



Aberfoyle

# Hub News

R-7 School

2019

TERM 1

Week 4



## Pupil Free Day

Term 1 - Week 6

Friday, March 8<sup>th</sup>

(OSHC will be open—subject to bookings)



## this issue

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## Advanced Notice:

### Pupil Free Days

\* Term 1 — Week 6

Friday, March 8<sup>th</sup>

\* Term 2 — Week 9

Monday, June 24<sup>th</sup>

\* Term 3 — **To be advised**

\* Term 4 — Week 3

Friday, November 1<sup>st</sup>

### School Closure Day

Term 3 — Week 6

Friday, August 30<sup>th</sup>

### Sports Day

Term 1: Week 10

Friday, April 5<sup>th</sup>

**Back-up Sports Day (in the event of inclement weather)**

Thursday, April 11<sup>th</sup>

### R-5 Swimming

Term 2: Week 6

June 3<sup>rd</sup> - 7<sup>th</sup>

## From the Principal

### OPEN NIGHT

Last week we held our annual Open Night, giving families the opportunity to visit our school and meet the staff and giving staff the opportunity to meet new members of our school community.

I would like to thank Governing Council members for doing an excellent job with the cooking of the BBQ and also Trish Brewer, Andrea Thain and their helpers for opening the canteen on the night.

### Governing Council

I am pleased to announce that we have filled all vacancies for our 2019 Governing Council. An active Council will support our school community to build on past successes with student learning. Our initial meeting will deal with the election of our Governing Council Chair, Co-Chair, Treasurer and Secretary. 2019 Sub-Committees will also be elected. Congratulations to all our 2019 members. I look forward to working with everyone during the year.

### Staff Car Parking

I would like to thank our community members who follow school expectations and support us during the morning and afternoon in keeping our children safe. We ask that parents/caregivers refrain from parking in staff car parks due to inherent dangers that are faced when students are trying to manoeuvre around cars when they are coming to school or leaving school.

At times we are still faced with the problem that we have some community members who still place children at risk by driving onto school grounds during these times. The staff car park is set aside for staff, visiting Department personnel or community members who have scheduled meetings

at the school. Both car parks are not designed to have cars safely going in and out at the same time as children. We ask that, especially during morning and afternoon periods, you do not use staff car parks.

We would also like to remind all community members that the 'Kiss and Drop' zone is designed and set aside for a quick drop off of your children. Please refrain from parking in this area.

### Upcoming Pupil Free Day

On Friday March 8<sup>th</sup>, Aberfoyle Hub R-7 School and Partnership Schools will be attending a Training and Development day based on the works of Steve Francis. Steve Francis has written books which include "First Semester CAN MAKE OR BREAK YOU!" and "Time Management For Teachers". The program for the day will be focussing on: 7 Strategies for Motivating and Engaging Students; High Functioning Teams in Schools and Schools Are People Places - Building Trust is Essential. The day's program will support staff in the work we have set ourselves and the program supports the initiatives we have taken to better meet student learning needs.

### Growth Mind Set

I would like to provide us all with a quote for the week. In everything we do challenges are there to be confronted. Roger Crawford puts this perfectly and resonates well with everyone's learning journey.

**"Being challenged in life is inevitable, being defeated is optional."**

**Roger Crawford**

**Tas Ktenidis  
Principal**



[facebook.com/AberfoyleHubR7school](https://facebook.com/AberfoyleHubR7school)

Principal:

**Tas Ktenidis**

Deputy Principal:

**Sarah Magnusson**



Government of South Australia  
Department for Education

## 2019 MATERIALS & SERVICE CHARGE/EXCURSION LEVY

### Payment By Instalments

**School fees for 2019** are **\$310** and this becomes the prescribed sum and therefore legally recoverable in the event of non-payment. The 2019 **Excursion Levy** is **\$40** per student.

Invoices and information letters have been sent home via students.

