

# Welcome to our Newsletter

Friday 18<sup>th</sup> August • Week 4, Term 3 2023



## Principal's Message

As our community knows, we have been working really hard to ensure that every student at Karrendi is a successful reader! During our recent Student Free Day, we excitedly welcomed Debbie Draper back to our school! Debbie worked with our team to deepen their understanding on how to use student data to individualise learning and to ensure that students are on track to achieving their reading goals. Teachers spent time planning, reflecting and sharing upon small group instruction and will continue with this crucial work during Staff Meetings this term.



In keeping with our quest, next week we look forward to celebrating Book Week. Each year since 1945 the CBCA has brought children and books together across Australia through Children's Book Week. During the week students will engage in a range of activities that highlight the importance of reading. We invite you to join us for our annual Book Week Parade on Wednesday 23rd August, beginning at 9.10am. We are hoping that we'll be able to host the Parade on the asphalt-weather permitting however if this fails, our back up plan will be the gym! This year's theme is Read, Grow, Inspire and we encourage all students to get creative with their costumes whilst remembering that they need to be appropriate -skin adequately covered, closed toe shoes and avoiding scary costumes-particularly as our Playgroup children and friends from Lantana are joining us. Looking forward to seeing you there!

**Ella-Louise Ailmore**  
Principal



## A Message from Mrs Przibilla

The 14<sup>th</sup> of August – 18<sup>th</sup> of August is National Bullying Prevention Week. Bullying is being mean on purpose **again and again** to someone, making them feel upset or afraid and not able to stop it from happening. Bullying can take place face to face or online.

Bullying can take a variety of forms

*Verbal* – teasing and name calling

*Cyberbullying* – being sent mean and hurtful messages via the internet or mobile phone

*Exclusion* – being left out or not allowed to join in with a group

*Physical* – being hit, kicked, punched or pushed around

*Threatening* – made afraid of getting hurt, embarrassed or upset

*Emotional Bullying* – telling lies or spreading nasty rumours about somebody

*Property abuse* – having money or other things broken or taken away

There is a difference between being

*Unfriendly* – carelessly saying or doing something that hurts someone else

*Mean* – being mean on purpose to make someone feel upset or hurt

*Bullying* – being mean on purpose **again and again** to someone, making them feel upset or afraid and unable to stop it from happening

If you are being bullied face to face or online tell an adult straight away.

**Asking for help is not dobbing.** "Dobbing" is when a person tries to get attention or to get someone else into trouble. If you feel the situation is out of your control and you are unable to deal with it alone, or see someone having trouble, you should always ask for help.



## Diary Dates

- 21st August – Book Week & SSO Week
- 23rd August – Book Week Parade
- 24th August – Festival of Music Rehearsal Morphett Ville
- 25th August SAPSASA: Girls Football/Boys Soccer
- 31st August – Father's Day Stall
- 1st September – Father's Day Stall

**Important Date/  
reminder...**

8th September –  
School Closure  
Day

## 2023 Term Dates

**Term 1**  
30 January - 14 April

**Term 2**  
1 May - 7 July

**Term 3**  
24 July - 29 September

**Term 4**  
16 October - 15 December



Government of South Australia  
Department for Education

15 Bradman Road, Parafield Gardens SA 5107 Phone: 8258 3612  
Email: [dl.1135.info@schools.sa.edu.au](mailto:dl.1135.info@schools.sa.edu.au) <https://www.karrendips.sa.edu.au>

[f Karrendi Primary School](#)

## A Message from Miss Cooke

Does your child ever have trouble listening to, remembering and following multi-step instructions? Do they ever have trouble just 'staying on track' or remembering what chores you have asked them to do? How about yourself; are you ever introduced to someone new and you've forgotten their name by the end of the conversation? Or have trouble remembering the number that you just heard through your voicemail message? If any of these sounds familiar, your child, and perhaps even yourself, may benefit from strengthening the Working Memory.

Our Working Memory involves our ability to hold information in our mind for short periods of time in order to do something with it. Our students use their working memory to work through maths equations in their head, follow a set of classroom instructions, remember the meaning of the word that they have just learnt or remember the sounds within the word they have just decoded.

