



Ardtornish Newsletter

Term 3 Week 3 11th August 2023

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Diary Dates

August

- 14th - Carly Ryan Foundation Parent Session 6.30pm
- 18th - National Day Against Bullying, Choir Rehearsal at Morphettville
- 23rd - Sports Portfolio 7pm
- 25th - Tennis Carnival, Book Week Assembly 9.20am

Road Crossing Monitors

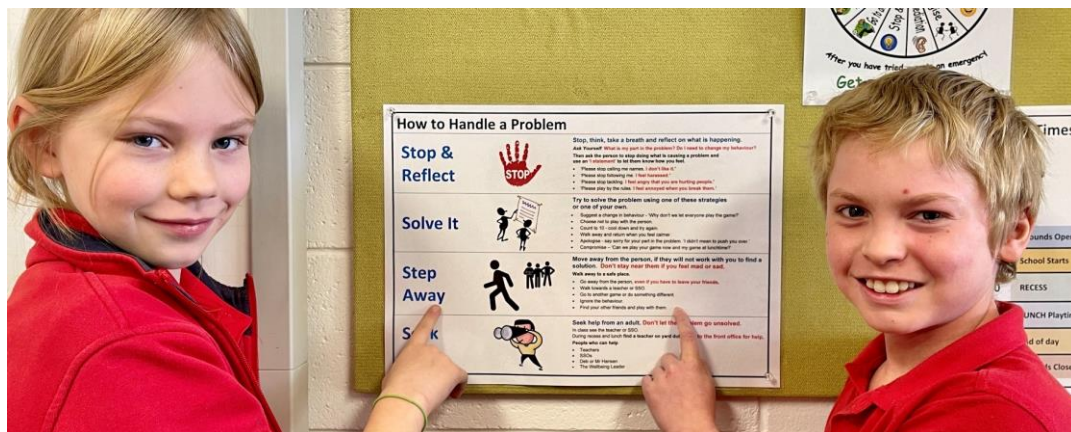
Wed 9th Aug – Tue 15th Aug
Phoenix H, Adi A, Cameron D

Wed 16th Aug – Tue 22nd Aug
Zahra O, Mikaela B, Isla G

Wed 23rd Aug – Tue 29th Aug
Amelia M, Sienna H, Rhea V

Please arrive by 8.25am

Empowering Students to Solve Problems



Pictured here is Mabel and Jamieson

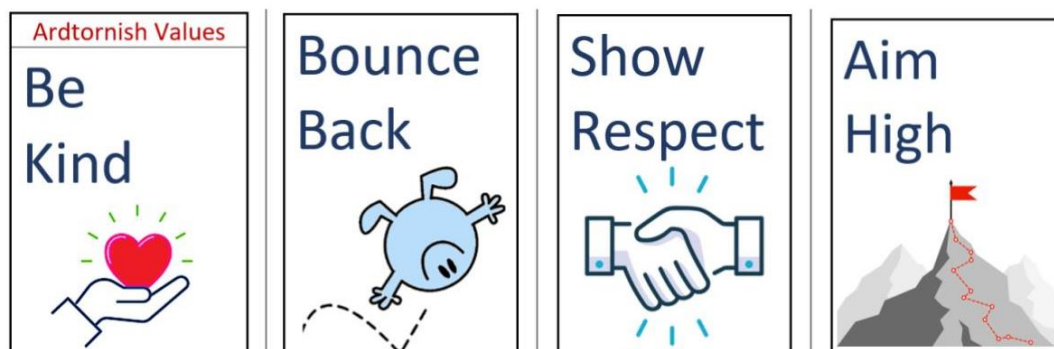
Friday, August 18, is the National Day of Action against Bullying and Violence (NDA). The NDA theme for 2023 is 'growing connections'. This theme supports research findings that strong school community connections and social skills are protective factors in the prevention of bullying and help enable positive, help-seeking behaviours in students.

Bullying is a term that can be overused. Children will often call an individual one off event such as someone kicking their ball away as bullying. As annoying as such unkind behaviour is it is not technically bullying. Bullying has a very specific definition. Bullying is defined as ongoing and deliberate misuse of power through repeated behaviour towards another person with the intent to cause harm. This could be repeated verbal, physical and/or social behaviour that intends to cause physical, social and/or psychological harm.

Violence is the intentional use of physical harm towards another person actual or threatened with the intent to hurt someone psychologically or physically.

This year's Wellbeing and Engagement Collection Survey (WEC), a survey of our year 4 – year 6 students showed high wellbeing results in cyberbullying with 88% of our students stating they had not experienced bullying online or via text messages. In the areas of verbal, social and physical bullying our 90% of our students reported this not being an issue at all or sometimes being a problem. These results show us it is so important to keep educating our students about bullying and violence and empowering them to solve problems.

