



# Colonel Light Gardens Primary School NEWSLETTER

WINDSOR AVENUE, COLONEL LIGHT GARDENS, SA. 5041 P: (08) 8276 1523 F: (08) 8374 1038



1st November 2018

ISSUE: Term 4, Week 3



## Q U I Z NIGHT 2018



Government of South Australia  
Department for Education

PRINCIPAL: Rick Bennallack  
ASSISTANT PRINCIPAL: Penny Rowe  
ASSISTANT PRINCIPAL: Ashley Blight  
ASSISTANT PRINCIPAL: Jodie Cunningham



## PRINCIPAL'S NEWS

### WHAT'S INSIDE

COVER - 2018 QUIZ NIGHT

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### DIARY DATES

02/11/18 - REC TRANSITION VISIT #1  
9:00am - 10:00am

05/11/18 - PUPIL FREE DAY

06/11/18 - MONARTO ZOO RMS 23 & 24  
9:00am - 3:00pm

06/11/18 - SPORTS COMMITTEE MEETING  
6:00pm

07/11/18 - MONARTO ZOO RMS 22 & 25  
9:00am - 3:00pm

07/11/18 - MITCHAM GIRLS HIGH SCHOOL  
YR8 TRANSITION VISIT

08/11/18 - FOOTSTEPS - YRS 6/7  
9:00am - 10:40am

09/11/18 - JNR ASSEMBLY 11:20am  
SNR ASSEMBLY 12:20pm

12/11/18 - SCHOOL TOUR  
9:30am

12-16/11 - P.E. WEEK

13/11/18 - 36ER'S VISIT  
2:00pm - 3:00pm

14/11/18 - OSHC COMMITTEE MEETING  
6:30pm

15/11/18 - ICT COMMITTEE MEETING  
5:00pm

15-16/11 - NARNU FARM CAMP  
YR 2/3 CLASSES

16/11/18 - REC TRANSITION VISIT #2  
9:00am - 10:30am

16/11/18 - FOOTSTEPS - YRS 6/7  
9:00am - 10:40am

22/11/18 - CANTEEN COMMITTEE MEETING  
2:00pm

23/11/18 - FOOTSTEPS - YRS 6/7  
9:00am - 10:40am

23/11/18 - WHOLE SCHOOL ASSEMBLY  
12:20pm

Dear Parents, carers, students and community friends,

### WORLD TEACHERS DAY

Through my experience as principal of 5 different schools, I clearly know the value of great teachers and the difference they can make. As part of the school tours I run every term I speak about the impact of quality teaching and I share the following quote:

*'... the most important factor affecting student learning is the teacher..... more can be done to improve education by improving the effectiveness of teachers than by any other single factor'.*

Wright, S.; Horn, S. & Sanders, W. (1997). 'Teacher and Classroom Context Effects on Student Achievement: Implications for Teacher Evaluation', Journal of Personnel Evaluation in Education, 11, pp. 57-67.

Last Friday we celebrated World Teachers' Day We started off with an amazing breakfast catered for by our SSOs and support staff. It was a lot of work and we really appreciated the effort our SSOs went to with decorations, certificates and the lovely food they provided. Then our staff were treated to a wonderful lunch courtesy of the Trinity Baptist Church. Thank you to the Berry family and helpers. We all feel valued and appreciated. Teaching is not an easy profession and the job continues to evolve.

We have so many amazing teachers at CLG. Their dedication is witnessed and appreciated as evidence through actions including:

- the rigour of planning and programming to engage, stimulate and challenge
- the curriculum offerings and learning experiences provided to our students
- the time spent setting up engaging learning environments including regularly displaying and showcasing work
- the level of communication with parents through blogs, See-Saw and other apps
- the level of collaboration in our professional learning teams
- taking on extra responsibilities outside of their classroom or specialist role
- the extra curricula and out of hours' activities they have provided this year to connect with families
- looking for opportunities and solutions, not just focusing on problems and challenges
- the number of teachers who put in the time starting early and/or staying back

So many of our teachers who go above and beyond to make a difference for our students. At Colonel Light Gardens we have many amazing teachers who strive to make a real difference for children and I would like to thank our teachers for all that they do to make CLG the school that it is.



