



Glenelg Primary School



April 5th

Term 1 Number 6

Calendar Dates

Month

March

26th March - 6th April
Parent Teacher interviews

30th Good Friday

April

2nd Easter Monday

3rd Chess #1

4th Chess #2

9th - 11th Year 6 camp

11th Rms24/25 Goolwa
Animals

13th Year 6 Aquatics

13th Year 7 Glenelg Beach

13th End of term 1
2.30pm dismissal

‘How much screentime should I allow my child?’

There is no magic number of screentime hours a child should be ‘allowed’ or ‘not allowed’. There are many other more pertinent questions we should be asking about our kids’ screentime, aside from simply ‘how much?’.

What are they doing on the screens? Are they safe? Are they engaging in positive interactions? Is their self-esteem intact, or are they comparing themselves to everyone else online who is (in their mind) smarter, prettier, skinnier or has more friends? Are they creating things or merely consuming? Are they in control? Are they able to put away a device without a tantrum? These are just some of the things we need to be looking at when it comes to our kids’ use of their screens. These two things may help focus on when it comes to your kids and screentime.

1. Look at the individual child

How is your particular child coping? Each child is different. A boundary that works for one child may not work for another. Is your child in control of their screen use? Are they coming to the dinner table without a fight? Are they sleeping, eating, keeping up with friends?



Conversely, are they showing signs of not being in control? Discuss the issue with your child and explain why they need better balance. Not because the technology is bad per se, but because they need to ensure there is enough time left in their day for all the other activities that are needed for their growth, development and wellbeing.

End of term dismissal 2.30 pm

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2. Are all of their other needs being met? Are they getting enough:

Sleep time: It's super important that kids are getting a good night's sleep. Keeping devices out of the bedroom when they are young, and avoiding the screens for at least an hour before bed, helps ensure their sleep needs are met.

Bored time: Today's kids don't tend to get as much time to be bored as kids used to. It is an important skill to be able to fill in their time themselves. Bored time promotes creative play and thinking as kids are forced to come up with other ways to amuse themselves.

Connection time: Face-to-face interaction is obviously crucial for children's social and emotional development and wellbeing. Time with friends, siblings and family members must always be a priority. Learning to engage, problem solve and read body language and facial expressions are all crucial skills that need real-life time and experience to develop.

Active time: A healthy body and mind requires activity and movement. Kids still love to get out and play. However, some may need a bit more encouragement to remind them.

Downtime: Whilst playing games may be described by many kids as their downtime (and yes, there is some validity to this argument) kids also need downtime that involves doing very little. It is in these moments of reflection, of thinking and of pondering, that our ideas come to us and our creativity for other activities flows.

Focus time: There are times of the day when all of us need to be focused on other tasks. These may be homework, chores, reading a book or the newspaper, building something or making something. There needs to be time in kids' days where they are able to focus solely on a task without the distractions of a screen.

Mealtime: Getting plenty of good food is of course very important to kids' wellbeing. But it's not just about the food. Sitting at the table with parents, siblings or others, focusing on enjoying a meal together without the need of a screen, helps children to develop good habits while they are young which they can carry into the future.

Obviously there will be times when all these needs are not completely balanced. There will be periods when screens are used more often and times when one or more valuable needs is neglected. But if we can use this as a guide and aim to fit the many key experiences our kids need into each day, we are much more likely to ensure our kids grow up with a healthy respect for their screens and a healthy respect for the many areas of their life that need to be nurtured.



By Martine Oglethorpe, a speaker, counsellor and educator with a passion for building resilient kids in a digital world.

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Congratulations Emilia



Emilia, a year 5 student in room 16, brought it home for GPS at SAPSASA Swimming recently. She won two gold, one silver and a bronze!

She will now represent our school & state in Hobart in July at national level. We know that she will represent us well and give her very best.

What a fantastic effort Emilia.

Scientists in Schools

Dr Koper, a scientist from Flinders University, visited the Year 5 students in Mr Wright's class. They have been studying States of Matter and he did some great activities to further the students' understanding. Dr Koper brought along some dry ice and liquid nitrogen.

We are fortunate to have Dr Koper as our scientist in school. This is his sixth year at Glenelg Primary and our students really look forward to his visits. Below: Dr Koper releases some very cold liquid nitrogen.



Right: Noah and Tahlia observe bubbles of carbon dioxide as they change from a solid state to a gas.