At Ardtornish Primary School we grow connections through explicitly teaching our school values: Be Kind, Show Respect, Aim High, Bounce Back.



These four values are embedded into our classroom practice and are explicitly taught. By teaching our school values we are taking the Positive Behaviour for Learning (PBL) approach to teaching and learning to promote positive behaviour across our school and help our school develop safe and supportive learning environments. (Continued page 3)

CANTEEN ROSTER	
Tuesday 15 th	Jenni F
Wednesday 16 th	Deborah B
Thursday 17 th	Kristen V, Ling C
Friday 18 th	Chris G, Diane B
Tuesday 22 nd	Jenni F
Wednesday 23 rd	Chris G
Thursday 24 th	Deneice P, Tui M
Friday 25 th	Anthea B, Chris G

Absences

Send a text to 044746152.
Include name, class and reason for absence.

Assembly Dates

Book Week Assembly

Friday 25th August - Week 5 9:20am

Friday 1st September - Week 6 2.10pm

Hosted by Rooms 29 and 20

RRHAN-EC Training for Volunteers

RRHAN-EC Training, Responding to Risks of Harm, Abuse and Neglect – Education and Care. Click this link [Link account for volunteers - RRHAN-EC training](#) to do the online training Once completed please email a copy of certificate to dl.1540.info@schools.sa.edu.au



the *Carly Ryan* foundation.

Parent Online Safety Presentation

Ardtornish Primary School

Monday
14th August
2023 6.30pm

2 Saarinen Ave, St Agnes
The presentation explores

- Online Safety
- Opportunities vs risks
- Privacy settings
- Awareness
- Managing self
- Emotional intelligence
- Resilience
- Critical thinking
- Understanding the law
- Image based abuse
- Respectful relationships
- Communication
- Practical guidance
- Connection to support services

[carlyryanfoundation.com](https://www.eventbrite.com.au/e/66795318)
Creating a positive experience online for all Australian families.





EFTPOS AVAILABLE FOR TAX DEDUCTIBLE DONATIONS

To register get a EventBrite ticket using this QR code or web link
<https://tinyurl.com/vprcjhmu>

<https://www.eventbrite.com.au/e/66795318>

Click the link below to see what events, programs and activities are coming up around Tea Tree Gully Council area.

<https://www.teatreegully.sa.gov.au/Events-programs-and-activities>

masterpass

TIP OF THE WEEK

Q. How do I cancel food orders that have already been paid for?

A. To cancel a food order from your itemized eReceipt:

1. Open Qkr! and tap Activity.
2. Scroll down to 'Order History' and sign in with your password.
3. Tap the red circle with a minus symbol on the order to be cancelled. Select the entire order or individual items to cancel and tap 'OK'.
4. If your eReceipt contains food orders for more than one child, you will need to cancel one by one.

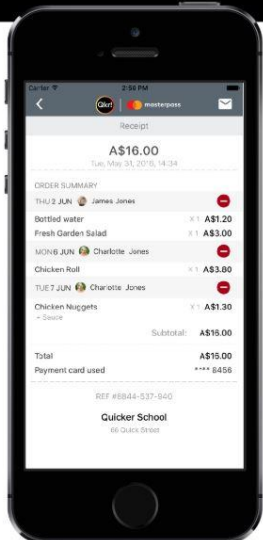
OR

To cancel a food order from the calendar view:

1. Open Qkr! and select the relevant menu.
2. Tap on the tick icon on the date for which you want to cancel the order.
3. Tap the red circle with a minus symbol on the order to be cancelled. Select the entire order or individual items to cancel and tap 'OK'.





Cancelled items are shown in red on your eReceipt confirming they have been cancelled and a credit is available for future food orders. The value of any credits will be automatically deducted from your next Qkr! food order.

Please contact your school office to cancel any other (non-food) school payments according to school policy.



We also teach our students how to solve problems through our 'How to handle a problem' using the four key steps:

1. **Stop and reflect** - Stop, think, take a breath, and reflect on what is happening.
Ask Yourself: What is my part in the problem? Do I need to change my behaviour?
Then ask the person to stop doing what is causing a problem and use an 'I statement' to let them know how you feel.
2. **Solve it** – try to solve the problem.
3. **Step away** – move away from the person if they will not work with you to find a solution.
4. **Seek Help** – from an adult. Do not let the problem go unsolved.