If a child's working memory has been overloaded with instructions or information, they may have trouble completing tasks they otherwise may have found easy. The good news is that students can learn strategies to help with their working memory and make it stronger. Some of these strategies include:

- Teaching them how to rehearse and repeat the information in their heads until they don't need it anymore
- Learning to minimise distractions
- Knowing their limits and learning how to identify when they are becoming overloaded with information
- Learning to chunk information
- Learning about mnemonic strategies - *My Very Elegant Mother Just Served Us Nine Pizza's*, to remember the order of the planets.

Just a sample of the many strategies out there that can help to get our Working Memory to work better for us.

## Classroom Correspondence

### Design and Technology in Room 19

## Design & Technology

This term, the students in Room 19 have been learning about forces. We have started discussing forces such as friction, gravity and resistance so far and will continue to explore these concepts further in the term. We started by working in teams to design and construct bridges using LEGO bricks. These bridges were required to support a drink bottle or two glue sticks, and many students succeeded in this challenge! Our next step involves designing and constructing a marble run using recyclable materials. Throughout the project, we will also touch on the topic of sustainability.



## German Word Detectives in Room 17!

As part of their German learning, students in all year levels are encouraged to identify patterns in words, to find similarities and differences between German and English and to, in general, become Word Detectives. These pictures are of students in Room 22 using the Word Detective glasses to, "see what they can see" in the new German vocabulary.





## Meet the Staff Member

Hi everyone, my name is Harley Edmonds and this is my second year at Karrendi. I started my journey here at Karrendi working in a 1:1 support role. This year I have been teaching intervention groups with a focus on literacy, using MultiLit programs, as well as helping students learn social and emotional skills using the What's the Buzz program. Watching these students grow as learners and using the skills they learn is easily the highlights of my week.

When I'm not at school you can find me at my hospitality job at Café Verde. In my free time I love having a laugh with my family, friends and partner while doing anything water related and going on outdoor adventures.



## Meet the Staff Member

Hi Karrendi Community,

My name is Laura Constable (Miss C) and I teach Year 3s in Room 19. This is my second year at Karrendi. Over the last two terms, I have had the role of Aboriginal Education Teacher. I have enjoyed focusing on building cultural understanding, particularly through the acknowledgement of significant First Nation events and working with our First Nation students.

One of my passions is promoting student well-being and cultivating a positive and enriching learning environment for my students.

One of the highlights of my week is our Wednesday Breakfast Club. It's an excellent opportunity for me to connect with other students across the school and have chats with them. You're more than welcome to drop by the cafe and say hello!

When I'm not at school, I spend time with my family, particularly with my niece and nephew! I also enjoy attending Port Adelaide football games, particularly when we travel to Melbourne to watch them play!



## Community Hub

The Community Hub has been full of lots of learning, fun and excitement the past couple of weeks!

Our Pathways Course in partnership with Morella House is starting today and we have an amazing 21 participants signed up to do the course!! I'm excited to see how this partnership unfolds and hopefully have more opportunities like this available for our community!!

Our Op Shop is full of lots of new goodies if you are free on a Monday morning pop in and grab yourself a bargain with everything just being a gold coin donation!

Join us Monday for our Kook week playgroup. Come dressed up and bring your favourite book to share. Dad's Group Saturday will be ball games in the gym. After the success of our last ball games morning we are doing it again!

Last week in our Wednesday playgroup we enjoyed cooking! We made English muffin pizzas and decorated cookies with smiley faces. It was such a hit and our families enjoyed this a lot! This week, we had a playgroup session at Helping Hand Aged Care Centre and it was the most beautiful morning! Some of the residents asked to just sit and watch the children play-they sat there with the biggest smiles and lots of giggles whilst I'm sure they remembered fond memories of their own children. Next week we will be joining the school's Book Week Parade so please don't forget your costumes- even you parents don't be afraid to join in!!

All 3 English classes are going well. Students are currently learning how to use Bold, Italic & Underline, choose different font styles & font sizes & save files in a Word Document in Computing Class. In the other two classes they are learning to read and understand a book in English and learning about Australian money. Sue our English Teacher is really proud of all the students' efforts.



## First Nations

Riley, Zackery and Georgia attended the STEM Aboriginal Learners Congress. This event brought together young minds from Indigenous Communities across the region to explore the exciting world of Science, Technology, Engineering, and Mathematics (STEM). Our students were able to connect, learn, and grow. Through interactive workshops, engaging presentations, and insightful discussions, they delved into various aspects of STEM.

One of the highlights was the opportunity for these students to interact with First Nations role models who have made significant contributions to STEM fields, including a presentation by Corey Tutt, the author of the inspiring book 'The First Scientists,' and an educational walk through the Botanical Gardens led by Trent Hill.

