

Nicolson

AVENUE PRIMARY SCHOOL

Week 9

21/9/2023

Term 3: 2023
24/7/23 – 29/9/23

Dear Parents, Caregivers and Community Members,

Term 3 is almost done, just one busy week to come. I would like to thank the staff and students for all of their hard work that they have put in to, not only their school work, but also the extracurricular activities that have occurred across the term. Thanks also to our parent community for always being so supportive with everything we do.

Choir Performance On Wednesday evening I had the pleasure of attending the Whyalla Combined Schools' Choir Performance and it was amazing. Once again we had a large number of Nicolson students taking part in this event, which demonstrates the importance that our school community places on developing the whole child and their appreciation for the Arts. It was also pleasing to see some of our students, namely, Ariana Howell, Makenzie Schroeder, Elise

Acton and Emma Dawson having the confidence to perform solos. I must also congratulate Brock Wilson and Xavier Mann who took up the positions of comperes for the night and performed their roles with confidence and humour. I would like to thank Jaimee Walden for all the hard work she has put into training our students and preparing them for this event where they had the opportunity to shine. Thanks must also go to Jaimee for taking on the role of Regional Coordinator that has involved many hours of work to ensure the performances were spot on.



Sports Day

Next Friday is Sports Day (weather permitting) and we would love to see you here to watch and encourage your children as they perform their events. Sports Day often provides different children with the opportunity to shine and feel proud of their efforts and it also allows our House Leaders the opportunity to lead their team in a sporting fashion. I would like to thank Haylee Friedrich and her team of helpers for organising this event as it does take a lot of practise and preparation to be ready for the day. Please remember that it is a 2:10pm dismissal as it is the last day of the term, so if you are not in attendance you will need to be here to pick your child up early. All children will be dismissed from their classrooms so that we don't lose anybody in the excitement.

Happy Holidays

We hope you have a lovely break with your family over the holidays and get the chance to relax and enjoy each other's company without the pressure of the school routine. We would appreciate it if you could keep an eye on the school grounds if you are in the vicinity and if you notice anything worrying or untoward occurring please report it to the Police. We are proud of our school and our grounds and would like to think that all of our efforts to beautify the school won't be ruined over the break.

Pam Peters

RESPECT

TEAMWORK

INTEGRITY

RESILIENCE

RESPONSIBILITY

Telephone 08 8645 8685 Office Hours 8.00am to 4.00pm

Principal: Pam Peters

Deputy Principal: Christel Koch

Senior Leader: Sally Rowe

Student Wellbeing Leader: Lisa Phillips

Business Manager: Phillip Datson – Finance: Penny Evans

Secretary: Catherine Worby

Administration: Penne Redjepi & Sharon Buhlmann

ICT Manager: Ricki Cook

Diary Dates

Sports Day 29/9/23

Last day of Term 3 29/9/23

Early Dismissal time 2.10pm 29/9/23



Government of South Australia
Department for Education

Wellbeing News

Our recent staff training in Berry Street has introduced teachers and students of the concept of Circle Routines. Circle routines are nurturing classroom practices that support student engagement, build wellbeing and create positive classroom communities. They have become part of our mornings in each classroom. Circles take place first thing in the morning and help set the tone and expectations for the day.



Nicolson Avenue Primary School

Assembly week our classroom teachers and specialist teachers choose students for an award based on our school values. These awards are celebrated and presented at our assembly. Please join us in congratulating these students on the way they have conducted themselves at school.

Integrity



Well done to the following students 😊

Not in order: Mason Bone, Ella Read, Harlem Colson-Ware, Koda-Lee Briffa, Ned Forsyth, Grace Turnbull, Essie Hammond, Chloe Diepgrond, Alexander Harris, Ned Newton, Ariana Howell, Amelia Parker, Charli Hayward, Ivy Forsyth, Luc Mrozek, Matthew Young, Jett Taylor, Brodie McRae, Danielle Hauser, Athena Wouters

Sports Day Timetable – 2023

Friday 29th September

TIMETABLE

Morning

- 9:05 Welcome to Sports Day 2023 – House Team war cries.
- 9:15 Move to first event area.
- 9:20 Sports Day events commence.
- 10:30 (2/3/4) (5/6) Recess eating in classrooms- no play
- 10:50 R/1 Recess eating in classrooms- no play

Middle

- 11:00 2/3/4 Team games with buddy classes
5/6 Competitive events
- 11:10 R/1 Junior Primary House Team events (Meet under the COLA in House Teams)
- 12:00 R/1 Lunch in class
- 12:20 2/3/4 Lunch in class
- 12:35 5/6 Lunch in class

Afternoon

- 12:55 Meet in house teams for Year level relays- please be prompt.
STUDENTS TO SIT IN YEAR LEVELS - cones displayed at house teams.
- 1:55 Presentations on in gym- please move promptly and sit in House Teams at coloured cones.
- 2:10 Return to classrooms for early dismissal.

