



# Lake Wangary School Newsletter



Government of South Australia  
Department for Education

Term 1, Week 11  
Thursday, 12th April, 2018

## Learning through play at Preschool



Dispositions for Learning include - curiosity, cooperation, confidence, creativity, commitment, enthusiasm, persistence, imagination and reflexivity.

Leadership Effort Achieve Respect Nurture

# Message from the Principal:

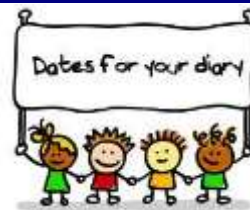
## Food For Thought

Have you considered the benefits of your child eating a healthy breakfast, recess and lunch?

'Right Bite' have found that children consume very low amounts of fruit and vegetables and often skip breakfast which can lead to snacking on sugary and fatty foods later in the day. They also found that many children aren't getting 2-3 daily serves of milk, cheese or yoghurt to provide their calcium needs and are not drinking enough water. Instead they discovered that children are consuming too many fatty, sugary and salty foods e.g. crisps, hot chips, cakes, pastries, biscuits, donuts, lollies, chocolates and fizzy drinks, often in large portion sizes which provide too many kilojoules and very little nutrition.

Eating habits are established early in life, and eating healthfully is a life skill. But it's not just about avoiding heart disease, type 2 diabetes, and cancer in the future; it's about ensuring that children are healthy now. That means **when students are at school, providing them with nutritious, healthy food supports them to focus and maximize their potential, and supports a healthy immune system to keep them in school. Healthy food equals better health, better growth in learning and better mental health.** You can support your child by talking about the importance of healthy food choices, sending healthy food in their lunchbox and only keeping treat foods for home. For further information and ideas go to [Right Bite website: www.decs.sa.gov.au/rightbit](http://www.decs.sa.gov.au/rightbit).

Sandra Spencer



Week 11:  
Friday 13th April  
Last Day of School  
Early Dismissal 2.10pm

## TERM 2

TERM 2 begins  
Monday  
30th April

Week 1:  
Wednesday 2nd May  
Governing Council  
Fundraising Meeting  
10.00am Coffin Bay Hall

Friday 4th May  
Pupil Free Day

Week 2:  
Monday 7th May  
Gov Council Meeting  
6.00pm



Governing Council	<p>Reminders:</p> <ul style="list-style-type: none"> <li>A 'Fundraising Group' meeting will be held on Wednesday the 2nd of May at 10am at the Coffin Bay Hall, any interested parents are welcome. At the meeting they will discuss possible fundraising events and a project to raise money for</li> <li>A 'School Working Bee' will be held on Sunday the 20th</li> <li>The school will be supporting the 'Greenly Planting Day' on Sunday the 3rd of June and the Governing Council will possibly provide the BBQ for the event</li> </ul>
-------------------	--

Our School	<p>Congratulations to Archer Pertzell and Dylan Morgan who have been selected in the Lower Eyre Peninsula SAPSASA Football. They will play in the Marble Range U14 carnival on Sunday 29th April and then compete in the State SAPSASA Carnival in Adelaide on 28th May-1st of June.</p> <p>Congratulations to Harvey Pearce, Dekoda Hunt and Archer Pertzell on their achievements at the LEP Athletics Day and subsequent selection to represent Lower Eyre Peninsula at the SAPSASA Athletics Championships for country districts to be held in Adelaide on Monday 24th September.</p>
------------	---

## Kids Matter Real & True Primary School Component 3: Working with parents and carers Parenting support and information Making sense of children's emotions

### Understanding emotions:

Children's emotional reactions may be more complex than they appear. Learning to manage feelings and emotions is a very important part of children's development. Emotions affect children's ability to learn and relate to others, as well as their overall wellbeing.

