



# Ardtornish Newsletter

Term 2 Week 3 14<sup>th</sup> May 2021

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## In this Issue

- Rain Jackets – Keeping Kids Dry & Happy, Learning Japanese – Developing Cultural Awareness
- Excursion/Incursion Update
- Canteen Roster
- Uniform Price List
- MSP Photography
- Disco – Years 2-4
- Flaming Friday – Years 5-7
- Tracey's Care Column
- Visual Art in Room 2a

## Diary Dates

### May

- 18<sup>th</sup> – Volunteers Morning Tea
- 19<sup>th</sup> – Dreambig Excursion Rm's 7,8,3A, 3B
- 20<sup>th</sup> – Parliament House Excursion Rm's 1B, 9, 10
- 21<sup>st</sup> – Assembly 10am
- 24<sup>th</sup> – Finance Meeting 3.15pm
- 26<sup>th</sup> – Sports Meeting
- 26<sup>th</sup> – 27<sup>th</sup> Room 4A/4B Camp
- 27<sup>th</sup> – Grounds Meeting 3.15pm, Reconciliation Week
- 28<sup>th</sup> – Soccer Carnival, JP Disco – Lunchtime, Primary 4.30-6pm, Upper Primary 6.30-8.30pm

### June

- 22/6 – 25/6 JP Swimming Week (except room 3 / 4)

## Road Crossing Monitors

**Wed 26<sup>th</sup> May – Tue 1<sup>st</sup> June**  
Jude H, Tate W, Keira C

**Wed 2<sup>nd</sup> June – Tue 8<sup>th</sup> June**  
Gargee V, Isabelle C, Maddison J

**Wed 9<sup>th</sup> June – Tue 15<sup>th</sup> June**  
Gemma R, Avara E, Lara B

**Please arrive by 8.25am**

## Rain Jackets - Keeping Kids Dry & Happy



*Jacob, Sofia R, Zac, Sofia G and Ainsley are all well prepared for rainy weather*

All students, but especially the students in the new transportable classrooms on the oval, move around the school grounds during the day as they attend specialist lessons and visit the library, gym or toilets.

Now that the wet, cold weather is upon us we recommend sending your child to school with a waterproof jacket / rain coat or umbrella. These do not need to be in school colours. Wellie boots are also a great idea, however they'll still need appropriate sports shoes for PE lessons. A spare change of clothes in their bag, would also be a good idea, as already a few children have slipped over and become wet and muddy.

At recess and lunch times students return to class if it begins to rain, but they can still get very wet if they have a long way to travel and are caught in a down pour. In the next few days a gravel path is being laid along the edge of the oval to ensure students have a safe, dryer path to follow across our boggy oval.

## Learning Japanese - Developing Cultural Awareness



*Claire D, Maddison J & Scarlett E*



*Jamieson R and Kimbarly U*

Learning Japanese at Ardtornish entails more than just learning the language. In Japanese lessons students develop intercultural understanding through the experiences we give them. Students in Years 1 – 4 started the term by celebrating Kodomo no Hi (Children's Day), making carp kites and origami. They are now learning how to shop in Japanese, learning phrases such as ikura desu ka? (how much is it?) takai desu! (too expensive!) and yasui desu! (wow, that's cheap!) as well as supermarket vocabulary such as ringo (apples), miruku (milk) and monetary amounts such as hyaku-en (100 yen = \$1). Next term students will be learning sports vocabulary and how to say what sports they like as we learn about the Olympics in Tokyo.

Meanwhile the Year 6/7 students have undertaken a unit on food. Students were introduced to some traditional Japanese dishes with important associated vocabulary and phrases. Students learnt how to use chopsticks and participated in making 'onigiri', a traditional snack made of rice and flavourings. Students enjoyed decorating the onigiri and participating in a bit of friendly competition! All these activities broadened their understanding of the Japanese culture.