Young Leaders Day



Last week a group of 11 students attended the Entertainment Centre with leaders from primary schools across the state. There were a range of young adult leaders that spoke to the students and inspired them to look at what they could do in the future to become leaders. The group will be reporting back on what they have learnt and what they hope to implement in the school during 2018.

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How to help your beginning reader

Reception teachers are holding a parent information night.



When: Term 2 - Tuesday 1st May
2018

Where: In the Library

Time: 6pm to 7pm

The session will:

- Explain the reading program.
- Strategies to help at home

This is a parent only session, no children please.

School supervision

We would like to remind parents that staff at school are not on duty until 8.30am. If your child arrives before this time or leaves after 3.30pm they are not supervised in the school yard. Children that arrive early are asked to sit on the seats outside of the hall and staffroom. By 3.30 in the afternoon they are asked to leave the school and head home. If you are going to be late collecting your child please notify the office.

OSHC is available from 6.30am-6.00pm if you need it due to work or personal commitments. Enrolment forms are available in the office or contact Happy Haven <http://www.happyhaven.com.au/glenelg-home-page1/>

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Canteen News

Five Star Kidz Café

Following last term's "Name our Canteen" competition, we now have a lovely banner outside the Canteen showcasing Krista's great artwork and the Canteen's new name. Well done Krista!

Winter Menu: We will have a new menu for terms 2 and 3 and this will be available on the school website or you may collect one from the Canteen or Front Office. There are a few minor changes with some items being removed but there are no price changes from term 1.

QKR: When using this app, please ensure you select the correct day and follow the process through to complete the order by confirming and paying. There has not been one instance of an order placed correctly and it not being received by the Canteen. Remember that there is a strict 9am deadline for orders.

If you have any questions or are interested in volunteering (volunteers always welcome!), please pop in any time for a chat or call the Canteen direct on 8295 3746. Have a lovely and safe school holidays.



No Parking areas

There are some 'kiss and drop' areas in the Glenelg Council (football oval) car park, with 'No parking' signs. We ask that people follow these signs and simply do quick drop-offs/pick-ups rather than parking and coming into school, which then results in no one else being able to use the space as intended.

Specialist Sport Program at Henley High School - Year 8 2019

The Specialist Sport Program at Henley High School has been established to assist talented student athletes to further develop their level of performance and knowledge. The program includes: Specialised Coaches, Coaching and officiating certificates, Analysis of performance.

Applications for the program open on Monday 29th January and close on Monday 26th March at 8.30am for Students commencing Year 8 in 2019. Please refer to our website below for details. For more information please visit our website <http://www.henleyhs.sa.edu.au/section/programs/specialist-sports-program/program-entry>



Book Sale

A big thank you to the P&F for their support of the book sale. \$180 was raised and this is going to be used to buy board games and interactive games for the library for use during lunch time activities.

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Harmony Day

The Kids' Council would like to thank parents and students for their support on Harmony Day. Wearing a touch of orange and participating in Harmony Day activities raised \$671.50. This money goes towards the support students provide to World Vision and to the Children in Cambodia.

A big thank you to Tash Introna for her leadership on the day and for the display in the corridor near the library.



SAPSASA Netball



A big thank you to Ms. Jasmine Surplice and Ms. Tash Introna for coaching the 9 girls that participated in the Netball Carnival on Wednesday the 28th March.

The girls played really well and represented the school well. Well done to Alicia, Piper, Saskia, Cameron and Macy who have made it through to the South-West SAPSASA netball squad. Good luck for the upcoming trials.

Ms. E. Steyn

Seaview High School

A banner for Seaview High School's Special Interest Program. It features three images: a student in a graduation cap, a student in a lab coat, and a netball team. The text provides details about the program, including audition dates and application information. Logos for the Government of South Australia and the Department for Education and Child Development are also present.

Seaview High School is a special interest performing arts and special interest sports school.

Limited places are available in 2019 to students out of the zone by applying for entry into one or more of our special interest dance, music, sport and/or high performance tennis programs:

Special Interest Dance auditions
Wednesday 4 April and Thursday 5 April 4.30pm to 5.30pm
Special Entry applications due: Thursday 29 March 2018

Special Interest Music auditions
Monday 7 May 1.30pm to 3.00pm

Special Interest Sport and High Performance Tennis
Thursday 10 May 12.30pm to 2.45pm

Special entry applications for Music and Sports due
Friday 27 April 2018

Special Interest Program information

For further information or to book your place please call 8377 8000 or dl.0893.info@schools.sa.edu.au

Parents and Friends

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

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GLENELG PARENTS AND FRIENDS UPCOMING ACTIVITIES



END OF TERM DRINKS

Friday 13 April 2018, 2.30pm, Glenelg Football Club

Following early dismissal on 13th April, join us to celebrate the end of Term 1 over a casual drink/chat.

