



Ardtornish Newsletter

Term 1 Week 11 14th April 2023

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No: 6

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Diary Dates

May

- 1st - Term 2 Begins
- 3rd - Choir Assessment
- 9th - AFL Max Camp Rm's 17/18
- 10th - AFL Max Camp Rm's 17/18, School Photos Class, FACE Meeting 7pm
- 11th - School Photo Groups, Finance Meeting 3.15pm
- 12th - Cross Country
- 15th - Pupil Free Day, Governing Council Meeting 7pm

Road Crossing Monitors

Wed 12th Apr – Fri 14th Apr &
Mon 1st – Tue 2nd May
Lillee W, Jasmine G, Freya S

Wed 3rd May – Tue 9th May
Molly H, Sienna M, Ava H

Wed 10th May – Tue 16th May
Mason W, Ryder W, Oliver H

Please arrive by 8.25am

Carly Ryan Foundation Promotes Cyber Safety to Reduce the Risk of Online Harm



On Tuesday Sonya Ryan, CEO and founder of the Carly Ryan Foundation ran an emotional, moving and informative safety seminar for students in years 4 - 6. Students experienced an internet positive one hour discussion that empowered, educated, and equipped them with skills to reduce the risk of any harm online and to increase their happiness.

The session explored 3 overarching themes: self-protective behaviours, safety, online challenges, resources and where to seek help.

Project Connect recognises that as students' progress through their schooling they are presented with new experiences and as they mature, it is important that they are spoken to about their online journey in a way that is reflective of their current stage of life. In the program students gained an introductory look at the enormity of the online world; its opportunities, its risks, and the responsibilities of being positive digital citizens.

'Sonya Ryan has made many amazing things happen. Her biggest achievement is the 'Carly Law' which helps keep children safe online. Sonya has been traveling around the world to try and get the Carly Law in as many countries as she can.' Mitchell and Eli, Room 6.

If parents would like to know more about this program go to < <https://www.carlyryanfoundation.com/> > These resources are also available from a link on our school webpage.

Ardtornish Primary Comes First in the TTG District Athletics Carnival

Our Athletics Team was selected after our sports day and event trials. Ms Ravlich provided the relay team with quick baton change practise before the big day. The threatening weather did not dampen our excitement and the day was cool but not wet! The support of attending parents and grandparents was greatly appreciated.

The day started with 100m heats and field events in all age groups. Our first place getter was Sara R who came second in the 10 yr girls discus. Sara also placed first in her 100m heat! The next place getters were in the 11 yr shot put and Jamie H was first (also running 1st in 100m heat!) and Ava H coming third.

There was only 4cm between 2nd and 3rd, well done Ava! Jamie threw 1m further than his nearest competitor! The final early field event was the 12 yr long jump. Kelly M came 1st (also winning 100m heat) and Amanda was 4th (another 100m heat winner!).

In the 200m heats and next round of field events, students competed admirably, displaying excellent sportsmanship. Students who were waiting for their event supported their fellow athletes. 12 yr old High jump was another 1st for Kelly with Natalie finishing 4th. 11 yr high jump saw Jade J finishing 1st. Jade won both her heats in 100m and 200m. It was a busy morning for Jade!

The last field event for the rotation was 12yr boys and Tobie M threw a winning distance of 17.6m. The final rotation of field events saw Sara R jump 10 cm higher than her competitors to finish 1st!

The 11yr discus saw our shot putters backing up with ribbons in the discus. Jamie H was 1st and Ava H was 2nd. The final field event was 12 yr shot put and Amanda S won the ribbon for 2nd place. *Continued on page 2*



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The 11yr discus saw our shot putters backing up with ribbons in the discus. Jamie H was 1st and Ava H was 2nd. The final field event was 12 yr shot put and Amanda S won the ribbon for 2nd place.

Now for the middle distance running events followed by the 100m and 200m finals. **Our results were fantastic!** 100m and 200m finals saw Ardtornish students in many finals and sometimes competing against each other.

