

Diary Dates:

March

Monday 16

- School Photos
- SAPSASA Tennis (Mon-Thu)
- Governing Council induction 6.30pm
- Governing Council 7pm

Thursday 19

- Monarto Zoo excursion
LA1-6, 1-7 & 1-8

Friday 20

- **Harmony Day – wear orange or national costume**
- Assembly hosted by LA1-10 & 3-1

Tuesday 24

- LA1-3, 1-4 & 1-5 excursion to Bowker St Oval

Friday 27

- Sports Day at Bowker St Oval

Monday 30

- SAPSASA Football & Netball

Tuesday 31

- Year 7 & catch up photos

April

Friday 3

- Assembly hosted by LA4-3
- SAPSASA Lacrosse

Thursday 9

- Easter Raffle Assembly 1:40pm
- **End of term early dismissal 2:05pm**

Monday 27

- **Pupil Free Day**

Tuesday 28

- Term 2 begins

SMS Absence Number

0476 857 224

SA Term Dates for 2020

Term 1	28 Jan to 9 April
Term 2	27 Apr to 3 July
Term 3	20 Jul to 25 Sept
Term 4	12 Oct to 11 Dec

School Values

Bravery Care Challenge Trust

Traffic Monitors

Week 8

Morning: Joe & Aryan
Afternoon: Violet & Indianna

Week 9

Morning: Megan & Amber
Afternoon: Sienna & Cody

Dear Families,

Mural

Have you seen the mural on the wall outside the admin area along Bowker Street? Our amazing and very talented SSO, Vivonne, has been working with the children since last year on this masterpiece, and installation started this week, with completion (hopefully) next Tuesday. The mural process all started with our SVE last year, who brainstormed all the things that they believed made Paringa Park Primary School unique. Viv then took all of their ideas and drafted the mural which she then had children involved in painting throughout 2019. It truly reflects the diverse opportunities our school provides for our children and young people.



Pupil Free Day

Last Friday, staff from across our Partnership met at Paringa Park Primary School to continue our learning around Learning Design, Assessment and Moderation. In particular, staff engaged with looking at feedback and how we will continue to work together throughout 2020. The department undertook a curriculum review last year which is going to inform significant work this year in providing targeted resources for teachers to support the implementation of the Australian Curriculum. Many of these resources are modelled on those that have been developed by the education departments in Victoria and Queensland. In the morning, our class based SSOs, Deb, Jane, Melanie and Caroline attended a workshop at Warradale PS facilitated by Autism SA, which they indicated was useful and practical. In the afternoon teachers worked on moderating narrative writing samples for each child using the Brightpath Assessment Tool. Overall, it was a very productive day!

Sports Day

We are looking forward to our Sports Day on Friday 27 March (week 9) and hope that many families are able to join us to encourage and support their child's participation. A reminder that the expectation is that children attend for the whole day (ie there is no early dismissal) and that they are there for the presentations at the end of the day. I also need to put in my apology for Sports Day as unfortunately I am required to attend a department all day meeting on this day. I am really disappointed to be missing this fabulous day but wish everyone the very best of days! Enjoy and go....Brighton, Hove, Somerton and Warradale!!

Staff Meeting

Just a reminder that teachers are generally fairly flexible with their time to meet with parents before/after school across the week except for Tuesdays which is our staff meeting night. We appreciate your understanding that staff are required to be at staff meeting for a 3.25pm start so unless it is an emergency we seek your co-operation in negotiating an alternative day/time. Thanking you in anticipation.

Three-way interviews

During week 10, teachers will be offering 15 minute meetings with each family to get to know your child's strength, interests and needs. This year we will be using an online booking portal www.schoolinterviews.com.au. We will be sending out more information early next week with instructions on how to log on and book your times. If you need to view, cancel, change or print your bookings simply click on the link in the confirmation email you will receive. You can use *schoolinterviews* on your phone as well as a computer.

*Kind regards,
Leanne*

Learning Engagement and Wellbeing

Grip Student Leadership Conference

Last Wednesday I was accompanied by parent Andrew Smith with our 12 newly elected SVE students to attend and take part in the annual Grip Leadership Conference at the Adelaide Entertainment Centre with representatives from all of our partnership schools and a large number of student leaders from other schools from across the state. Our students took part in a number of leadership roleplays, games, feedback and reflection sessions that were highly interactive. Our SVE students had a great opportunity to gather thoughts and ideas from conversations with a variety of other student leaders. We will now work as a group to build leadership capacity among students at Paringa Park Primary.



