Wellbeing Week 2014

Students in Year 4 Jordan enjoying their ‘Well Being Week’ activities in the Resource Centre. Values based board games foster skills of cooperation, sharing, leadership and FUN...!
Well done Y4 Jordan.

Term 3 Week 2 was Well Being Week. Well being week is about your well being which is keeping healthy, fit and making sure you’re happy. We did lots of fun different activities and a little bit of normal work. The R-6 did yoga and Zumba. In yoga we did lots of different stretches. We also did Zumba. In Zumba watched a video and followed the dance moves. The R-6 gathered altogether for a health hustle. In the health hustle we look at a video which was Just Dance Four and copied the dance moves. The 5-12 got to have a special talk about drugs and alcohol with Simon Clegg at the end of the talk Simon Clegg showed us a trick on a skateboard. Optimist Prime and Bumblebee came to see the student of R.D.A.S. The year 10 got to even cook with Optimist Prime and Roy one of the chefs at the Roxby Club. Roy has also got his own cooking show. At recess and lunch they were a photo booth for students to go and get a photo with props and with their friends. Lucky last on Friday we had a fun day with the 3-6 doing tribal challenges were we did two challenges. There were 6 teams but two groups. Well being week was really amazing and lot of fun. Thanks to the staff of R.D.A.S.
Written by Heidi Zepnter and Nicole Johnson ☺
Last week saw the running of our first ever “Wellbeing Week”. RDAS and St Barbs along with BHP Billiton and community businesses and volunteers successfully ran the weeklong event with wellbeing the central focus. Students worked with classes from both schools and were involved in a range of fun activities on both sites. It was really positive to have students mixing and sharing each school’s great facilities.

Students were offered a range of sessions throughout the week including Spin group fitness with Elyishia McCarthy at the gym, group boxing with RE/PT Bec Eli, Morweena Stanford and Anne-Marie Arthur came and taught some yoga and relaxation techniques, Sous Chef Roy Showgun cooked up a storm in the kitchen. Our R-1 classes got to experience a Nippy Gym session over at the REC, Constable Terry Boylan and Mel Haynes from SAPOL came in and ran some beer-goggle basketball at lunch time on a few days along with juggling and hooping with Bec Gardner. Renee Anderson set up and ran a photo booth for students daily at lunchtime and Primary classes joined in daily Zumba and dance fitness sessions in the hall. Students in the Youth Health Advisory Group (YHAG) ran an information booth for secondary students around all things relating to health with Dr Andy and Jazzy from Flipsyde. They also ran lunchtime activities such as “Minute to win it!” and sports fun on the oval for younger students. Friday all students across the school took part in either Electives (R-2 & 7-12) or Tribal Challenges (3-6) this was a really positive and fun way to wrap up a great week.

A big thank you must go the following businesses for their generous donations to assist us in getting the Melbourne Transformers here: MPS Building and Electrical, Roxby Downs Community Club, Roxby Downs Council, Raine & Horne, Auto Pro, Zealous Hair & Beauty, Roxby Downs Pharmacy, Roxby Downs Jewellers, Black Stump Café & Takeaway, Blackwoods, The Post Office, NAB, Smokemart & Gifts, The Vet and Tandales. The look on students faces & excitement that came when Optimus Prime and Bumble bee came in was amazing and definitely a highlight for many.

Simon Clegg (secondary) and Bill Hansberry (primary) were our guest speakers who came, spoke and worked with teachers, students and parents in sessions. Feedback from these was positive and all who attended took a lot away. “I thoroughly enjoyed this session. Bill was very informative and real” and “excellent workshop with some useful strategies for parents and teachers” and “well presented, entertaining and informative” were some comments made by those who attended the parent sessions with Bill and Simon.

Thank you to all parents, community members/businesses and staff who helped make this week a huge success. We were happy with how the week ran and feedback from student’s parents and community has been very positive. Check out the photo’s below to see some of the activities in action!

