

Principal's Message

Lots is happening around wellbeing in the next couple of weeks. Wellbeing is critical to healthy living and learning. We hope that all students and families engage in the programmes being offered.

Mrs Di Robertson

di.robertson813@schools.sa.edu.au



Bus

The bus has arrived and a permission form is going home today with this newsletter for the first excursion to a SALA event. Please return your form promptly to the front office.

Student Free and School closure

Please ensure that you have organised alternate arrangements for the Student Free Day on September 6th and the School Closure for Show Day on September 7th.

Book Week

Excitement is building for our Book Week events. We are so fortunate to have Liz Frankel visit our R-7 students.

Life Matters

On Tuesday 20th August, we will also have the team from Life Matters who will give a values presentation to our students.

"During For or Against, we aim to broaden the conversation around bullying to one that includes all people; reminding us that each person has a responsibility to show kindness, respect and inclusion to those around us. We ask the simple question: are you for or against others?"

Wellbeing Survey

This week our students in Years 4-7 completed a Wellbeing and Engagement survey. This is not a compulsory collection, but one which is encouraged. All schools in our

Partnership participate and we use the collected data for our response.

PAT testing

PAT tests will take place over September. We are preparing accommodations for students and look forward to celebrating progress with our students.

Governing Council

Governing Council is in discussions about the notion of using our bus for students to access kindy and child care. This service would be only for children enrolled at Truro PS. We will update you as we have information.

CybersafeME

Please register for the CybersafeME parent session on Tuesday, 4th September at 3.30 for afternoon tea before the 4pm session. It is hope all families are represented at this critical information on Cyber issues.

Sports Day lunch orders

A Sports Day lunch order form is attached to this newsletter. Please return orders and money to the front office by Thursday 23rd August.



Term 3

Monday 20th August - Friday 24th August ****
BOOK WEEK ****

Wednesday 29th - Thursday 30th August
Fathers Day Stall (3:30-4:30pm)

Tuesday 4th Sept - Assembly at 3pm

Tuesday 4th Sept - CybersafeME Parent Session 3:30pm for 4:00pm start

Thursday 6th September - Student Free Day

Friday 7th September - School Closure Day

Monday 10th September - School Photo Day

Friday 14th September - P&F Meeting @ 9am

Friday 28th September - SPORTS DAY at Springton PS

TRURO PRIMARY SCHOOL

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Newsletter

SCHOOL NEWS

Merit Awards

Emily Matheson For working hard to recall difficult letter sounds.

Blake Rasmus For improved focus during the start of Term 3.

Axl Habel For displaying excellent problem solving and persistence in Numeracy. Keep it up Axl!!

McKle Donovan For showing enthusiasm and the ability to follow choreography in dance!

Reading Awards

150 Nights

Mackenzie Bartel, Blake Rasmus, Anna Doecke, Hamish Robertson, Callum Robertson, Emily Matheson, Jhett Godfrey, Caylee Robertson, Kendra Schmidt, Madelyn Schmidt, Jessica Staehr, Maddison Anderson, Axl Habel, Charlize Linke, Kaylee Bartel, Montannah Habel, Kayden Carlsake, Michala Schmidt.



Aussie of the Month

Stephanie Burgemeister



Stephanie has shown a significant improvement in her attention to detail across all subjects at school. She has shown great leadership, maturity and a dedication towards self-improvement.

Congratulations Stephanie

A message from our PCW

Hello everyone,

I hope all is well.

What is self-talk?

Self-talk is something everyone does. Self-talk is those thoughts we have about ourselves and our lives. These thoughts can have a direct effect on our mental health, which can be good or bad depending on what these thoughts are.

You can have positive or negative thoughts about yourself and your life that can affect how you are feeling, your confidence and self-esteem. e.g., you might compare yourself to other people, which may lead to you thinking you are not good enough. This is negative self-talk because you are being hard on yourself and thinking this way will stop you from seeing your good points.

If you keep repeating thoughts about yourself often you can end up believing that they are true.

