



Penola Primary News



Friday 19 November 2021: Issue 18

LEADERSHIP

Principal : Anna Copping

With borders opening up on Tuesday, some of our students, parents/caregivers, staff and wider community maybe be feeling nervous/anxious about what this means for themselves and our community. As we head into the unknown (again) it is important everyone practice self-care. Maintaining strength and resilience in times of challenge is key. Ruth Robertson from New Zealand has created the acronym STRONG to provide a guide for resilience in these times.

Strengthen Relationships: in busy times we can hold off connecting with the important and nurturing people in our lives but being with the people who understand and care for us is critical to wellbeing. In the coming weeks make time to be with those who provide good social support.

Take Control of what you can to avoid being overwhelmed, for what you give your focus to matters. Know where you can have impact. Connect with your network. Your modelling of calm will be important as we head into the coming weeks.

Recovery: build in time for activities that enable you to reset, revive and recoup energy. Take a moment (90 seconds) for some deep breathing; take a microbreak at work to walk around the block or chat to someone fun, and, at night get some good sleep (7-8 hours).

Optimise your mindset: choose helpful ways to examine events and your thinking about them so that you can make good decisions going forward. Disrupt negative thinking with a favourite strategy (i.e. watch a fave comedian on YouTube, listen to music you love) and prime conversations with positive words so they are more likely to be successful. Phone a friend to get their advice and adjust your thinking.

Staying STRONG

Core resilience behaviours that enable us to stay strong during challenging times

- STRENGTHEN YOUR RELATIONSHIPS**
Strong and supportive relationships are the number one predictor of wellbeing. Investing in, reaching out towards and cultivating healthy relationships is a core resilient behaviour.
- TAKE CONTROL**
Concentrating your attention and resources on the things that matter most and that you can actually influence and change increases your sense of control and agency.
- RESET AND RECHARGE**
Restoration practices boost mood, concentration, and cognitive ability - much needed during times of pressure.
- OPTIMISE YOUR MINDSET**
How we interpret events determines the choices we make in responding to these. Adopting an optimistic mindset is a skill that can be learned which enables us to choose helpful ways to examine and interpret life's challenges and setbacks.
- NURTURE YOURSELF**
Making healthy food choices, sleeping well and moving our bodies regularly throughout the day contributes to building vital energy and long-term physical wellbeing for building our resilience. Nurturing yourself is also about practicing self-compassion- being your own best friend in difficult times.
- GROW AND DEVELOP**
Challenging and stretching ourselves in new and unknown situations can enable us to adapt and grow - which contributes to our growth and wellbeing. We also know that our optimum areas of growth actually lie in our areas of strength-not weakness.

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Nurture Yourself: practice self-forgiveness and self-compassion. Enact perspective and remind yourself of what you have done well. Take time out to do things you enjoy. You can't pour from an empty cup.

Grow and develop: Adversity helps us grow and builds our resilience. Being challenged and stretched is good for us (*recite that five times!*) as is seeking help when we need it and limiting our exposure to toxic people and situations. In fact, knowing the negative impact those people and things have on your wellbeing is part of your growth and development.

As we approach the end of the year, excitement and anticipation is starting to build. To ensure a successful end to the year it is important that we maintain structures and boundaries both at school and home. The next few weeks will be tiring so sound sleep and healthy eating will help students to navigate this busy time.

Anna Copping

SCHOOL INFORMATION: 2022 Class placement

We will soon begin the process of placing students into classes for 2022.

In placing students we take into account learning, social, friendship and physical needs. This information is used to match students to teachers and groups. As it is very difficult to make changes after the classes have been established, please contact myself or your child's teacher by Wednesday 24th November if you would like us to consider any other relevant information. Requests for particular teachers cannot generally be considered. If your child will not be attending Penola Primary School in 2022 please advise your child's teacher or the front office ASAP. Alternatively if you know of any families who intend to enrol at the school in 2022 please advise the front office.

SCHOOL INFORMATION: School Concert

With concert fast approaching, that includes two year levels graduating, and with COVID restrictions still in place (social distancing) we are in the fortunate position to be able to offer families of graduating students (Years 6 and 7) **4 tickets per family** and all other families **3 tickets per family**, this is inclusive of students who do not attend our school, e.g. high school students. PPS students are not included in the allocation of tickets. Families will be issued tickets prior to the concert which you will have to hand in on arrival, at the door, before entering. Families of graduating students will have reserved seats. Social distancing, signing in, face masks (optional) and hand sanitizing are a requirement when entering the concert.

