

Nicolson

AVENUE PRIMARY SCHOOL

Week 5

30/5/2024

Term 2: 2024

29/4/24 – 5/7/24

Dear Parents, Caregivers and Community Members,

We are now halfway through the term and unfortunately we have many staff and students who are unwell at the moment. As much as we want children at school please keep your child home if they are unwell so that hopefully we can stop the spread of the many ailments that are around at present.

National Simultaneous Storytime

National Simultaneous Storytime (NSS) is held annually by the Australian Library and Information Association (ALIA). Every year a picture book, written and illustrated by an Australian author and illustrator, is read simultaneously in libraries, schools, pre-schools, childcare centres, family homes, bookshops and many other places around the country. Now in its 24th successful year, it is a colourful, vibrant and fun event that aims to promote the value of reading and literacy, using an Australian children's book that explores age-appropriate themes and addresses key learning areas of the National Curriculum. This event took place on Wednesday May 22nd and the book that we read was 'Bowerbird Blues' written by Aura Parker.

As reading is a focus on our School Improvement Plan, by facilitating NSS we aim to:



- promote the value of reading and literacy,
- promote the value and fun of books,
- promote an Australian writer,
- promote storytime activities in libraries and communities around the country,
- provide opportunities to involve parents, grandparents, the media and others to participate in and enjoy the occasion.



National Reconciliation Week

This week we have celebrated National Reconciliation Week, where we embarked on a journey of understanding, acknowledging and honouring the rich cultures, histories and achievements of Australia's First Nations peoples. During the week our classes engaged in many activities that helped them understand the importance of reconciliation and how we come together and recognise each other through mutual respect and understanding. National Reconciliation Week is an opportunity to learn, listen and walk together to become a more inclusive society. By working together, we can create a future where reconciliation is not just a week but a way of life instead. Some of the ways we celebrated together were a disco and a big breakfast in the Breakfast Club on Wednesday morning where Peta and Mrs Phillips cooked scrambled eggs and cut up a range of fruits for people to enjoy.



Pam Peters

RESPECT

TEAMWORK

INTEGRITY

RESILIENCE

RESPONSIBILITY

Telephone 08 8645 8685 Office Hours 8.00am to 4.00pm

Principal: Pam Peters

Deputy Principal: Sally Rowe

Senior Leader:

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

3 & 4 June

7 June

10 June

Mid-Year Transition Days

Student Free Day

Public Holiday (King's Birthday)



Government of South Australia

Department for Education

Wellbeing News

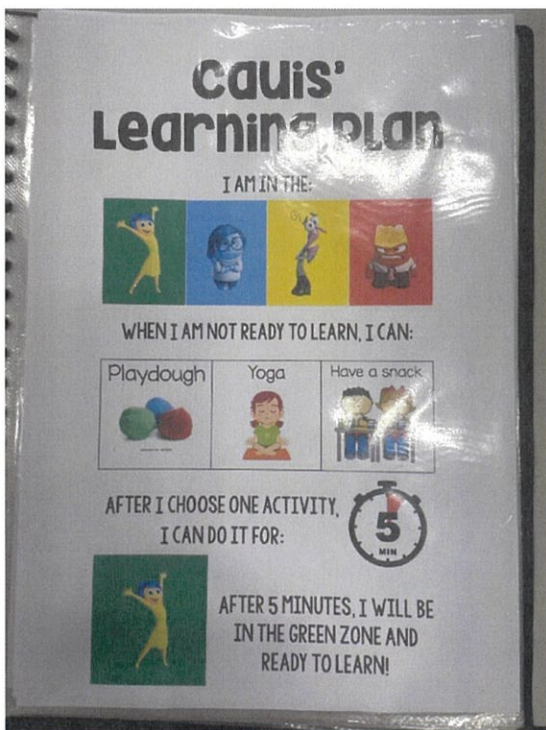
Ready to Learn Plan

A Ready to Learn Plan is a pre-arranged deal between students and teachers to provide a student with des-escalating and self—regulating strategies. These plans allow students to have control over strategies that work for them. Whenever students are feeling stressed or anxious they can access their plan.



Students and teachers have spent a great deal of time learning about what stress in the body looks like, how we physically respond to situations and trying out strategies that help support regulation.

Ready to Learn Plans assist students to become present, centred and ready to learn. These are some examples from Room 4 and the Unit.



Please remember that Food Bank vouchers are available. Simply contact Lisa Phillips.

Need support?

MENTAL HEALTH & SUPPORT SERVICES



1800 55 1800 | kidshelpline.com.au

24/7 crisis support and suicide prevention services for children and young people aged 5 to 25



1800 650 890 (9am - 1pm AEST) | headspace.org.au

Online and telephone support and counselling for young people aged 12 - 25 and their families



1300 22 4636 | beyondblue.org.au

24/7 mental health support service



13 11 14 | lifeline.org.au

24/7 crisis support and suicide prevention services

1800RESPECT

1800 737 732 | 1800respect.org.au

Support if you, or someone you know, is experiencing sexual assault or domestic and family violence



If you are in an emergency, or at immediate risk of harm to yourself or others, please contact emergency services on 000.

