



Ardtornish Newsletter



Term 1 Week 5 1st March 2024

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No: 3

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Diary Dates

March

7th – Sports Day
11th – Public Holiday
29th – Good Friday

April

1st – Easter Monday
4th – 5th Camp Rm's 4 & 28
12th – Last Day Term 1



Road Crossing Monitors

Wed 28th Feb – Tue 5th Mar
James J, Bailey W, Dylan S

Wed 6th Mar – Tue 12th Mar
Xavier M, Chase P, Jamieson R

Wed 13th Mar – Tue 19th Mar
Luba M, Kimbarly U, Aradhya K

Please arrive by 8.25am

Supporting and Developing Student Wellbeing

At Ardtornish our vision is to empower students to create positive futures, futures where our school values support them to live lives in which they are kind and respectful, set high standards for themselves and can bounce back when they encounter adversity.



Cooper R, Isla-Mae S, Cody P, Jesirae Q, Anhad C, enjoying the wellbeing room

As the school's 'Student Wellbeing Leader' my focus is on assisting your child to develop strong and healthy emotional skills that can support them to interact well with others and achieve their full academic and social potential. To do this I work with students, both individually and in groups, as well as parents and carers. I also provide advice and support to teachers, to implement programs that enhance, and safeguard students' emotional wellbeing and I actively promote the concept of emotional wellbeing in the wider school community. If students are experiencing difficulties with the following and would like someone to talk to, I am here to listen and help with:



- Friendship problems
- Anxiety
- Family concerns
- Bullying
- Cyberbullying
- Managing anger and self-regulation
- Yard problems
- Feeling sad and or alone
- Anything else which might make you feel overwhelmed

If students, staff, or the school community require counselling services or regular 1:1 support, we will work with families to link with the relevant support services. Additional to my role as Student Wellbeing this year I will also continue in the role of Autism Inclusion Teacher where I will continue to:

- Engage in training and development to build my knowledge and understanding around teaching autistic children and young people.
- Be a part of a network of Autism Inclusion Teachers across our partnership schools.
- Work with classroom teachers and students to implement strategies into classrooms which assist autistic students to achieve their best.
- Use best teaching practices when working with students with autism.

You can contact me by:

- Asking a class teacher to tell me to contact you or ringing the front office
- I am available to meet in the Wellbeing Room on my release days – Tuesday, Thursday, and Friday
- Emailing me directly at natalie.hall505@schools.sa.edu.au

Announcing our Student Wellbeing Support Officer mandy.arscott724@schools.sa.edu.au

Mandy Arscott is our new 'Student Wellbeing Support Officer'. For eight hours each week, Mandy will support students and families to address issues related to wellbeing as our previous Pastoral Care Worker did. Mandy's four year position is a new DfE initiative. Mandy's role will provide additional support in respect to the social and emotional needs of students and her work will complement the existing student wellbeing programs and services offered by our school. Mandy will support students and families by:

- Assisting with transitions in the mornings
- Providing support during whole School Events
- Supporting students to access and use the wellbeing room effectively.



Sports Day – Thursday 7th March

ATTENDANCE

Thursday March 7th is an official school day and children will be expected to attend school unless, of course, they are unwell.

ARRIVAL

- Sports Day leaders, SRC Executives and senior students may arrive from 7.30am to help with setting up. They must report to teachers on the oval in this case.
- School yard supervision begins at 8.35am. All students must be in the courtyard prior to this if they are not actively helping.
- We request all children arrive at school prior to the second bell at 8.50am.
- At 8.50am all students must be in class for administrative tasks.
- We ask that parents wait outside the room during this time to assist us in settling the children.
- Class teachers will take the children to the Primary Courts and assemble them by 9.00am for Welcome, Warm-up & Team Chants led by the Sports Day Leaders.

CLASS ORGANISATION

Please do not return library books or home reading books and do not bring chromebooks on Sports Day.

TEAM COLOURS

If possible please ensure your child is wearing house team colours.

TOLLEY - Blue

ANGUS - Green

NEWMAN - Yellow

KERR - Red

CLOTHING

Children must wear their hats and suitable shoes while they are outside. Please make sure children have sunscreen applied before they come to school. Please name removable clothing. (Tank tops are not appropriate.)

BEHAVIOUR

Sometimes changes in routine and excitement can have a negative effect on some children's behaviour. Please give us your full support in reminding the children that our normal classroom and school agreements still apply on Sports Day. It is most important that children and parents/spectators follow all instructions given by staff members.