Beth Elliott – R-12 Student Counsellor Coordinator
Daniel & I did the boxing with Bec – it was great & way better than I thought it would be. Clancy Yr 10

Nippy gym was really fun! I loved going in the tunnels! Molly Yr 1

The Photo booth was awesome – the kids really loved dressing up with their friends. Kiara Yr 10

I like the games we played during the tribal challenge. Josh Yr 3

I liked going to St Barbs for dance with miss Lana! Molly Yr 3

I pretty much liked the whole week! We had lots of fun in the tribal challenges. Lachlan year 3

Really enjoyed doing something different! Spin was awesome! Zoey Yr 12

The transformers were the best – I loved having a class photo with Optimus Prime. I love the sand pits too! Georgia Yr 4

Special thanks Charmayne from “Charms Photos” for the professional shots during the week!
Well Being Week

Welcome back to all students and families to Term 3, in what we trust will be a very effective and rewarding Semester 2. Things have started at a frenetic pace across the school, with the launch of our very first ‘School and Community Wellbeing Week’. Special thanks to the many community groups and individuals that offered support in terms of time and money, Jess Davis from BHP, Beth Elliot from RDAS who has led the ‘Wellbeing Week’ initiative and to the staff from both RDAS and St Barbara’s who assisted in the planning and programming of the week. It was an outstanding success, with so many highlights, they are too numerous to list. We are looking to run a similar programme in future years and so would appreciate feedback from parents in relation to the concept of the week and the programmes that were presented. Please take the time to contact the school and let us know your thoughts.

Good news Story

I received the following email from a parent a few days ago which I wanted to share with the school community. We can all rejoice in the actions of our staff and one of our students, Ethan Foggo. His actions are something we need to acknowledge and celebrate. Having had 2 girls, this incident could so easily have been my story 22 years ago, when they also loved playing the role of a princess:

This week my daughter took it upon herself to bring 3 rings from my jewellery box to school (without me knowing), as she wanted to be a princess at school, as it happens and being 5 years old she lost them. I learnt this when picking her up yesterday afternoon.

Realising the chance of finding them was very slim, I resolved myself that they were gone. One ring was my first engagement ring that my partner gave me over 17 years ago, whilst they weren’t overly expensive they were incredibly sentimental.

I came to school today and Mrs ........ happily tells me they were found and were at the front office. To my astonishment all 3 rings were handed in.

I felt it important to share my story with you, because these items were handed in by 2 staff members and a student. They are Kendal (front office) and Sam Craddock, the student I’ve been told was Ethan Foggo who is in Year 8. I’m very pleased to learn a student was responsible for finding the engagement ring, he could have kept it or even thrown it away, but his actions have left a lasting impression on me.

I’ve just returned from paying a visit to Ethan and his family, to thank him for his honesty and for doing an outstanding job and said he should be very proud of himself for making such a choice. He was a little embarrassed nonetheless.

It’s refreshing to know honesty is alive and well in our school community and I am forever grateful these items have been returned. It’s fantastic to know we have such fine community members within our school environment.

What a great email, many thanks for sharing your story. 😊
**Staffing Update:**

Over the past 3 weeks, a number of our vacancies for 2015 have been finalised. The following permanent teacher placement have been made to RDAS:

**Primary:** Ms Kate Higgins, Ms Natasha Pearce

**Secondary:** Ms Georgia Boylan (Drama / English), Mr Daniel McGuire (PE / HASS), Mr Cyrus Weir (English / HASS), Mr Andrew Stanley (Physics/ Chemistry) and Ms Claire Meatheringham (Home Economics).

The appointments of these quality teachers to our school in 2015 can only help to improve the school in general and more specifically, provides us with a greater range of flexibility in what we can offer our senior school students in years to come.

**Senior Secondary Developments:**

I’m currently working with a number of our leadership staff to formulate a Site Improvement Plan for the Senior Secondary section of our school. Our whole school focus is on making RDAS the very best school it can be in all areas. In the secondary years, parents make choices about where their children are going to complete their secondary education. I believe we can put forward compelling reasons for why parents should keep their children at RDAS. In the past two weeks we have been working on two new policies, an ‘Exam Policy’ for Year 7-12, and a ‘Deadlines Policy’ for Year 7-12. Both of these will be emailed out to parents in the near future to seek your feedback.

