



# Ardtornish Newsletter

Term 1 Week 3. 16<sup>th</sup> February 2018.

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## Diary Dates

### February

20<sup>th</sup> – 23<sup>rd</sup> -JP Swimming

### March

8<sup>th</sup> –Sports Day  
9<sup>th</sup> –Assembly 10am  
13<sup>th</sup> – 15<sup>th</sup> –Year 7 Aquatic Camp  
19<sup>th</sup> –Aunty Peach Show  
21<sup>st</sup> – Harmony Day

## Road Crossing Monitors

**Tue 20<sup>th</sup> Feb - Mon 26<sup>th</sup> Feb**  
Carlos G, Djuro D & Riley D

**Tue 27<sup>th</sup> Feb – Mon 5<sup>th</sup> Mar**  
Matthew M, Jacob G, Corvin T

**Tue 6<sup>th</sup> Mar – Mon 12<sup>th</sup> Mar**  
Jelena D, Ayla W, Emily F

**Please arrive by 8.25am**

**Advanced Notice**

**A Pupil Free Day**

**is to be requested of  
Governing Council for**

**Tuesday 13<sup>th</sup>  
March.**

**Staff will be  
undertaking training  
related to Maths and  
Intellectual Challenge**

## SRC: Promoting Student Voice.

The students who form the SRC Executive are important leaders at our school. They bring skills, talents, commitment and ideas to the task of promoting the voice of all students in our community.

To become a member of the executive group, students in years 6/7 are required to write an application for the position. In this submission they need to present evidence to show that they have the qualities necessary to be effective representatives. This year, 11 Year 6/7 students were selected as executive members and they will now be responsible for running the meetings, that occur 3 times a term, and planning and managing the SRC's work.



Congratulations to (from the top left): Skye, Samantha, Mia, Victoria, and Maddi, and from the bottom left: Jacob, Riley C, Ryan, Riley J, Dimitri and Cooper.

Classroom representatives are elected by their classmates because they display positive leadership qualities and a willingness to make a difference here at school and in the wider community.

They are involved in sharing their class views and presenting ideas and strategies to improve life and learning at Ardtornish. Student voice is important in ensuring that students have input into our school's processes and procedures

SRC also demonstrates a wider sphere of influence by raising funds to support charities in Australia and around the world. It also actively works to improve the facilities at school. The SRC helps to organise our Enterprise day.

## Preventing Cyber Bullying: keeping your child safe online.

Cyber bullying is a safety issue that now faces children. Once our homes were a safe haven from harassment but today bullies have the power to reach children through the use of social media.

When the school is made aware of after hour incidents of cyber bullying, between students, disciplinary action is often taken, in partnership with parents, to ensure that harassment is addressed and prevented from impacting on how they relate at school. Harassment is responded to through education, counselling and the setting of consequences.

To ensure that students have a clear understanding of their rights and responsibilities, when interacting with others online, students receive cyber safety training as a part of the child protection curriculum.

Recently an officer from SAPOL ran cyber safety sessions for all students in Yrs 3-7. In his talk the officer explained to students a range of legal issues related to joining sites and setting up profiles and how to create and share of passwords with parents, set privacy settings for different applications, turn off geo-location marking on photos and a range of strategies for keeping safe on line.

Many parents may have little idea about their child's online activity until there is an issue. Hence parents need to educate themselves about the dangers facing their children and put in place preventative strategies to keep them safe. A great one stop shop to learn more about cyber safety is the Commonwealth Governments Cyber smart website at [www.cybersmart.gov.au](http://www.cybersmart.gov.au). Another site which provides interactive training for parents and students is [www.thinkuknow.org.au](http://www.thinkuknow.org.au) .



