Our School Vision: Empowering all to reach their potential.

Sister Pat’s Quote of the week.
What is the difference between fiction and reality? Fiction has to make sense. (T.Clancy)

WELLBEING WEEK 2015
R-6 Assistant Principal Report

Semester Changeover

In line with the secondary cohort of the school, the R-6 changed over to Semester 2 on Monday this week. This doesn’t have huge implications for your child however the timing of their specialist lessons (Health & PE, The Arts and Spanish) in the week has changed. Term Overviews will be sent out at the end of Week 1 next term and will outline these changes.

Assembly

The Semester changeover has also seen the timing of the Primary Assembly change. Primary Assemblies, commencing with the R-6 Assembly in Week 10 will now be held at 9am on Friday mornings instead of 12 noon. This change has been made to allow for the Kindergarten students to attend and contribute to assemblies as part of our Transition to School program. Another reason is to make it easier for parents to attend assembly following school drop off. We hope you welcome these changes.

Reports

Reports will be distributed Friday this week at school dismissal. If you are absent on Friday they can be collected in Week 10.

SCHOOL DENTAL SERVICE

All babies, children and young people under 18 years are welcome to attend the School Dental Service. Dental care is FREE for most school-aged children and ALL preschool children.

SA Dental Service participates in the Child Dental Benefits Schedule. A small fee may apply for children who are not eligible for the Child Dental Benefits Schedule.

To locate your local School Dental Clinic, or for more information about the Child Dental Benefits Schedule, please phone 8222 8222 or visit www.sadental.sa.gov.au
New Written Report: In Semester 1 we are using a new written reporting system for Year R-6 students. We would really appreciate feedback from parents in relation to the new format. All reports, both Year R-6 and Year 7-12, will be sent home on Friday 26th June, to enable parents/carers to follow up any particularly queries with teachers before the end of term. If you have any queries in relation to the reports, I encourage you to make an appointment to see your child’s care group teacher early next week.

Formal Exams for all Year 10-12 students: For the first time in recent years, all students in Year 10-12 finished off Semester 1 by doing exams. Developing the skill in being able to study and sit exams, learning how to deal with the stress and the pressure, is an important step in a child’s education. All students are likely to face situations in the future where they will need to undertake formal exams and/or entrance examinations and so these types of opportunities are important.

Bike Helmets: I have been made aware of the following information: “Legislation is in place that requires helmets to be worn when riding scooters, bikes etc. on a public road area. Parents can be fined for allowing their children to ride on the road without a helmet, with fines ranging from $113.00 to $156.00”. This was discussed at the most recent Road Safety meeting and so I encourage all students to ensure you comply, to both keep yourself safe and to prevent the risk of your parents being given an expensive fine.

Bikes and Scooters leaving the School Ground: Some of our students who ride bikes/scooters to school are leaving the school ground via the path and school driveway on the southern side of the Special Education Centre. Parents are asked to remind their children that they need to leave the school grounds by following the path on the northern side of the Special Education centre and the grounds shed, as this route leads safely to the footpath on Arcoona Street. Parents using the Roxbylinks carpark: It has been drawn to our attention that a small child was almost run over on Thursday morning in the Roxbylinks carpark as they were being dropped off at school. A younger child ran behind a car as it was backing and almost got hit. Can parents who use this location please discuss this with their children and be extra vigilant.

Wellbeing Week: We had an outstanding Wellbeing Week in Week 6 of this term; which was the culmination of months of planning by the wellbeing team, ably led by Beth Elliott. The most significant event from my perspective was the Cyber Bullying presentation from Sonya Ryan of the Carly Ryan Foundation. Both students and parents were given some important tips around the safe use of the social media. We also learnt some useful lessons around keeping a balance in the way we use technology. From Monday 15th, many of our students and families took on the technology challenge, where they have pledged to turn off their electronic devices and leave them in the kitchen between 9pm and 7am, for a period of 7 days. We’ll let you know in our next newsletter how many students and parents were able to successfully complete this challenge. We had lots of positive feedback throughout the week. The following comment resonated with me because it from someone outside of our school, looking inwards at what we do:

“While taking photographs for the school I watched the RDAS teachers take part in each Wellbeing Week activity alongside the students. From learning hip hop dance moves to practicing yoga to learning how to wash their hands. RDAS teachers not only supervised the pupils but participated with them. Every RDAS pupil had a go instead of just sitting the activity out, most noticeably in the “eat a rainbow” event and the boys learning hip hop dance moves with Mr Ball. The enjoyment they got out of the events was reflected in all the smiles and concentration while participating. “ ☺️
Wellbeing Week 2015

During Week Six, 1st to the 5th of June, we ran Well-being Week for the second year. The week was a combined school venture which included positive collaboration between St Barbara’s Parish and Roxby Downs Area School students and staff. The week highlighted for students, staff and the wider school community the importance of wellbeing which is one of our school priorities.

One key focus of the week was to highlight the facilities and services the community has to support/help in all areas of wellbeing. The week significant sponsorship and without this community backing the week wouldn’t run as successfully as it has in the last two years.

During the week students from both schools were engaged in a range of session activities on both campuses including: yoga, nippy gym and whole body group fitness class through Roxby Link, art work and signage design with Rachel Young, eat through a rainbow & hand washing skills with the Roxby Downs Health service, guided relaxation and visual imagery with Port Augusta Mental Health Service. Students planted seedlings in wicking beds in the community garden, Roy Showgun spent the day in the Home Ec kitchen cooking & teaching culinary skills. Louiza Hebhardt from Equilibrium ran a session on mental health in young people with our Year 12 students and an evening session with staff from local schools, kindy and childcare centres.

