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### Diary Dates

#### August

- 12<sup>th</sup> - PUPIL FREE DAY
- 14<sup>th</sup> – Footsteps, Author Visit
- 15<sup>th</sup> – Author Visit, QLD Dance Nationals
- 19<sup>th</sup> – Bookweek
- 21<sup>st</sup> – Footsteps, Sports Portfolio 7pm
- 22<sup>nd</sup> – Choir Rehearsal @ Morphettville
- 23<sup>rd</sup> – Book Week Assembly 9.40am
- 26<sup>th</sup> – Book Week Performance – Hall
- 28<sup>th</sup> – Footsteps, Father's Day Stall

#### September

- 4<sup>th</sup> - Footsteps
- 9<sup>th</sup> – Governing Council 7pm
- 27<sup>th</sup> – Last Day Term 3

### Road Crossing Monitors

Wed 14<sup>th</sup> Aug – Tue 20<sup>th</sup> Aug  
Alexa E, Chelsea H, Abby S

Wed 21<sup>st</sup> Aug – Tue 27<sup>th</sup> Aug  
Alexander W, Tyson W, Sam G

Wed 28<sup>th</sup> Aug – Tue 3<sup>rd</sup> Sep  
Crystal H, Teagan P, Jada R

Please arrive by 8.25am

## Safety Focused Swimming Lessons

Last week year's 3/4/5 students attended swimming lessons at the Campbelltown ARC. The Department for Education program acknowledges that in the time available they cannot turn students into proficient swimmers they place a focus on teaching them the skills, knowledge & understandings to make good decisions around water and keep themselves and others safe.



This is a different emphasis to other "Learn to Swim" programs children may access outside DfE and parents need to be aware of this and not rely solely on the department's swimming lessons to build their child's swimming skills.

The DfE swimming program is designed to maximise the benefit of the short time available for lessons and is based on the belief that "If this is the one opportunity to teach kids what they should do if they fall into open water, then give them the key skills they actually need to survive."

Therefore the program:

- Encourages students to think for themselves, make good decisions and understand the consequences through simulated open water scenarios and personal survival strategies.
- Promotes confidence and awareness by providing opportunities for students to develop skills and knowledge that can help to keep them and others safe in a variety of aquatic environments.
- Focuses on what primary school children are able to learn in their school program to ensure they are able to save themselves in potentially dangerous situations.

The DfE Water Safety Education Program is only one of many possible aquatic experiences a child can have and access to other Learn to Swim and water based activities on a more regular basis can build on what has been taught to enhance their skills and confidence.

## Book Week Assembly – Friday 23<sup>rd</sup> August

Book Week Assembly will be in the gym on Friday 23<sup>rd</sup> August at 9:40 am. Come along and see every class present their special Book Week item to the school.



**Pupil Free Day – Monday 12<sup>th</sup> August**

Excursion and Incursion Update			
ACTIVITY	DATE/S	STUDENTS INVOLVED	LAST PAY DAY
Adare Camp	11-13 Nov	Rm;s 21, 30 & 31	1/11/19
Yr 7 Graduation		Yr 7's	8/11/19
Choir			Overdue
Big Dreams	26/8/19	F- Yr 5/6	21/8/19



## CANTEEN ROSTER

Tuesday 13 <sup>th</sup>	Michele S
Wednesday 14 <sup>th</sup>	Mary-Anne R
Thursday 15 <sup>th</sup>	Chantelle W, Emma S
Friday 16 <sup>th</sup>	Stacey C, Rhonda P
Tuesday 20 <sup>th</sup>	Michele S
Wednesday 21 <sup>st</sup>	Mary-Anne R, Emma S
Thursday 22 <sup>nd</sup>	Emma S, Nicole H
Friday 23 <sup>rd</sup>	Emma S, Denise P, Tui M

## Face Painting workshop

Are you interested in learning face painting basics? We need some volunteers to paint faces at our Fifth Birthday Celebration on the morning of Saturday 26 October. To support you we will provide materials and a workshop to learn the how to – great for your own family, parties and that special evening out! Give John or Jo a call at 8264 9828 if you are interested and we will arrange a workshop at the most suitable time.

## On-line 21 Days to Happy Families Course

If your family is interested in improving the way it makes life easier for all, with more smiles and contentment then this is for you! Speak to one of the staff at the Children's Centre to access Justin Coulson's course. It's FREE.

**Another evidence based way to improve your outlook to life...**

## Coping in a Busy World

A four session Mindfulness course

*Current research tells us that when parents relate to their children with mindfulness they activate a part of the brain which allows their defensive systems to switch off, putting them in a more relaxed state and allowing them to think and act more rationally (BUGK Program Manual p.11)*

### Wednesday Evenings

11 - 25 September & 2 October  
7pm-8:15pm

Presented by Philip Altmann, B.Ed. Grad.Dip.T., Mindfulness Dip., Grad.Dip.Ed. Counselling, Mind Based Stress Reduction Trained

[www.mindfulclassroom.com.au](http://www.mindfulclassroom.com.au)

Subsidised cost for local families \$60,  
\$100 for teachers

(Teacher PD Funding may be available through your school)

**Personal Mindfulness Coaching**  
for children, teenagers & adults also available

Bookings: call John or Jo at the Ardtornish Children's Centre  
2 Saarinen Avenue St Agnes  
82649828 or call/sms 0409984495

## Volunteers Needed

We are currently looking for new volunteers in the canteen on Thursday's & Friday's please see Michele S as you walk past if you are able to help out.