## Excursion and Incursion Update

ACTIVITY	DATE/S	STUDENTS INVOLVED	LAST PAY DAY
Zoo Snooze	4/4-5/4 5/4-6/4	Room 30 & 31	4.00pm 28/3/18
Dance EDU	21/2 for 8 weeks	Rm's 7,8,18,22,24,30,31	20/2
Murraylands Camp	13/3-18/3	Year 7	6/3
Aunty Peach Show	19/3/18	Whole School	16/3/18

## CANTEEN ROSTER



Tuesday 20<sup>th</sup>  
Wednesday 21<sup>st</sup>  
Thursday 22<sup>nd</sup>  
Friday 23<sup>rd</sup>

Michele Smale  
Jenni Krol  
Emma Sparks  
3 Muskateers

Tuesday 27<sup>th</sup>  
Wednesday 28<sup>th</sup>  
Thursday 1<sup>st</sup>  
Friday 2<sup>nd</sup>

Michele Smale  
Mary-Anne Richards  
Lara Parmiter  
Megan E, Grace J, Amanda C

**On Wednesday 28/2/18 the canteen will have sushi available for sale over the counter at recess time. Further details will be sent out via Skoolbag next week.**

## Come & Try Scouting

Ridgehaven Scout Group, situated on the corner of Milne Road and Penny Street, at Ridgehaven has vacancies for boys and girls.

Joeys - Ages 6-7, Cubs Ages 8-11, Scouts- Ages 11-15, Venturers - Ages 15-18

For more information contact the Group Leader,

Val Mott Mobile: 0423187749

Email: [valmott@senet.com.au](mailto:valmott@senet.com.au)

Your child is entitled to three free sessions

## Learn a Musical Instrument



at Ardtornish and enhance your child's development.



A successful instrumental program has been conducted at Ardtornish for many years. It enables children to learn instrument in school time and to hire (or buy) instruments at very competitive prices.

Quality music education is an investment in your child's future. The benefits of learning to play a musical instrument are well documented. They include the enhancement of self-confidence, concentration, co-ordination, self-expression and goal setting skills.

The program is usually for students from Years 4 - 7 but younger students may commence tuition after consultation with the instrumental teacher.

The weekly lessons are of thirty minutes duration. Lesson fees can be paid each week or once a term directly to the teacher.

Students can be taught on their own or in groups.

Keyboard lessons may be in groups of four, as the school has 5 keyboards which students use in lessons. Costs of lessons range from about \$20 in a group of four up to about \$30 for an individual lesson.

Students are required to have lessons for at least 2 terms, or, preferably, for a whole year, as it takes some time for a new student to get used to an instrument and to a new type of learning and practice.

Our **BAND** motivates and encourages within students an ongoing commitment to practice and performance.

The band is an important aspect of our program. After one year of tuition, students may be invited to join the School Band.

This group performs at a variety of functions and events.

Some of our students perform with other groups including the Primary Schools' Festival Orchestra and Primary Schools' Wind Ensembles.



**Musical Instrument paperwork for enrolment is available from the front office**



**Fitness • Confidence • Fun**

**20 Years at Ardtornish School!**

**Classes begin February 7**

Wednesday 5.30-6.30pm

Book Now

**0414 653 993**

[goldenknights.com.au](http://goldenknights.com.au)

## Reminder to Parents

**Procedure for  
Signing your child out early.**

You need to sign them out at the office first. Then take a slip to the classroom and give to the teacher.

**BLUE LIGHT**

**SPLASH BASH**

DJ, GAMES & PRIZES  
FOOD & DRINK  
AVAILABLE

**FRI 23 FEB 2018**  
**7PM-10PM (LOCK-IN EVENT)**  
TICKETS \$8 (PRE-SOLD), \$10 ON THE NIGHT  
[cttg.sa.gov.au/splashbash](http://cttg.sa.gov.au/splashbash) or 8397 7439

FOR AGES  
10-17  
YEARS

@TTGwaterworld
 @TTGcouncil
 8397 7439 | [cttg.sa.gov.au/waterworld](http://cttg.sa.gov.au/waterworld)





We are participating in the Coles Sports for schools program,

### Step 1

For every \$10 spent at Coles, you will receive one Sports for Schools voucher.



### Step 2

You then bring vouchers to your school, placing them in the collection bins provided.



