



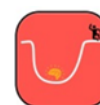
Jervois Primary School



Happy, Safe
& Belonging



Stop
& Think



The
Learning Pit



Leading
& Learning

Important information.....

You may have noticed we have made a few changes to our sign IN/OUT system in the front office. If your child needs to be signed IN or OUT during school time, please make sure you come into the Office and complete a slip (still located in the same place). Give it to Michelle or Jo, or if the office is unattended, pop it into the slot in the bench near the office door.

ABSENCES

If your child is absent for 3 or more consecutive school days, we need a Doctor's certificate for illness or an exemption form filled out for family reasons (e.g. holidays)

Remember to use the School Stream app, email or phone call/message to notify of your child's absence for all other times. A Department for Education requirement for absences is to have all absences explained with a valid reason: not just 'family'. Thanks for your support and co-operation with this!

Canteen

TERM 3

Tues 27/8 Chelsea T
Fri 30/8 Mel W & Felicity H

Tues 3/9 Trudy H
Fri 6/9 Trudy H & Sue W

Dear Jervois Primary School Community,

It's nearly time to GET your GROOVE on for the SC DISCO which is on next FRIDAY 30th August after school. Here are all the important details:

Thanks Emma!



**STUDENT
COUNCIL
School disco
2019**

Theme: under the sea

Date: Friday August 30th
casual clothes for the day!

Time: 3:30-5:30pm
All students will have a supervised play after school.
Parents need to sign students out at pick up.

DISCO Cost: \$5 per person
Pay at the front office by the 28th of August

Come for the fun: dancing, games, photos and if you like enter the colouring competition.

Sea snacks will be provided:
Fruit, Dips, Popcorn and drinks.



DIARY DATES Term 3 2019

Wk 6	Fri 30 th Aug	SC DISCO
Wk 7	Mon 2 nd Sept	School Closed – SHOW Day
	Wed 4 th Sept	R-3 excursion to MB
Wk 8	Wed 11 th Sept	Outdoor Classroom day
Wk 10	Fri 27 th Sept	Student Free day

Assembly at 2:30pm EVEN weeks on Friday (start Fri 2/8)
Whole School Reading ODD weeks on Friday (start today)

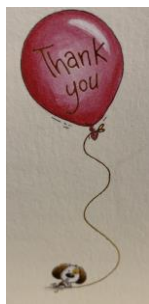
A reminder for Winery Bus stop users: Please be respectful of the Willow Point Winery staff and customers and others – loud & inappropriate music is both disruptive and not considerate of the business and others at the bus stop. We do not want to risk losing this as a turn around and pick up point for our students and it would be extremely inconvenient for families! Thanks for your support with this.



Being Happy, Safe and Belonging

because we value respectful relationships, wellbeing and community

Sharing a card from Emma Hayward with you all.



To the wonderful Jervois family!

Thank you so much for welcoming me into your community. I've loved every bit of my 3 weeks here. As I have said to Mikelle, your school is the perfect balance between high expectations for all learners (including adults) and a safe place for all to fail and learn from any mistakes. Each of you, teachers, SSO's & volunteers has a unique and valuable quality to provide students in their learning journey. However, having a common vision and collaborating as frequently as you do ensures there is powerful impact - a difference being made in each students' lives. And this is very evident. When I asked students at assembly and in the yard what their favourite thing about JPS was, 'teachers, SSO's and volunteers' was by far the most common answer (nature play being a close second). Keep up your amazing work! Love Emma



Stop and Think

because we value every opportunity for student success

STOP & THINK is a key executive function skill that supports success in life and learning for students and adults. Check out the short Executive Function animation I posted on our schools facebook page earlier this week.

We certainly do not condone behaviours that are unkind or dangerous but staff are noticing a lot of small problems become much bigger ones due to the response students are making, e.g. they called me a name so I called them one back. When there is a social problem, strategies that provide a better outcome for all include, using our words, walking away or seeing a teacher to help out. When staff are aware of situations we certainly support and follow up with all students involved. If required this is communicated with families through our white note process. Kara Lienert has been doing some Relief Teaching work at other government and non-government schools and it was pleasing to hear her share with me the other day from her noticings that we are supporting our students really well at Jervois and we have processes in place to enable us to do this.