**Uniform Update: Attached to this edition** of the newsletter we have published an update on the work we have been doing to implement a new uniform policy. We received only a limited number of responses from our survey late last term (34 responses) and so we have decided to put all decisions on hold, and to survey all parents over the next week. It is important that we get a clear mandate from parents before any further decisions are made and so I encourage all parents to respond, either by returning the attached survey form, on by responding online. [https://www.surveymonkey.com/s/JKVJFGT](https://www.surveymonkey.com/s/JKVJFGT)

**Absence data:** 2013 Average attendance: 89.3%  
**DECD Improvement Target:** 93%

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**New School Uniform**

Dear parents, caregivers and guardians,

We, the school captains, have launched a campaign into school uniform reform. Uniform has been a topic of debate within the student body for a while, so we decided to finally take action. The new proposed uniform policy has been met with positive feedback from both students and the Governing Council. Currently, the uniform at Roxby Downs Area School has some unclear guidelines concerning what is appropriate for school and what isn’t. This new uniform will ensure all students, teachers and caregivers know what is acceptable attire for school, and are able to access it. The new uniform will feature a summer and winter option, as well as formal attire for student leaders to wear at official school events. We believe this new uniform will bring equality and sophistication to our school, and also prepare our students for the workforce by showing them that there are specific clothing requirements for various workplaces. We would love any feedback on the surveys supplied concerning the uniform changes. Thank you for your consideration.

Sincerely,

Bailey Evans School Captain  
Caroline Wissell School Captain  
William Jones School Vice-Captain  
Zoey Male School Vice-Captain
On Thursday the 12th of June Miss Gubbin and Mrs Wilson’s Year 3/4’s visited Woomera for an overnight camp. For many students, it was their first camp so it was a very new and exciting opportunity for them.

Some of the organised activities that the students were involved in included visiting Breen Park for a team challenge, engaging with some of the Woomera Area School students for fun and games in their school gym, visiting the Museum and Heritage Centre, Bowling Alley and Missile Park. The Eldo Hotel provided us with accommodation and an impressive buffet dinner and breakfast, which the students, staff and parents were really happy with!

Thank you to the parent helpers who offered their time and efforts for the 2 days, we really do appreciate your kind support. All-round, the camp was a fantastic learning experience for the students. The students represented RDAS well with excellent behaviours and enthusiasm with all activities!

**Camp Recounts**

On Thursday the 12th of June Miss Gubbin’s Year 3/4’s and Mrs Wilson’s Year 3’s went off on a camp to Woomera. I was very excited to go on my first school camp! It took about 45 minutes on the bus to get there. *Tayah Jones*

When we got to Woomera we went to the ELDO and then we unpacked and then we went to Breen Park. *Michael Gobbie*
Then we walked to the Woomera primary school and had P.E and there is only 12 kids at the school and they have a trampoline and these swing ropes. Gabbi Scobie

It was so much fun! When we did the challenge we didn’t win but it was fun. Then we went to Woomera school to do some fun activities first I went on the ropes and then I went on the ladder after that I went on the trampoline. Benildus Tovakuta

Then we walked to the Woomera primary school and had P.E and there is only 12 kids at the school and they have a trampoline and these swing ropes. Gabbi Scobie

On the camp we had a lot of fun and we went to the Woomera Area School and I played dodgeball. Bodie Olds

On the camp we had a lot of fun and we went to the Woomera Area School and I played dodgeball. Bodie Olds

On Friday we went bowling and then went to the museum. Georgia Freemantle

The next day we went for breakfast then we went to the museum and bowling then we went to the park, everybody had fun then we went back to Roxby Downs. C-Jay Hobbs

Then the next morning we went to the museum and also went to the bowling alley. Then after that we went back to school and on the way back to school we got to eat on the bus. Anzac Buza

Firstly when we got to Woomera we got the key to our rooms and we unpacked before we had our first challenge at Breen Park. Secondly we had to walk a fair way to reach Breen Park. When we got there we saw lots of birds that came from different parts of Australia and what we have to do was answer questions about the park I didn’t mind that we got a low score at least we tried. Charlotte Miller
On the first day back of Term 3 Miss Gubbin’s Year 3/4 class talked about what qualities a student at Roxby Downs Area School should have to be a successful and positive learner. The qualities were written on pieces of paper that students thought were important and put inside balloons that were blown up to make their own “Values Balloon Buddies” that they named. Some of these qualities included being respectful of other people’s belongings, using your manners, keeping the yard tidy, helping others and persisting with your work. When the Balloons deflate or pop we’ll read out the messages as a class for a quick reminder!
The Variety Bash breakfast will commence at 7am. $30.00 per family or $15.00 per person. All money raised goes directly back into the RDAS. Please come along and join in the fun.

