

Nicolson

AVENUE PRIMARY SCHOOL

Week 3

18/5/2023

Term 2: 2023
1/5/23 – 7/7/23

Dear Parents, Caregivers and Community Members,

Emil and the Detectives Performance

Yesterday our Year 4, 5 and 6 students were treated to a wonderful performance at the Middleback Arts Centre. The performance told the story of a young girl who travels to the city to visit family where something valuable is stolen. However the thief soon discovers Emil was not such an easy target and a group of quick-thinking and resourceful children rally around. This story broke ground for the independent-children-versus-devilous-adults story genre and looked at themes about how we find our friends in the world and how do we work together to defeat tricksters?

We were fortunate that the Slingsby Theatre Company reduced the price of the tickets to make it possible for us to attend as viewing and critiquing performances such as these is part of our Arts curriculum and it is always a bonus to see them live.



Interschool Netball Carnival

Last Friday Mrs Phillips and Peta took two teams of students to the netball courts to compete in the interschool netball carnival. The teams were made up of students who play regular weekend netball and those who had not played netball before. It was great to see all the students working together and picking up skills throughout the day. Both teams played well together and enjoyed a lovely day in the sunshine mingling with students from other schools.

The day was filled with friendly competition in which Sunrise Christian School took out the pennant for overall winners and Samaritan taking home the attitude pennant. We were very proud of how our students represented our school, always playing with integrity and with smiles on their faces.



National Walk Safely to School Day

Primary school aged children across Australia are encouraged to make those important steps towards a healthier future by participating in National Walk Safely to School Day this Friday 19 May 2023. National Walk Safely to School Day is a community initiative that aims to raise awareness of the health, road safety, transport and environmental benefits that regular walking (especially to and from school) can provide for the long term well-being of our children.

Now in its 24th year, the annual event encourages parents and teachers to teach road safety skills and support the importance of regular walking, not just on 19 May, but every day.

Please make the effort to be a part of this initiative and enjoy spending the time walking to school together.



DreamBIG Children's Arts Festival Celebrations

Fomerly known as Come Out, DreamBIG is a youth arts festival held bi-annually in May during UNESCO's International Arts Education Week. DreamBIG is made possible through a globally unique partnership between the education and arts sectors, supported by the South Australian Government. For nearly 50 years the DreamBIG Festival has given artists and educators opportunities to provide, enhance and improve student learning outcomes across all learning areas and is proud to contribute to students' life-long learning by providing high-quality programs that foster sustained engagement with the Arts for students in pre-schools and schools. Our classes will be taking part in a range of activities to celebrate this festival that will include National Simultaneous Storytime on Wednesday morning at 10:30am focussing on the book 'The Speedy Sloth'. We will also culminate the week with a Pyjama Day next Friday. Please refer to our Facebook page for details.

Pam Peters

RESPECT

TEAMWORK

INTEGRITY

RESILIENCE

RESPONSIBILITY

Telephone 08 8645 8685 Office Hours 8.00am to 4.00pm

Principal: Mrs Pam Peters

Deputy Principal: Christel Koch

Senior Leader: Sally Rowe

Student Wellbeing Leader: Lisa Phillips

Business Manager: Phillip Datson

Secretary: Catherine Worby

Admin Assistant: Penne Redjepi

Diary Dates

Hockey Carnival	19/5/23
Swimming Reception – Year 5	22/5 – 9/6/23
Student Free Day	2/6/23
Public Holiday	12/6/23



Government of South Australia
Department for Education

Wellbeing News

Why is sleep important for my child?

All children need sleep for growth, learning and development. Getting enough sleep is vital for your child's physical health, brain function, emotional wellbeing, safety, and ability to function day to day. Having a good night's sleep can help your child be happier, helps them to concentrate and remember things, and improves their behaviour.

Not having enough sleep or not sleeping well can affect how children learn and lead to mood swings, poor growth and behavioural problems.

