



Aberfoyle

Hub News

R-7 School

2020

TERM 3

Week 2

Advanced Notice:

Pupil Free Days

- * Term 3 — Week 8
Monday, September 7th
- * Term 4 — Week 3
Friday, October 30th

School Closure Day

Term 3 — Week 7
Friday, September 4th



this issue

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From the Principal

WELCOME BACK

Welcome back to all families for term 3. I hope the break was restful and not as stressful as the previous break. Towards the end of the term each of you received your child's report card including an update on COVID-19 measures for our school. Some of you may, since reading your child's report, have questions about their learning.

If you have any queries relating to your child's report, please take the opportunity to contact your child's teacher and make a time to discuss the results of their reports.

COVID-19 measures as shared with you will remain in place for the near future. Can I please remind some parents/caregivers unless requested by a staff member please do not enter any of our units due to Social distancing measures.

The Sports committee will be meeting soon to begin planning for Sports Day and prepare to share what this will possibly look like. When planning for this year, we will have to keep in mind and implement COVID-19 measures in making sure that each and everyone of us is kept safe. Due to current circumstances, many of our whole-school programs will need to change due to COVID-19 requirements and in some cases we may need to delay various celebrations/ activities.

This term we will begin to re-engage with a number of SAPSASA Sports. Brad Walters will communicate with families about SAPSASA Netball, Soccer and Athletics Day, about dates and organisation in participating. Football at this point has not gone ahead due to the organiser's decision not to go ahead for this year.

Uniforms/SunSmart

As part of our school policy, all students are required to attend school in appropriate uniform. Our policy was ratified three years ago and we will conduct another review during this term. Can I please remind all families to make sure your child does attend school wearing school uniform as per our school policy.

Being a SunSmart school, just a quick reminder that during Term Three, all children are required to wear their hats. If you have any queries about this, please do not hesitate to contact the school in order for us to assist you.

Parking During Drop off and Pick Up

We are very fortunate that our school is located in an area that on one side we have a dead-end street and on the back of the school a cul-de-sac. The positive benefit of this is it does minimise any speeding cars, which does assist in keeping our children safe.

One of our challenges at Aberfoyle Hub R-7 School, is the limited parking spaces during our busy times. During these times it is very important that all drivers do keep some basic road rules.

Please do not block lane ways, avoid illegally parking in the cul-de-sac and please do not double park. Our goal is to avoid any possible accidents or children being hurt.

Tas Ktenidis
Principal



facebook.com/AberfoyleHubR7school

Principal:

Tas Ktenidis

Deputy Principal:

Sarah Magnusson



Government of South Australia
Department for Education

Relationships • Responsibility • Resilience • Respect

Materials & Service Charges: 2020

Thank you to parents/caregivers who have completed or made payments towards their child's/children's 2020 Materials and Service Charges. However there are still many families who have not paid their accounts. The Materials and Service Charges are a large part of the school's annual budget income and we rely on the payment of these charges. Please consider your overdue accounts and pay them at your earliest convenience. If you have not paid your fees/contacted me to make suitable arrangements please do so as soon as possible. Previous year's outstanding fees will now be forward to the Department's Debt recovery and proceedings will soon begin as per Governing Council recommendations and in line with our Debt Collection Policy. If you would like to discuss with me any of the above-mentioned, please contact me on 8270 5055.

Chris Godden
School Business Manager

POETRY

In Room 1, we have begun learning different poetry styles. Here a few examples of our Alliteration poems.

Rested rabbits run to the river, By Dom.

Billions of butterflies bullied bull ants, By Jordan Mo.

Rainbow racing rabbits run on a racecourse, By Ashlee I.

Tim the tricky tiger traps Tom in town, By Davin.

Harry the horse hates having hay, By Seth.

Short Sydney seagulls spy on the Spain seagulls, By Georgia.

Six sad smelly seahorses swim in the salty sea, By Maya.

Gary Goanna galloped through the golden grass, By Austin.

Luke the lion loves Lola llama licking lollipops, By Kayla.