*Teachers are the heartbeat of our education system.*

## PRINCIPAL'S NEWS Cont..

### UNIFORM CHANGES REMINDER

As we enter the final 6 weeks of the school year, I would like to remind parents of the uniform changes happening in 2019. Over 18 months ago, I advised the school community that the Governing Council ratified a decision to phase out some components of the current school uniform or dress code. As of the 2019 school year students will no longer be permitted to wear:

- The girl's tartan pinafore
- The girl's tartan skirt
- The plain sky short sleeve blue polo top
- The plain sky blue long sleeve polo top

Please also note some adjustments the Governing Council endorsed regarding hair as found in our uniform policy: 'Except for special school events e.g. Sports Day, students should not have dyed hair, although natural colours will be permitted. Hair accessories such as ribbons, hair ties and clips are acceptable, however need to be in any combination of the school colours of navy blue, sky blue or maroon. The same colour options apply to students who wear hijabs for religious and/or cultural reasons. Hair should be pulled back away from the students face. Hair shoulder length or longer needs to be tied up. Students are permitted to wear their hair down and styled on special occasions including the annual school photo day.'

If you have any additional questions, please don't hesitate to contact me.

### PARENT OPINION SURVEY

In the last newsletter I shared the data from our recent parent opinion survey. As the survey is anonymous, I also indicated that in future newsletters I would address some of the questions or comments which were made. Here are a couple of them.

**Comment/s summary:** Having a Monday instrument class means that numerous lessons have been missed due to public holidays and pupil free days.

**Response:** The instrumental music section of the department consists of paid Department for Education employees who work across many schools. We understand the issue of Monday lessons; however, we have no control over which day our school is allocated. We also feel, Monday suits our school needs with availability of space and the impact of students out of classes.

**Comment/s summary:** Days like sports day, enterprise day, family picnic or discos with masses of unhealthy food and drinks make a mockery of healthy eating policies. Also there is too much unhealthy stuff in the canteen still.

**Response:** Over the last 2 terms, the canteen has been reviewing the complete menu to determine how compliant we are with the Rite Bite strategy which applies to schools. Some adjustments have already been made. Part of the Rite Bite strategy also allows school to nominate 2 days per term where 'red' food options are permitted. These are days being referred to like sports day, school discos, class parties, enterprise day etc. We are about educating children the importance of balance in food choices. You may remember the old food pyramid with the 'sometimes foods' at the top. At every event nominated above we do also have healthier food options allowing students and their families to make informed choices. For more information, here is the link:  
<https://www.education.sa.gov.au/teaching/projects-and-programs/eat-well-sa/developing-healthy-food-policies-schools-and-preschools>

If you have any further comments or questions please email me at [rick.bennallack149@schools.sa.edu.au](mailto:rick.bennallack149@schools.sa.edu.au)



**Rick Bennallack**

Principal

0412 261 231

YEAR / TERM	TERM 1	TERM 2	TERM 3	TERM 4
<b>2018</b>	29 January - 13 April	30 April - 6 July	23 July - 28 September	15 October - 14 December
<b>2019</b>	29 January - 12 April	29 April - 5 July	22 July - 27 September	14 October - 13 December
<b>2020</b>	28 January - 9 April	27 April - 3 July	20 July - 25 September	12 October - 11 December
<b>2021</b>	1 February - 16 April	3 May - 9 July	26 July - 1 October	18 October - 17 December



# BENEFITS OF NATURES PLAY



Children who play in natural settings are more resistant to stress; have lower incidence of behavioural disorders, anxiety and depression; and have a higher measure of self-worth.



Children who play regularly in natural settings are sick less often. Mud, sand, water, leaves, sticks, pine cones and gum nuts can help to stimulate children's immune system as well as their imagination.



Children who play in natural settings play in more diverse, imaginative and creative ways and show improved language and collaboration skills.



Children who spend more time outside tend to be more physically active and less likely to be overweight.