Pastoral Care News

The Chain of Unforgiveness

This past fortnight I shared with the students about the heavy weight we choose to carry when we don't forgive others.

We talked about what forgiveness means, and what it doesn't mean.

For example, when we forgive someone who has hurt us, we are not saying it was okay to hurt us, we are saying, "My heart and friendship with you are more important than my anger."

We compared the folks who forgive with those who do not forgive, and found it is better for our well-being and of those around us to forgive.

That is how we drop the chain!

Last day of Term 3

Friday the 29th September will be the last day of this term.

**Students will be
dismissed at 2.10pm
Friday 29th September.**

School will return after the holidays on Monday the 16th October.

Sports Day Friday 29th September

We will be celebrating Sports Day on Friday the 29th September, which is our last day of Term.

Our day will finish at 2.10pm and all children will need to be collected from their classrooms as this is our dismissal time for the last day of the term.

We invite our parents to celebrate Sports Day with us on the oval and in the yard, however we ask that parents remain outside of our classrooms during the day.

We will have canteen facilities available.

Rotary Club will have a sausage sizzle available.

Blended Café will provide coffee on the day.

Timetables are included in this newsletter and will be available at the scorer's tent on the day.

Have fun and compete with pride!!

**ALLUNGA, WARRINGA,
BARREE, KULKA.**

FREE DENTAL CHECK UP



Is your child due for a dental exam?

TERMS AND CONDITIONS APPLY

During the October school Holidays, ITEETH are offering 'gap' free dental check up and clean, for any student.

ITEETH: 86457944 TO BOOK



Mental Health and Trauma Responder Workshop

Are you and your staff prepared? Do you have the tools to support your students?

This workshop is specifically tailored for Primary School Leaders, Teachers and Support Staff in the support of primary school aged children's mental health. As a result of the pandemic educators are faced with a significant increase in issues relating to student mental health.

Sessions will cover:

- Understanding mental health; stress, anxiety, depression, and suicidal ideation
- Age-appropriate mental health promotion for students
- Responding to mental health problems - individuals and in-class response
- Supporting students through family crises
- Referral to services

2 Hour session tailored for Primary School Leaders- \$55

3 Hour session tailored for Primary school teachers- \$75

Our experienced trainer Linda White holds Post Graduate Diplomas in both Psychology and Counselling.

Mental Health and Trauma Responder Workshop for Primary School Leaders
(held online via Zoom or onsite at EDC 9am - 11am):

Online Training

- Friday the 22nd of September
- Friday the 24th of November

Onsite Training

- Thursday the 19th of October
- Friday the 15th of December

BOOK NOW

Mental Health and Trauma Responder Workshop for Primary School Teachers and Support Staff

(held online via Zoom or onsite at EDC 12:30pm - 3:30pm):

Online Training

- Friday the 22nd of September
- Friday the 24th of November

Onsite Training

- Thursday the 19th of October
- Friday the 15th of December

BOOK NOW

Any questions? Reach out to Educators SA on 08 8463 5875 or at admin@edsa.sa.edu.au



Parent/Carer webinar: Supporting young people with transition to secondary school

headspace Schools & Communities would like to invite you to attend a Mental Health Education session for Parents and Carers!

This session will cover:

- mental health and wellbeing in adolescence
- how to have conversations with young people about their mental health and wellbeing
- noticing signs that a young person might be going through a tough time and struggling with their transition to secondary school
- identifying strategies to connect and communicate with young people
- increasing knowledge about how to support them during this transition period and where to access professional support

Where:

Online via Zoom.

When:

- Session 1: Tuesday 7 Nov, 7:30 PM - 8:30 PM AEDT
- Session 2: Thursday 9 Nov, 9:00 PM - 10:00 PM AEDT

How to register:

[Click here](#) to register via Eventbrite by selecting your preferred date and time.

After registering, you'll receive a confirmation email from Eventbrite which will include the Zoom meeting link to access the webinar.

Need more information?

Email us: MHEP@headspace.org.au



FAQs

How will the webinar be delivered?

The webinar is being delivered online via Zoom and will be streamed live. Please ensure you have access to Zoom.

Will this workshop be recorded?

No. This is a live webinar which will not be recorded.

What technology do we need?

To participate in the workshops, you will need access to Zoom to livestream the webinar.

