

Saddleshworth Primary School SCHOOL TALK



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Newsletter No 2
Tuesday 13th February 2018



DATES TO ADD TO YOUR CALENDAR

Mon-Fri 12-16 Feb	Swimming Lessons (Rec-Yr5)
Wed 14th Feb	PARENT INFO NIGHT
Fri 23rd Feb	School Photos
Fri 2nd Mar	G/Valley Swimming Carnival
Fri 9th Mar	PUPIL FREE DAY
Mon 12th Mar	ADELAIDE CUP HOLIDAY
Fri 16th Mar	Yr6&7 GRIP Leadership
Fri 30th Mar	GOOD FRIDAY
Mon 2nd Apr	EASTER MONDAY
Wed-Fri 11-13 Apr	Year 4-7 Aquatics Camp
Thu-Fri 12-13 Apr	Rec-Yr3 Zoo Snooze
Fri 13th April	LAST DAY OF TERM
Mon 30th April	PUPIL FREE DAY

Dear Parents, Carers and friends,
The term has certainly started off very busily
and I want to congratulate the students on
their enthusiasm and participation. Well done!
School Captains
It was my pleasure to announce our 2018
School Captains at last week's assembly.
CONGRATULATIONS TO MIKAYLA HADLEY
AND JAMES NICHOLLS who were voted by
staff and students.

Over the past years, as a school we have been working together on identifying qualities of a leader and have focused on how we behave, not just occasionally and at school, but in all our extra-curricular activities as well as daily school life. Students reflect on these characteristics as well as what they hear and see when potential School Captains deliver their speeches to the school. I'd like to congratulate all of the Year 7 students who prepared well for their speeches and for the way they conducted themselves in front of the staff and student body. I was extremely proud of you all and all parents would have felt the same way!

Parent Information Night

We hope to see you all tomorrow evening at 6pm in the classrooms for our information evening. Teachers want to revisit our *Visible Learning* journey and some of the language we are using with the students. This is a good opportunity for you as well to familiarise or learn about the language we are using across the school about your child's learning and what makes us good learners.

Remember our shared BBQ tea will follow at 6:30pm. Please bring either a sweet or salad to share and your own drinks. The school will be providing the meat.

Visible Learning at Saddleworth Primary School

I've attached five characteristics of what your children and staff came up with about the qualities of a good learner at Saddleworth. The learning intentions around maths in the JP class are also attached in the form of **WALT** (We Are Learning To) and **WILF** (What I'm Looking For). These are some great conversations starts or prompts when you ask your child what they have been learning about in maths!

Attached Articles - some great reading for all parents!

I've attached two articles to this fortnight's newsletter - one that was in *The Advertiser* regarding screen time that you may have already read and another from *Michael Grose* about making friends. I encourage you to read the screen time one first, then read and practise some of the strategies about 'making friends' second. This was a great reviser for me, starting a new school year and having two daughter's start

at a new school for the first time!

