



August 3rd 2017

Term 3 Number 14

Calendar Dates

August

4th Hutt Street Walk

7th Science Spectacular -
Whole School
SAPSASA Basketball Yr 4/5

9th SAPSASA Basketball Yr 6/7

11th SAPSASA Tennis

Casual Day - Partnership

14th Showcase of Learning
(5.30pm-7.00pm)

14th Science Fair (4:30pm-
7.00pm)

15th Science Fair (until
2:30pm)

16th Book Week Incursions
R-3 Performance,
Yr 4/5 Author Visit

17th Road Safety School
Rms 1 & 21

18th Chess - Bring a Friend

21st - 25th BOOKWEEK

Anxiety in Primary Schools

(adapted from an article by Dr. Jodi Richardson)

Anxiety affects people from all walks of life, and a lot of children have it. If this is happening in your family, your child is lucky that you know, care, and are seeking answers.

The idea that one of our kids might be experiencing anxiety sets off all sorts of alarm bells in us as parents. It is fair to say it makes us anxious ourselves, and has us asking all sorts of questions like “what does it mean?”, “What’s normal”, and “What can I do to help?” Like anything else in life, the more informed we are about anxiety, the calmer and more empowered we’ll feel, enabling us to support and advise our children through their challenges and seeking help when need. That is what this is about. Giving you the facts and helping to settle your mind so that you can begin to help them settle theirs.

Anxiety is a feeling that we have all experienced. It’s a completely normal reaction under dangerous or stressful circumstances. This reaction is a survival instinct dating back to early times when life-threatening situations were ever present. These days we can experience anxiety when we’re under pressure to meet a deadline, preparing to talk in front of our colleagues or for a job interview, or simply noticing how many emails are awaiting a reply. Our lives are not in danger but our bodies react as if this were the case. The same can be true for our kids.

Anxiety or worry is a normal response to a threatening situation. All of these physical changes happen instinctively as a tiny part of our brain called the amygdala tells the sympathetic nervous system to take over and fire up so we can do what we have to in order to survive.

Do you know the feeling? Perhaps it happens to you now and then. But maybe, if you’re one of the two million plus Australians who experience an anxiety disorder, your body and brain respond quickly and more intensely than others.

All kids experience fear and worry about things. It’s understandable given that so much is new to them; new experiences, new places, new people, new teachers, new skills, new challenges to name just a few. What we need to look out for is when their amygdala is causing them to react anxiously to situations where there is no danger. Some anxious kids will worry a lot, mulling over and over their thoughts which only serves to fuel their anxiety.

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24th SAPSASA Dist Athletics
Road Safety School
Rms 22,23,24,25

29th Year 6/7 Author Visit

30th Road Safety School
Yr 2

September

8th Chess - Bring a Friend

15th Festival of Music
Performance

18th/19th Year 3 Camp

22nd Casual Day

26th Yr 5 Cinema

27th Children's Uni
Graduation

29th Yr 7 to Watermark

LAST DAY OF TERM 3
EARLY DISMISSAL 2.30pm

So how can I help?

1. Spend regular time with your child to foster a loving and open relationship while giving them time to share with you their thoughts, fears and worries. You can help immensely by remaining calm in stressful situations.
2. If you think your child is experiencing anxiety, talk about it and go together to see your GP and have a conversation about what's been happening.
3. Teach your child about anxiety so they know what underlies the thoughts and feelings. The book *Hey Warrior!* Is a book for kids about anxiety by Karen Young. Anxiety is not nearly as frightening when you understand why.
4. Because breathing becomes shallow and fast with anxiety, a simple yet incredibly effective way to show the amygdala that everything is ok is to take deliberate slower deeper breaths.
5. Mindfulness is a superpower for the anxious brain and there are lots of ways to help kids practice mindfulness. One fun game is to be still, eyes closed and asking them to tune into their 'Spidey Senses', listening carefully for any sounds near or far, feeling any sensations under their hands and body and smelling for any scents in the air. Mindfulness reduces the size of the amygdala among other incredible changes in the brain.
6. If they are worrying about things over and over in their minds – for example presenting to the class – instead of saying, "You'll be fine, I've heard your presentation, it's wonderful", or "Don't worry, all the other kids will be nervous too", or similar, try this instead: "I understand how you're feeling, that's so normal. I'd feel the same way; is it helpful to keep thinking about it?" No! "Okay, then let's focus our attention on something we can do to help, like practicing more, making cue cards or going outside to bounce on the trampoline." They need to know that you understand, that you 'get it' and that they are not alone.

