



# Littlehampton Primary School and Preschool

## NEWSLETTER

Week 8 Term 1, 2012

### Diary Dates

*Wellbeing Performance  
Friday 23rd March*

*Harmony Day  
Celebration  
March 29th*

*Conga's Children  
visiting the school  
March 29th*

*Special Assembly  
Congo's children  
visiting  
March 29th  
2.25pm in the gym*



*Sports Day Wednesday  
4th April.  
Sausage sizzle, drinks  
and iceblocks  
available on the day.  
NO NEED  
TO PREORDER*



*Last day of school  
Thursday 5th April  
Early Dismissal 2:15*

### We want our children to Flourish!

Did you know that Martin Seligman is currently "Thinker in Residence" in Adelaide? Martin Seligman, a key proponent of Positive Psychology, is the author of "The Optimistic Child" and "Learned Optimism" and his latest book is "Flourish". His big focus is on wellbeing of children and young people. While in South Australia, he is working intensively with two schools to implement the PERMA approach to wellbeing. These schools are St Peters Grammar and Mt Barker High School. Seligman, and the University of Pennsylvania have made a focus on looking at improving people's happiness. There is a huge body of research from tests to support their approach, and more about their approach can be found on the website [www.authentic happiness.com](http://www.authentic happiness.com).

**Positive Emotion** We want our children to be happy and enjoy life. Seligman advocates the little trick of helping children focus on the positive by asking "What went well today?". For those of a more gloomy temperament, this might take some practice. Seligman advocates keeping a journal where you record these positives. For families this could mean making a key focus of looking for and talking about the good things of the day over the dinner table. Data shows that this little exercise will help children be happier.

**Engagement** Teachers know the difference it makes to children's learning for them to be actively involved in what they are doing, enjoying it, motivated, and interested in the challenges of learning. We put a lot of focus into this area. Yes there are times when students need the grit and perseverance, and that is an important part of the Seligman formula too.

**Relationships** Positive relationships are a key component of happiness. Helping children build positive relationships with many in the community has long been associated with wellbeing and resilience. Building friendships with the older children in the school, the younger children in the school, LAP and parents volunteers, and adults in the SAKG program, as well as many teachers will support children in this.

**Meaning** This is fostering the things that give meaning and purpose to people's lives. For the religious this could be spiritual or religious beliefs. For the non-religious it could be service to others or taking action for the environment and making the world a better place. At school our student forums, our community service for Year 6/7 classes and our buddy programs provide opportunities to take action to make the world a better place, and help provide meaning.

**Accomplishment** We recognise and encourage children to develop key strengths. These may be school based, or co-curricular activities. At school we provide opportunities for Music, Art, and elite sport through SAPSASA. Parents also involve their children in sporting activities, clubs and hobby groups. In the next three years we will be encouraging students' accomplishment through the SHIPS program for students with high intellectual potential.

*Margie Sarre and I have both had the opportunity to attend a workshop by Seligman. While a wellbeing approach is not new, and much is done in our school to foster children's wellbeing, the next months we will be doing further work to see how we might implement other strategies which will help our students to **Flourish**. There will be many things that parents can do too. We will keep you informed!*



*Year 5 students and buddies in the Preschool form strong positive Relationships.*



*Our House Captains make a positive contribution by showing leadership, this contributes to a sense of purpose. House Captains, 2012*



Government of South Australia  
Department of Education and  
Children's Services

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**Safety for our Children** This important section of the last newsletter got “bumped” when we inserted photos”. Please read, especially the italicised section.

**Parents in the School, Class or Yard- contact with children other than their own.** Children benefit from having positive connections with many adults in our school community. I’m sure you’ve heard the saying, it takes a village to raise a child. Friendly greetings and chats with children you may know in the school ground are always welcome. A quick direction if you see a child in danger is also appropriate.

*There have been a few instances when parents have approached other children to reprimand them, resolve conflicts, or pass on messages from an adult other than a parent. All these are inappropriate, and instances such as these will be followed up by the principal.*



## HARMONY DAY EVERYONE BELONGS

**On Thursday March 29th Littlehampton Primary School will be celebrating Harmony Day.**

**Harmony Day** is a day where all Australians celebrate their cultural diversity and is also the United Nation’s International Day for the Elimination of Racial Discrimination. It’s a day where activities and celebrations help us learn and understand how Australians of different backgrounds live together and make our democratic nation a better place.

Did you know that since 1945, seven million people have migrated to Australia? And that we identify with more than 270 ancestries and today, around 45% of Australians are either born overseas or have a parent who was?

