



Ardtornish Newsletter

Term 4 Week 3 – 2 November 2018.

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No: 17

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Diary Dates

November

3rd – Fete
5th – School Closure Day
8th – Foundation Classes – Zoo, Grounds Meeting
9th – Music Showcase
14th – Sports Committee Meeting 7pm
15th – Commonwealth Bankers Morning Tea
20th – Peter Pan
21st – Peter Pan
27th – New Foundations Transition Visit 9 – 10.40am
Girls KO Softball GF

Road Crossing Monitors

Tue 13th Nov – Mon 19th Nov
Samantha M, Crystal H, Scarlett G

Tue 20th Nov – Mon 26th Nov
Owen W, Teagan P, Lia K

Tue 27th Nov – Mon 3rd Dec
Karah G, MaddieC, Marissa H

Please arrive by 8.25am

Peter Pan comes to Ardtornish

Purchase tickets now via QKR (preferred) or cash at the finance office.



Adults and secondary school students \$8
Primary children \$4

Paper tickets will be given to students on Friday of Week 5

3 Performances in the gym

Tuesday 20th November - 6:30 pm performance - NEARLY SOLD OUT

**Wednesday 21st November - 1:00 pm performance
- 6:30 pm performance**

Performed with enthusiasm and energy by the students of
Rooms 7, 8, 19, 20, 28 & 30



School Closure on Monday 5th November

Excursion and Incursion Update			
ACTIVITY	DATE/S	STUDENTS INVOLVED	LAST PAY DAY
Adelaide Zoo	8/11/18	Rm's 3,5,6	4.00pm 5/11/18
Graduation	11/12/18	Yr 7	4.00pm 9/11/18

CANTEEN ROSTER

Tuesday 6 th	Michele Smale
Wednesday 7 th	Mary-Anne R
Thursday 8 th	Simon S, Megan K
Friday 9 th	Helen G, Josie D-M
Tuesday 13 th	Michele S
Wednesday 14 th	Mary-Anne R
Thursday 15 th	Melinda K, Emma S
Friday 16 th	Rhonda P, Stacey C, Renae W

**ARDTORNISH
PRIMARY SCHOOL
FETE**
**SATURDAY
3RD NOVEMBER**
9.30AM-2PM
Saarinen Ave, St Agnes

**NERF ARENA - AMUSEMENTS - BBQ
CAKE STALL - COFFEE - HOTDOGS
FAIRY FLOSS - SLUSHIES -ICE CREAM
MARKET STALLS
and lots more**

**COME & JOIN
THE FUN**

The Heights School
Preschool - Year 12
Educating young minds
Serving our community
Instilling values and embracing our future

ignite
a program for gifted and talented children

School Tours Available

Please join our school tour followed by the opportunity to meet our Principal, Nigel Gill, for refreshments and a conversation about your child's education in a relaxed atmosphere on

Wednesday 7th November 2018 from 9:00am to 10:15am

Are you looking for a **leading school** for your child as they enter Year 8 schooling?

The Heights School would love to share it with you

Bookings are essential. Please book online at <http://theheights.sa.edu.au/tour> or contact Dani Camillo 8263 6244

Brunel Drive, Modbury Heights SA 5092
Telephone 8263 6244 - Fax 8263 6072
Email dl.1430.info@schools.sa.edu.au
Website www.theheights.sa.edu.au



Government of South Australia
Department for Education

**Ardtornish
Children's
Centre**
News Update from John.

We are running a Positive Parenting Program over three Tuesday evenings from Tuesday November 6. If you would like some pointers on developing positive behaviours for you children aged between three and 12 years there are still limited places. It is free and there is a creche. For children starting school or kindy or facing some of the big events in life, Ali Freidrich, an accredited Mental Health Social Worker will be speaking later in the term. Again there is a creche and it is free.

Positive Parenting Program



Do you have questions about your child's behaviour and development?

Positive Parenting (Triple P) provides simple and practical strategies to confidently tackle parenting challenges

A series of three **FREE** sessions relating to:

- Positive Parenting
- Raising confident and competent children
- Raising Resilient Children

Light refreshments and crèche (from 5:30pm) provided

When: 5:45 -7:45pm Tuesdays 6th, 13th & 20th November

Where: Ardtornish Children's Centre
2 Saarinen Avenue St Agnes

To book, drop in or call Jo or John on 8264 9828
or SMS 0409 984 495

All welcome - **bookings are essential**

Delivered by the Department for Education's Positive Parenting Team

Don't forget that there is a coffee morning at the Children's Centre on Friday 2 Nov prior to the school assembly. Coffee morning on Friday 22 Nov will be held in the Out of School Hours Care kitchen, there is a meeting in the Community Room that day.

For more details sms, call, email, drop in or see the program and flyers on our facebook page.

Starting kindy, school or care, or experiencing major changes in life can be a very stressful and anxious time for young children. How can parents and carers help children to cope?