Do we have to have our cameras on?

Cameras will not be on to ensure safety for all participants. There will be a private Q&A option for participants to submit questions during the webinar.

How long are the workshops?

The webinar will run for 60 mins.





Transitions: Primary to Secondary Workshop

An online event delivered by headspace Schools & Communities

Calling all Year 6 classes across Australia – join us for a FREE online workshop!

The Mental Health Education Program is delivering online workshops for students moving into secondary school to prepare them for the changes ahead.

Our student workshop aims to support students to:

- understand how transition and change can impact mental health
- understand how to manage stress
- build resilience and healthy coping skills
- strengthen a sense of connection and belonging

Where:

Online via Zoom.

How to register:

Click here to view available session times, and register your class via Eventbrite.

After registering, you'll receive a confirmation email from Eventbrite which will include the Zoom meeting link to access the webinar.

Before the session you'll receive a digital information pack including key messages and a guide to help teaching staff prepare for the workshop.



FAQS

How will the workshops be delivered?

The workshops are being delivered online via Zoom and will be streamed live into individual classrooms. Please speak with your IT departments to ensure you have access to Zoom. We ask that teachers log into the sessions and stream the workshop via a projector screen for all students to view as a group.

Please do not share the Zoom link with students to log in individually using their own devices.

What technology do we need?

To participate in the workshops, you will need access to Zoom and a projector and speakers, to livestream the session.

You will also need access to the Zoom chat box via a keyboard and also a functioning microphone, should your students wish to speak into the computer to share their ideas with the wider group. For example, if your classroom projected screen does not have a microphone or zoom chat function, set up a teacher's laptop to be available for the teachers/students to share responses from activities back to the consultants/other classrooms.

Do we have to have our cameras on?

Whilst it is not compulsory to keep your cameras on, we encourage that you do where possible, so that each group can see each other, and the facilitators can see what is happening in each classroom. We understand that local school guidelines or internet connections may limit whether your group can have their cameras on.

How long are the workshops?

The workshops run for 1hr 15mins. 60 mins for content and 15 mins at the beginning to ensure everyone can log in and ensure their technology is working.

How many classes can register from my school?

We suggest each Year 6 class at your school registers themselves separately, to ensure the workshops can be as engaging and interactive as possible.

What happens if the time slot I want is full?

We recommend registering for another session or joining another class from your school if they have already registered and combining your class groups. Please be mindful of the extra staff support needed if you are combining your Year 6 classes.

Can our whole Year 6 cohort register together?

Your whole cohort is welcome to register together, using the one link. Please be mindful of the extra staff support needed if you are combining your Year 6 classes.

Can the times be shifted to suit our timetable?

These workshops are being offered to Year 6 classes across Australia so we are unable to shift the times. Please be sure to double check the times of each workshop in your state or territory, before registering for a session.

What is my role as a teacher during the workshops?

We ask teachers to co-facilitate the workshops with us and you will be emailed a Teacher's Guide in the weeks leading up to the workshops. Please review this guide before your scheduled workshop, to be able to best co-facilitate the session with us.

Teachers and wellbeing staff are required to monitor the emotional safety and wellbeing of students during and after the session. Please consider your students' personal circumstances and if this is an appropriate workshop for their needs at this time. Teachers are required to manage student behaviour throughout the session.

What mental health topics will the workshop cover and what if one of our students has recently been impacted by a tragedy or other critical incident?

Our workshops discuss mental health and how changes and transition may impact how we feel. We also promote help-seeking and encourage young people to reach out to their families and teachers if they need any support. If you're aware of a student in your class who may find these discussions upsetting, please speak with their families and give them the option to opt out.

If your school has recently been impacted by a critical incident or suicide death, please connect with the Be You team in your state or territory for support. Please click [here](#) to find contact details for each state and territory.

What if my class misses out?

There are limited spots available for our online workshops, but any class that misses out will be sent an online classroom activity to utilise instead, in their own time.



SA POLICE ROAD SAFETY CENTRE

WHYALLA SCHOOL HOLIDAY PROGRAM

Looking for something to do with the kids in the October School holidays? Join SA Police for a free road safety session at the Whyalla Road Safety Centre, corner of Billing Street and Plum Street Whyalla on:

- Wednesday 4 October 2023 10am – 12pm 5-8 years
- Wednesday 4 October 2023 1pm – 3pm 9-12 years
- Thursday 5 October 2023 10am – 12pm 5-8 years
- Thursday 5 October 2023 1pm – 3pm 9-12 years



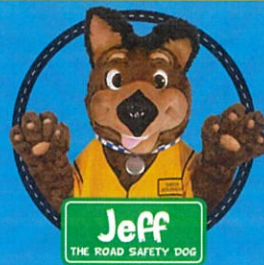
To book your child into one of these sessions please visit Eventbrite and search SA Police Road Safety Centre Whyalla School Holiday Program (booking live from 12pm on 13/9/2023).



