



Poonindie Community Learning Centre

Newsletter Week 3 Term 1 2023

From the Principal

Hello everyone!

Week 3 is on our doorstep, and we are steaming along at the Poonindie Community Learning Centre for the 2023 year! We have had lots of newbies to settle into their classrooms and daily routines which will take a while, as we work in partnership with parents to make that smooth transition. I have taken a snippet from a parenting article to help you understand and work closely with us to support separation difficulties. It can be a tricky time but we can and will get there!

Separation Anxiety

As the school year starts, children may have some anxiety about going to school. This could happen even if they are not going to school for the first time. The idea of new experiences away from their parents or other loved ones can be quite scary for children. Complaining of an upset stomach, headache, or something else is often how children show anxiety and fear. **Separation anxiety is a normal part of development for all children.**

The anxiety may not only be related to school. It can happen before other separations like sleepovers at friend's houses or a parent's business trip. Clingy behavior, pleading are common just before the separation. They may also have nightmares, refuse to sleep alone, or need frequent reassurance that everything is OK.

Supportive, yet firm

The best way to deal with fears is to be supportive, yet firm. For example, you might say, "I think you're feeling nervous, but you do have to go to school. Tell me what you're worried about." You may find that there is a problem causing the anxiety. If there is a problem, let the classroom teacher know!

Don't give in to arguments. That teaches children that those things will work. Tell the teacher about your child's worries. Most teachers/SSO are experts at handling separation anxiety and we can help to make a PLAN! Most importantly, reward your children with praise every time they go to school and stay at school without much difficulty.



2023
HAPPY NEW YEAR

Week 3 reminders....

Attendance matters Please ensure your child attends school as regularly as possible – we do understand that many little ones are tiring and may need the odd rest day however we encourage you to stick to early bedtimes and keep a routine after school like having a snack, reading a book, bath, tea and bed early. We are striving to achieve our 92% attendance target this year, firstly because it is directly linked to the social, emotional and academic outcomes of students and secondly, we are actually funded based on our attendance rate which does impact on our ability to maintain a 5 class structure year by year. If your child is sick please ring the front office or message your teacher on SEESAW. If you are away for more than 3 days for family reasons, you will need to complete an EXEMPTION form, as school unlike kindy, is compulsory. Thanks for your understanding and cooperation with this!

School Fees: Your invoice for your 2023 school fees will be posted shortly. We would appreciate prompt payment – the fees are set at the standard fixed Government Rate of \$269 per child. GOOD NEWS!! On 7 June 2022, the State Government announced that parents, caregivers and independent students will receive a \$100 discount/rebate per student where they have paid or are liable to pay their or their child(s) 2022 and 2023 Materials and Services Charges. This excludes School Card students.

Acquaintance Evening: coming up in week 5, **Wednesday 1st of March**, we will be having our Acquaintance Night. The night will be the opportunity to mix and mingle with other families in the true Poonindie style over a shared tea, wander into classrooms to find out what the teaching and learning focuses are for the year, check out some of the students work to date and lastly be part of our School Captain, House Captain and SRC induction/badging ceremony! The students are busy designing invitations – these will be sent home soon! We will be holding our **AGM of the Governing Council** on the same evening – we would warmly welcome you to stay and be part of the governance of our school.

School Leadership:

Welcome to our School Captains for 2023!

School Captain: Gabriel Treagus

Vice School Captain: Wilson Dorward

"If your actions inspire others to dream more, learn more, do more and become more, you are a leader." -John Quincy Adams.



And welcome to our House Captains for 2023!



Solomon (Yellow) – Solly Carter!!
Todd (Red) – Tyson Mills
Tallalah (Blue) – Akeyla Coleman
Hirschausen (Green) – Lizzie Jackamarra

Welcome to our SRC reps

R/1 Higgins/Frears *Chase and Mana*
R/1 Francis/Eckermann *Leni and Bernard*
2/3 Fitzgerald *Hudson and Samuel*
3 /4 Rowsell *Billie and Adrian*
5/6 Letton *Isaac and Presley*

Congratulations to all of our student leaders for 2023! Well done to any student who put their hat in the ring as well. Keep trying if you are passionate to be a leader and we will give you lots of responsibilities across the school!

NAPLAN Information for parents and carers 2023

NAPLAN is a national literacy and numeracy assessment that students in Years 3, 5, 7 and 9 sit each year. It is the only national assessment all Australian students have the opportunity to undertake.

NAPLAN is just one aspect of a school's assessment and reporting process. It doesn't replace ongoing assessments made by teachers about student performance, but it can provide teachers with useful information about students' educational progress. Your child will do the NAPLAN tests online. All Year 3 students will continue to complete the writing assessment on paper

The NAPLAN test for 2023 is in this first term over a 9 day window. The NAPLAN test window starts on **Wednesday 15 March and finishes on Monday 27 March 2023**. Students will be sitting a practice test on **Tuesday 28th of February**, to check that our technology threshold is functioning well in readiness for the actual NAPLAN period.

Students are not expected to study for NAPLAN. You can support your child by reassuring them that NAPLAN is a part of their school program and reminding them to simply do their best. Teachers will be familiarising students with the types of questions that appear in NAPLAN assessments.

See the types of questions on the public demonstration site <https://www.nap.edu.au/naplan/public-demonstration-site>

The Resilience Project focus: Gratitude

Working on gratitude helps us to be thankful and appreciate what we have in our lives, rather than focusing 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! Practising gratitude every day increases our levels of energy, helps us to feel happier and more focused, determined and optimistic. It even helps us have a better sleep, lowers levels of anxiety and depression and we are less likely to get sick. So many benefits—let's all try to be grateful for the things and people in our lives every day!

