



Issue 7

FRIDAY, 8th May 2020

Principal

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Deputy Principal

Naomi Connor

Student Wellbeing

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INSIDE THIS ISSUE

Principal's Report	1
Wellbeing Leader	2
Captain's Chat	3
School News	3
Room 33	4
Uniform Policy	Ins

DATES TO REMEMBER

Thursday 14th May 2020

GOVERNING COUNCIL

AGM AT 7:00PM

ALL NEW NOMINATIONS WELCOME

Sunday 10th May



Risdon Park News

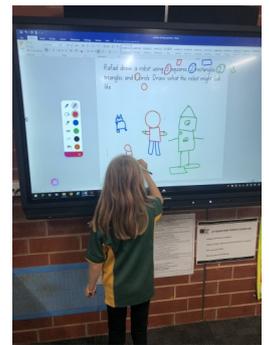
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Dear Families

We've had a very smooth few weeks of school. It is fabulous to see the children back at school and the learning program returning to normal. We continue to be vigilant in maintaining high levels of hygiene and social distancing practices. A sincere thank you for being so considerate and respectful in your actions of maintaining social distancing for the health and safety of our community. Keeping you at distance is certainly not my preferred mode of operation, however these times call for unusual measures. We look forward to being able to resume with normal events including the school assembly when we can catch up.

Our staff have recently accessed many professional learning opportunities to expand their use of technology to enhance teaching and learning to extend beyond these times of social distancing restrictions.

Our new Interactive TV's are most impressive and staff discovered many functions during our professional learning session on Tuesday night to enhance the learning program.



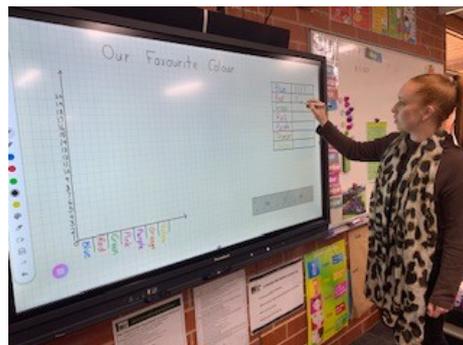
In addition, Microsoft Teams has proven to be a useful tool as a way of connecting with home learners and for staff in attending meetings and accessing professional learning. Next week we will explore the possibility of using this platform to conduct our staff meeting and our first whole school assembly. Unfortunately at this time families are unable to attend.

Thank you for ensuring your children come to school in uniform. This sets a standard, reflects pride and engenders inclusivity. As the weather gets colder, please ensure children come to school dressed warmly and in uniform. Uniform clothing is available in the front office for purchase. Please see attached uniform policy.

Wishing all our wonderful mothers a beautiful day on Sunday. May you be spoiled and showered with love. A special acknowledgement also for those other significant adults who take on the important role of caring and nurturing our young. "It takes a village to raise a child!"

Have a lovely weekend!

Warmest regards, Julie



WELLBEING LEADER

I recently read an article by Michael Grose, one of Australia's leading parent educators and founder of 'Parenting Ideas' titled 'Maintaining kids Mental Health during the Coronavirus pandemic'. He shared some quite simple but valuable points for ensuring, we as parents/carers, lay the best foundations for supporting our children's Mental Health. Below I have shared some of the key points that resonated with me, if you would like a copy of the full article I would be more than happy to share this with families, please see me at school or follow the link for this and many other great articles relating to student wellbeing written by Michael, <https://www.parentingideas.com.au/blog>.

Carly Pavy

Wellbeing Leader

Children and their Mental Health – Some helpful tips...

Eat a healthy diet

Recent research has revealed the links between a child's gut health and good mental health. Kids who experience anxiety and depression typically have imbalances of adrenaline (which keeps the brain alert) and GABA (which calms the brain down), that can be rectified with good gut health.

A framework for healthy eating includes eating real rather than processed foods, consuming small and regular meals, starting each day with protein and complex carbs, drinking plenty of water and keeping kids away from caffeinated drinks.

Get plenty of exercise

Exercise not only promotes good mental health. It's also a tool that kids can use to manage their mental states. Exercise and movement send endorphins through their bodies improving mood and relieving tension and stress. Exercise and movement relaxes the muscles and reduces feelings of anxiety that build up over time.

A framework for exercise includes starting the day with some movement, taking regular movement and game breaks, finishing the school day with movement that gets their limbs moving and hearts pumping.

