



Penola Primary News



Friday 31 March 2023: Issue 3

LEADERSHIP

Principal : Sam Currie

Hi Families,

It is hard to believe the term is nearly over! IT has been a very busy term with many wonderful things happening within the school. Along with this, we have had many extra-curricular opportunities occurring that allows our students to grow in all areas with Choir, SAPSASA sporting opportunities and involvement in the Song Room, just to name a few.

Staffing – Canteen Manager Position

We are excited to announce that Maryke Van der Merwe will be our new canteen manager, beginning in Term 2. We look forward to having Maryke having the canteen running back on Thursdays and Fridays, as well as having her within our school throughout the week as an SSO.

As we welcome Maryke, we farewell Bridgette who has done an amazing job over the years (as Canteen Manager and an SSO), especially this Term where she has kept the canteen running on the days that she was available, often working 7 days a week, which we are incredibly grateful for. Bridgette will finish her role at the end of Week 10 and we wish her well in her new endeavours!

Due to the handover and availability, there will be **NO CANTEEN in Week 11** this term. To minimise the disruptions to our families, in Week 11, our Upper Primary classes will hold 'lunch days' on Thursday and Friday to fundraise for their camps. There will be more information on these lunch days via Seesaw in the coming days.

Staffing – Pastoral Care Worker

Over the recent months, we have worked closely with our Pastoral Care provider on securing a new Pastoral Care Worker for 2023. In Week 8, Kiara Price started and will use the next few weeks to get to know our students and become familiar with our staff. Please take the time to read Kiara's article where she introduces herself and her role within this newsletter.

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LEADERSHIP Cont...

Principal : Sam Currie

External School Review – Change of Date / Invitation

In our last newsletter, I communicated that our External School Review would take place in Week 2, next Term. Our date is now confirmed for Week 4, and will take place on the Monday and Tuesday.

During the external school review, some students, parents, Governing Council Members and staff will be asked to provide information to the review team in a number of ways.

These include:

- group discussions (with students or staff or parents)
- meetings (Governing Council, staff meeting)
- visits into classrooms

We appreciate everyone's support and time in helping us with this external school review process.

If you would like to be involved as a parent in meeting with the review team to provide your thoughts and feedback, this meeting will be taking place at 9:00am on Tuesday the 23rd of May, and take approximately 45 minutes. Every parent is welcome to participate in this meeting. Please contact the front office to register your interest in this before the end of Term 1.

Along with parent participation, a large number of students from years 2-6 will meet as a group with the review team. If you do not want your student to be a part of this, please contact the school also by the end of term 1 to let us know.

Easter Thursday – Early Dismissal

As was communicated earlier this week, in line with the early dismissal policy and in consultation with Penola High School and surrounding Primary Schools, the Governing Council has approved an early dismissal at Penola Primary on Easter Thursday, the 6th of April.

The school day will end at 2:15pm, with students to be collected at this time. Buses will also run an hour earlier in line with the early dismissal.

For students that normally attend OSHC, this service will also commence an hour early.

I hope everyone enjoys the Easter break when it comes!

Thanks,

Sam Currie

THE RESILIENCE PROJECT™

PROJECT +

Parents & Carers



Emotional Literacy

Emotional Literacy is being able to **recognise and name our emotions**. If we can label our emotions, then we can start to understand the why and begin to problem solve to work through what it is that we're going through.

It is important to know that it is okay to feel all the emotions! **The key is to understand these and be able to use strategies to manage our emotions effectively.** Below is an example of a mood scale; this is a handy visual to use with children but can also be a handy tool to use for adults! Throughout the day we will move up and down the mood scale as we feel different emotions.



REFLECTING ON EMOTIONS

- Have a think about times when you have felt like you were at the top end of the mood scale, in the orange or red.
- What were the triggers that made you feel like this?
- Think about the emotions you were feeling, it could have been anger, extreme sadness, furiousness, high anxiety, etc.