Thank you to our families who have submitted their school card applications.

I would like to remind our families there is the option of paying their accounts by instalments and that the first payment is due on **Monday, March 4<sup>th</sup> 2019**. The amount of \$150 per child includes the Excursion Levy of \$40 and \$110 for the Materials and Service Charge.

Other payment dates for this year are:

- Monday, April 8<sup>th</sup> \$100.
- Monday, May 6<sup>th</sup> \$100 final payment.

We are happy to take cash, cheque or credit card over-the-counter at school or your credit card details over the phone, or through direct bank payment.  
BSB 105-186 Account No 608245340.

**Chris Godden**  
**School Business Officer**

## SOCIAL WORK INTERNS

### From Juanjuan ...

Hi, everyone. I am Juanjuan Cui. My English name is Tracy. I graduated from Qingdao University as an English major in China. I am studying a Master of Social Work at Flinders University. Now I am doing my first social work placement in Aberfoyle Hub R-7 School. I am here mainly to assist in improving children's mental health and well-being in order to make sure they can achieve successful study outcomes. I am very happy and honoured to have the opportunity to work in this school.

### From Olivia ...

Hi my name is Olivia and I am a Social Work Student in the third year of my Bachelor Degree at Flinders University. I am very excited that my placement has brought me to Aberfoyle Hub R-7 School and I look forward to working alongside the leadership team, Di Brinkworth, the teachers and students. There has already been so much to learn and I hope to develop my skills in regards to working within the community in a school setting. I hope that during my time here I am able to help students engage in class and contribute to the wellbeing of both students and teachers. Thank you for welcoming both Juanjuan and I into your community.

## FAREWELL

### Pre-Service Teachers

This Friday we farewell 2<sup>nd</sup> Year Pre-Service Teachers, Lucy Burns, Colbie Frankland, Nick Fox and Liam Thompson who will be completing their placement tomorrow in Rooms 1, 14, 17 and 18. It has been great to have them as part of our school team for the past few weeks supporting student learning. We wish you all the best for your future studies.

**Sarah Magnusson**  
**Deputy Principal**

## R-5 SWIMMING

### Term 2: Week 6

Please make a note of the dates in your calendar at home. As part of the Health and PE curriculum, all **R-5** mainstream students will be involved in an intensive 1-week, daily swimming program in **Week 6 next term (June 3<sup>rd</sup>-7<sup>th</sup>)**. **The approximate cost of swimming is \$42 for R-5 students** - no GST is included in the cost.

More information about the swimming program will be provided in a later newsletter.



## HEALTH NEWS

### Health Focus:

### Diabetes

The Diabetes SA website provides the following information.

Diabetes occurs when there is too much glucose in your blood. This happens when your body cannot produce enough insulin, or use it properly. Glucose is the main source of energy for our bodies. To ensure our bodies are working properly, we need to maintain healthy levels of glucose in our blood. When we eat foods containing carbohydrate such as bread, pasta, rice, cereals, fruits, starchy vegetables, milk and yoghurt, they are broken down to glucose, which moves into our blood supply. This is where 'blood glucose' or 'blood sugar' comes from. Glucose is also stored and released in your body by the liver. The level of glucose in the blood is normally controlled by a hormone called insulin which is made by special cells in the pancreas, called beta cells. Insulin acts as a key to unlock cells in the body and allow glucose to enter. Only then can it be used as a source of energy for our bodies. Blood glucose levels are higher in people with diabetes. High blood glucose can cause short and long term damage to the body.

