

# NEWSLETTER

Issue Number 10  
3rd September 2021

## DIARY DATES SEPTEMBER

**Monday 6th**  
**SCHOOL CLOSURE**  
**DAY**

### **Wednesday 8th**

- Triskills R-2
- Festival of Music Rehearsal & Performance

### **Thursday 9th**

R U OK Day

### **Monday 13th**

Governing Council Mtg 7pm

### **Wednesday 15th**

Triskills R-2

### **Friday 17th**

Assembly 9am

### **Tues 21st & Wed 22nd**

School Musical  
'Alice in Wonderland'

### **Friday 24th**

**LAST DAY OF TERM**  
**EARLY DISMISSAL**  
**2:15pm**

### You can contact us:

Telephone: 8362 4666  
Email: [dl.0131.info@schools.sa.edu.au](mailto:dl.0131.info@schools.sa.edu.au)  
Web: [www.norwoodps.sa.edu.au](http://www.norwoodps.sa.edu.au)

Department of Education and  
Child Development T/A South  
Australian Government Schools



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Government of South Australia  
Department of Education

## **Dear Families,**

The term is quickly flying by. Students in years 2-7 have started their PAT Maths, Reading and Spelling tests this week. Over the next couple of weeks we will complete the tests, analyse the results, and determine next steps for learning. As a school we look for individual student growth as well as cohort data to help determine our next actions for Site Improvement Planning. This year is our first year of including PAT Spelling as we refine our Spelling for writing practices—one of our Site Improvement Actions.

**Parent teacher interviews** have been a great success and I would like to acknowledge the work of our staff in contacting parents and showing flexibility working outside of week 5 times to ensure the needs of all parents were met. This has taken considerable time and planning to support the success of our students in setting goals for their learning and their next steps.

**Book Week** was a huge success and we enjoyed the culmination of the activities with the Book Week dress up parade with students and staff taking on the theme of 'New Worlds, Old Worlds and Other Worlds'. We were lucky enough to hear from 3 visiting authors who spoke about their work and shared their published books. A big thank you to Suzi who works in our library continually updating the books for our students to read and to our volunteer Margaret who has covered many books for us over the years.

Thank you to parents for donating books to the student organised book sale. \$630 was raised for the Indigenous Literacy Foundation and left over books have been donated to the Rotary Club.

**Facilities**— Our toilet refurbishment is well under way with fixtures, flooring and paint colours all decided. Works will begin during the school holidays and will continue into the first week of term 4. Students will utilise the Gym toilets and Mulberry Hall toilets during this time. Students can look forward to a brighter, fresher, renewed toilet block.

**Sports Day** was a sensational day and although a little warm and windy we all got into the spirit with our opening ceremony followed by health hustle, team cries and activities. Students really enjoy the races and team activities finishing with the relays. Thank you to Joe and Connor for their organisation and to Enjoy Bakery for supporting our school again.

The final scores on the day were

**Para—1138 Barossa—1139 Warren—1147** and congratulations to our winning team **Millbrook with a score of 1158**. A very tight finish.

**Festival of Music**—we look forward to our year 6/7 choir students' performance next Wednesday at The Entertainment Centre.

We hope you all get to spend some time with your tired students over the Students Free Day, Friday and School Closure Day, Monday.

