FROM OUR PRINCIPAL

Hello everyone!

Swimming Carnival
Just a reminder that our annual Swimming Carnival is on Tuesday 28th February. I hope to see as many parents/caregivers and community members there as possible to support this excellent event!

Learning Update
Now we are at the end of Week 4, it is great to see how well a majority of our students have settled into their learning routines, especially our Year 12s! Most students are using their diaries to record homework and other reminders, as handy hints to organisation and using study lessons to catch up on assignment work.

In my travels through the Primary block, I noticed that Luke Shepley’s R-3 students have been diligently getting into their reading. Thank you to Jo Sawyer and Elaine Stocks for volunteering to assist Luke with the task of listening to students read.

Our Year 3-5 class teacher Fiona Schiller has been busy with computing and it is amazing how much the students can navigate their way through programs, especially Mathletics - an interactive numeracy program that our students are using again this year.

A Diary Date
During the afternoon and evening of Monday 2nd April (Week 10) our Reception-Year 12 parent-teacher interviews will be held. It is expected that all students in Years 11 and 12 (SACE) will have interviews for parents/caregivers to discuss progress, so please if possible, mark this date on the calendar. More information will be sent home in the coming weeks.

Pupil Free Day
You may have heard in the media that schools have been given an extra two days to work on the implementation of the Australian Curriculum and Reporting processes. As such, our Governing Council has supported us to have a pupil free day on Tuesday 13th March (the day following the long weekend). We thank parents/caregivers for their support with this process.

Have a great week everyone!

Lynne Hastings
Principal
GOVERNING COUNCIL

Hi Everyone!

The Swimming Carnival is next Tuesday and I hope that all parents get behind this wonderful event and send their children along for the fun of the day. The biggest winners on the day are not always the ones who are fastest in the pool!

The Canteen will be catering for the event with fresh chicken/ham salad rolls and a sausage sizzle. We will also be providing drinks, cakes and ice creams. There is no need to pre-order. We hope that some of you can volunteer some time to help out with the catering, as well as helping out with swimming events on the day. Please call the Canteen Manager Roxy if you are able to assist.

On another point, there has been a lot of talk in the community about the School, some very great and this is what we like to hear. However, I would urge all parents if they have a grievance to take this to a staff member, the Principal or myself rather than discussing these matters in the wider community. All ‘bad press’ reflects on all students. This is not fair to students who are getting on with their learning and does not reflect at all on the positive things that happen in the School every day.

My contact details are: home phone 8581 1777, mobile 0428 544 283 and email warrigal777@gmail.com.au

SONIA NEVILLE
Chairperson, Governing Council

CANTEEN CORNER

WEEK 5 SPECIAL

Fried Rice

Spaghetti bolognaise

Stir fry

Pasta twirls

$3.00 each

Keep Smiling
Roxy

ASTHMA NEWS

Research from the Asthma in Australia Report 2011 shows that Emergency Department visits typically peak in late summer (February), particularly among children under the age of 15. While the reasons for this cannot be fully explained the current evidence suggests respiratory viral infections and allergen exposure contributes to the increase in hospital visits in children this time of the year.

FREE Live Well Information Sessions are designed to provide people with asthma, eczema, allergies, anaphylaxis and chronic lung conditions information on how to manage their conditions. Information sessions are held at 300 South Road, Hilton SA 5033.

Eczema
Wednesday 14th March 6:00 to 8:00pm

Chronic Lung Conditions
Thursday 15th March 10:30am to 12noon

For more information or to book for the session please call 1800 645 130.
YEY 12 HOME ECONOMICS

Over the past couple of weeks the Year 12 Food class has been working as a group to organise a catering event for selected teachers and students in Week 5. The theme of this event is ‘Tapas’. Tapas are traditional Spanish finger foods that have become quite popular in Australia in recent years.

As a class, students created a menu that incorporates traditional Spanish Tapas along with more familiar Australian finger foods to show a contrast between the two cultural approaches to this type of food.

The class is looking forward to this opportunity to cater for their invited guests in Week 5.

DANIELLE BROWN
Home Economics Teacher
**COMMUNITY NEWS**

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**Parenting & Mindfulness**

What is Mindfulness?

“Mindfulness means paying attention in a particular way; On purpose, in the present moment, and non-judgmentally.”

Jon Kabat-Zinn

You are invited to attend the Parenting and Mindfulness Six Week Group

Where: Gawler Health Services
Starting: 5th July – 9th August
Time: 7:00pm – 9:00pm

The Group will cover Mindful practices and exercises such as:

- Mindfulness & Parenting
- Mindful Breathing
- Mindful Eating
- Body Scans
- Mindful Movement
- Stress & Thinking
- Applying Mindfulness

This 6 week group will assist you in developing mindfulness skills; bring yourself into the present moment in a non-judgmental way with a level of acceptance of the present moment, whatever that moment brings.

Mindfulness can bring a level of calmness and acceptance for you, your partner and children.

To enrol please contact Michael Evans on Ph: 8521 2080
Mob: 0434 368 981

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**EUDUNDA BASKETBALL CLUB**

Junior and Senior Presentation Night will be held on Sunday 11th March commencing at 7:00pm at the Eudunda Sporting Clubrooms. Pooled tea - please bring a plate to share. Please come along to help celebrate the achievements of our basketballers.

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**Community Family Fun Day**

Sunday April 1st 2012
11am - 3pm
at Eudunda Oval with food, drinks & entertainment
proudly presented by Eudunda Childcare & Eudunda Kindergarten

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**Net Set Go – 2012**

Net Set Go is a sporting opportunity for ages 5 - 10 years old. It’s designed to support & develop essential skills needed for netball. This year sessions will be run on Thursday nights, 4pm to 5pm, alternating between Robertstown and Eudunda netball courts (following the junior & senior practicing timetables). The first session this year will be on Thursday 26th April (location to be advised). Cost $45.00 which includes sessions & a sports bag containing Gilbert netball, Smash Lunch box, drink bottle, snack pod & activity book. A great opportunity for children to learn netball skills. All interested participants please give contact Chantel Schutz on 0427201361 or Renae Sauer on 0421649867 so that packs can be ordered.

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**Parenting & Mindfulness**

**Sleepwise**

Positive sleep practices for young children

Do you have a battle every time you put your child to bed?

Does your child wake and have trouble re-settling during the night?

A series of 3 interactive workshops for parents

Presented by Ali Murch and Kerri Cain, Occupational Therapists

This workshop will include:

- Causes of sleep disturbance
- Positive sleep practises
- Sensory, behavioural &communication approaches
- Developing a sleep plan

Where: Cross Road Family Learning Centre,
Magnolia Rd, Tanunda

When: Thursdays 15th, 22nd March, 5th April 2012

Time: 9:30 – 11:30am; Session 3 concludes 12 noon

RSVP: Tuesday 15th March 2012, Marshel Taylor 8521 2080 or 8563 0690

Childminding will be provided but numbers are limited. Book early! Please advise Marshel Taylor if you require childminding.

Don’t worry - strong coffee will be provided!!!

Inner North Country Health Service, Healthy Families Team
Phone: 8521 2080 or 8563 0690