



VIRGINIA PRIMARY SCHOOL NEWSLETTER

Learning Together, Learning for our Future

CARING, RESPECT, FAIRNESS, ACHIEVEMENT, DIVERSITY

Issue 2, 2017

27th February

DATES TO REMEMBER

Week 5

Tuesday 28th February

SAPSASA District Swimming Carnival

Wednesday 1st March

Casual Clothes Day
'Kids helping Kids'

Police Band visiting to perform

Thursday 2nd March

World Book Day

Friday 3rd March

Assembly 9:15am
Community Centre
All welcome

Schools clean-up day

Week 7

Monday 13th March
PUBLIC HOLIDAY
NO SCHOOL OR OSHC

Friday 17th March

Assembly 9:15am
Community Centre
All welcome

Day of Action against
Bullying and Violence



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Government of South Australia
Department for Education and
Child Development

How was your day...?

This is the most commonly asked question I hear from parents/ caregivers. Whilst a great question, I'm betting that more than 80% of the time you are lucky to get a three word answer such as "It was OK", "It was good", and so forth. How about you try asking the question, "Tell me one thing you learnt today?" This at least gets children to think and might even help open up a fantastic discussion.

Proactive Play - Ogobuild

In our first newsletter we mentioned many different proactive play opportunities for children during recess and lunch. One of the activities mentioned was Ogobuild. Mr Yates has worked with a group of Senior Students who are 'Ogobuild experts in learning', to then work with teams of children who book in at play breaks. As you will see in the photos below, the level of team-work, oral-language and problem solving this particular activity involves is really high. At the moment the equipment comes out x3 a week as we run other activities/ experiences on different days. Mr Yates has become less involved as the sessions have continued, he has however been known to get excited by some of the creations and do some building himself, nice work Mr Yates!



NAPLAN

Following a series of online NAPLAN trials in 2016 fifty schools from around the state will complete NAPLAN testing online in 2017. Students at Virginia Primary School will continue to complete NAPLAN on paper this year whilst further trials take place. NAPLAN will occur in Week 3 of next term.

Student Support Services

Children and young people who need extra help are often referred to the Student Support Services team by their teacher. Student Support Services include social workers, behaviour support coaches, psychologists, special educators, speech pathologists and provide support to children and teachers in state schools and preschools.

If your child's teacher feels that your child or their class as a whole is having difficulties they may engage with the Student Support Services team regarding these difficulties. Your teacher will discuss this with you and obtain your consent before a formal request for support is made for your child.

For more information, speak with your preschool or school or visit www.decd.sa.gov.au

Parent Insights

This week's edition will focus on a really interesting topic, "Easing Anxiety". We hope you find it insightful and interesting.

If there is anything in particular you are looking for, please do not hesitate to come in and see either Iliia Tsoutouras (Principal) or Voula Pounendis (Deputy Principal) who may be able to help with finding an article to suit your needs.

Rock & Water

This year Mr Yates will be running a Rock & Water program. Last year he underwent intensive training to become a facilitator of the program and has used elements in his P.E program. We have identified two separate groups who will work with him once a week for an hour over a ten week period.

"The *Rock and Water* program aims to apply a physical/social approach to assist boys and girls in their development to adulthood by increasing their self-realisation, self-confidence, self-respect, boundary awareness, self-awareness and intuition. A specific goal for the course is teaching boys and girls to deal with power, strength and powerlessness."



Year 6/7 leadership conference

Each year our Senior Students are involved in a leadership day. Throughout the day students are involved in a range of activities focussed on developing team-work. One of the highlights is having guest speakers attend. This year we were fortunate enough to have former student, and now Dr Victoria Peterick and Georgina from Headspace who both addressed our Year 6/7s.

We would like to thank Helen Berry from 'Nice n' Fresh Poultry and Meat Supplies' at 10 Jonal Drive, Cavan for donating sausages for lunch. We would also like to thank Woolworths for the fresh fruit delivery.

www.nicenfresh.com.au

They were certainly greatly appreciated by our very hungry Year 6/7's.

