

# NEWSLETTER

Issue Number 10  
9th September 2022

## DIARY DATES

### SEPTEMBER

#### **Monday 12th**

- REDLEGATHON
- Governing Council Mtg

#### **Wednesday 14th**

- Triskills R-2
- Festival of Music Concert

#### **Friday 16th**

- Australian Girls Choir Assessments

#### **Tuesday 20th**

Planetarium Visit Yr 3

#### **Wednesday 21st**

Triskills R-2

#### **Friday 23rd**

Assembly 9am

#### **Tues 27th & Wed 28th**

MUSICAL

#### **Thursday 29/9**

Pirates of Penzance Yr 5

#### **Friday 30/9**

**LAST DAY OF TERM**

**EARLY DISMISSAL**

**2:15pm**

Dear Families,

**Book Week** was a great success with a number of guest readers including the Minister of Education Blair Boyer, our local MP Steven Marshall, Mayor Robert Bria, Councillor Fay, Police Officer Ros, Norwood Football Coach Jade Rawlings and players coming along to read to the students. Students were introduced to the CBCA shortlisted books and then designed their own "dreaming with eyes open" eye. Our week finished with our wonderful Book Week Parade. It was so good to be able to have families back on site sharing the fun and creative costumes. I am always amazed at how imaginative everyone is and the high participation rate.



Hopefully the weather improves over the weekend so that we can have a successful **Redlegathon** on Monday afternoon. At 2.05pm students will congregate on the Basketball court to do a Health Hustle warm up led by a group of year 4 students, before collecting their water bottles from their classes and heading out to Norwood Oval. **Parents are welcome to join in.** Hopefully students have been busy collecting donations and sponsors so that we can raise funds for our proposed sheltered area. With an initial quote of \$120 000 we will need all the help we can get in fundraising events.

**Don't forget to wear your odd socks!**



Our Year 6 choir heads off to the Festival Theatre on Wednesday night to perform this year's **Primary Schools Music Festival** songs. We look forward to their performance.



Anna has been extremely busy working with our students in preparation for **"The Greatest Show"**, this year's musical for our upper primary students. Tickets will go on sale next week for the 2 performances being held on Tuesday 27th and Wednesday 28th of September.

**Sports Day** will be occurring in term 4 on Tuesday 6th December. We have had to work around a lot of maintenance and major work plans for Norwood Oval including new light towers. Although this wasn't our ideal date we would prefer to hold it on Norwood Oval. More information will come out in term 4.

Kind regards,  
*Melissa*

## You can contact us:

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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)



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Department for Education



## KEYS TO HAPPIER LIVING

## Resilience

Find ways to bounce back

BOUNCE BACKABILITY



If you can't change it, change how you think about it.

ACTION FOR HAPPINESS

We are continuing to embed the 'Action For Happiness: GREAT DREAM' within our NPS community.

During the next two weeks we will be focusing on **Resilience**.



## RESILIENCE

Everyone has their ups and downs - difficulties are part of life for us all. We can learn skills, actions and habits of thinking that boost our natural resilience. Resilience means finding ways to cope constructively, accept what has happened, adapt and eventually move forward.

This **September** calendar has daily self-care actions.

See how many of these actions you can do as a family.

## Self-Care September 2022

## MONDAY



5 Forgive yourself when things go wrong. Everyone makes mistakes

12 Get active outside and give your mind and body a natural boost

19 Notice what you are feeling, without any judgement

26 Find a new way to use one of your strengths or talents

## TUESDAY



6 Focus on the basics: eat well, exercise and go to bed on time

13 Be as kind to yourself as you would to a loved one

20 Enjoy photos from a time with happy memories

27 Free up time by cancelling any unnecessary plans

## WEDNESDAY



7 Give yourself permission to say 'no'

14 If you're busy, allow yourself to pause and take a break

21 Don't compare how you feel inside to how others appear outside

28 Choose to see your mistakes as steps to help you learn

## THURSDAY

1 Find time for self-care. It's not selfish, it's essential

8 Be willing to share how you feel and ask for help when needed

15 Find a caring, calming phrase to use when you feel low

22 Take your time. Make space to just breathe and be still

29 Write down three things you appreciate about yourself

## FRIDAY

2 Notice the things you do well, however small

9 Aim to be good enough, rather than perfect

16 Leave positive messages for yourself to see regularly

23 Let go of other people's expectations of you

30 Remind yourself that you are enough, just as you are

## SATURDAY

3 Let go of self-criticism and speak to yourself kindly

10 When you find things hard, remember it's ok not to be ok

17 No plans day. Make time to slow down and be kind to yourself

24 Accept yourself and remember that you are worthy of love

31 (Note: This action is not explicitly listed in the image)

## SUNDAY

4 Plan a fun or relaxing activity and make time for it

11 Make time to do something you really enjoy

18 Ask a trusted friend to tell you what strengths they see in you

25 Avoid saying 'I should' and make time to do nothing





# SCHOOL NETBALL—NORWOOD FLAMES Years 4 & 5

## Coaches Report...By Kat Taylor

We made it! With 12 convincing wins, 2 draws and 1 loss, the Norwood Flames finished the season on top of the ladder.

