

Welcome to our Newsletter

Friday 28th October • Week 2, Term 4 2022



Principal's Message

I warmly welcome you to Term 4, the final and most fabulous term of the year! Students have enthusiastically been preparing for the upcoming Karrendi Showcase; it is sure to be an evening to remember so please make sure you have purchased your tickets to avoid missing out!

2023 Classes

We are very close to having 2023 classes finalised. By bringing this process forward, we can ensure that families are informed before the summer break and that students can spend time this term getting to know their 2023 teacher and classmates.

Staffing Update

Congratulations to Ms Schinella and Ms Micheala who are now permanent teachers at Karrendi! In addition to this we are thrilled to have Ms Constable (Ms C) and Grant returning in 2023. We are hopeful that there may be more staff members added to this list as final numbers and funding is confirmed.

Earlier this week, Joe shared his news that this term will be his final one at our school. I am sure many members of our community will join me in saying that his presence will definitely be greatly missed.

As explained in our last newsletter, a Deputy Principal position was advertised with the process due to finish this term. On behalf of the Panel (Ms Cooke, a Deputy Principal from another school and I), we congratulate Karryn Przibillia! Karryn joins us from Gawler Primary School and is passionate about continuing our work in wellbeing, whilst also strengthening our inclusive practices.

Ella-Louise Ailmore
Principal



A Message from Mr Perri

Five Ways to Wellbeing Spotlight: #3 BE ACTIVE

Being active through physical activity has major benefits for our physical wellbeing (obviously!) but also our psychological wellbeing, keeping our minds and bodies engaged and improving mental health, wellbeing and quality of life.

Some benefits of exercise happen right after you've finished a moderate to vigorous session of physical activity. These include:

- Improvement in thinking or cognition for children 6 to 13 years of age.
- Reduced short-term feelings of anxiety for adults.



Being active regularly can help to sharpen your thinking, learning, and judgment as you get older. Essentially, being active can help you stay young! It can also reduce risk factors for mental health challenges such as depression and anxiety, as well as help you get a good night's sleep!

So, make sure you get those extra steps in and take a brisk 20-minute walk, go for a jog, hit the weights at the gym or take your dog for that walk when they give you the puppy dog eyes. And remember, whatever you do, make it fun! Your body and mind will thank you for it!

Diary Dates

Week 3

Wednesday 2/11
CANTEEN CLOSED
Governing Council Meeting

Friday 4/11
Student Free Day

Week 4

Wednesday 9/11
Physical Fun Day

Thursday 10/11
Karrendi Showcase

Friday 11/11
Remembrance Day

WEEK 3
FRIDAY 4TH
NOVEMBER

STUDENT
FREE DAY

2022 Term Dates

Term 1
31 January - 14 April

Term 2
2 May - 8 July

Term 3
25 July - 30 September

Term 4
17 October - 16 December

A Message from Miss Cooke

Early last week, some of our Junior Primary teachers were given the opportunity to spend some time working in partnership with our LGU coach – a Department for Education employed Literacy Specialist. As a result of this professional development, our teachers have begun to take a deeper look at Reading Fluency, the impact it can have on comprehension and how we can better support this in our classrooms. We are already seeing great things happening such as pairing fluency development with the InitialLit program, incorporating fluency development into our Literacy Rotations and establishing clear routines in classrooms so that teachers and students can really focus on the learning.

We have mentioned previously about our school's involvement in the Oral Reading Fluency Trial and this is a great way for our teachers and students to continue with this journey and to develop in the realm of reading fluency. This work will be further supported through our Professional Learning Communities where our teachers, with the support of leadership, will be able to continue to build and strengthen their skills in reading education to better support the needs of our students. If you are interested in more information on how you can support your child's reading fluency at home, below are some of the key points that were taken from this session.

