



Ardtornish Newsletter

Term 2 Week 1 5th May 2023

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In this Issue

- Developing Every Child's Self Regulation Skills
- Canteen Roster
- Excursion/Incursion Update
- High Intensity Interval Training
- Principal's Award
- TTG District Carnival Results Corrections
- School Photos
- School Uniform
- School Card
- Mothers Day Stall
- Room 21 – Maths

Diary Dates

May

- 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, Volunteers Week
- 17th - Dream Big Excursion Rm's 9/10/11/28
- 25/5 - Soccer Carnival
- 26/5 - Zoo Snooze Rm 29, Soccer Carnival
- 27th - Reconciliation Week
- 31/5 - Sports Portfolio Mtg 7pm

June

- 26th - JP Swimming Week

July

- 31st - Yrs 3-5 Swimming Week

Road Crossing Monitors

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

Wed 17th May – Tue 23rd May
Matisse B, Molly W, Ella P

Wed 24th May – Tue 30th May
Caitlyn D, Sienna G, Alice E

Please arrive by 8.25am

Developing Every Child's Self-regulation Skills. Introducing a helpful and informative online resource for caregivers



Pictured here are some students demonstrating how the quiet spaces in the classroom can be used.

As a parent, you want your child to grow up to be responsible and able to manage their emotions and behaviour. **Self-regulation is the ability to manage one's emotions, behaviour, and thoughts in response to a given situation.** It involves the capacity to control impulses, delay gratification, and focus attention. Children who develop self-regulation skills are better equipped to handle stress, cope with challenges, and maintain healthy relationships and is a key predictor of success in many areas of life, including academic achievement, social competence, and overall well-being. Children who struggle with self-regulation are more likely to experience behavioural problems, academic difficulties, and mental health issues.

This year every Ardtornish staff member is participating in a series of training workshops designed to:

- enhance our understanding and implementation of regulation strategies to improve the overall wellbeing of students and improve learning opportunities and outcomes.
- Develop a consistency of practice and a behavioural approach with a focus on restorative practice & reconciling issues.
- improve our class learning spaces and set up a designated regulation space/s within our school. Specifically, we are aiming to develop calming spaces within each classroom or break-out space, within line of sight, as well as establishing a designated regulation room & outdoor areas for regulation.



As valuable as it is for staff to have access to this training, to continually grow and develop our knowledge, we recognise the important role that parents have played in beginning their child's journey to self-regulation by supporting them to engage in Co-regulation ("doing regulation together") before they began at school

Co-regulation is the process of regulation with the support of another. Parents, caregivers and educators provide co-regulation when they support children to manage their emotions, attention and energy levels by teaching and modelling strategies to cope through feelings of distress or overwhelm. This requires connection through tuning in and being present with the child.

This process is, for many people, a natural unconscious response to a child's distress but its effectiveness can be further developed by providing opportunities to consciously learn more about the psychological dynamics of regulation, and some concepts and tools children and young people can use at home or school to support their regulation skills.

The DfE has therefore created an online resource for caregivers titled "An Introduction to Regulation". This 60 minute course, which does not need to be done all at once covers the following topics :

1. What is regulation?

- explaining regulation to children using a hand model of the brain
- how regulation skills are developed.

3. Supporting the process of co-regulation

- how healthy attachment and relationships impact the development of regulation skills
- the importance of co-regulation and reconnection when things haven't gone to plan.

2. Explaining the brain

- three key areas of the brain and how they help regulation.

4. Responding to dysregulation

- suggestions for how to respond in a supportive way to your child or children when they are dysregulated.

5. Reconnecting with your child

To access parent resources use the QR code on this page or this link:
https://rise.articulate.com/share/rG_zIH9hfq9hGFgQ6Alfq6sfpKbhRtbD

CANTEEN ROSTER

Tuesday 16th	Jenni F
Wednesday 17th	Deborah M
Thursday 18th	Deneice P
Friday 19th	Lisa M
Tuesday 23rd	Jenni F
Wednesday 24th	Robyn C
Thursday 25th	Kristen
Friday 26th	Chris G, Diane B

Excursion and Incursion Update

ACTIVITY	DATE/S	STUDENTS INVOLVED	LAST PAY DAY 4pm
Zoo Snooze	26/5	Rm 29	12/5/23
Dream Big	17/5	9/10/11/28	10/5/23
AFL Max Camp	15/6 – 16/6	Rm's 9/10/11	1/6/23
M & S Fees			7/7/23
SAPSASA Cross Country	12/5		10/5/23

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.