Like anything, thoughts can become habits and these can be hard to break. So if your self-talk is always down it might be hard to believe the good things about yourself.

There are times in our lives when things are tough and it is hard not to get down on ourselves. When one thing goes wrong in one area of our lives it's easy to start to think that everything is wrong in our lives.

Our thoughts can start to race, we blame ourselves and say things like "how can I be so stupid", "I can't do this" etc. and we can feel bad about everything. In these times of negative self-talk, we need to calm ourselves, stop for a minute and check the way that we are talking to ourselves.

Ask yourself some check questions:

- Am I focusing on my weakness and forgetting what I am good at and what is good about me?
- Am I making things seem worse or bigger than they really are?
- Am I being too hard on myself?
- Am I being realistic?

What can I say to myself that is more encouraging?

In the book "Being Happy" Andrew Matthews shows how positive affirmations can help. If you repeat the same thing to yourself enough times you will start to believe it. So why not try repeating something positive to yourself such as "I can do this", "I have great qualities".

Try using positive thoughts to help encourage yourself, maybe even try writing them down or saying them out loud, it will sink in to your mind and have positive effects on your feelings.

Positive self-talk helps you calm down, feel more confident, and see things in perspective, but most of all it helps you build good relationship with yourself. This is important to have so you can build good relationships with others.

Regards,

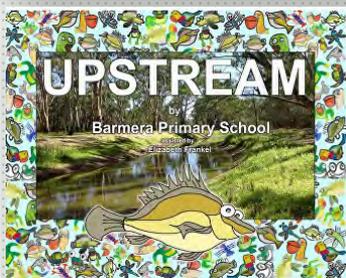
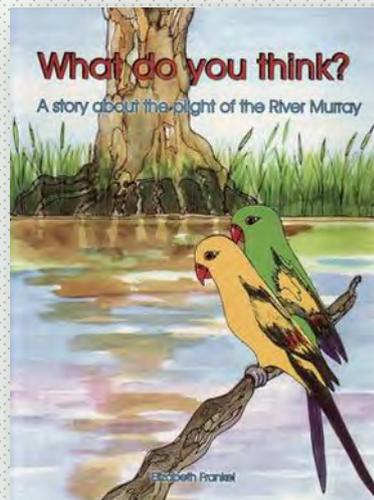
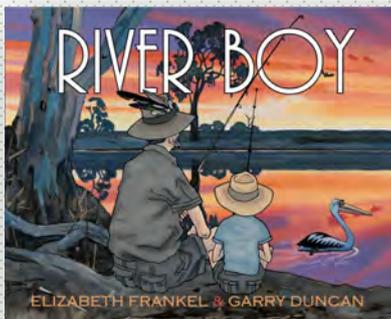
Renee 😊

LIBRARY NEWS

BOOKWEEK 2018 - August 20th - 24th



YAY its bookweek next week!!! We have quite a bit planned for the week including a Book Fair, Dress Up Day and we have Author Liz Frankel visiting. There will also be activities for the children to do in the library at lunchtime during the week.



- ◆ Liz Frankel will be visiting on Monday 20th August.
- ◆ Dress up day is Tuesday 21st August.
- ◆ Dress up parade will be at 9am.
- ◆ Book Fair - Wednesday 22nd Aug - Wed 29th Aug, 3:30-4:30pm in the lizard learning room

Students are invited to dress up as one of their favourite book characters. They will need to bring the book with them on the dress up day and explain why that character is their favourite.

All participants will receive something for dressing up.

Jenni

P&F NEWS

Heat-Up Lunch Days

In the winter months we like to provide an opportunity for children to have a warm lunch. Please find following a roster for Heat Up Lunches each Friday (except for lunch days) for Term 3. Please let office staff know dates you can help. We will need at least two parents each week to help with the heating up of student lunches. Every 3rd Friday will be a soup day. If you are willing to donate a large pot of soup for the day even if you can not be here to help, please leave your name with Jenni in the front office.