How to Handle a Problem	
Stop and Reflect 	<p>Stop, think, take a breath and reflect on what is happening. Ask Yourself: What is my part in the problem? Do I need to change my behaviour? Then ask the person to stop doing what is causing a problem and use an 'I statement' to let them know how you feel.</p> <ul style="list-style-type: none"> • 'Please stop calling me names. I don't like it.' • 'Please stop following me. I feel harassed.' • 'Please stop tackling. I feel angry that you are hurting people.' • 'Please play by the rules. I feel annoyed when you break them.'
Solve It 	<p>Try to solve the problem using one of these strategies or one of your own.</p> <ul style="list-style-type: none"> • Suggest a change in behaviour - 'Why don't we let everyone play the game?' • Choose not to play with the person. • Count to 10 - cool down and try again. • Walk away and return when you feel calmer. • Apologise - say sorry for your part in the problem. 'Sorry, I didn't mean to push you over.' • Compromise - 'Can we play your game now and my game at lunchtime?'
Step Away 	<p>Move away from the person, if they will not work with you to find a solution. Don't stay near them if you feel mad or sad. Walk away to a safe place.</p> <ul style="list-style-type: none"> • Go away from the person, even if you have to leave your friends. • Walk towards a teacher or SSO. • Go to another game or do something different. • Ignore the behaviour, to see if it will stop. • Find your other friends and play with them.
Seek Help 	<p>Seek help from an adult. Don't let the problem go unsolved. In class see the teacher or SSO. During recess and lunch find a teacher on yard duty or go to the front office for help.</p> <p>People who can help</p> <ul style="list-style-type: none"> • Teachers • SSOs • Deb or Mr Hansen • The Wellbeing Leader

These four steps are on display around our school and actively discussed with students, especially when they are faced with a problem. Teaching students 'How to handle a problem' not only empowers them to solve problems on their own, but hopefully prevent the problems from reoccurring.

Additional to teaching our students our school values and how to handle a problem, we also promote to keep reporting a problem until it goes away. We encourage students to solve problems on their own, but when they cannot their first adult to report their problem to is the yard duty teacher or their classroom teacher.

Recently I heard one of our year 6 students say one of the best things about being at Ardtornish is how kind everyone is and when you are hurt or have a problem, someone is always there to help. As a staff member and the Student Wellbeing Leader of the school this I am so happy to hear this is how our students feel.

Some of the supports we guide our students to are:

Trusted Adults – at school and at home

Kidshelpline – 1800 55 1800 <https://kidshelpline.com.au/>

eSafety - <https://www.esafety.gov.au/>

The Carly Ryan Foundation -

<https://www.carlyryanfoundation.com/>

Mrs Natalie Hall

Student Wellbeing Leader, Autism Inclusion Teacher,
and Year 6 Classroom Teacher



Congratulations Year 5/6 Basketball Teams!

What a great day we had at The Lights basketball stadium on Tuesday 8th August! Both the girls and boys teams gave their best efforts with the girls achieving their first win after some close games - a great result given that most of the team had not experienced a basketball game prior to this carnival.

Our boys team was undefeated, leaving the most exciting game until last and winning their way into the finals play off day in week 8 later this term. Well done all!



Children's Book Week® will soon be here!

In week 5, term 3 (21/8-25/8) Ardtornish PS will be celebrating Children's Book Week® and the 2023 theme 'Read, Grow, Inspire', and for the first time in 3 years (due to Covid restrictions), we will be having a face to face Children's Book Week® assembly on Friday, August 25th at 9:30 am in the gym.

Lots of questions have been asked about costumes and I want to explain how we organise Children's Book Week® at APS.

- it is not a parade but a concert, where each class partners up with their buddy class and presents a small item (3-5 minutes) onstage.
- we think that 'books should be the stars' during Children's Book Week®, so each item is about one of the Children's Book Council notable or shortlisted books for 2023 (<https://cbca.org.au/notables-2023>). The students have been reading many of these books in their classrooms so they will enjoy watching them being brought to life on stage.
- the class teacher has already chosen the book and will organise simple costumes
- teachers might have a simple request for families ie such as wear black or wear your bathers etc, depending on the book they are highlighting. They will let you know.

So please don't rush out and buy any costumes or panic about last minute requests, it is all under control and we want Children's Book Week® to be about fun, not stress...

It is great fun to watch and we welcome your attendance but realise everyone cannot come during the day, so we hope to film each item, to share with our APS community.

I look forward to the fun.

Regards

Jane Moore (Teacher Librarian)

Children's Book Week® Art Competition


Create a piece of art or make any kind of model or structure that relates to

*the 2023 Children's Book Week® theme 'Read, Grow, Inspire' or

*any of the 2023 CBCA Notable books.

Make sure your entry has your name, age and class.

Please bring your entry to the library by Monday morning, August 21st



The poster features the Children's Book Council of Australia logo on the left. In the center, there is a blue banner with 'CHILDREN'S BOOK WEEK®' in white, followed by '#CBCA2023' and '19 to 25 AUGUST' in blue. Below this, the words 'READ', 'GROW', and 'Inspire' are written in large, yellow, stylized letters. To the left of the text is a green vine with leaves growing out of a blue pot. To the right is a green seahorse with a blue tail.