Learning and Leading

because we value lifelong learning and leadership



I am so proud of our **SLC students**, I heard they did an amazing job leading the learning across our partnership at our recent SLC. Their lesson used the text *Strictly no Elephants* and included a few CBL strategies to increase student engagement and opportunities for thinking and sharing understandings. It is one way of many to develop readers and comprehension across our partnership.

I am also proud of our **SC members** at JPS and how they again organized and led our **Book Week** parade this week (photos of this event are in the newsletter and on our facebook page). As soon as this event finished they were back to planning and prep work for the next event, our school **Disco**. They are a great group of students and are looking forward to lots of fun with everyone next Friday.



The Learning Pit

because we value challenge, effort, persistence and progress.



I am so proud of our teachers and SSO's too, the efforts they put into our whole school approaches to ensure student learning, progress and outcomes is admirable. Examples of this include Discovery learning in the JP class, Guided Reading, Fab 4 reading, thinking routines and more across our school.

Congratulations to the 78 students who have completed the Premier's Reading Challenge, 18 kids to cheer on and 2 weeks to go!

I am grateful for the care and commitment to supporting our students, staff and School Improvement Plan over the last 3 weeks by my DfE and SVA colleague Emma Hayward. I absolutely knew she was the right person to step in as I stepped out. Mikelle ☺



Join the Fresh Frenzy healthy, wrapper free lunchbox challenge

Fresh Frenzy is an exciting, new healthy lunchbox program, coming to Jervois in Term 3! Fresh Frenzy targets middle primary aged students and will encourage healthy snack and lunchbox food choices.

The program is based on survey findings from local students, staff and parents. The feedback highlighted healthy habits at schools, with water being the main drink and most students eating breakfast to kick-start the day. However, the number of packaged, processed foods in the lunchbox requires attention. So Fresh Frenzy has been designed to encourage more 'wrapper free', fresh, homemade, healthy lunchbox foods to be packed into the school lunchbox.

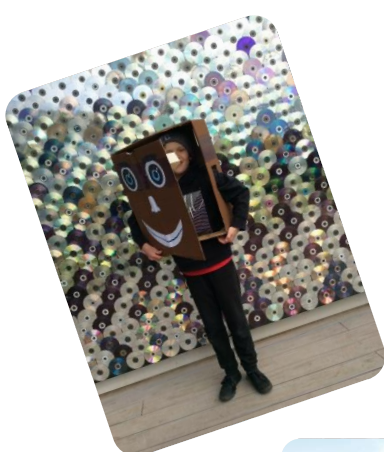
We encourage you to be a part of the program by making fresh, homemade healthy food available at home and supporting your kids to pack a 'wrapper free' lunchbox.

Tips for building a healthy, 'wrapper free' lunchbox include:

- Use fresh, seasonal, tasty food in its natural form.
- Avoid foods wrapped in foil, plastic or pre-packaged, commercial foods.
- Pack labeled, reusable containers or a lunchbox with separate compartments.
- Involve your kids when shopping for fresh choices.
- Try including the kids to cook healthy lunchbox foods.
- Prepare foods with your kids the night before if this saves time on a school morning.

Most importantly; enjoying eating fresh, healthy snacks and meals together as a family. When your kids see you eating healthy, they'll want to eat healthy with you!

Book Week @ JPS





Parents & Friends

We had a meeting on Monday to discuss our plans for the remainder of the year and chat about what we have done so far – what has worked and what needs tweaking! We are organising a MEGA raffle for this year's school concert. We will be asking around for donations of goods or vouchers – trying to see what we can get donated from some local businesses. We will also be approaching anyone associated with our school community (e.g. families with a business who may be able to support us with a voucher or similar) – we would LOVE to accumulate HEAPS of prizes so lots of people who buy tickets have a good chance of winning something of value. We will also be sending home books of tickets for our families to sell. Please support us with this, our final fundraiser of the year. Books will be sent home early in Term 4.

We discussed how we can support the school with the concert – hanging our children's artwork in the foyer is a great way for us all to see some great masterpieces on display! Also, if required, we can assist with clean-up of the hall after the concert (it's a Student Free Day, so hopefully we will have lots of helpers offer their support with this!!)

- Our next meeting is scheduled for Monday 16th September (Wk 9) at 9am – all are welcome to come along & join us for a coffee and a chat!

