FROM OUR PRINCIPAL

Hello everyone!

This fortnight has been a busy one with our Primary students doing their swimming lessons each day at the Eudunda Swimming Pool. We have been combining lessons and some of the work between swimming lessons with Robertstown Primary School. It has been fabulous for all of our students to create the link of friendship and to have some special guests - the Robertstown Primary students and staff visit.

The Parent Information night last Tuesday night gave parents/caregivers the opportunity to meet all of our staff and stroll through classrooms and areas where our students learn. If you were unable to attend and would like to have a tour of our school or talk to your child’s teacher/s please feel free to contact us.

At the end of the first three weeks of this term it has been great to see almost all students attending each day and settling into the new school year. I would remind everyone that Terms 1 & 4 are Sunsmart terms and would encourage everyone to ensure that they have a hat to wear. Hats can be purchased through the Front Office, along with school uniform items.

In this week’s newsletter you will see the start of some staff profiles, and we will feature staff each fortnight so that you can know a little about each of us!

Have a great fortnight everyone!

Lynne Hastings
Principal
GOVERNING COUNCIL REPORT

The Governing Council held our last meeting before the AGM, on Monday 11th February.

We voted on dates for four pupil free days and a school closure so the teachers can train in the National Literacy modules. This is part of the National Curriculum and will benefit students from R-12. We hope you can all support this decision. The Pupil Free Days are on 12th March, 11th June, 5th August, 23rd September.

Council also voted to have a new school jacket, which is black with white trim and will have the school logo. The jacket will be available from the school soon.

I would like to remind parents that we charge the minimum DECD school fees, which leaves no extra funds for camps, excursions and other extracurricular activities. We would like suggestions for fundraising and parental support.

The AGM will be held on Tuesday 5th March and we look forward to seeing some new parents on Council. There will be positions vacant so please nominate and support your school.

SONIA NEVILLE
Chairperson

BREAKFAZT 4 KIDZ

My Name is Beau Schaefer and I am the Christian Pastoral Support Worker (CPSW) at Eudunda Area School. In term three last year I started a Breakfast Program and am excited to do it all again this year with a few small changes.

This year it is called Breakfazt 4 Kidz and it will be on from 8:30 to 8:50am Tuesdays and Wednesdays. This program is for everyone, students from Reception to Year 12, parents and staff. This program is about making sure that students start of the day with a full stomach, also it is a great chance for them to meet new people.

Every three weeks there will be something special to eat at Breakfast Program, last year I did French toast and pancakes. So stay tuned to see what is on the menu this year!

Beau Schaefer
Christian Pastoral Support Worker

CANTEEN CORNER

Welcome back for 2013. The Canteen is open five days this year, apart from closing on Monday 18th, Tuesday 19th and Wednesday 20th February, due to classes being on camp. Other than this, students will be able to order their lunches every day.

Please take note that in your information packs that were sent home in Week 1 there was a copy of the menu.

Keep smiling!

ROXY ROSENZWEIG
Canteen Manager
Mrs Joanna Connelly
I have previously taught for many years at Eudunda, in the Reception/Year 1 class. Following a year last year at Kapunda Primary School, I have now returned to Eudunda, though in a new and very exciting role. I live on a little farm near Marrabel in a Connelly built house. Our two sons are now at university in Adelaide but often visit to help with farm jobs.

Mrs Fiona Schiller
I came to Eudunda in 2003 working as a Music and NIT teacher. Since then I have had my three beautiful children. I have returned this year as the class teacher for Reception to Year 2. I am also teaching LOTE, Music and the Choir. I really enjoy a relaxing coffee and chat with my friends.

Miss Ashlee Prior
I began teaching at Eudunda Area School in 2012. This year I am the Years 3/4/5 class teacher. I enjoy playing netball and spending quality time with family and friends.

Mrs Anna Roebuck
I began working at Eudunda Area School in 2006 as the Senior School Coordinator and I now team teach the Year 5/6/7 class with Vanessa O'Brien. I enjoy playing netball, golf and tennis. I also enjoy spending time with my family, gardening and shopping.

Mrs Vanessa O'Brien
I am team teaching with Anna Roebuck in the gorgeous Year 5/6/7 class. I look forward to an exciting year ahead. We have many fantastic programs running in our classroom: ‘X-Factor’ and ‘Minute to Win It’ to name a couple. We have begun our History/Art topic on Egypt and can’t wait to see our giant Tutankhamen wall mural finished.
PRIMARY SWIMMING LESSONS

Week 3 has been a very busy week for the students in the Primary level classes of our school, as they have been attending swimming lessons at the lovely new pool facilities. The students have spent quality time with instructors April Dunstan and Mel developing and improving their survival skills and varied swimming strokes. The students have displayed great enthusiasm and commitment to their swimming lessons, completing their activities in the lessons with great confidence. Here are some pictures of our time in the swimming pool.
10 ways to promote good mental health & wellbeing in kids

This year make mental health a parenting priority. Kids with good mental health feel better, learn better and are better equipped to handle life’s curve balls.