BIG THANKYOU TO ALL THE MUMS THAT ARE HELPING OUT FOR HEAT UP LUNCH DAYS AND MAKING SOUPS, ITS GREATLY APPRECIATED.

If we do not get enough volunteers we will not be able to provide this option for your children in the winter months. If you can please spare approx 1hr it would be greatly appreciated. Heat-up lunches can include soup, sandwiches for toasting, leftover dinners, etc.

Where possible we encourage healthy options in line with the Right Bite Policy. Please clearly name your child's lunch and include eating utensils. Any parents of students are invited to help with heat up lunches. Please let Rachael or Jenni know if you can help out. If there aren't enough helpers then there will be no heat up. On soup days there is no other heat up of lunches, students will need to bring their lunch if they are not having soup.

TERM 3	
Friday 27th July - Helen	Denita
Friday 3rd August - Jess	Leah
Friday 10th August - SOUP DAY Soup Denita (pumpkin) - Server Denita	Soup Chloe (chicken) - Server Helen
Friday 17th August - Julianne	Helen
Friday 24th August - Leah	???
Friday 31st August - SOUP DAY Soup Jess (tomato) - Server Jess	Soup Julianne (pumpkin) - Server (Helen)
<u>Friday 7th September - ***SCHOOL CLOSURE</u>	<u>DAY ***</u>
Friday 14th September - Jess	Helen / Julianne
Friday 21st September - SOUP DAY Soup Leah (cream of chicken) - Server Leah	???
<u>Friday 28th September - ***SPORTS</u>	<u>DAY ***</u>

WHAT'S HAPPENING

Term 3	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK 1	July 23 Term 3 begins	24	25	26	27 P&F Meeting 9am
WEEK 2	30	31	August 1	2	3
WEEK 3	6	7 Assembly at 3pm	8 Governing Council Meeting	9	10 SOUP DAY
WEEK 4	13	14	15	16	17 P&F Meeting 9am
WEEK 5	20	21	22	23	24
← BOOKWEEK →					
WEEK 6	27	28	29 Fathers Day Stall 3:30-4:30pm	30 Fathers Day Stall 3:30-4:30pm	31 SOUP DAY
WEEK 7	September 3	4 Assembly at 3pm CybersafeMe parent session - 4pm	5	6 Student Free Day	7 School Closure Day
WEEK 8	10 PHOTO DAY	11	12	13	14 P&F Meeting 9am
WEEK 9	17	18 Assembly at 3pm	19	20	21 SOUP DAY
WEEK 10	24	25	26	27	28 SPORTS DAY at Springton

Term 3 Assembly dates and host classes

Tuesday 7th August - JP Class hosting

Tuesday 4th September - MP Class hosting

Tuesday 18th September - UP Class hosting

COMMUNITY NEWS

advancedlife
school photography & print specialists



Our school photos will be taken on Monday 10th September 2018

For the convenience of our school community, school photos can be ordered and paid for online using a secure online platform. Orders placed online DO NOT require an envelope, cash/cheques or paperwork returned to school.

Envelope Orders: photos can also be purchased in the traditional manner using an envelope, with cash/cheque enclosed.

The preference of our school is that orders and payments be made online, as this reduces the administration and associated security issues related to the return of cash & envelopes on photo day.

To place your order visit www.advancedlife.com.au and enter the code- **PM6 RP7 AVZ** This code can also be found printed on your envelope. Please be aware that-

1. Sibling/Family Photos can be ordered online or via envelope. To ensure a smoothly run photo day, online orders for *Sibling/Family Photos will be cut off at 12.00 a.m. the night before our photo day* to allow a list of students that require Sibling/Family Photographs taken to be compiled. Sibling photos can still be ordered after the online cut off date by collecting an envelope from the office and returning the envelope on photo day with your payment enclosed.
2. All online orders should be placed on or before our day of photography.
3. The online code above may also be used to order sports and other group photos.

All orders placed online will be delivered to the school for collection

 **positive partnerships**
Working together to support school-aged students on the autism spectrum

Free Two Day Workshop for Parents and Carers **Barossa Valley**
4 & 5 September 2018

Positive Partnerships is coming to a location near you!