We look forward to your impending support for the last couple of terms of 2019.

Thanks!

Roxane J (Secretary)

Wellbeing Words

How are you going at the moment? This week I wanted to remind you, that your own wellbeing is just as important as your children's. We all go through different levels of stress and challenging times, so having a list of 'go to' activities for your own wellbeing is essential. It is also important to remember that not all self-care activities will work for everyone (some might head to the gym, while others grab a quiet cuppa & book). You need to find what works for you. A friendly, listening ear or warm hug does not lose effect as we get older, so keep in touch with a good friend or family member. Finally, remember that looking after yourself is not just for you, but for those around. Not only will you be keeping yourself going but you'll be setting a good example for your children to follow. So remember, take time out for yourself, so you can give the best of you, not what's left of you!

Amanda ☺

TAKE CARE



OF YOURSELF



Shelley's Sharing (PCW piece)

I was sick last week and it started me thinking how we take good health for granted. As I lay around in my pyjamas, coughing and spluttering and sneezing and wheezing, I felt rather sorry for myself. I also found myself getting rather short-tempered that things were not going well for me, and I may or may not have also become short-tempered with my nearest and dearest as a result!

While we all (including our children) have good days and bad days, we all cope better when we are feeling physically well. When we are unwell, or are tired, or are worried about something in our life, it's harder to stay calm and focused. It's also harder to stay kind to those around us.

This week, let's practise staying calm, kind & in control - no matter what our outer circumstances throw at us, be it illness, tiredness or other issues - so that our children can also stay calm, kind & in control. They learn by watching us ☺

Shelley (snuffly PCW)



Corbin is 11 yrs old

At school I am **grateful** for friends and play, and teachers and learning

In learning I am **grateful** for maths, reading and PE

At home I am **grateful** for my family

Something **awesome** that happened yesterday:
Physical Activity – playing; it's a great school!

My
happiness
scale at the
moment

**James** is 7 yrs old

At school I am **grateful** for playing with trucks

In learning I am **grateful** for writing

At home I am **grateful** for riding motorbikes and my family

Something **awesome** that happened yesterday:
I rode my bike!

My
happiness
scale at the
moment is

**Sienna** is 12 yrs old

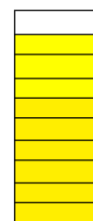
At school I am **grateful** for having good play equipment

In learning I am **grateful** for our great staff at school

At home I am **grateful** that I have a caring family

Something **awesome** that happened yesterday:
I played with my friends

My
happiness
scale at the
moment is



Things people in our School Community are Grateful about...

(Interviews by SC members)

Monikue is 11 yrs old

At school I am **grateful** for having teachers help me when I'm stuck

In learning I am **grateful** for having access to books!

At home I am **grateful** for my dog and my family

Something **awesome** that happened yesterday:
I made cupcakes!

My
happiness
scale at the
moment

**Josh** is 9 years old

At school I am **grateful** for kindness

In learning I am **grateful** for Maths

At home I am **grateful** for my iPad

Something **awesome** that happened yesterday:
I played with my friends on my iPad

My
happiness
scale at the
moment

**Nicki** is 53 yrs old

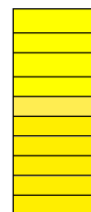
At school I am **grateful** for kind people to work with & lots of great garden volunteers

In learning I am **grateful** to teach others about gardening

At home I am **grateful** for living in a beautiful place with lots of kind people

Something **awesome** that happened yesterday:
I finished knitting a hat for a friend

My
happiness
scale at the
moment



Writing from the R/1 class

JPS Book Week Parade 2019

On Tuesday we had a
Book Week Parade. I went
as ^{Ezra} Bambi. I had horns
and I wore a blue dress.
Charlie went as Harry Potter.
We had a lot of fun.

Macy, I loved
your dress up
as Bambi.
Your horns were
gorgeous 😊



JPS Book Week Parade 2019

On Tuesday we had
a Book Week Parade. I went
as the Book with No
Pictures. I had lots of fun. I hope
we do it again. I wish tomorrow
was Book Week. I loved the
Parade. I want to do it tomorrow.
Chadly went as the ^{from} room and broom. Julien went as
batman. Miss ^{abit} went as little
red riding hood. Shashah went as
a fairy.



