



Government of South Australia
Department for Education

Newsletter Term 2 Week 4, 2022

Principal's report

Governing Council Sub Committees – Our Governing Council members are keen to gather the collective energy of any interested Parents/Carers towards some priority areas in the school. If you have any interest in supporting these efforts, please speak to Chris (Luvinah's Dad) about grounds, Sam (Zoe and Riley's Mum) about fundraising or Simon (Albert and Pearl's Dad) about wellness.

Sporting Schools – We have secured a Sporting Schools grant for this term. All the students will take part in Netball sessions on Thursdays, facilitated by Netball SA and supported by Mr. Ratcliff in PE lessons. These grants have allowed our students to access a wide variety of sports in recent years.

Simultaneous Story – This week our students joined thousands of children in libraries, child care centres, schools, kindergartens, homes, and book stores across the country for the National Simultaneous Storytime. The picture book, *Family Tree* by Josh Pyke and Ronojoy Ghosh was the book chosen for this year. The story is a heartfelt celebration of family, community and the seasons of life to cherish and share. *Family Tree* looks at the beauty of life through the growth of a gum tree which spreads love and joy while depicting the ways in which communities and families around the world evolve together in unity.

Drumbeat – Our Year 4/5/6 and Year 2/3 classes are taking part in Drumbeat lessons this term. On Fridays, representatives from the Communities for Children Team at the Taillem Bend Community Centre are leading the sessions at our Community Hall. The sessions focus on building resilience through rhythm and will explore the topics of relationships, harmony, identity, community, feelings, emotions and teamwork.

If you would like to discuss any matter regarding your child's education, please send me an email or make an appointment through Sarah/Kate in the school office.

Kind regards,
Paul Jude

Paul.jude460@schools.sa.edu.au

Bremer Award Recipients

CONGRATULATIONS TO WEEK 3 AWARD RECIPIENTS



Dates to Remember

Thursdays

26/5– 23/6 Tuning into kids 4-5.30

10/6 Assembly, held by the 2/3 class at 2:40pm

13/6 Queen's birthday

Birthday's





Hello from Jeanette! (Pastoral Care Worker)



Hello from Jeanette!

This week I am sharing a few thoughts about managing emotions.

“Learning to calm down is an important part of learning to understand and manage emotions. From around two years old, children start developing many new emotions. These include strong emotions like frustration, anger, embarrassment, guilt, shame and excitement. These strong emotions can sometimes be overwhelming for children.” (This quote is from an article called “Helping Children Calm down.” From the website: Raisingchildren.net.au)

Children may need help with calming themselves when they experience these strong emotions. This is because they are still developing their skills, including language skills & skills for managing emotions. They may not have the words to be able to express how they are feeling either. Children in this age group will also find it hard to calm down if they are tired or hungry, if they are in busy places like shopping centres, or if there is something exciting happening like a birthday party.

If a child needs help to calm down, try noticing their emotion and naming it. Use a low, calm voice, speaking steadily and pausing to allow the child to respond. You might say something like, “I can see that you are feeling very excited at the moment. (Once they have calmed down, you can discuss the child’s behaviour and think of some strategies that might be helpful for other times when they are feeling overwhelmed – like counting; deep breathing; calm music, drawing or colouring). Worth a try!

Until next time, Warmly Jeanette

pump track lessons



Week 1



Week 2

There has been a great turnout with it increasing each week. Trying to keep it fun and exciting for the kids changing the classes weekly!!

Classes run 3:30-5:30pm Thursdays

skateboards, scooters and pushbikes all welcome.

Free BBQ from 5:30pm onwards, all parents and children welcome.

**We are in need of volunteers for future working bees which will include building a dirt BMX pump track, painting etc. If you are interested in getting involved please contact Simon Lambe on 0424167874
The sessions are run by Simon Lambe, Simon Dower & Rob Fletcher**

COMMUNITIES FOR CHILDREN
TERM 2 2022 Murraylands

Infant First Aid

SA AMBULANCE OFFICER PROVIDING AN INFORMAL
INFANT AND CHILD FIRST AID SESSION

TOPICS INCLUDE: GENERAL FIRST AID ON INFANTS,
ALLERGY REACTIONS, CHOKING, BURNS, CONVULSIONS,
UNCONSCIOUS CPR, HEAD INJURY AND MORE.
SUPPORTED BY COMMUNITIES FOR CHILDREN, FAMILIES
AND FATHERS SUPPORT WORKER.