MOTHER'S DAY STALL

Thursday 10th May 2018 - All gifts \$3

Students will visit the stall in their classes and have the opportunity to buy something special for the special someone in their family.

Would you like to help on the stall? If you can spare any time between 8.30am-11.30am we'd love to hear from you!



LADIES NIGHT

Friday 11th May 2018

7pm - 9pm @ Glenelg Primary School
FASHION PARADE - DOOR PRIZES - DRINKS & NIBBLES
\$20 per person early bird (prior 13th April) OR \$25 per person at the door includes a glass of bubbles.
Purchase your tickets before 13th April from the Front Office or the P&F Committee



LITTLE LIBRARY

When: Thursday's 9:00-9:45am

Where: School Library

Come along and join in the fun.

'Little Library' is an interactive experience, filled with music, rhymes, stories and games for your little ones 0-5years



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

ParentsandFriends877@schools.sa.edu.au

www.facebook.com/GlenelgPandF

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Community News

Cat Boarding - Glenelg is a brand new, purpose built, cats only, boarding facility in Glenelg. It is a family run business which prides itself on caring for all cats as if they were their own. Their aim is to make your feline friend feel at home and as comfortable and happy as possible.

The cat "cabins" were built with safety and comfort in mind. The cabins are both indoor and outdoor, completely sheltered from the elements and insects but also maintaining the necessary air ventilation to keep the guests happy and healthy. Each cabin is lockable and there is a security passage for safety while cleaning the cabins and allowing an additional play area.

Everything is provided such as bedding, toys, food and water but you are welcome to bring anything else to remind them of home.

The cat cabins are thoroughly cleaned once a day with additional cleanups throughout the day, litter trays emptied and cleaned twice a day and cats fed twice a day or as requested.

Rest assured that the owner, Kathryn, lives onsite and in case of emergencies, Glenelg Veterinary Clinic is just 800m away.

For inspections and bookings please contact Kathryn on 0403 896 386.

Holdfast Bay Library Children's author Alessah Darlison is holding a workshop at - Brighton on Tuesday 10 April 2018 from 4pm – 5.30pm. (20 Jetty Road, Brighton SA 5048) Author Aleesah Darlison will be running a workshop for primary school aged children (Year 2 – Year 6) - Ideas Are All Around Us. Students will learn how to source ideas, create new concepts and collate story gems. They will then have time to develop an idea into a story or poem. Bookings can be made at Brighton 8229 9988 or online <https://www.holdfast.sa.gov.au/page.aspx?u=4903&t=uList&ulistId=0&c=34214>

Beach Kayaking Don't have plans for the school holidays? Want to do something fun with your friends? Do you enjoy kayaking or ever wanted to try it? Come join us for a fun kayak session at Brighton Beach. Suitable for beginners to advance with qualified instructors. Meet at Holdfast Bay Community Centre, go for your kayak session and come back to the centre for snacks. .Beach Kayaking Bookings and enquires:

(08) 8298 7422 or hbcc@ymca.org.au Spots are limited so book in quick!

WHEN: 20th April 2018 10am first session 11:30am second session COST:\$12.00

AGES: 8 – 19 year

Active Play Day Looking for a fun holiday activity for the kids? Come along to a fun filled day of games, activities, crafts and more. 18th and 24th April 2018 ACTIVE PLAY DAY AGES 8-12 Time:1.00 – 4.00pm Cost: \$25 includes afternoon tea Bookings essential. Activities include cooking, games, crafts and more! Call 82987422 or email hbcc@ymca.org.au

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Yr 4-7
School
Holiday Clinic

GREAT FOR BEGINNERS AND EXPERIENCED PLAYERS!

WHEN: Thursday 26th April, 2018
WHERE: Brighton Secondary School, Volleyball Gym.
TIMES: 9:00am - 3:00pm
COST: \$55
REGISTRATIONS: www.volleyballsa.com.au/holidayclinics

Phone: 8363 1265
junior@volleyballsa.com.au



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