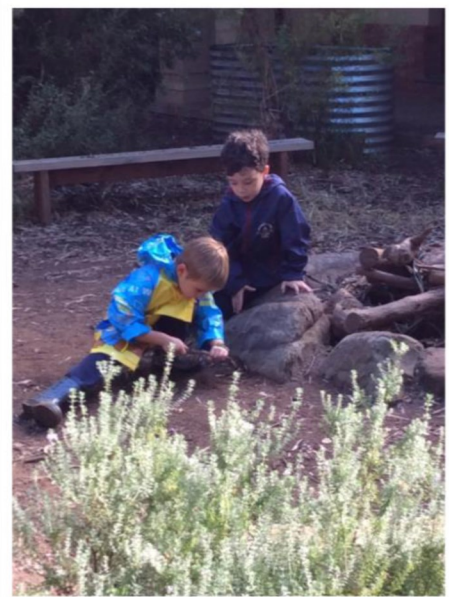
## WHAT'S HAPPENING IN ROOMS 01 & 02? Cont...



Children who play in nature have more positive feelings about each other. Bullying behaviour is greatly reduced where children have access to diverse nature-based play environments.



Symptoms of Attention Deficit Disorder are reduced after contact with nature.



Natural, irregular and challenging spaces help kids learn to recognise, assess and negotiate risk and build confidence and competence.



## NEWS FROM THE LIBRARY

On **Friday, October 19<sup>th</sup>** our school was lucky enough to host the official launch of Children's Week in South Australia. Children's Week is an event to honor children and celebrate the UN Declaration of the Rights of Children. This year's theme was 'Children have the right to give their opinion, and for adults to listen and take it seriously.'

The SRC Executives; **Nathan, Lily, Gracie, Paige, Jacob, Ella** and **Ariana** were outstanding representatives for our school and excelled in their role as comperes in front of distinguished guests including the **Mrs Lan Le Patron** - Children's Week Association, **Mrs Liz Scarce** - Ambassador Children's Week Association, **Ms Helen Connolly** - Commissioner for Children and Young People in front of an audience of approximately 500 people.

**Jaz, Chloe** and **Braydon** excelled delivering the Welcome to the Country, while **Adison** and **Evelyn** were very brave leading the singing of the National anthem. We were entertained by students from **Margaret Lohmeyer kindergarten**, the Junior Singers and Boys Groups - thank you so much to **Mrs Woodlands** and **Mr. Pluck** for their terrific support. Thank you also to the classes who attended and demonstrated outstanding audience skills. The event was a wonderful opportunity to celebrate the students from our school and we are incredibly proud of their efforts.

**Simone Percy**  
Teacher Librarian





## SRC NEWS

As you know we have been talking about putting up the netball rings for a while now. In week 3 the court just near Mortlock will finally be trialed as a netball court. If the program goes well and the court is popular the rings will continue to stay up. We hope that all the students busting to play netball finally are happy and get to practice at lunch and recess.

On the last day of school for term 3 we had a casual day to raise money for the make a wish foundation. From all your support we raised **\$713.70** which is \$50 more than our last casual day so a big congratulations.

The SRC have decided that the **\$1000** left over from the disco has been set aside to upgrade the toilets. We asked everyone for ideas for what we could use it for. Keeping in mind that **\$1000** is not enough to rebuild every single toilet. A big problem that kids decided was that the locks are either jammed, broken or loose so we will use most of it to fix that but with any spare money we will see if we can upgrade the hand dryers.

SRC Executives

## INSTRUMENTAL MUSIC TRIAL DAY FOR 2019 PARTICIPANTS

### COME 'N' TRY SESSION - MONDAY, WEEK 6

Please use the link or **QR CODE** to the right to register your child's interest in the 'Come and Try' session for the **2019 instrumental music program**.

We will be hosting a come and try session to give students the opportunity to see the various instruments and help them think about which instrument they may like to play.

[http://bit.ly/come\\_try](http://bit.ly/come_try)



*Penny Rowe*  
Assistant Principal

## FUNDRAISING NEWS

# QUIZ NIGHT

What a fun night! Thank you to everyone that came along and supported our Quiz Night and Disco! The room was buzzing with competitive friends and families of CLGPS, all dressed to match the theme of their given letter. Everyone made a huge effort in dressing up and theming their tables. **'V' for Villains** won the **Best Dressed** table and the Quiz winners on the night were; **1st place - 'K' for Knights**; **2nd place - 'O' for Olympic Gods** and in **3rd place - 'S' for Slumbering Slobs**. After the Quiz was over many hit the dance floor for the disco!