Monday 30th May

6pm - 7.15pm

**Centacare 1A/2 Sturt Reserve Rd
Murray Bridge**

BOOKING REQUIRED AS LIMITED NUMBERS APPLY
FOR FURTHER INFORMATION CONTACT
LYALL AT CENTACARE PH. 82156347



COVID REQUIREMENTS.
IF YOU ARE SICK OR HAVE ANY FLU LIKE
SYMPTOMS PLEASE DO NOT ATTEND



Communities for Children Murraylands is facilitated by ac.care, funded by the Australian Government
Department of Social Services and delivered by our Community Partner -Centacare

**Creative Kids Crafts
Winter**

Come along to the *Murray Bridge Library* and enjoy
some craft with your friends

Wednesday June 8

4-5pm

Ages: 5-12years

Bookings essential

Contact the Library on 8539 1175 to book your place

Please adhere to physical distancing in the Library



OAKBANK SCHOOL
**Cyber Safety Community
Information Session at
Onkaparinga Valley Football Club**



We would like to invite all parents and carers to the 2022 Cyber Safety Information
Session which will be held at Onkaparinga Valley Football Club on Tuesday May 31.

The session will be run by Cybersafe Families, a provider endorsed by the eSafety Commissioner, to share the
latest research and best practice approaches to online safety education for families.

The evening session will provide parents and
carers with strategies to help make their home
environments cyber safe. All Cybersafe Families
presentations are delivered by professionals in
the field, who have an understanding of how
circumstances around the pandemic have changed

online behaviour for many children, and that all
children are at different stages in their online journey.
Parents are encouraged to bring their device to the
presentation, and will be guided through steps to
check their security settings.

- 📌 Introduction to the most popular and current social media platforms
- 📌 Communications strategies - how to start difficult conversations
- 📌 Step by Step device security settings for smart phones and tablets
- 📌 Privacy and Sharing
- 📌 Tools to recognise and manage online bullying
- 💡 Behaviour management strategies, including tips on managing screen time
- 📌 Online Grooming and other cyber safe risks
- 📌 Recommendations for establishing cyber safe hours

Tuesday 31st May 5:30pm – 7:30pm

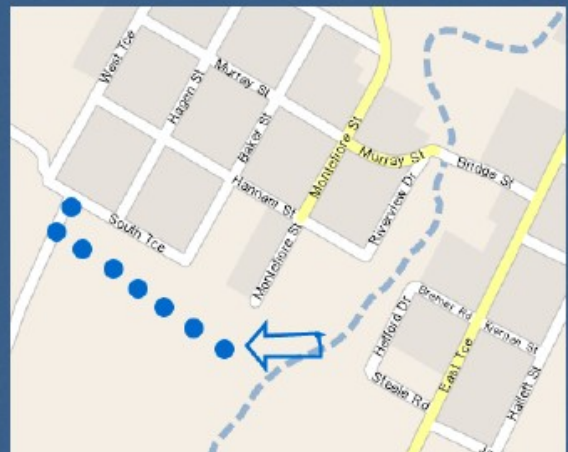
Please join us at 5:30pm for a free family BBQ.
6:00pm – 7:00pm Guest presenter/free childcare
7:00pm – 8:00pm Questions and join us for a drink at the bar

Call 8398 7200 for more info or email dl.0762.events@schools.sa.edu.au.

To register your interest visit eventbrite.com, search for Oakbank School
and select our CyberSafety Community Information Session



★ **COMMUNITY TREE PLANTING
GREENING THE BREMER RIVER
SUNDAY 5TH JUNE 10AM -12**



Enter via 'Tulkara Park' South Tce Callington
& follow the signs.

Please wear hat, gloves, closed shoes.
Equipment and plants provided.
Children welcome accompanied by adult.

RSVP: Paul on 0457 091 668





**Friday 20th
May**



**A beautiful morning
to walk to school.**



Bravery - Respect - Excellence - Mindfulness - Enthusiasm - Responsibility