



Littlehampton Primary School and Preschool

NEWSLETTER

Week 6 Term 2 2015

Diary Dates

Monday 8th June

Public Holiday

Tuesday 9th June

STUDENT FREE DAY

Staff T&D

Wednesday

10th June

Parents & Friends Meeting 9am

Thursday 11th June

Music is Fun Performance

Friday 12th June

Crazy Hair & Casual Day

Fundraising Forum

Gold Coin Donation please



Monday

15th June to

Wednesday

17th June

Arbury Park Camp: Year 3 Students

Wednesday

17th June to

Friday 19th June

Arbury Park Camp: Year 3/4 to Year 5 Students

Student Absence or Lateness :

Prior to 9 am

Text 0427 016 460

with LPS, Student Name, Student Class, Absence Date and Absence reason.

Our Gymnasium + Sporting Schools = Great Opportunities for our Children!

Did you know that our students from Reception to Year 5 are currently participating in a 5 week gymnastics program in our school gymnasium? Because this program has been organised through the Sporting Schools Program, this is available at no cost to parents. Some classes R-5 are accessing the program this term, and the remainder will participate in the program in Term 3.

In previous years Mrs Murphy our PE teacher has organised a gymnastic program, however when our recent instructors became unavailable a few years ago, she was unable to find an alternative program that was affordable for parents. Other gymnastics programs were just too expensive. Through the Sporting Schools program, we are able to offer this at no cost to parents. The Year 6/7 classes will be participating in a volleyball program later in the year.

This is an example of the type of activities that are available to our students because of the Sporting Schools Program, and the ongoing family support for our \$100 gymnasium levy. Thankyou parents!



Reminder!
\$100
Building Levy
Now Due!

To take advantage of your donation as a tax deduction in this financial year,

we would encourage school families to make their payment by

June 30



Government of South Australia
Department for Education and Child Development

Principal: Jenny Lewis Governing Council Chair: Andrew Thompson
website: www.littlehaps.sa.edu.au e-mail: dl.0225_info@schools.sa.edu.au
16-30 Baker Street, Littlehampton S.A. 5250 Tel: 83911194 Fax: 83982154

SAPSASA Cross Country



On Wednesday 20th May 32 enthusiastic and well prepared cross country runners travelled to Woodside to compete in the Hills and Barker Cross Country Competition. We had a very successful day finishing 3rd overall and coming 1st out of the DECD Schools and collecting a number of both individual and team ribbons.

Congratulations to the individual winners:

Annie Krop: 1st (12 year old girls)

Rachel Provis: 2nd (10 year old girls)

Tiah Hough: 3rd (11 year old girls)

The teams who were successful in gaining ribbons were:

10 Year Old Girls: Rachel Provis, Asha Marshall, Emmy Roach: 1st Place

12 Year Old Girls: Annie Krop, Hannah Squillace, Emma McLean

Congratulations to all 32 competitors who committed to 6 weeks of training and all competed to the very best of their ability and showed good sportsmanship. They all represented Littlehampton Primary School well.

I would like to say a special thank you to Robert Krop (Annie's dad) for taking the shelter and ground sheets to Woodside, having it all set up for us when we arrived and taking it home after to clean all the mud off them. Thank you to Annie for also helping with this job. This was very much appreciated!

Congratulations to the following girls who qualified for State Day on Thursday 4th June at Oakbank: Annie Krop, Tiah Hough, Karli Roberts, Rachel Provis (who unfortunately due to a broken wrist is now unable to compete), Asha Marshall, Emmy Roach and Jorja Heinicke.

Congratulations to Jade Marshall and Jemma Lawson for making the Barker District SAPSASA Netball Team which competed at the State Championships last week and a final congratulations to Alex Houlahan for making the Barker District SAPSASA Football team which also competed at the State Championships last week.



MUSIC IS FUN PERFORMANCE

On Thursday 11th June the whole school is taking part in a 'Music is Fun' performance. This is great fun for all involved, and is also an important part of the students' musical education. We expect all children to attend this important event.