Excursion and Incursion Update			
ACTIVITY	DATE/S	STUDENTS INVOLVED	LAST PAY DAY 4pm
Festival Choir			31/5/21
Narnu Farm	23/6-25/6	3,4	18/6/21
Narnu Farm	8/9-10/9	3A & 3B	30/8/21
Narnu Farm	26/5-27/5	4A & 4B	
Dusty Feet Mob	4/6/21	ALL	31/5/21
Dance til you Drop	Term 3	3,4,5,6,11,12, 15,2A, 2B	256/21
Dream Big	19/5/21	Rm's 7,8,3A, 3B	12/5/21

## CANTEEN ROSTER

Tuesday 18<sup>th</sup> Michele S  
 Wednesday 19<sup>th</sup> Mary-Anne R  
 Thursday 20<sup>th</sup> Evelyn C, Chris G-G  
 Friday 21<sup>st</sup> Emma J, Natasha H, Wei-Wei R

Tuesday 25<sup>th</sup> Michele S  
 Wednesday 26<sup>th</sup> Mary-Anne R  
 Thursday 27<sup>th</sup> Deneice P, Tui M  
 Friday 28<sup>th</sup> Rhonda P, Stacey C, Emma J

## Uniform Price List

Orders are placed weekly and take approximately 1 week to come in after the order has been placed. You can order and pay on QKR!

With school photos coming up on June 3rd, any parent that would like to order some new uniforms for your child to wear for photo day, get in now and place your order so you don't miss out!

ITEM	SIZE	PRICE
POLO T-SHIRT	Sizes 4 - XL	\$25.00
¼ ZIP WINDCHEATER	Sizes 4 - XL	\$40.00
ZIP-UP JACKET	Sizes 4 - XL	\$40.00
CARGO SHORTS (no samples)	Sizes 4 - Medium	\$25.00
SKORTS GIRLS (no samples)	Sizes 4 - XL	\$20.00
RUGBY KNIT SHORTS (no samples)	Sizes 4 - Large	\$20.00
CUFFED TRACKPANTS (no samples)	Sizes 4 - Large	\$25.00
GIRLS LEISURE TRACKPANTS (no samples)	Child 4 - XL	\$25.00
SUMMER DRESS	Child 4 - 14	\$40.00
SCHOOL BAG	Large	\$40.00
BUCKET HAT	XS, S, M, L, XL	\$10.00

School photo day is, **Thursday 3rd June** for class and individual photos, in the Gym. Group Photos will be on **Friday 4th June** in the Hall.



Please note: Family photos will be taken from 8.30 - 9.00am on photo day, 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. (Cash only) 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. Group photos include....Dance, Aerobics, Hip Hop, Cheer, Choir, Pedal Prix and Football. Group photo orders are taken a couple weeks after photo day.

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

**Students who will be having group photos please remember to bring with you, your instruments and dance / aerobics costumes and uniforms on the day.**



### Middle of Term 2 Friday Disco

Come join us for a **fun** disco night in the school hall

Friday, May 28  
4.30pm - 6.00pm

The canteen will be available to purchase refreshments

Pay on Qkr! - Tickets are \$5  
Qkr payments will close at 4pm on the day  
No tickets - your name will be checked off

**Year 2 - Year 4  
Students only**

Note: An adult must drop off and pick up students at the door.  
School event - no devices - follow school behaviour codes

## Flaming Friday

Students in years 5-7 are invited to a  
- Friday Night of Fun -  
Friday May 28, 2021  
Term 2, Week 5  
6:30pm - 8:30pm in the School Gym

Come along to hang out with friends, play games, listen to music and use the photo booth.

The Gym Canteen will be open to buy snacks with cash and/Or  
Pre-order a hot meal - Pizza and a drink for \$5  
(Flaming Friday Meal Deal on Qkr! - closes 12pm May 27)

Entry is \$5 per ticket - Please pay via Qkr! or pay at the door on the night.  
All money raised helps to pay for the 2021 Aquatics Camp  
We hope to see you there.

Note: An adult must drop off and pick up students at the door.  
School event - no devices - follow school behaviour codes




**2 photo strips free with entry!**





## Tracey's Care Column

# The Importance of Sleep for Children and Teens



Getting enough sleep is essential to our physical and mental wellbeing. As parents, we can teach our children about the importance of sleep and the strategies they can use to help them get more of it.