The conference not only provided valuable insights into potential career paths but also highlighted the importance of cultural heritage in shaping their journeys. The congress also emphasised the significance of combining traditional knowledge with modern scientific advancements. Students learned how Indigenous perspectives can contribute to solving contemporary challenges, whether it's sustainable technology or preserving natural resources.



We want to congratulate these three students who attended the STEM Aboriginal Learners Congress. Your curiosity and engagement for learning is commended!

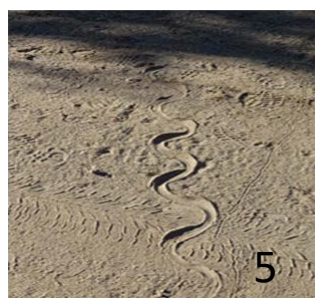
Among the activities the students undertook was learning about native animal tracks. Now, it's your turn to take a shot at guessing these intriguing animal tracks!

Return your answer sheet to Marie or Miss C to

Be in the running to win a prize.

Who's tracks are they?

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_





# Community Notices



**NEW LIFE**  
PRE-LOVED CLOTHING

**WE'RE OPEN**

**WEDNESDAYS & FRIDAYS**  
9:30AM - 1:30PM

**\$2 ADULTS CLOTHING**  
**\$1 KIDS CLOTHING, TOYS, BOOKS & KNICK-KNACKS**

**11 LIBERATOR DRIVE PARALOWIE**  
\*SHOP MAY CLOSE SUDDENLY DUE TO HOT WEATHER




**Waypoint Playgroup**

**MONDAYS**  
10AM-11:30AM  
@3 SHEPHERDSON RD  
PARAFIELD GARDENS

**WEDNESDAYS**  
10AM-11:30AM  
@11 LIBERATOR DR  
PARALOWIE

**\$3 Entry Per Family**  
**\$3 Barista Coffee**

[www.waypointuniting.au/playgroups](http://www.waypointuniting.au/playgroups)  [waypointplaygroup](https://www.facebook.com/waypointplaygroup)



**SALISBURY**  
*Athletics Club*

**CELEBRATING 50 YEARS OF LITTLE ATHLETICS**

**ATHLETICS!**  
**THE FOUNDATION FOR ALL SPORTS**

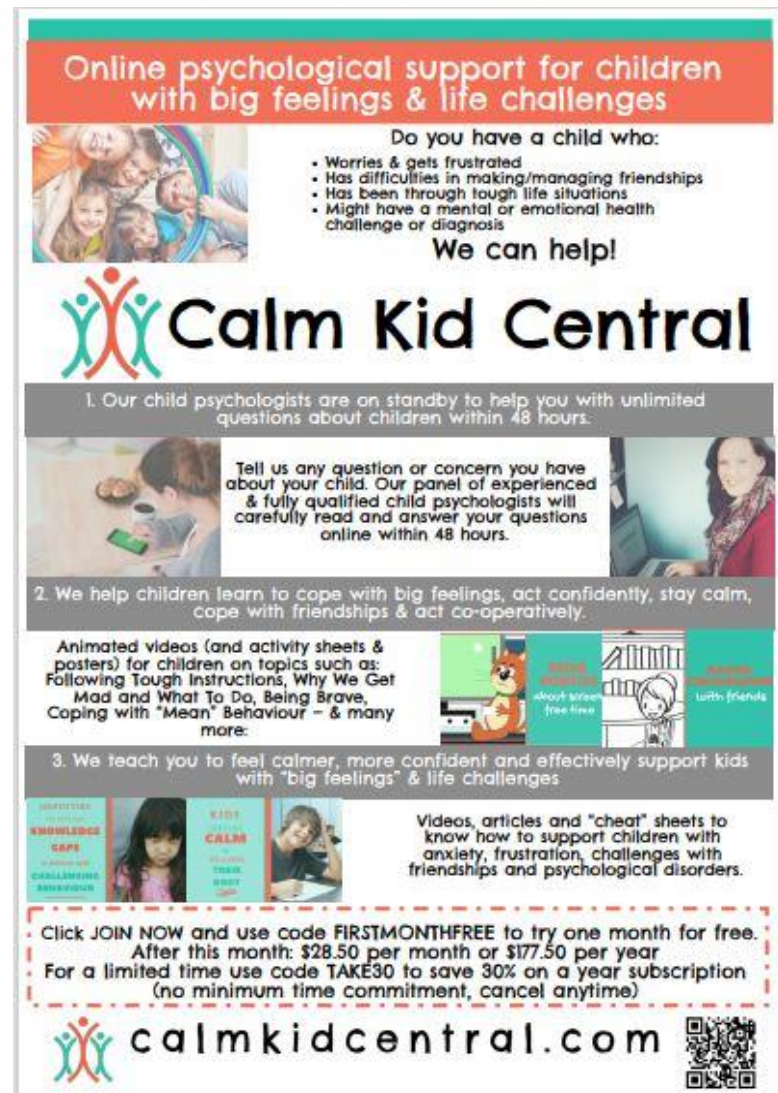
**\$ We are Fun!**  
Learn the fundamentals! Run, Jump, Throw and Play in a Fun, Family Friendly environment.