"Is it helpful?" is a great question (when asked compassionately), followed up with asking your child what they can do that will help him/her in something meaningful and enjoyable, making a positive step forward.

Qkr - the new payment app

As we said last term, we have our new payment app ready to 'go live' from Tuesday morning next week, August 8th. This means that you can download the Qkr app and start to pay your accounts via the app. With Qkr by Mastercard, you no longer need to spend time organising cash for lunches, excursions or uniforms. With Qkr! by MasterCard, you no longer need to spend valuable time organising cash for excursions, uniforms, OSHC or lunch orders – you can do it all on your mobile at a time that suits you.

Qkr is a secure app that allows fast and easy payments. There's no need to load funds in advance.

Simply download the *Qkr!* App from the App store (iPhone) or Google Play (Android). Go to the app, choose Glenelg Primary School and then follow the directions to add your profile. Register your child's details on the app and you will be able to access all of the details to pay online.



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Showcase of learning

Showcase of Learning this year is coming up soon on **Monday 14th August**.

This is an open evening from **5.30-7.00pm**. We invite families to come along and share your child's learning. Visit the classroom, specialist rooms, the Resource Centre and any other areas that your child would like to take you to. Have a look at the learning experiences that your child has been involved in and provide them with some feedback on how they are going.

This year there will be a focus on **STEM**, the new buzz word in education. Students will be sharing with you the way that they work in the areas of **Science**, **Technology**, **Engineering** and **Maths**, what they have achieved this year and what their future goals for this project based learning are.

STEM engages students in a group activity that encourages them to take responsibility for their planning, self-assessing, monitoring and reflection. It provides students with a specific design challenge and ongoing feedback from peers, teachers and self evaluations of their solutions. They learn skills and knowledge that is necessary to perform complex tasks, integrating them to develop fluency. STEM immerses students in the application and integration of science, technology, engineering and mathematics.

Students gain greater autonomy over what, when and how they learn. Motivation plays a critical role in guiding the quality of learning that takes place. STEM education

- + is hands on
- + usually generates a high level of interest and motivation
- + provides opportunities to organise and connect knowledge
- + provides opportunities to activate and build on prior knowledge
- + provides experiences for effective collaboration
- + encourages children to think creatively and critically
- + promotes a growth mindset
- + positions students as innovators and creators
- + helps children to set and solve real world problems
- + increases spatial awareness and thinking
- + is engaging and fun

It is a fun night, a night to explore the school from reception to year 7 and an evening that can build your knowledge of your child's learning. We hope to see you at school and look forward to chatting with you.

As part of the Showcase we will once again have an information night. This year we will be sharing examples of STEM from across all year levels. Paul Lendrum, the Assistant Principal in technologies with a STEM focus, will give you some background on STEM from 6.00pm and following this short introduction, students from a range of classes will provide a showcase of learning that is STEM based. This will be a demonstration in the library and we hope that you will be able to come in and hear about the wide ranging activities that come from this area of the Australian Curriculum.

Contact Us: 8295 3943 **eMail:** dl.1017.info@schools.sa.edu.au www.glenelgps.sa.edu.au **Principal:** Rae Taggart
Deputy Principal: Anthony Fischer **Assistant Principals:** Mike Shaw Bobbie Beswick Malcolm McArdle

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There will also be a Science Fair in the Hall; Parents will be able to look at the Science Fair with their children in the Hall from 4:30pm on Monday 14th August (Showcase of Learning evening) and students will get a second chance during the school day on Tuesday 15th August; more information in a separate article, below).