It's most certainly a distant memory from when the girls first began only a short 3 seasons ago. Many hadn't played before or had minimal skills.

There are so many highlights for me, but none more rewarding than being a part of watching the girls grow as individuals, and support each other as a team.

Each player has contributed to this season's results, we even had a couple of guest appearances from siblings Ethan and Jesse, so that we could avoid forfeiting.

Thanks to Mia's dad Nik for the Villi's treats at the end of every game, the amazingly supportive and vocal parents, and an extra shout out to our Team Manager, Felicity Briggs.

Bring on the Summer season, we are certainly a force to be reckoned with!



**Year 5 - Billy S, Zoe R, Zoe A, Lucia P, Willow S, Sarah T, Sixuan L**



**Year 4 - Paige B, Mia L, Leni W, Vivienne F, Pippa K**

**Coach: Kat Taylor**

**Team Manager: Felicity Midgley**

## CONGRATULATIONS GIRLS!

# Music News

Thank you to Melissa Burrows and Michael Beare's music students and families that attended our Instrumental concert a few weeks ago. It was a wonderful afternoon of beautiful music from our talented performers.

Congratulations to all the performers, you all played so confidently with your well rehearsed pieces. And to the families that support our music students along their journey.

## New Enrolments for Term 4:

Students interested in starting to learn an instrument at the school with Michael Beare or Melissa Burrows this term are invited to enquire/enrol now to secure a place.

We offer lessons for piano, keyboard, flute, clarinet, saxophone, trombone and recorder.

Our yellow information/enrolment brochures are available at the front office, or alternatively please contact Michael 0403004733 [michaelbeare@adam.com.au](mailto:michaelbeare@adam.com.au) or Melissa 0422667261 [mburrows@adam.com.au](mailto:mburrows@adam.com.au) for more information.



## STUDENT FREE DAY

### Term 4

Friday 4th November, Week 3



We would like to remind families to label all clothing (as well as drink bottles and lunch boxes etc) with their child's name. A HUGE amount of these items have been ending up in the lost property box outside the admin building and although we endeavour to reunite them with their owners, this is not possible if items are not labelled.

A reminder that all our new windcheaters and fleece jackets come with **RagTags** attached. To activate a Ragtagd, a text message is sent to the mobile phone number on the tag with the unique code. If the jacket is placed in lost property you will receive a text message to let you know it's there. Extra Ragtagds can be purchased at the Uniform Shop (\$5 for 2 tags). If you need any more information, please have a chat with Jocelyn at the uniform shop.

# TERM 3 2022 PLANNER

Please note due to COVID events are subject to change.



## TERM DATES

Term 1	31/01/22 – 14/04/22
Term 2	02/05/22 - 08/07/22
Term 3	25/07/22 - 30/09/22
Term 4	17/10/22 – 16/12/22

We ek	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1	25/07	26/07	27/07	28/07	29/07 Assembly
2	01/08	02/08	03/08 Triskills R -2 SAPSASA Boys' Netball	04/08	05/08
3	08/08 Governing Council Mtg	09/08	10/08 Triskills R-2 SAPSASA Yr 5/6 Basketball	11/08 Assembly	12/08 <b>STUDENT FREE DAY</b>
4	15/08 ICAS English	16/08	17/08 Triskills R-2	18/08	19/08 Book Week Performance
5	22/08 ICAS Science  Way to Go Bike Ed Yr 5 	23/08 Magic Millions Yr 6 Choir	24/08 Triskills R-2	25/08	26/08 Assembly  BOOK WEEK PARADE
6	29/08 ICAS Maths  Way to Go Bike Ed Yr 5 	30/08	31/08 Triskills R-2	01/09	02/09
7	05/09 <b>SCHOOL CLOSURE</b>	06/09 Way to Go Bike Ed Yr 5 	07/09 Triskills R-2	08/09 R U Okay? Day	09/09 Assembly
8	12/09 Governing Council Mtg  Redlegathon	13/09	14/09 Triskills R-2 Festival of Music Concert Yr 6	15/09	16/09 Australian Girls' Choir Assessment
9	19/09	20/09 Planetarium Visit Yr 3	21/09 Triskills R-2	22/09	23/09 Assembly
10	26/09	27/09 <b>MUSICAL</b>	28/09 <b>MUSICAL</b>	29/09 Pirates of Penzance Performance Yr 5	30/09 <b>LAST DAY OF TERM</b>  <b>EARLY DISMISSAL 2:15pm</b>



