



Newsletter

A Community of Successful Learners

Term 3— Week 8



Government of South Australia

Department for Education

DATES TO REMEMBER

Week 9

Tuesday 17/9—Assembly 9am

Kindy Transition visit 10am

Governing Council meet 7pm

Wednesday 18/9—Kindy Transition visit 10am

Thursday 19/9—Principal's Tour 10am

Week 10

National Week of Deaf People

Term 4

Week 1

Tuesday 15/10 –Rm 10 excursion

Wednesday 16/10—Rm9 excursion

Thursday 17/10—Rm 12 excursion

Saturday 19/10—OzAsia festival

Week 2

Tuesday 22/10 –Kindy Transition visit 10am

Wednesday 23/10—Kindy Transition visit 10am

Week 3

Friday 1/11—Assembly 9am

Week 6

Friday 22/11—Assembly 9am

Week 9

Thursday 12/12 –Graduation 9am

Friday 13/12—Assembly 9am

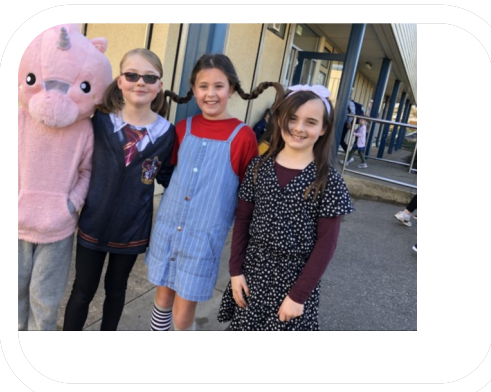
LAST DAY OF TERM

EARLY DISMISSAL 2.10 pm

BOOK WEEK



Reading is my Secret Power



Principal: Jo Simpson

Sports, Sports, Sports

We've had a lot going on in the world of PE. Here's a few pictures to highlight some of what's been happening.

Lightning Carnival for the year 6/ 7 students



All classes have enjoyed some netball sessions with some expert coaching from Netball SA representatives.



Lockie from room 9 put up a good showing at the recent SAPSASA golf.



Awards - Well Done Everyone!



Cyber safety

Advice to help manage children's time online

A child's life is full of opportunities for them to spend time out of school with community groups, sporting clubs and their friends. Spending time online is also a regular activity for many children who enjoy communicating with friends, sharing information and playing games.

Whilst there are no guidelines for the 'right' amount of time someone should spend online or gaming, if your child is being negatively impacted by excessive use it may be time to discuss how they can take action to maintain a healthy balance. Australia's National Physical Activity and Sedentary Behaviour [Guidelines](#) tell us what health professionals recommend is appropriate for entertainment. You can read more about this on the eSafety website and download the [infographic](#) "8 tips to keep on top of your child's screen time".

Some tips to guide you in helping your child maintain a healthy balance between online and offline activities for the benefit of their health and wellbeing can be found on the eSafety [website](#).

- * **Look** for indicators that your child may be spending too much time online, such as a declined interest in other activities, talking constantly about an online game or activity, a decline in grades, or irritability.
- * **Discuss** how other aspects of their life are being affected. Excessive use can impact on someone's health and wellbeing, family, relationships, work or education.
- * **Consider** establishing rules about when your child can play games or use the internet and how long they can play for. You might make a mutual agreement to set a balance of online and offline activities. You may need to establish consequences for rule breaches. Depending on the age of the child you may also set passwords that they do not know.
- * **Locate** the computer or device in a shared or visible place in the home so you know how much time your child is being spent online and what they are doing online. Set limits at night and remove technology devices from bedrooms.
- * **Seek** support if you have concerns. Visit [Parentline](#) in your state to access help through counselling, information and referral.

Take a look at the "Chatterbox" video and podcast about [screentime and downtime](#).

Library News

Term 3 Week 8

The Library has been a very busy place this term. Book Week during week 5 was a great success. Students from reception to year three had the opportunity to watch a performance by Splash Theatre in the hall. This was a great way for the students to use their imagination and be a part of the books that were nominated for the CBCA awards. The theme this year was "Reading Is My Secret Power". On Friday 23rd August we had "dress up" day and the parade in the hall. All the costumes were very colourful and it was great to see how many students went to so much effort. A big thank you to all the parents who came to see our parade and to the little siblings ,who don't attend our school yet , but who dressed up too. They looked great. Next year we will have a parade for them to show off their costumes.

The Premiers Reading Challenge has finished for another year. Congratulations to all the students who took the time to fill in the forms and read the books allocated to their year level. Well Done. As it is a statewide challenge, we will not receive their certificates and medals until next term. If you have any questions about this please see me in the library.

Issue 6 of Scholastic Book Club closed Friday 13th September. There are two more next term. It is a great way to start your Christmas shopping. Please remember all orders are online. If you want the books as a gift please let me know and I will give you a call when they arrive.

As the library is open during recess and lunch there have been a more students walking through the door. This is great to see. Student's feedback on activities in the library have been positive. It is a great way to get students input about this shared space. The coloring in competition and the guessing jar are just a start. The winners for both of these will be announced at week 9 assembly. I hope to see you there.

If you have any questions please visit the library and I will be happy to help you.

Happy Reading
Suzanne Library Manager.

SA Dental Service

SA Dental Service

Keep your kids smiling



Dental care is FREE for ALL babies, preschool and most children under 18 years at School Dental Service clinics.

Our specially trained staff provide comprehensive dental care to help prevent pain and tooth decay.

We will always talk to you about what your child needs before we provide any treatment. We have been a trusted government dental service for children since 1969 and bulk bill under the Child Dental Benefits Schedule.

Call us now for an appointment!
Your local clinic is: Mount Barker School Dental Clinic

Phone: 8391 0858 or use the link on our website to ask us to contact you.
www.sahealth.sa.gov.au/dentalappointment

LUNCH ORDER

DAYS

TERM 4

Lunch order day will be
Thursday every week.

Please place orders in a
clearly labelled lunch
bag with child's name
and class .

Orders must be in by
9.30 on Thursday for
same day lunch.