Dear Parents,

The first three weeks of term have been busy with a number of events including Spalding Speaks Up, Parent Information Night and BBQ and The Crows Gratitude Program.

The Crow’s – Growing with Gratitude program, was presented by Brook, Nigel and Claude the mascot. The program introduced the children to ‘The 5 Habits of Happiness’, which is promoted in our school, through our school values of Respect, Excellence and Safety.

The Growing with Gratitude program aims to empower children, teachers, parents and families quickly and simply with the skills that Ashley Manuel (program founder) took years to learn. ‘By nurturing these skills in young children it is hoped that a new generation of grateful, happy, kind, mindful and optimistic people can be created, who will stamp their presence on the world and go on to make even greater positive changes themselves.’

1. Attitude of Gratitude - talks about being grateful for what you have.
2. Random acts of kindness - are powerful as they make the other person feel good.
3. Positive reflection - talks about focusing on the good things not the bad.
4. Wellbeing warrior- talks about taking pride in looking after oneself.
5. Operation home service- talks about how rewarding helping around the house can be.

The first Spalding Speaks Up (assembly) was held Monday 8th February at 3.00pm. It was very well attended by parents and pre-schoolers and will be held fortnightly in the future. It is a forum in which the children can share and talk about their learning, report on any important events, and recognise and celebrate each other’s achievements. Community members are welcome to attend.

Parent information night was a pleasant, informative evening enjoyed by all the families that attended. Communication between school and home is fundamental to a successful learning experience for children and nights like last Thursday provide an avenue for this to happen. If you have any questions or concerns about your child’s education please check with your child’s class teacher.

The school staffing numbers increase as we welcome Aimee Goode back to our school. Aimee started work this week and will be working as a SSO working with special needs students three days a week.

Sue Scott
At School I had pancakes and they were yummy and delicious. - Dougie

Nigel, Brooke and Claudine came to School. We did a race. We also watched videos. They were fun but Claudine was funnier on Tuesday. - Trindall

Today Scott and Alex came to our School and they are Adelaide Crows players. We kicked a football with them and Scott kicked a goal. I kicked it back to him and after that Sharon got an autograph for Harry and Jazzy. Later it was recess time and I was excited. - Taylah

Claudine made rainbow snakes. It was fun. I used lots of colours. She read a story to us. I loved it so much. She was fun. I loved it. - Sarah

Yesterday Claudine came to do some art with us. We made a rainbow snake. She read us a dreaming book about the rainbow snake. In true life the rainbow snake came to the aboriginal’s home and destroyed it. After we drew a picture of the rainbow snake destroying the world. I was excited about her coming. - Lucy

Claudine brought rainbow snakes. I coloured it in and I had fun with her because I thought that she was a lovely person. She read a story to all of us and we read it here at Spalding School. I was feeling excited. - Lara
On Tuesday we had two crows players come to our school!! They were Scott Thompson and Alex Keath the Rookie. We asked them questions and got their signatures. Last Tuesday it was Shrove Tuesday we made pancakes. The UP got to cook them as well as mix them. It wasn’t good it was great!!This week in fitness we have been focusing on throwing and catching. We have been playing continuous cricket and prism ball. The last 3 weeks we have been working on computers a lot!!! We have learnt lots of cool things on the computer. - Zack

The Crows club came to our school to tell us about gratitude. Mrs Abbot taught us how to use the new computers. - Sophie

Mrs Tilley introduced drawing to the upper primary class. It is really good fun. Why don’t you come and check it out with us, come at 11:20 to 11:30. I was afraid to do it at first but have found I’m better than I thought. - Matt

Growing with gratitude.
On Wednesday 10th February 2016 Crows community club came to Spalding primary school. Brook and Nigel introduced growing with gratitude. After a quiz Claude the mascot came and had a challenge, challenge 1 was do five push ups. Deakon, Sophie and Tyson were on our side Claude, Mrs Tilley and Brook were the other team. Deakon and Brook were doing push ups Sophie and Mrs Tilley were drinking a glass of water Claude and Tyson were sleeping in the sleeping bag. Tyson’s team won and they won a Crows hat, m k.km/stickers and a year book, the whole school enjoyed it at the end we all had a whole school photo with Claude.- Jayde

Spalding speaks up is every 2nd Monday. On the first Monday Matt, Baxter Charlie, Zack showed our drawings Charlie spoke about it. We all had different drawings. Maddy

The upper primary class got to see the Adelaide Crows and we got a signature each. We went out to have a kick. - Deakon

On Tuesday the 16th of February the crows came. Only two of them came because the other players went to different schools. The 2 players were Scott Thompson number #5 and Alex Keath number #42, he is a rookie. Alex once played cricket in Victoria and nearly got to play for the Melbourne stars in the T20 Big Bash. Alex started playing football in high school and Scott Thompson started playing at the age of 9. Scott Thompson can kick around 50m and Alex Keath can kick around 40m. After we had a talk with them we got some signatures and had a kick with them. - Baxter

The upper primary have been drawing pictures. Today on the 17th of February we drew scissors. I thought all of the drawings were cool and awesome. I really like and enjoy, drawing. - Kaylee

Last week the UP class made some pancakes for the J.P.’s and then for the U.P.’s. We also watched a Crows “Growing with Gratitude” video clip when they came to visit. Today I have learned a lot about how to use a computer. - Charlie
Crows Visit

Parent Information Night

Spalding Speaks Up
Hello there,
How are you? I trust you’re back into routine, your kids are keen to get out the door and on their way to school and I hope all is well in your home. Home life is seldom perfect! However I hope you can say, at the end of every day, that even though it wasn’t perfect, it was a good day and some good things happened.

