



Government
of South Australia

Department for Education

DATES TO REMEMBER

Week 9

Monday 23/3—interviews cancelled

Week 10

Friday 3rd April—2pm finish

Week 11

PUPIL FREE DAYS

Friday 10th April—Good Friday

TERM 2

Monday 27/4 Term 2 starts

Newsletter

A Community of Successful Learners

Term 1 — Week 9

CARING FOR OURSELVES AND OTHERS

Dear Families,

With all that is going on in the community now with daily changes to how we are to do things and the ripple effects shaking our sense of security, it is easy to become overwhelmed. It is natural to worry at times like these.

But some of us already have a relationship with worry or anxiety, and something like this can compound our fears of what might happen.

The excerpt and picture below come from two beautiful children's books called Hey Awesome and Hey Warrior by Karen Young, explaining how anxiety works and a small something we can do to help ourselves and try with our kids. It doesn't magically fix the problems we are facing but can help steady us for a time so that we are stronger in the midst of it.

"Anxiety comes from a part of your brain called the amygdala, which is like your own fierce warrior, there to protect you... Your amygdala loves keeping you safe and gives you an awesome ability to think ahead, explore the possibilities, and plan. Thinking ahead is brilliant, but if you think too much about what 'might' go wrong, anxiety can happen. Find calm when you need to by steering your brain from thinking 'what if' to noticing 'what is'...

Focus on what's happening around you.

Name 5 things you can see;

4 things you can touch;

3 things you can hear;

2 things you can smell;

1 thing you can taste.

Brains love being in the 'now', probably as much as they love dessert and happy things.



Principal: Jo Simpson

Awards - Well Done!



Sports, Sports, Sports

Courier Cup Swimming Carnival
well done everyone



Hayley & Olivia at SAPSASA Tennis
representing the
Barker District



Library News

Term 1 week 8.

The Premier's Reading Challenge is a great way for students to challenge themselves. There are many books in the library with the PRC stickers on them. Students can choose their level or above, but not below. We have a lot of students who have handed their completed forms in to me and this is great to see. My goal is to have three hundred students complete it this year. The first student from Mount Barker Primary School to complete their Premiers Reading Challenge was Charlotte from room 7. She was given a prize at our last assembly. Well Done Charlotte. There will be random prizes along the way.

At the moment there is a colouring in competition for all students who would like to enter. All they have to do is colour in as neatly as they can the selected sheets from the folder and hand to me. Then I hang them up for display in the library and students can vote for the one they like the most. I tally the results and hand out prizes to the winners.

Thank you to all the students who have returned their overdue books. Please have a look at home as there are still a lot that are outstanding. Unfortunately students who have overdue books are not able to borrow and this is upsetting as I don't want to stop children from reading. If you are unable to find a book please give me a call or write a note and then I will be able to sort it out.

Thank you.

Happy reading.

Suzanne Woithe, Library Manager.

Week 11—Pupil Free Days

You would have received a letter confirming that 4 pupil free days have been granted during the last week of term (April 6,7,8 and 9), to allow teachers to prepare for distance learning in term 2, should it be required . This means the last day of learning at Mount Barker Primary for term 1 is Friday 3rd April. We will finish at 2pm on Friday 3rd April.

Our Vacation Care program will be running from Monday 6th April until Friday 24th April. Please note it is a modified program due to the current restrictions on excursions and incursions. We are prioritising the children of essential workers during this period. We ask that if you are currently choosing to self isolate that you continue with this practice enabling our front line essential workers to access this service. Any questions regarding Vacation Care please contact Loreena on 0417837298.

Sick/Unwell Students

We have been given clear guidelines that state students that present as unwell must be sent home, especially if they have cold/flu like symptoms. Whilst we understand that it may be frustrating if you believe your child has the common cold or is coughing due to an allergy, please remember that our staff are not trained medical professionals and that the Co-Vid 19 crisis requires us to be being extra vigilant. Please be kind to our staff when they contact you to collect your child.

A Community of Successful Learners