We understand limiting numbers is disappointing but we need to adhere to COVID protocols as outlined by SA Health and The Department for Education. The concert will be filmed and USBs of the concert available by the end of that week.

Tickets will be issued during week 7. If you DO NOT require all of your tickets please return them to the office as we will offer them to families requiring additional tickets. If you require additional tickets please call the front office. Priority will be given to families of graduating students and then it will "first in best dressed" with requests.

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SCHOOL INFORMATION: 2022 Pupil Free days

31st January – Data Literacy

18th February - Progressive Achievement Test (PAT) – working with the PAT team to analyse our students' results

11th March - Berry St – Trauma Informed Practice

10th June - Berry St – Trauma Informed Practice

SPORTS NEWS: Sapsasa

Tony O'Connell

SAPSASA CRICKET

Congratulations to Finn Skeer, Bryce Catlin, and Luc Baverstock who were representatives of the Mid South East Sapsasa team in the recent State Cricket Carnival in Adelaide. Despite playing some really good cricket on the first three days, the MSE team was without a win and faced relegation going into the final day. However, the boys put together a great performance defeating Port Adelaide by 132 runs. The boys are to be commended on the terrific sportsmanship and positive attitude that they displayed at all times.

SAPSASA TENNIS

Bradley Meek, Ryan Meek, Tegan Lythgo, Luc Baverstock and Louise Stanley were all members of the victorious Mid South East Sapsasa Tennis team that won Division 5 of the State Carnival in Adelaide last week. The team is to be congratulated on navigating its way through the week undefeated and coming home with the gold medals along with promotion to Division 4 in 2022. Coach, Karmel Finch, was thrilled not only with the skill improvement the kids made throughout the week, but with the manner in which they played, showing great sportsmanship and respect to their opponents.

SAPSASA VOLLEYBALL

This year Sapsasa held its first ever Volleyball event with a tournament at Tenison College last week, that comprised 31 teams and some 200 competitors from around the south east. Schools completed a volleyball unit of work in PE classes as a lead up to the event-learning intentions and success criteria were made explicit to all students. Penola Primary entered 3



Bryce, Luc and Finn



Luc, Ryan, Tegan, Bradley and Louise



BR: Kiara, Madison and Max
FR: Bodie, Matilda and Madison

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teams (21 students) who were selected based on their performance and attitude during PE lessons with Mr McDougall and Mr Pearce. The work in PE plus some volunteer sessions at lunch times really paid off as Penola Primary won both the boys and girls divisions (undefeated) while the third team lost just won game (against one of the other Penola teams!). Once again, we were really proud of our students as they conducted themselves in a manner that drew many positive comments from teachers from other schools.



BR: Hamish, Emmity, Ben and Haylee
FR: Bryce, Nash and Ella



BR: Coby, Finn, Charlize and Harrison
FR: Maggie, Chiara and Nellie

COMMUNITY: Movember

Friday 26th November 2021

Our very own Mobros Sam, Josh, James and Matt are growing a moustache again this year to raise awareness and funds to support men's health. This year the boys have encouraged our students to speak with a dad, an uncle, a grandpa, an older brother or family friend about how they look after their health and wellbeing. Through these conversations we hope the students will be able to identify one thing their trusted adult will do to take better care of themselves and also one thing the student can do to be healthier. Next Friday 26th November the students will have an opportunity to write these ideas in chalk on the basketball court and take part in a whole of school photo. To show support for Movember the students are encouraged to wear a moustache to school. We hope everyone has an opportunity to have these discussions and encourage our men (from the very young to the very old) to take positive steps in caring for themselves and for one another. Below is a link if you would like to contribute to our Movember page.

https://au.movember.com/team/2364257?utm_medium=app&utm_source=android&utm_campaign=share-mospace



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THE ARTS: Choir

We would like to acknowledge and congratulate Lily Hackwill, Penny Vaughan, Riley Flentjar and Sally Grey-Smith on being selected for being compere writers for the Adelaide Festival of Music next year. They had to submit a piece of writing they were proud of as well as writing 100 words on the topic of Space. They have been selected from entries across the state. We are very proud to have four students represent our school. Congratulations girls, we look forward to hearing about your writing journey next year.

We would also like to acknowledge Lucy Lambert for her commitment to choir and performing over two nights at the Sir Robert Helpmann Theatre during the South East Primary Schools Music Festival. We are fortunate to have such strong student representation in choir.



