



Building a community that
inspires curious, creative
and innovative thinkers

St Leonards Primary School

Learning Together

Respect Resilience Readiness

Diary Dates

Week 4

Friday 10 November

- Zoo Trip - Rooms 9 and 10

Week 5

Thursday 16 November

- Beach Volleyball - Yr 4/5/6/7 at Glenelg Beach

Friday 17 November

- 9:00am Assembly - Courts



Celebration Night

Friday 8 December

6:00pm - 8:00pm

On the Oval



Please note this is a dry event

From the Leadership

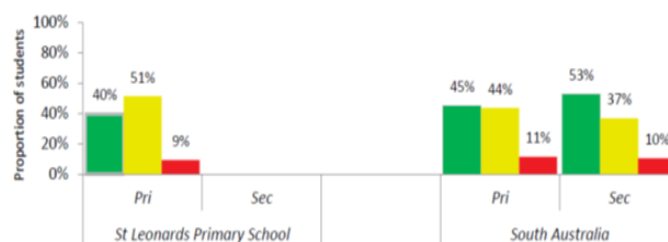
Wellbeing and Engagement Collection Survey

Earlier this year, many of our students participated in a wellbeing and engagement survey which measures wellbeing and engagement. The words wellbeing, engagement, character strengths, resilience, positive education, the General Capabilities, social and emotional skills are often used interchangeably. These terms each refer to a broad set of skills that help people succeed at school and later in adulthood. Since 2013, schools across the education system have been working to measure wellbeing and engagement for middle years students.

This report presents the survey responses from students for 2017, showing the results for St Leonards students against those for South Australian students overall. This gives sites the opportunity to consider the wellbeing and engagement results for their own students in detail. The report describes young people's views about their social and emotional wellbeing, their engagement at school and their experiences outside of school.

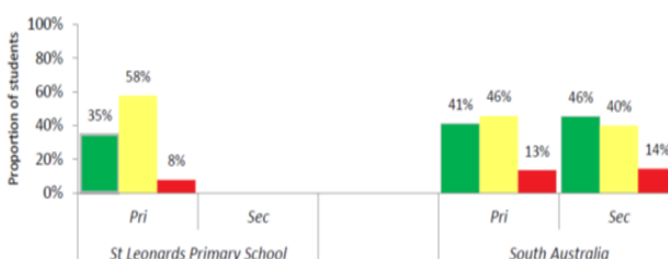
Over the next few newsletters I will share some of this data with you. This edition we will start with victimisation at school. These questions to measure victimisation refer to how frequently students experienced different forms of bullying. Students who reported that they were rarely bullied were classified as having high wellbeing on this indicator. Students who reported being bullied roughly once each month were classified as having medium wellbeing. Students who reported that they were bullied at least once every week were classified as having low wellbeing on this indicator.

Social victimisation



Social Bullying (for example, someone left you out, excluded you, gossiped and spread rumours about you, or made you look foolish).

Verbal victimisation



Verbal Bullying (for example, someone called you names, teased, humiliated, threatened you, or made you do things you didn't want to do).

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Government of South Australia
Department for Education and
Child Development

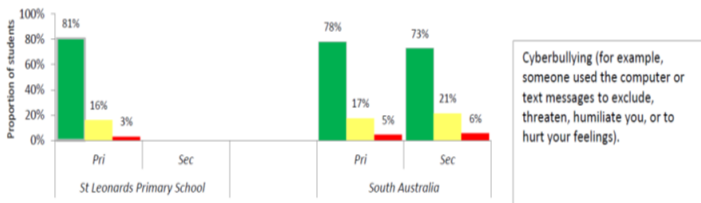
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Next Newsletter: Friday, 17 November 2017

Newsletter 18 Term 4
Friday, 3 November, 2017

Physical victimisation



Cyber victimisation



At St Leonards, we promote the wellbeing of our learners seriously through classroom programs and our wellbeing team. Whilst this data is quite positive, we are continually looking for ways to make St Leonards the best it can be.

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

Children's University

We are running some school based workshops for Children's University passport holders in Weeks 3, 6 and 9 of each term on a Monday in the hall.

Monday Week 6 workshop



We're making bath bombs in the OSHC room for the whole of lunch. CU passport holders only. If you wish to become a CU passport holder please see Mrs Baggio, Mrs Pronk or Mel in the Office for more information.

Natalie Baggio and Heather Pronk,
Children's University Coordinators

Canteen News

Have you heard about Qkr!

- Qkr! is a secure and easy way to order and pay for school items from your phone.
- You can download Qkr! from Google Play or the App Store.
- It is a great way to order and pay for your child's school lunch without the need for cash.

Many families have already taken advantage of Qkr! and love the convenience. Information and help guides are available on the school website or from the Parent Information rack.



Woodhouse

On Wednesday 25 October Mr Stewart and I had the pleasure of taking a group of students that I work with to the Woodside Activity Centre for a day of team building activities. We had an extremely exciting day filled with lots Of challenging activities and everyone pushed themselves to achieve new heights.

The activities were chosen specifically to enhance self confidence, cooperation and resilience.