You had a
very cool
outfit.
Star

JPS Book Week Parade 2019

On Tuesday we had a Book
Week parade.
I went as ^{dark} night and I wore
and gray and white costumes.
I saw people getting prizes.
I saw two grubs sitting.
I saw as Mrs. Sooty cow.
I saw Miss Frost as the dot.

I saw some
amazing costumes
and so many
smiles.
Xavier!



JPS Book Week Parade 2019

On Tuesday we had
on Thursday we had a
Book Week Parade.
Book Week Parade

I wore a black and
I wore black and

white star wars suit.
White Star Wars suit.

It was fun. What a
super star
you are!
James!



READY FOR LEARNING?

(taken from PARENTS SAY magazine August 2019)

Over the years I've been asked many times by parents 'how do I help my child to be ready for school?' I frame my response in the context of how we can support children to be ready for learning. The Australian Primary Principals Association has developed "Thrive with Five" as a guide to the areas that support children to do well in learning.

1. Play Make time to play with your child, including inside and outside play. Play develops key motor skills such as running, balancing, throwing and catching. Play helps develop game skills as children follow instructions, take turns, share with others and build resilience. As well as having fun, children increase their fitness, muscle strength and flexibility and enhance their creativity and imagination. Simple activities can be rolling and tumbling, visiting a playground, building a cubby indoors in wet weather, throwing a Frisbee or enjoying nature play in our beautiful outdoor environments.

2. Talk Talk with your children to build their speaking and language skills. Through conversation they increase word vocab, pronounce words better understand instructions, and develop imagination and knowledge about the world around them. We know that by developing oral language skills we lay strong foundations which help children to learn to read. Talk during car rides about what you can see, sing along to children songs on the iPod, talk out loud as you prepare dinner or work in the garden.

3. Read Reading with, and to your child, sets up attitude and behaviours for later learning. Modelling reading too, influences your child's reading habits. Reading is more than books; it's reading the packaging on a breakfast box, the signs and notices around us and the stories your children write. Through books, children boost their imagination, creativity and knowledge.

4. Eat Well When children eat well, they have energy for learning and play. They concentrate better and achieve more. Limiting your child's sugar intake drinking water rather than soft drink and ensuring plenty of fresh food sets up the right habits for later in life. Eating well yourself is the best way to influence your child's attitude to eating.

5. Sleep Children need sleep to give their body and mind a chance to rest and grow. Limiting screen time and putting in place routines and behaviours for a good night's sleep will see your child alert and ready for the day. Model the behaviour you want by turning off your screens and ensuring you get enough sleep.

In addition to these five, another important skill which supports learning is self-regulation. This is the ability to manage emotions and behaviour appropriate to the situation. It includes being able to calm yourself down when upset, handle frustration without tantrum and stick at a goal when you want to achieve. The latter is important in learning a new skill or concept. Studies have shown that self-regulation skills are more important than IQ in achieving academic success.

Dr Kate Williams of the Queensland University of Technology says that a better self-regulation skills in early childhood result in

- Better social skills across the life span
- Better academic outcomes – even long term
- Better relationships with others
- Less risk-taking in adolescence
- Better transition to school
- Lower risk of adult gambling

So, what can parents do to increase this skill?

- Support your child to problem solve; act as a coach rather than a rescuer. Making mistakes is part of developing knowledge about the world and being confident to 'have a go' is an important element of learning.
- Praise the effort in play and activities, not the outcome. When a child learns a new skill, praise their problem solving & persistence.
- Dr Leonard Sac speaks of the parent role in 'Educating desire: instilling a longing for something better, more lasting.' This can mean reading good books, solving a jigsaw puzzle or constructing increasingly complex models in Lego or out of spare parts.
- Play card games with young children such as Go Fish, Uno and Snap. Help them positively handle defeat; we can't win all the time and there is power in losing well. Ash Bart & Roger Federer modelled this so well at the recent Wimbledon tennis championships.
- Play board games such as Battleship, Checkers and more complex ones as they get older (Chess, Mah-jong or even Minecraft).
- Get them playing physical activities such as Musical statues, Duck Duck Goose What's the time Mr Wolf. Teach them Yoga or enrol them in team games like soccer, football, netball. Provide a skipping rope and praise them for the persistence in developing mastery and increasingly long sequences of skips.
- Teach them songs and learn to sing 'Row, row, row your boat' as a round.
- Encourage quiet time where children can persist without help for increasingly longer periods of time; mazes & wordfinds can be useful.
- In the car play I spy or hunt a particular colour car or number on a number plate. Create a family ritual such as saying 'high five' or 'mission accomplished' when the hunt is successful.