### How parents and carers can help:

You can support children's emotional development by tuning into feelings, helping children understand feelings, and encourage them to work out ways to manage feelings effectively. The following suggestions may be helpful:

- Tune into children's feelings and try to understand things from their point of view. This allows you to help them identify their feelings and the ways that feelings

work

- Show that you accept and respect children's feelings. Accepting feelings is necessary before working out a way to manage them
- Remember that it's not always easy for children to know what is bothering them, and they may not always want to talk about it.
- Show children how you manage your own feelings effectively. If you act calmly it will help to reassure them that they can manage even difficult feelings
- Acknowledge children's efforts to manage feelings. This helps them see their progress and motivates them to use the helpful strategies they are developing in other situations.

For more information go to: [www.kidsmatter.edu.au](http://www.kidsmatter.edu.au)



1800 55 1800

## NAPLAN - 15-17 of May Years 3, 5 & 7

- NAPLAN is a nationally developed program that provides schools and states with information about how education programs are working and what areas need to be prioritised
- NAPLAN paper tests are administered simultaneously in all schools across Australia
- The content of the tests are aligned to the Australian Curriculum: English and Mathematics
- NAPLAN tests are just one of many assessments in which your child can participate
- Students have an opportunity to become familiar with the NAPLAN tests and with ways of showing their answers to questions before they do the test
- NAPLAN individual students reports show the achievement of an individual student in a series of bands, against national minimum standards and the ranges of achievement for the middle 60% of students in Australia
- NAPLAN individual student reports are expected to be ready for distribution to parents/caregivers during August and September
- Parents/caregivers may withdraw their child from the NAPLAN test for philosophical or religious reasons. If you wish to withdraw your child please contact the Principal ASAP.

## FINANCE REMINDER

Term 1 is coming to a close and we still have a number of outstanding Material & Service Fees for 2018. Please note that the due date for these was the 12<sup>th</sup> April 2018. If you would like to start a payment plan, apply for school card or discuss payments then please contact Brigette Siebert or Sandra Spencer on 86854137 as soon as possible. With regret debt collection notices will commence in Term 2 for families that have not contacted the school to put a plan of some sort in place.

## 5/6/7 CLASS HISTORY

This term the 5/6/7 class have been finding out about how Australia has become a nation and stories of migration, during their History topic. Some people from our community very kindly agreed to be guest speakers and tell their stories of migration. Thank you to Sonia Mittelstadt, Sandi Karena and Pasqualina Ismakic, who came and talked to the 5/6/7 class about moving to Australia. The students really enjoyed listening to their stories and found the experience very rewarding. Brooke Slater



## FUNDRAISING NEWS

**The Easter Raffle raised \$669.50 and the Sports Day Canteen raised an amazing \$930.80!**

**A big thank you everyone who sold tickets and also to parents who supplied food and worked in the canteen.**

**If you would like to help with fundraising this year please come to the meeting at the Coffin Bay Hall on Wednesday 2nd May at 10.00am.**

## LUNCH ORDERS

As of week 1 in Term 2 the Coffin Bay General Store will be supplying the lunch orders on Wednesday's. The new procedure for lunch order day is:

- Send lunch order to school on Tuesday. The order is required on a lunch bag with your child's name and class. Please enclose the correct money.
- The lunch orders will go to the Coffin Bay General Store Tuesday nights. Lunch orders will arrive at 12.50pm on Wednesday's at the school.

If you miss putting in your child's lunch order you can go into the Coffin Bay General Store before 9.30am on Wednesday mornings. Please note orders can only be from the School Lunch Order Menu. Lunch order menus have been sent home this week. A copy is also on Skoolbag. Keep an eye on Facebook for weekly specials.

**Week 1 & 2's special is chicken sushi - \$5.00!**

## Parent and Student Information

Check out our facebook page for upcoming events, news and photos



## 2018 TERM DATES

Term 1	Term 2	Term 3	Term 4
29 Jan - 13 April	30 Apr - 6 July	23 July - 28 Sept	15 Oct - 13 Dec

## YEAR 7'S SNAZZY JUMPERS!



Leadership Effort Achieve Respect Nurture

# SPORTS DAY 2018!

Blue Rays

Firefish

Tiger Sharks

Congratulations to Tiger Sharks who were this year's Sports Day winners! The final scores were: Firefish 993, Blue Rays 1021, Tiger Sharks 1151. The day was a great success and well organised.