Kind regards
Vern Kruger
President
RDAS Parents and Friends Committee
Some of our students working with local Aboriginal Artist Colleen Taylor on this year’s NAIDOC banner.

“CONGRATULATIONS”

A Big congratulations to Nissa Gordon who was the winner of the NAIDOC DAY Aboriginal Student of the year award. Nissa is currently completing her SACE and is also doing a traineeship with NAB. Nissa is involved in the community being part of many events and committees. Some of these include YAC, YHAG and blue light discos. She is also doing her Duke of Edinburgh award.

Well done Nissa, you should be very proud.
Hi everyone, hope you are doing well.  
I came across a quote which I thought was great and something worth thinking about.  

"In every encounter we either give life or we drain it; there is no neutral exchange."

Brennan Manning

In the conversations we are having with family, friends, teachers, work colleagues and others, we can choose to speak life into the people or we can drain it from them. I am sure we have all had conversations we have come away from feeling drained but have we also drained others with our words. Choose to speak positive life into the people you come across and there is a good chance you will find life coming back to you.

Michael Cantell  
RDAS Christian Pastoral Support Worker.  
Providing pastoral care and support to students, staff and families  
At school on Tuesday, Wednesday and Thursday  
Tel: 86710011  
Email: Michael.cantell237@schools.sa.edu.au
SCHOOL DENTAL SERVICE

The School Dental Service is a Child Dental Benefits Schedule provider. All babies, children and young people under 18 years are welcome to attend.

**Dental care is FREE for most children.** Children who do not qualify for the Child Dental Benefits Schedule can also attend – a small fee will apply for each course of general dental care provided.

All dental care provided is FREE for preschool children.

To locate your local School Dental Clinic, or for more information about the Child Dental Benefits Schedule, visit www.sadental.sa.gov.au
**YEAR 10 Visual Arts**

This term in year 10 art we have been learning about drawing techniques and portraiture. We have been working with different mediums such as charcoal, acrylic paint, HB pencils and markers. So far we have created a number of self portrait experiments involving paint and charcoal. Here are a few examples. We are working towards a final project where we will get to create a portrait of a style of our choice.

![Artwork by Maddison Cordy](image1)
![Artwork by Andrew Jones](image2)
![Artwork by Jordan Gibb](image3)

![Artwork by Jake Zeptner](image4)
![Artwork by Madelyne Bourne](image5)

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**Year 5/6 Woodhouse Camp!!**

On Monday week 10 Term 2 students from Mrs Greenfield’s and Mrs Prosser’s 5/6 class woke up early to travel to Adelaide for an amazing camp in Woodhouse. We left while dark in order to get to Woodhouse in the afternoon. We arrived, settled in and got split into 3 groups ready to get straight into first activity. Some of the activities were orienteering, Frisnet Golf, the Heritage Walk, Cooking, Laser Skirmish and many more exiting activities. After we had some free time before tea.

Tuesday we woke up to the smell of scrumptious bacon and eggs. We were dressed and down there in a flash to have breakfast and organise for another activity. We had 4 activities each day with yummy meals in between them.

Our last day was definitely the most fun one. For free time we went up to Challenge Hill and had free choice on the equipment such as the MASSIVE slide, rock climbing, rope activities, tightrope walking, the Mouse trap and many more.

Thursday we got up and left to go back to Roxby. On behalf of all the students that attended we would like to say a great big thank you to the parent helpers Jason, Antoine, and Kyle and especially to Mrs Greenfield, Mrs Prosser, the bus driver and the workers at Woodhouse. We had a fantastic time!

By Shae-Lee Griggs and Samantha Whelan