empathy is the ability to understand another person's thoughts and feelings from their perspective.

Brain imaging data shows that being kind to others registers in the brain as more like eating chocolate than like fulfilling an obligation to do what's right (e.g., eating brussel sprouts)!

Research shows that practicing empathy such as performing acts of kindness, taps into our brain's 'mirror neurons', builds compassion and our behaviour becomes more social and community-based.

View **Part 3: Empathy** of the series here: <https://theresilienceproject.com.au/parent-and-carer-hub/>

Here's an activity to practise empathy and kindness:

1. Reflect on someone in your life who could benefit from an act of kindness today. It could be a friend who would love some affirmation about their work, your pet who deserves an extra treat, or a family member who would love a phone call or text message.
2. Make a plan for who you are going to gift an act of kindness to, and what you are going to do.
3. If you want to add accountability to your plan, share it with someone else and encourage them to do the same thing.
4. Follow up with each other in a few days' time, to ask how it went!



From the Finance Officer

Thank you to everyone who has paid their school fees or applied for school card in 2021.

If you haven't yet applied for school card and need assistance with this, please pop into the office and we can help you.

I also need your help!

Someone is paying their fees directly into our bank account using the code 'Wecu Fees', and we can't identify what student account to apply payments to. If this is you, please phone the school so that we can process the payments correctly.

Thanks, Brenda
Finance Officer

Parent-Teacher-Student Discussions

Thank you to teachers for making themselves available for these discussions, and to parents/caregivers and students for their participation and attendance. These first formal discussions about learning, goal setting, and how to be a successful learner, are so important.

For parents/caregivers unable to attend, I encourage you to make time to talk to your child's teacher before the end of term 1 via phone interview. This ensures term 2 starts strongly with teachers, parents/caregivers and students understanding learning goals and strategies to achieve them. Every child's success is because of a strong team effort!

Naplan Practice Testing

Our National Coordinated Practice Test (CPT) is scheduled for Thursday 25 March at 11.00am. All year 3, 5 and 7 students will get the opportunity to practice one test.

Students will not be assessed; the practice is to make sure the technology works and that all students have the opportunity to practice in test conditions before NAPLAN testing, May 11 – 21.

More information out before the end of term 1 about this.

Family Reminders

Just a reminder...



Harmony Day Assembly

Monday 22 March 12.25pm in the hall/gym.

We encourage all students to wear a touch of **ORANGE** on this day.

****Parents/Caregivers are welcome to attend****

SAPSASA Athletics

Next Wednesday 24 March – Waikerie

Date incorrect in previous newsletter.

Thank You

Big thanks to Michael from Visy Board for your kind donation of cardboard. Our students will get a lot of use out of them in their art lessons.

Grab 'n' Go lunch orders

THURSDAY ONLY – orders **MUST** be submitted by 8am on the Thursday (can be ordered 2 weeks in advance), via the Qkr! App. For information on how to download the app, visit our Facebook page or school website for instructions.

****See New Menu Attached****

Public Holidays

Friday 2nd April – Week 10 – Good Friday

Monday 5th April – Week 11 – Easter Monday

School Banking

Bank SA school banking occurs every Tuesday. Applications can be made at your local branch.

Sun Smart Policy

We would like to remind everyone of our SunSmart policy.

Students - Wear a bucket/brimmed hat (NO FIXED DRAWSTRING) outside during lessons and at play time. As per the Cancer Council Checklist for Primary Schools.

Navy blue bucket hats are available from the office, \$5.00.

Renmark Primary School



PLAYGROUP

58 Murtho Street, Renmark
(08) 8586 5737
www.renmark7.sa.edu.au
d.0376.info@schools.sa.edu.au

Every Thursday

8.45am-10.45am

(During the school term)



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.

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>

Dates to remember

Term 1 2021

Week 8

March	19	National Day against BULLYING
March	21	Harmony Day

Week 9

March	22	Assembly 2.40pm – Harmony Day
March	24	SAPSASA District Athletics - Waikerie
March	26	SAPSASA State Swimming Champs

Week 10 and 11

APRIL	2	PUBLIC HOLIDAY – Good Friday
APRIL	5	PUBLIC HOLIDAY – Easter Monday
March/April	29 th -1 st	SAPSASA Softball Champs
April	6	SAPSASA District Netball/Football
April	9	2.30pm Dismissal/Casual Day

School Uniform Donations

Do you have any second hand school uniforms that you would consider donating?

In particular need of school T-shirts in **sizes 12-16**. Any school uniform donations are very welcome. Second hand uniforms can be purchased from the front office for a gold coin donation.

2021 Term Dates

Term 1:	28 January – 9 April	(11 wks)
Term 2:	27 April – 2 July	(10 wks)
Term 3:	19 July – 24 September	(10 wks)
Term 4:	11 October – 10 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

HARMONY DAY



Assembly:
Monday 22 March
at 12.25pm

Parents/Caregivers are welcome to attend



Students are encouraged to wear something **ORANGE!**

Grab & Go Food Express Canteen Menu

SANDWICHES

Chicken	\$3.00
Ham	\$3.00
Egg	\$3.00
Vegemite	\$2.50
Add Salad	\$1.50
tomato, lettuce, cucumber carrot & cheese	
Gluten Free bread	\$1

WRAPS

Ham	\$5
Chicken	\$5
Tuna	\$5
Includes lettuce, cheese, carrot & mayo	

SALAD PACKS

Ham	\$5.50
Roast Chicken Tenderloin	\$5.50
Tuna	\$5.50
Salad packs include lettuce, cheese, carrot, tomato, cucumber & salad dressing.	