The Diabetes SA website also provides a range of useful information sheets and links to other helpful websites — click on the following link:

[https://www.diabetessa.com.au/Web/Education\\_and\\_Events/Info\\_Sheets/Web/Education\\_and\\_Events/Info\\_Sheets.aspx?hkey=9a733930-cf07-4fef-b13d-b884ac280656](https://www.diabetessa.com.au/Web/Education_and_Events/Info_Sheets/Web/Education_and_Events/Info_Sheets.aspx?hkey=9a733930-cf07-4fef-b13d-b884ac280656)



## Di's DIALOGUE

Welcome to 2019 Hub style. During the holidays Howard (neck cushion) and I went on a cruise to South America and Antarctica. I'll be sharing photos and stories throughout the term of our holiday, so look out for photos on the noticeboard outside the Staff Room. Howard is used for social and emotional learning with the students.

This year I'll be here 4 days a week with Wednesday being my day off. Please feel free to come to Room 8 at any time in the afternoon and have a chat or to just say "Hi". Hope to see you soon.

**Di Brinkworth**  
Pastoral Care Worker /  
Wellbeing Co-ordinator



## SPORT NEWS

### Basketball and Cricket

Games for both Basketball and Cricket begin soon. Coordinators can be contacted re details of games and fixtures, as below:

- **Cricket** Coordinator: **Ian Jeffries - Mobile: 0412 187 502.**
- **Basketball** Coordinator: **Sue Ann Woodwiss - Mobile: 0412 846 196.**

Reminder: As per our school sports policy, **all fees must be paid and Codes of Conduct forms returned (signed) prior to the start of the first game.** Invoices have been sent home for these 2 sports. Prompt payment is required so that games can begin.

### Uniforms

Basketball tops will be given out to **those students whose families have paid their sport invoices** (at a date/time to be announced).



### Netball

We are still looking for **PLAYERS, COACHES and UMPIRES** for this year.

Games don't start until Term 2, so there is still time to join a team. If your child is interested please collect a membership form from the Front Office.



### Pedal Prix

Parents/Caregivers of Year 6/7 students who have returned 2019 membership forms for their children can contact **Brad Walters** at [brad.walters190@schools.sa.edu.au](mailto:brad.walters190@schools.sa.edu.au) for details of the 2019 Program. Invoices will be sent home soon.

**Sarah Magnusson**  
Deputy Principal



## ROAD RULES/PARKING AROUND SCHOOLS

The City of Onkaparinga has provided the following information about parking outside or near to schools during their hours of operation.

The 'Australian Road Rules' give direction on parking restrictions and that which drivers of vehicles are required to comply with. The rules that are most prevalent to school parking and those which our Community Safety Officers enforce compliance with are as follows:

- Vehicles must **not** stop in a **NO STOPPING ZONE**, even for a few seconds, to pick up your child.
- Vehicles **may** stop in a **NO PARKING ZONE** for three minutes or less to pick up a child who is waiting nearby. You must **not** park or leave the vehicle.
- Vehicles must **not** double park, or stop in the line of traffic, to pick up or drop off a child.
- Vehicles must **not** stop in a bicycle lane.
- Vehicles must **not** stop in a Bus Zones.
- Vehicles must **not** stop within 20 metres before a crossing or 10 metres after a crossing.
- Vehicles must **not** stop within 10 metres of an intersection or junction without traffic lights.
- Vehicles must **not** park over driveways.
- Vehicles must **not** park on the verge.

Community Safety Officers recognise that vehicle movement around schools create high risks zones for pedestrian safety and will engage and educate drivers, along with issue fines for illegal parking if appropriate in the circumstances. We wish everyone to have a successful and safe school year and ask parents to be mindful of their own behaviour around schools, whether in relation to where they park or the respect shown to our Officers trying to ensure safety of others.

