NEWSLETTER:
10 February 2017
17 Kidney Street, Uraidla, SA 5142
Phone: 8390 3209  Fax: 8390 1048
E-Mail: margie.sarre187@schools.sa.edu.au

Dates to Remember
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<td>Courier Cup</td>
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Swimming congrats!
Congratulations to all of our Year R-5 students for a fantastic week of swimming at Burnside Pool last week. Who could have imagined the range of temperatures we experienced? We were shivering on Monday, but by Wednesday morning I think the students were all very happy to jump in the pool to cool off. It was terrific to see the students challenging themselves, supporting others and having a great time. We hope you enjoy the photos included in this newsletter. A big ‘Thank you’ to all of the parents who attended for their willingness to pitch in and help: you are a fantastic group of parents to work with!

Smiling Mind
If you attended our opening or Week 1 assembly, you may have heard us speak of a new mindfulness program we are using at school, called Smiling Mind. Smiling Mind is a wellbeing program, designed to teach children to relax and focus, and to improve their mental health.

What is mindfulness?
Mindfulness is a state of being fully awake to life; being aware and undistracted in the present moment and observing life as it unfolds without analysis or judgment. It is about focusing your attention on the here and now, rather than thinking about the past or worrying about the future.

Why teach mindfulness?
The objective is to teach young people (and adults) a life skill; one that will help to manage stress, increase awareness of negative emotions, improve attention and focus, and help prevent mental health issues in later life. I can personally vouch for the benefits of learning mindfulness; I have been practising for over 2 years and I now find I am able to focus much more clearly on the present moment, which helps me daily in all sorts of situations: from fully appreciating the taste of a delicious meal, to remaining calm in moments of stress, to being fully ‘present’ in conversations with my children.

Mindfulness has been around for centuries, but it has surged in popularity in recent years with the growing understanding of the positive psychology area of science, with many universities such as Monash, Melbourne, UCLA, Harvard and Oxford publishing convincing research revealing the positive impacts of mindfulness.

The good news is that we can all learn to be more mindful; just as a muscle can be strengthened through exercise, mindfulness is an ability that we can all develop through practice. Although there are many ways of practising mindfulness, Smiling Mind is the program we are using at school, since it has been developed specifically for school aged children and has Federal Government endorsement. The Smiling Mind Education Program has been proven to help students with sleep, wellbeing, managing emotions, concentration and school behaviour including reductions in bullying.

Teachers at our school are already noticing how much more calm and focussed the children are after practising mindfulness every afternoon. This program is not only for children; there are different programs for all ages. You might like to go online and explore the website, or download the free app and trial a session at home.
Acquaintance Night

Next Tuesday February 14th we invite all parents to attend an acquaintance evening to meet teachers and other families. We will all meet in the school Hall at 5.30 pm, where the teachers will each speak for a few minutes about an aspect of teaching and learning at Uraidla PS. From 6 pm teachers will return to their classrooms, and will speak briefly to parents about what will be happening in the class this year. So that parents with children in different year levels can attend each, we have staggered these times:

- R/1 classes 6pm
- 2/3 class 6.15pm
- 4/5 class 6.30pm
- 6/7 class 6.45pm

Please note that there will not be an opportunity to discuss individual children during this time; the purpose is to provide information about the learning program, class routines and how the year will unfold. If you have specific questions to ask your child’s teacher about your child’s learning or wellbeing, please arrange another time to meet.

During this time the school yard will be supervised by staff, and we will be cooking a free BBQ sausage sizzle for families. This is a great opportunity to mingle with staff and other families in our beautiful grounds. We hope to see many of you here next Tuesday. What better way to spend Valentine’s Day? 😊

And then the GC AGM

The Governing Council AGM is also on next Tuesday night at 7.30. Our active Council has an important role in guiding the school so please come and stand as a school councillor or just be an observer at these meetings. This is especially an invitation to our new parents.

Margie Same

Round the Classes

Rec/Year 1 – Mrs Williams: The Reception and Year 1 students have made the transition from Kindy and Reception very well. They are learning to complete their morning routines independently, and are enjoying participating in some activities with Katie’s class. They have learned 3 ways to read a book and are enjoying reading each day; sometimes even sitting in buckets!

Rec/Year 1 – Katie: We have been learning about patterning and grouping in Maths. In Literacy we have been working on learning some new vocab words from our text Possum Magic.

Year 2/3: We have enjoyed a pleasant start to our school year. We have collaborated to establish a set of class rules and we have also enjoyed a fun week of swimming lessons. We are now looking forward to settling into our class routines and beginning our history topic.

Year 4/5: Our class is off to a terrific start. This term we are focussing on Africa. We have begun to design and make some African Themed art, as well as brainstorming what we already know about Africa.

We have also been working on sizzling starts in writing and addition problem solving in Maths. Swimming this week was a nice relief from the heat and lots of fun to be down at the Burnside pool.

Year 6/7: Fantastic is how I would describe our start to the year, with a very successful Aquatics Camp. Many milestones were achieved by our courageous students.

