

# Nicolson

## AVENUE PRIMARY SCHOOL

Week 3

2/11/2023

Term 4: 2023

16/10/23 – 15/12/23

Dear Parents, Caregivers and Community Members,

Here's hoping you have been able to stay warm and dry in this very unusual weather that we have been experiencing this week. Fortunately we have been able to go ahead with most of our planned activities, despite the rain.

The end of the year is fast approaching and we have lots of things planned for our students to partake in (weather permitting), so keep an eye out for information coming out in various forms from either your child's teacher or the school.



### Road Safety visits

This week all of our Junior Primary classes have visited the local Road Safety Centre to practise their bike riding skills and learn lots about being safe on the roads as either a pedestrian or as a road user. As a school we would like to acknowledge the work that the volunteers at the centre do to keep the centre running and well maintained. All of the children thoroughly enjoyed their experience and could talk about important aspects they had learnt.



### Commissioner for Children and Young People

The Commissioner – Helen Connolly, has the responsibility of promoting and advocating for the rights of all children and young people in SA and to help bring about improvements to the systems that negatively impact upon them. Each year our Year 2 – Year 6 children send her Student Voice Postcards telling her about what matters most in response to three sentence starters

Things I worry about ....

Things I want grownups to know ....

The world would be better if ....

Please find a copy of her report as part of this newsletter and read what some of the children in SA are saying.

### World Teachers' Day

World Teachers' Day acknowledges the efforts of teachers in an increasingly complex, multicultural and technological society. It is a day when students, parents and community members demonstrate their appreciation for the contributions that teachers make to their community. This year, though the day was officially celebrated on Friday October 27<sup>th</sup>, the SSOs at Nicolson spoilt the teachers with a delicious morning tea yesterday to show their appreciation for the work that teachers do. I would also like to thank all of our teachers wholeheartedly for the remarkable job they do to make a difference and help each student achieve their goals. Please take the time to pass on your gratitude for what they have done for your child if you happen to see them at anytime.

### Transition

On Monday November 27<sup>th</sup> and Tuesday November 28<sup>th</sup> our Whyalla-wide transition process will take place. This will involve all of our Year 6 students spending the two days acquainting themselves with the Whyalla Secondary College and working through various activities that will ready them for their start in 2023. It will also involve all of those children that have enrolled at our school to be in Reception for 2023 having two half day visits from 9am – 1pm on these days. All experiences will be tailored to allow children to feel comfortable with the next step in their education. Leaders and teachers from various sites have already met, to discuss the children transitioning, so that the needs of all students, particularly our most vulnerable ones are understood. *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

20/11 – 21/11

21/11 – 22/11

Friday 24/11

27/11 & 28/11

06/12

Tuesday 12/12

Rm 20 Aquatics Camp

Rm 18 Aquatics Camp

Student Free Day

Year 6 High School Visit

2024 Reception visits

Awards Ceremony

Year 6 Graduation Dinner



Government of South Australia  
Department for Education



## Parking on Nicolson Avenue

Friendly reminder that when parking on Nicolson Avenue we are considerate to oncoming traffic.

Please ensure that you check there are no cars coming before opening the doors and exiting your vehicle for your safety and the safety of the oncoming traffic.



For children exiting the car, please aim for them to exit on the footpath side which is the safest for them and oncoming traffic.

## School Absences

Help us keep your child's school records up to date.

If your child is going to be absent from school for any reason, we ask that you contact us in one of the following ways:



Call: 86 45 8685

Email: [dl.0677.admin@schools.sa.edu.au](mailto:dl.0677.admin@schools.sa.edu.au)

Message: Class Remind App

Respond to the SMS message that we send out regarding absence.

## School Card Application

If you are eligible for school card, please collect a form from the Administration Office or you can apply on line by visiting:

[www.sa.gov.au/education/schoolcard](http://www.sa.gov.au/education/schoolcard)

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

Any question, please contact Phillip Datson.

## School Fees

We are coming to the end of another year and have a few families that still need to pay their child's school fees.

School fees can be paid using cash or credit card at the Administration Office.

Instalments can also be set up for payment of school fees.

School fees can also be paid using the QKR app.

Direct Deposit details are:

BSB: 065-519

Account No: 10015501

Reference: Quote Family Billing ID and Invoice number

Remittance:

[phillip.datson172@schools.sa.edu.au](mailto:phillip.datson172@schools.sa.edu.au)



If you have any queries regarding school fees please contact Phillip Datson on 86458685.



The count down to the end of this year is on. Make the last few weeks count with full attendance!!



# What you told me about the things that are important to you...



## CCYP by the numbers

**18,611**

of you contributed to  
online surveys, polls,  
and consultations.