400m 10yr, Max J, 4th and Matisse F, 5th 11yr, Kyton B, 2nd 12yr, Ben G, 3rd	800m 10yr, Jamieson R, 5th 11yr, Jordan C, 2nd 12 yr, Mason F, 5th
100m 10yr, Sara R 1st 11yr, Jade J 1st, Jamie H 4th 12 yr, Kelly M 1st, Amanda S 2nd	200m 10 yr, Taylor C 5th 11 yr, Jade J 1st and Jordan C 4th 12 yr, Amanda S 2nd

The 4 x 100m relays are always last and always very exciting, this event was no different. Our teams performed very well and while we only ran once the final standing were decided on times. In our races we won all except one and came 2nd in that race.

The final results:

10yr boys 2nd, girls 3rd
 11yr girls and boys both 1st!
 12 yr girls 1st and boys 2nd

Congratulations to all our competitors on an outstanding day. **After so many placings it's not surprising to find out we were the champion school!! We had the highest score for both individual and team events.** 🏆

Thanks to Daniel Gehling (TTG SAPSASA Convenor) for a great day. Anne O'Dea and Katrin Ravlich Team managers.

Come and support our Cheer, Aerobics and Hip Hop teams in our annual

ARDTORNISH PRIMARY SCHOOL

Dance Showcase

SUNDAY 7TH MAY

2:00pm
 ARDTORNISH PRIMARY SCHOOL GYM
 TICKETS \$10 (under 5 free)
 available via QKR!

Light snacks and raffle tickets available on the day (cash only)

High Intensity Interval Training

Tuesday mornings 8.35am – 8.50am in the hall
 7 x 45 second animal themed workouts to upbeat music with a 15 second rest in-between.

The benefits of HIIT include: improved emotional regulation, helps reduce fidgeting, improves sensory integration, increases focus, improves ability to learn new information, improves communication skills and positively influences learning on a cellular level.

All year levels welcome.

Our first session is in Term 2 on 2nd May.

No need to book, just turn up. Tracey Cooper

CANTEEN ROSTER

Tuesday 2nd	Jenni F
Wednesday 3rd	Deborah M
Thursday 4th	Deneice P
Friday 5th	Anthea B
Tuesday 9th	Jenni F
Wednesday 10th	Katherine W, Robyn C
Thursday 11th	Anna M, Kristen
Friday 12th	Sharon D

Excursion and Incursion Update

ACTIVITY	DATE/S	STUDENTS INVOLVED	LAST PAY DAY 4pm
Zoo Snooze	26/5	Rm 29	12/5/23
AFL Max Camp	9/5 -10/5	Rm's 17 & 18	28/4/23
AFL Max Camp	15/6 – 16/6	Rm's 9/10/11	1/6/23



School photo day is, Term 2 – Week 2, **Wednesday 10th May** for class and individual photos, in the Gym. (Except Room's 17 & 18, class photo day is on Thursday 11th May).

Group Photos will be on **Thursday 11th May** in the Hall.

Please note: Family photos will be taken from 8.30 - 9.00am on Wednesday 10th May, if you would like to have a family photo taken you will need to be at school for this time and go straight to the gym.

Family photo envelopes are available from the front office. Sibling photographs only apply to children enrolled at the school.

Please bring your photo envelope with the money enclosed on the day of the photos. Please use correct money, there is no change given and the front office does not hold change. Cash, cheque and money orders only to be put in the envelope. You can make credit card payments online.

Late fees/additional charges will be applied for purchases after photo day

April is Autism Awareness Month

Autism Month is about raising awareness, acceptance and inclusion surrounding autism. More than 205,000 Australians are autistic and 1 in 4 Australians have a family member on the autism spectrum.

The focus for Autism Inclusion Teachers this term has been to undertake training and working out what this role will look like in schools. I have been fortunate enough to attend a two day face to face training run by Positive Partnerships and also complete online learning about autism and neurodiversity. I am one of over 400 Autism Inclusion Teachers (AIT) appointed in South Australia and I have been connecting with other AITs at local schools through network meetings.

I have begun to share and implement some of the learning from my training so far, such as supporting teachers to create visual timetables, calming spaces for children and incorporating movement breaks into daily routines.