Sally, Penny, Lily and Riley



Lucy

COMMUNITY : Working Bee

Sunday , 28th November 2021

We are having a working bee on Sunday 28th November at 9am. It has been a few years since we have had one so it would be great to get as many families there as we can.

We would like to get the following jobs done during the working bee:

- Oil tables (water based)
- Cut up various branches & take to Penola Resource Recovery Centre
- Clean out gutters
- Spread mulch
- Raking dirt to level (front entrance)

If you can bring along any of the following that would be greatly appreciated:

- Wheel barrow
- Trailer
- Chain saw
- Painting equipment (rollers, paint brushes etc.)
- Snips
- Bucket
- Rake
- Shovel

If you have any questions please do not hesitate to contact the school.

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CANTEEN NEWS:

Canteen Manager: Bridgette Cutchie

Smoothie Day - Lunchtime, Thursday 25th November 2021 (Week 7)

Smoothies—\$4

Berry Bang - Mixed Berries (raspberries, blueberries, strawberry yogurt, apple juice and ice)

To be pre-ordered through QKR or return slip by Tuesday 23rd November 2021-3pm

The canteen and SRC together are holding a JP Games Meal Deal on the Thursday 9th December 2021 for Foundation to Year 3's.

Meal Deal—BBQ sausage in bread, fruit box and Icpole for \$6

Canteen Duty

Friday 26th November –Jenny Eastwood

Friday 3rd December—Benedetta Rusconi

Munchies

Wednesday 24th November

Amy Vaughan

Naomi Baugh

Nerrissa Dohnt

Pat Sharam

Wednesday 1st December

Emma Lydeamore

Alana Croft

Charmaine Moulton

Angela Lythgo

Smoothie Day
Thursday 25th November 2021



MARK YOUR CALENDAR

Important dates for term 4 2021

Monday 15 - Thursday 25 November (Weeks 6 & 7) - Swimming

Friday 26 November (Week 7) - Splash Carnival

Tuesday 30 November –Thursday 2 December (Week 8) - Year 5 Camp

Monday 29 November -Thursday 2 December (Week 8) - Year 6 & 7 Camp

Tuesday 7 December—School Concert

Wednesday 8 December—Year 6 & 7 Excursion

Thursday 9 December - JP Games and Senior Disco

Friday 10 December—Year 6 & 7 Graduation Lunch and Last day of school for 2021

Contact Us:

Principal: Anna Copping anna.copping393@schools.sa.edu.au

Numeracy Improvement Coordinator: Tony O'Connell

Intervention and Student Wellbeing Coordinator: Karmel Finch

Governing Council Chairperson: Mark DeGaris

11 Riddoch Street

Penola SA 5277

Phone: 08 87372300

Fax: 08 87372877

Email: dl.0763.info@schools.sa.edu.au

Website: <http://www.penolaps.sa.edu.au>

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Penola Primary School

Term 4 2021 Calendar



	11/10	12/10	13/10	14/10	15/10
1					Assembly
2	18/10	19/10	20/10 Choir Rehearsal	21/10 Choir Performance	22/10
3	25/10	26/10 Governing Council Meeting	27/10	28/10 Assembly	29/10 SPORTS DAY
4	1/11 Sapsasa Cricket	2/11	3/11	4/11	5/11
	—————→				
			Year 3/4 Camp	—————→	
5	8/11 Sapsasa Tennis	9/11	10/11	11/11 Remembrance Day	12/11 School Photos Assembly
6	15/11 Swimming	16/11	17/11	18/11	20/11
	—————→				
7	22/11 Swimming	23/11	24/11	25/11	26/11 SPLASH CARNIVAL Assembly
		Governing Council Meeting			
8	29/11 Year 6 & 7 Camp	30/11	1/12	2/12	3/12 Parent Club AGM and Mural Opening
		Year 5 Camp	—————→		
9	6/12	7/12 School Concert	8/12 Yr 6/7 Excursion	9/12 JP Games and Senior Disco	10/12 Graduation Lunch Last day of school

SCHOOL EVENTS:



*Penola Primary School Parent Volunteer Group
would like to invite you
to the
Mural Opening and plaque unveiling
on*

