



Building a community that  
inspires curious, creative  
and innovative thinkers

# St Leonards Primary School

*Learning Together*

**Respect Resilience Readiness**

## Diary Dates

**Week 10**

**Wednesday 27 September**

- Rm 7 Excursion

**Week 1 Term 4**

**Monday 16 October**

- Pupil Free Day  
(OSHC available)

**Tuesday 17 October**



## From the Leadership

Welcome to our final newsletter for the term. It certainly has been a busy few weeks, but highly pleasing and successful.

### Choir

Our choir performance at the Entertainment Centre was yet another example of the talent we have on show at our school. Seeing 1000 learners from throughout the state on a purpose built stage with professional lighting and sound was a brilliant experience for me, as well as those hard working choir members. A special thank you must go to Liz Condous for her work pulling this together as well as the parents who supported the Choir.

### Children's University

On Thursday, 35 of our learners students attended the Children's University graduation set in the "Harry Potter" like Bonython Hall at Adelaide University. It was so pleasing to see many St Leonards families there on the night. Our Coordinators, Natalie Baggio and Heather Pronk were proud as our students were called up on stage on the night. Well done to all graduates and remember, keep persisting and continue to work hard over the upcoming year. It would be great to see even more of our students graduate.

### Developing Minds

From time to time, we all face issues with our children. This could include things such as anxiety, depression, anger and sleep issues. I know first hand that being a parent doesn't really have a manual that sets out how to do things. I know I continually make mistakes and seek help. At a recent meeting, I was told about a website from a group called Developing Minds Psychology and Education <http://developingminds.net.au>. There are many articles and tips within here.

Research shows that adults often underestimate how often kids get worried and sad – most children experience anxiety and sadness on a regular basis, some more than others. This is not all bad - getting worried and sad helps kids develop important skills. However adults need to coach them to develop these coping skills. I have included one of the articles below

### The three important principles in helping worried and sad children

First, it is vital to express empathy to children when they are sad or worried.

This means short statements like "I'm sorry to hear that", "That sounds really hard to cope with", "What a tough experience" or "I'm sorry you are feeling like that". It is essential to say these things without adding "BUT....." and without finishing the sentence with a little lesson, instruction to look on the bright side or reassurance (e.g "I'm sorry to hear that BUT cheer up, it's no big deal" or "That is a bummer BUT if you had done this in the first place it wouldn't be happening" or "that sounds hard BUT you should just do.....").

When we try to reassure, teach or suggest things to worried and sad kids before we have truly empathised with children, it backfires. Children feel like we have not heard them and they are not in any state to learn or listen. We must start with caring before anything else.

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## 2018 Class Placement Forms

The class placement process for 2018 will begin soon. Blue class placement forms went home recently and are an important part of the process.

Please return forms to the Office by next Friday 29 September.

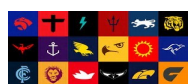
**Mel Worden, Enrolment Officer**

## Reminder



**Early Dismissal  
2:05pm**

**Last Day of School  
Wear your team colours.  
(gold coin donation)  
Friday 29 September  
OSHC available**



**Pupil Free Day  
Monday October  
OSHC available**

St Leonards Primary School  
Jervois Street, Glenelg North 5045  
Principal: Dave Henty-Smith  
Deputy: Barry Stewart  
Website: [www.sleonrdsp.ssa.edu.au](http://www.sleonrdsp.ssa.edu.au)  
Facebook: <https://www.facebook.com/pages/St-Leonards-Primary-School/643629105782299>



Government of South Australia  
Department for Education and  
Child Development

Telephone: 8294 9811 Fax: 8295 2568  
SMS Absences: 0427 016 460  
Canteen: 8294 7893 OSHC: 8294 1990  
Email: [dl.0391.admin@schools.sa.edu.au](mailto:dl.0391.admin@schools.sa.edu.au)  
Next Newsletter: Friday, September 2017

Newsletter 16 Term 3  
Friday, 22 September, 2017

## Helping Kids Calm Themselves



Once we have been empathic to children, and they know we have heard their worries, we can help them to calm themselves down. One way to do this is by helping them slow their breathing. Encouraging children to take three long, slow deep breaths, can be a simple way of changing their physical tension and pattern of brain activity. Practising breathing slowly when they are not worried first is best, then we can help them do it while worried.

We can also help children to calm themselves by having a list of calm words they can use. Gently ask children to use sentences like “I can cope”, “This is not terrible” and “I’m okay”. It is often useful to prepare these calm words in advance by writing them down. For some children, writing out some reasons why they can cope, and some evidence for why things are not terrible can be very useful.

You might like to take some time with your worried child to write down a list of these reasons. For example, “five reasons why I can cope when someone says something mean”, “5 reasons why it is not terrible if I don’t understand my homework” or “5 reasons why I will be okay going into school by myself”. Then in the worried situation, ask the child to say “I’m okay” and think about the list.

We need to help worried children to solve problems and make plans themselves.