**\$ We are Family!**  
Everyone is welcome, if you're beginning your athletics journey, striving for the Olympics or just want to keep active, we will help you achieve your goal

**\$ We are Salisbury!**  
You don't have to be the best, we just want you to do YOUR best!

**OPENING MEET:**  
**SATURDAY 16TH SEPTEMBER**  
**TIME: 8:30AM START**  
CRAIG PH: 0402 335 374  
TRACEY PH: 0418 858 834

**SATURDAYS**  
AT BRIDGESTONE ATHLETICS CENTRE  
FROST ROAD SALISBURY



**Online psychological support for children with big feelings & life challenges**

Do you have a child who:

- Worries & gets frustrated
- Has difficulties in making/managing friendships
- Has been through tough life situations
- Might have a mental or emotional health challenge or diagnosis

**We can help!**

**Calm Kid Central**

1. Our child psychologists are on standby to help you with unlimited questions about children within 48 hours.

Tell us any question or concern you have about your child. Our panel of experienced & fully qualified child psychologists will carefully read and answer your questions online within 48 hours.



2. We help children learn to cope with big feelings, act confidently, stay calm, cope with friendships & act co-operatively.

Animated videos (and activity sheets & posters) for children on topics such as: Following Tough Instructions, Why We Get Mad and What To Do, Being Brave, Coping with "Mean" Behaviour - & many more:

3. We teach you to feel calmer, more confident and effectively support kids with "big feelings" & life challenges

Videos, articles and "cheat" sheets to know how to support children with anxiety, frustration, challenges with friendships and psychological disorders.

Click **JOIN NOW** and use code **FIRSTMONTHFREE** to try one month for free. After this month: \$28.50 per month or \$177.50 per year. For a limited time use code **TAKE30** to save 30% on a year subscription (no minimum time commitment, cancel anytime)

 [calmkidcentral.com](http://calmkidcentral.com) 



## Connect, Coach and Take Charge

What to do and how to help ... for "big feelings" kids who get frustrated, non-co-operative and distressed

Does your 4 to 11 year old child:

- Often feel and act very frustrated, overwhelmed or anger?
- Find it hard to listen and follow instructions or routines?
- Find it tough to manage friends and interactions with siblings?

### Do you:

- Sometimes feel worried or frustrated about your child's behaviour and don't know what to do next?
- Feel like strategies that work for other children don't work for your child?

### We can help!

**Connect, Coach and Take Charge** is run by clinical psychologists who have worked with "big feelings kids" for many years. This course will help you:

- Learn why some children find it hard to act in calm and co-operative ways
- Know to reconnect and feel more positive about children with big feelings
- Coach your child to learn and practice the skills of feeling calm and solving problems
- Use kind "take charge skills" with children who find it tough to follow instructions
- Be kind and compassionate to yourself as a caregiver of a child with big feelings
- Connect with other parents/caregivers who understand the challenges of taking care of big feelings kids

Our research shows that parents who attend this group report significant changes in parenting behaviours and also that their children show a significant decrease in mental health. 95% of parents/caregivers rate the group as helpful (85% say "very helpful").

**Dates:** (6 weeks) Thurs 19/10/23—23/11/23

**Time:** 6.30-8.00pm.

**Place:** Online via Zoom

**Cost:** \$235 for 6 weeks (ie -\$39 per session)

\*As this group is specifically for caregivers of children with emotional challenges and we know that these are often exacerbated by differences and disability, many families with children with self-managed NDIS funding may be able to claim the cost of this group. We will provide you with an invoice to facilitate your claim. (Places limited and full 6-week commitment required. Bookings only confirmed on completion of questionnaire).