Being able to effectively self-manage ourselves and emotions is a great life skill. I grew up as one of five children to a very active mother. We learned very early on to never say 'I'm bored' as when we did, my mother would shriek with delight 'how wonderful as I have a job for you!'. This job was usually some dull chore so finding an activity we were happy to self-manage in was a much better alternative.

Self-management is a term used by all public schools and identifies key skills in self and social awareness and self and social management. For example, by the end of Reception year a child should be able to identify a range of emotion and describe situations that may evoke these emotions and identify positive ways to initiate, join in and interrupt conversations with adults and peers. In schools we would expect a 6-year-old to be able to persist with a task for 10-15 minutes and to be able to screen out distractions as they do so.

The more a child practices self-regulation, the better they get at it and when they see it modelled by those around them, the more likely they are to develop it themselves. It is important as life provides lots of opportunities to use the skill! Think of lining up at airports and school canteens of saving for your first car or for a holiday, losing a game with grace and not overreacting when someone cuts you off in traffic. Is it also an important skill in developing positive and healthy relationships. Knowing that someone can recognise their signs of becoming overstressed and can do something about it (keep it together) makes them more dependable and trustworthy and therefore easier to be around.

Self-regulation makes self-control possible and has lifelong benefits. It is a great gift for your child.

Angela Falkenberg – President, SA Primary Principal's Association



Eddie Betts At Murray Bridge Library

Eddie's Lil' Homies is a series of educational books, including MY KIND and MY PEOPLE by Eddie Betts (Aboriginal AFL player). These books aim to help kids read with confidence and enjoyment while exploring important themes of kindness, culture, equality, inclusion and more.

Wednesday October 9

Arrive 2pm for a 2:30pm start

Books can be purchased on the day prior to event in the Library Foyer

BOOKINGS ESSENTIAL

Contact the Library on 8539 1175 or speak to staff to book your place



Murray
Bridge
Library



Author Talk: Judy Nunn

Murray Bridge Library

Judy Nunn's career has been long, illustrious and multifaceted. After combining her internationally successful acting career with script writing for television & radio, Judy decided in the 90s to turn her hand to prose.

Her first three novels, *The Glitter Game*, *Centre Stage* and *Araluen*, set respectively in the worlds of television, theatre and film, became instant bestsellers, and the rest is history, quite literally in fact. She has since developed a love of writing Australian historically-based fiction and her fame as a novelist has spread rapidly throughout Europe where she is published in English, German, French, Dutch, Czech and Spanish. Her subsequent bestsellers, *Kal*, *Beneath the Southern Cross*, *Territory*, *Pacific*, *Heritage*, *Floodtide*, *Maralinga*, *Tiger Men*, *Elianne and Spirits of the Ghan* and *Sanctuary* confirmed Judy's position as one of Australia's leading fiction writers.

In 2015 Judy was made a Member of the Order of Australia for her "significant service to the performing arts as a scriptwriter and actor of stage and screen, and to literature as an author".

Tuesday 29th October @ 12pm

BOOKINGS ESSENTIAL

Contact the Library on

8539 1175 or speak to staff to book your place

YOUTH ART COMPETITION



What will it look like?

Create a song, poem, visual art or written essay showing what you think Murray Bridge will look like in 2024.

SUBMISSIONS CLOSE 5PM 27TH SEPTEMBER

PRIZES

AGE 12-25
1st prize value of \$200
2nd Prize value of \$100

UNDER 12's
1st Prize value of \$100
2nd Prize value of \$50

Raffle Draw Prize Valued at \$150

WINNING ENTRY WILL BE PUBLISHED IN THE FINAL VERSION OF THE STRATEGIC PLAN 2020-24

FOR MORE INFO CONTACT 8539 1100 OR GO TO

[HTTP://LETSTALK.MURRAYBRIDGE.SA.GOV.AU/](http://letstalk.murraybridge.sa.gov.au/)



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