Maintain good sleep patterns

The benefits of good sleep patterns are immense and far-reaching, impacting kids' learning, memory and emotional stability. Sleep restores the brain to optimum conditions and rejuvenates the body, allowing hormone levels elevated during the day to return to normal. Consequently, sleep-deprived kids experience greater anxiety doing routine tasks and have a propensity for pessimistic thinking, which is associated with anxiety and depression.

A framework for good sleep patterns includes finding an optimum bedtime; creating a regular, relaxing routine, eating and exercising at the right time, creating a sleep sanctuary and getting up at regular times each day.

Maintain social connection

As social beings we long for connection to others and a sense of belonging to groups. While time alone can be restorative, sharing experiences, thoughts and stories with others is absolutely essential to your child's happiness and wellbeing.

A framework for social connection includes one-on-one time with family members and other loved ones, having shared family experiences to confirm a sense of belonging, having shared time and experiences with peers from school and the neighbourhood, and a connection with the broader community through shared experience, cause or goal.

Stay in the present

The human mind is restless, taking us all over the place. It can make us feel happy recalling memories of loved ones or happy times and it can also drive insecurity connecting us to events in the past or future that fill us with dread, and make us feel anxious. Kids' wandering minds need to take a rest and settle in the present, stopping their mental chatter, giving them the chance to relax. Mindfulness is an essential mental health tool that enables children to keep their minds in the present moment, allowing them to feel safe and secure.

A mindfulness framework includes regular mindfulness exercises, doing one thing at a time, using mindfulness during an anxious moment, practising self-kindness and forgiveness.

(Michael Grose, Parenting Ideas, 5th May 2020)

Respect

Responsibility

Persistence

Confidence

Quality Education Empowering Community Minded Learners—*Helping each other to succeed.*

CAPTAIN'S CHAT



Aster Ramsay

Hello and Welcome to Term 2 of the Risdon Park School year. We are very happy to see that most students have returned to school. Mother's Day is this Sunday and students are busily preparing cards to give to their mother or other family members. We would like to take this opportunity to remind all our students that it is important to come to school in the correct school uniform. This includes wearing school hats at all times during recess and lunch.

Thankyou for reading this weeks captain's chat. We hope you all stay safe.

Aster and Leo



Leo Johnson

SCHOOL NEWS

Friday Canteen Special

WEEK 3

Chicken Wedges &
Pop Top or Big M
3 wedges \$5.00
6 Wedges \$6.00

WEEK 4

Hotdog &
Pop Top or Big M
Half Serve \$5.00
Full Serve \$6.00



Please like our canteen Facebook page for up-to-date information on stock availability and weekly specials! Katie



Risdon Park Primary School Canteen

Don't forget:

Please remember to return all library books on loan and we have a high number of over dues and students can borrow when they are returned. Thank you!

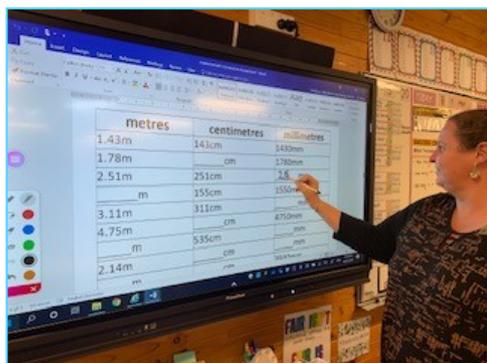


Breakfast Club is set to resume in Week 4.

Every Monday, Wednesday and Friday.

Starting at 8:30am to 8:45am

Interactive Televisions ...



Respect



Responsibility



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Confidence



Room 33



In Design technology, Room 33 have been learning about Terrariums. This includes what they are, how to make them and how the plants survive. We researched terrariums so we knew what they looked like and what materials were included in them, then we had a chance to design our own. This included drawing a labelled diagram. Using that diagram we then created our own terrariums. We are now going to evaluate whether our finished product looks like our design and what we could do to make improvements. We will then observe them for 2 weeks and see if we can notice any change. These changes will be recorded. Finally we will reflect on our entire design process including the final outcome.



UNIFORM POLICY

Risdon Park Primary School students are expected to wear the school uniform at all times.