In Week 2 we have been focusing on the qualities that we will need to foster in our classroom to become an accomplished learning community!! Practising mindfulness has also been a major focus this week and spending 10 minutes after lunch completing activities from the Smiling Mind app has helped bring a focused and settled approach to our tasks.

Indonesian: We have started our new topic ‘Keluarga Saya’ – My Family, with the classes enjoying the story about Beni’s family. The children have also started creating a family tree using tropical palm trees and coconuts.

Science: Well, we are straight back into Science. This term, the students are learning about biology and physics. We are looking at the 5 senses with the R/1 classes for biology and so far we have looked at taste and tongue. With the 2-7s we are looking at machines and focusing on the simple machines.

Gardening: The younger group of R/1 gardeners began with “what’s in the bag?” game where they guess the fruit or vegetable before revealing what it is, (from giant radish to furry kiwi fruit).

We are also looking at life cycles of a plant. “Bugs” are the main topic for the 4/5s, contrasting beneficial bugs and pests.

A Note from Mary

It is great to be back (almost) in routine again. My routine for this year will unfortunately include less time at school than last year. Thanks must go to the local churches who have committed financially to keeping me in the school for 6 hours a week for this year after the federal funding was discontinued.

The times you are most likely to catch me at school this term are Monday, Friday mornings or after assembly on Fridays. If those times don't suit, drop me an email at Mary.Engler125@schools.sa.edu.au or ask Sara or Di to leave a message in my pigeon hole, and I'll get back to you to arrange a convenient time.

Mary
Aquatics Camp

On the first day back at school the 6/7 class went on Aquatics Camp at Murray Bridge. We had a mixture of tents and swags to sleep in for the 2 nights. On Tuesday we did some fun activities including canoeing, catamaran, knee boarding and skiing. On Monday we had sausages for dinner and we also had some cold sausages for lunch the next day. On Tuesday night we had hamburgers. We also played storm the lantern and we were getting eaten alive by the mosquitoes. We also played spot light.

By Joshua S

Swimming Lessons at Burnside Pool

OSHC News

WELCOME CONNAGH & LANE AS OUR NEW OSHC DIRECTORS! We are very excited to be taking over the role as OSHC Directors for 2017, and we can’t wait to see you all around the school, please feel free to come and introduce yourselves!

Welcome back to OSHC everyone! Our Vacation Care program in December and January was quite the hit with a high number of bookings and excessive amounts of fun! We hired a bouncy castle for the day, went swimming at the Burnside pool, we got to meet some smart Guide Dogs, and create some beautiful mosaics (some still need to be picked up) just to name a few activities.

Week 1 and 2 have been based around welcoming new students to our service and brainstorming ideas with the children of what they would like to see programmed at OSHC this year.

As usual, we have been engaging in plenty of physical activity, cooking, crafts and everyone has been helping out with decorating the OSHC room for a fresh new year!

The OSHC staff would like to wish everyone a lovely start to 2017 and we are looking forward to working with you and very excited for our upcoming program. As normal, please do not hesitate to drop into the OSHC office if you have any queries about bookings or contact us via email/phone.

OSHC team
Round the oval the right way
A reminder that, in the interests of student safety, all traffic at drop off and pick up times, enters from Swamp Rd and travel in an anti-clockwise direction around the oval. Please be aware of the speed limit of 10kph. And if using Kidney Street please enter from the Swamp Rd end and exit via Days Road.

Missing jacket(s)
Could parents please check to see if their child has brought home someone else’s navy zip-up jackets. One family is missing 4 navy (either size 4 or 6) jackets which are all labelled with the child’s name. Please let the Front Office know if you come across them.

Community News

2017 LOOONG WHITE TABLE DINNER

Join us to celebrate and support the Summertown & Districts EFS.

- A picnic at tables
- Wear white
- BYO food, drink and decorations (no naked flames please), crockery and cutlery
- Great live music
- Silent & live auctions
- Great conversations

Money raised will help complete the fire protection program at the Summertown CPS fire station. Thank you so much to all of you who have supported us at our past dinners - we have been able to purchase and install a tank, sprinkler system and improved communication systems. The next thing on the list is a powerful generator (at around $18,000) as we are vulnerable to power outages.

Where: Uralla Show Hall, Uralla Oval, Swamp Rd
When: Saturday 18/2/2017 6.00pm-11.00pm
Cost: Free entry, donation if you wish on the night
Enquiries: Bev Stevenson (stevensontx10@bigpond.com) or 0407 711 384
Booking: Visit Uralla.com or Click here to book by 14/2/17

Junior & Senior - Registration Afternoon.
Monday 20th February
3.30pm – 6.30pm at the Summertown Netball Courts.

If you are planning on hiring or buying a new uniform please come along so we can fit you in the correct size.

New Players Welcome!
If unable to attend, or you would like further information, please contact:
President – Hanna Dow 0417 378 301
Secretary – Tracey Liebelt 0412 637 599