No need to book, just turn up. Tracey Cooper

Principal's Award

For Week 11, Term 1
Bounce Back



Edward
Brody S
Marley E
Ella P
Amalie C
Jacob H
Domenic H
Myles M
Dylan S
Sienna B
Hector H
Tatum D
Mia N-C
Zac B

Ben M
Ava G
Ewan M
Chloe B
Cooper J
Lexie Z
Riley H
Jaxon O
Tyler C
Lenny C
Rory S
Myles N
Ava V

Delilah H
Hugo W
Isabelle P
Ashton G
Izayah W
Fletcher S
Caleb A
Pippen H
Cadee D
Oneida D
Sebastian H
Annika H
Hamish H
Harvey J



TTG District Carnival Results Correction

Long Jump – Natalie S finished 4th

High Jump – Natalie S finished 2nd

Well Done Natalie!



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

School Uniform

Reminder for school photos

All students are required to wear the correct uniform/dress code at all times

Our school uniform consists of red t-shirt, red jumper, red school jacket, blue school hat, blue shorts / blue skirts / blue pants / blue skorts – with no stripes and logos.

- Dress - blue & white (can have fine red line check)
- **Year 6 ONLY** blue shirt and blue jumper
- Shoes - plain sandals (summer); school shoes, sneakers, flat ankle boots.
- No jewellery except for studs or sleepers or a watch.
- No make-up / nail polish / fake nails.
- Headwear (headbands, hair ties etc.) is only white, black, blue or red.
- No hat required in term 2.

Nut Aware Policy

Just a reminder to everyone that we are a nut aware school which means: that you should send foods to school with your child that are free from nuts and nut products.



APPLYING FOR SCHOOL CARD ASSISTANCE



All types of School Card applications are now online.

You can access the online forms from any device that gets internet, including mobile devices, such as tablets and smart phones, as well as laptops and computers.

Applying online is easy! Simply follow the steps below.

- STEP 1** Visit sa.gov.au/education/schoolcard
- STEP 2** Select the type of School Card you would like to apply for (for example 'Type A') and follow the prompts.
- STEP 3** Complete all mandatory fields.
Please note: you cannot submit your application unless all mandatory fields are complete.
- STEP 4** Once you have completed a page click on the 'NEXT' button.
- STEP 5** Once you have filled out all pages click the 'SUBMIT' button.
Please note: if you exit the form without clicking 'SUBMIT' your details will be lost.

You can save the form, and return to complete it at another time, by clicking on the 'SAVE' button.

Click the link [School Card Online Applications](#)

Mother's Day Stall



On Friday 12th of May we are holding a Mother's Day Stall for the students to purchase gifts. Students will be allocated a timeslot. Gifts will range in price from \$1.00 - \$15.00. Could parents please supply a plastic bag for your child's purchase. Cash or QKR Preferred! Payments for QKR! will close Thursday 11th May at 12noon.

A Friendly Reminder

Have you coached an Ardtornish Primary School Sports Team in the past but are no longer in this role? If so, please make sure that you return any equipment or coaches folders to the front office. Then they can be distributed to the existing teams.

Many thanks APS Sports Committee

Pupil Free Day

Monday 15th May

NEWTON JAGUARS NETBALL CLUB

Woolworths



For 5 to 7yo

@ Jags Training Courts, Paradise

Tuesdays 4:15 - 5:15pm

Starting 9 May

Register - <https://www.playhq.com/netball-australia/register/65245b>

MOBILE: 0480129125

ENROL NOW
AGES 2-12

TERM 2 KICK OFF
6-7 MAY

AUSTRALIA'S #1
Non-Competitive Soccer Program

LOCATIONS
UNLEY HIGH - ATHELSTONE
LOCKLEYS - COWANDILLA - HECTORVILLE
BELLEVUE HEIGHTS - FLAGSTAFF HILL

www.grasshoppersoccer.com.au/adelaideinnersouth

PRESENTING

FRIDAY NIGHT LIGHTS

INFLATABLES

FOOTY SKILLS

ROCK CLIMBING

CHART TOPPING MUSIC

CAFE

TRAMPOLINES

VIRTUAL REALITY

SPECIAL GUESTS

AGES 8-14
6:00 - 9:00 PM
TICKETS ONLINE @

Friday 12th May
32 BUTLER BOULEVARD,
ADELAIDE AIRPORT SA
This is a kids only lock-in event

Room 21 Maths

In Room 21, we have been learning all to sort collections of objects by their attributes/features.

In class, we worked in pairs to sort a collection of buttons by shape, colour, size, number of holes and if the button had straight or curved sides.

The ability to identify patterns is central to developing students mathematical skills and is a foundational skills for everyone to master. The use of manipulative materials supports students to learn in a powerful, fun and multisensory manner.