# Norwood OSHC Vacation Program

4<sup>th</sup> – 14<sup>th</sup> October 2022

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 3 <sup>rd</sup>	Tuesday 4 <sup>th</sup>	Wednesday 5 <sup>th</sup>	Thursday 6 <sup>th</sup>	Friday 7 <sup>th</sup>
<b>LABOUR DAY</b>  <b>PUBLIC HOLIDAY</b> <b>we are [CLOSED]</b>	<b>DIY FRIENDSHIP BANDS</b>  <b>NINJA ARENA</b>  <b>BASE CAMP</b> <b>OBSTACLE COURSES FOR KIDS</b> Depart: 11.30am	<b>INFLATABLE ZONE</b>  <b>BOUNCE MANIA</b>  Depart: 11am <b>3pm</b> <b>CREATE YOUR OWN MARBLE MAZE</b> 	<b>Bingo Jack's magic FLYING CIRCUS</b> <b>FRISBEE FUN</b> 10am  <b>ALL DAY GAMEPOD</b> <b>Active Gaming</b> <b>MEGA</b>  Nintendo Sports, Just Dance, Sing Star Karaoke <b>Guess Who?</b>	<b>GIANT</b> Beat the Buzzer <b>OPERATION</b>  <b>NEW</b> <b>GIANT GAMES</b> 9am <b>ESCAPE ROOM CHALLENGE</b> 2pm for Kids  <b>CAN YOU ESCAPE?</b>
Monday 10 <sup>th</sup>	Tuesday 11 <sup>th</sup>	Wednesday 12 <sup>th</sup>	Thursday 13 <sup>th</sup>	Friday 14 <sup>th</sup>
<b>SUPER ROBOTIX</b> <b>Robot Boxing Games</b> <b>Robot Soccer Games</b> 10am <b>ROBOT RACE</b> 2pm <b>NITRO NAT LIQUID NITROGEN SCIENCE SHOW</b> <b>Fire and Ice</b>	<b>EPIC INFLATABLES</b> <b>NEW CRAZY GOLF</b> 10am  <b>Tri Skills</b> <b>GYMNASTICS</b> 1.30pm <b>ACTION Air Gym</b> <b>Trampolines</b>	<b>ACTIVE KIDS</b> Depart: 9.45am <b>the parks</b> <b>NERF WARS</b> <b>FUTSAL</b> <b>PARACHUTE GAMES</b> <b>BRING</b> <b>DODGEBALL</b> <b>ROLLER SKATING</b> <b>2pm</b> <b>CREATE YOUR OWN Connect 4</b> 	<b>ADELAIDE YOUTH THEATRE</b> <b>A MUSICAL ADVENTURE</b> <b>MADAGASCAR</b> Depart 9.15am <b>WOBBLY ANIMALS</b> PRESS THE BUTTON AND THEY ALL FALL DOWN! <b>1pm</b> <b>PAINT &amp; PLAY</b> 	<b>HOYIS CINEMA</b> <b>BIG SCREEN</b> <b>Movie Snacks</b> provided Depart 10.30am <b>SandArt</b> 2.30pm 





# SUPER SPRING SPORTS!

LEARN NEW SPORTS SKILLS IN TERM 4  
NORWOOD PRIMARY SCHOOL



BOOK ONLINE NOW AT



**KELLYSPORTS.COM.AU**



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. Children will learn all four sports over an 8 week program.

**8 WEEK PROGRAM FOR \$120 INCL. GST**

*OR redeem your \$100 Sports Voucher and pay only \$20!*

**WHEN:** Wednesday  
**COMMENCING:** 26/10/2022  
**CONCLUDING:** 14/12/2022  
**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).

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**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

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# SENSATIONAL SPRING HOLIDAY PROGRAM!