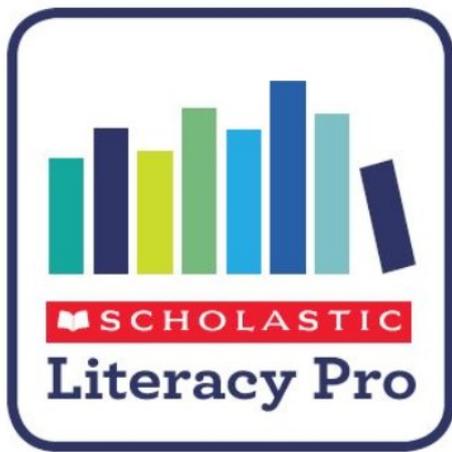
Aims:

- To provide good quality, practical and affordable school attire.
- To project a positive image of the school in the community.
- To ensure that all students feel a part of the school community.

 Acceptable Uniform	 Non Acceptable Uniform
<ul style="list-style-type: none"> • Green or Yellow RPPS Polo Top with school logo 	<ul style="list-style-type: none"> • Denim shorts or jeans.
<ul style="list-style-type: none"> • Plain black shorts of appropriate length or plain black pants. 	<ul style="list-style-type: none"> • Any pants with logos, writing or stripes, and are other than black.
<ul style="list-style-type: none"> • Green polar fleece zip up jacket or plain green windcheater. 	<ul style="list-style-type: none"> • Singlets or sleeveless tops.
<ul style="list-style-type: none"> • Long sleeve under t-shirt – bottle green, black or yellow. 	<ul style="list-style-type: none"> • Jackets/jumpers which are not within the schools colour code.
<ul style="list-style-type: none"> • Shoes suitable for a range of activities – preferably sneakers or sandals. 	<ul style="list-style-type: none"> • Thongs/heels/gumboots/ugg boots.
<ul style="list-style-type: none"> • RPPS Summer school dress. 	<ul style="list-style-type: none"> • Baseball style caps and beanies. Baseball caps and beanies cannot be worn under the green school bucket hat.
<ul style="list-style-type: none"> • Green school hat. 	<ul style="list-style-type: none"> • Excessive jewellery.
<ul style="list-style-type: none"> • Rain Jackets – Green – only - to be worn to and from school. 	<ul style="list-style-type: none"> • Facial piercings (other than the acceptable ear piercings)
<ul style="list-style-type: none"> • Ear piercings only – stud or sleeper. 	<ul style="list-style-type: none"> • Make up, artificial nails, nail polish and body art

****In accordance with the schools SunSmart Policy, students will wear a school broad brimmed hat throughout the year when outdoor. All students are provided with a new hat when enrolling at Risdon Primary School. Replacement hats can be purchased from the front office.**

- Students out of uniform will be sent to the Front Office for Administration staff to contact caregivers when students are not in correct uniform.
- Caregivers should inform the teacher of a reason when their child is unable to wear their uniform.
- In the interest of student safety, any student out of school uniform will not be able to participate in activities outside the school.
- With reference to projecting pride and a positive image to our community, students out of uniform will not be included in photos for the newsletter or other publicity material.
- Uniforms may be purchased from the school.
- We welcome any donations of second-hand uniforms.



RPPS is very excited to introduce the *Scholastic Literacy Pro* program to our school!

Literacy pro is an online program that monitors students reading, comprehension and levels. It also enables teachers to monitor each student's progress, assign books and present certificates when reached new reading levels!

Books at each student's level can be read with a hardcopy from our school library and digitally, online through the Literacy Pro program. As each student has their own password, this program can be assessed at home and parents are also able to monitor their child's reading progress. A quiz is required to be completed when the student has finished reading their book.

The program will be rolled out this term for Years 3-7 as testing for student's starting levels will be established.

We look forward to seeing the progress of our student's reading and updating families along the way!





DIGITALLY MONITOR HOME READING

Motivate children to read more with Scholastic Literacy Pro. Research-based assessment and norm-referenced data—to inform teaching practice—and develop students' reading comprehension.



MOTIVATE
students to read more



MONITOR
achievement of reading goals






LIBRARY

Transform the Independent Reading Experience

Literacy Pro Library develops confident, successful readers with engaging, levelled eBooks and interactive support tools



Literacy Pro Library provides students with eBooks to read and enjoy on computers or mobile devices.

There is a selection of over 1200 eBooks, offering something for readers of all abilities and interests. Many titles have audio support for the reader.

Support Skill Development at Every Level

- ▶ Levelled books across a range of genres, with new and popular titles for ages 5 and up
- ▶ Read aloud for younger readers supports independent reading and listening comprehension
- ▶ Clickable vocabulary definitions with audio and pictorial support
- ▶ Audio recorder to practise fluency and pronunciation
- ▶ Note pad to encourage writing and comprehension
- ▶ Comprehension quizzes and in Scholastic Literacy Pro motivate and monitor progress