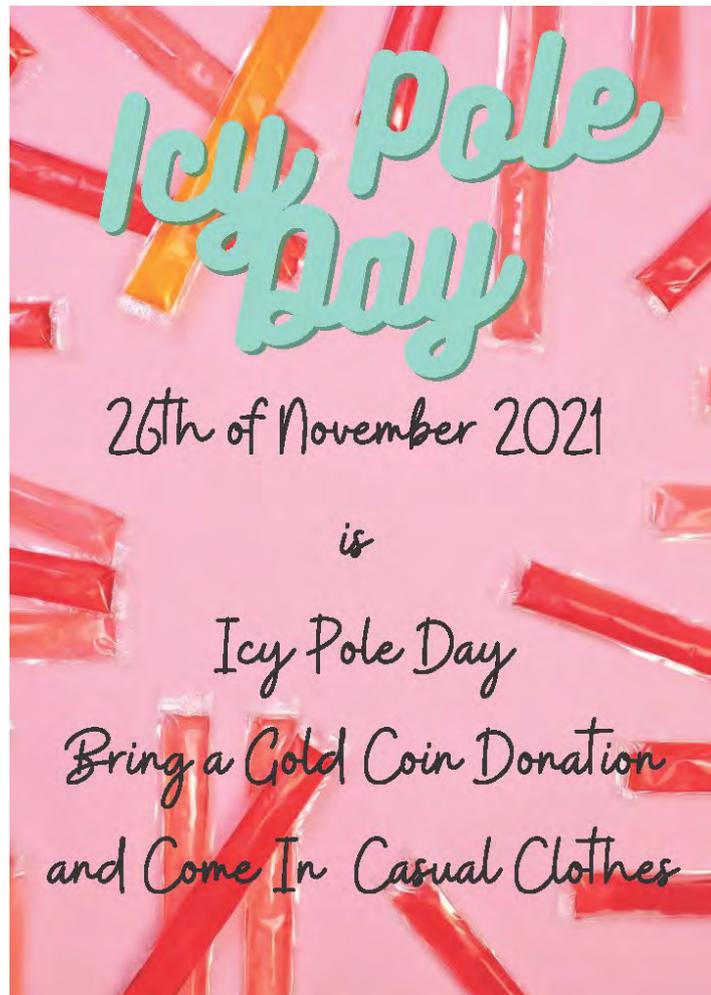
Friday, 3rd December 2021
at 6.00pm

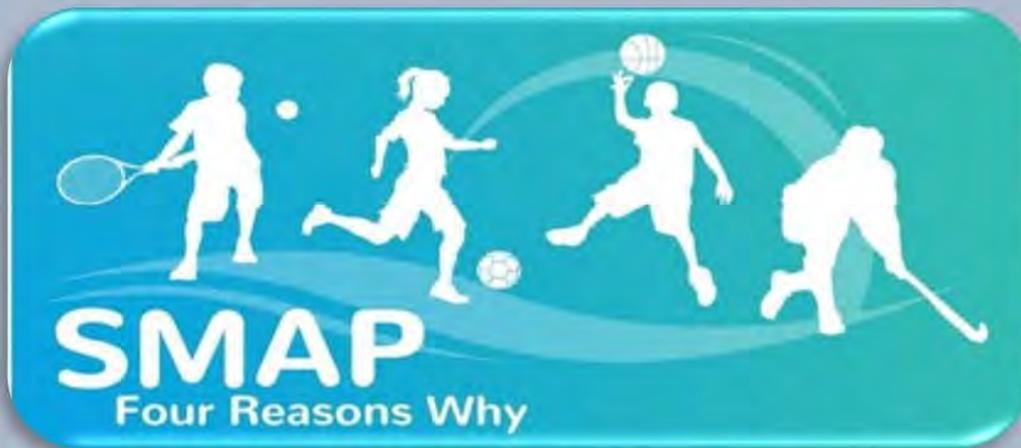
Drinks and Nibbles will be supplied.

The group will have an AGM before the opening at 5.30pm.
New members are encouraged to attend.



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LET YOUTH BE ACTIVE!!

Can't afford to play sport?

FRW believes you can't afford not to!