MOOD CHANGERS

- Now think about how you were able to bring yourself back down on the mood scale.
- Do you already have strategies in place, or could you build up your 'mood changer' toolbox?
- Some examples of mood changes could be:

DEEP BREATHS

PLAYING WITH YOUR PET

PLAYING MUSIC

A HUG FROM YOUR CHILD/REN

MINDFULNESS

A WALK

[Click here or scan the QR code to download a catastrophe scale template that you could print and use as a family.](#)



Click on the image or scan the QR code to listen to **Dr. Emily**, a psychologist who talks about **Emotional Awareness** on the podcast, 'the imperfects'.



Click on the image or scan the QR code to listen to **Lael Stone** on the podcast, 'the imperfects'. Lael is an educator and a parenting expert.

If you enjoyed that episode, [click here](#) to listen to her most recent episode too.



Proudly supported by

coles

The Resilience Project is proud to partner with Coles to support students, teachers and parents to become happier, healthier and more resilient. We are grateful for the commitment and shared vision of Coles to support the mental health of all Australians.

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

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SCHOOL INFORMATION: Kiara's Column

Kiara's Column!

Hi Penola Primary students and families. My name is Kiara and I am your new Pastoral Care Worker (PCW). I started my role in Week 8 in place of Meg and I work every Monday from 8am-4pm. I am also the PCW at Penola High School and Nangwarry Primary School, working closely with their staff, including Penola High Schools Mental Health Practitioner. Last week, I met all the teachers, many students and visited all the classes and familiarised myself with the school as a whole.



For those of you who are unsure of what a PCW does, my primary role is to care for and support the wellbeing and needs of the students, staff and families at Penola Primary. I do this by running group programs, networking and connecting the school with the local community, have 1:1 wellbeing catch-ups with students and parents, perform acts of kindness and can provide family assistance with anything from parenting/student resources to food and referral to various services and programs available in the Limestone Coast. If I am unable to help, it is also my job to find someone who CAN so please just ask anyway 😊 I will be working closely with our Wellbeing Leader, Stacey Marlow as well. Also, while I myself have a church background and hold Christian values and beliefs, my job as a pastoral care worker is NOT to provide Christian education or counselling and I adhere to strict rules around this. I can answer questions if I am asked which very rarely happens, unless you have opted out of allowing pastoral care support for your child. Opting out will also prohibit me from working with them to provide 1:1 wellbeing support.

If you would like to connect with me more you can do this by:

Approaching me at school on Mondays

Ring the front office to book a meeting/share a concern with me or ask questions

Emailing me at kiara.price313@schools.sa.edu.au

Please note, anything you share with me is confidential, unless I have your permission to share or if someone is at risk or in danger.



I look forward to meeting as many of you as possible and building friendships and partnerships with students, staff, parents/families and the local community of Penola Primary.

Your friendly neighbourhood PCW,

Kiara

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Year 4/5 A and B HASS

The Year 4/5s have been learning to connect with Pinchunga country.

We are fortunate to have many fresh resources growing in Matt's garden for us to use and explore. From here we picked basil and zucchini and made pesto and pickles respectively. Our classes preserved these condiments and sold them at the recent Family Engagement Evening, raising about \$200 to go towards our camp later this year.



BASIL PESTO
Made by 4/5A

Ingredients:
Matt's Basil, Pine Nuts, Parmesan Cheese, Garlic, Olive Oil, Salt.

Directions:
Stir through your favourite pasta.

Best Before:
28.02.23



Year 6 Harmony Week Fitness Games

To celebrate Harmony Week, Mr Mac's Year 6 class ran fitness games for the younger classes in our school. Each game was inspired by traditional Aboriginal games that were played before European colonisation. Read on to find out about some of the games we selected...

Wanambi
This game was played by the Pitjantjatjara people of central Australia. Wanambi was their name for a large snake. A group of people would link arms to make the snake then try to catch others who were playing.