**Orange is the colour of Harmony Day so we invite all students to dress casually for that day and to wear something orange.**

We also would like to make the most of that day to raise money for our Sponsor Child and therefore a **gold coin donation** would be appreciated.

We will have a **Harmony Day lunch** where the whole school eats on the oval in a big circle. Each older student will be sitting next to a younger student in a great big circle of **harmony!** Each class will carry out activities of their own related to **Harmony Day** and Forums on that day will also be linked to the topic. The **Harmony Day** message is:

# Everyone Belongs!



**Do you have any excess produce in your garden? Are your pumpkins and zucchinis bursting out of the pantry? If so, the kitchen would love to have them! We would like to freeze excess produce to get us through the colder months when the garden may struggle a bit! Please let Maree know if you have any produce and we will arrange a time for you to drop it off.**  
*Thank You! Margie and Sam*

### Garage Sale

at LPS SUNDAY 29<sup>TH</sup> APRIL 8AM  
SET UP A SPACE AND TURN YOUR  
UNWANTED GOODS INTO CASH.  
REGISTER AT LPS RECEPTION BY  
TUESDAY 24<sup>TH</sup> APRIL :  
COST \$10 PER SITE  
HOT FOOD AND DRINKS AVAILABLE  
THROUGHOUT SALE  
LPS CANBERRA FUNDRAISER 2012

### Parents & Friends

**Lost Property:** Last chance to check lost property. Everything with no name will be cleared by the end of week 9 and put into the 2nd hand uniform shop to sell.

**Sports Day Wednesday April 4th:**

Sausage sizzle will be available.

\$1 Sausage with bread /onion and sauce

\$1 Cans of drink

.50c iceblocks

.50c fruit boxes

All are available to purchase on the day.



## Congo’s Children in Australia to tell their stories, their hopes and their dreams.

‘HOPE and care for Little Souls’ is an organisation founded by Australia HOPE International partner after the Congo war in 2005.

They commenced the HOPE Complex School for war and AIDS orphans as part of their rescue and rehabilitation.

On March 29th they will be visiting the Littlehampton Primary School.

The Congo’s Children’ team will be sharing their life stories of survival, culture, music, costume and dance with our school. They will move and inspire all who listen to their triumphs of their most recent darkest hours. There will be no cost for this performance. It is during our normal assembly time and all parents are welcome to attend.

## Adelaide High School

Adelaide High School offers 4 specialist programs for interested students starting Year 8 in 2013: Special Interest language school, Associate School for Students of High Intellectual Potential, and Programs of excellence in Cricket and Rowing. One of our students was accepted into the cricket program last year. If you are interested in more information about your child applying to enter one of these programs, please see Maree at the front office for more information and criteria for selection.

## Glenunga International High School

Annual Open Day will be held on Tuesday 3rd April 2012. All families are invited to join in and see the

- School in action (Principal's address, school tour & meeting with school leaders, staff & students) from 11.30am-1pm.
- Principal's address 6pm-6.30pm
- IB Presentation 6.45pm-6.30pm
- IGNITE Presentation 7.30pm-8.15pm.

For more information contact Eleni Dalkos at Glenunga International High School on 8379 5629.

## Urrbrae Agricultural High School

To find out what Urrbrae has to offer, come along to one of our **Information Sessions on Tuesday 3<sup>rd</sup> April, 2012** Sessions commence at **2.00pm** and **6.00pm**. Farm Tours departing at **1.00pm, 4.00pm** and **5.00pm**. For more information PH: (08) 8372 6955

## Library News

Congratulations to the following students, who have recently completed the Premier's Reading Challenge.

Nicola Davis (Room 2), Caitlin Neller & Alyssa Mumford (Room 3), Samuel Bakker & Hayden Hill (Room 4), Alicia Ward (Room 7), Ben Barrow (Room 10), Caitlin Melville & Georgina Calderwood (Room 11), Maria Henke (Room 12), Rachel Provis, Karli Roberts, Cameo Selby & Charlotte Hockin (Room 13), Annie Krop (Room 16). Fantastic Effort!

As you can see from the growing list of names in the newsletter, the Premier's Reading Challenge has had a very good start. Please encourage your children to participate. It would be fantastic if we could achieve our best results this year, as it is the National Year of Reading. If you or your children have any concerns, please don't hesitate to see us.

**Read, Read, Read!** As adults, we read every day- newspapers, newsletters, computers, shopping lists, road signs, signs in shops etc. it is so much a part of our daily lives that we sometimes take reading for granted. Reading is a learnt skill- it is taught, but then needs to be practised over & over, to achieve the desired level of skill to function in our society.

The Reading Challenge for parents is to spend 10 minutes a day reading with your child.