VOLUNTEERS

Volunteers are an integral part of our school community and are greatly appreciated and valued. From Term 3:

- Volunteers (along with parents, departmental support and other service providers) can enter our school, but all external providers and volunteers must complete the **site access form** on entry.
- Each class can have one adult volunteer at any given time, to allow the school to keep within the guidelines of social distancing. Class teachers will determine and negotiate this with parents/caregivers. Social distancing measures will continue to remain in place. Volunteers will need to sign in/out at Front Office (as has previously been the case).

There are some expectations that our school has for our volunteers such as, the completion of our Volunteer Application and Volunteer Agreement Forms, required training such as RAN-EC for Volunteers and the Department for Education Induction both of which can be located on the Plink website www.plink.sa.edu.au. Aberfoyle Hub R-7 School has a site specific volunteer induction process which is required to be undertaken before volunteers can commence.

A Department of Human Services (DHS) screening clearance (Working with Children Check) is also required. Please remember that the onus is on you as a volunteer to take steps to ensure that you:


- Renew any existing DHS clearance **before** it expires (you can start a new screening application up to 6 months before your existing clearance expires).
- Store any current clearance safely.

Please contact the school's Front Office to initiate an online screening application if you would like to volunteer at our site and do **not** already have a current/relevant DHS screening clearance.

It is important that online screening applications are completed in a timely fashion. Should you encounter any difficulty with the online screening application process, contact the helpful **DHS** staff by phoning **1300 321 592**.

Tas Ktenidis
Principal

FREE WELLBEING SERVICE FOR ALL CHILDREN

Term 3 Opportunities *Now Open*
 Is your child struggling in class, with friendships, self-confidence, anxiety or other issues?

We are fortunate to offer a **FREE** (fully bulk-billed) and unique wellbeing service which offers one-on-one support for your child, during school hours. We believe in a preventative and holistic approach to mental wellbeing, to support children as they navigate through school, teenage years and beyond. Of course, some mental health issues are more obvious and require immediate support, yet others are less so and can be misunderstood due to children acting as though everything is fine. This is where an opportunity is presented, to pick up on more subtle signs – such as sleep issues, worry, nightmares and challenges with focus and interest in homework or social activities.

Grow Wellbeing is a team of expert health professionals including Social Workers (mental health accredited), Psychologists, Clinical Psychologists, Occupational Therapists and General Practitioners who believe in a pro-active and community-based approach to enhancing wellbeing.

Grow Wellbeing provides free **NDIS** education, advice and support to families via our NDIS service coordinator. The NDIS coordinator aims to support families **who have a current diagnosis** seeking to apply **or** feel their current funding is either inadequate and/or is not working.

The process is quick and simple and requires a parent/guardian to sign a consent form (**available from the Front Office**) - you will then be guided on the next steps to arrange your child's sessions. **TELEHEALTH** is currently available for all GP referrals ***takes 10 minutes by phone***.

"All children deserve the opportunity to build and develop resilience, to cope with everyday life".

RESOURCE CENTRE News

PREMIER'S READING Challenge


The PRC challenge is coming along nicely. We created this board for every child who completed the challenge - they could choose an ocean animal and put their name on it. It's wonderful to see that we have 6 classes that have fully completed the challenge, but we still have a few more to go. Some have nearly completed. Could you please ask your child if they have completed their challenge as we are aiming for 100% participation - if not, could you help them complete it. This year due to COVID 19 your child can put any book they have read on the sheet. (It is only 12 books.)

Please Note: The Premier's Reading Challenge ends on Tuesday, September 1st. (ALL STUDENT READING RECORD FORMS MUST BE RETURNED to class teachers by this date).


Debbie, Julie & Maz
Resource Centre Staff



Book Club ONLINE Ordering/Payment Procedure



AVAILABLE AS AN APP!



LOOP is the Scholastic Book Club Linked Online Ordering & Payment platform for Parents.

If you want to pay by credit card for your online Book Club order, **LOOP** makes it easy! It eliminates the need for paper order forms plus your online order is submitted to the school safe and sound.

Log-in to www.scholastic.com.au/LOOP or download our iPhone and iPad app from the App Store or get it on Google Play for Android.

