



Government
of South Australia

Department for Education

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Renmark Primary School News Letter



Website: www.renmark7.sa.edu.au
Email: dl.0376_info@schools.sa.edu.au
Principal: Ms Lyn Bretag

No 12/2021

Term 3, Week 4

Thursday 12 August, 2021

◆ Respect ◆ Excellence ◆ Self Belief ◆ Trust

News from the Principal

Literacy improvement

You may have seen earlier this week on Facebook, some photographs of our lower primary students who had made outstanding improvement in their Term 1 to Term 2 Initialist testing. 100% of students showed excellent progress with skills and abilities in the areas of oral language, phonics, reading and spelling. The students are very proud of their success and we cannot wait to share results from the end of this term with you. Keep it up everyone!



Top (L-R): Axel, Ollie, Miah, Amelia, Miley, Alice & Willow. Bottom: Sehej, Ethan, Eloise, Dellilah, Millie and Hope.

Year 1 students have also been working very hard on their studies and will sit the state-wide Phonics Screening Test next week. We wish them all the best and will discuss their results with parents and caregivers at discussions later this term.

New faces at RPS – welcome Cooper, Summa, Milly & Leka



Reading achievement

Milena, Ashley, Nathan and Zara have excelled in their reading skills. Congratulations to you all – hard work paying off!



COVID-19 UPDATE

Restrictions from the Department for Education have been somewhat relaxed, with SAPSASA sport and school assemblies allowed again but with some precautions in place. See below for the full list of information and stay up to date with any changes on our Facebook page.

From Thursday 12 August, the following activities can resume:

- playgroups and Learning Together (parents should wear masks where possible)
- whole school assemblies
- choir and dance rehearsals within the school
- all extracurricular activities within the school
- incursions, excursions and intrastate camps. Please ask the venue for a copy of their COVID safe or COVID Management plan and ensure you can comply with it
- events held at offsite venues with approved COVID safe or COVID Management plans
- events held within school or preschool grounds (such as performances and concerts) providing:
 - density requirements and [physical distancing](#) requirements are met by all attending adults
 - masks are worn by adults and students in years 8 and above who are not performing
 - all attendees are encouraged to COVID SAfe check in.
- school sports including interschool sport training, trials and competitions
- water safety/swimming/aquatic lessons.

The following measures remain in place until further notice:

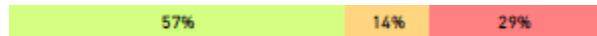
- all interstate camps and travel must be postponed
- staff and students in years 8 and above must continue to wear masks as outlined on [EDi](#)
- please continue to limit the number of parents on site, and when on site they must wear a face mask and practice physical distancing
- where possible, please hold parent teacher interviews online
- all adults (including staff) must COVID-Safe check in each time they enter the site.

Wellbeing and Engagement Survey

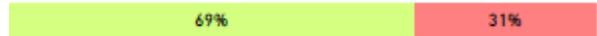
The words wellbeing, engagement, character strengths, resilience, positive education, the General Capabilities, and social and emotional skills are often used interchangeably. These terms each refer to a broad set of skills that help people succeed at school and later in adulthood.

Since 2013, South Australian schools, including Renmark Primary School have been working to measure wellbeing and engagement for middle and senior year's students. The data collected aligns with a growing evidence base about the value of 21st Century skills for workplace and communities in the future (what people know, how people perceive the environment and how they learn new skills). One of the questions asked students to indicate how many nights, students got a good night's sleep. Below are the results.

Year 4 Females



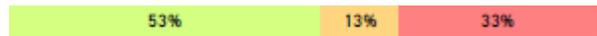
Year 4 Males



Year 5 Females



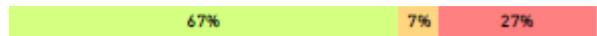
Year 5 Males



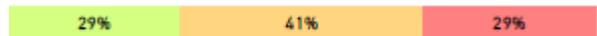
Year 6 Females



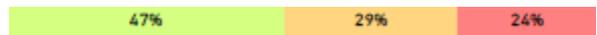
Year 6 Males



Year 7 Females



Year 7 Males



Why is sleep so important?

Getting enough sleep is one of the most important things you can do for your health and wellbeing. Find out why and what you can do to improve your sleep.

Sleep is like food for your brain

Getting enough sleep is important for your physical and mental wellbeing. Sleep lets your mind recharge and process information. It's the only part of the day that your body gets to rest and repair.

Sleep can help you feel better, think more clearly and concentrate better. It gives you energy to complete tasks and can make you more alert. Without enough sleep you may have problems with thinking, concentrating, memory, reaction times and mood.

Teens need between 9 and 10 hours of sleep each night to function best, although for some, 8 hours is enough!

