



Banksia Park School R-7

Newsletter

OUR VALUES

- Respect & Responsibility
- Growth
- Self Worth
- Communication
- Commitment
- Creativity

Date 24/6/11

Important Dates / Notes

Uniforms

1x Year 7 medium jumpers and 1x Year 7 size 14 t-shirt spare if anyone would like to purchase another.

End of term 2 Assembly

Our last assembly for the term will now be held on **Thursday 7th July at 10.20am** in the school gym

SCHOOL DISCO

Is ...Friday 1st July

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Thank you to the following students:

Week 9

Cottenham Rd

Justin, Leah, Angus

Elizabeth St

Nathan, Dylan, Aaron

Week 10

Cottenham Rd

Jake R, Nicholas, Cody

Elizabeth St

Brandon, Lachie, Scarlett

FACEBOOK....did you know?

You have probably heard of the recent and growing media attention about cyber bullying and privacy related issues on Facebook.



Did you know that Facebook requires individuals to be at least 13 years old before they can create an account. Providing false information to create an account is always a violation of the Statement of Rights and Responsibilities. This includes accounts registered on the behalf of under 13 year old children by older parties.

If your underage child (child under the age of 13) has created an account on Facebook, you can help them how to delete their account by having them log into their account and following the delete account steps.

These age restrictions are important to ensuring the safety and protection of children in the online environment.

KOREAN EXCHANGE STUDENTS

We now have 7 wonderful families who have volunteered to host a Korean exchange student for our school. These year 4,5 & 6 students will be staying in our community and attending our school from **Tues 2nd Aug to 19th Aug.**



It will be a terrific experience to share and learn about each others culture, food and language in this time.

We are still looking for more families to host a student if you are interested, please contact the school as soon as possible.

Finance News

Thankyou to those families that have paid all Material & Services Charges for 2011.

Those who have signed an instalment plan are reminded the last payment should have been paid in full by the 23rd of June 2011. If you are having any problems with making payments, please come and see Jeannette Collins (Finance Officer) or Jan Carey **ASAP** so alternate arrangements can be made.

OUR INCREASING ENROLMENTS

Our school enrolment numbers continue to grow with our current figure of 209 now including 3 more students to our happy family. We would like to warmly welcome Jackson (Rm 11), Cooper (Rm 13) and Dylan (Rm 2) to our school. We hope you and your family enjoy being in your classes and our great community.



FACILITIES UPDATE

Maintaining our school grounds to be safe and student- friendly for our school community is something we continually work on.

We currently have a number of facility projects occurring around the grounds:

- relocation of the monkey bars
- replacing the playground shade cloth
- repainting the lines in the carpark

We have also been granted \$120,000 from the Minister, Jay Weatherill, to re-asphalt areas of the school and remove asbestos in various parts of the school. This will greatly improve the surfaces and safety around our school grounds.

TEXTING STUDENT ABSENTEES

Our SMS system is proving to be a real success in keeping us informed when students are absent. If you would like to text the school about your child being absent the number is:

0416 620 536

Regards, Jan Carey



David's section

'The Importance of Breakfast'



Like a motor vehicle, our bodies need to be refuelled to keep going. When humans don't have enough energy (the human equivalent for fuel) we struggle to make it through the day. We put fuel in cars before we start a long trip, so what should children be doing before they start a busy day at school?



What does research tell us?

Nutritionists consider breakfast the most important meal of the day, yet many schoolchildren are still going without it for one reason or another. Bad idea! Breakfast, as the word suggests, literally means 'breaking the fast'. After going 10–12 hours overnight without food, children's energy reserves are low and their bodies and perhaps more importantly their brains, need fuel. If children don't eat when they first get up, their energy store is low, and they can't think or work as well.



Common reasons for skipping breakfast include:

- Being time poor.
- Too tired to bother, preferring extra time in bed dozing
- No preparation – not having appropriate breakfast foods in the house

People who regularly eat breakfast tend to have better diets overall and are more likely to be able to maintain a healthy weight than those who skip their first meal of the day.

What are some ideas for breakfast?

Research has shown that schoolchildren are more likely to eat breakfast if easy-to-prepare breakfast foods are readily available at home. Some quick and easy suggestions include:

- Whole-wheat or wholegrain breakfast cereals such as wheat biscuits, muesli or bran cereals
- Porridge – use quick oats
- Fresh fruits
- Wholemeal or multigrain bread to toast
- Muffins or crumpets
- Toast toppings, such as baked beans, eggs, cheese or spreads
- Fruit or plain yoghurts
- Fresh fruit juices
- Low fat milk



Getting children into the routine of a healthy breakfast will ensure that energy levels for the day start off high and will make for a successful day at school.