Attendance

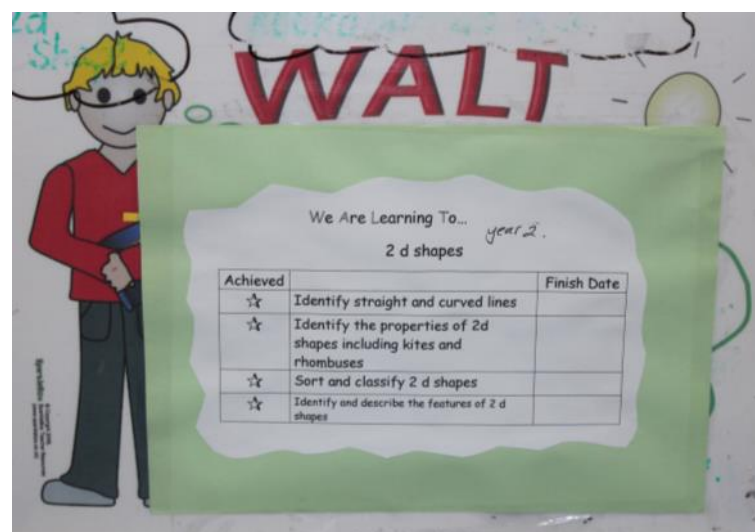
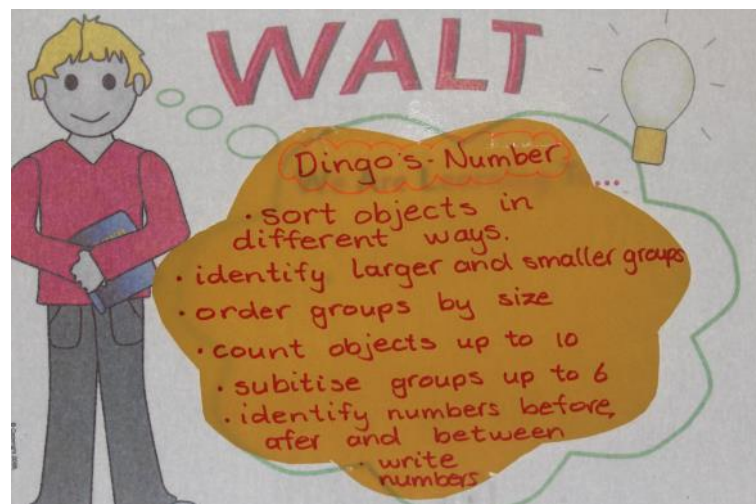
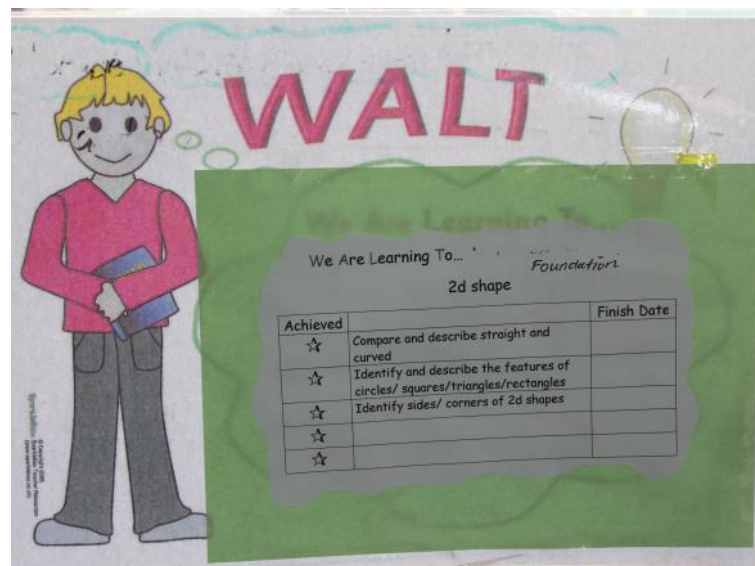
Week 1 attendance rate is **97.8%**

Week 2 attendance rate is **93.8%**

Let's strive for the DECD target of 95%!

With kind regards,

Sheree



A good learner is a student who....



Can talk about what they are learning and why

Is resilient and challenges themselves

Can set goals

Asks questions

Knows what to do when they don't know what to do (uses strategies to help themselves)

Actively asks for feedback

JP News

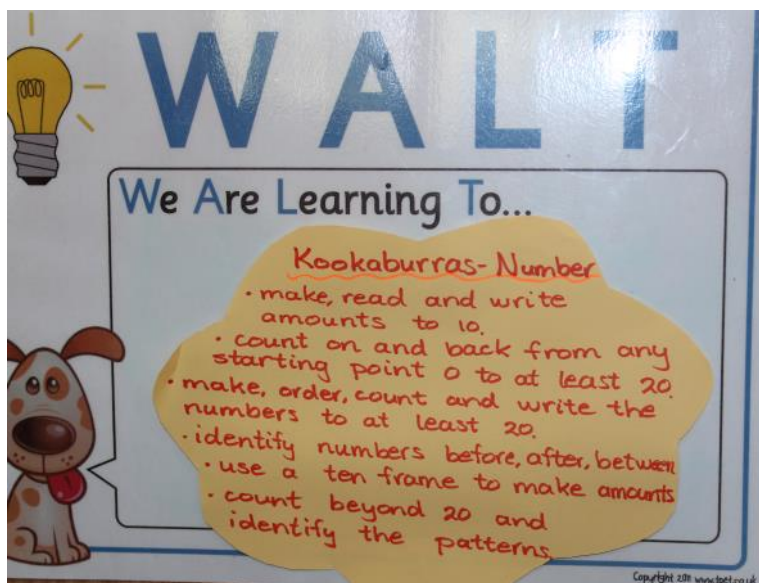
This year our class has 23 students in it and we have had a great start to the year.