The power of sleep

It may feel like nothing much goes on when you're asleep, but the mind and body are working hard. This hard work means benefits like:

- Improved memory
- Sharper attention
- Lower stress
- Increased energy
- Repaired muscles
- Improved mood
- Improved creativity
- Better decision-making
- Improved physical health
- Stronger immune system
- Boost in brain power
- Better mental health

For further information, please visit:

Kids Helpline

[Why sleep is so important | Kids Helpline](#)

Australian Parenting Website:

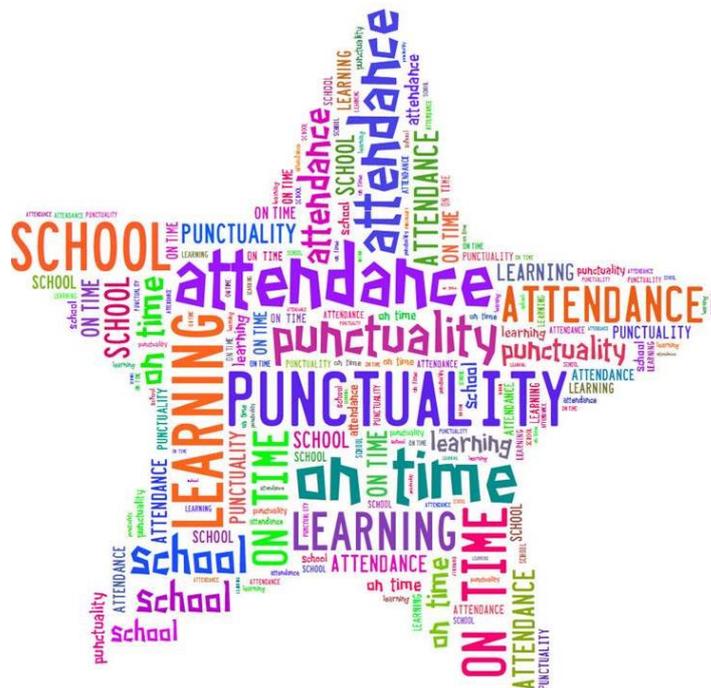
<https://raisingchildren.net.au/teens/healthy-lifestyle/sleep/sleep-teens>

Headspace

<https://headspace.org.au/young-people/sleeping-well-for-a-healthy-headspace/>

Better Health

<https://www.betterhealth.vic.gov.au/health/healthyliving/teenagers-and-sleep>



Attendance

The Department for Education stipulates that all school-aged children must go to and attend school every day. Each school is required to keep accurate attendance records for all its students. This includes taking attendance in the morning for students in Reception to year 7 and at every lesson for secondary school students. When a student's attendance declines, we investigate the matter and develop a plan (in consultation with the family) to address and restore regular attendance. Developing the habit of going to school every day is vital so children do not miss out on important ideas and skills they need for future learning.

Did you know?

- missing half a day of school each week equates to one month of missed learning each year
- the attendance habits set by children when they first start school continue throughout their school life
- if children miss half a day of school each week between Reception and Year 10, they would miss almost one full year of learning
- learning is cumulative – if children miss a day, it is harder for them to catch up.

You can help by arriving and collecting your children on time; making sure they get nutritious meals and enough sleep; and making appointments with doctors, dentists and specialists, and making holiday plans during school holidays and not during the school term.

If one of your children is unwell and unable to go to school, please let the school know by telephone or emailing their teacher.

Secondary school enrolment offers

This term enrolment offers for secondary school will be sent to the families of our year 6 and 7 students. It is important for you to know that not all schools will send out their enrolment offers at the same time, but they will be sent as close as possible to 13 August 2021.

Most families will receive their offer via email. If you think you have not received your enrolment offer from your secondary school, you need to check your junk folder for an email from education.noreply@sa.gov.au. If you did not provide an email address on your Registration of Interest form, you will receive your enrolment offer in the mail or it will be handed to you by your child.

If your enrolment offer has not arrived by 18 August, please let the office know and we can follow up with the secondary school on your behalf. If you need support to accept your enrolment offer, it is best to contact your allocated secondary school and they can step you through the process.

The 2021 parent survey is now open

Parents and caregivers of school-aged children and young people are invited to complete the survey, which takes less than 10 minutes. This survey gathers information from parents and schools across South Australia. It gives a broad picture of how parents engage with schools.

Completing the survey

You would have received a unique link to complete the survey. If you did not receive a link, contact your school directly.

The survey will ask about how you perceive your child's school, including how well the school - supports your child's learning and wellbeing and communicates with you and your child.

The survey closes Sunday 29 August.

