



Government of South Australia
Department for Education

Robertstown Primary School Newsletter



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Principal: Sue Stacey
Governing Council Chairperson:
Martin Liebeknecht
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No. 12

COMING EVENTS

19 th -23 rd Aug.	Bookweek
21 st August	Dress Up Parade 9:30am Special Lunch
27 th August	'Cook Up' day for Parent Club
28 th August	Father's Day Street Stall and Sausage Sizzle 'Healthy Teeth' by Clare Dental Clinic
2 nd Sept.	School Closure
3 rd Sept.	Pupil Free Day
6 th Sept.	Bingo at school 6:30pm for 7pm start

"Do what is right, not what is easy nor what is popular". Roy T. Bennett

Thankyou to our valuable Parent Club again for the wonderful lunch they did for the Robby Seniors last week and for the children's special lunch.

I would like to share with you information about mindsets and how at school we endeavour to develop a growth mindset in our children. There are two mindsets people can have: a fixed mindset and a growth mindset. In a fixed mindset, people believe their basic qualities, like intelligence or talent, are fixed traits. They spend their time documenting their intelligence or talent instead of developing them, and believe that talent alone creates success. In a growth mindset, people believe that their

most basic abilities can be developed through dedication and hard work. This view creates a love of learning and a resilience that is essential for great accomplishment. Research shows that people with this view reach higher levels of success than people with fixed mindset beliefs. The most important thing you can do to help your child develop a growth mindset is to praise them for effort rather than for talent. Messages such as “I like the way you approached that problem”, or “Good job to hang in there and find a different strategy that did work,” teaches children that effort is something we can all benefit from to reach our full potential, and that they need to be working purposefully and taking on challenges in order to grow.

Congratulations to Tamika Wuttke and Axel Redemski who have been our first ‘winners’ for outstanding effort and behaviour over the last two weeks. During class time and play times, the teachers are noticing the positive behaviours and recording names and actions onto orange slips. The children put their slip into the special box and at Circle time each week we pull out one slip to be the ‘winner’.

Did you know? apples are more effective at waking you up in the morning than coffee?

Sue Stacey
Principal

Honesty – Respect – Caring – Responsibility - Getting along

PARENT CLUB

Thanks Lisa for organising our great new aprons to wear while catering. Delighted with the new aprons and happy to show them off are three members of our Parent Club (Sarah, Tanya and Val).



BOOK WEEK

Next week is Book Week. We are having our Book Week parade next Wednesday at 9:30am. We are inviting parents, grandparents and community members who would like to come and have a look at the children's costumes while they are parading. Adults may also dress up if they wish.

FROM THE CLASSES:

Reception to Year 2 class

What a fantastic effort all the children have been putting into their learning. We have been learning different nursery rhymes and practising making up our rhymes. Our Maths has had a focus on skip counting, place value and odd/even numbers. In Science we have been investigating things that melt and how heat is needed to make things melt.

Year 3 to 7 class

Over the past two weeks our focus in Science has been on how rocks, soils and landscapes are constantly changing. We have looked at the difference between weathering and erosion and have completed several experiments.

In English we are now doing a scientific report on fabulous formations. Our research is on a significant place in Australia created by weathering or erosion. The places we are researching are: The Twelve Apostles, The Three Sisters, Devil's Marbles, Wave Rock, Olgas, Remarkable Rocks and Admiral's Arch.

We are all looking forward to Book Week next week.

FROM OUR PASTORAL SUPPORT WORKER

Hello everyone,

Hope all is well. Since the 80's we were educated on the importance of 'Slip, Slop, Slap' - for those not old enough to remember, it was a message about protecting our skin from the sun. Now it's time to have a clear understanding of Well-being and how we can support our children to cultivate their own.

Well-being is a combination of physical, mental, emotional and social health.

Below are five practices to enhance your child's Well-being:

1. Get them outside and moving. Australian children are some of the least active in the world, with 1 in 5 meeting the recommended 60 minutes of daily exercise. There's more we can do, e.g. stop at the

park on the way home, bounce on the trampoline or park a bit further from school and walk.

2. Create plenty of opportunities for your children to foster positive connections with their friends, family and of course with you. Positive social relationships not only enhance a child's well-being but adults' as well. Time spent with friends helps children to develop social skills including sharing, compromise, listening and conflict resolution.
3. Keep screen time to a minimum. I know it's easier said than done, but we're the parents and we can work with our children to create clear and consistent limits. Children aged 2-5 are recommended to have one hour of screen time a day and two hours a day for 5-12 year olds. The risk of screen time relates to what children are not doing while using them such as being active, chatting, reading, playing creatively and sleeping. Children also need to be bored.
4. Help children develop mindfulness skills. Mindfulness is about paying attention in the present moment, letting thoughts come and go without getting caught up in them. Mindfulness takes practice and will help them to create a lifelong practice of taking time out to become calm, content, relaxed and in the moment. I highly recommend the 'Smiling Mind' app for age appropriate mindfulness meditation.
5. Ensure your children get ample sleep. Primary school children need 10-12 hours per day. Often, what helps is establishing clear and consistent routines including no screen time before bed, a 'wind down' routine which may include a bath/shower, being read a book before lights out. Taking time to chat with your children before bed or encouraging them to reflect on what they are grateful for is also a great way to help them decompress and get a good night sleep.

Regards, Renee 😊

WANTED - LIDS

Lids from plastic milk bottles, cordial containers etc. for an art activity. Please send them in to the school before the end of August.



KIDS FOR CHRIST

The Term 3 session of the local children's group "Kids For Christ" (KFC) will be held on Friday 23rd August at the St John's school hall in Eudunda. The timeframe is 3.10 pm onward, for a 3.30 pm start, finishing at 5.30 pm. All primary school aged children of the community are invited. Children from Robertstown would still be able to participate by just arriving a little late. Bookings are essential and a completed consent form is required. For enquiries and bookings (by Thursday 22nd August) please contact Chris Doecke on 0488 047861.