Dates to Remember

<table>
<thead>
<tr>
<th>Event</th>
<th>Dates</th>
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<tbody>
<tr>
<td>Cherries &amp; Berries Picnic</td>
<td>Sun 27 Nov</td>
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<tr>
<td>Year 7 Graduation</td>
<td>Wed 30 Nov</td>
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<tr>
<td>3rd Kindy Transition Visits</td>
<td>Tues 29/11, Wed 30/11</td>
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<tr>
<td>School Concert</td>
<td>Wed 14 Dec</td>
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<tr>
<td>Volunteers Afternoon Tea</td>
<td>3pm Wed 14 Dec</td>
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<td>End of Term 4</td>
<td>2.30 Fri 16 Dec</td>
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Sharing some Cherries..

Thank you to all our school community members who are coming to the Uraidla Cherries and Berries Picnic on Sunday in the Showgrounds to have a good day with friends and to help out with our school yiros and ice-cream stalls. It promises to be a lot of fun.

If you’re wanting to time your arrival to the picnic for little children Father Christmas is due to arrive at about 5pm.

Many thanks must go to Aerlie Wildy and Carmen Llewellyn for their fund raising leadership and to Ailsa Robson and Agnes Arthur for their management of all the stalls.

More shade

We asked dad Darren Bond if he’d lead a group of parents at the recent working bee to put up a shelter over the transportable ramp. He said “No!” then he said “I’ll do it!”

So last weekend Darren slaved away in the heat to put up a substantial new shade structure for us at a very modest cost. We are very grateful for a new space students can be out of the weather.

Lego League beginners’ luck

A couple of Sundays ago our Lego League team of Olivia B, Cem, Ben M, Olivia W, Joshua M, Lachlan, Will H, Austin and Harper competed in their first Lego League robot programming competition they’ve been working towards for a couple of months. They had to demonstrate their team work skills, their research skills as well as building and programming a robot to complete some tasks. They came 20th out of 34 and won the “Quiet Achievers’ Award”.

Wheels Day Rolls on

Last Friday we finally had the perfect weather for Wheels Day and apart from the odd bingle everyone had a good time.

Jayda and Tilly had the best dressed bikes and lots of riders surprised themselves with the laps they completed around the town oval.

All lined up and ready to ride!
Kindy Transition Days

We’ve now had four days in which kindy students came and stayed in the school. They’ve been very successful with the students looking very at home in a familiar environment now that the kindy’s next door.

We were also pleased to be able to introduce our two new Reception and Year 1 teachers for 2017 Wendy Williams and Katie Martin to parents, students and teachers when they visited last Thursday.

Emergency Preparation

We’ve been practising our emergency actions this week with a practice lock down in classrooms pretending that something outside required us to lock ourselves in. Our students didn’t know it was coming and performed admirably.

A Note from Mary

Resilience is important for our children as they develop. We want them to grow into young people who are able to bounce back from difficulties that arise.

One of the skills children need to learn as they develop resilience is the skill to tell the difference between “bad” and “THE WORST”!

Young children simply experience the emotion associated with an upset. A trusted adult can comfort them, and they continue on. As they get older, we expect our children to learn to soothe themselves when a “trivial” upset occurs.

As I’m sure I’ve mentioned before, talking with your child as they experience the emotions associated with an upset: sadness, fear, anger, frustration is important. Naming those emotions and coaching your child through dealing with them will help. Another aspect of that coaching can be to give a “size” to the problem. As they mature, you can begin to ask your child whether they think it is a small problem, a serious problem, a major problem or a catastrophe. They can then be helped to make their reaction to that problem fit its size.

Another step towards a more resilient child! If you’d like to read more, ask me what resources I can show you.

Mary

OSHC News

At OSHC we have enjoyed rolling up homemade apricot balls, face painting each other, creating movie trailers and playing lots of different group fitness games in the morning! Our program for the remainder of the term has been released on the Skoolbag app and is also displayed around the school. We also released our December holidays vacation care program and are very much looking forward to the Xmas break at OSHC! A program was sent home 2 Mondays ago so please remember to get your bookings in by Friday of Week 7. Please see attached the January vacation care program too!
Lost Property

Please have a look at the Lost Property rack at the end of the passage and collect any items that belong to your child.

There are many items of clothing that are not labelled so please label all of your child's belongings and check regularly to ensure that the labels are legible!

This also applies to clothing worn at Vacation Care.

Any items not collected by the end of term will be disposed of.

Community News

Parents/Caregivers of Primary School students are warmly invited to an

INFORMATION EVENING

on our

IGNITE Program for Gifted and Talented Students

(Including the ACER Assessment)

When: Wednesday 7 December 2016
Time: 6:30pm
Where: Glenunga International High School
In the Performing Arts Centre

To register your interest in attending this information evening please follow the link http://www.trybooking.com/NTQJ4

Assessment will be held on Saturday 25 February 2017 at Glenunga International High School

East Torrens Community News

Carols

Sunday December 11

Uraidla Primary School Oval

Food from 6.30pm,
Carols from 7.30pm

Catering by
Community Groups

All welcome

Organised by the combined churches of East Torrens

Kid’s Christmas Fun Day

and Norton Summit Baptist Church present...

When: 10:30am – 2:00pm
Saturday, 3 December

Where: Summitview Uniting Church Hall
For details visit our Facebook page: Norton Summit Baptist Church

Who: Children aged 4 – 10 years old

What: Christmas crafts, decorating the Christmas tree, making Christmas gifts and cards, Father Christmas gifts for all children, and a BOWMEN CASTLE

Cost: Gold coin donation

Note: Please let 0414 327 840 or 0416 309 049 know just to get an idea for catering and presents (we will have aprons, too!)
U11, U13, U15
17 & 24 JAN
2-6 PM +
31 JAN & 7 FEB
4-8 PM

U8, U9, U10
17 & 24 JAN
2-4 PM +
31 JAN & 7 FEB
4-6 PM

CONTACT...
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PEACH™ LIFESTYLE
Would you like your kids to eat well and be active?
Would you like to improve your family’s lifestyle?

Our FREE online PEACH™ Lifestyle program can help

What is PEACH™ Lifestyle?
PEACH™ (Parenting, Eating and Activity for Child Health) Lifestyle is a FREE healthy lifestyle program. It is currently funded by the Channel Seven Children’s Research Foundation.

PEACH™ Lifestyle provides parents with skills to:
- Improve child diet;
- Increase child activity time;
- Reduce child screen time; and
- Problem solve and plan ahead to improve family lifestyle

Who is it for?
PEACH™ Lifestyle is a FREE program for families with a primary school-aged child.

What does it involve?
- Over 6 months you will:
  - Complete our short, online sessions
  - Join our 1 hour online "video chat" sessions with our PEACH™ facilitator
  - Use our ‘Discussion Forum’ and hear from other parents
  - Complete a survey before and after the program to see what benefits your family has gained from engaging in PEACH™ Lifestyle.

Register now at:
www.peachlifestyle.com.au
or email peach.lifestyle@flinders.edu.au

December 2016 & January 2017
Programs at over 130 pool & beach locations for primary school aged children
Book online at vacswimsa.com.au