Survey responses

All responses are confidential. Survey results will help the department to better understand - what you think we're doing well, where we can improve, what's important to you as a parent.

Your feedback is appreciated and important to us.

Thank you.

Head lice - including symptoms treatment and prevention



Head lice are small wingless biting insects which live and breed in human hair and feed by sucking blood from the scalp.

Outbreaks of head lice are common in children in schools and institutions everywhere. They infest people of all socio-economic positions and age groups.

How head lice are spread

Spread is by direct head-to-head contact with a person who has head lice, or more rarely by contact with items which have been recently used by someone with head lice, such as:

- combs/brushes
- hats
- scarves
- Pillowcases.

Some animals have lice, but lice which live on animals will not live on humans.

Signs and symptoms of head lice

Many lice infestations cause no symptoms and probably less than half cause itching, so you have to look at the hair to see if lice are present.

Diagnosis of head lice

Use a bright light or sunlight to inspect the hair. You may see small white or brown oblong eggs ('nits') attached to the shafts, and they are difficult to move. The live lice are more difficult to find as they move rapidly away from disturbances in the hair. Adult lice are 2 to 4mm long and whitish brown in colour (see images).

The best way to check for head lice is to apply a generous amount of hair any conditioner, then dry the hair and comb through with a coarse comb to detangle the hair. The conditioner stuns head lice for about 20 minutes. Then use a very fine toothed comb and comb the hair through, wiping it on a tissue regularly so you can check for lice and their eggs.

Incubation period

(time between becoming infected and developing symptoms) The eggs usually hatch in 7 to 10 days.

Infectious period

(time during which an infected person can infect others)

As long as the eggs or lice are alive. Once hatched, the lice are capable of laying eggs after 10 days and lice live for up to 35 days on the scalp. They do not survive more than 2 days away from a human host.

Treatment of head lice

A number of head lice treatments are available without prescription. Follow directions on the packaging. The two most common head lice treatment methods are:

'wet combing' involves wetting the hair and scalp liberally with hair conditioner to stun the head lice, then combing the head lice and nits out. Pediculicides which are 'chemical' treatments that kill head lice.

See, [How to get rid of head lice using the wet combing technique \(PDF 408KB\)](#) for what you'll need and the steps used for both wet combing and chemical treatment options.

Family members may also need treatment.

Re-treatment after 7 to 10 days is necessary because lice in unhatched eggs may not be killed by the first treatment. If head lice are still found after the second treatment, try another technique or another chemical treatment using a different active ingredient. If infestations persist despite correct insecticide use, seek medical advice on alternative methods of treatment.

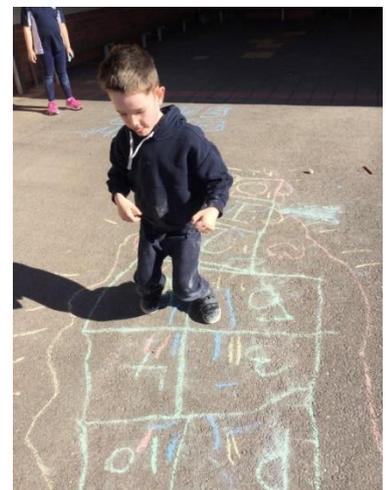
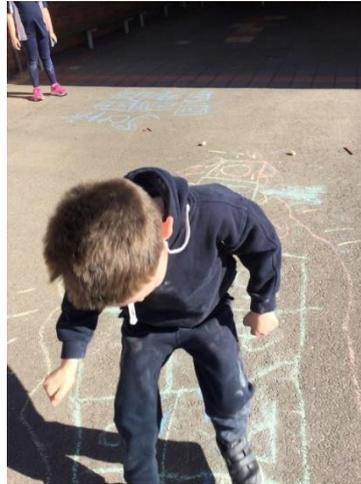
Prevention of head lice

Head lice infestation can be prevented by the following measures:

- A child with head lice does not need to be sent home from childcare or school immediately but should be treated on the same day. Children may return to school the day after appropriate treatment has been given.
- Family and close contacts should be inspected for signs of infestation and treated if infested (a contact is any person who has been close enough to an infected person to be at risk of having acquired the infection from that person).
- Concentrate on the head. It is not necessary to treat the house or classroom.
- Combs and brushes should be cleaned with detergent and hot water.
- Bed linen should be washed in hot water (60°C or more), or dried in a clothes dryer on the hot setting for at least 20 minutes.

HOPSCOTCH with room 17

Room 17 have been learning about old and new in HASS. Hopscotch is a game that is an old game that we still play today. Room 17 had to design a 'new' hopscotch game and then draw it on the cement with chalk.