We had a performance from the Wellbeing Show for R-6 Academy of dance ran dance sessions for and theatre company Bell Shakespeare worked students on a short drama performance which Mining Minds building communities education launch.

Break time activities included live music performed by Jimmy Hall where students were able to have a go at playing some of his instruments while he sang and showed them some new skills. YAC and Kirstin from Roxby Downs Council ran giant games at lunch times, Photo booth sessions with Mooks Photography, YHAG and FlipSyde student health information stand and there were activities in the library.

The Carly Ryan Foundation & the Sammy D Foundation conducted parent and student sessions around cyber safety and safe partying. These were really well received and provided valuable strategies for both students and parents.

The week began with a joint assembly of St Barbs and RDAS schools. During the week a number of activities also included involvement of students and staff from Andamooka Primary School and Woomera Area School. To celebrate and conclude Well-being Week all RDAS students were involved in outdoor activities on Friday afternoon. These included house team football, soccer and netball, hand ball skills, mini golf and jumpy castle. The last two activities were kindly donated by D & D Wilkie. RoxFM and Vibe broadcast live and provided opportunity for students and teachers to speak on the radio.

Images by Mooks Photography, Charms Foto’s & school students
Yakarti Room

Last term Mr Simmons Year 7 class went to visit the Yakarti room in I Block. We talked about aboriginal people and looked at Dreaming stories. Then we looked at aboriginal symbols and did some dot painting. Everybody’s paintings were brilliant and different. It was really interesting and fun.

By Shae and Heidi

Sandy Gibb
Aboriginal Community education Officer

Nardene Montgomery
Aboriginal Education Teacher

EVENTS TO REMEMBER

- Coffee mornings – every Wednesday morning from 8:30 in Yakarti Room
- YASAP –Tuesdays from 3:00 to 3:30 in Yakarti room
- Aboriginal Women’s network group—last Thursday of every month 7pm to 8:30pm Roxby Downs Community Church (for more info ring Kerry Orr on 86719028)
- Multi-cultural coffee morning—Tuesday mornings @ the dunes from 10:30
NAIDOC WEEK
roxby downs
2015

Sunday 5th July
Opening Ceremony & Main Street Festival Richardson Place 12noon - 4pm

RED WING COUNTRY BAND,
DJ FLO, ROY COULTHARD, SAMARA HANLEY
Free event, bush tucker, live music, arts and crafts, childrens activities, face painting, jumping castle

Saturday 11th July
Indigenous Football Round town oval 12noon - 5pm
DUSTY FEET performance, face painting, kids crafts, raffles

Post Game Celebrations Dirt Circuit Club 6:30pm - 12am
entertainment provided by MC CAPER, ERIN WOOLFORD and JAMIE BUTLER
$10 entry includes BBQ tea. Bar facilities available.
While adulthood is filled with serious responsibilities, childhood isn’t exactly stress-free. Kids take tests, learn new information, change schools, change neighbourhoods, get sick, get braces, encounter bullies, make new friends and occasionally get hurt by those friends.

What helps kids in navigating these kinds of challenges is resilience. Resilient kids are problem solvers. They face unfamiliar or tough situations and strive to find good solutions.

When they step into a situation, [resilient kids] have a sense they can figure out what they need to do and can handle what is thrown at them with confidence.

This doesn’t mean that kids have to do everything on their own. Rather, they know how to ask for help and are able to problem-solve their next steps.

Resilience isn’t something we are born with, it is a learned skill and attitude – which means it can be taught. Teachers and Parents/Caregivers can teach kids skills to handle the unexpected everyday challenges and build resilience in their lives. Resilience is both a skill set and an attitude – an ability to adapt to the new and unknown, to encounter resistance without losing heart, to accept that things don’t always go our way and that hearing ‘no’ is part of life.

The way we see the world depends on our core and sub-conscious beliefs from the ‘truths’ or ‘life lessons’ we have learned. One of the beliefs that children are vulnerable to (through political correctness) is that everything is supposed to be fair. As adults we know that one of life’s big truths is that things are not always fair or equal. Helping our children understand that life is not always fair but that what matters is how they handle life’s inequalities can be foundational in helping them to develop resilience. Most importantly, we as adults need to model resilience in order to be effective in teaching it.

**Tips for raising resilient Kids**

1. Don’t accommodate every need.
2. Avoid eliminating all risk.
3. Teach them to problem-solve.
4. Teach your kids concrete skills.
5. Avoid “why” questions.
6. Don’t provide all the answers.
7. Avoid talking in catastrophic terms.
8. Let your kids make mistakes.
9. Help them manage their emotions.
10. Model resilience (when you make a mistake admit it).

Resiliency helps kids navigate the inevitable trials, triumphs and tribulations of childhood and adolescence. Resilient kids also become resilient adults, able to survive and thrive in the face of life’s unavoidable stressors.
Resource Centre News

We’d like to say a big thank to Andamooka Primary School for kindly donating some new shelving to the library. The spinners look fantastic with our Premier’s Reading Challenge books and Horrible History stories on display.

In Week 8 we celebrated Refugee Week 2015, with the theme of “With courage let us all Combine”. Using the book ‘Teacup’ by Rebecca Young as an example, some of our Junior Primary classes created some very thoughtful illustrations showing four items they would take with them if they had to leave their homes. Some particularly thoughtful responses included special toys and their families. These illustrations are currently on display in the Resource Centre.
RDAS Parents & Friends presents our 2015 fashion show fundraiser:

IN BLOOM

Saturday, 27 June    RDAS School Hall
6.30pm for 7pm start

Tickets $25 including glass of champagne and light supper - drinks also available for purchase on the night

Tickets AVAILABLE NOW from RDAS Front Office, Roxby Downs Police Station & May/June Market Days (unless sold prior)