Flu Season

Tis the season to be sneezin!!!!

Influenza, commonly known as the flu, is a highly infectious viral illness caused by influenza A or B viruses. It affects the nose and throat and may also affect the lungs.



In Australia, seasonal flu of varying severity occurs every year, usually between

May and September.

The flu virus is spread when an infected person talks, coughs or sneezes small droplets that contain the virus into the air where they may be breathed in by people nearby. Infection may also be spread by contact with hands, tissues and other infected articles.

Symptoms include: rapid onset of fever, headache, muscle aches, fatigue, sneezing, runny nose, sore throat, cough, nausea, vomiting and diarrhoea in children. Most people recover within a week, although the cough and fatigue may last longer.

Flu is much more serious than the common cold. It can lead to pneumonia (lung infection or inflammation) and other complications, and even death, particularly in: people aged 65 years and over, pregnant women, young children, people with chronic conditions like heart disease, diabetes and lung disease.

Symptoms usually begin 24 to 48 hours after ingestion of the virus, but can appear as early as 12 hours after exposure.

If your child displays any flu like symptoms, please keep them home until they are well and symptom free.



Important Upcoming Dates

Student Free Day
Friday the 7th June
Staff will be involved
in Department
Strategy & Curriculum
Training

Public Holiday -
King's Birthday
Monday 10th June

School will resume on
Tuesday the 11th June.

Smoking/Vaping on School Grounds

Important reminder that Nicolson Avenue Primary School is a smoke free zone.



We thank you for butting out your cigarettes and popping your vapes away before entering our school grounds.



Whyalla Golf Club Incorporated

ABN: 95 769 034 135
P.O. Box 295, Whyalla S.A. 5600
Telephone: (08) 86459109

Junior Golf Development Sunday Mornings 9.30am to 10.30am Whyalla Golf Club

The Whyalla Golf Club is providing Golf Development Training for all school aged boys and girls every Sunday morning during school terms.

The training is conducted by Golf SA accredited coaches and will cover all aspects of the game including putting, chipping, pitching and long game.

The training is provided free of charge, and golf clubs can be provided for any students who don't have their own.

The first training day will commence on Sunday 2nd June 2024

Any parents/teachers willing to provide assistance during the training sessions will be most welcome. This will help free up the coaches to provide individual improvement to each student.



Whyalla Golf Club Incorporated

ABN: 95 769 034 135
P.O. Box 295, Whyalla S.A. 5600
Telephone: (08) 86459109

Golf Australia SA 12 & Under School Golf Event

Whyalla Skill Development and Qualifying Day

Friday 5th July 2024

The Whyalla Golf Club is hosting a District 12 & Under School Golf “Skill Development and Qualifying Day” on Friday 5th July 2024. This event is for boys and girls aged 10 to 12 years as at 31st Dec 2024. Students may either be in Primary or Secondary School.

Eligible students can enter online from Monday 29th April 2024.

Proposed timetable on the day

- | | |
|-------------------|---|
| 9.00am – 9.30am | Students report to registration area with \$10 participation fee. |
| 9.30am – 11.00am | Skill development session (covering putting, chipping, pitching, and long game) |
| 11.00am – 11.30am | Lunch (Parents to provide) |
| 11.30am – 11.40am | Organise playing groups |
| 11.45 am – 2.15pm | Play 9 holes on modified course with average hole length 150m. |
| 2.30pm – 2.45pm | Presentation and wrap up. |
| 2.45pm – 3.00pm | Parent pick up time |

The best 2-3 students will qualify for the State Final scheduled for Thursday 12th and Friday 13th Sep 2024 at West Beach Parks Golf Club.

How to register

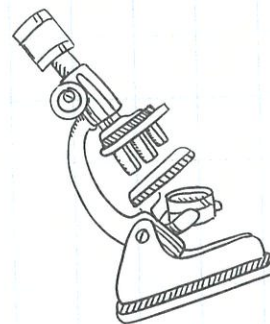
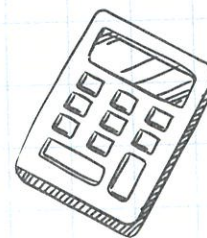
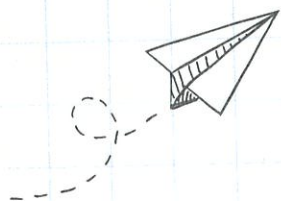
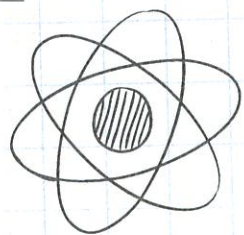
Go to the web site www.golf.org.au

Click on ‘**Events & Results**’ tab. Then select ‘**GA events calendar**’.