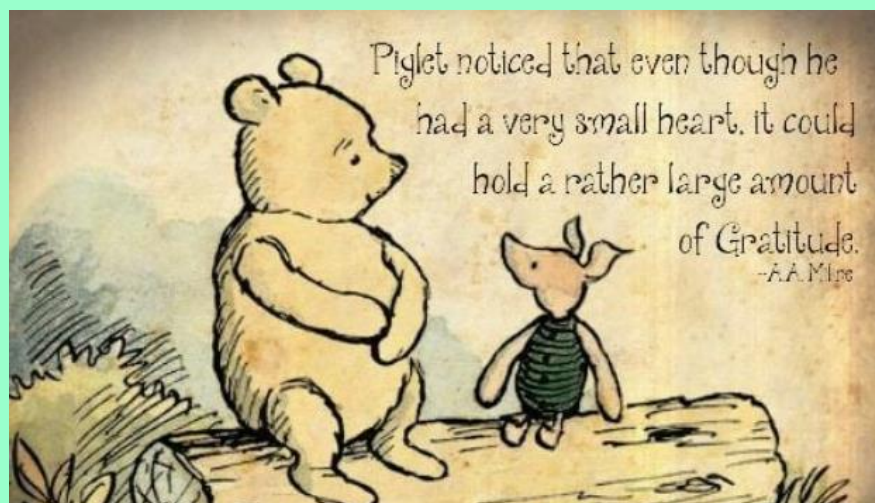
Whole Family Activity:

Gratitude Scavenger Hunt

As a family create a scavenger hunt list of things that make you happy or you are grateful for, you can make your own list or use the examples below:

- Something that makes you happy
- Something you love to smell
- Something you enjoy looking at
- Something that is your favourite colour
- Something you like in nature
- Something that is useful for you
- Each member of the family uses the list, and has to find as many things as they can.
- You can hunt for things inside or outside, or both. You can hunt for real things, or you can also do this using magazines or pictures from the internet.
- After a set amount of time hunting, come back together, have a look at what each person collected and let them explain why they are grateful for each item.
- Family Habit Builder: Every night at dinner, have each person talk about their favourite thing about that day.

Mrs Francis, Wellbeing and Learner Improvement
Coordinator 😊



Helen Schramm – Pastoral Care Update

I hope your couple of weeks of this term have been smooth and happy. I have enjoyed getting to know all of the new students and look forward to meeting their families on Acquaintance Night.

I have been thinking about school lunches lately and I thought I would share a recipe that is easy and yummy to make! This **toastie recipe** is a favourite of mine and is yummy either hot or cold. Take care and see you soon! Helen

YUMMY TOASTIES

Place in a bowl: 1 tin of corn kernels, 1 tomato chopped, and 2-3 stalks of celery, 3-4 slices of ham chopped, 1 small onion chopped finely, 2-3 eggs, 2 cups of grated cheese.

Mix together! Place bread on oven tray and butter each piece. Add mixture and spread till covered! Cook in mod oven for 20 minutes until brown. Yummy!



Our School Values Tree!

This year we will be working on bringing our school values to life through a school value tree. When students are seen using our core values in the classroom and yard....

Accountability
Innovation
Respect
Resilience

They will put a leaf on our tree which will include the child's name and reason for receiving the acknowledgement. This is to keep our school values front and centre – and let's hope our tree will grow and grow. This will replace the ticket draw at assembly as previously done!

The tree is on display in the foyer of the Library! Parents who are wanting to help – we are needing lots of leaves cut up! Please come and see Sally!

Term 1 2023 Calendar PCLC

	Monday	Tuesday	Wednesday	Thursday	Friday
1	30 th January Day 1 2023! Welcome back!	31 st January	1 st February Staff Meeting	2 nd February	3 rd February Program overviews sent home – all classes
2	6 th February Crazy Hair Day	7 th February	8 th February Staff Meeting	9 th February	10 th February
3	13 th February	14 th February	15 th February Staff Meeting	16 th February Governing Council 7pm	17 th February Assembly Mrs Fitzgerald's 2/3 class
4	20 th February	21 st February	22 nd February Staff Meeting	23 rd February	24 th February Wet and Wild Day - PM
5	27 th February	28 th February Coordinated Naplan Practise Test	1 st March Acquaintance Night Family Tea & AGM	2 nd March	3 rd March Wadjiny Performance \$5 per child
6	6 th March	7 th March	8 th March Staff Meeting	9 th March	10 th March TBC Combined small schools sports day – Venue: PCLC
7	13 th March Adelaide Cup	14 th March	15 th March NAPLAN Staff Meeting	16 th March NAPLAN	17 th March NAPLAN Assembly Higgins/Frears R/1 class
8	20 th March NAPLAN	21 st March NAPLAN	22 nd March NAPLAN Staff Meeting	23 rd March NAPLAN Governing Council 7pm	24 th March NAPLAN

9	27 th March NAPLAN	28 th March	29 th March Staff Meeting	30 th March	31 st March Assembly Mrs Letton's 5/6 class
10	3 rd April PARENT INTERVIEWS - all students	4 th April	5 th April	6 th April	7 th April Good Friday
11	10 th April Easter Monday	11 th April	12 th April Staff Meeting	13 th April	14 th April End of Term Assembly

Arts Performance: Friday 3rd March (Week 5)

We have an indigenous arts performance coming to Poonindie on Friday in week 5.

'Wadjiny' is the name of the touring performance. It will take place in Mrs Francis class at 2pm.

The cost is \$5 per student. Please bring money to your class teacher in weeks 4 and 5 no later than Weds 1st March.

http://www.schoolperformancetours.com.au/2020/shows/pre_school/wadjiny.php