



February 23rd 2017

Term 1 Number 3

Calendar Dates

MARCH

1st Year 6 Aquatics

2nd/3rd Year 5 Surf Safety

3rd Year 2/3 Assembly

6th-8th or 8th -10th Year 7
Camp - Wirraway

9th & 10 Year 3 Surf Safety

10th & SCHOOL PHOTOS

13th PUBLIC HOLIDAY -
Adelaide Cup

14th /15th Surf Awareness &
Surf Safety Yr 4 Rms 2,3,4,7

16th /17th Surf Safety Yr 4

17th SCHOOL PHOTOS

21st HARMONY DAY Lacrosse
Carnival Yr 5/6/7

27th AGM

31st PUPIL FREE DAY

Parent Information Night with Dr. Michael Carr Gregg

Last Tuesday night some of us - staff and parents - were lucky enough to attend the Holdfast Partnership Community evening at Brighton Secondary School. Dr. Michael Carr Gregg spoke to us about parenting and about the children of today.

This world renowned psychologist started his presentation by telling us that there is no such thing as a perfect parent, and described his two sons with very differing temperaments. He has decided that one son has his DNA – the perfect one, and one child has his wife's DNA - the challenging one! Every child is unique and different and Michael believes that this generation of young people is more vulnerable psychologically than ever before.

He described 5 key challenges for young people today.

Challenge 1: Digital Technologies

A young person's real world today is both on and off line. They have never known a world without computers and therefore as they grow older it is how they communicate. The computer/phone provides them with confidentiality and flexibility in their minds, and research shows that young people use digital technologies the most. They check their phones 56 times a day!

Michael worries about cyber safety and believes that parents and teachers need to be involved. He told us of a website that gives control over all of the devices in your home : ourpact.com This website will help you shut down every device at a prescribed time meaning there are no arguments in the house, it just happens. He described the need for parents to use technology to manage their children and urged parents to regularly discuss cyber bullying. He gave four strategies to follow:

- ✚ Do not reply
- ✚ Block the person
- ✚ Save the evidence
- ✚ Report the abuse

Michael suggested that you need to monitor your children on the internet closely. One third of all websites are porn and kids are growing up quicker and

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often their brain development is not at the same level.

Challenge 2: Sleep

It is really important that parents set limits and boundaries related to sleep. Research indicates that young people need 9 hours of sleep per night. It is suggested that you dim the lights 30 minutes before bed time and implement routine that relaxes and minimizes anxiety. He said there should be no backlit devices in the bedroom.

Challenge 3: Communication

Michael offered a few tips for effective communication with your young person.

- ✚ Don't talk too much and instead, listen more
- ✚ Look for compromise and negotiate
- ✚ Use humour
- ✚ Set very clear boundaries
- ✚ Avoid confrontations and ultimations
- ✚ Only argue over things that matter (anything that is unsafe)
- ✚ Do not constantly remind them of past mistakes

Challenge 4: Alcohol

Hopefully this one was aimed at your secondary students!

Michael said research indicated that children should not drink alcohol before they are 18 years old. If anyone has more than 50 standard drinks a month it does affect the hippocampus section of the brain, the area that is related to memory, learning and emotion.

Challenge 5: Resilience

Data and records indicate that young people today are having more problems coping with stress. Some of the main contributors are body image and school or study problems. As you would be aware, the teachers have spent the first two weeks of school really focusing on developing the Program Achieve Keys to Success of organisation, confidence, persistence, getting along and resilience. We regularly talk about the human capacity to face or overcome adversity, to know what to do when you don't know what to do.

Michael described 5 key characteristics of resilience.

Young people need :

- ✚ A charismatic adult who they can draw strength from
- ✚ Social and emotional competencies (replicated behavior of the charismatic adult)
- ✚ To engage in positive self-talk
- ✚ Capacity to involve themselves in something outside of school – art, drama, dance, sport – they are called 'islands of competence'. They provide a passion or spark for the child.
- ✚ Spirituality – a sense of connectedness or relatedness that gives them a sense of belonging.

Michael did say that in today's world you could also add diet as a challenge and talked about the need for young people to be eating a well-balanced diet.

He finished by suggesting that each day we should all take time to sit with our child and ask them to describe three good things that happened during the day. This will wire the brain for positivity. Research shows that this means your kids grow up with much better wellbeing.

Another parent evening is planned for term 2 and information will be distributed soon. I highly recommend the night to you.

Kind regards, Rae

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Senior Student Leaders

The year 7 students have elected their Senior Leaders for 2017. It was a very close election with all 27 students presenting outstanding speeches and demonstrating the depth of talent that we have in year 7 this year.