Wana
Wana came from south-west Western Australia and was played by young Noongar girls. The game was originally played with sticks and ball-like objects. One player would hold a stick and stop the others from knocking their base with the ball.



Wogabaliri
This game originated in New South Wales and was played by women. They would make a ball-like object out of possum fur and had to hit in the air and stop it from hitting the ground.



Weme
This game came from central Australia and was played by the Walbiri people. In the past, they would have played the game using stones. Players would throw smaller stones into a marked out circle and attempt to knock out a larger stone.



Arrkene Irreme
This game was played by boys of the Aranda and Luridja lands. It was originally played by using a large stick to hit another smaller stick away. To adapt this game, we used tennis racquets and small balls.



Koabangan
Koabangan was often played using a goanna claw. It was observed being played by Kokominni boys in Northern Queensland. The game is played by one player hiding an object in an area. The other players must then compete to be the first to find the object.

Borna Jokee
This game taught younger male members of the tribe how to mimic real battles. They would use toys spears and throw them at a player who attempted to dodge the projectiles. To ensure safety, we used soft dodgeballs instead of spears.

SCHOOL NEWS: AFL Gather Round Regional Roadshow

Last week Penola Primary School students and staff had the opportunity to see the SANFL, SANFLW, 2023 AFL and 2023 AFLW premierships cups up close.

The premierships cups are currently travelling around regional South Australia as part of the 'Gather Round' Regional Roadshow. The roadshow is to connect with locals and to create excitement for the upcoming AFL Gather Round.



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CANTEEN NEWS:

Canteen Manager: Bridgette Cutchie

A big farewell to Bridgette who has done an amazing job as our Canteen Manager and classroom SSO. Thank you Bridgette, for all the great canteen lunches and munchies that you have provided for our students and teachers over the years. We are very grateful to Bridgette who has kept the canteen running on the days that she was available, often working 7 days a week. Bridgette will be finishing at the end of Week 10 and we wish her all the best in her new endeavours!

We would like to welcome Maryke Van der Merwe as our new canteen manager, beginning in Term 2. We look forward to having Maryke in canteen and as of the start of Term 2 the canteen will be back on Thursdays and Fridays.

There will be **NO CANTEEN in Week 11** this term. Instead, our Upper Primary classes will hold 'lunch days' on Thursday and Friday (Week 11) to fundraise for their camps. There will be more information on these lunch days via Seesaw in the coming days.

Happy Easter and enjoy your holidays!

Munchies

Tuesday, 4th April

Alana Croft

Pete Baverstock

Kim Wilson



MARK YOUR CALENDAR

Important dates for Term 1 2023

1st April - Term 1 begins

6th April - Early dismissal at 2.15pm

7th April - Good Friday

10th April - Easter Monday

12th April-Millicent Athletics

14th April- Assembly SRC Early dismissal at 2.15pm

4th and 5th May - Pupil Free Days

11th May - Alpha Performance

12th May - Cross Country

19th May - Pupil Free Day

Contact Us:

Principal: Sam Currie sam.currie685@schools.sa.edu.au

Numeracy Improvement Coordinator: Tony O'Connell

Wellbeing and Intervention Coordinator: Stacey Marlow

Governing Council Chairperson: Matthew McGregor

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 1 2023 Calendar

9	27/3 Sapsasa Golf at Penola Golf Course Footsteps begins	28/3	29/3	30/3	31/3 Newsletter Assembly– Yr 2/3B
10	3/4 Sapsasa Softball State Carnival	4/4	5/4	6/4 Early dismissal –2.15pm	7/4 Good Friday
11	10/4 Easter Monday	11/4	12/4 Sapsasa Athletics in Millicent	13/4	14/4 Assembly-SRC Early dismissal –2.15pm