Year 6/7 camp

Last week our Year 6/7's headed off to Woodhouse for a 3 day camp. To say there was excitement (and some nerves) in the air on Monday would be an understatement. The learning intention of camp is to build team-work, resilience and communication skills. Students were involved in a range of activities whilst on camp;

- Boomerang Art
- Bug Busters
- Challenge Hill
- Frisnat
- Laser Skirmish
- Team-building activities

I asked one of the classes to describe camp in one word, the following were their responses... amazing, wonderful, fantastic, fun, inspiring, astonishing, enjoyable, challenging, spectacular, survivable, exciting, action-packed, excellent, super, collaborative, delicious and team work.

On Tuesday night after leaving work I made my way to the Woodhouse campsite to witness how the camp was going first-hand. As I moved around from group to group I was thoroughly impressed with the way the students carried themselves and were interacting with one another.

Hats

I would like to once again thank you for your support last week with removing hat cords. The directive came very late Tuesday night so we were unable to inform through note/ message.

Year 6/7 Woodhouse Camp





Building parent-school partnerships

WORDS Michael Grose

Easing children's anxiety

Anxiety is normal and part of everyday life. There's no better time than childhood for learning how to cope with anxiety.

For those with no personal experience of anxiety it can be hard to understand how debilitating it can be. "Come on, get on with it," seems so obvious. Of course, this response is nowhere near adequate.

Most kids experience some anxious moments or have fearful thoughts and feelings from time to time about certain events. These thoughts and feelings prompt them to proceed with caution.

But anxiety and fear can be paralyzing. Some kids simply can't stop their 'bad thoughts and feelings'. They can't silence the voice of fear that whispers to them continually.

Staying calm

Anxiety is a normal part of life and can be managed, but it takes time. It's also contagious so it's the job of parents to stay calm, think clearly and role model confidence when kids get anxious.

CALM is created through your words, voice and facial expression. When children become anxious, help them recognise what's happening. Some kids get angry, some become upset and others withdraw. Work out the pattern for your child and help them recognise when they are anxious.

ACCEPT your child's anxious feelings. Your child needs to trust that you are with them, and then they will be more willing to let you help them cope. It's hard sometimes to differentiate between what may be a bad case of negative thinking and true anxiety.

Is a child being negative when she doesn't want to join a new club because she thinks no one will like her, or is there something more going on? Try to confirm whether there is any validity in their fears. If not, point out diplomatically, that they may be catastrophising. If you feel there is reason for concern, help them to overcome their anxiety.

CHALLENGE the validity of your child's fears and anxiety, using logic and rational thinking. Don't allow kids to wallow in self-pity. Move their thoughts towards the future rather than allow them to mope around.

Making a plan

ENCOURAGE your child to overcome their anxiety through action. Vanessa came up with a creative solution to help Ruth, her seven-year-old daughter, overcome her reluctance to attend birthday parties without her. Initially Vanessa attended

parties with her daughter so she wouldn't miss out, but Ruth was becoming too reliant on her, so it was time to make a change.

The next time Ruth was invited to a party, Vanessa put a plan into action. First, she set up a little birthday party scenario at home using dolls and teddies as friends, so her daughter would know what to expect. Vanessa explained that she would leave her at the party for a short time. Vanessa let her daughter know that she had no doubt that she'd cope.

The little plan worked a treat. Vanessa arrived at the party an hour after the start to find Ruth involved in a game. She acknowledged her mum, but she didn't leave the game. Later, at home Vanessa made a fuss over her daughter for being brave. Ruth agreed that next time she was invited to a party she would go for the whole time without her mum.

Anxiety is normal and part of everyday life. However, it can be debilitating unless it's managed. Anxiety management takes time for kids to learn, but it's one of those valuable life skills that parents can teach their kids.



Want more ideas to help you raise confident kids and resilient young people? Subscribe to Happy Kids newsletter, my **FREE** weekly email parenting guide at parentingideas.com.au. You'll be so glad you did.