We believe in giving children opportunities to do the things they love and enjoy in a supportive and encouraging environment. Our fully supervised sports-orientated holiday program is designed to provide fun, enjoyment and maximum participation with different sports throughout the session. Sports and activities will include: SOCCER, AFL, BASKETBALL, NETBALL, CRICKET, TEEBALL, MINI OLYMPICS, PICNIC GAMES, DANCE & ARTS & CRAFT

**WHEN:** Tuesday 11th October 2022  
**LOCATION:** Concordia College, Winchester St Highgate  
**TIME:** 8:30am - 5pm  
**COST:** \$66.00 incl.GST

*Sibling discount available - please contact Sam on 0421 888 400*

What you need to bring: appropriate clothing, hat, drink bottle and snacks.

To enrol, 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.

All Kelly Sports coaches have mandatory working with children employment screening checks & are double vaccinated

**Website:** [kellysports.com.au/events](http://kellysports.com.au/events)  
**Email:** [ianbarnes@kellysports.com.au](mailto:ianbarnes@kellysports.com.au)  
**Bookings & Enquiries:** 0421 888 400  
**Facebook:** #KellySportsAdelaide



**KELLY  
SPORTS**

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**KELLYSPORTS.COM.AU**



## SCHOOL HOLIDAY SPORTS CAMPS

SCAN ME



**BOOK NOW TO SAVE 30%\***

OFFER AUTOMATICALLY APPLIED AT CHECKOUT!

- 9AM - 3PM EACH DAY
- HIGH-QUALITY SPORTS PROGRAM FOR 5-15 YEAR OLD'S
- DELIVERED BY QUALIFIED COACHES
- CHILDREN GROUPED ON AGE AND SKILL LEVEL
- BRING YOUR FRIENDS ALONG AND WE CAN GROUP YOU!
- SUITABLE FOR CHILDREN OF ALL SKILL LEVELS



**AFL | BASKETBALL | NETBALL | CRICKET | SOCCER**



**ST MICHAELS COLLEGE, HENLEY BEACH OCTOBER 4, 5, 6**



1300 914 368

ADMIN@AUSTRALIANSPORTSCAMPS.COM.AU

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**ST. PETERS**  
TENNIS CLUB



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**SUMMER SEASON OPEN DAY**

2022/2023

12 TILL 4PM

**BBQ FROM NOON**

MORE INFORMATION: FACEBOOK@STPETERSTENNIS  
OR CLICK ON THE QR CODE

CONTACT CROSS COURT TENNIS COACHING  
0433277368

# SCHOOL HOLIDAY FUN

9:15-11:15AM

### WEEK ONE

Tuesday 4 October Learn to Skate

Wednesday 5 October Nerf Wars

Thursday 6 October Mighty Adventure Day!  
9am-4pm - \$45 - early drop off/  
late pick up and lunch order  
options available

### WEEK TWO

Monday 10 October Choose from 2 activities:  
Learn to Skate or  
Parks Theatre Mr SnotBottom (\$12)

Tuesday 11 October Mighty Adventure Day!  
9am-4pm - \$45 - early drop off/  
late pick up and lunch order  
options available

Thursday 13 October Sports Day\*  
\*New! All your favorite sports day activities  
including Tug a War, Parachute Games, Activity  
relays & more!

Friday 14 October Aqua Inflatables

ages **5-14** | **\$10** per person  
per session



**DON'T FORGET!**  
BOOK FOR MIGHTY  
ADVENTURE DAY

**TO BOOK: [parksrsc.ymca.org.au/schoolholidays](https://parksrsc.ymca.org.au/schoolholidays)**

08 8406 2900 | [parksrsc@ymcasc.org.au](mailto:parksrsc@ymcasc.org.au)  
# /theparksrecreationandsportscentre  
[parksrsc.ymca.org.au](https://parksrsc.ymca.org.au)



NEW PROGRAM

**\$45**

# MIGHTY ADVENTURE DAY

Drop the kids off for a **full day of fun and fitness** at The Parks. **Thursday 6 & Tuesday 11 October.**

9:00-9:30am	Warm Up Games
9:30-10:30am	Stationed Sports
10:30-10:45am	Recess
10:45-11:30am	Nerf
11:30am-12:30pm	Skating
<b>12:30-1:00PM</b>	<b>LUNCH</b>
1:00-2:00pm	Stadium Games / Fitness
2:00-4:00pm	Pool

**Early drop off (8am) & late pick up (5pm) options. \$10 Lunch orders available.**

**TO BOOK: [parksrsc.ymca.org.au/schoolholidays](https://parksrsc.ymca.org.au/schoolholidays)**

### Disclaimer

Please be aware that the school does not endorse the external activities & organisations advertised in our newsletters—information is shared in good faith. Parents should exercise due diligence when determining their child's involvement.