How much sleep do children need?

The amount of sleep your child needs changes as they grow. Everyone is different, but as a guide, children need the following amounts of sleep every night:

- **ages 3 to 5:** 10 to 13 hours (including naps)
- **ages 6 to 12:** 9 to 11 hours
- **ages 13 to 18:** 8 to 10 hours

Tips to help children sleep well

Getting enough sleep is as important for your child as healthy eating and exercising. Here are some tips to help your child fall asleep, stay asleep and get enough good quality sleep:

- **Establish a sleep schedule:** Make sure your child goes to bed early enough to get the sleep they need. Once you have set an appropriate bed time, stick to it — even on the weekend.
- **Establish a bedtime routine:** Follow the same routine every day: bath or shower, change into pyjamas, brush teeth, read or spend quiet time in their bedroom, lights out and go to sleep.
- **Help your child wind down:** Busy children need some time to relax. Consider playing soft music or reading to them.
- **Make sure the bedroom is suitable for sleep:** Ensure the bedroom is dark and quiet. If your child is anxious or afraid at night, use a night light.
- **Avoid stimulants:** Make sure your child avoids tea, coffee, chocolate and sports drinks, especially in the afternoon.
- **Turn off technology:** Try turning off computers, tablets and television one hour before bedtime to help your child sleep better.

Swimming Program



Next week is the start of our swimming weeks for our classes from Reception to Year 5 at the Whyalla Leisure Centre.

Check your child's swimming note for the date and time of their lessons and that they bring all their swimming items to school ready for their lessons on the right days.

Please ensure that you have signed and returned all notes for swimming and your child's teacher has all the information needed in relation to any health matters that may impact swimming.

The Whyalla Leisure Centre has requirements and restrictions in place regarding medical conditions and illness so please read these carefully before completing and returning the forms. If you have ticked that your child has a medical condition such as asthma or epilepsy you will need to provide a current Medical/Asthma health care plan from the Doctor.

The other restrictions in place are about gastro issues such as vomiting or diarrhea. If your child has had any gastro issues, unfortunately they will be unable to attend their swimming lessons. This is to keep everyone safe and reduce any risk of infections being passed on to any other swimmers. So please keep this in mind before your child attends swimming.

Any further queries please contact your child's teacher or Administration.

High School Transitions



All year 6 families will have received an email to complete a Registration of Interest for Secondary School form.

Please check your emails for this information and complete as soon as possible.

If you have any questions in relation to completing the Registration of Interest form please give our Administration Office a call on 86 458685.

Many thanks to the parents that have already completed this form.

If you are unsure if your child will be attending the Whyalla Secondary College, we suggest that you still complete the form as this can be changed at a later date.

School Card Applications

If you are eligible for school card, please collect a form from the Administration Office or apply on line by visiting: www.sa.gov.au/education/schoolcard

School card must be applied for at the beginning of each school year.

Any queries, please contact Phil Datson on 8645 8685 or call into the Administration Office.



Ages 10-17
Wednesday, 4pm till 5.30pm
Plaza Youth Centre
9-11 Colebrook Street
Whyalla Stuart, 5608

Bus run available upon request

For Information contact PYC staff on 86 453 999 or drop into the Centre

GET IN

GET OUT

If you're feeling unwell or have **ANY** flu like symptoms (ie cough, sore throat, runny nose/fever etc.) or you have tested positive to Covid-19 or have come into contact with someone who has tested positive to Covid-19 within the last 10 days, **You will need to** Phone Staff 8645 3999 to Discuss your situation **Before entering the building**



Want to try Judo?

First 3 lessons are Free

WHY: because its healthy & lots of fun

WHERE: Jubilee Park Showgrounds

WHEN: Every Tuesday & Thursday

WHO: Juniors (U10): 6pm - 7pm

Intermediates & Adults: 7pm - 8:30pm



Contact us on:



or



or send us an email:

Whyallajudoclub@gmail.com