A number of our students will also make an appearance in the show alongside the professional performers, and they are busily preparing for the day. We would like to remind parents/caregivers that there is a \$7 per child payment to take part in this whole school event. Please send your payments with your consent form back with your child/children to their teacher before Monday.



Kitchen/Garden Forum News

REMINDER: Each Thursday our Forum holds a garden stall near the dragon seat (just outside the door of the Junior Primary Classes). Come along and see what we have for the week for sale. Items in the past have been: Popcorn, Recipes, Vegetables, Eggs, Plants, Flowers, Fruit, Seeds, Biscuits/Muffins and much more.

To our valued volunteers:

We would appreciate anyone who would be free most Thursday afternoons at 2.25pm to come to the Kitchen and help with making popcorn for the garden stall. We would also appreciate help running the garden stall each Thursday from 3pm til 3.30pm. If you are able to help out please give your name to Debbie in the front office.

Thank you from the Kitchen garden Forum students



Friday Fiesta Fun Fun Fun!

Viva La Vida!!

Last Friday night the Kitchen Garden Program held a fundraising 'Friday Fiesta' evening. The night was a great success with many of our school community, staff and students still talking about the evening.

To hold such an event possible, a great deal of preparation and planning is necessary. We had a hard working and tireless committee of 10 staff members and parents who worked for several months doing the ground work in the lead up to the event. It was terrific to see so many staff members give up their Friday night to put on this event for the enjoyment of our school families! We would like to extend our sincere thanks to our staff for all of their support.

People were able to enjoy wonderful food at this event: gourmet burritos made by John Gaff, hot donuts supplied by the Rotary Club and a choice of beverages. It was also wonderful to be entertained by the many buskers (students, staff and community parents). There are too many buskers to be named individually, but we thank them very much.

In addition to staff, the committee would like to thank the following people in particular for all of their hard work:

* John Gaff for his tireless planning, preparation and cooking of the burritos, and Skye for doing all the dishes



* Vicki Gautier for providing the sound system

* Sam Gray for her delicious vegetarian chilli mix

* Lisa, Shaun and Darcy Hutchinson for making and selling countless donuts and Mt Barker Rotary for donating all of the profits to the event

* Lisa Davies for setting up the tea and coffee and helping out throughout the evening

* Kerry, Richard and Matt Camp for helping in the kitchen

* Bryan MacDonald for setting up and for manning the glow sticks stand, and Greg Sarre for spending 6 hours in the kitchen!

* Judi Northey for providing the wonderful Face painting stand, and donating the proceeds to the SAKG program,

* And our wonderful Forum Leaders who helped in various jobs before and during the event: Tiah Hough, Amie Davies, Imogen Smith, Sarah Culp, Bailey Camp, Ben Barrow, Imogen Meulengraaf, Emma McLean, Poppy Montague, Ella Smith

We would like to thank the following businesses and people for their support of our raffle we ran during the night. Office Works, Emma Pallant, JN Hagemann Building & Maintenance, Active Auto Electrical, Belinda Meulengraaf, Cassie Hogben, Victoria Gautier, Jembugs Hair Clips, Earthscape Photography, Wallis Cinemas and Giovanni's.

Helping Children Deal with Disappointment, Adversity and Rejection

As parents, one of the most difficult things is to watch a child deal with failure, disappointment or rejection. As parents, our hearts go out to them, and we would like to shelter them from these difficult experiences. However, we now know that to protect children from such disappointments is not good for them, because children need to learn the skills of resilience, determination, working tough so that they learn the skills they need to bounce back from life's difficulties.

Michael Grose states, *"paradoxically, children's experiences of rejection and disappointment at school is good for them, as long as it is balanced with positive experiences too."*

Parents please take the time to read the article on Page 4 on helping your children learn to deal with rejection. This may be one of the most helpful articles you will read.