**You will need to have a police clearance and have RAN Training.**

*Thankyou to all the families who continue to support our canteen. Without your help we would not be able to continue providing this service.*



## Father's Day Stall

Will be held on Wednesday 28<sup>th</sup> August in the hall

We have lots of high quality gifts available for between \$1.00 and \$15.00. The Father's Day stall has been very popular in past years. If your child wishes to purchase, use Qkr! (preferred) by 9.00am or cash. Please ensure that they bring a bag on the day. Classes will be allocated a time slot.



John Buckell  
Community Development Coordinator  
82649828, 0409984495 or email [john.buckell@sa.gov.au](mailto:john.buckell@sa.gov.au)

**When phoning or messaging your child's absence please remember to add the child's room number / teacher's name.**



THE HEIGHTS SCHOOL PLAYERS PRESENTS...

A Bollywood adaptation of William Shakespeare's 'A Midsummer Night's Dream'

Magic, moonlight, exotic location. What could go wrong...?

scan me to purchase tickets

**the dream**

Golden Grove Arts Centre Theatre  
The Golden Way, Golden Grove

**TICKETS AVAILABLE FROM THEHEIGHTS.SA.EDU.AU**  
Online ticket sales end Friday 9th August. Last minute tickets available from school until Thursday 15th August.

Friday 16th August @ 7.00pm  
Saturday 17th August @ 2.00pm & 7.00pm  
Sunday 18th August @ 2.00pm  
(doors open 30 minutes prior)

Adults: \$10; Children (5-17) and Concession: \$5;  
Family (2 children, 2 adults): \$25

THE HEIGHTS SCHOOL  
Preschool - Year 12

Government of South Australia  
Department for Education

ignite

Proud Sponsor:  
CardSpring

Design by Beth Siskell

## Trumpet/Trombone Lessons

If your child is interested in learning Trumpet or Trombone lessons please come and collect an enrolment form from the front office.

**Book Week Art Competition**

**"Reading is my secret power"**  
and  
**"Aladdin"**

This year there are 2 themes for the art competition,  
**Reading is my secret power**—The Book Week theme for 2019  
**Aladdin** — In Term 4, 4 classes will be performing the classic story of Aladdin

You can use any art form, for example...  
paintings, models/sculptures, dioramas, drawings, collage, Lego constructions etc.

Make sure we have your entry at the library by  
Monday, August 19th.  
Have your name, age and class on each entry

**LITERACY AND NUMERACY FESTIVAL 2019**

**PARENT AND COMMUNITY FORUM**  
22 AUGUST 2019

PARENTS AND FAMILIES ARE THE DIFFERENCE THAT MATTERS

You make an enormous contribution to your child's learning development! Come along and learn more about how you can support your child's literacy and numeracy learning!

### FREE COMMUNITY FORUM

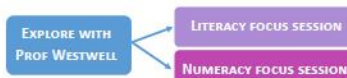
Thursday 22nd August 2019, 6:00 pm to 8:00 pm  
Education Development Centre, 4 Milner Street, Hindmarsh

[Click here to register](#)



**KEYNOTE SPEAKER: PROFESSOR MARTIN WESTWELL**

Professor Westwell is a world renowned educator with vast knowledge of early childhood education. He is currently Chief Executive of the SACE Board. He will talk about actions you can take to impact on your child's learning.



This free community forum is part of the annual Literacy and Numeracy Festival which is supported by the Department for Education, Catholic Education SA, the Association of Independent Schools SA, the SACE Board and major educator professional associations.



Government of South Australia  
Department for Education



## Choir – Walk a Mile

Thursday 22nd August: Combined choir rehearsal at Morphettville  
departing APS at 8:15am Friday 13th September: Final rehearsal at  
Festival Theatre departing APS at 8:30am Friday 13th September:  
7:30pm Performance at Festival Theatre  
(students there by 6:30pm)

**"The Right Track"**

**DATE**  
Wednesday, 21st August 2019

**TIME**  
9:30 am

**LOCATION**  
Parafield Gardens Children's Centre  
9 Casuarina Drive, Parafield Gardens

Understanding how the NDIS can help our Community members living with disability.

**Don't let anyone miss out!**

**FREE**  
Cuppa & Chat!

**CONTACT:**  
Dianne Gould  
Ph: 82560328 or 0466437823  
E: dgould@parafield.sa.gov.au

## Group Photos

Group photos are now available for viewing in the front office.  
Click this link [advanced photos](#). It will take you to the order page and just enter the code 4M3 KGD 8R2.



# SAPSASA Basketball

On Thursday 25<sup>th</sup> July, two teams of 8 boys and 8 girls went to the SAPSASA basketball carnival. Both teams did a great job! The boy's team came 2nd and the girl's team came 3rd. Both teams participated in 6 games, the boys won 5 and lost 1, the girls won 4, drew 1 and lost 1.

The great teamwork from both teams and the amount of effort put in from the boys and girls was outstanding.

We hope to see a lot of the year 5's and 6's come out next year and try for the basketball team.

A special thanks to Katrina Ranford and Deb for coaching. Also thanks to the parents who helped by scoring and supporting our teams.

Good luck to all the teams next year!