Sleep

New findings that reinforce our thinking about sleep

<https://mailchi.mp/developingminds.net.au/science-of-sleep-non-members?e=7ab6ac48c4>

Recently new research was released into the effects of sleep or lack of sleep can have on a child/adolescent's body. I have summarized these facts below but the whole article is included for you in this link. Sleep and its importance is an area that continues to pop up in scientific research around brain development and functionality and something we all need to be informed about as new studies become available.

1. Students aged 3-5 need a base of 10-13 hours of sleep per day (up an hour from previous research), students aged 6-13 need 9-11 hours a day (up 1 hour) and students aged 14-17 need a base of 8-10 hours a day (up an hour). Latest research in Australia suggests students aged 14-17 are not getting the required number of hours of sleep.

2. Links between quality and length of sleep in children has a strong correlation to wellbeing and mental health. One study recently conducted linked sleep quality and length in 9-11 year olds to episodes of depression, anxiety and impulsive behaviour. They found where sleep was short or interrupted a section of the brain that controls anxiety responses was shut down.
3. Sleep was found to be a positive factor in helping children with cognitive learning and attention issues in class. Those students with cognitive learning and attention issues who were deprived of sleep, were found to have magnified symptoms in the classroom.
4. A stronger link has been established in recent studies around the use of mobile phones before sleep and depression in students, particularly adolescents.
5. Researchers found that families who set bed times, although difficult to manage, actually gave their child more sleep time than those families who didn't set or enforce rigid bed times, especially for adolescents.
6. Parents across 14 countries who followed continual routines before bed for their children aged 6 and under gave their children a better quality of sleep than those families that didn't have a regular routine.
7. Sleep issues in children can be genetic and it is very important to discuss any sleep issues that children are having with a GP.

Jamie Meredith
Senior Leader

Harmony Day celebrates Australia's cultural diversity.

It's about inclusiveness, respect and a sense of belonging for everyone.



At Paringa Park Primary School we are continually aspiring to increase our children's awareness of the importance of harmony and diversity. We are all unique and special, our diversity helping to make our school and country, an inspirational place to learn and grow.

On Friday 20 March we will be celebrating cultural diversity at our Harmony Day Assembly hosted by LA 1-10 and LA-3-1.

After the assembly all classes will work with their buddy class on a shared Harmony Day activity at different places around the school. You are welcome to stay and join in.

On this day, we also ask that your child wear something orange or your national costume or socks of their choice to school. Socks can be bright, colourful, short, long, the choice is endless!

To add to the celebrations, the canteen will be selling special **Harmony Day orange jelly cups** for 50c and **orange cupcakes** for \$1 at recess and lunch.



We look forward to children celebrating Harmony Day and seeing you at our assembly.

Margy Holland
Senior Leader

Literacy Improvement for All

Here are the essential skills required when children are **learning to read**..

- 1) Conventions of print. This refers to an understanding that a book has a cover, title, pages, left to right organisation etc.
- 2) Phonological awareness refer below
- 3) Letter Naming Labelling of the written letter symbol. This is different to the sound that the letter makes e.g. the name of "f" is "eff" but it makes a "ff" sound.
- 4) Sound Letter Correspondence. This refers to the ability to understand that sounds can be represented symbolically by letters.
- 5) Language Comprehension Children need an understanding of - Words (vocabulary) - Sentence structure (grammar) - Story structure (narrative)

Phonological awareness

Last week Kathryn Anderson, our speech and language pathologist ran a workshop for parents to deepen their understanding of phonological awareness. Here are some main points she covered in her workshop....

What is Phonological Awareness?

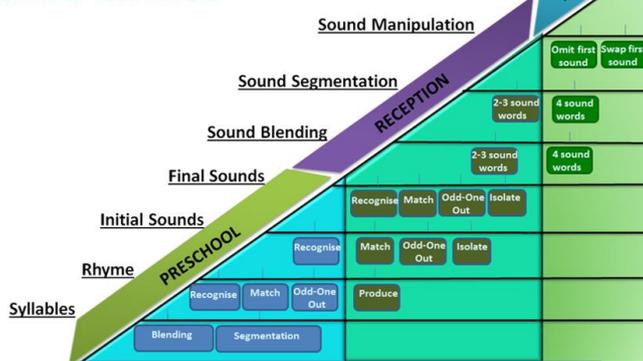
- A broad skill that includes identifying and manipulating units of oral language – parts such as words, syllables, and initial sounds
- Children who have phonological awareness are able to identify and make oral rhymes, can clap out the number of syllables in a word, and can recognize words with the same initial sounds like 'money' and 'mother.'