When parents or adults give lots of advice or suggestions to kids it means they don’t have the opportunity to solve problems themselves. Sometimes worried kids get more and more hooked on advice and reassurance from others.

Instead of giving advice, when children tell us they are worried or sad about something, our response – once we have expressed care and concern – should be to ask a question which helps them think. Helpful questions might be: “what do you think might work?”, “what might make this a little better?”, “what do you think your options are”, “what do you think would help?” and so on.

Children will often not have the answers the first time we ask them these questions, but with coaching (“do you think THIS or THIS might be better?”) and practise they will improve, and learn important skills.

Help children act in brave ways.

Finally, one of the most important ways of helping sad and worried kids is to make sure we require children to act in brave ways. Unfortunately the more children avoid things they find scary, the more scared they get. So if children avoid going into the classroom on their own, going to friends’ houses, talking to adults, playing sport – or other things they find nerve wracking – they will usually become more scared of these things over time.

To stop this cycle of increasing fear, we need to identify the brave behaviour we want our children to do, and to coach, encourage, reward and enforce this. To start with it might be a few small steps (go into the classroom one metre on your own and then mum joins you, just say hello to an adult, eat one tiny bite of a new food once a day, have a play date while mum is still at the house, sleep in your own bed for the

first ten minutes of the night, use a calm voice for the first five minutes of homework and so on, for whatever the child finds difficult).

Sometimes we have to reward these small, scary steps – but however we do it, as parents we must help our children to act brave. The more often children act in brave ways, the less their worry will dominate their life

**Dave Henty Smith, Principal**  
**Barry Stewart, Deputy Principal**  
**Kathy Baker, STEM Coordinator**

## Choir



Students involved in the Senior Choir celebrated their year of learning with a magnificent performance at the Adelaide Entertainment Centre on Sunday 17 September. The performance included a 1000 voice choir, 60 piece orchestra, drum ensemble, dance troupe and various other solo performers - all of which were public primary school students! It was an amazing event and a memorable experience for all involved. The choir performed beautifully including songs with AUSLAN sign language, dance choreography and even a song in Spanish! Congratulations choir! We are very proud of you.

Congratulations to all who participated.

Alexis R, Amelia H, Maddison M, Skye L, Ciara B, Finn C, Jada F, Patrick A, Sean J, Tyson M, Lily M, Gabi B, Lachy W, Lucas B, Erin J, Eva W, Lilly C, Logan H, Robyn D, Ryder SU, Steph T, Tiana M, Anya Z and Emily B.

**Liz Condous, Music Teacher**





## Temporary Access

Due to the STEM works we have very restricted access to our site. For reasons of safety and ease of movement, we have provided a new access path to the school grounds, through a gate opening off Jervois Street. It will allow people easier access to library/resource room and OSHC areas. People using this access will need to be aware of the dirt path and the step up off the foot path. We have put up some signs to aid parents and to increase safety awareness.

**Barry Stewart, Deputy Principal**



## ICAS English

During the term, students had the opportunity to take part in the ICAS English competition.

<u>Participation</u>	<u>Participation</u>	<u>Merit</u>
Jacob A	Lachie N	Abbey B
Joanna B	Lauren W	Arush K
Charley C	Sebastian W	
Amelia L	Oliver W	<u>Credit</u>
Jess L	Charli Y	Scarlett H
Jackson M	Riley A	Cameron M
Naman P	Kayleigh D	Kara M
Calin W	Max F	Jakob R
Jackson W	Coral F	Grace F
Bailey A	Taylah R	Chloe R
Olive C	Molly S	Mia T
Miller F	Chelsea W	
Austin K	Lily M	<u>Distinction</u>
Cameron M	Saksham P	Joshua H
Alexander M		

Congratulations to all who participated.

## Children's University

Amidst the magical architecture of Adelaide University's Bonython Hall, 35 St Leonards learners enjoyed their Children's University Graduation Ceremony for 2017 on Thursday 21 September.



Congratulations to our graduates who collectively have completed over 500 hours of learning in their own time. We thank them and their families for their ongoing commitment and dedication to learning and look forward to more exciting times in 2018.

As a school we look forward to continuing to encourage our learners to try new things in a variety of locations, in the endeavour of facilitating life long learning.



Photos by Sarah Darbyshire

**CU Coordinators, Natalie Baggio and Heather Pronk**

## Vacation Care

Vacation Care is fast approaching. Several excursion days are already fully booked.

The October Vacation Care program is digitally available on the school website with paper copies from OSHC. To avoid disappointment, please book early. Call Steve on 8294 1990.

## Pupil Free Day,

Monday 16 October (first day Term 4). OSHC will be available 7:30 am – 6:00pm. We will be visiting Queen Elizabeth Park, South Terrace (weather permitting).

Wishing everyone a safe and happy holiday

## OSHC Team

## Personalised School Outerwear

We have the opportunity for families to have their child's school outerwear embroidered with their initials (see photo below). Personalising clothing will hopefully increase the chance of items being returned to their owner if they become misplaced. The cost for embroidery is \$6.00. This is for two initials ie Jane Smith would be JS.