**Kind regards,**

*Melissa*



ACTION FOR HAPPINESS



# Wellbeing @ NPS

By Lisa Conroy on behalf of the Kids Matter Team

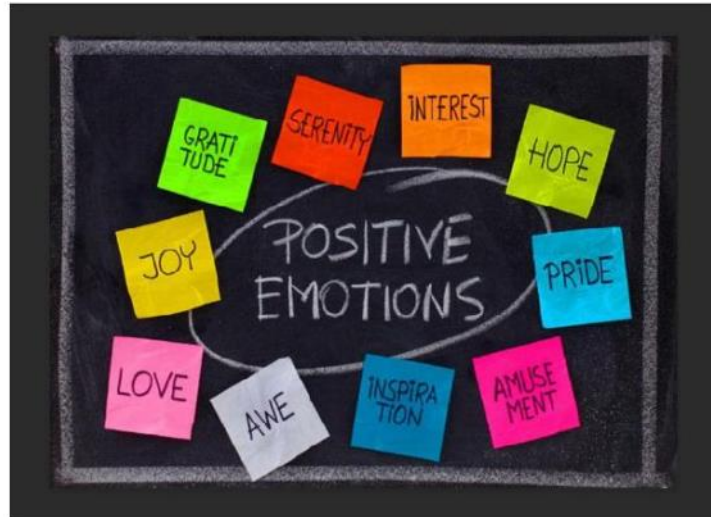


## Positive emotions

*"...fear closes down our minds and our hearts, whereas positive emotions literally open our minds and hearts... they really change our mindsets and our biochemistry."*

**Dr. Barbara Fredrickson**

Professor of Psychology,  
University of North Carolina



## This September month's theme: Self-Care September

Self-care isn't selfish, it's essential. No-one's perfect, but so often we compare our insides to other people's outsides. This month we encourage everyone to be kinder to themselves, as well as others, especially when things go wrong. Self-care increases our resilience and helps us get more out of life. It also helps us accept others as they are too.

### Self-Care September 2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1. Focus on the basics: eat well, exercise and go to bed on time	2. Give yourself permission to say 'no'	3. Find time for self-care. It's not selfish, it's essential	4. Notice the things you do well, however small	5. Let go of self-criticism and speak to yourself kindly	6. Plan a fun or relaxing activity and make time for it	7. Forgive yourself when things go wrong. Everyone makes mistakes
8. Be as kind to yourself as you would to a loved one	9. If you're busy, allow yourself to pause and take a break	10. Be willing to share how you feel and ask for help when needed	11. Aim to be good enough, rather than perfect	12. When you find things hard, remember it's ok not to be ok	13. Make time to do something you really enjoy	14. Get active outside and give your mind and body a natural boost
15. Enjoy photos from a time with happy memories	16. Don't compare how you feel inside to how others appear outside	17. Find a caring, calming phrase to use when you feel low	18. Leave positive messages for yourself to see regularly	19. Notice what you are feeling, without any judgment	20. Ask a trusted friend to tell you what strengths they see in you	21. No plans day. Make time to slow down and be kind to yourself
22. Free up time by cancelling any unnecessary plans	23. Choose to see your mistakes as steps to help you learn	24. Take your time. Make space to just breathe and be still	25. Let go of other people's expectations of you	26. Accept yourself and remember that you are worthy of love	27. Find a new way to use one of your strengths or talents	28. Avoid saying 'I should' and make time to do nothing
29. Write down three things you appreciate about yourself	30. Remind yourself that you are enough, just as you are					

ACTION FOR HAPPINESS

Happier · Kinder · Together



## What have we been doing?

We have learnt a lot about digital systems this year. We have learnt how they work with input and output devices and what part the internal components play. We have also learnt what an electric circuit is and that computers do everything with combinations of on and off circuits, which are represented with 1s and 0s.

This term we have been learning that computers can't do anything without following step by step instructions called algorithms. Algorithms that are written in a language that a computer can understand create the software that we use. Software tells the computer what to do when it receives data from an input device, how to process that data and what it should output.

The students have created algorithms containing loops and conditional statements (decisions) and have written code to control simple robots or create simple games.

Block coding animations



Upper year students coding their own interactive games.

Lower years testing their algorithms on robots.

Coding a Flappy Bird game.



## What's happening next?

During the final weeks of this term we will begin our Design Technologies strand. Design Technologies requires us to identify needs and use design thinking and an understanding of materials, processes and methods to develop and evaluate solutions.

Upper years will be developing some design thinking skills by designing working input devices to control the games that they coded earlier. Middle and lower years will be engaging in a number of projects that will introduce them to the methods of design thinking.



## Feature - Tech Room Website

The Tech Room Website is a place where students can find links to current project resources as well as continuously updated information and web apps to assist students in their learning of the Technologies curriculum. The Tech Room Website won't pop up in a Google search but you can find it here:

[sites.google.com/view/norwoodps/home](https://sites.google.com/view/norwoodps/home)





# YEAR 7 TO HIGH SCHOOL IN 2022



## Parent Update

### Week 6, Term 3 – 2021

#### Student wellbeing during the 7 to high school move

Your child's wellbeing is just as important in high school as it is in primary school. Our public high schools will have a strong focus on pastoral care and orientation as part of their planning to ensure the move to high school is successful for year 6 and 7 students and their families.