Next term the focus will turn to knowing our neurodiverse students at our schools and what our focus is moving forward. I look forward to sharing this information with you as I know more.

Please feel free to reach out if you would like to know more or have a talk about autism and neurodiversity.

Mrs Natalie Hall

Student Wellbeing Leader and Autism Inclusion Teacher

Upcoming Positive Partnerships Parent /Carer Workshop

This workshop will be held at a venue in Marion on the 14th & 15th June 2023

It is for parents, full time carers and grandparents. It provides an opportunity for local families to learn more about autism and ways to strengthen the home-school partnership.

[Registration - Positive Partnerships \(ar.co\)](https://www.positivepartnerships.com.au)

www.positivepartnerships.com.au

[Positive Partnerships | World Autism Acceptance Month - new animation...](#)

Pancake Day & Harmony Day

Last Tuesday, April 4, we hosted our first Pancake Day and Harmony Day celebration since 2021. We had many volunteers who helped with the smooth running of this day including, Tracey Cooper our Pastoral Care Worker, Paul Day, our groundsman, Shenae Walker, one of our SSOs who is currently on leave after having her knee operated on, and some volunteers from the Hope Valley Church. We also had many student volunteers.

In addition to our helpers on the day we also had some out our SRC Executives and extra helpers mix pancake batter after school on Monday, April 3. Mrs Hall, Tracey Cooper and student helpers mixed 20 kg of pancake flour to ensure our Pancake Day ran smoothly.

On the day we cooked and served over 750 pancakes. Together we **raised just over \$850** which will be donated to Uniting Care Wesley Bowden, an organisation who assists our school by providing short term counselling and family support.

Thank you to all those who helped in the lead up to or on Pancake Day. We really appreciate your support.

Mrs Hall and the SRC Executives

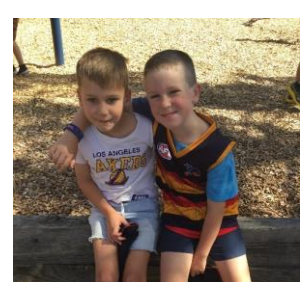
A big shout out to Local church volunteers Des & Carol from Hope Valley Church and Steve, Sally, Shirley & Helen from Gully Church. We really appreciate these wonderful people giving up their time to serve our school community.

Thanks to Hands of Hope Foundation for donating financially to purchase the pancake toppings. This means that more of the money raised can go to supporting UCWB who do a great job in supporting some of our students and families.

From all of us here, a big thank you.

Tracey Cooper

Pastoral Care Worker



Facts about autism



estimated Australians are autistic



more than ¾ of Australians on the spectrum are young (between the ages of 5 – 24)



estimated parents/ carers, siblings grandchildren touched by autism daily

205,200

estimated Australians are diagnosed as autistic

38%

of Australians on the spectrum participate in the workforce (compared with 83.2% of people with no disability)



29%

of people on the spectrum have skills that are considered exceptional



70%

of autistic people also have one co-occurring condition, 40% have two or more

For more information about autism please visit The Spectrum website, www.thespectrum.org.au
For more information about supports and services at Autism SA, scan the QR code or visit autismsa.org.au



SOURCES
Hogben, G., Aggensteil, L., Dierker, L. et al. Autism Spectrum Survey (2016) ABS 2020
Disability, Ageing and Carers, Australia: Summary of Findings (2016) ABS
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OUR SCHOOL GARDEN IS OPEN AGAIN!

For three years we have had limited access to the garden. The garden was fenced off when the building was happening and closed during the course of COVID.

It has been wonderful to see the children's excitement and enthusiasm when they come in at lunchtimes. They play on the animals, ask the PALs monitors for an activity box, play on the sound wall or just find a special place to sit with their friends. They have been watching vegetables and fruit grow and loved being able to taste or take some home.

We look forward to preparing garden beds and planting seeds next term. Sadly our beautiful water feature stopped working in week 6 and much of our garden art is faded or missing pieces. We have started to redo some art but our supplies of plastic lids are depleting quickly.

If you can help us by collecting clean plastic lids we would be very grateful. They can be left at the office or given to Sharon McAskill in Room 29.

