

Poonindie Community Learning Centre Newsletter

Week 1 Term 3 2022



From the Principal

Welcome back all for the second semester at PCLC!

I hope your holidays were amazing and you managed to keep warm in this freezing cold winter! A special hello and official welcome to:

Max Milu & Archie Milu. Both boys came for some transition visits at the end of last term and decided *they really liked the Poonindie School!* I am super glad and I hope that your time with us is special and rewarding! We will take good care of you both!

As you are aware, Peta Butler the R/1 teacher behind Emma Anderson finished up at the end of last term; Peta is returning to Oodnadatta Aboriginal School. I am delighted to have Susie Higgins join the team. Susie has been a teacher in Cummins, Tumby Bay, Lincoln Gardens and Navigators. Susie has a daughter attending our School and is an avid organic vegetable gardener. I am looking forward to Susie sharing her knowledge and talents to value add to our beautiful little school. Welcome to the Poonindie team, Susie!

This term will promise to be eventful – lets hope that we are not disrupted by too many COVID-19 outbreaks in our little school community, impacting on student and staff attendance. Due to the spike in SA COVID cases, the latest departmental advice is that adults are encouraged to wear masks in classrooms unless it interferes with their ability to teach and students in Years 3-6 are also encouraged to wear masks indoors.

SCHOOL PHOTOS:

School photos will be taking place on **Wednesday the 10th of August.** This year we are going with a local photographer, *Tanysha Jane Photography.*

Please note, if the weather is not great on school photo day we have the flexibility of moving it to another. Individual and group photos will be taken outdoors so we are hoping for a nice clear day if possible!

*Our PCLC
School Values
are:*

Accountability

Innovation






Respect

Resilience





*Our school motto
is: Fly High, See
Far.*

Tanysha is a local TRT (Temporary Relief Teacher) and has her own photography business. Tanysha takes very natural photos of the children which is something that many parents have requested for. We will give her a go this year and see how it pans out! Tanysha will provide details of how to order and pay this week and I shall send this out. Orders close on the night before school photos are taken (Tuesday 9th of August).




Tanysha Jane Photography

PREMIUM PACK  +  +  +  +  PRINT QUALITY DOWNLOAD

GROUP PHOTO 2 (8X10 INCH) 4 (5X7 INCH) 4 (2X3 INCH)




CLASSIC PACK  +  +  +  SOCIAL MEDIA QUALITY DOWNLOAD

GROUP PHOTO 4 (5X7 INCH) 4 (2X3 INCH)

PORTRAIT ONLY  +  +  SOCIAL MEDIA QUALITY DOWNLOAD


2 (5X7 INCH) 4 (2X3 INCH)





FAMILY PACK A

 +  +  SOCIAL MEDIA QUALITY DOWNLOAD

2 (5X7 INCH) 4 (2X3 INCH)

GROUP ONLY



FAMILY PACK B  +  +  +  PRINT QUALITY DOWNLOAD

2 (8X10 INCH) 2 (5X7 INCH) 4 (2X3 INCH)

PREMIUM PACK	\$55	<input type="checkbox"/>	
CLASSIC PACK	\$45	<input type="checkbox"/>	
PORTRAIT ONLY	\$29	<input type="checkbox"/>	
GROUP ONLY	\$29	<input type="checkbox"/>	
FAMILY PACK A	\$45	<input type="checkbox"/>	
FAMILY PACK B	\$29	<input type="checkbox"/>	

100 Days of School Celebrations - Term 2



THE RESILIENCE PROJECT™







For the benefit of our newer families, we are involved in the RESILIENCE PROJECT which is integral to our STUDENT WELLBEING PROGRAM. The Resilience Project is implemented in many Australian Schools: the core principles for developing *Resilience* include: Gratitude, Mindfulness and Empathy (G.E.M). Students are taught how to develop these capacities through explicit teaching, journal activities, watching podcasts, & role playing. Here is the latest parent information update. Mrs Francis (Wellbeing and Learning Improvement Coordinator).