#### Making friends

New year 7 students starting high school in our pilot program were initially concerned about making friends. But by the end of Term 1, 97% of them reported that they had made friends, and for many, this was a highlight of their high school experience.

Of course, making new friends is not a unique concern for those entering high school. A student starting at a new school at any year level will have this experience. Our schools know how to support students through this time.

Later this year, our high schools will begin offering transition programs to help year 6 and 7 students moving to high school in 2022 feel confident, welcome and ready for the new year.

Transition programs are organised individually by our schools to suit their communities, but they all have an emphasis on forming friendships and connections with their new teachers.

Our pilot schools held transition visits and camps, and ran peer mentor programs to help their new year 7 and 8 students connect with others.

**"You've got to take advantage of every option that's out there for your kids to feel comfortable."** – pilot program parent

**"She has settled in quickly, made great friends and feels safe and supported in the school community."** – pilot program parent

#### Support people within our schools

Students will be supported to adjust to new routines and different academic demands through dedicated wellbeing support provided by their high school.

Teachers will also help your child to adjust to high school expectations and help them to build confidence in their learning.

While schools are staffed to suit their individual needs, they all offer wellbeing support for students. This is often in the form of staff counsellors (also known as wellbeing leaders) and dedicated home group teachers.

Peer mentor programs are common across most of our schools, where older students are on hand to support new students and answer their questions.

**"Peer leaders guided us through things and answered all our questions and made us feel better."** – pilot program student

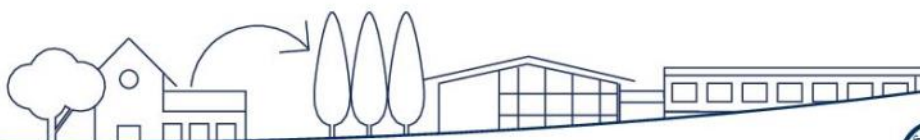
#### Don't just take our word for it

Watch our new short video, '[Feeling comfortable in high school](#)' on the Year 7 to High School section of the Department for Education website. You will find it under the heading 'Benefits for your child' at [www.education.sa.gov.au/7toHS](http://www.education.sa.gov.au/7toHS). Click on the 'Safety and wellbeing in high school' tab.

#### Where to find out more

Stay informed through your school and the Department for Education's website: [www.education.sa.gov.au/7toHS](http://www.education.sa.gov.au/7toHS).

Or share your feedback with the project team by emailing: [Year7toHS@sa.gov.au](mailto:Year7toHS@sa.gov.au).



Government of South Australia  
Department for Education

# UNIFORM SHOP

.....We're Back!

Welcome back to our uniform shop which has resumed normal trading hours:

**TUESDAY and FRIDAY mornings**  
**8:45 to 9:15am.**

Also a reminder that once again it's time for  
**'HATS ON'**



Norwood Primary School's Sunsafes Policy requires students to wear hats in **Terms 1, 3 and 4**. In the cooler months, hats will also be required if the UV level reaches 3 or above, therefore please ensure all students have a hat kept at school. Hats are available from the uniform shop.

## **PUPIL FREE & SCHOOL CLOSURE DAYS**

### **Term 3**

Friday 3<sup>rd</sup> September, Week 7  
Monday 6<sup>th</sup> September, Week 8  
(School Closure)

### **Term 4**

Friday 29<sup>th</sup> October, Week 3





## BREAD TAGS FOR WHEELCHAIRS



Please save your bread tags – they will be recycled to fund wheelchairs in South Africa.



We collect bread tags Australia-wide, and recycle these in Robe, SA. All funds raised through recycling are used to supply wheelchairs in South Africa.



Re-made in Robe!



### What can I do?

It's easy ..... save your bread tags for a while and then drop them off at one of our collection points. Ask your family, friends, school and local café to help.



Visit our website for signage, to find your nearest collection point, or to host a collection point.