Congratulations go to **Noah, Darcy, Jack, Mathew, Billy, Mia, Sarah, Holly, Amarlie, and Lily.**

They are starting their duties immediately with the presentation at assembly and management of the first induction meeting of Kids' Council on Tuesday. (Jack was absent on photo day)



House Captains

The elections were held last Wednesday with all year 5/6 and 7 students to elect House Captains and Vice Captains for 2017. Please make sure you have marked in your diary Tuesday April 11th as Sports Day. It will be another colourful and engaging event for your children in their schooling.

Presenting :

Colley

Captains: Liam and Lily

Vice Captains: Ty and Emma



Moseley

Captains: Jesse and Isabell

Vice Captains: Flynn & Taylah



Buffalo

Captains: Almin and Missy

Vice Captains: Tom and Jasmine



Holdfast

Captains: Kian and Charlotte

Vice Captains: Cooper and Elara

(Charlotte was absent on photo day)

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:** Paul Lendrum Bobbie Beswick Malcolm McArdle

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School Photos

Students will have class photos taken on Friday 10th March and Friday 17th March. Sibling photos will be taken both afternoons. Photos dates for various classes have been selected to avoid clashing with Surf Safety that Year 3s and 4s are involved in, Year 7 camps etc. Envelopes have already been sent home. More details about ordering are under the two sets of times, below. The photo company has put a "Friday 10th March" stamp on all envelopes, but of course half of the photos are on Friday March 17th, so please see below to determine which date your child's class photo will actually be taken.

Friday 10th March classes/times:

9:00	Year 6 Room 20	11:50	Year 1 Room 31
9:15	Reception Room 22	12:05	Year 4 Room 17
9:30	Reception Room 23	12:20	Year 6 Room 8
9:45	Year 4 Room 3	12:35	Year 6 Room 8A
10:00	Year 1 Room 26	12:50	Year 1 Room 27
10:15	Year 2 Room 19	1:05	Year 2 Room 2
10:30	Year 4 Room 4		Then
10:40	Year 2 Room 9		Sibling
10:55-11:25	Recess		Photos
11:25	Year 5 Room 15 AND Year 5 Room 15A		After lunch

Friday 17th March classes/times:

9:00	Year R/2 Room 1	11:50	Year 5 Room 16
9:15	Year 3 Room 14	12:05	Reception Room 21
9:30	Year 4/5 Room 18	12:20	Year 1 Room 30
9:45	Year 3 Room 12	12:35	Reception Room 24

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10:00	Year 7 Room 7	12:50	Reception Room 25
10:15	Year 3 Room 13	1:05	
10:30	Year 2 Room 10		Then
10:40	Year 7 Room 6		Sibling
10:55-11:25	Recess		Photos
11:25	Year 6/7 Room 5 AND Year 6/7 Room 5A		After lunch

Ordering information from the photography company:-

School photos can be ordered and paid for online using a secure online platform. Orders placed online DO NOT require an envelope, cash/cheques or paperwork returned to school.

Envelope Orders: photos can also be purchased in the traditional manner using an envelope, with cash/cheque enclosed.

The preference of our school is that orders and payments be made online, as this reduces the administration and associated security issues related to the return of cash & envelopes on photo day.

To place your order visit www.advancedlife.com.au and enter the code- **MNK V8C 193** This code can also be found printed on your envelope. Please be aware that-

1. Sibling/Family Photos can be ordered online or via envelope. To ensure a smoothly run photo day, online orders for *Sibling/Family Photos will be cut off at 12.00 a.m. the night before our photo day* to allow a list of students that require Sibling/Family Photographs taken to be compiled. Sibling photos can still be ordered after the online cut off date by collecting an envelope from the office and returning the envelope on photo day with your payment enclosed.
2. All online orders should be placed on or before our day of photography.
3. The online code above may also be used to order sports and other group photos.

All orders placed online will be delivered to the school for collection

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Festival of Music - Performance Troupe

Do you like to **sing, dance or act?**

Are you in Year 6/7? Want to try something new and challenging?

Everyone is welcome!

Then the Festival of Music **Performance Troupe** is for you!

Audition bookings open on Monday, February 13, 2017!

Audition bookings close on Wednesday, March 29, 2017.

Weekly rehearsals are held at 2 locations:

North - Enfield Primary on Tuesdays

South - Hamilton Secondary College on Wednesdays

Rehearsals are from 4.15 - 6.15 pm. There will also be a few Sunday workshops.

Each troupe will be involved in 3 performances accompanying the massed choirs at the Entertainment Centre between the 11th and 17th September, 2017.