- Reading fluently is being able to read at a good pace without having to put much effort into decoding words.
- Building reading fluency is more effective when the reader is reading a text or collection of words they are familiar with and have read before.
- In a week, it is good to practice reading the same text or collection of words each day.
- Fluency reading practice only needs to occur for a short period of time; approximately 4 minutes.

Classroom Correspondence

ROOM 7—OUTDOOR LEARNING AREA



Hello Karrendi Community! Just a bit about Room 7 and the amazing work they have done so far regarding to our future outdoor learning area! With the help of Room 5 we have begun cleaning and de-cluttering our outside learning areas. We are very fortunate to have this space dedicated to our upper primary students and their future learning experiences. It has long been a dream to develop this space into an area that can be used for flexible learning. The students have worked very hard to get to this point (please see pictures below) and are loving taking ownership of a space that they can develop into a working outdoor learning space. Stay tuned for further updates and we look forward to sharing our progress with you all!

Warm Regards,
Mrs T, Miss G & Miss Tash



Specialist Team Talk

Throughout this year, the students in Rooms 5, 7, 17 and 22 have been involved in a Cross-Age Tutoring program (CATs) where our older students are able to use their skills and knowledge to guide and support the learning of our younger students. By facilitating this program through Physical Education all of the students involved have been able to develop their skills in relationship building, communication, problem solving, teamwork, organisation and sportsmanship all while improving their Physical Literacies. This term our students will be continuing with this program through Cricket as an anchor for continue developing these skills.



Meet the Staff Member

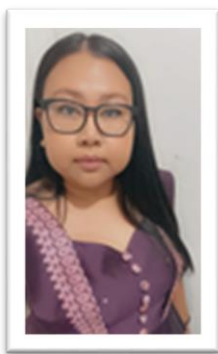
Hi my name is Yeoun and I am the new Canteen Manager at Karrendi.

I was born in Thailand in a refugee camp due to the war in Cambodia and we were lucky enough to emigrate to Australia in 1987. I have strong roots to my Cambodian heritage and am always celebrating our traditions and cooking traditional dishes.

I have battled lots of health issues over the years I have Lupus which caused my kidneys to fail and after a few years of dialysis in 2011, my mum donated her kidney to me but sadly, it failed! So, I endured another few years of dialysis but then I was blessed to have a successful kidney transplant in 2015. I am a big advocate for organ donation as this saved my life!

I am married to my wonderful husband and am a mother to my 2 nieces and nephew who have been under my care for many years. I enjoy going for drives, cooking and spending time with my children and family.

I am really looking forward to this opportunity to work in the canteen! Thanks to everyone who has been so kind and welcoming during my first two weeks especially while I learn and navigate this new role.



Meet the Staff Member

Hi my name is Owen and I am a Groundsman here at Karrendi.

I like to play sports and video games. I play soccer and goalkeeper is my favorite position, but I also enjoy basketball and footy as well.

I love animals and have two German Shepherds at home who I love to play with and take for walks.

I would like to thank everyone for being so patient with me and for being so friendly and kind.



Community Hub

Welcome back to Term 4 everyone!!

Just a reminder for everyone that we have a Karrendi Community Hub Facebook Group. If you would like to join the Group, you will be able to keep up to date with what's happening and also, I have established a Notice Board which is located outside of the Hub that's also filled with lots of information.

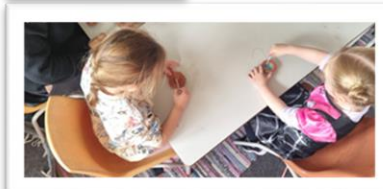
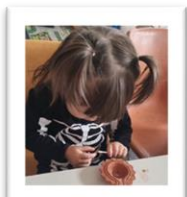
Our Hub participants were so excited to come back this term especially our English Class participants!

This term in English Classes the focus is on body parts. This will help to give our participants the vocabulary and skills to be able to seek medical help for themselves and their children without having to rely on others.

In Playgroup this week we celebrated Diwali. We listened to Bollywood music and coloured in some rangoli pictures and one of our fabulous SSO's Shyamala brought in some special lanterns for us to paint! It was such a beautiful morning and very therapeutic for the adults also colouring and painting!