CLASSROOMS

Please note: For security reasons the classrooms will be locked at the beginning of assembly and will only be unlocked when the teacher returns to the classroom during breaks or at the end of the day. Drink bottles should be NAMED and placed in a class crate to move around with the class during the day. Primary children should bring it out for afternoon Sprints.

WEATHER

If wet or extremely hot weather is predicted for the day, Sports Day will be postponed. A decision will be made prior if there is to be a change and you will be notified by a note home with your child as well as posts on Skoolbag. If Sports Day is postponed a "normal" school day will apply. The backup Sports Day will be advertised via Skoolbag and a notice home.

Please help everyone have a fun and successful day by being supportive and cheering respectfully!



**The Canteen will be CASH ONLY
on Sports Day**



The Wellbeing Room – Room 5

We are excited to now have this space operational. It is a quiet, calming room where students can go to focus on regulating their emotions.

When in the wellbeing room students are supported to identify the zone of regulation they are currently in, consider what actions or events lead to them becoming dysregulated and explore how they could possibly move back into the green zone.

How to access this space:

Students can access the wellbeing room by request and then move to it after their teacher confirms that someone is there to monitor and assist them to work through regulation processes.

During set playtimes the door will be open for students to come in to relax and engage in a calming activity. The room is a positive space where anyone who wants to focus on their emotions can go.

When students visit this space, they may:

Talk to someone about how they are feeling and complete a verbal check in with a staff member.





Choose a calming activity to engage with

- Fidgets
- Listening to music
- Resting in the tepee
- Drawing how they feel
- Writing about how they feel
- Building with Lego
- Sit in a quiet place and practice breathing techniques

Spend 10 minutes to regulate their emotions – additional time will be negotiated if needed.

Visit anytime with a SSO and choose an activity to engage with either in the space or take and complete elsewhere.

The ZONES of Regulation™

			
BLUE ZONE	GREEN ZONE	YELLOW ZONE	RED ZONE
Sad Sick Tired Bored Moving Slowly	Happy Calm Feeling Okay Focused Relaxed	Frustrated Worried Silly/Wiggly Excited Loss of Some Control	Mad/Angry Terrified Elated/Ecstatic Devastated Out of Control

Principal's Award

For Week 4 – Be Kind



Kohan J, Stelios P
Morgan T, Jaxon M
Jamieson R, Taylor C
Oliver H, Audie H
Allegra F, Sarah Y
Lily I, Dylan S
Siyana M, Noah P
Aubrey V, Harvey J
Yar B, Leo N
Lyla C, Cassidy C
Hudson C, Riley F

Nina H, Xander S
Ash H, Ruby O
Isabella U, Jordan D
Donovan H, Lucy K
Lachlan C, Aisha D-G
Ivy N, Braxton B
Isla K, Chia Y
Olivia J, Rylee B
Mia N, Billy H
Cameron D, Jasmine G



Family Contact Details

If anyone has changed their family contact details, for example: emergency contact details, address, contact information, please contact the front office via text message on: 0447 467 152.



Reminder to update your child's classroom number for 2024 on their Qkr! profile. This ensures all canteen orders turn up to the correct classroom.

CANTEEN ROSTER

Tuesday 5 th	Clare/Sovereign
Wednesday 6 th	Robyn C
Thursday 7 th	SPORTS DAY
Friday 8 th	Lisa M
Tuesday 12 th	Molly/Ebony
Wednesday 13 th	Deborah M
Thursday 14 th	Anna M, Kristen V
Friday 15 th	Victoria

Can you help in the canteen?

The canteen are looking for volunteers to help. If you are able to spare anytime please contact the front office on 82648099.



SCHOOL TOURS & OPEN DAY



Respect | Equality | Pride | Integrity | Resilience

Welcome to
Golden Grove
High School



Please use the QR code to book a tour, learn more about our curriculum offerings, educational opportunities, and enrolment information.

For further information please visit our website or contact us on 08 8282 6400

BANKSIA MARKETS

Easter FAMILY FUN DAY



MARCH 2

8:30AM - 1PM



GULLY CHURCH
600 MILNE RD, BANKSIA PARK

FREE treasure hunt, kids activities, crafts,
balloon twisting, glitter tattoos and face painting



Arbury Park Camp – Room 8 & 11

What a great camp experience Arbury Park was. It was packed with 3 days of hiking, orienteering, searching for evidence, team activities, shelter building and so much more.

Then after tea and showers we finished off our days with a night walk, movie night and quiz night. The great social qualities, manners, behaviour and positive attitudes from all the Ardtornish students were noticed by all and made 2024 camp absolutely brilliant.