Penola Primary School



Term 2 2023 Calendar

1	1/5	2/5	3/5	4/5 Pupil Free Day	5/5 Pupil Free Day
2	8/5	9/5	10/5	11/5 Alpha Show Performance	12/5 Naracoorte Cross Country
3	15/5	16/5	17/5	18/5	19/5 Pupil Free Day
4	22/5	23/5	24/5	25/5	26/5
5	29/5	30/5	31/5	1/6	2/6
6	5/6	6/6	7/6	8/6	9/6

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South East Regional Concert Band 2023

Instrumental Music is forming a Regional Concert Band for students enrolled at a Department for Education school. The purpose of the band is to provide students with ensemble playing opportunities and to experience success through weekly rehearsals and performances. We would like to extend an invitation to parents, carers and students to attend an information night on **Thursday April 6 at Mount Gambier North Primary School, 6:00pm**. Access to the meeting via Microsoft teams will also be provided for families who live outside of Mount Gambier.

Members are required to:

- attend a weekly rehearsal at Grant High School on Wednesdays, 4:30pm to 5:30pm
- participate in rehearsals and performances
- learn the music for rehearsals and performances and seek assistance from individual instrumental teachers where necessary
- make a positive contribution to the ensemble

Eligibility:

Students in years 5 to 12 and enrolled at an SA government school and learning from department instrumental teachers or private tutors are eligible and encouraged to apply.

Costs:

To keep costs to a minimum, there will be no administration fee. Some costs may be required to support performance opportunities for students.

Register to attend:

Please email **Cameron Horsburgh** cameron.horsburgh633@schools.sa.edu.au indicating whether you will attend in person or require an invitation to access the meeting via Microsoft Teams.



Government of South Australia
Department for Education

South East Regional Concert Band

Criteria:

Brass/Woodwind

- Ability to play a range of an octave. (Clarinets not required to go above the break, although desirable)
- Ability to read and interpret simple melodic and rhythmic lines.

Drum Kit/percussion

- Drum Kit-ability to read and play a basic rock beat and add fills where necessary.
- Auxiliary percussion-basic hand percussion knowledge and ability to move between multiple instruments.

Electric Bass Guitar

- Ability to read and interpret simple melodic and rhythmic lines.

For further information:

Cameron Horsburgh

SE Regional Concert Band Director

cameron.horsburgh633@schools.sa.edu.au

Geoff Stephens

SE Regional Concert Band Assistant Director

geoff.stephens143@schools.sa.edu.au

Amelia Monaghan

Leader, School Program Development

amelia.monaghan849@schools.sa.edu.au



Government of South Australia
Department for Education

Community News and Events



Government of South Australia
Department for Education



We have had fun with messy play over the last two weeks. We made a group painting for Harmony day and also Home-made Kinetic sand.

We have also started a family wall with pictures of all who come to Playgroup.

If you have a child under 5, you are welcome to come along to Playgroup.

When: Monday afternoons 1-3pm

Where: Japanese room (enter via back door)

What to Bring: Hat, drink bottle, snack if desired

Come along to talk, play, sing and join in the fun!

See you there.



McDonald's 5 - 7 yrs MAGIC HOOPS BASKETBALL PROGRAM

Do you want to be involved in Millicent Basketball?



Millicent Basketball provides children with the opportunity to stay active, make new friends, learn new skills and have fun.

The new Term 2 Hoops Season commences on Monday 8th May or Tuesday 9th May and plays through until almost the end of the term. **Monday sessions run from 4:15pm till 5:pm** and **Tuesday sessions run from 4:15 till 5pm** at the Peter Seebohm Stadium. Sessions involve an introduction to basketball, as well as skill development while having fun. McDonalds Hoops is aimed at children between the ages of 5 - 7 who are interested in basketball.

Monday sessions will only be formed if there is enough interest.

Payment

Children who did not participate in 2022, the fee for the term is \$65, which includes a Hoops t-shirt and weekly training sessions. Children who did participate, the fee for the new term is \$55 (excludes t-shirt). Payment must be paid before the first session. To be a-part of this season, fill out the form below. Then, take the attached form and payment to **Denton Sportspower by Thursday 4th May** or if its more convenient because you live out of town you can fill out and email the registration form to mdiba458@outlook.com and pay on the first night or use sports voucher.

