

# Welcome to our Newsletter

Friday 5th April • Week 10 Term 1 2024



## Principal's Message

What an absolute joy the first term of the year has been! From welcoming new families, visitors and new traditions to continuing with the old treasured ones-such as Harmony Day, the Easter Raffle and swimming (of course the weather would turn this week), Karrendi has definitely remained an exciting place to be!

Most recently we acknowledged World Autism Awareness Day on April 2nd. The day began with a sea of children arriving dressed in blue ready to enjoy a blue pancake breakfast, followed by children learning more about Autism throughout the day.

World Autism Awareness Day is a day sanctioned by the United Nations (UN) that recognises and celebrates the rights of people on the autism spectrum. The United Nations General Assembly, in 2008, unanimously declared 2 April as World Autism Awareness Day as a way to highlight the need to help improve the quality of life of people with autism so they can lead full and meaningful lives as an integral part of society.

This year our Deputy Principal- Ms Sam, is working with our team to further build understanding of Autism, knowing that no two people with Autism are the same. Next term we will have a specific focus on self-regulation. Temple Grandin defines it as, "the skill of managing feelings so that they don't reach overwhelming levels and interfere with learning and development. Many people on the spectrum need support as they struggle to manage their emotions and mitigate their anxiety." You can read more about self-regulation on page 2 under *A Message from Mrs Sellwood*.

As always, it is an absolute pleasure and privilege to work in partnership with you all and I thank you for your ongoing support and collaboration. If I do not see you before the two week break-I wish you all a safe and rejuvenating time-even if it's the simple pause in making school lunches is the only change for you during that fortnight-enjoy it-and don't forget to empty the boxes next Friday!

**Ella-Louise Ailmore**  
Principal



## Diary Dates

- 29th April – First day of Term 2
- 7th May – School Photos & Principal Tour
- 9th and 10th May – Mother's Day Stall
- 13th May-Catch up School Photos

**Important  
Date/  
reminder...  
12th April –  
Early Dismissal  
2pm**

## A Message from Ms Sam

Our Karrendi Buzz students had an exciting visitor this week! One of Behind the News presenters Jack came out to visit our Karrendi Buzz Team. Jack talked to our inspiring presenters and film crew about different tips, tricks and strategies to remember their lines, feel confident in front of the camera and write scripts to get their own voice out into the community. Our Karrendi Buzz Team were so excited to have Jack visit them and spent some of the time learning about Jack's journey as a presenter, how he got onto BTN and what some of his favourite episodes and stories have been.

Jack also was interviewed by our team to appear on the next Karrendi Buzz episode, keep an eye out for that one!

A big thanks to Mrs Sellwood who helped organise such an exciting experience for our students.



## 2024 Term Dates

**Term 1**  
29 January - 12 April

**Term 2**  
29 April - 5 July

**Term 3**  
22 July - 27 September

**Term 4**  
14 October - 13 December

## A Message from Miss Schinella

How lucky we were to be visited by the incredible Mem Fox last Wednesday! Mem not only read some of her books, she also shared some insights as to how they were written, answered student questions and signed books for lots of excited children. Some highlights include students reading along with Mem with their own copies of *Possum Magic* open on their laps, as well as students joining in enthusiastically with Mem and asking, "Where is the green sheep?" It was wonderful seeing so many students excited by Mem's visit, with a few sharing their aspirations to become authors too. At Karrendi we encourage all students to reach for the stars- perhaps one who was inspired by Mem's visit will be back to share their own books one day?

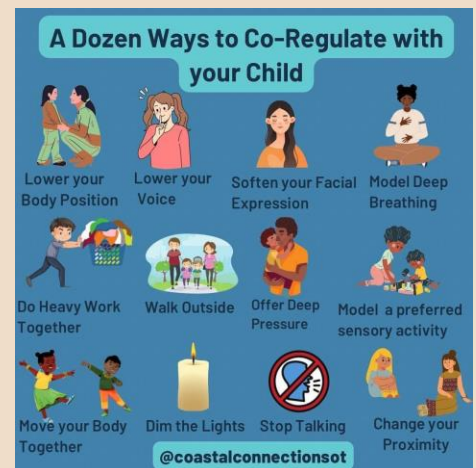


## A Message from Mrs Sellwood

At Karrendi we use the Berry Street Education Model and Zones of Regulation to teach our students about self-regulation and develop emotional intelligence. There are two pre-requisites to developing self-regulation; modelling and co-regulation.