We are still collecting bottle tops for our bottle top art if you could continue to collect your bottle top lids for us that would be great!

I am really looking forward to spending this term with you all.



Bhangra Beats

On Tuesday 25th of October we watched a performance created by the company Bhangra Beats to celebrate the festival of Diwali. During the performance we learnt different dance moves that are from different parts of India and what they meant. We also got to hear live music played with traditional instruments such as a Tabla drum and a Sitar.

“My favourite part of the show was when I got to go up on stage and take part in the dance moves! It was so cool to try and keep up with the dancer”.

- Harrison Victor Room 7

“Bhangra Beats was very interesting because we learnt about different styles of dancing and I liked learning what each dance move meant and how to do it”.

- Ruby Crispin

We loved having the chance to watch such a great show and learn about a different culture and how they celebrate the festival of Diwali.



Remembrance DAY



In Week 4 on Friday the 11th of November we will be commemorating & honouring Australians who have served our country. Students from Room 7 will visit classes throughout the school to give a presentation about Remembrance Day. We will also be having a minute's silence at 11am to honour the memory of fallen soldiers and all who have served our country.



Road Safety

Around 1,200 people are killed each year on Australia's roads and about 40,000 are seriously injured. Even one death on our roads is one too many.

Australia is working towards the goal of zero deaths and serious injuries on our roads by 2050 (Vision Zero).

Recently we have had reports of our students walking unsupervised on Salisbury Highway. As many of you would know, Salisbury Highway is a very busy road. We ask for your support in:

- Talking with your child about the traffic environment.
- Explain what you are doing when you cross the road together. Involve your child in deciding when it is safe to cross the road.
- Always be a good role model for your child by wearing your own seatbelt, obeying road rules, driving courteously and crossing roads safely.
- Involve your child in choosing safe places to play.
- Check that your child always 'stops, looks, listens and thinks' when crossing the road. Ask them to explain to you what they are doing and why they are doing it.

If you see something in our community that concerns you, please contact a member of our team. We are here to support you.

BE ALERT
DON'T GET HURT



**Karrendi
Primary School**
soaring to success

The school to be, in 2023!

We warmly welcome our new Reception students to a fun-filled visit every Wednesday over four weeks.

Students will explore the wonders of our school grounds, engage in a variety of learning experiences and see what it's like to be a Karrendi student!

For more information

Call us on 8258 3612
Follow us on Facebook!

We're excited to welcome new Reception students for our

Term 4 Transition Visits

Transition Dates:

Wednesday 9th November

9:00am - 10:00am

- An introductory visit for our new students. During this time, families are welcome to join us for a morning tea and Parent Information/Q&A Session.

Wednesday 16th November

9:00am - 11:25am

- Children can bring money and buy some 'lunch to go' from our amazing canteen!

Wednesday 23rd November

9:00am - 12:00pm

- Children will have their first taste of lunch time play at Karrendi!

Wednesday 30th November

9:00am - 1:00pm

- A fitness-filled end to transition visits as children will join us for Physical Fun Day!



TICKETS AVAILABLE!

Tickets on sale for
\$2.50 on QKR and at
the front office until
Friday 4th
November

**THURSDAY 10TH
NOVEMBER
2022**



KARRENDI SHOWCASE

KARRENDI GYM

JUNIOR PRIMARY CONCERT

6:00PM

PRIMARY CONCERT

7:00PM

**WE CAN'T WAIT TO
SEE YOU THERE!**



HAPPY HAVEN

OSHC

KARRENDI

Join us for the Pupil Free Day

MESSY MOMENTS

FRIDAY 4th NOVEMBER

6:30am - 6:00pm

- Sensory
- Craft
- Activities
- Slime

Bookings can be made via Fully Booked - on your bookings screen, select the Pupil Free Day session type

There are no automatic rollover of bookings from Before or After School to the Pupil Free Day

Bookings made after 27th of November will attract the short-notice booking fee.