Ask your choir, drama or dance teacher or principal for more information.

Check out our website: www.festivalofmusic.org.au or call the Festival Office on 8261 5438 for more information.



'Fresh Food Shack' - Canteen

Quite a few students are still ordering items that are NO LONGER on the menu or using incorrect prices.

The new menu has previously been emailed to families and it is available on the school website if you are still unsure. Please also remember that some items are available from Monday to Thursday and some on FRIDAYS ONLY.

Slushies and ice blocks CANNOT be ordered and can only be purchased OVER THE COUNTER in the Canteen at Lunchtime.

If you have any questions about the menu, please call or pop in to the Canteen.

Caroline: Tel: 8295 3746

Hats

A letter was sent home on Wednesday morning regarding hats. The directive from the Department of Education and Child Development is that hats with strings must have the strings removed before the hat can be worn at school. This is a risk management issue following some accidents with hats. It has also been determined that hoodies worn at school must have the cords removed. Staff have been instructed by DECD to remove the cords from hats and hats with cords will no longer be sold in the Uniform Shop.

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Parents and Friends

Parentsand.Friends877@schools.sa.edu.au
www.facebook.com/GlenelgPandF

Introducing the 2017 P&F Committee...

The Parents & Friends group met last week and it was great to see some new and familiar faces! Planning is underway for this year's events and activities and a new Chairperson was nominated – we welcome Tania Ivanov to the position of Chair, and Audra Martin as co-Chair. Thank you to Samantha Launer for all her commitment and enthusiasm as Chair over the past two years. Feel free to chat with any of the Committee members for more information on P&F activities...

Tania Ivanov	Rae Taggart
Audra Martin	Leah Groves
Christina von Muenster	Annie Cole
Samantha Launer	Rachel Edwards
Sally Booth	Neha Maheshwari
	Sharda
Leah Groves	Nicole Mathee
Melanie Stewart	Alison Reidy
Ashley Williams	Lorraine Pillay
Romana Panagopolous	Leah Pussell
Audra Martin	Natalie Baron

What's happening?

On Friday this week we are having a coffee morning – see flyer below for all the details. In Week 10 we will have another coffee morning (date/time TBA), Easter eggs for all children in Week 11 and a Mother's Day stall early in Term 2. More details to follow in upcoming newsletters and on our Facebook page.



www.facebook.com/GlenelgPandF

Next Meeting – Tuesday 7th March

Please join us at our next P&F meeting scheduled for Tuesday 7th March from 9.30am (following assembly) at the Glenelg Club.

Coffee Morning – this Friday!

THE **CATCHUP** CLUB

Invitation to ALL Glenelg Primary School parents/carers

Please join us for a casual coffee/chat on:



Friday 24th February
9.30am, Glenelg Club Bistro

(AFTER H. ASSEMBLY)

This is a wonderful opportunity to meet other parents/carers to share your experiences of being new to the school or to connect with others who have been at school for a while

All Welcome

(younger children can play in the kids playground)

See you there!

We're on Facebook! Want to know more about what's going on in Glenelg Primary School? Join the Parents & Friends Facebook page at: www.facebook.com/GlenelgPandF for current events, activities and a way to keep in touch with our wonderful school community.



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Community News

Milk consumption and cognitive function in children

CSIRO is looking for families to participate in a study investigating the effects of milk drinks on cognitive function, and physical growth and fitness in primary school children

We would like to hear from you if your child:

- was born between November 1st, 2007 and May 1st, 2010
- is a low dairy consumer
- is not taking micronutrient supplements,
- has not been diagnosed with a psychological, behavioural or other disorder (e.g., Autism, ADHD, Specific Learning Disorder) or movement disorders (e.g., cerebral palsy, tremor, myoclonus etc.)
- speaks English as their primary language

For further information or to register your child's interest, please visit the following link <http://www.surveygizmo.com/s3/3112056/Milk-Kids-4>

If you have any queries about this study or would like further information please call (08) 8303 8906, 1800 850 036 or email MilkKids@csiro.au

Keep your kids smiling SA Dental Service

Have you received a letter from Medicare about the Child Dental Benefits Schedule?

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

Call now for an appointment. Your clinic is: Marion GP Plus Dental Clinic
Phone: 7425 8400



'A Boutique Life' Design Market – Sunday 19th March 10am – 4pm at St John's Grammar School Gloucester Avenue, Belair - \$2 per entry. Our market is a boutique, unique, artisan market with fashion, home-wares, gifts, gourmet food vans and wine vendors among our 60+ stalls. www.aboutiquelife.com.au
mobile: 0403 576 154