 [aussiebreadtags@gmail.com](mailto:aussiebreadtags@gmail.com)



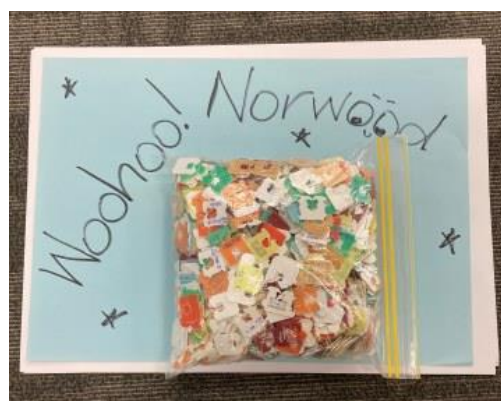
[ozbreadtagsforwheelchairs.org.au](http://ozbreadtagsforwheelchairs.org.au)

 [@aussiebreadtags](https://www.facebook.com/aussiebreadtags)

Local Contact:

Thank you to the families who have been bringing in their bread tags for this very worthwhile cause. The response has been wonderful!

Bread tags can still be dropped in to the collection box in the front office.....keep them coming! ☺





## Mums Of Norwood

**Friday 17<sup>th</sup> SEPTEMBER | 7pm**

**Venue | The Colonist**  
(Cnr Sydenham Road & The Parade)

**All Welcome!**  
*Come along for a get together with other  
amazing mums of Norwood PS (MONs)*

Find us on Facebook MONs (Mums of Norwood)



## The DONs

DADS OF NORWOOD



THE DADS OF NORWOOD PRIMARY SCHOOL  
MEET ONCE A TERM FOR A CASUAL SOCIAL OUTING.

NEXT SCHEDULED MEETING:

**The Colonist**  
Cnr Sydenham Road & The Parade  
**FRIDAY 10<sup>th</sup> SEPTEMBER from 7pm**

**All Welcome!**

Drop in for an hour, or stay for 5. If you can't make it, don't worry, put a note in your calendar to make sure you can come to the next one.

**We'll see you there!**

For further information contact Marc Morrell [0431270201](tel:0431270201) or  
Dan Pryor [0408893228](tel:0408893228)

# TERM 3 PLANNER 2021

Please note, due to COVID, events are subject to change.



## TERM DATES

Term 1	27/01/21 – 09/04/21
Term 2	27/04/21 – 02/07/21
Term 3	19/07/21 – 24/09/21
Term 4	11/10/21 – 10/12/21

Week	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1	19/07	20/07	21/07	22/07	23/07 Assembly 9am
2	26/07	27/07	28/07 Triskills R-2	29/07	30/07
3	02/08 Governing Council Mtg 7pm	03/08	04/08 Triskills R-2	05/08	06/08 Assembly 9am
4	09/08	10/08	11/08 Triskills R-2	12/08 Redlegathon 2pm	13/08
5	16/08 Art Gallery Visit Rms 3,4,5 & 6 ICAS English 9am	17/08	18/08 Triskills R-2	19/08	20/08 Book Week Performance - 'Bigger, Better, Brighter'
PARENT/TEACHER INTERVIEWS					
6	23/08	24/08 Festival of Music Rehearsal	25/08 Triskills R-2	26/08	27/08 Assembly 9am ICAS Science 12:15pm
BOOK WEEK – 'OLD WORLDS, NEW WORLDS, OTHER WORLDS'					
7	30/08 Art Gallery Visit Rms 1 & 2	31/08	01/09 Triskills R-2	02/09 Sports Day	03/09 PUPIL FREE DAY
8	06/09 SCHOOL CLOSURE DAY	07/09	08/09 Triskills R-2 Festival of Music Rehearsal & Performance	09/09 R U OK Day	10/09
9	13/09 Governing Council Mtg 7pm	14/09	15/09 Triskills R-2	16/09	17/09 Assembly 9am
10	20/09	21/09 MUSICAL	22/09 MUSICAL	23/09	24/09 LAST DAY OF TERM EARLY DISMISSAL 2:15PM



# Norwood OSHC Vacation Program

27<sup>th</sup> September – 8<sup>th</sup> October 2021

P: 0418 891 704

E: [margie@norwoodoshc.org.au](mailto:margie@norwoodoshc.org.au)