In Geography we have been looking at a map of Australia using the atlases and globe and have identified the coast of Australia. In art we made a collage of a beach scene and what you might see under the water.

In Health we have identified ways we can help everyone to be safe and feel happy at school. We made up our classroom rules that help us to have a safe learning environment.

In Maths we are working on 2D shape, and have sorted and named shapes and used them to make pictures. We are now looking at the properties of the different shapes. We are also working on number, counting and ordering groups by their size. The Receptions are learning to read and write the numbers to 10, the Year One's are writing numbers to at least 20 and the Year Two's are identifying the number before, after and between the numbers up to at least 100.

This week we have swimming lessons in the morning so we are having a "Muddled Up Week", doing spelling in the afternoon! Swimming was fun, the water was warm and we even all found our own clothes to put back on, eventually!!!



MP News

English by George

In English this term we have been writing Narratives and we wrote a narrative on Magical Molly who had extendable arms. I wrote a story about Magical Garfield, who ran out of Doritos, hit Odie off the chair and extended his arms to get a new packet of Doritos from the kitchen.

This week we have been using our 5 senses to write adjectives to describe pictures. We are going to write a narrative today about one of the pictures. I think I'll write about the fire.

In Guided Reading we have been put into different groups. In Comprehension we have been looking at "Activating Prior Knowledge". We had to "Stand and Share" what we knew about stingrays in the sea. We made a poster with all the information and we knew a lot about them.

Geography by Ella

In Geography we have been learning about Australia Day. We looked at the history behind it and we wrote about whether we thought we should change the date, because of the way the early Europeans treated the Aboriginal people. Some people thought we should keep the date as it was a time to celebrate being Australians and the date didn't really matter. Others thought we should respect Aboriginal people from the past and change to a new date like Sorry Day. We thought that we should change the Australian flag to better represent what Australia is today. We looked at the current Australian flag, the Aboriginal and Torres Strait Islander flags and the Commonwealth Games flag and took elements from these to design new flags which are on display in our classroom.

We are revising and learning new mapping skills. We looked at Google Earth. The Year 3's found Saddleworth School and had to draw a map using north point, a key, title, border and scale. The Year 4's and 5's could choose another school in the local area to map.

Heath and PE by Sebastian

In Heath the Year 3's, 4's, and 5's have drawn pictures about being healthy and we had to write about them and research to see if they really helped us get fit.

In PE we played "Capture the Flag" on the first

Friday. On the 2nd Friday we played where we were supposed to.

Maths by Zac

In Maths we have been learning about odd and even numbers. We learnt the numbers that odd and even numbers end with. We have been rolling dice and finding patterns, counting by 2's and making groups that are equally divided by 2's. The Year 4's have also been learning how to check answers by making predictions like odd + odd = even and even + even = even

Science by Jemma

Last Week in Science the Year 3's had to work out one way to make some ice melt.

All of the Year 3's worked in different spaces. The one that melted the quickest was Zac's.

Technology by Kai

In Technology, the Year 3's have been learning how to log on with their password and to use "Word" by changing fonts, size, printing, saving images and saving work on the hard drive as well as to a pen drive.

The Year 4's and 5's have started a project on "Designing an App" for apple devices. I'm making "My Little Blacksmith Shop" which is a game where you make all different types of swords and shields.

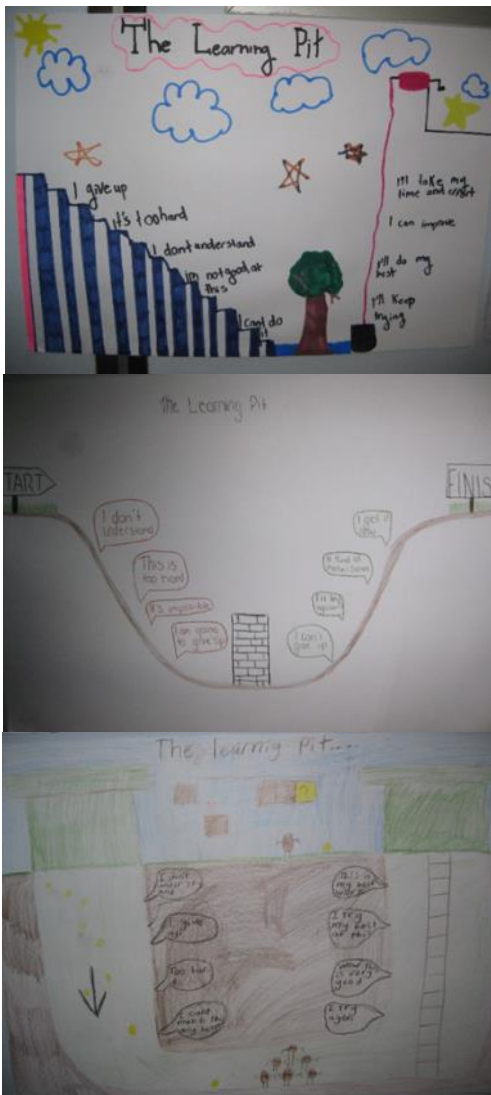
We started to weed the vegetable garden and will soon have tomatoes, zucchini and silver beet for sale.