Please ensure all details are filled out correctly. On the bottom of the registration form

If you have any questions or concerns, please don't hesitate to contact Peter Seebohm on 0438 388 073

McDonalds Magic Hoops Registration Form 2023 (Term 2)



If you wish to use your sports voucher, please attach the voucher to this form and pay nothing. This will be your payment for both terms.

PLEASE CIRCLE WHICH SESSION YOUR CHILD WILL BE ATTENDING: **MONDAY** / **TUESDAY**

Full Name.....

Age..... Date of Birth..... Sex: Male / Female

Address.....

Suburb..... Postcode.....

Contact Number..... Email.....

Please indicate payment method used:

Paid cash at Denton's Sportspower or **use sports voucher**

Please circle: Child **who have** participated in previous season \$55

New children **who have not** participated in the previous season \$65



FOOTBALL SOUTH AUSTRALIA

SCHOOL HOLIDAY FOOTBALL CAMPS

Football SA is hosting high quality football experiences across the Limestone Coast during your school holidays.

- ✔ Skills and ball techniques
- ✔ Footwork exercises
- ✔ Strategy and teamwork exercises
- ✔ World Cup competition.

CAMPS

Advanced Multi Day Training Camp
 Date: Wednesday, 19 April to Friday, 21 April
 Time: 9am to 3pm (all three days)
 Venue: Isko Australian Club, Cosedra Park
 Ages: 9 to 12 and 13 to 17

CAMPS

Futsal World Cup Carnival
 Date: Wednesday, 26 April
 Time: 9am to 3pm (dependent on number of teams entered)
 Venue: Wulanda Recreation and Convention Centre
 Ages: 9 to 17

SINGLE DAYS

Penola	Naracoorte	Mt Gambier
Monday, 17 April Tuesday, 18 April 9am to 3pm	Monday, 24 April Friday, 28 April 9am to 3pm	Tuesday, 27 April 9am to 3pm





FOOTBALL SOUTH AUSTRALIA



Fun, friendly and safe

Football in Schools is a fun, welcoming, primary school program for kids keen to have a go at football. Held before or after school, Football in Schools runs once a week for eight weeks, with sessions of 60 minutes. The program is run by a qualified coach who creates a positive environment for kids to develop their skills through fun football activities. To register to attend at your school, visit <https://www.footballsa.com.au/footballinschools>. Apply code 'SVoucher23' to use your government Sports Voucher for this program. For any enquiries, contact christian.fleetwood@footballsa.com.au










FOOTBALL SOUTH AUSTRALIA

FUTSAL WORLD CUP CARNIVAL

TEAMS WANTED

WULANDA REC CENTRE

WED, 26 APRIL
9AM TO 3PM
AGES : 9 TO 17

<https://form.jotform.com/230736978482874>

Register with your team today!
(via the jotform link)



Ladies on the Lawn

IN CONJUNCTION WITH SALT & CO LIVING

PENOLA TOWN SQUARE

SATURDAY 1ST APRIL 2023 2PM - 5PM

WINE, COFFEE & SOFT DRINK AVAILABLE TO PURCHASE - ALONG WITH "PICNIC" PLATTERS & CAKES

ENJOY A FASHION SHOW OF IN SEASON TRENDS FROM SALT & CO TO CELEBRATE THE OPENING OF THEIR NEW STORE. WITH 20% OF ALL SALES FROM THE DAY DONATED TO THE SLS SWINGING WITH THE STARS FUND!

GOLD COIN ON ENTRY

RAFFLES & GOODIES AVAILABLE TO PURCHASE ON THE NIGHT

CONTACT CHICAGO SMITH (0499 547 022) FOR MORE INFO



Stand Like Stone