In the locations box select ‘**South Australia**’ and in the category box select ‘**School events**’

Click on ‘July’ and select ‘**05 Fri SA – 12 & Under School Golf – Stage 1 Country Qualifying – EYRE P. – CE & Why – Whyalla Golf Club**’

Click on ‘**Enter here**’ and register.



Let's learn together



Join a Learning Club and learn together in a safe and supportive learning environment, outside of school hours.

WHERE: Nicolson Avenue Primary School STEM Room

WHEN: Mondays, 3.10-4.10pm

To join your local Learning Club, please contact:

PROGRAM COORDINATOR: Alicia Keilty

CONTACT: 0427 291 419 (alicia.keilty@thesmithfamily.com.au)

Learning Clubs



Lets Develop a LOVE OF LEARNING!
We do activities such as STEM,
Arts & Crafts, Wellbeing, Literacy,
Numeracy and MORE...



PERFECTIONISM

Is the enemy of

progress

Winston Churchill

This research has been reviewed by:

- * The Human Research Ethics Committee Flinders University (HREC 5816)
- * Curtin University Human Research Ethics Committee (HRE2023-0652)
- * South Australian Department for Education
- * Association of Independent Schools of South Australia
- * Catholic Education South Australia

Funded by the Channel 7 Children's Research Foundation



Are you the parent/carer of a child aged 7 to 12 who:

- Feels bad about themselves if they do not do very well at things (e.g., school, hobbies).
- Continually sets goals for themselves that seem difficult to reach.
- Tends to procrastinate, or put things off, even though they feel bad about it later.
- Spends a lot of time thinking about their mistakes or any errors in what they do.



What is the approach of the Guided Parent-Delivered Cognitive Behaviour Therapy for Perfectionism research study?

The program includes six modules, designed to be used by the caregiver with the child, in interactive learning activities, supported by an online guidance session once a week. Each of which contains:

- Information about perfectionism.
- Activities for the caregiver to complete independently.
- Handouts for the caregiver to give to the child and discuss with them and exercises that the caregiver and child can complete together.
- Questionnaires for you and your child to complete online over the course of the evaluation and 12-weeks after the intervention is completed.



The program aims to help: (1) children pursue meaningful goals whilst reducing distress – not lowering their standards; (2) children explore new thoughts, behaviors, and less harmful avenues to achievement; (3) caregivers identify perfectionism in themselves, promoting joint learning.

To participate or see additional study details follow the QR code or email maya.jabs@flinders.edu.au



THE ADDAMS FAMILY



A NEW
MUSICAL COMEDY

21-22
JUNE 2024

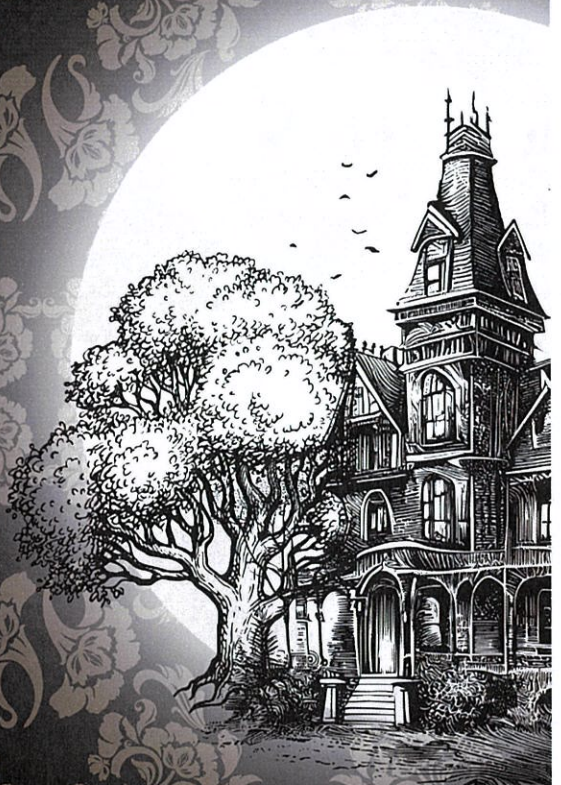


MIDDLEBACK
ARTS CENTRE
WHYALLA

DIRECTED BY KYLIE TONKIN



SCAN
FOR
TICKETS

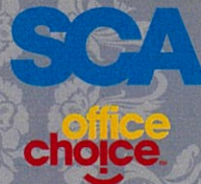


BOOK BY MARSHALL BRICKMAN AND RICK ELICE
MUSIC AND LYRICS BY ANDREW LIPPA
BASED ON CHARACTERS CREATED BY CHARLES ADDAMS
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McLEOD'S WHYALLA
AUTOMOTIVE



EDDIE HUGHES MP
Member for Giles



COUNTRY
ARTS
SA

McMULLEN
TRADES GROUP



ROWAN RAMSEY MP
Federal Member for Grey