If you have any queries or questions regarding the road rules please contact the **Team Leader or a Senior Ranger from our Community Safety team 8384 0666.**





## DIARY DATES: February/March

22/2	R - 3 Assembly 10:50am (Hall); Year 6 Aquatics
1/3	Grounds/Facilities Meeting 8am (Admin); R - 7 Assembly 10:50am (Hall); Clean Up Australia Day
8/3	<b>PUPIL FREE DAY **</b>
11/3	Adelaide Cup <b>PUBLIC HOLIDAY</b>
12/3	OSHC Committee Meeting 6:45pm (Staff Room)
14/3	RAN (Responding to Abuse & Neglect) Training 7-9pm (Resource Centre)
15/3	4 - 7 Assembly 10:50am (Hall); Canteen Committee Meeting 2pm (Staff Room)
18/3	Sports Committee Meeting 6:30pm (Staff Room)
19/3	Finance Advisory Committee Meeting 5:30pm (Staff Room)
20/3	Unit 3 & 4 Family Dinner at Thalassa Park 5pm - 6:30pm; Governing Council Meeting 7pm (Staff Room)
22/3	RAN (Responding to Abuse & Neglect) Training 9-11am (Resource Centre); R - 7 Assembly 10:50am (Hall)



### Term 1, 2019 RAN Training Reminder

The Department for Education requires all people who work with children to be responsible for child safety, including knowing how to recognise and report inappropriate behaviour. All volunteers at our site must have undertaken RAN (Responding to Abuse and Neglect) training.

**2 on-site sessions are being offered this term in our school's Resource Centre.**

- Thursday, March 14<sup>th</sup> (7 - 9pm). **RSVP by Thursday, March 7<sup>th</sup>** (Phone 8270 5055 to book a place).
- Friday, March 22<sup>nd</sup> (9 - 11am). **RSVP by Thursday, March 7<sup>th</sup>** (Phone 8270 5055 to book a place).

### Of Interest

**theatrebugs**  
act • dance • sing

**ENROLMENTS NOW OPEN**  
For children aged 1 - 18 years

Theatre Bugs has been teaching performing arts skills to Adelaide's children for over 20 years.

Book a **FREE** trial!

Acting, dancing and singing classes combined in ONE lesson per week.

Classes at Aberfoyle Park, Aldgate, Glenelg, Dulwich Golden Grove, Norwood, Port Adelaide, and Unley.

Ph: 8332 1228  
[www.theatrebugs.com.au](http://www.theatrebugs.com.au)

**theatrebugs**  
act • dance • sing

**Every child is a star!**

At Theatre Bugs, your child will learn skills in dance, singing, drama and much more. They will also learn to trust their own ideas, develop perseverance, empathise with others, work with peers to achieve a common goal and feel confident in their own abilities. Most of all, they will develop the confidence they need to be able to tackle the unexpected, challenging and exciting situations that they are confronted with in life.

- Nurturing Environment
- Skills for Life
- Build Confidence

Students have the opportunity to participate in a variety of unforgettable experiences. They are included in a number of different performances each year. Some of these involve special costumes, sets, lighting and are staged in professional theatre spaces.

Students are often invited to participate in additional optional events such as TV work, charity concerts, Adelaide Fringe events, Christmas Pageants, modelling and more!

April 2019

## NEXT STEP PROGRAM

**5-8 year olds | \$90**

Monday 15 April, Adelaide Oval  
9am - 12pm OR 1pm - 4pm  
Restricted to 120 registrations per session.

**9-14 year olds | \$110**

Tuesday 16 April, Adelaide Oval  
9am - 2pm  
Maximum 125 registrations.

**Each participant will receive:**

Personalised Guernsey, football, drink bottle, SANFL Statewide Super League Grand Final Family Pass & other awesome goodies.

Register before **25 February**, for your chance to be one of the **2019 SANFLW Grand Final Medal Presenters**

**REGISTER NOW**

These clinics will sell out fast - DON'T MISS OUT  
Registrations close Monday 4 March

**ABERFOYLE HUB R-7 SCHOOL**  
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Aberfoyle Park SA 5159

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**Email:** [dl.0536.info@schools.sa.edu.au](mailto:dl.0536.info@schools.sa.edu.au)  
**Website:** [www.ahs.sa.edu.au](http://www.ahs.sa.edu.au)