We bought new furniture (4 stools) for our classroom with the money from our veggie garden. Mrs Kenny donated some cushions and a small beanbag. They are very comfy to sit on and we love them.



UP News

So far this term, in the Upper Primary class, we have been talking about Growth Mindsets. We discussed what they are and why it important to have a Growth Mindset and a positive attitude towards our learning. We spoke about how important it is to be challenged in our learning and why we shouldn't get upset if we are finding things difficult, as that means that we are learning. We created our own learning pits which show how we might be thinking or talking when things are easy, and then when things become challenging. Here are some of our learning pits.



In Health the 6/7s have been talking about wellbeing and what we can do to look after our own wellbeing when we feel certain emotions. We have also been talking about gratitude and have been taking some time each week to record something we are grateful for in our week in our 'Thank Tanks' that we created.

MICHAEL GROSE

MAKING FRIENDS

Developing and maintaining friendships is a dynamic process

Most children experience some type of rejection from their peers throughout childhood. One study found that even popular children were rejected about one quarter of the time when they approached children in school.

Most research into children's friendships shows that those children who are able to form friendships when they start school are happier at school and also learn better.

More significantly, a positive beginning to friendships has long-term implications for social and, indirectly, academic success.

Most children experience social rejection and recover. They move on and form constructive, worthwhile relationships but some children need help.

The results of a number of studies indicate that children can be taught friendship skills. The strategies are simple and revolve around teaching children a range of friendly behaviours such as: talking with others while playing, showing an interest in others, smiling, offering help and encouragement when needed, a willingness to share and learning how to enter a game or social situation. It is also useful to teach some children alternatives to fighting and arguing when there is disagreement and conflict within groups.

Generally parents need to do little more than provide social situations for children to build and maintain friendships.

However some coaching on how to make and keep friends may be desirable when children really do have difficulty making and keeping friends.

HELPING CHILDREN LEARN THE ART OF MAKING FRIENDS

HERE ARE EIGHT IDEAS THAT MAY BE USEFUL TO HELP COACH YOUR CHILD IN THE ART OF MAKING FRIENDS:

1. If possible, establish a dialogue with your child about friendships so that you offer support when there are difficulties and provide some ideas when needed.
2. Identify and discuss any behaviour such as teasing, bullying or self-centredness that may prevent your child from making friends. Sometimes a child's remarks can irritate others to the extent that he or she is ostracised.
3. Teach some social skills such as how to start up a conversation and how to hold the interest of others during a conversation.
4. Provide opportunities for your child to have friends at your place after school or on weekends so that friendships can develop. An invitation to bring a friend along to family outings and holidays can provide opportunities to strengthen friendships.
5. Encourage your child to participate in out-of-school activities or groups that may provide opportunities

to meet new people away from the peer groups at school. Friendships formed through shared interests are often very strong.

6. Encourage your child to take up a challenging or interesting activity so that he or she becomes a more interesting person for others to be around.

7. Limit the time spent in solitary activities if your child appears to have few friends. Be humane and kind but don't be afraid to insist children mix with others of their own age.

8. Technology offers children opportunities to make and maintain friendships that were not available to past generations. This can be a positive thing. However if all your children's friends are cyber friends then it may be time to put some parental limits on the technology to encourage them to have personal contact with others.

Parenting Ideas
MICHAEL GROSE

Parenting Ideas Tip Sheet

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For more great ideas to help you raise confident kids and resilient young people visit: www.parentingideas.com.au

Student of the Week



Wake-up call on our zombie kids



BEDTIME RULES: Angus, 6, and Sebastian, 4, play with their electronic devices in bed.

