Dear parents and caregivers

I want to begin by thanking you all for your commitment to the school and to your child’s education. There was an excellent response to our recent Parent Information night and BBQ and it was evident that the families who attended appreciated this relaxed opportunity to gain knowledge about the classes and to meet socially with one another. Thank you to those who contributed to the extensive choice of salads and sweets.

I also thank those parents who attended the AGM and Governing Council meeting last evening. I extend a special thanks to those parents who made up the 2015 Governing Council and for their much appreciated guidance and expertise. I also thank those parents who agreed to be part of the 2016 Governing Council and especially to those who took on positions. These office bearers and committee members are listed later in the newsletter. Although I was a reluctant apology due to ill-health, I am sure that those who attended appreciated the supper arranged by Dee and the local community.

Last Friday the school enjoyed an amazing Splash Day at the local pool, organised by April Matters and supported by OPAL. While I was very impressed by the range of activities and the outstanding behaviour of the students, the OPAL team were equally impressed by the Healthy lunches the children enjoyed. I thank parents for supporting this initiative and I heard several stories about the effort and organisational skills that were involved. This effort is never wasted if it promotes a love for healthy food and an awareness of the advantages of eating wisely. I understand that OPAL plans to use photographs of your lunches as examples to other families around the region.

The sandpit is presently very popular at recess and lunch times, with all its challenges and hands on learning. The children are using the many ‘loose parts’ to cooperatively build a range of sand constructions. With the addition of the water play and cubby houses, the children have many interesting play choices. We will soon be advertising a workshop for staff and some parent representatives at Clare Primary School on Monday of week 8 around the development of these wonderful rich play areas for children. I hope some parents will join the staff to learn more about how this can be incorporated more fully into the Spalding School environment.

Yesterday the Spalding Primary School hosted the Young Environmental Leaders Program. While there will be more about this at Spalding Speaks Up on Monday afternoon and in the next newsletter I do congratulate Zack, Baxter, Jayde and Bilay for representing our school and thank Kerren Abbott and Trevor Kriesl for supporting them.

On a disappointing note I regret that I will be away for the remainder of this week and the next while I undertake some medical tests. I sincerely thank Sue Scott for her work in leadership during my recent absence and to the very committed Spalding staff who supported her so willingly. As many are aware my appointment to Spalding was for the first term only and the position of Principal has now been advertised this week. I am hopeful that we can share some news around this in the near future.

Best wishes
Dianne
Young environmental leaders

Thursday the 3rd of March was the Young Environmental Leaders program. Baxter, Zack, Bilay and Jayde hosted the day at Spalding Primary School. Bonnie and Brent from NRM came in and talked about the landscape and environment and appreciating and looking after what we have. We did two different activities one was the egg drop which we had 5 minutes to make a protection for the egg we had certain materials to use. Then we went outside and Trevor set up a ladder for us to drop the egg off. They all cracked. The 2nd game was a life source game where you have certain amount of time to get as many life sources out of the bowl as possible. We had to scavenge all the sources that we needed to live such as water, shelter, sun, food and air. The schools that came were Brinkworth, Clare and Booborowie.
Splash Afternoon with OPAL

Governing Council for 2016

Chairperson - Ben Sommerville
Treasurer - Sam Trengove
Secretary - Claire Longbottom
Vice Chairperson - Trevor Kriesl
Assistant Secretary - Aimee Goode
Assistant Treasurer - Ruth Gielis

Members - Sonya Wohlfeil
David White
Rachel Trengove
Paula Gill
MAJOR FUNDRAISER FOR THE SCHOOL AND PLAYCENTRE

Saturday April 2nd 2016 will be our wood cutting fundraiser.

We need your help!!!!!
Please let either the school or Ben Sommerville know if you are able to help on the day.

We are now taking orders for the wood.
$220 a tonne, cut, split and delivered (within reasonable local distance).

Don’t miss out!!