Can you achieve this challenge?

Library Staff- Jenny and Paula.

## PRINCIPALS AWARDS

**Valuing Others**-Asha Marshall, Bailey Camp

**A Positive Attitude**- Noah Mialaret, Sophia Dvorak, Paige Lambe, Jaxon Scholz, Harry Eades, Amber Nash, Oscar Hong, Jago LeDeunff, Seth Ormandy, Zach Bell, Harry Eades, Evie Clarke, Caitlin Neller, Anthony Coltman, Liam Wilson, Aleesha Proeve, Martin Pollard, Alannah Chandler

**Kindness**-Llewellyn Jordaan, Leah Hockin, Bryce Colotti, Braedyn Murray, Jeremy Shephard

**Including Others**-Georgina Calderwood, Sophie Medlin, Sarah Westerholm

**Being Trustworthy**- Bailey Hough, Oscar Schmidt, Karly Taylor

## Courier Cup



On Thursday 1st March, 28 enthusiastic and rugged up swimmers participated in the Courier Cup swimming carnival. There were 38 school competing.



Littlehampton had a very successful day ending up 3rd overall for the Barker region. All the children swam well and represented LPS in an excellent manner. Some of the outstanding results were-

### 10year olds-

Sophie Barrow 1st in backstroke & 1st in butterfly.

Caitlyn Payne 2nd in backstroke. 3rd butterfly.

Ben Barrow 3rd freestyle. 5th butterfly  
Zabien Parker-Boers 1st breaststroke.

### 11year olds-

Amber Barrow 2nd backstroke, 4th butterfly.

Joel Parker-Boers 4th butterfly, 5th backstroke.

### 12 year olds-

Georgina Calderwood 2nd backstroke, 3rd butterfly & 5th backstroke.

### 13year olds-

Ruby Washington 1st backstroke

Leah Hockin 5th backstroke.

Oscar Sarre 5th breaststroke.

Hayden Brock 4th backstroke.

Our freestyle relay team of Ruby, Amber, Georgina and Joel also made the final, which was an excellent effort. As a result of their outstanding results the following students will be part of the Barker District team to attend the State Championships at Adelaide Aquatic Centre on Monday 26th March.-

Ben & Sophie Barrow, Zabien & Joel Parker-Boers, Caitlyn Payne, Sabine Montague, Dylan Hopgood, Georgina Calderwood & Ruby Washington.

Congratulations to all students who participated in the Courier Cup, your effort, sportsmanship and behaviour was excellent and you did Littlehampton Primary School proud.








# LITTLEHAMPTON PRIMARY SCHOOL OSHC

## VACATION CARE

10TH APRIL 2012 –20TH APRIL 2012

**(CLOSED Monday 9th April)**

<p><u>Monday 9th April</u></p> <p>Closed Easter Monday</p>	<p><u>Monday 16th April</u></p> <p> <b>Craft Day</b> Decorating Pencil Cases Cardboard Critters </p>
<p><u>Tuesday 10th April</u></p> <p><b>Music Jam Session</b> Bring along your musical instruments from home</p> <p> Craft Sandmen </p>	<p><u>Tuesday 17th April</u></p> <p> <b>Adelaide Zoo</b>  <u>Please arrive by 9am</u></p> <p><b><u>Additional Cost \$10</u></b></p>
<p><u>Wednesday 11th April</u></p> <p><b>Science</b> Wind powered vehicles</p> <p></p>	<p><u>Wednesday 18th April</u></p> <p><b>Knights of Adventure</b> An interactive Theatre Performance 2pm—3.30pm</p> <p></p> <p><b><u>Additional Cost \$10</u></b></p>
<p><u>Thursday 12th April</u></p> <p><b>Movies at Mt Barker</b> Pirates! Band of Misfits</p> <p> <b><u>Additional Cost \$10</u></b></p>	<p><u>Thursday 19th April</u></p> <p> <b>Cooking</b> Chinese Banquet for Lunch</p> <p>Multicultural Art and Craft</p>
<p><u>Friday 13th April</u></p> <p><b>Celebrate Friday the 13th</b> Spooky games and craft Face Painting—(Between 9am –12pm)  Come dressed for the occasion</p>	<p><u>Friday 20th April</u></p> <p> <b>Minute to Win it</b> Test your skills and beat the clock in a variety of challenging games.</p>

**OPENING TIMES 7AM—6.30PM**

**PHONE : 8391 4742**

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**E-MAIL : oshc@littlehaps.sa.edu.au**

**BOOKINGS CLOSE 30th March**

**(Booking after 30th March may not be accepted)**