\$55.00 BEFORE CCS



Australian Childhood Anxiety TREATMENT STUDY

Free home-based assessment and treatment for 7 to 12 year old children with fear and anxiety disorders.

Does your child become very afraid of certain situations or objects, worry about a lot of things, get very distressed, or try to avoid things they fear?

About the study

Our team at Griffith University may be able to assist you. We are conducting a nationwide study that includes the following services at no cost to families:

- A thorough assessment of your child's anxiety with a trained psychologist via the telephone;
- Your child receiving one of two kinds of home-based treatments delivered on a PC, laptop or tablet; and
- Two follow-up telephone assessments with a trained psychologist 6- and 12-months after treatment to track your child's progress.

The study aims to find out if these two treatments are as effective as each other, and which children have the best response to each kind of treatment. This will mean that there are more evidence-based treatments available for helping anxious children.

About the treatments

Each treatment involves your child completing treatment sessions at home on a PC, laptop or tablet.

Each treatment involves your child learning practical strategies to better manage anxiety.

- One treatment helps children learn to control the focus of their attention on helpful things around them.
- The other treatment helps children learn to think differently and approach things they fear.


Each treatment includes information, telephone or email support for parents in assisting their child to better manage anxiety.

Prior studies have shown that children who complete each treatment experience significant reductions in anxiety.

Contact us

This study is being funded by the National Health and Medical Research Council and is led by Professor Allison Waters and a team of experts in childhood anxiety disorders.

For more information about our study and our team, or if you would like your child to participate, please contact us:

 (07) 3735 3351

 cadrp@griffith.edu.au

 griffith.edu.au/childhood-anxiety-treatment-study



Australian Government
National Health and
Medical Research Council

 **Griffith**
UNIVERSITY
Queensland, Australia

GU Ref No: 2019/146



green leaves
EARLY LEARNING

MAWSON CASCADES

The best start to your child's
learning journey begins here

Opening
Soon

Register online at greenleaveselc.com.au

 92-94 Cascades Dr, Mawson Lakes

 08 8486 0029

Term 4 Calendar

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|------|--|--|---|--|--|
| Wk 1 | 17/10 | 18/10 | 19/10 | 20/10 | 21/10 |
| Wk 2 | 24/10 | 25/10 BHANGRA BEATS 12:30 – 1:30 | 26/10 | 27/10 | 28/10 BANDANA DAY WORLD TEACHERS DAY |
| Wk 3 | 31/10 | 1/11 | 2/11 GOVERNING COUNCIL MEETING | 3/11 | 4/11 PUPIL FREE DAY |
| Wk 4 | 7/11 TENNIS HOT SHOTS CARNIVAL | 8/11 | 9/11 KINDY VISITS | 10/11 KARRENDI SHOWCASE | 11/11 REMEMBRANCE DAY |
| Wk 5 | 14/11 | 15/11 | 16/11 KINDY VISITS | 17/11 | 18/11 |
| Wk 6 | 21/11 SWIMMING (R-2) | 22/11 SWIMMING (R-2) | 23/11 SWIMMING (R-2) KINDY VISITS | 24/11 SWIMMING (R-2) | 25/11 SWIMMING (R-2) |
| Wk 7 | 28/11 SWIMMING (3-6) | 29/11 SWIMMING (3-6) FAMILY PICNIC | 30/11 SWIMMING (3-6) KINDY VISITS | 1/12 SWIMMING (3-6) | 2/12 SWIMMING (3-6) |
| Wk 8 | 5/12 | 6/12 | 7/12 | 8/12 HELPING HAND VISIT (YEAR 6) | 9/12 |
| Wk 9 | 12/12 | 13/12 YEAR 6 GRADUATION | 14/12 PHYSICAL FUN DAY | 15/12 | 16/12 Last Day of Term 4 Early Dismissal 2:05pm |