Chicken Caesar salad	\$6.50
Chicken Tandoori salad, tomato, Cucumber, onion & yoghurt	\$6.50
Tangy Tomato Pasta salad	\$6

SNACKS

Muffins	\$2.50
Fresh Fruit in a cup	\$2.50
Banana Chips	\$2.50
Popcorn	\$2.00
Cheese & Biscuits	\$3.00
Yoghurt	\$3.00

HOT FOODS

Cauliflower Burger, tomato, lettuce cheese & yoghurt	\$6.80
Freshly crumbed chicken schnitzel parmigiana burger.	\$6.80
Chicken Yiros with lettuce, cheese, tomato & Yoghurt	\$6.80
Grilled chicken burger with lettuce, tomato & cheese.	\$6.80
Handmade burger with cheese & sauce	\$6.80
Bolognaise with pasta packed with hidden vegetables	\$6.80
Lasagne	\$6.80
Chicken Nuggets	\$0.80
Baked Potato with Bolognaise sauce	\$6.80
Pizza	\$5
Nachos with mild salsa & cheese	\$6.80
Grilled Sausages with gravy & roll	\$6.80
Ham & Cheese Croissant	\$4.50
Hot Dog	\$5.20
Gluten Free Burger Bun	\$1

Sushi	\$4.50
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DRINKS

Water	\$2.20
Nippy Flavoured Milks, Chocolate, Strawberry & Honeycomb	\$3.20
Fruit Juices	
Apple, orange & apple/ blackcurrant	\$2.30
Up & Go	
Vanilla, Strawberry or Chocolate	\$3

**Order
before 8am
Every
Thursday**



**Need help
downloading
and ordering
from the
Qkr! App???**
**Feel free
to come in
to the office
for
assistance 😊**

Step 1 Download Qkr!

on your Android phone or iPhone. iPad users can download iPhone app



Step 2 Register

Select your Country of Residence as 'Australia' and follow the steps to register

Step 3 Find our school

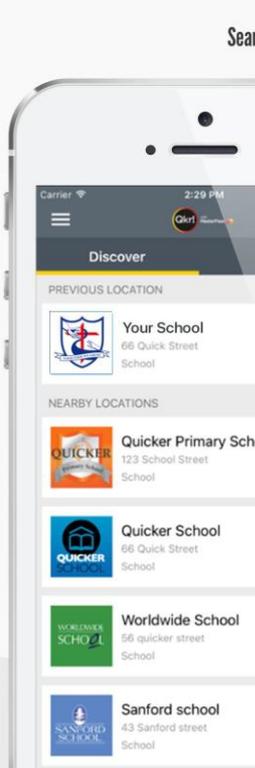
Our school will appear in 'Nearby Locations' if you're within 10km's of the school, or search for our school by name.

Step 4 Register your children

When first accessing our school you will be prompted to add a student profile for your child. This allows you to make orders and payments for them.

If you have made a purchase you can select our school from 'Previous Location'

If you're within 10 kms of the school, you can select our school from 'Nearby Locations'



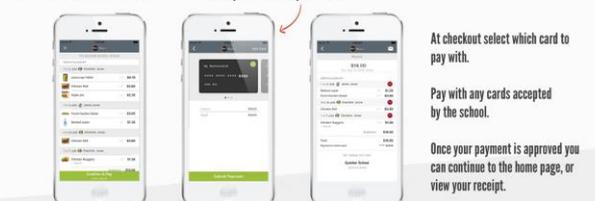
Add your children's details in Student Profiles



Order meals



Making payments



SA CIRCUS CENTRE, THE HOME OF CIRKIDZ PRESENTS

CIRCUS WORKSHOPS

APRIL SCHOOL HOLIDAYS



THE WORKSHOPS

Participants will be focussing on developing a variety of fundamentals in various circus disciplines including tumbling, juggling, trampoline, acrobatics, balance and more! Improve coordination, strength and flexibility via games, activities, structured play and group work.

Tues 13th - Thurs 15th April

Introduction to Circus Arts

Tackerz (5 - 8 years) 180 mins

including breaks

10.00am - 1:00pm

Tweenz (9 - 12 years) 180 mins

including breaks

2:00pm - 5:00pm



PRICE

Each session \$15

VENUE

Waikerie Lutheran Primary
D'Vine Hall - 6 McIntosh St,
Waikerie SA 5330

**Community and Friends
Performance Day
Thursday 15th April from
5.30pm!**

BOOK AT

www.ryt.org.au



Government of South Australia
Office for Recreation, Sport and Racing



Renmark Hockey Club

CALLING ALL 2021 PLAYERS

Registration Night

Tuesday 23RD March, 5-8pm
Renmark Bowling Club, 146 Cowra St

Meals available with RSVP by 19th March

For more info see our page or email [renmarkhc@gmail](mailto:renmarkhc@gmail.com)

ADELAIDE
Strikers

**HOLIDAY
PROGRAMS**



Adelaide Strikers Holiday Programs are back in April for boys and girls aged five to 10. For further information and to register, visit www.adelaidestrikers.com.au/school-holiday-programs today!



IGNITE A PASSION FOR THE GAME!

Renmark Rovers FC

Renmark Oval

Saturdays @ 9am

Coordinator: Jenna Hughes
0418 637 854

play.afl/auskick