For more information on our range of programs visit www.police.sa.gov.au/road-safety or use the QR code on the left to take you straight to SAPOL's road safety page.



Road
Safety
Centre



SA POLICE ROAD SAFETY CENTRE WHYALLA SCHOOL HOLIDAY PROGRAM

In partnership with the Whyalla City Council, the SA Police Road Safety Centre will be attending the Whyalla Road Safety Centre in October 2023 offering a school holiday program aimed at primary school students. The program provides education on pedestrian and cycle safety, including road rules. The program is delivered by police officers.



WHYALLA

A mock roadway is located at the centre and provides a safe environment for participants to become familiar with road signs, pedestrian safety and road rules.

The free school holiday program provides an opportunity for children to gain vital road safety education. Participants in the two-hour program will have a classroom session and a practical session on pedestrian safety and bicycle riding on the mock roadway to put into practice their newly learnt knowledge.

Participants are encouraged to bring their own bicycles and helmets but a range of bicycles designed to cater for all riders and their abilities and helmets will be available for use.

The following two age groups are catered for and the sessions are aimed at children 5 – 8 years and 9 – 12 years. Sessions will be conducted at the Whyalla Road Safety Centre, corner of Billing Street and Plum Street, Whyalla:

- Wednesday 4 October 2023 10am – 12pm 5-8 years
- Wednesday 4 October 2023 1pm – 3pm 9-12 years
- Thursday 5 October 2023 10am – 12pm 5-8 years
- Thursday 5 October 2023 1pm – 3pm 9-12 years

To book your child into one of these sessions please visit Eventbrite and search SA Police Road Safety Centre Whyalla School Holiday Program.



For more information on our range of programs visit www.police.sa.gov.au/road-safety or use the QR code on the left to take you straight to SAPOL's road safety page. To book a FREE road safety session email SAPOL.RoadSafetySection@police.sa.gov.au



This publication has been prepared as a public service initiative by South Australia Police and, while every care has been taken in its preparation, no warranty is given nor representation, either express or implied, made regarding the accuracy, currency or fitness for purpose of the information or advice provided and no liability or responsibility is accepted by the State of South Australia, its instrumentalities, South Australia Police and their agents, officers and employees for any loss suffered by any person in consequence of any use and reliance placed by any person upon the said information or advice.



SOUTH AUSTRALIA POLICE
SAFER COMMUNITIES



Government
of South Australia

Friday 13th
October 2023

Movie starts
1.30pm

HAUNTED MANSION



Dress up
as a ghost

Prize for
best dressed



Location: Middleback Arts Centre, 141a Nicolson Avenue, Whyalla.
Free event, capacity limited to 450 People.
Popcorn and a fruit box provided.
Children under 10 to be accompanied by an adult.



SOUTH AUSTRALIA POLICE
SAFER COMMUNITIES



**Government of
South Australia**



**MIDDLEBACK
ARTS CENTRE**
COUNTRY ARTS SA



Government of South Australia
Department for Child Protection



BASKETBALL COMPETITION

3 on 3 basketball comp

Civic park Whyalla

Bring your mates and have a game

Age groups will be sorted on the day

Free event, BBQ and drinks provided

Date: Tuesday 10th October 2023

Time: 11am – 2pm



SOUTH AUSTRALIA POLICE
SAFER COMMUNITIES



Government
of South Australia



Friday 13th
October 2023

Movie starts
1.30pm

HAUNTED MANSION

Dress up
as a ghost

Prize for
best dressed



Location: Middleback Arts Centre, 141a Nicolson Avenue, Whyalla.
Free event, capacity limited to 450 People.
Popcorn and a fruit box provided.
Children under 10 to be accompanied by an adult.



SOUTH AUSTRALIA POLICE
SAFER COMMUNITIES



**Government of
South Australia**



**MIDDLEBACK
ARTS CENTRE**
COUNTRY ARTS SA



Government of South Australia
Department for Child Protection



BASKETBALL COMPETITION

3 on 3 basketball comp

Civic park Whyalla

Bring your mates and have a game

Age groups will be sorted on the day

Free event, BBQ and drinks provided

Date: Tuesday 10th October 2023

Time: 11am – 2pm



SOUTH AUSTRALIA POLICE
SAFER COMMUNITIES



Government
of South Australia