What is Phonemic Awareness?

- A sub-skill of phonological awareness
- Refers to the specific ability to focus on and manipulate individual sounds (phonemes) in spoken words.
- Phonemes are the smallest units comprising spoken language.
- Phonemes combine to form syllables and words. For example, the word 'mat' has three phonemes: /m/ /a/ /t/.

This diagram below shows the phonological awareness developmental sequence...

Phonological Awareness: Overlapping Stages, Skills & Year Levels



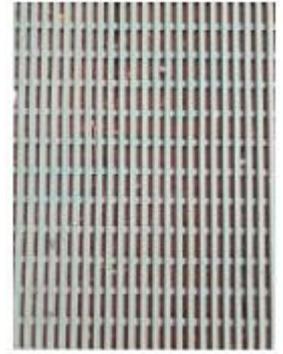
Next newsletter we will unpack why **syllables and rhymes** are crucial skills for children learning to read. We will also look at ways to develop a love for reading.

Tracey Bennett
Senior Leader

Tracey.bennett463@schools.sa.edu.au

Green mats

If you have visited the LA 1 COLA this week you will have noticed that the green mats that covered the ground have been removed. This was in response to concerns regarding potential health issues with food and litter being trapped underneath. Dave, our groundsperson, took these mats up on the Pupil Free Day and pressure cleaned the whole area which was a huge undertaking. Great job Dave! If you are interested in any of the green matting (see photos) please see Susan in the Front Office - make us an offer and it's yours! We are purchasing recycled mats for each class (eg: <https://www.recycledmats.com.au/>) to bring out for eating times only and the LA 1 team are going to monitor the area and are investigating possibly adding some plants to soften the space. In the Master Plan for the redevelopment of our outdoor areas, this area is earmarked to be developed next, which hopefully will be next year. Consultation with children, staff and families around this design will be conducted later this year.



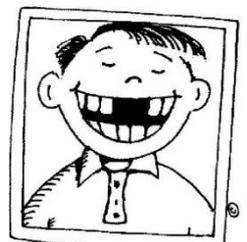
Well done Emily M for being the first person to complete the challenge this year! Keep an eye out for a change to the display for this year's PRC sticker wall.

School Photos Monday 16 March

Don't forget to bring your photo envelope to school on Monday even if you are not purchasing any photos.

All children must be in correct uniform. This includes hair accessories which must only be in school colours.

And remember to bring your best smile!



Sports Day Lunches

The canteen will be providing a special lunch of pies, pasties and sausage rolls on Sports Day. All children who wish to get a lunch order must pre-order via the slip sent home earlier this week. There will be limited amounts available for purchase on the day so parents, grandparents and siblings not at school are encouraged to pre-order their lunch as well – forms are available at the front office. Please return your order form with correct money to the front office or canteen **by Friday 20 March**. We are unable to accept any orders after this date. Please note, regular lunch orders will not be available on Sports Day.

School Banking

As part of our administration operating procedures we have decided not to facilitate school banking from the start of term 2.

Uniform Update

Price Changes

Our supplier has increased the wholesale prices on all uniform items due to a rise in production costs and the fall in the Australian dollar. Whilst we don't like having to increase our prices, this is the first major change to prices since October 2018 and we are unable to sustain the wholesale price rise without increasing some of our sell prices. Attached to this newsletter is an updated price list which will come into effect from 27 April (start of term 2).

Beanies – Coming Soon!

We are pleased to announce that the dress code committee has approved a beanie design to be added to the uniform list. They are currently in the production stage and will be available from term 2 and will cost \$15 each. Please note, **only the official PPPS beanie** will be permitted to be worn. Thanks to Grace F whose idea it was last year to include beanies in our uniform!



Are you wearing the correct uniform to school?