If you would like to have your child's outerwear embroidered, please bring item(s) to the Uniform Shop by the last day of Term, Friday 29 September with a completed order form and correct money. Order forms are available from the Parent Information Rack. Clothing will be available to be collected from the Office on Tuesday, 17 October (Term 4)

Please note that an additional intital can be added for \$3.00 but full names (even if they are two or three letters) will not be accepted.

## Karen's Corner

### What If ....

I wonder if you have a moment to spare, you might consider with me ...

**What if** we decided that it's ok to have differences of opinions about matters of interest and importance?

**What if** we treated everyone with genuine respect, as equals and celebrated diversity amongst our peers, friends, colleagues, acquaintances and people we may not even know?

**What if** we took the time to get to know people outside of our existing friendship groups?

**What if** we acknowledged and made peace with the fact that there will always be people achieving more success than us and we celebrated other people's achievements and encouraged them in their pursuits?

**What if** we stopped comparing ourselves to others and we stopped worrying about what other people thought of us?

**What if** we stopped focusing on other people's business (particularly if it didn't involve or concern us!) and stopped being quick to offer our opinions?

**What if** we focused on being grateful for the people and things we have in our lives and practised living with an attitude of gratitude?

**What if** we ignored the negative and looked for the good in people and we chose to lift others up?

**What if** we showed tolerance, acceptance, understanding, respect and love to everyone, each and every day?

**What if** we practised living intentional, authentic lives?

**What if** we forgave those who caused us hurt and we were quick to apologise when we were in the wrong?

**What if** we decided we were **Good Enough**?

**What if** we spent less time on social media and more time making connections in the real world?

**What if** we spent time (with no agendas) doing things for others?

**What if** we didn't 'sweat the small stuff' and we taught our children to do the same?

Can you imagine what might be possible? Can you imagine collectively, how we could facilitate change in the world to make it a better place for our children and for generations to come? To encourage our children to be the ones to make positive change a reality?

If you've read this far ... please don't for a moment think that I'm casting any aspersions ... I'm just suggesting that every now and then we spend time in gentle contemplation. As role models for our precious children, we have a responsibility to encourage them to be the best they can be ... to be positive, kind, responsible, loving young people, respectful, resilient and willing to help others. What if we showed them how?

I often have to remind myself that as a parent, my children are watching me, what I say and what I do (sometimes unfortunately I'd rather they weren't!)

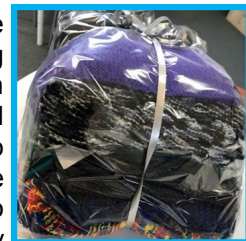
I really like this quote by Robert Fulghum - 'Don't worry that your children never listen to you, worry that they are always watching you' (sobering hey!) I hope the weeks ahead are filled with wonderful opportunities to consider some 'what ifs' and, as we hurtle towards the school holidays, I wish you all safe, happy, fun times and perhaps travels! We all look forward to seeing your children back at school rested, relaxed and rearing to go.

**Karen Thorogood, PCW**



## Room 11A/11B

The seniors have been learning the skill of knitting with a goal of creating scarves to donate to the homeless in our local area. After a term of hard work, each student contributed to donating a total of 50 scarves. We would like to say a huge thank you to Lisa who is a volunteer at St Andrew by the Sea, she has assured us that these scarves will be distributed to people who are in need of them.

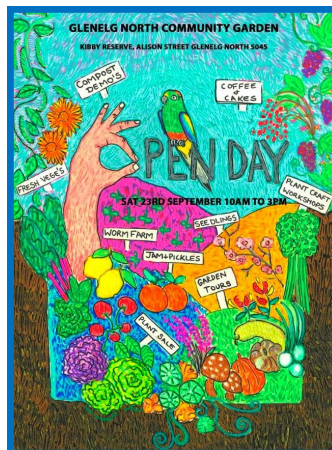


**Mandy Drinkwater, Class Teacher**



## Community News

### Glenelg North Community Garden Open Day



Four years ago it was abandoned land and full of weeds. Now it is a thriving hub of raised beds, trees, herbs, worm farms, compost and children's garden. There will be plant sales, cake stall, coffee van and free activities for kids. You can check out their Facebook page for more information.

**Saturday 23 September  
10:00am—3:00pm**



### Play at the Bay

Play, explore and experience: there is an activity for everyone! Play at the Bay is a program being run from 3 to 13 October 2017.

The concept encourages children to play, explore and experience by offering workshops for a wide range of ages. Children can participate in everything from; surf lifesaving, bead work, flower making, music technology workshops, pancake making, fort building and much much more!

Bookings are essential and places are going fast so make sure to book to secure your spots at:  
[www.holdfast.sa.gov.au/playatthebay](http://www.holdfast.sa.gov.au/playatthebay)