Regards,

David

COMMUNITY GARDEN



Our next working bee for the Community garden is **Sat 2nd July**. Starting at 10am and finishing at 12pm. Please put this date in your diary. We are very appreciative of the volunteers who come out and help. If you would like to come along, make some friends and learn about our community garden please meet by the rain water tanks.

Autism and Asperger Parent Support Group

Are you a parent of a child aged 5-7 years who has been diagnosed with Autism or Asperger syndrome and registered with Disability Services?

Here is your chance to:

- ▶ Meet other parents over morning tea in a comfortable, private setting
- ▶ Be involved in informal discussions
- ▶ Ask all those questions you've been dying to ask around fussy eating, challenging behaviours, school support, eligibility for funding and services, and more.



Each morning tea will have a professional guest including Psychologist, Speech Therapist, Occupational Therapist, Family Behavioural Support, Autism Advisor and representative from DECS. Other professional guests or speakers can be arranged depending on the group's needs and requests.

Where: 31 Blacks Road, Gilles Plains SA 5068

When: 10am-11:30am Monday fortnights
Term 3 and 4 starting 1 August 2011

Cost: Free!

Morning tea provided. Sorry no crèche available.

Spaces are limited, reserve your place by contacting the group facilitator by **25 July** to:

Jennifer Huggett

Senior Occupational Therapist and Autism Key Worker

Phone: 8366 7300

Email: jennifer.huggett@dfc.sa.gov.au

BIKE DAY

VISIT TO HINDMARSH STADIUM

Slime
DAY

Gym
Bus

EXCURSION:
CARS II

Basketball
Clinic

VACATION CARE
JULY
SCHOOL HOLIDAYS

Winter
Warmers
Cooking
Day

Now available
Please contact Tammy on 0401718832 or 8264 2114
or pop in and see her.

Animals

Anonymous

BANKSIA PARK CALENDAR 2011

| TERM 2 | Monday | Tuesday | Wednesday | Thursday | Friday |
|---------------------|---------------------------|---------|---------------------------------|------------------------------|----------------------|
| Week 9 27th June | Principals Tour 9.30am | | Excursion Rms 3, 10,11,12,13 | Rooms 6 +11 Tree Planting | Christian Options |
| Week 10 4th July | | | | ASSEMBLY 10.20AM | 2.05pm DISMISSAL |

| TERM 3 | Monday | Tuesday | Wednesday | Thursday | Friday |
|---------------------|--------|------------------------------|-----------|----------|--------|
| Week 1 25th July | | | | | |
| Week 2 1st July | | KOREAN STUDENTS ARRIVE | | | |

TERM 3

COMMUNITY NOTICES

- **Piano Tuition:** Qualified, professional teacher available for private lessons locally. Please call Sue Peters 8265 0872
- **Swimming Lessons:** Friday afternoons and Saturday mornings at the Royal Society for the Blind pool, Blacks Road, Gilles Plains. We swim in heated indoor pool all year round. Cost \$110/term (10 lessons). Positions available now. Ages 2 years+. Phone Karen: 0459 218 630
- **Cricket in SA:** The SACA (South Australian Cricket Association) is holding Cricket Clinics during the July school holidays. Clinics will be held for one week only from July 11-15th. Sessions @ the indoor centre @ Adelaide Oval. For prices and more information visit www.cricketsa.com.au or phone Shaun Seigert 83003838. Places fill fast so be quick!!
- **ZOO VENTURES & ZU-FARI:** July school holiday programs at the Zoos SA with focus on making friends, learning lots and providing unique opportunities to meet Zoo animals and their keepers. ZooVentures for kids at the Adelaide Zoo (6-12 years) and Zu-Fari for kids at Monarto Zoo (8-13 years). 9am-4pm on various weekdays. ZooVentures \$55/day and Zu-

BANKSIA PARK FAMILY KINDERGARTEN

Come to the Kindy and join our Western Theme

Family Bush Dance Night

Friday 1st July

5-30-8pm

Come dressed in a Western Theme!



- Lots of games to play and stalls to browse through
- Hot beef rolls, hearty home made minestrone/pumpkin soup with crusty bread roll, home made cupcakes all for purchase on the night.
- Lucky dips, egg/spoon races, spinning wheel, wooden horse rides, homemade cakes, biscuits and slices for sale.
- Some easy fun bush dances to finish off the evening

★ **Food must be pre ordered before the 29th June for catering purposes. Order forms can be collected from the Primary School Front Office or from the Kindergarten.**