It seems strange to talk about promoting good mental health in children.

Shouldn’t all children naturally have good mental health habits? After all, childhood is supposed to be a pretty relaxed time of life, free from the pressures and stresses that come hand in hand with adulthood.

Sadly, it doesn’t seem that way. According to the Australian Psychological Society one in seven Australian children experience some type of mental health issue, with ADHD, anxiety and depression being the most common.

Having good mental health doesn’t mean kids don’t experience difficulties or worries. Feeling worried, sad or fearful is normal. Kids who are mentally healthy are equipped to handle many of life’s curve balls that come their way. They also don’t let their emotions overwhelm them. As a result they learn better and have more friends as well.

As a parent it’s useful to reflect on the mental health habits that you promote in your kids. Here are ten ways to promote good mental health and wellbeing in kids

1. Model good mental health habits: If you, like many parents, live constantly with stress then consider ways to actively minimise it, such as getting regular exercise, plenty of sleep and doing relaxation exercises. Not only will this improve your mental health, and make you easier to live with, it will send a strong positive message that mental health is important. It’s worth remembering that kids learn what they live, so make sure they see good mental health habits first hand.

2. Make sure they get enough sleep: Sleep is the one of the building blocks of mental health and wellbeing. Many children and just about all teenagers are sleep-deprived at the moment. Many parents are sleep-deprived as well! Children need between 10 and 12 hours’ sleep to enable proper growth and development, while teenagers need a minimum of nine hours. One of the single most powerful strategies to improve kids’ abilities to cope with stressful or changing situations is to ensure they get enough sleep.

3. Encourage your kids to exercise: When my mum would tell me all those years ago to turn the television off and go outside and play, she didn’t know she was promoting good mental health. She just knew that physical activity was a good thing for an active growing boy. Kids today get less exercise than those of past generations, which is an impediment to mental health. Exercise stimulates the chemicals that improve mood and release the stress that builds up over a day. An hour’s movement per day seems the minimum for kids. How much exercise does your child receive?

4. Encourage creative outlets: Kids should practise creativity if for no other reason than it helps them experience the state of ‘flow’. This is the state of getting so immersed in an activity that you forget about time and place. Writers and other creatives understand the concept of flow. It’s energizing and helps take stressed and worried kids out of themselves.

5. Provide a space of their own: Children of all ages benefit from having some space of their own where they can think. Quiet time and down time give boys the chance to let their thoughts wander around inside their heads. It also helps them get to know, and even like, themselves. Boys will often do their best thinking on their own, so they tend to retreat to their caves (bedroom) when things go wrong at school or in their relationships. They need to go within to find their own answer.

6. Talk about their troubles: A problem shared is a problem halved. Talking about what’s worrying you is a great way to remove the burden of worry and reduce anxiousness. Some kids bottle up what’s inside, while others will catastrophise a situation, which can make matters seem worse. If your child has a problem let him know that his...
KAPUNDA & EUDUNDA CHAPLAINCY SUPPORT GROUP - The next meeting is to be held on Tuesday 19th February at the Uniting Church Hall, 6 Church Street, Kapunda at 7:30pm. All persons interested in hearing about and supporting the work of the Christian Pastoral Support Workers are encouraged to attend. Enquiries to Chairperson Gary Schmidt on 0439 592 680.

FOR SALE: FREEZER & COOL ROOM
Tenders are invited for the following items no longer required in Eudunda Area School’s Canteen:
- Westinghouse 700 litre deep freezer, dimensions 925 H x 1700 W x 760 D
- Resco cool room, dimensions 1500 H x 900 W x 1000 D
Both units are old but in working order. Tenders close 4pm Thursday 28th February 2013. To arrange inspection, please ring Roxy Rosenzweig at the school on 8581 1500.

ANGASTON SHOW - Novice Shearers - As part of the Angaston Show, the Angaston “Vintage Shears” this year is focussing on the young novice shearer with the Support of “Australian Wool Innovations”. Students are invited to come along and access this industry as a possible career choice for the future. There will be a demonstration shear and a chance to “have a go” supported by a qualified shearing instructor. Those who have shorn a sheep before are encouraged to enter the novice shear which is free to enter. The usual intermediate, senior, open and this year a fleece throw will be held on the day which is SATURDAY 23rd FEBRUARY commencing at 9am. Convenor: Barb Warnest, phone 8564 2581, mobile 0448 942 581. Any queries, see Mr Cluse at Eudunda Area School.

Potluck Workshops
Cooking With OLIVE OIL Workshop & Information Session
Date: 01/03/2013
Time: 3pm - 5pm
Presented by Tracey & Brian Wostikow
Wozz Grove Extra Virgin Olive Oil
Eudunda Daycare Centre Gold Coin Donation
Contact person: Marie Prior 8581 1404

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