Picture: IAN CURRIE

LANAI SCARR

CHILDREN as young as three are addicted to smartphones and tablets, sparking a sleep deprivation crisis that is having a devastating impact on their health, experts have warned.

A staggering 17 per cent of kids aged three and under own their own smart device — including iPhones. This increases to 36 per cent for preschoolers.

In one case, a five-year-old was referred to a sleep clinic because he was staying up until 10.30pm on his device.

The kindergarten-aged child — who had his own iPhone — was falling asleep in school and was reaching for his screen at 6am. In another case,

a seven-year-old boy was communicating with his parents regularly via his own iPhone, even when they were in the next room.

A child health poll by the Royal Children's Hospital in Melbourne found children are spending an average of 32 hours a week on their devices — or 4.5 hours per day.

And 43 per cent of kids use their smart devices at bedtime. Chris Seton, paediatric sleep physician at Sydney's Woolcock Institute of Medical Research, said the number of young children needing treatment for sleep issues was growing.

He said devices affected children's sleep in three main

ways — they delay bedtime, cause "conditioned arousal" where the brain is trained not to associate a certain time of day or the bed as a place of sleep and screen lighting stops the release of melatonin that prepares the body for sleep.

"A lack of sleep in kids means they are more prone to learning issues, obesity, a whole range of mood issues including depression and anxiety and they are at higher risk of suicide, drug, addiction and sexual promiscuity in older age," he said.

"There is also research out of the US that is showing a narrowing of blood vessels behind the retina in one-year-old kids using devices," Harriet His-

cock, a paediatrician with Melbourne's Murdoch Children's Research Institute, said Australian children frequently get less than the recommended sleep hours.

"Their quality of the sleep is also being impacted by devices and this is perhaps more important than duration," Dr Hiscock said. "When devices are in bedrooms, this can be waking up children at night."

Megan Keyes, 40, struggles to restrict her sons' screen time use. Angus, 6, and Sebastian, 4, ask daily to use the family's iPads and also watch TV most days. Ms Keyes said while she hadn't particularly noticed an impact on her boys' sleep — their moods are definitely af-

TOP TIPS FOR THEIR SCREEN TIME

1. Work out an appropriate bedtime for your child based on age sleep guidelines.
2. No screens an hour before bedtime.
3. Start a regular pre-bedtime routine with your child in the 30 minutes before sleep. This should include reading a book and brushing teeth and could include a bath.
4. No devices in the bedroom. Never allow your child to use a device in bed to ensure a bed is associated with sleep.
5. Make sure devices aren't accessible to children without your permission.

RECOMMENDED SCREEN TIME LIMITS

- Children under 18 months should avoid any screen time.
- Aged 18 months to 2 years can watch or use high-quality programs or apps if adults watch or play with them.
- Aged 2-5 years should have no more than one hour a day of screen time, with adults watching or playing with them.
- Aged 6 years and older should have consistent limits on time they spend on electronic media.

"Source: American Academy of Pediatrics/Australia's Raising Children Network."

ected by device use. "They are in a much more grumpy mood after watching TV or using the iPad or laptop."

Ms Keyes said the family had also adopted the bad habit of giving the kids devices when at a restaurant in order to have a peaceful meal.

Deputy Chair of the Sleep Health Foundation David Hillman said the increasing use of devices by children and the impact on sleep was an "enormous concern".

"When children are short of sleep due to device use it means their moods change, they make poorer decisions and their learning is significantly impaired," Professor Hillman said.

Pastoral Care Corner

Dear Parents and Caregivers,
We hope that the children enjoyed the Shrove Tuesday Pancake breakfast. Thankyou to parents and helpers for cooking and serving the pancakes. They were yummy.



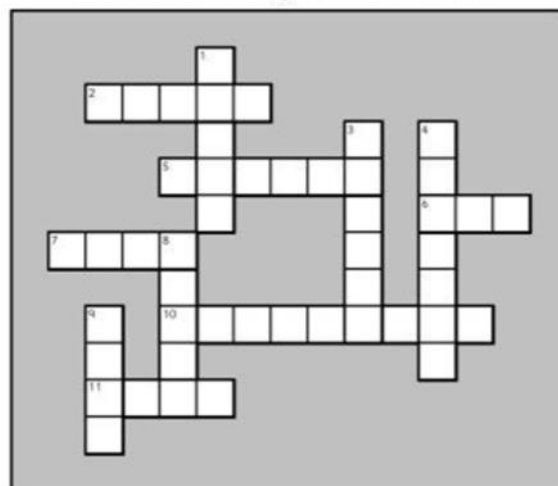
We have begun the year talking about Friendship and the importance of getting to know someone to make a friend. It is just wonderful how many of the children greet staff and adults with a friendly and cheerie 'Hello'. We have played some knot cooperation games. The year 3's - 7's have been designing their classmates names in a 'Class Friends' design. The Rec-2's have been making Friendship Flowers in their class groups. The friendly faces of the Year 6 and 7's are being displayed in the Art Room and the Year 7 Group 'Pyramid' has been captured as well!