I receive emails from Search Institute, Minneapolis, USA; this one in particular interested me. It is about a totally not perfect situation but one in which all of us have had some kind of involvement - that is Bullying. I have divided it into two parts, due to its length, the second part will be in the next newsletter.

Bullying Myths
Bullying undermines learning and development, and it can have tragic consequences for students. Whether as a bully, a victim, a bystander, or an upstander, each and every student is affected.

The focus on bullying also shines a spotlight on the ways peers affect each others' lives and learning—for better or worse. As adults, we often focus more on the negative ways peers treat or influence each other, such as through bullying and negative peer pressure. But when we focus all our attention in these problem areas, we miss out on the positive influence that peer relationships can have in the lives of young people. The following are four myths about bullying and peer pressure that need to be reversed.

Myth #1: Bullying is normal. Sometimes people will dismiss concerns about bullying, saying that it’s just part of growing up. In reality, the vast majority of young people do not bully others. However, when bullying behaviours evoke laughter, cheers, or feelings of power, they are reinforced and create a culture that condones bullying. We shouldn't accept bullying as an inevitable part of life. Rather, we can emphasize the many other ways peers interact with each other that are supportive, encouraging, and inspiring.

Myth #2: Peer pressure is always negative. Too often, we assume that peer pressure is what happens when someone gets gullible, vulnerable, or maladjusted kids to do something bad or risky.

Although negative pressure is part of the dynamic, peer influence or pressure is much broader than that. Through their relationships with peers, young people develop social skills, try new activities, and figure out a lot about themselves and who they are becoming. All students absorb ideas, likes, dislikes, and values from their friends and classmates.

In fact, we want to help students learn to influence others in positive ways. We do this by helping them learn to write and speak persuasively and by cultivating leadership skills. So being influenced by and influencing peers is an inevitable and important part of growing up and being part of society.

The other two myths are: Peer relationships don’t really affect learning and Adults don’t play a role. I was given food for thought when reading the whole article. I have, on different occasions, been a bully, a victim, a bystander, and an upstander; sadly, a victim most times and upstander least. Nowadays, in my maturity, I am turning that around and I am more often the upstander. On that note, remember, I am here for you.

Until next time,

Take care,

Dee 😊
Splash Day this coming Tuesday

Spalding Play Centre

Term 1 2016
“Under the Sea”

Monday and Wednesday 9am-12pm

Week 1- Straw leg Octopus, Cloud Dough and Painting with strange things
Week 2- Sparkly Fish Window Art and Valentine Day Cards
Week 3- Magnet Fishing Fun and Glass Painting
Week 4- Oceans in a bottle and Sand Art
Week 5- JP Class visiting, Blow Painting and Slimy Fun
Week 6- Paper Plate Turtles and Sand Castles
Week 7- Easter Activities and Bubble Fun
Week 8- Easter Activities and Making Super Soft Play Dough
Week 9- Ocean Treasure Sun Catchers and Squishy Water Pearls
Week 10- Foil Painting and Pasta Star Fish
Week 11- Wheels Day

Dates to remember
- 8th February, 10.30am, Term 1 meeting.
- 2nd March JP Class visiting the Play Centre.
- 14th March - Adelaide Cup Day – NO SESSION
- 28th March – Easter Monday- NO SESSION
- CaFHS visit - Date to be advised

Please bring a hat, a water bottle, and a piece of fruit.
$1 per child, per session. Invoiced at the end of term.

Play Group can be messy so please don’t wear your best clothes!

*Please note that we are a nut, egg, dairy and sesame seed free centre!!!!

Please call Paula on 0438987200 if you have any questions.
Keep your kids smiling  SA Dental Service

Have you received a letter from Medicare about the Child Dental Benefits Schedule? The School Dental Service is a Child Dental Benefits Schedule provider.

Dental care is FREE for ALL babies, pre-schoolers and most children under 18 at the School Dental Service.

Please call now for an appointment.
Clare Dental Clinic
Phone: 8842 4196

Spalding Town Garage Sale & Market in the Park

Saturday 12th March 2016

More sites welcome, sort out your trash and earn some cash!!

$10-00 Site Fee on Booking

DON’T MISS OUT .... BE QUICK !!

Get your Names and Site Fees in by Friday 26th February to be on the map.

Contact: Mark 88452158  Nick 0447 501 489  Frances 0458 111 194  Carol 0408 857 525