**16,007**

of you in years 2–6  
completed postcards.

**1,491**

of you attended events,  
focus groups, workshops,  
and summits hosted  
by CCYP.

**25**

submissions informed  
by your ideas and  
experiences submitted  
on your behalf.

**8**

major reports written  
with recommendations  
based on your input.



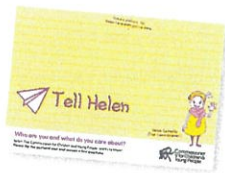


## Key focus areas in 2022/2023

Between July 2022 and June 2023 (the reporting period) thousands of you provided input on issues you told me needed attention. I undertook to explore these further on your behalf, communicating your ideas to those in government who can bring about changes. The issues covered included:

### What Matters Most

16,007 of you in Years 2–6 sent me a postcard telling me what matters to you most.



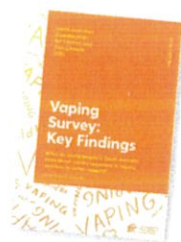
“ [I worry about] not having enough friends and not doing well in school.” – 11 year old

“ [I want grownups to know] kids have good ideas not just grownups so I think we should have a say in things to.” – 11 year old

“ [The world would be better if] diesel and petrol and nuclear powered engines to be banned and only electric engines to be used and No pollution in water or air.” – 8 year old

### Vaping

Over 900 of you participated in my Vaping Survey with 2 in 3 of you saying that you had tried vaping, and 1 in 4 sharing that you vape regularly. Most of you said that existing laws weren't restricting or discouraging vaping enough, and over three-quarters of you said that you had learned nothing or not much about the health risks associated with vaping, either at school or in the community.



“ I wish adults understood that young people aren't educated enough on vaping. They don't know or understand any facts in the harm of vaping and what it could do. I wish there was support and alternatives to support young people like myself in 'not vaping', to stop the damages and harm.” – 17 year old

### Children and young people living with chronic illness

95 of you living with a chronic illness participated in conversations that shed light on the challenges you face on a daily basis, and what you would like to see change to improve your overall quality of life beyond your chronic illness.



“ ...The loss is not just education; it's being isolated from very important stages of learning relationships. You quickly become invisible and things in common fall away. The brief time that may be spent with peers, perhaps online, is a snippet of the day. Appearing well for a short time does not show the collapse afterwards, the complete loss of function. Young people need help to understand the gravity of the situation.” – 16 year old

### Child Protection

This year I met with 88 children and young people and received a further 40 postcards from young people who generously shared their experiences relating to foster care, kinship care and residential care with me. You shared your worries about the future and those of your families and you expressed a desire to have more of a say in decisions about you.



“ [I wish] I can have my own say in things like my decisions and I can share my views.” – 10 year old



## Public Transport

Over 1,000 of you completed my transport survey saying that you rely on public transport for school, sports, employment, socialisation and hobbies, but that you often feel unsafe or let down when accessing public transport. You also said that the lack of public transport options in regional areas has a negative impact on your opportunities to participate in activities relating to school, work and fun, and that transport needs to be more affordable so you don't have to rely on parents and others to get you around.



They were well received and I am confident that many sports clubs are implementing the changes that have been recommended by you.

**“ Supplying sanitary items. Providing toilets with sanitary bins. Being educated and having a safe environment to talk to people about advice.”** – 13 year old

## Barriers to Civic Participation

You said, that as children and young people, you want more say in the decisions that affect your lives. However, when you do have this opportunity you feel as though adults don't really listen to you. In response, decision-makers said that they don't feel as though they do a good enough job of engaging with you, and that they believe they can do much better.

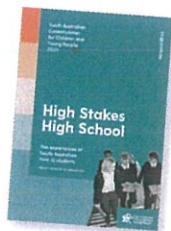


**“ I wish I could reach [public transport] easily and safely. I wish it were organised to maximise efficiency. It is a 20 min drive to my workplace but takes over an hour and two buses to get there using public transport.”**  
– 17 year old

**“ We feel like adults are not interested in hearing from us, and when we do speak, they ignore us.”** – 15 year old

## High School

You've told me that school is stressful, and that high school is the most stressful of all. Over 300 of you participated in consultations about Year 12, sharing that you don't feel very prepared or supported for the intensity of Year 12. You also told me that school events and activities and relationships with your classmates are really the best things about being in Year 12.