During the holidays, I had been impacted by some of the sad aspects of bullying in our society. One of the resources that were recommended for any child that has anxiety is a program called BRAVE, <http://www.brave-online.com/>

BRAVE is an interactive, online and evidence-based cognitive **behavioral** therapy (CBT) **program** for the prevention of **anxiety and worry** for children and teenagers, with complementary **programs** for their parents. Young people and their parents can complete the **program** either on their own or with the guidance of an 'online therapist'. If you would like more information, there is a free 20min session that you can trial online, or come and chat with me. BRAVE was developed at the University of Queensland and is run by a team of researchers from the University of Queensland, Griffith University and the University of Southern Queensland. The BRAVE Team have been researching the BRAVE Program for over 15 years.

Regards
Chris Schmaal

Pancake Day Crossword



Across

2. Pancake ingredient ground in a mill.
5. Uncooked pancake mix is known as _____.
6. Ingredient you need to crack.
7. You mix the ingredients in this.
10. In some parts of the world Shrove Tuesday is celebrated with a carnival called _____.
11. Pancake Day marks the start of this fast.

Down

1. Sprinkle this on your pancakes to sweeten them.
3. You cook a pancake in this type of pan.
4. Pancake Day is sometimes called Shrove _____.
8. Squeeze the juice of this fruit on to your pancakes.
9. Pancake ingredient that comes from cows.



www.ActivityVillage.co.uk - Keeping Kids Busy

Activity
village

Free parenting seminar
Raising brilliantly behaved children



Are you the parent of a 5 - 12 year old?
Want fewer behaviour dramas at home?

Hear psychologist, parenting author and commentator
Jodie Benveniste talk about:

- dealing with challenging behaviour in ways that bring out your child's strengths and true character
- alternatives to discipline and punishment
- encouraging cooperation rather than conflict.

Wednesday 21 March

When: 7.00 - 9.00pm

Where: Adelaide Convention Centre
North Terrace, Adelaide
Riverbank Room 7 & 8
(easy access via West entrance)

Register to attend in person or view the live webcast at:

Online: <http://parentingsa.eventbrite.com.au>

Phone: 8303 1660

Email: health.parentingsa@sa.gov.au

Presented by Parenting SA.
For more information about raising children visit
www.parenting.sa.gov.au or
www.cyh.com

For the benefit of all participants we request no babies and young children.

Helping parents be their best



Government of
South Australia

the power of
humanity



**Saddleworth Red Cross
Branch**

Bowls Night

@The Saddleworth

Bowling Club

Friday 23rd February 2018

6.00pm for 6.30 pm start

\$10 per head includes Supper

Contact Pat Ablett 88 474 335

for further details

GIVING BLOOD FEELS GOOD

Every donation can save three lives.

**The Blood Service Mobile Blood Donor
Centre will be visiting:**

Clare

Clare Sports Club
Main North Road, Clare

Wednesday 14 March

Thursday 15 March

Friday 16 March

2:30 pm – 7:30 pm

10:30 am – 7:00 pm

7:30 am – 1:00 pm

Make an appointment today.

To make an appointment call **13 14 95**
or visit donateblood.com.au



**Australian Red Cross
BLOOD SERVICE**

mSP
photography
Capturing School Moments

say cheese

School Photo Day is 23 February 2018

Have your child's school memories captured forever

Please take time to read the relevant information on the MSP Photography payment envelopes and remember these helpful points:

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- Don't seal envelopes inside each other. You can pay for all children in one envelope however each child needs to have their own envelope on photo day
- Family envelopes are available at the school office upon request
- Please enclose correct money as no change is given. Cash, cheques and money orders only (sorry no credit card accepted)
- Online orders can be made via <https://orders.msp.com.au> (you will require unique shootkey displayed on each order envelope)

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