We raised funds throughout the night through our lucky numbers, slide the coin to the bottle, heads and tails game and of course our silent auction, which would not have been possible without the generous donations from various local companies. We hope you enjoyed the night and we welcome any feedback.

Fundraising Committee





# CANTEN NEWS COLONEL'S KITCHEN

## WELCOME TO TERM 4

Volunteer help is an invaluable resource for schools. The canteen is a friendly, enjoyable environment to work in. Come in, have a cuppa and join in. With the weather warming up, the lunchtime demand increases significantly. Please consider volunteering your time and come in to help with the ice-block rush that begins at 1:00pm

**Kelly Gilbert**  
Canteen Manager



## COMMUNITY NEWS

### WORKING BEE

COME ALONG AND LEND A HAND

The Grounds Committee is hosting a Working Bee on Sunday 11<sup>th</sup> November and invite all students, parents and teachers to come along and help get some improvements done to our school grounds (weeding, pruning and other basic tasks).

**Yummy Afternoon Tea Supplied by Trinity Baptist Church (yes, there will be scones!)**



## URRBRAE AGRICULTURAL HIGH SCHOOL STUDENT BOARDING 2019/20

Urrbrae is seeking family boarding options and locations for country students. In most situations, 5 day board with a suitable study environment is required.

For further information  
**Phone: (08) 8372 6955**

Email: [dl.0798.admin@schools.sa.edu.au](mailto:dl.0798.admin@schools.sa.edu.au)  
Website: [www.urrbraehs.sa.edu.au](http://www.urrbraehs.sa.edu.au)





## COMMUNITY NEWS Cont...

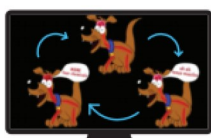
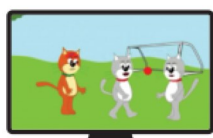
### PARENTS: DOES ANY OF THIS SOUND FAMILIAR?

- Your child: often worries/ gets anxious
- Gets frustrated easily or struggles with instructions
- Has difficulty with friends or at school
- May be diagnosed with ASD, anxiety, ADHD or another disorder but regardless often *finds life tough going*.

## CALM KID CENTRAL CAN HELP!

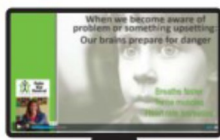
### WE HELP CHILDREN 'WITH BIG FEELINGS' FEEL CALM AND CO-OPERATIVE

Video lessons, activity sheets and posters to teach children to act bravely, behave in positive ways, act confidently, develop good friendships & manage tough life situations.

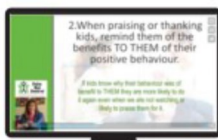


### WE HELP YOU FEEL CALMER & MORE CONFIDENT AND KNOW WHAT TO DO

Video lessons, articles & "quick tips" for parents to help feel less stressed about caring for their child with "big feelings"—*Learn what to say and do.*



Helping Angry/Stressed Kids Calm Down



Making Praise More Powerful



Question Asking Mistakes

### FAST ACCESS TO A CHILD PSYCHOLOGIST ONLINE

Tell our child psychologist panel any questions/concerns you have about your child without waiting for appointments. We answer within 48 hours.

**FREE for Adelaide based families with a health care card.**

(Supported by Adelaide Primary Health Networks)

**go to : [www.calmkidcentral.com](http://www.calmkidcentral.com)**

**Click JOIN NOW and use code ADELAIDEMETRO**



Questionnaires completed by parents before and 4 months after using Calm Kid Central show that children experience a **significant reduction in anxiety, challenging behaviour and frustration**.

**97%** of parents say it was **quite/very/extremely helpful** for their child.

*"Just perfect specific tips that can be enacted immediately and that can be easily remembered. We had a lot of fun. Thankyou SO much. So practical and helpful...."*

*- Parent*

Please note Calm Kid Central is NOT one to one therapy.  
Contact us with any questions.

Phone: (08) 8357 1711 Email: [admin@developingminds.net.au](mailto:admin@developingminds.net.au) Web: [www.calmkidcentral.com](http://www.calmkidcentral.com)