Join us for 2 days of learning with other parents and carers of school aged children on the autism spectrum, designed to help you foster productive school, family and community relationships to provide the best kind of support for your child. Our workshops are for parents, carers and grandparents wanting to understand more about autism and learn practical strategies using evidence based resources to help maximise their young person's learning.

What will you gain by attending this workshop?

- An increased understanding of the impact of autism
- Further knowledge about how to develop effective partnerships with your school
- Information to help you access further support both inside and outside of school
- An opportunity to be part of a support network where you can share strategies and experiences with other parents/carers
- An understanding of a planning tool that can be used to share key information related to your child

Workshop details

Venue: Vines Inn Barossa
14 - 22 Murray Street
Nuriootpa SA 5355

When: Tuesday 4 and Wednesday 5 September 2018
9.30 am - 2.30 pm (Registration from 8.45 am)

Catering: Morning tea and lunch is provided. Please advise any dietary requirements upon registration.

Register Online: positivepartnerships.com.au Registrations open Wednesday 20 June 2018 and close one business day prior to the workshop. Register early as places are limited!

Questions? If you are not able to register online please call the Positive Partnerships Infoline : 1300 881 971 or email parentz@autismspectrum.org.au

The Positive Partnerships initiative is funded by the Australian Government Department of Education and Training through the Helping Children with Autism package and is delivered by Autism Spectrum Australia. The views expressed in this publication do not necessarily represent the views of the Australian Government or the Department of Education and Training.



SA Dental Service

Keep your kids smiling



Dental care is FREE for ALL babies, preschool and most children under 18 years at School Dental Service clinics.
The School Dental Service is a Child Dental Benefits Schedule provider.

Call us now for an appointment!

Your local clinic is: Nuriootpa School Dental Clinic
Phone: 8562 1544
www.sahealth.sa.gov.au/sadental



AVIATION OPEN DAY
MID NORTH
CHRISTIAN COLLEGE
FRIDAY 24th AUGUST 2018 10-2PM



COMMUNITY NEWS



FREE Food
DRINKS
Activities
Games

FUNday SUNday

10:45 am: Family celebration service
11:30 am-3:00 pm: Free fun family activities

September 9th TANUNDA OVAL

For more information contact Judy 0422742984
Hosted by the Tanunda Churches



ONLINE REGISTRATIONS OPEN

FROM: 1st- 30th AUGUST 2018
New Members Welcome
Juniors, Seniors, Night, Ladies, Hot Shots
Club Coach for 2018/2019
Grant Daniel
Registration Link:
<https://my.tennis.com.au/OnlineMembership/661776>
Any problems with the registration process please contact Tennis Australia
(1800 752 983 - play@tennis.com.au)
and they will help you through.
Any other enquiries, please email us at:
vinevaletennisclub@hotmail.com



BAROSSA UNITED

NEW U15 GIRLS SOCCER TEAM

Seeking 12, 13 and 14 year olds keen to play in an all girls FFSA Soccer Competition in the 2019 Season.

Please contact Barossa United Junior Soccer Club Coach, George Triandafyllidis, before 15/9/18 to register your interest or for more information.
MOB: 0411 053 151 EMAIL: georgetbusc@gmail.com

SUNDAY MORNING GAMES. NO EXPERIENCE NECESSARY. PLACES ARE LIMITED.



Come along to the Award Winning Community Event of the Year

Carers, family and friends welcome
Information for Children & Adults

Proudly hosted by
CARERS & ABILITY LINK

Sunday 23rd September 2018
REX Centre, Magnolia Rd, Tanunda
11am—2.30pm
(opening presentation 12 midday)

Entry:- By Donation **Food & Drinks available**

- NDIS approved providers
- Therapists - Speech, Physio, OT, Counselling & more
- Community Support Groups
- Activity options for Participants & Carers
- Information & Advocacy Services
- Sensory Corner, Arts activities & more

Enquiries 8562 4000 ~ www.cadl.support