### Step 3

Every voucher you donate to your school can be redeemed for leading brand sports equipment



## What is Saver Plus?

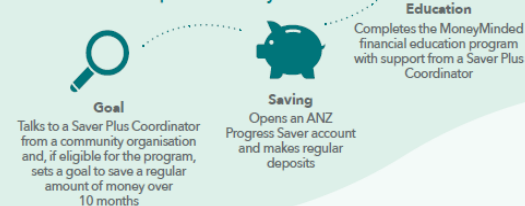
A free ten-month savings program providing financial education, budgeting and savings tips.

Participants receive up to \$500 in matched savings for education costs for themselves or their children.

Delivered by Brotherhood of St Laurence, Berry Street, The Benevolent Society and The Smith Family and other local community organisations.

Offered in communities across Australia in every state and territory.

### A Saver Plus Participant's Journey



### Who can join?

Participants must meet all of the below criteria:

- have a Centrelink Health Care or Pensioner Concession Card
- be at least 18 years old
- have some regular income from work (themselves or their partner)
- have a child at school or attend vocational education themselves.

### How did it start?

Saver Plus began in 2003 as a Brotherhood of St Laurence and ANZ pilot program with 268 participants in three sites across Victoria and New South Wales.

Since then, the program has expanded to all Australian states and territories, reaching more than 32,000 people, making it the largest and longest-running program of its kind in the world.

### Since 2004<sup>1</sup>:

- 32,000+ participants
- \$17.3m - total amount saved by participants
- \$14m - matched funds paid by ANZ
- \$753 average amount saved per participant

### Find out more

- 1300 610 355
- saverplus@bsl.org.au
- www.saverplus.org.au



<sup>1</sup> RMIT University, 2016. A number of Saver Plus program evaluations have been carried out since 2004. For more information see [anz.com/saverplus](http://anz.com/saverplus)

Saver Plus is an initiative of the Brotherhood of St Laurence and ANZ, delivered in partnership with Berry Street, The Benevolent Society and The Smith Family and other local community agencies. The program is funded by ANZ and the Australian Government Department of Social Services. Go to [www.dss.gov.au](http://www.dss.gov.au) for more information.



## mindfulness Coping in a busy world

A scientifically proven practice used to reduce daily stress and anxiety, calm our mind, improve the immune system, improve relationships with others, improve parenting skills and increase our attention and focus.

"It has helped me become aware of so many more moments in my day."

Sarah, parent

"It has concreted my faith in mindfulness and how effective it is for good mental health and also lead to a happier, less stressful and less anxious life."

Karen, parent

### Five week course

#### Mindfulness Workshop

Tuesdays 13, 20 & 27 February & Tuesdays 13, 20 March

7:00pm - 8:15pm

Cost ■ Adults/Parents \$60 (further concession available)  
■ Educators \$150 (attendance certificate provided)  
Both courses subsidised for local families

### Three week course

#### Mindfulness practice for men

Wed 28 February & Wed 7, 14 March

7:00pm - 8:15pm Cost - \$20

Professional mindfulness coaching for children, teenagers and adults also available.

### Where?

Ardtornish Children's Centre  
2 Saarinen Avenue St Agnes SA 5097

### Bookings

Contact John or Jo at Ardtornish  
Tel 08 8264 9828 / SMS 0409 984 495



[mindfulnessroom.com.au](http://mindfulnessroom.com.au)  
[info@mindfulnessroom.com.au](mailto:info@mindfulnessroom.com.au)  
Tel 0400 306 100



[www.eatforhealth.gov.au](http://www.eatforhealth.gov.au)

## Australian Guide to Healthy Eating

Enjoy a wide variety of nutritious foods from these five food groups every day.  
Drink plenty of water.



Use small amounts



Only sometimes and in small amounts





# Arbury Park Camp: Rooms 7 & 8

Arbury Park provided a great camp experience. It was packed with 3 days of hiking, orienteering, searching for evidence, team activities, shelter building and so many more enriching educational and social experiences.

After tea and showers we finished off our days with a night walk and quiz evening.

The great social qualities, manners, behaviour and positive attitudes from all the Ardtornish students were evident at all times and commented on by the camp staff.

The friendly and engaging attitude of student made the camp absolutely brilliant.