ALL ORDERS TO BEN SOMMERVILLE - Ph 0408974603

Thank you

Thank you very much to Jason, Claire, Harry, Asha, & Rory Longbottom for their donation of protein pellets for our chooks.

We are very grateful!!!!!!

Spalding Basketball & Tennis Club
Combined Windup

Friday 11th March at 7pm at the Basketball Courts

BBQ tea available at a small charge

Adults please bring sandshoes

Anyone welcome to come along
Hello there,

How are you? I gotta tell you, I am so glad I am a part of your school community. Your kids are just lovely, great smiles, helpful attitudes, all of them eager to do their best. I have been excited as I have seen the brilliant artwork created by our resident artists. The front office displays some of the most beautiful birds in flight I have ever seen.

Friday in week 7 is the National Day of Action Against Bullying and Violence. I believe no one really wants to be a bully, or a bystander. Being bullied is one of the most unpleasant experiences of life and many of us would like to have the courage to stand up against a bully but somehow this is far more difficult than it seems it should be.

Bullying can be very subtle sometimes, it can be given the name “negative peer pressure”. Everyone has had some kind of contact with bullying, sometimes leaving scars that never completely fade away.

Below is part 2 of the article started in the last newsletter.

**Bullying Myths** Part 2

**Myth #3:** Peer relationships don’t really affect learning. We may think we are teaching individual students. Yet, in reality, they are part of a web of relationships, all of which affect how they learn and what they learn.

A growing body of research highlights the ways peers influence each other’s attitudes toward school and learning. That influence can be negative, when peers dismiss education or “being smart.” But the influence can also be critical for school success. If students enjoy being with friends in school, they’re more likely to show up and engage. Friends help each other problem-solve and learn. Peers often provide emotional support and safety through challenges, and they often reinforce positive educational aspirations.

**Myth #4:** Adults don’t play a role. A great deal of peer pressure (including bullying) occurs away from the watchful eyes of teachers, staff, parents, and other adults. That can leave the impression that “kids will have to work this out among themselves.”

Like most myths, there’s some truth here: Young people do need to learn to solve problems on their own. But adults can also play important roles. Teachers and staff members reinforce positive peer relationships by . . .

Modelling positive, respectful relationships with all young people;

Creating a cooperative, respectful climate in classrooms or programs; and

Giving students opportunities to work together cooperatively, talk about what their learning, support their opinions with evidence, and provide feedback to each other—all important 21st century skills.

Positive peer relationships play a critical role in schools and programs. Not only are they foundational for preventing bullying, but they are also an integral part of learning.

From Search Institute Connect – The official blog of Search Institute, Minneapolis, URL: http://www.search-institute.org/blog/myths-about-peer-pressure

I don’t see much evidence of bullying amongst the students. I don’t believe any school is totally free of it but I see far more positive interactions than negative ones around Spalding Primary. I trust this positive friendliness is a permanent fixture, and I believe it will be as the students continue to influence each other for the better. I know they recognise the value of kindness as students and staff members alike display kindness on a daily basis. Spalding Primary is a beautiful school, you can be glad you are part of it.

Until next time,

Take care,

Dee 😊
Dear Parent/Caregiver

Welcome to the 2016 school year. I hope this year will be a successful one for you and your family.

This year teachers at your school will be working with your son or daughter to help your child learn and make as much progress as possible. Your school will be keen to work with you to ensure that your son or daughter is successful academically, socially and developmentally.

Every day at school matters for this development so it’s really important that your child is attending school to get the most out of their education.

While we all know it’s important, it isn’t always easy to support children with their schoolwork. On the back of this letter are some ideas and resources I have found helpful to date with my kids, or have been recommended to me by other parents. I hope they are useful for you.

Schools welcome your involvement in your child’s education, and if you have any questions, please ask them. As you know, kids learn best when parents/caregivers and schools work together.