We spend time at Karrendi discussing and modelling how to identify and handle hard feelings. This includes children spending time identifying what different emotions look like, learning how our brain works and exploring strategies that calm our brains and bodies. At home you can model managing your own emotions by verbalising what you are feeling and doing e.g. "I'm sorry I got upset, today was a hard day at work" or "I am feeling frustrated right now. I need to take some deep breaths and go for a walk".

At times we let our children "borrow" our calm to soothe their inner chaos, this is referred to as co-regulating. When we are regulated, our children's bodies and brains begin to follow suit.



## A Spotlight on Learning – Health with Mrs. J!

In the last few weeks of our Food & Nutrition unit, middle primary classes have been learning about sugar. Sugar is a type of carbohydrate that provides energy to the body. It is a sweet-tasting, soluble substance that is commonly used as a sweetener in food and drinks. Students participated in a hands-on experiment where they measured out the sugar content in eight common drinks. When they could visually see the amounts of sugar in these drinks, they were surprised! Some even commented saying, "I'm never drinking that again!"

*Did you know a 600ml bottle of Sunkist has 70.8g of sugar?!?!*



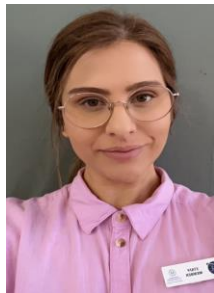
It's important for our students to be aware of the amount of sugar in common drinks as it can have a significant impact on their health. This is why we refer to many of these drinks as a sometimes choice rather than an everyday healthy choice! Many students agree with me in saying that water is always the best option! Is it time to Rethink Your Drink?

## Meet the Staff Member

My name is Cleonikki Kefalas, this year I have joined the amazing staff at Karrendi Primary school teaching Room 7 on Mondays and also as a relief teacher for the upper primary classes.

It has been a fantastic term getting to know students and having the opportunity to be a part of such a supportive community school. I started my career teaching at Swallowcliffe Primary school and have spent the last 10 years working at Para Hills High school.

I believe in quality education for all and building a positive learning environment to support every student to achieve their best. It's been wonderful to step back into primary teaching where I began my career and I look forward to supporting and guiding the upper primary cohort this year.



## Meet the Staff Member

Hi Karrendi community!

My name is Zahra Mohammadi and I'm an SSO at Karrendi Primary School. So far this year, been a supporting SSO in a few different classes. Currently I work 1:1 with a lovely Reception student in Room 23.

As I have strong passion for children, I have found this experience very rewarding. More importantly, loved working alongside experienced teachers/SSOs and learn from them.

My hobbies out of school are to cooking and trying food of different cultures, going for a walk and spending time with my family 😊.



## Community Hub

Wow I can't believe we are at the end of Term 1 already! I hope everyone enjoyed a lovely Easter long weekend and enjoyed a chocolate or twenty!

We have had such a wonderful Term 1 in the Hub welcoming lots of new participants to our programs.

From the Oz Harvest Program, to learning new English skills and learning and playing during our Playgroups -the fun hasn't stopped!

Next week on Monday volunteers and I will be trained in how to use the Toy Library and the Borrowing System so that we can start next term. If you are interested in being a part of this we would love to have you on board -please let me know if you would like to attend.

Also if you are free Monday 8th from 11.30am and can lend a helping hand to paint the old school cubby house to give it a bit of a make over for the Hub I would love some extra hands. Our amazing Miss A has offered to order us some platters for lunch to say a big thankyou for helping.

Looking forward to an amazing Term 2 with you all and I hope you enjoy a nice break over the school holidays if you get some time off or enjoy the more cruisey days without school picks ups and drop offs.