We would like to remind families of our dress code policy. Children may wear any item purchased through the PPPS uniform shop, or alternatively, families may purchase items from other retailers, providing they meet the dress code requirements. This means that all pants, shorts and skirts must be plain navy blue, and all shirts and jumpers are plain bottle green. Garments with brand names are not acceptable. A reminder that all hair accessories must be in school colours, socks are to be neutral and hats are to be bottle green. Class teachers continue to monitor uniforms and we thank you for your cooperation.

A copy of the dress code policy is available on our [website](#) or you can request a copy from the front office.

Sports News



Congratulations to this year's Sports Day House Captains:

Hove - Sophie and Mitchell

Somerton - Ella and Luca

Brighton - Keira and Judd

Warradale - Amber and Zach

SAPSASA

Congratulations to Reuben for being selected in the South West District Cricket Team. He will play in the state carnival next week.

Congratulations to Ali, Logan and Noah G for their selection in the South West District Swimming Team. They will compete in the metro championships in 2 weeks time.

Year 7 to High School Update

Seniors Jumpers 2021

In response to our open forum with parents last week and in consultation with the Dress Code sub committee, a group of current year 5 and 6 children representing each class in the school met on Tuesday to start the conversation about seniors tops for 2021.

This group is as follows:

LA 2-2: Lenny, Mikahla

LA 1-9: Oscar, Shayanne

LA 2-11: Harrison, Nic

LA 4-1: Callum, Gaby

LA 4-2: Caitlyn, Devan

The group discussed some ideas re tops for next year and how they wanted to negotiate with their classes. The following is the proposal from this group of children which they are going to take back to their class for consultation and feedback:

Polo shirts - these will be made available to year 6 and 7 children in 2021 as they are - the same design as the other school polos but with "Seniors" on the collar

Jumpers - year 6 and 7 children will be able to have a special jumper for 2021; these would be the same style and colour as this years but would have a different design on the back for year 6 and year 7; both would include the children's names on the back; the band on the front would say "Sixes" for the year 6 children and "Sevens" for the year 7s. Four designs were chosen for each year level and these will now be taken back to each class for discussion and voting.

Our next meeting to consider the feedback and voting will be on Monday 23 March (week 9).

Health

As the seasons change and we start to head into "flu season" it is timely to remind families about the importance of keeping children home from school when unwell. If your child has cold-like symptoms such as a runny nose or cough, please keep them home until they have recovered. When a child has been vomiting or experiencing diarrhoea, they must not return to school for **at least 24 hours** after their last episode. Please also have conversations at home about good hand hygiene.

With your assistance we can help to minimise the spread of germs and illness at school. Thank you for your cooperation.

Out of School Hours Sports

Football

Teams for school football are currently being organised and we're looking for more year 4/5s. Please let me know as soon as possible if your child is interested. Games start at the end of week 2 in term 2, Saturday 9 May.

Maria Welsby

PPPSfootball@gmail.com

0488 065 885

Volleyball

We are looking for someone to assist our volleyball coordinator for the rest of this year. If you are able to help out, please contact Jacinta at PPPSvolleyball@gmail.com or speak to the front office.




**Sports Day Fundraiser
Cake Stall
Friday 27th March
Bowker St Oval**

**WE NEED YOUR DONATIONS OF BAKED GOODS, PLEASE
DELIVER TO THE FRONT OFFICE OR BOWKER OVAL ON
THE DAY**

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Parents & Community

EASTER RAFFLE

Please donate Easter goodies and
wrap to class tubs by Friday 3rd April

Raffle Tickets \$1 each

Winners Drawn at Assembly on the **9TH APRIL**

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Brighton Secondary School Year 7 – Volleyball Trials

OUT OF ZONE

The Initial Out of Zone trials for a position in the Brighton Secondary School Volleyball Program will be held in Term 1 week 11

Monday 6th April @ 1:30pm
Wednesday 8th of April @1:30pm

Students who meet the required standards

At this trial will be invited to attend the Final Trial on Thursday 30th April at an advised time.

IN ZONE TRIALS

In zone trials for a position in the Brighton Secondary School Volleyball Program will be held in Term 1 week 11.

BOYS - Monday 6th April @ 9:00am
GIRLS - Wednesday 8th of April @ 9:00AM

**If you would like to attend either trial, you must ring
Brighton Secondary School Ph 8375 8200
to book a trial time.**

On line applications must be received Friday 6rd March