Heather Pronk, SSO



Student Work

Room 11A and 11B created artwork in the style of Sandra Silberzweig

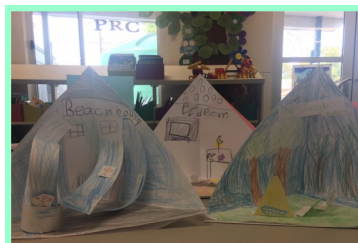


Room 3 - Fraction Fish



Room 7 - Favourite Place Dioramas

Room 8 - Spooky Watercolours



Karen's Corner

Top 10!

I'm guessing some of you might just be old enough to remember 'Countdown' on ABC many years ago, hosted by Molly Meldrum. My apologies to those who have no idea what I am referring to. Anyway, the show was all about music and at the end of the broadcast (if I remember correctly, bearing in mind I was a very, very young child you understand) they would have a countdown to the No. 1 song in Australia for that week (it was such an exciting time and many, many tuned in as the Top 10 songs were revealed one by one) ... but I digress, slightly.



I want to share an idea or technique that I've been using at our home, because I firmly believe that we (as a community of parents and caregivers who care so very deeply about our children's well being, contentment and ability to thrive in all situations) need to share things that we've found to work successfully in the area of parenting. I'm pretty certain that many of you would agree ... if not, as they say, please feel free to scroll on by.

It's obvious that children generally crave love and attention (granted some more than others) as a way to help them feel safe, secure and cherished. How often have you found your child's behaviour to be challenging with seemingly no real reason? Our precious children can at times, struggle with really big emotions (these can be both positive and negative, depending on the situation or challenge at hand). How we handle these times can draw us closer to our children or serve to make bonding with them more difficult.

I am one for subscribing to the idea that if we encourage, praise and communicate positive words and feelings to our amazing children, they will rise to meet us in surprising ways we may not have even imagined! Children branded as 'needy', 'challenging', 'difficult' or just plain 'naughty' can often be crying out for love or needing to know more than ever, that they matter, they are valued and loved. Now I know I'm making it sound very black and white and we all know that's often not the case .. however, I know that with regards to reassurance, encouragement and praise, children are like sponges and can never get enough of knowing that they are so very important to us!

So .. back to the Top 10 (anyone else got that Countdown theme song playing in their head?) In our home I've had the opportunity over the years to try lots of different ways to offer calm guidance and reassurance around bed time. One thing that has been really successful, has been the implementation of my Top 10! Once my little one (not quite so little anymore) is tucked in bed we often have a brief chat about his day, always trying to keep it light and positive (nothing too deep, because well, bedtime) and before we pray (our way of expressing gratitude) I run through the Top 10 reasons I love my son so much. Can I tell you, he absolutely loves hearing me reel off the 10 reasons and often requests I repeat them (perhaps he's checking for continuity?)



Things like ...

'No. 10 ... I am so proud of how kind and thoughtful you are' (sometimes giving an example as a reference, particularly if I've been aware of something he did that day)



'No. 9 .. I love the way your whole face lights up and you smile so wide when we share a joke together'

'No. 8 .. You are the (fastest runner/the best speller/the most fantastic reader etc) and I always end with 'No. 1 (because remember Countdown ...

the No. 1 being the best and the most anticipated one of all) ... 'I am so incredibly proud to be your Mum and I love you more than anything, you make me so very happy ... thank you so much darling for being you!' or something to that effect. Invariably, the request is to repeat No. 1!

I often think how lovely to speak words of love, affirmation, security and validation over our 'little' ones! Now you might be thinking, well that's all very well, but my child's a lot older so that just wouldn't work ... totally understand, trust me! So it might be time to get creative! What about if you're driving in the car together ... great time (captive audience!) to run through the Top 10 (sure there will probably be eye rolling or sighing, but I can tell you, they will be taking it all in ... they don't miss a thing, right?!) Or what about tucking a Top 10 note into their lunchbox (might be too embarrassing perhaps!) or a sticky note or two on their mirror or desk with the Top 10 reasons you love them! Or even a note on their pillow, on a pile of clean laundry or even text them the Top 10 list for the week!



If you do try this, please don't expect any acknowledgement necessarily, but know that, if you've been sincere, they will appreciate it and perhaps even look for it, if you do it regularly!

Now I know that there might be times (probably just me!) when it's challenging to find a Top 2 let alone a Top 10 list, but from experience, once you start listing off reasons why you love your child to them, you will quite likely get swept up in the wonderful emotions that come from sharing such positivity and chances are, if you've been struggling to connect, you'll notice a transformation as to how your child relates to you! Give it a go! I would suggest you do it when both you and your child are calm and relaxed as they will be much more receptive and open to listening to you and the result will be more positive!

I'd love to hear if you try it and have success! Hope you have a wonderful week .. because No. 1 ... You, yes you are amazing!

Take care!



Karen Thorogood, PCW

Year 6/7 Camp Wirraway, Strathalbyn



Recently the Senior students went to camp Wirraway. The students had an amazing time participating in activities such as; rock climbing, horse riding, sheep herding, archery, hiking and lots more.