## Term 1 Calendar

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>WEEK 1</b>	29/01	30/01	31/01	01/02	02/02
<b>WEEK 2</b>	05/02	06/02	07/02	08/02	09/02
<b>WEEK 3</b>	12/02 DENTAL VISITS	13/02 DENTAL VISITS MEET THE TEACHER A FTERNOON	14/02 DENTAL VISITS AGM 2PM	15/02 DENTAL VISITS	16/02 DENTAL VISITS
<b>WEEK 4</b>	19/02 RANDOM ACTS OF KI NDNESS DAY*	20/02	21/02 INTERNATIONAL MOTHER LANGUAGE DAY	22/02	23/02
<b>WEEK 5</b>	26/02	27/02 POKEMON DAY WEST LAKES AQUATI C CENTRE	28/02 INITIALIT INFORMATI ON SESSION 2:15-3	29/02	01/03
<b>WEEK 6</b>	04/03 CLEAN UP AUSTRALIA DAY	05/03	06/03 ASSEMBLY – ROOM 22	07/03 SAPSASA - Lacrosse	08/03
<b>WEEK 7</b>	11/03 PUBLIC HOLIDAY ADELAIDE CUP DAY *RAMADAN BEGINS 9 /03	12/03 STUDENT FREE DAY	13/03 NAPLAN	14/03 INTERNATIONAL DAY OF MATHEMATICS NAPLAN	15/03 NAPLAN
<b>WEEK 8</b>	18/03 NAPLAN	19/03 NAPLAN	20/03 NAPLAN PERSIAN NEW YEAR (NOWRUZ) TEAM COLOUR LAUN CH	21/03 NAPLAN HARMONY DAY WORLD DOWN SYNDROME DAY	22/03
<b>WEEK 9</b>	25/03 SWIMMING R- 3/4 PARENT TEACHER CONVERSATIONS	26/03 SWIMMING R- 3/4 PARENT TEACHER CONVERSATIONS	27/03 SWIMMING R- 3/4 PARENT TEACHER CO NVERSATIONS ASSEMBLY – ROOM 19	28/03 SWIMMING R- 3/4 PARENT TEACHER CONVERSATIONS	19/03 PUBLIC HOLIDAY GOOD FRIDAY
<b>WEEK 10</b>	01/04 PUBLIC HOLIDAY EASTER MONDAY	02/04 SWIMMING 4/5, 5/6, IELC WORLD AUTISM AWARENESS DAY	03/04 SWIMMING 4/5, 5/6, IELC	04/04 SWIMMING 4/5, 5/6, IELC	05/04 SWIMMING 4/5, 5/6, IELC SAPSASA – GIRLS NETBALL
<b>WEEK 11</b>	08/04 RAMADAN ENDS	09/04	10/04	11/04	12/04 EARLY DISMISSAL 2.00PM





Coming soon  
TO KARRENDI

Early Term 2

**ADELAIDE Strikers**  
**HOLIDAY PROGRAMS**  
Karen Rolton Oval Week 1: Tues 16 & Wed 17 April  
Karen Rolton Oval Week 2: Tues 23 & Wed 24 April  
\*\*\*\*\$65 (includes a participant pack)\*\*\*\*  
**VISIT ADELAIDESTRIKERS.COM.AU FOR MORE INFORMATION**

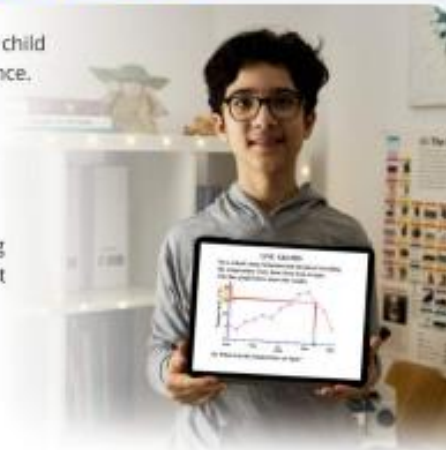


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