**“ I feel like we don't get enough time to choose what we want to do in the future, as I feel like having a few months to decide what your career is gonna be is unfair and not right.”**  
– 17 year old

## Barriers to Physical Activity

You told me that physical activity is important to your mental and physical health and wellbeing, but that you experience significant barriers to participating in many of the activities you want to be doing more regularly. You said that you need support from your families to participate, but that the cost of this can be too expensive for some of you and so you don't even ask anymore. You also said that you want sport and physical activity organisers to be more inclusive of gender, skill level, and cultural background, and to be more mindful of your other commitments, acknowledging and adapting to the reality that you have busy lives too.



## Period Friendly Sports Clubs/ Child Friendly Sports Clubs

This year there was a lot of ongoing discussion about young people's involvement in sports clubs, especially how periods impact on young people who are playing sport. Thanks to your input I was able to create guides for how sports clubs could become more inclusive.



**“ I feel that people think we are less active than we really are and that being active is not only about doing club/school sport but just normal stuff in general like cycling to school or walking the dog.”** – 14 year old



## Major projects in 2022/2023

### SA SRC

The second State-wide Student Representative Council (SA SRC) met in March 2023. Students in Years 10, 11 & 12 came to Adelaide from all over the state to discuss issues of importance to them. The group continued to meet online throughout the year and shared ideas on working with their local communities to bring about the changes they wish to see.



### hubadl.com

A group of interns has worked on redesigning hubadl.com so that it is more appealing to young people aged 15 to 22. They had lots of input from young people contributing and sharing ideas and opinions, interests and achievements. The socials campaign has meant more young people are aware of what older young people are doing.



### Civicsandcitizenshipsa.com.au

Civics & Citizenship is the new go-to website where young people of all ages can find info about civics programs, organisations, volunteering and upskilling opportunities. There is a comprehensive Civics Directory, chock full of resources and programs.



### COP27

Young people passionate about the impact of climate change gathered for a workshop in October 2022. They wrote an Open Letter to the Australian delegates attending COP27, informing them of what they believed the priorities needed to be and highlighting their concerns about the lack of action being taken by adults, countries and businesses worldwide.



## Focus areas in 2023/2024



Play, arts and culture in children's lives



Protecting children and young people's rights as consumers



Child and youth-friendly public spaces



Online safety

## Thank you for sharing your ideas, thoughts and feelings with me.

Thank you again for sharing so many of your views and opinions with me. Listening to you is the best part of my job. It enables me to communicate on your behalf, not guessing what you think or want. By providing advice on what you think will bring about positive change to your lives, I hope to improve the systems that have been setup to protect your rights and deliver services to you. I'll be listening again next year and look forward to hearing from as many of you as possible.







## Ear Health and Hearing Checks at Nicolson Avenue Primary School

Hearing Australia will be visiting our school from the **13<sup>th</sup> of November until the 17<sup>th</sup> of November** to conduct **ear health and hearing checks** for **Reception, Year 1 and Year 2 students**. If your child is in Reception, Year 1 or Year 2 you will receive the 'Consent Form' and the 'Child and Family Contact Details form'.

Please complete **BOTH** forms by **November 10<sup>th</sup>** if you would like your child to take part in the ear health and hearing check.

The ear health and hearing checks will include:

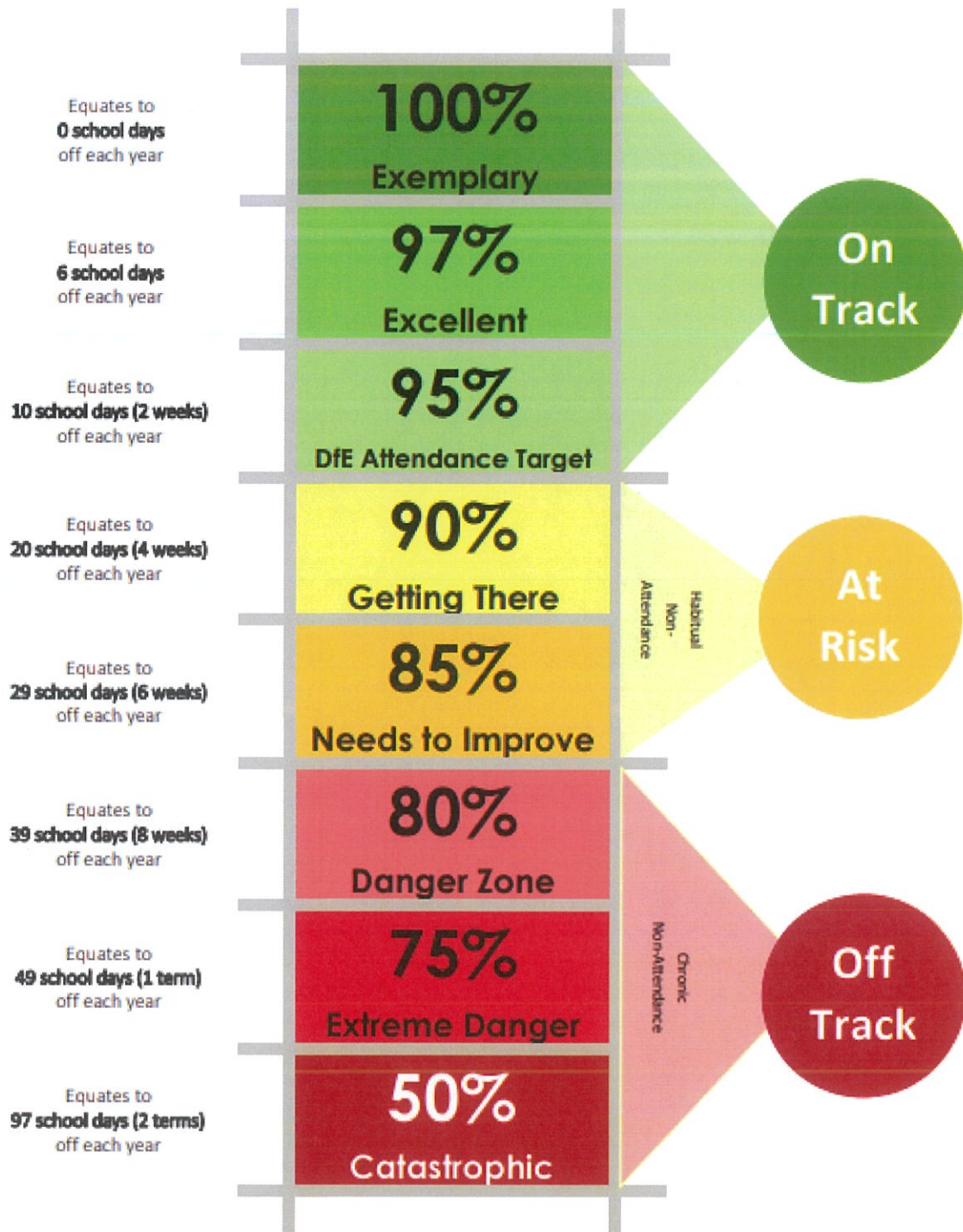
- Looking into your child's ear
- Checking the function of your child's middle ear by seeing how well the eardrum moves
- Checking how well your child can hear different sounds by playing games
- Asking the teacher some questions about what they have noticed about your child's hearing, listening and communication.

If you have any questions or concerns about the ear health check and hearing screening, please contact your school. Otherwise, please contact us directly by emailing [FirstNations@hearing.com.au](mailto:FirstNations@hearing.com.au) or calling 131 432 and selecting option 4 to speak to one of Hearing Australia's First Nations Services Clinicians.

# Wellbeing News

Now is a great time to focus on building and improving attendance. Our goal is for every child to reach an attendance of 95% or higher. Feel free to contact Lisa Phillips (Wellbeing Leader) if you are experiencing any barriers to maintaining high levels of attendance. Please remember that 3 or more consecutive sick days do require a sick certificate. Have a safe and exciting Term 4 and lets all boost attendance together.

## Attendance Ladder



Habitual non-attendance: where a student has 5 or more absences for any reason in a term (average of 1 day per fortnight)  
Chronic non-attendance: where a student is absent for 10 days or more in a term for any reason (average of 1 day per week)





# THE THRIVING KIDS & PARENTS SCHOOLS PROJECT

## Online Parenting Seminar Series

for

Parents of children aged 4 - 12 years

Are you interested in learning practical strategies to help your child:

- ✓ Manage everyday worries
- ✓ Build healthy peer relationships
- ✓ Thrive now and into adolescence

You are invited to attend **3** FREE evidence-based seminars

Register via the project website

[CLICK HERE](#) or scan the QR Code



**Interactive and online seminar package**  
**90 - 120 minute seminars:**

### **Power of Positive Parenting (Triple P Seminar)**

Practical strategies to support children's social and emotional development.

**Helping Your Child to Manage Anxiety (Fear-Less Triple P Seminar)** Skills and strategies to support children manage their emotions and overcome challenges.

### **Keeping Your Child Safe from Bullying (Resilience Triple P Seminar)**

How to maintain good communication with the children in your care, develop positive relationships, and address conflict and bullying.

Contact details:

LD: thrivingkidsandparents@uq.edu.au

IC: thrivingkidsandparents@monash.edu

IA: thrivingkidsandparents@adelaide.edu.au



**MONASH**  
University



**THE UNIVERSITY**  
of ADELAIDE



**THE UNIVERSITY**  
OF QUEENSLAND  
AUSTRALIA