SAPSASA NEWS for Term 3

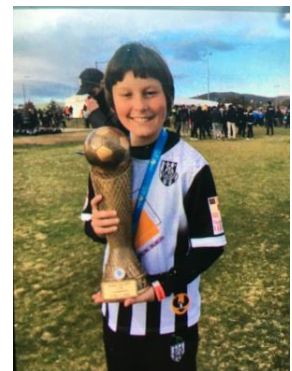
1. Basketball – Year 6/7 boys' and girls' teams compete on Wednesday August 9th, Week 3 at Marion Stadium. The Year 4/5 boys' school team will be competing in a Year 4/5 competition on Monday August 7th being held at Wayville stadium. Notes and invoices will be given to players in Week 1. Thanks to Caroline Bond, Annie Aldridge, Ingrid Clough and Neil Saunders for giving up their time to coach these teams.
2. Golf – The Primary School Try Out and Qualifying Day is being held on Thursday 10th August at Adelaide Shores Golf Park, Military Road, West Beach. Only 1 Year 7 boy has nominated for this event and we wish him the best of luck.
3. District Athletics - will be held on Thursday 24th August, Week 5 for 10-13 year olds (born 2004-2007) for high jump, long jump, shot put, discus, 100m, 200m, 800m, 4 X 100m relay **AND 1500m** (this year only). The very last trials are being held in Week 1 and 2 and it is crucial that students read Daily Messages **and** remember to attend. Mr. Gale, Mr. Mudie, Mr. M Rose, Mr. Braithwaite, Miss Jasmine, Ms. Steyn and I are doing these trials in lesson times when we're not teaching our classes so there can be numerous trials held on the same day. The final team list will be posted under the SAPSASA sign in the front office at the beginning of Week 3. State Day is on Tuesday September 26th.
4. Tennis – Trials for tennis should be held in Week 8 for those students wishing to trial for the South-West team competing at the State Carnival in Week 6 of Term 4, 20-24th November.
5. Cricket – Trials should be held later this term for cricket with the carnival week the same as tennis (above).



Soccer



Almin, in year 7 recently went to Canberra for the Kanga Cup (soccer tournament). He competed against other teams from around Australia and some from overseas. Almin was playing for Adelaide City and scored 3 goals over the tournament. His team won the whole tournament in the under 14 category. In the final his team was down 1-0 and they managed to win 3-2. Almin said he had a great experience and would love to play there again.



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Sporting Schools is a \$100 million Australian Government initiative designed to help schools increase children's participation in sport, and connect children with community sport.

Once again, Glenelg Primary School has been lucky enough to receive sports grants for term 2 and 3 this year.

Term 2 included Adelaide United soccer clinics for our GPS soccer teams, Somerton Park Tennis clinics for our year 2s and new sports equipment for our school.

Term 3 will include Badminton Australia clinics for all our year 5s, Table Tennis Australia coaching for our popular lunchtime clubs and Cricket Australia clinics after school (more information to follow).

If you have any comments, questions or suggestions regarding Sporting Schools please email me at sally.fisher95@schools.sa.edu.au

Diving

Elara, and her partner Matisse, won the gold medal in the synchro competition at the Australian Junior Elite Diving Championships in Perth.

Alexandria and partner Sophie also did very well to place 6th out of 10 pairs in the same competition.

The photo is of Elara and her partner performing their winning dive. They scored 9s and 9 1/2s for synchronisation. Elara is closest to the camera.

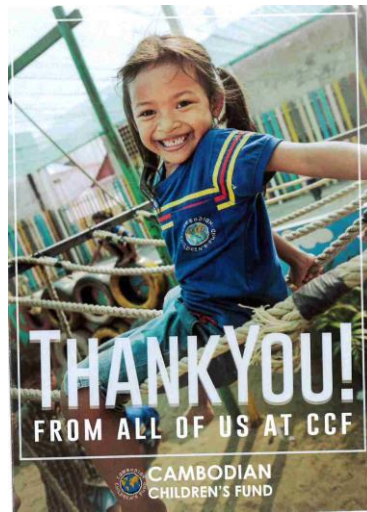
Both Elara and Alexandria have been selected to compete in the Pacific School Games in December.



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Ten cent recycling

Once again, Glenelg Primary has donated \$1000 to the charity Cambodian Children's Fund. All students who recycle their 10c containers have helped contribute to this very worthy organisation based in Phnom Penh and run by an Aussie, Scott Neeson. A special thank you goes to my trusty monitors who wheel out the yellow bins (called skippies) every morning and bring them in after lunch. Every 3 weeks we sort and bag the containers to go to the depot. Paula Willson



To the staff and students at
Glenelg Primary School,
On behalf of Scott and all of us
at CCF we would like to say a
huge thank you for your recent
donation and also to let you know
how much we have appreciated
your ongoing support of CCF.
You must be incredible recyclers
as you have now donated \$5,000
which is enough to employ a
teacher in Cambodia for a
whole year.
You have been absolutely wonderful
to us
thanks again!

Casual Day

A reminder that next **Friday, August 11th** is the Casual Day organised by the Partnership Student Council to raise money for the Kate Hill Ward at the Women's and Children's Hospital.



This ward is for children between 10 and 13 and we have set a goal across the 5 primary schools of raising a total of \$3000.

Brighton Primary made this poster to explain the event. Please bring a gold coin donation and dress in casual clothes to support the Partnership Student Council raise its goal of \$3000 to give this ward in need .