W: [www.norwoodoshc.com.au](http://www.norwoodoshc.com.au)

Monday 27 <sup>th</sup> September	Tuesday 28 <sup>th</sup>	Wednesday 29 <sup>th</sup>	Thursday 30 <sup>th</sup>	Friday 1 <sup>st</sup> October
				
Monday 4 <sup>th</sup>	Tuesday 5 <sup>th</sup>	Wednesday 6 <sup>th</sup>	Thursday 7 <sup>th</sup>	Friday 8 <sup>th</sup>
				



# Christmas IN NPSP



## Mayor's Christmas CaRd Competition 2021

**Draw or paint a picture  
that captures the spirit  
of Christmas!**

The Mayor's Christmas Card Competition is open to all pre-school and primary school students within the City of Norwood Payneham & St Peters.

First, second and third prizes will be awarded to students from each year level (pre-school to year 7). The overall winner will have their design featured on the front cover of the December 2021 edition of the Council's newsletter, Look East.

Entries close Monday 20, September 2021.

For further information, competition guidelines and an entry form\*, please phone 8366 4555 or visit [www.npsp.sa.gov.au/christmascard](http://www.npsp.sa.gov.au/christmascard)

\*All entries must be submitted on the official entry form.

City of Norwood Payneham & St Peters  
175 The Parade, Norwood SA 5067

Telephone 8366 4555  
Email [townhall@npsp.sa.gov.au](mailto:townhall@npsp.sa.gov.au)  
Website [www.npsp.sa.gov.au](http://www.npsp.sa.gov.au)  
Socials  /cityofnpsp  @cityofnpsp



City of  
Norwood  
Payneham  
& St Peters





# SUPER SPRING SPORTS!

LEARN NEW SPORTS SKILL IN TERM 4  
NORWOOD PRIMARY SCHOOL



BOOK ONLINE NOW AT



**KELLYSPORTS.COM.AU**



# INFORMATION

FOR PARENTS

# MULTI-SPORT

PROGRAMME

Programmes for R-2 students run weekly on one day a week for one hour.

## This term we will focus on the following sports:

- ✓ Cricket
- ✓ Athletics
- ✓ Teeball
- ✓ Tennis

This weekly programme gives children skills and confidence in a fun and enjoyable environment. It also encourages their enthusiasm for sport and the life skills that such involvement brings – giving them confidence to join sports clubs and teams in the future. Sessions will be facilitated under a COVID-19 safe sporting environment.

## 8 WEEK PROGRAM FOR \$100+GST (TOTAL COST \$110)

*OR redeem your \$100 Sports Voucher and pay only \$10!*

**WHEN:** Wednesday  
**COMMENCING:** 20/10/2021  
**CONCLUDING:** 8/12/2021  
**TIME:** 3:20pm-4:20pm  
**MEETING PLACE:** Veranda outside office

To enrol and/or redeem your sports voucher discount, register online at [www.kellysports.com.au](http://www.kellysports.com.au). Payments can be made online at [www.kellysports.com.au](http://www.kellysports.com.au) or by EFT to Kelly Sports Adelaide Metro BSB 035 045 A/C No 342581. For further information about your Sports Voucher eligibility please visit [www.sportsvouchers.sa.gov.au](http://www.sportsvouchers.sa.gov.au).

**Website:** [kellysports.com.au/events](http://kellysports.com.au/events)  
**Contact:** Ian Barnes  
**Email:** [ianbarnes@kellysports.com.au](mailto:ianbarnes@kellysports.com.au)  
**Phone:** 0421 888 400  
**Facebook:** #KellySportsAdelaide



### Disclaimer

Please be aware that the school does not endorse the external activities and organisations advertised in our newsletters—information is shared in good faith.

Parents should exercise due diligence when determining their child's involvement.





# COME & TRY BASEBALL

FREE COME &  
TRY SESSIONS

—  
FOR GIRLS &  
BOYS 7 - 12  
YEARS OLD

—  
HEAD COACH &  
ABL PLAYER  
AUSTIN  
GALLAGHER

—

**4-5pm**  
**9 & 16 Sept**  
**Newland Park West**

[www.kensingtoncardinals.com.au](http://www.kensingtoncardinals.com.au)