- For a quick start, just click on ORDER in the top menu or REGISTER first to save your details for next time
- Select your school and your child's class
- Add your child's first name and last initial (so the school knows who the book is for)
- Enter the item number from the Book Club catalogues
- You can order for multiple children at once if they attend the same school
- All orders are linked directly to the school for submission to Scholastic. Books will still be delivered to your child's classroom if you order by the close date
- There's no need to return paper order forms or payment receipt details to your school!

Log-in to www.scholastic.com.au/LOOP

or

Phone Scholastic customer service on 1800 021 233 233



Orders and payment for the Scholastic Book Club are only done via 'Book Club Loop for Parents', a system which enables parents to order and pay online.

PLEASE DO NOT SEND ORDERS OR PAYMENT TO THE SCHOOL.

Should you need any help with the online process or registering, please contact Scholastic's friendly customer service staff (phone 1800 021 233).

The latest catalogue (issue 5) has been sent home via classrooms. Please note: catalogues are for reference only - orders should not be written on them).

Book Club books will be distributed to students, via class teachers.

SCHOOL BANKING

CBA School Banking is back again in Term 3, on each Wednesday.



REMINDER:

Orders for this issue are due: **THURSDAY, August 6th** via the **online** process.

Book Club orders are done once a term (by the school) with one more order for 2020 due early in Term 4. Reminders are provided in our school newsletters about catalogue issues and Book Club ordering.



DIARY DATES: **AUGUST**

| | |
|-----------|---|
| 3/8 | Sports Committee Meeting 6:30pm (Staff Room) |
| 10/8-12/8 | Dental for Schools |
| 11/8 | Finance Committee Meeting 5:30pm (Staff Room) |
| 12/8 | Governing Council Meeting 6:45pm (Staff Room) |

Of interest

MUSIC News

Bringing Peace of Mind to the Hub... Lunchtime Meditative / Mindfulness Sessions with Mrs Nicholas



Research has shown that when children practice meditation on a regular basis, it can change their brain in a positive way. Regular practice of meditation and mindfulness can have a positive effect on our brain centres for emotions and help improve executive functioning. The effects of this can help children to regulate their emotions, thereby having fewer meltdowns, reduce their impulsivity and improve concentration and focus. Research is showing that this can be particularly helpful for children diagnosed with ADHD or ADD. *(Frank J. Sileo, PhD, Licensed psychologist, author, drfranksileo.com)*



'Mindfulness' basically means paying attention to the present moment. Sometimes staying present is all it takes to stop anxious feelings building up in our minds about the future or things that have been traumatic to us in the past. Practising mindfulness can be beneficial to children of all ages and a particularly helpful tool to deal with the challenges of everyday life, even more so the uncertain times we are all experiencing globally at the present with the pandemic. Complimentary to the Smiling Minds program used in classrooms, I will be running a series of 15 minute non-religious based 'Meditative Mindfulness' lunchtime sessions, for interested students from Years 3-5. Sessions will commence in Week 2 of Term 3 in the Multi-purpose Room on Tuesdays. Sessions will be capped at 10 students. A series of guided meditations and mindfulness topics are planned for each session, derived from my training as a Skilful Meditation Leader and years of practicing yoga. The aim is to help students learn relaxation techniques and develop healthy new habits of the mind for improved wellbeing. Topics will include: managing our feelings inside and out; identifying positive and negative feelings; relaxation of the body; breathing for inner calm; finding peace and a happy place within; peaceful thoughts; and both positive affirmations and visualisations.

Helen Nicholas

Dental for Schools Oral health Program

Is visiting our school to provide dental check-ups and treatment/s onsite. The program is run with the help of Medicare and the Child Dental Benefit Schedule (CDBS) so all children who are eligible* pay no out of pocket expense. The mobile dental clinic will arrive on the specified dates and will only see children who have filled in a **Medicare** consent form.

You will receive an oral health report which will have information on your child's visit and notes written by the dental team as well as any necessary referrals at the end of the visit if treatment could not be completed on site. **1 in 2** Aussie kids have a decayed tooth, with your help we hope to reduce these numbers within South Australia by 2021.

Dates

Dental Visit:
10th - 12th August

**For any enquiries please
contact**

(08) 7225 8142
(Dental for Schools)



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