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-6.00pm, Pupil free days and School Holidays 6.30am-6.00pm. 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>

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 3: 19 July – 24 September (10 wks)

Term 4: 11 October – 10 December (9 wks)

Dates to remember

Term 3 2021

Week 4, 5, 6

August	10-11	School Photos
August	19	Yr 6/7 RHS visit 9.45am-12pm
August	20	SAPSASA Basketball – Loxton
August	24	Book Week parade
August	21-27	Children's Book Week

Week 7 and 8

September	1	National Health & PE Day
September	5	Father's Day
September	6	Student Free day
September	9	R U OK DAY

Week 9 and 10

September	13-22	Book fair - Library
September	20	Riverland Athletics - Adelaide
September	23	Sports Day (TBA)
September	24	2.30pm Dismissal

Riverland Athletics Team

Congratulations to the following students who have been selected to represent the Riverland and RPS at the State Championships in Adelaide on Monday September 20th.

Amber T - Shot put and Relay

Ollie L - 100m, 800m, Long Jump and Relay

Tyler H - High Jump

Zach B - 200m and Relay

Basketball SAPSASA

Rescheduled to Friday 20th August. Please return new Permission slips as soon as possible.



Riverland

Don't forget to check out our
School website @

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

And

Like Us On
facebook 



RENMARK PRIMARY SCHOOL OFFICIAL



Come and Try Change of date as a result of Lockdown/Restrictions.

Dear Year 6 and 7 Students, Parents and Caregivers,

We have rescheduled our Term 3 Come and Try session to Week 5 (August 19th).

Regretfully, as a result of the Lockdown and continuing restrictions we have decided that we will postpone our scheduled Week 3 Come and Try visit, rather than continue with restricted opportunities.

We look forward to your continued support of your child's transition program as strong transition programs help your child to feel comfortable and supported as they take the step into high school. Through regular school visits and lessons each term, your child will meet their teachers and experience high school style lessons in our specialised facilities.

Key Dates:

Term 2, Week 4 20/5/21, 9:45am until 12pm

Term 3, Week 5 19/8/21, 9:45am until 12pm

Term 4, Week 2 21/10/21, 9:45am until 12pm

Buses will be provided to Renmark West, Renmark North and St Joseph's Primary to ensure all students have equal access to the Come and Try visits, we thank all sites for their support of this valuable program.

Any student who did not attend the Term 2 visit needs to contact Renmark High School on 85866974 to complete a consent form.

We look forward to seeing you all again,

Kind regards,

Amy Evans
Director of Inclusion

Mat Evans
Principal

3rd August 2021

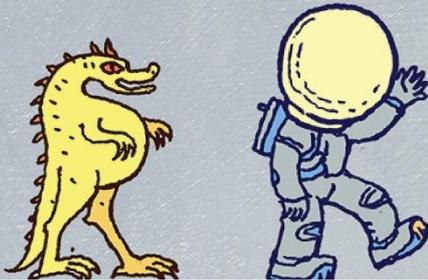
Book Week Parade: Tuesday 24th Aug 9.10am (Week 6)



CBCA BOOK WEEK

OLD WORLDS, NEW WORLDS, OTHER WORLDS

21-27 AUGUST 2021



#CBCA2021



Grab & Go Food Express Canteen Menu

SANDWICHES

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

WRAPS

Ham	\$5
Chicken	\$5
Turkey	\$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
Chocolate donut	\$4.00
Chocolate custard	\$3.00



*Prices subject to change

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
Bolognese with pasta packed with hidden vegetables	\$6.80
Lasagne	\$6.80
Chicken Nuggets	\$0.80
Baked Potato with Bolognese 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

PASTRIES

Meat Pie	\$5
Junior Pie	\$3.50
Sausage Roll	\$5
Pasty	\$5
Quiche	\$5
Wholemeal Vegetarian Pasty	\$6
Gluten Free Pie	\$6

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

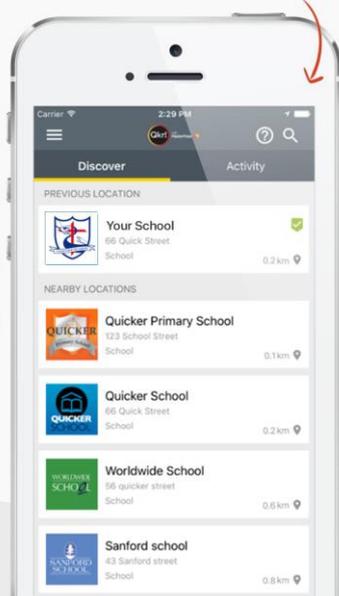
Our school will appear in 'Nearby Locations' if you're within 10km's of the school, or search for our school by name.

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