Big Feelings

Wednesday Nov 28th 5.45 to 7.45pm
Call John or Jo on 8264 9828

Learn how to better understand and to deal with young children's overwhelming emotions with Ali Friedrich from Calm Interventions

Ali is an accredited Mental Health Social Worker
She has worked over 18yrs
with children of all ages and their families

Call John or Jo on 8264 9828 to book

John Buckell 82649828 or 0409984495 < john.buckell@sa.gov.au >

Girls Knockout Softball Success

Last term, our girls' Knockout softball team played their third game against Largs Bay Primary School.

The game was very exciting, the girls were trailing at the bottom of the fourth inning, with Ardtornish down 10 runs to 4. We needed to score 7 runs to win. The team played the next innings with skill, and showed great determination, scoring 7 runs to win the game.

They will now play in the grand final on Tuesday November 27th at West Beach.

The girls have trained very hard and had the support of our keen volunteer coaches, John Tagell and Ian London. We will continue to train during term four.

We wish you all the best for your grand final later this term, good luck girls!

Skye H. and Jada R.



Adelaide Families We're Back!

Soccajoeys Next Step Foundation is a grassroots community-based non-for-profit that works with children aged 3.5 - 9 years with additional needs. Our Next Step Program is **FREE** and is supported by **health professionals**, accredited coaches and volunteers. Often referred to as '**Fun Therapy**' by families, our Next Step program is designed

to **nurture, inspire** and **strengthen** your child's **emerging skills**.

The Program is being held at Modbury South Primary School, 8 Dampier Ave, Hope Valley SA. The Term will commence **Monday, November 6th** with class kicking off at **4.30 pm**.

www.soccajoeysfoundation.com

A great opportunity presents for Low Cost Music lessons in 2019

If enough Ardtornish students in Years: 5, 6, or 7 (next year) register an interest in learning a wind or brass instrument.

These are flute, trumpet, clarinet, trombone or saxophone.

The Education Department's instrumental music service is looking for schools where they can provide weekly lessons at **little or no cost to parents**.

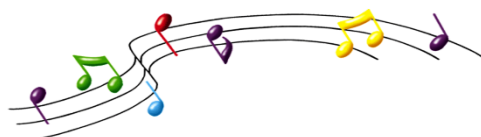
Learning a musical instrument has benefits for all subject areas and opens up opportunities for students to win entry into some selective high school.

Completing the form will not guarantee your child will receive lessons but it will put their name forward for consideration and help our school register to be involved. So seriously consider this opportunity and return the form promptly to register your interest. Come to the front office to collect a form.

Music and Performance Jam Session

We will be holding a 'Jam Session' next Friday to showcase our music students and one of our dance groups. This will be held in the Gym on Friday afternoon 9th Nov at 2.15pm.

Parents, grandparents and friends are welcome to come along to listen to our musical students' performance. There is no cost to parents.



PARENTS: DOES ANY OF THIS SOUND FAMILIAR?

- Your child: often worries/ gets anxious
- Gets frustrated easily or struggles with instructions
- Has difficulty with friends or at school
- May be diagnosed with ASD, anxiety, ADHD or another disorder but regardless often *finds life tough going*.

CALM KID CENTRAL CAN HELP!

WE HELP CHILDREN 'WITH BIG FEELINGS' FEEL CALM AND CO-OPERATIVE

Video lessons, activity sheets and posters to teach children to act bravely, behave in positive ways, act confidently, develop good friendships & manage tough life situations.

WE HELP YOU FEEL CALMER & MORE CONFIDENT AND KNOW WHAT TO DO

Video lessons, articles & "quick tips" for parents to help feel less stressed about caring for their child with "big feelings"—Learn what to say and do.

FAST ACCESS TO A CHILD PSYCHOLOGIST ONLINE

Tell our child psychologist panel any questions/concerns you have about your child without waiting for appointments. We answer within 48 hours.

FREE for Adelaide based families with a health care card.
(Supported by Adelaide Primary Health Networks)

go to : www.calmkidcentral.com

Click JOIN NOW and use code ADELAIDEMETRO

Please note Calm Kid Central is NOT one to one therapy. Contact us with any questions.

Phone: (08) 8357 1711 Email: admin@developingminds.net.au Web: www.calmkidcentral.com

Questionnaires completed by parents before and 4 months after using Calm Kid Central show that children experience a significant reduction in anxiety, challenging behaviour and frustration.

97% of parents say it was quite/very/extremely helpful for their child.

"Just perfect specific tips that can be enacted immediately and that can be easily remembered. We had a lot of fun. Thankyou SO much. So practical and helpful..."

- Parent

Celebrations

by Room 21

This term in room 21 we have been discovering different celebrations from around the world. We have explored why we celebrate certain celebrations such as Halloween, Holi and Diwali, and why they are significant to different cultures. We have learnt about their origins, and we have made connections to different celebrations here in Australia and within our different families.