PROJECT + Parents & Carers

Gratitude

Working on gratitude helps us to be **thankful** and **appreciate what we have in our lives**, rather than focussing on what we don't have or what we want. When we practise being grateful, we start to **scan the world to look for positives** – this only takes 21 days!

Benefits of practising gratitude everyday are:

-  Increased levels of energy.
-  Feeling happier.
-  Become more focussed, determined and optimistic.
-  Better sleep.
-  Lower levels of anxiety and depression.
-  Less likely to get sick.

Here are some quick and easy ways to include gratitude into your daily routine with your whole family:

THANK YOU

Think about a friend or family member you are grateful for and write them a letter. Tell them why they are important to you and what you love about them.

Around the dinner table or before bed, have everyone talk about 3 things that went well for them that day.

Have a discussion of what you are looking forward to the following day, week, month.

Check out TRP@HOME!

Here, you will find more activities and ideas you can use with your family to incorporate Gratitude into your lives. There are also Empathy, Mindfulness and Emotional Literacy activities you can use to spread happiness and build resilience. TRP@HOME activities change throughout the year, so don't forget to keep checking in! Click on the image below to check it out.



education@theresilienceproject.com.au | (03) 9113 9302 | theresilienceproject.com.au



PASTORAL CARE UPDATE – HELEN SCHRAMM

Hi, I hope you had a relaxing holiday break! We had family come to visit so it was busy but enjoyable. In the last week of Term 2, I held a special morning tea to thank the volunteers for the Breakfast Club (Year 5-6 students) – these students are doing a great job serving the lovely warm toast and toppings each morning. I wanted to thank and encourage them for their efforts and for giving back to our school. We enjoyed juice and homemade treats!

REMINDERS: **Pamper Evening** is being held on Thursday 18th of August. If you are planning on coming, please complete the consent form and return to the front office. If you would like further details please contact me on 0409 211 986. **Recipe Books** we still have some recipe books on sale for \$15 each – yummy favourites from our Poonindie families. Please see Vicki

Kind regards, Helen

Poonindie Community Learning Centre Calendar – Term 3 2022

	Monday	Tuesday	Wednesday	Thursday	Friday
1	25 th July Day 1 Term 3 2022	26 th July	27 th July	28 th July	29 th July
2	1 st August	2 nd August Invacuation	3 rd August Theatre Company 1.30pm Friendship theme (free performance)	4 th August	5 th August
3	8 th August	9 th August	10 th August SCHOOL PHOTOS	11 th August GOVERNING COUNCIL 7pm	12 th August Assembly Mr Rowsell SAPSASA Netball and Football carnival
4	15 th August R-2 Staff in Adelaide for Maths Training	16 th August Year 1 Phonic Screen	17 th August Year 1 Phonic Screen EP Mentally Fit Workshop 1 for parents	18 th August STEM CONGRESS PAMPER EVENING	19 th August STEM CONGRESS
5	22 nd August Bookweek 	23 rd August Bookweek Parade	24 th August EP Mentally Fit Workshop for parents	25 th August	26 th August
6	29 th August LEADERS DAY ADELAIDE	30 th August	5 th August	1 st September	2 nd September Assembly Mrs Fitzgerald Preliminary NAPLAN results
7	5 th September Commencement of PAT testing 3-5 Staff in Adelaide for Math Training ADELAIDE	6 th September R-4 Swimming lesson Week TBC	7 th September	8 th September GOVERNING COUNCIL 7pm	9 th September
8	12 th September	13 th September Fire Drill	14 th September	15 th September LEGO EVENING	16 th September

9	19 th September Parent Interviews - OPTIONAL	20 th September	21 st September	22 nd September	23 rd September Assembly Mrs Letton FINAL NAPLAN results
10	26 th September Parent Interviews OPTIONAL			29 th September Proposed Pupil Free Day	30 th September LAST DAY TERM 3/ 2.20pm dismissal