### The Benefits of Getting Enough Sleep

Did you know that during sleep the brain sorts and processes the day's information and files it away for later use and importantly it creates long term memories. *Who would have thought that sleeping can help us remember our times tables!* 😊

During sleep, hormones are released into our body. Melatonin levels are increased at night-time which helps us feel sleepy and controls our sleep patterns, whilst growth hormone helps our body to grow and repair itself.

When we have less sleep the stress hormone cortisol is reduced which can over the long-term cause ongoing complications such as high blood pressure, type 2 diabetes, and osteoporosis. Cortisol also increases our appetite and signals the body to shift metabolism to store fat. It interferes with daily cycles of other hormones, disrupting sleep patterns and causing fatigue, memory, and brain fog.

During sleep, our immune system releases a type of small protein called cytokines. These help our body fight inflammation, infection, and trauma. Without enough sleep our immune system might not be able to function at its best.

### Sleep Strategies

#### **Have a regular sleep pattern**

Try to go to bed at around the same time every evening and get up at around the same time every morning.

#### **Spend the right amount of time sleeping**

Recommended sleep for Pre-schoolers 10-13 hrs, School age children 9-11 hrs, Teenagers 8-10 hrs and Adults 7-8.5 hrs.

#### **Exercise during the day**

The more exercise we have in the day, the quicker we fall asleep at night.

#### **Bed is for sleeping**

Did you know that smartphones, tablets, computers, and the television can interfere with sleep. Studies show that up to 50 % of young people are not getting enough sleep. The emitting blue light suppresses *melatonin* which makes it more difficult to get to sleep. *Turn off devices 1 hour before bedtime* and remove device from bedroom. It is important that parents put rules in place because we know young people have good intentions but can find it hard to monitor themselves.

#### **Make sure your bedroom is comfortable**

You should have a quiet, dark room with comfortable bedding. Use a night light or hall light if needed.

#### **Wind down and relax before going to bed**

As you know, the activities and worries of the day can come to mind as soon as our heads hit the pillow. It is the same for kids, try and provide a time well before bedtime for young people to talk about their day.

Have a warm bath or drink warm milk.

Use a relaxation technique to wind down and practice it regularly,

#### **Techniques to relax**

Close your eyes, relax your muscles, and stay as still as you can. Test yourself to stay super still for a minute or two and then wriggle around if you need to and then try to stay super still again.

Use calm thoughts or pleasant images of getting to sleep.

Use a proven breathing technique, like this one.

First, make a whooshing sound, exhaling completely through your mouth.

Next, close your lips, inhaling silently through your nose as you *count to four* in your head.

Then, *for seven seconds*, hold your breath.

Make another whooshing exhale from your mouth *for eight seconds*.

Do this four times and over time work up to eight times.

Sleeping is a necessary and wonderful part of life.

The more sleep our children have, the better prepared they are for a fun day of learning and social interaction at school.

If I can be of any support, please contact the school on 8264 8099 or email me at [tracey.cooper464@schools.sa.edu.au](mailto:tracey.cooper464@schools.sa.edu.au)

For further information on sleep go to

<https://developingminds.net.au/blog/2018/3/4/12-facts-to-tell-your-childteen-about-sleep?rq=sleep>

<https://www.betterhealth.vic.gov.au/health/HealthyLiving/teenagers-and-sleep#preventing-sleep-deprivation-in-teenagers-tips-for-parents>

<https://raisingchildren.net.au/pre-teens/healthy-lifestyle/sleep/school-age-sleep>



# Visual Art in Room 2a

The “Arts” curriculum, consists of Visual Art, Media Art, Music, Drama and Dance. Each element is run over two years, eg year 1 and 2, year 3 and 4 and year 5 and 6.

Year 5 students in Room 2a are looking at the different techniques and visual arts practices artists use to create their artwork. We have looked at how different lines and colour create art.



Using lines and only black and white, students decorated their “hand” creating interesting shapes and patterns (known as Zentangles).



Using straight and curved lines and two colours, students then created a 3D version of their hand.



Having looked at the colour wheel, students worked with only one tone of a colour in an abstract pattern. Cutting, bending and gluing their paper, students created ‘waves’ to create a 3D piece of artwork.