SPORTS MEMBERSHIP ASSISTANCE PROGRAM

Funding available for youth aged 9 – 20 years
to participate in, but not exclusive to;

- club sports
- gym memberships
- dance lessons
- horse riding lessons
- school camps
- swimming lessons
- physical activities



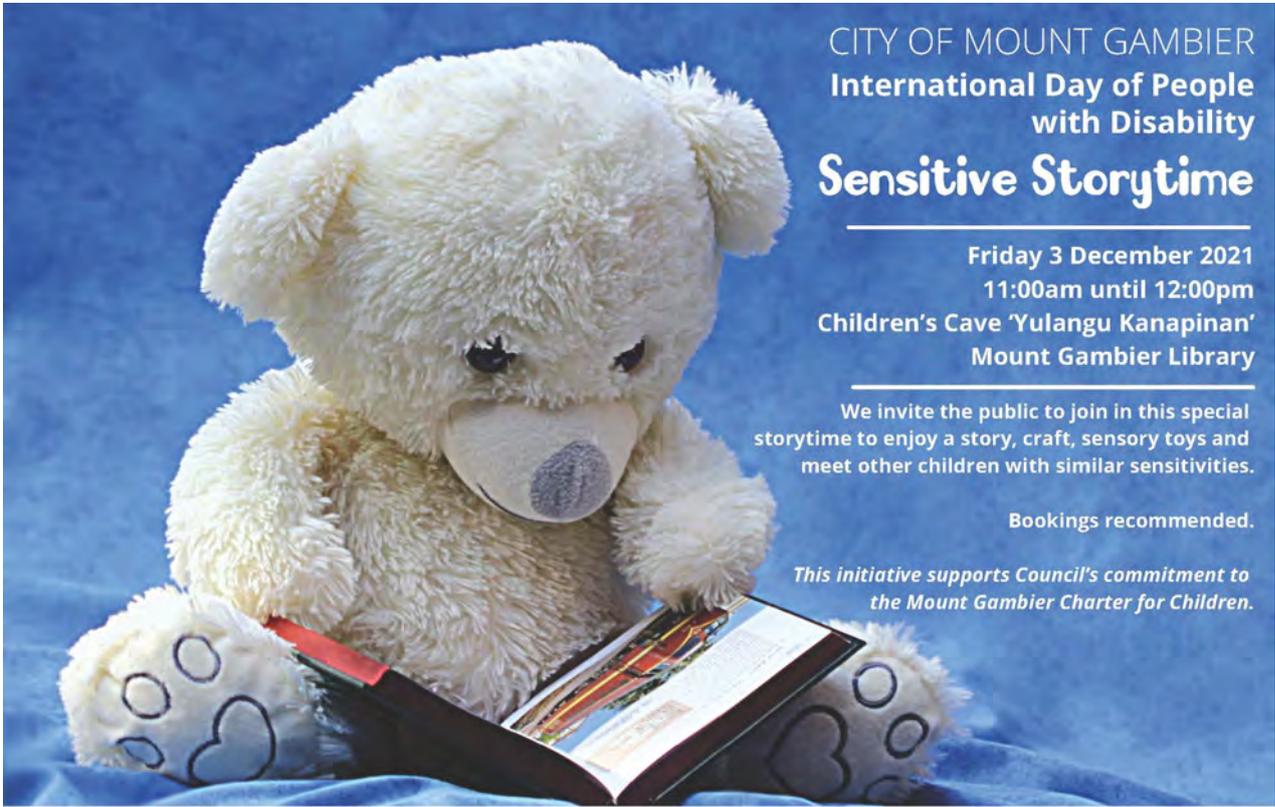
EASY APPLICATION PROCESS

Eligibility criteria applies, available to
Limestone Coast residents - email us for an application
trudi@fourreasonswhy.org.au



Applicants must be from a low socio-economic background and unable to afford the fees involved to participate in their chosen activity. All applicants must have an agency, club or school referee to confirm their circumstances and need.

Funds of up to \$350 per youth, per year are available for each individual applicant. Fees paid direct to the biller.



CITY OF MOUNT GAMBIER
International Day of People
with Disability
Sensitive Storytime

Friday 3 December 2021
11:00am until 12:00pm
Children's Cave 'Yulangu Kanapinan'
Mount Gambier Library

We invite the public to join in this special storytime to enjoy a story, craft, sensory toys and meet other children with similar sensitivities.

Bookings recommended.

This initiative supports Council's commitment to the Mount Gambier Charter for Children.



Scan to book:



Mount Gambier Library
6 Watson Terrace, Mount Gambier
Phone (08) 8721 2540
www.mountgambier.sa.gov.au/library

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SAT. NOVEMBER 27 2021
AT **NARACOORTE SHEEP PAVILLION 7.30PM**
DOOR/BAR OPENS 7PM

BOOK ONLINE AT COUNTRYARTS.ORG.AU
OR CALL 7009 4400 • TICKETS ON SALE OCTOBER 1

TICKETS ADULT \$27 GROUPS 6-124 UNDER 17 \$10
TRANSACTION FEES APPLY

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