If you are able, I encourage you to get involved in your child’s school - whether it is through the governing council or volunteering at school events. To make it easier for you to volunteer, the government has recently made some changes to the screening clearance process if you volunteer to support your child at school. Please contact your school if you would like further information in relation to these changes, or visit the website at www.decd.sa.gov.au.

I am proud of the high quality education that we provide in our schools. A strength of our public schools is our community involvement, and working together we can continue to make your school even better.

Yours sincerely

Susan Close
Minister for Education and Child Development

27/01/2016
Simple things you can do to support your child:

- Ask your child what they have been learning in class and link it to activities you do around the home.
- Put up times tables posters around the house and talk positively about science and mathematics with your child.
- Try to read with your child every day or read the same novel as your child so you can discuss the story together.
- Encourage your child to share their drawings and projects with you.
- Provide a comfortable space at home for your child to do homework and support them to complete it on time.

Some helpful resources:

- The curriculum your child will be following this year:
- Ideas for helping your child with numeracy and literacy:
- An app to help you unlock your child’s learning potential:
- Parent easy guides, including dealing with peer pressure:
- A wide range of parenting information, including healthy eating and creative play ideas:
- Ideas for outdoor play in SA:
  [https://natureplaysa.org.au/](https://natureplaysa.org.au/)

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**Pop-Up Tuesday’s**

Between 10am and 4pm on scheduled Tuesdays, the OPAL staff will be available as a pop-in service to meet and discuss any enquiries or ideas you may have regarding healthy eating and physical activity for kids and families in this local OPAL region.

**Come and visit us:**

1st Tuesday each month: District Council of Mount Remarkable Council Office, Melrose
2nd Tuesday each month: Northern Areas Council Office, Jamestown
3rd Tuesday each month: Uniting Care Wesley Building, Peterborough
4th Tuesday each month: Northern Areas Council Office, Gladstone

Emma Young
OPAL Program Manager—0488 090 303
E: Emma.Young@NACouncil.sa.gov.au

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**OPAL Community Day**

**OPAL Youth Design Competition**

Council Community Activities Trailer

**$100 WILL BE AWARDED TO THE WINNER**

Your creative drawing or design could be chosen to ‘BRIGHTEN UP’ THE NEW ACTIVITY TRAILER.

Enrols to be showcased at the new trailer at local community locations, and will be painted onto side panels of the new trailer.

**MONDAY 11TH MARCH 2019**

**THE THEME OF YOUR DESIGN MUST CHARACTERISE WHAT IT MEANS TO BE HAPPY, HEALTHY AND ACTIVE**

Entry form to be submitted at the OPAL Program Office, 54 York Street, PO Box 522, Jamestown, SA 5497 or Emma.Young@NACouncil.sa.gov.au

All queries to Emma 0488 090 303

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**CELEBRATING OUR OPAL COMMUNITY!**

OPAL work with community groups, local business, community members and schools to make being healthy easy for local kids and families in the region.

OPAL would like to recognise and celebrate the OPAL partners who have been working with OPAL in making healthy choices EASY AND ACCESSIBLE for the community.

**CIOOK SHED PROJECT: St. James School, Jamestown**

A dream come true.

St James School have been strong advocates and partners of OPAL in creating supportive environments for their students to eat well and be active.

Their most recent project engaged students in research, design and building a home for three new chooks that were kindly donated by a local family.

“The chooks laid eggs on their first day and haven’t stopped since. They get out and have a run on the oval and then go straight back into their house when it’s home time.”

The school WON a $500 OPAL small grant that went towards the project expenses. This project extends to the schools ongoing garden development which provides a fun, outdoor space for health and wellbeing learning within the school. We applaud St James for their leadership in engaging their students and families in innovative, rewarding and sustainable ways of developing knowledge and skills of their students.

Eggs are for sale from the front office - $2 for ½ dozen!

Emma Young
OPAL Program Manager—0488 090 303
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**Visit OPAL MidNorth on Facebook**

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**Visit OPAL SA on Facebook**

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**Visit OPAL on Facebook**

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