We hope you can join in to help. The slogan we came up with was to **'Unite as 1 (5 schools in one Partnership) to get things done.'**

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Science Fair

As the school 'Science Fair' draws near (Week 4), students are now welcome to start bringing in their projects. **I have organised a safe spot for projects to be stored until the Science Fair commences - In the BACK ROOM of the HALL.** There is a sign near the door so you can't miss it. When bringing in their projects, please also make sure students attach their written project information sheet. Parents will be able to look at the Science Fair with their children in the Hall from 4:30pm on Monday 14th August (Showcase of Learning evening) and students will get a second chance during the school day on Tuesday 15th August.

Students have UNTIL NEXT FRIDAY TO ENTER YOUR PROJECT.

Thanks, Anthony McIver

Children's University

Invitations have now been handed out to the Children's University students who will be graduating later this term. Students have until FRIDAY, 11th AUGUST to RSVP with Mr McIver. Please do so promptly so you don't miss out on this great ceremony!

Financial Literacy

We recently welcomed Start Smart to deliver their financial education workshops to our students. Delivered in class to students by a facilitator, Start Smart changes the way young people learn about money. By making money management interactive, engaging and fun, our students were equipped with the confidence and competence they need to make smart decisions about money. Overall, the program proved to be a highly beneficial experience for students and was thoroughly enjoyed by all. For more information on the program and each of the workshops we encourage you to visit www.startsmart.com.au.

Hutt Street Centre Donations

Friday is the last day for donations for the Hutt Street Centre 'Walk a Mile in my Boots'. I have been thrilled with the number of donations, particularly because we have several other activities happening at the moment. Any last donations or money contributions would be fantastic.

Thanks, Laura Searle

Bring along any pre-loved children's books

As part of the theme of Book Week 2017, "**Escape to everywhere**", the senior library leaders and library staff are collecting and sending boxes of preloved children's books around the world to children who would love to read more books. Any books are welcome I will be taking the boxes next Tuesday.

Thanks, Jane Good

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Parents and Friends

Parentsand.Friends877@schools.sa.edu.au

www.facebook.com/GlenelgPandF

Invitation to an evening of fun and fashion at GPS

- ✓ Friday 25th August from 7.00-9.30pm
- ✓ \$15 (earlybird ticket) gets you a great girl's night out with new season fashion and parade (by Astor + Tyne), night-market, nibbles, welcome drink and prizes!
- ✓ **Tickets available each day from 8.30am under the COLA, tickets limited, be quick!**



Community News

Next Step Program – Live the dream by playing footy out on Adelaide Oval during the October school holidays. 5-8 year olds - \$100 Tuesday 3rd October, Adelaide Oval 9am-12pm or 1pm-4.00pm.

9-14 year olds -\$220 Wednesday 4th October (Alberton Oval) Thursday 5th October (Adelaide Oval) 10am-3pm each day, (tailored programs to suit each age group. Each participant will receive: personalized Next Step Guernsey, Family pass to the 2017 SANFL Maccas League Grand Final on Sunday 24th September, Adelaide Oval, SANFL Participant Showbag:- with book bag + footy socks + drink bottle, Coaching from experienced SANFL staff and players. Register now www.sanfl.com.au/nextstep

Marion GP Plus Dental Clinic (your local clinic)

Keep Your Kids Smiling. Dental care is FREE for all babies, preschool and most children under 18 years at School Dental Service clinics. The School Dental Service is a Child Dental Benefits Schedule provider.

Phone 7425 8400 www.sahealth.sa.gov.au/sadental

Science Alive

Adelaide Showground Saturday 5th & Sunday 6th August from 9am-5pm

Free to all children, Adults \$20 at door or cheaper online at www.sciencealive2017.eventbrite.com.au Families will enjoy the spectacular Chemistry Science Shows, Curiosity Shows, native animals, robotics, dinosaur puzzles, bugs n slugs and Daleks. For further information and tickets visit the Science Alive Website (sciencealivesa.org.au)

Artisan on Partridge

Partridge House, 38 Partridge Street, Glenelg, Saturday 12th & Sunday 13th August from 11am-4pm. Indoor Exhibition from Artists and Sculptors, Live Music, Arts Workshops, Live Art Demonstrations, Sunday Arts market, Food, Coffee 7 more.

Marryatville High School proudly presents Marryatville in Concert at the Adelaide Town Hall, 128 King William Street on Wednesday 23rd August at 7.00pm. Tickets on sale now. Family \$35/ Adults \$15/ Concession \$10. Please contact Music Office ☎8304 8431.

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