Register at: <https://developingminds.net.au/connect-coach-and-take-charge>



**DEVELOPING MINDS  
PSYCHOLOGY AND EDUCATION**  
Helping kids & teens learn life skills & manage tough times.  
[www.developingminds.net.au](http://www.developingminds.net.au)

For information about our counselling services go to:  
[www.developingminds.net.au](http://www.developingminds.net.au)

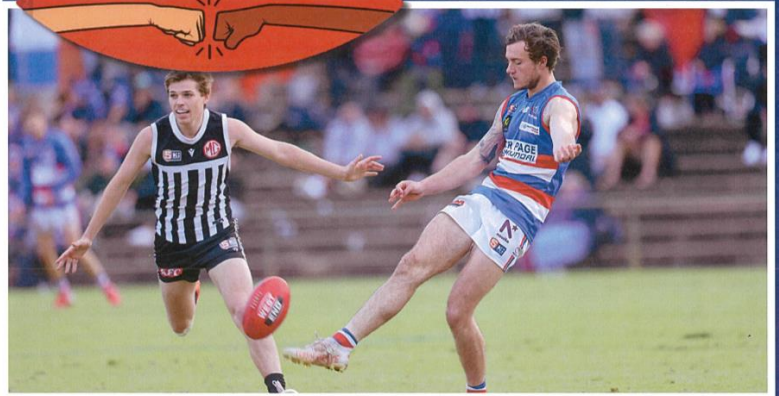
For information about our online supports go to:  
[www.developingminds.net.au](http://www.developingminds.net.au)

# MULTICULTURAL



**MATCH**

WE'RE STRONGER TOGETHER



## CENTRAL DISTRICT V PORT ADELAIDE

SATURDAY 26 AUGUST | X CONVENIENCE OVAL

Food Trucks, Pregame footy clinic and more

Arrival time 12:15pm via North Gate  
On ground footy activation: 1pm – 1:40pm  
Food trucks and music/painting from: 1pm  
SANFL League Game start time: 2:10pm



ROYAL LIFE SAVING  
SOUTH AUSTRALIA



# HOLIDAY SWIM

ENROLMENTS OPEN  
NOW

Swim  
**SURVIVE**

GET IN QUICK!

Holiday  
**Swim**

[WWW.HOLIDAYSWIM.COM.AU](http://WWW.HOLIDAYSWIM.COM.AU)

## Term 3 Calendar

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Wk 1	24/7	25/7 100 DAYS OF SCHOOL- RECEPTION STUDENTS	26/7 Camp Quality Presentations morning	27/7 Ashura	28/7 Festival of Music Choir Rehearsal
Wk 2	31/7	1/8	2/8 ATSI U8s Ear Health Check  Asse m bly 2.15pm Host class Rm 20	3/8	4/8 National Aboriginal and Torres Strait Islander Children's Day
Wk 3	7/8 Student Free Day	8/8	9/8 International Day of the World's Indigenous Peoples Principal Tour 10am Governing Council Meeting 2pm	10/8 STEM Congress	11/8 SAPSASA: Athletics STEM Congress
Wk 4	14/8	15/8	16/8 Superhero Day	17/8 PGHS Transition Visit	18/8 National Day of Action Against Bullying and Violence
Wk 5	21/8 BOOK WEEK SSO Week	22/8	23/8 Book Week Parade 9.10am	24/8 Festival of Music Rehearsal Morphettville	25/8 SAPSASA: Girls Football/Boys Soccer
Wk 6	28/8	29/8	30/8	31/8 Father's Day Stall	1/9 Father's Day Stall
Wk 7	4/9	5/9	6/9	7/9	8/9 SCHOOL CLOSURE DAY
Wk 8	11/9	12/9 Grandparents/ Special Friends Day Asse m bly 2.15pm Room 5 Hosting Principal Tour 4pm	13/9 GOVERNING COUNCIL MEETING 2PM	14/9 R U OK Day	15/9 Carnival: Hot Shots Tennis
Wk 9	18/9 Optional Interviews at the request of families	19/9	20/9 Festival of Music Performance	21/9	22/9 SAPSASA: Tag Rugby
Wk 10	25/9	26/9 School Photos	27/9	28/9 School Photo Catch Up	29/9 WORLD HEART DAY COLOUR RUN LAST DAY OF TERM 2 EARLY DISMISSAL 2.05PM