Fundraising Event: Crazy Hair Casual Day

On the 14th of June week 7 (Friday) we are going to hold a **Crazy Hair Casual Day**. This event is where your child decorates clothes and hair.

Rules: all clothing must be suitable for school, shoes must be closed shoes that are suitable for sport activities, you are allowed to wear casual clothes, a gold coin donation is needed if you are to dress up or go in casual clothes. Prizes will be given to a student in each class. All money raised will go to Makara, our World Vision Sponsor Child.

Thankyou from Ben and the Fundraising Forum Leaders



Parenting *ideas* INSIGHTS

Building parent-school partnerships

WORDS Michael Grose

Helping kids deal with rejection

A bit of rejection and disappointment is good for kids, as long as they learn how to cope with it...

One of the keys to functioning socially and emotionally is the ability to deal with disappointment and rejection.

Most children experience some type of rejection from their peers throughout childhood. One study found that even popular children were rejected about one quarter of the time when they approached children in school.

Paradoxically, children's experience of rejection and disappointment at school is good for them, as long as it's balanced with successful experiences too. They learn that they can cope and solve problems in their own way and that bad experiences don't last forever.

And they learn that sadness and disappointment can be managed too, which is an important lesson to learn to take into adolescence and beyond, when life is full of ups and downs.

Helping them move on

Most children recover from such rejection. They move on and form constructive, worthwhile relationships but some children need help. They often take rejection personally, blaming themselves. As a parent it is useful to challenge children's unhelpful thinking and encourage them to look for new friendship opportunities. Parents can help children understand that rejection may

happen for any number of reasons that are unrelated to them.

In the course of a school day children will meet with a number of challenges and even setbacks. They may struggle with some schoolwork. They may not do well in a test and they may not be picked for a game that they wanted to play. Children grow stronger when they overcome their difficulties. The challenge for parents is to build and maintain children's confidence levels to help them get through the rough times.

One way to help children deal with rejection and disappointment is to talk through problems or difficulties, recognising and accepting their feelings. Talk about various scenarios, discussing possible outcomes. The age of your child will determine the amount of detail. Keep things simple and avoid burdening a younger child with concepts he or she doesn't understand.

Your attitude as a parent can make a huge difference to how a child reacts. If you see rejection or disappointments as problems then your child will be hamstrung by this view. See them as challenges then your child, in all likelihood, will pick up your upbeat view and deal with disappointments easily. After all, confidence is catching!

To help children handle rejection and disappointment try the following four strategies:

- 1 **Model** optimism. Watch how you present the world to children, as they will pick up your view.
- 2 **Tell** children how you handle disappointment and rejection. Not only is it reassuring for children to know that their parents understand how they feel but they can learn a great deal by how their parents handle situations.
- 3 **Help** children recognise times in the past when they bounced back from disappointment. Help them recognise those same strategies can be used again.
- 4 **Laugh** together. Humour is a great coping mechanism. It helps put disappointment in perspective. It helps them understand that things will get better. They always do.

The stronger the wind the stronger the trees is the notion here. Supporting kids to handle life's hurdles helps them to develop a lasting sense of resilience, which is essential for good mental and emotional health.

Michael Grose



Stay one step ahead of your kids with great ideas & expert advice from Michael Grose. Join Michael's **NEW Parentingideas Club** today at parentingideasclub.com.au. You'll be so glad you did.



parentingideas.com.au



LITTLEHAMPTON PRIMARY SCHOOL OSHC

VACATION CARE

6th July 2015 – 17th July 2015

 <p><u>Monday 6th July</u></p> <h3>Snow Day</h3> <p>Snow craft Winter games & experiments</p>  <p><u>\$50 Less CCB & CCR</u></p>	<p><u>Monday 13th July</u></p> <h3>Minute to Win it</h3>  <p>Come for our annual day of fun challenges</p>  <p><u>\$50 Less CCB & CCR</u></p>
 <p><u>Tuesday 7th July</u></p> <h3>Disco</h3> <p>Oshc has Talent Come dressed in your disco clothes Fun, singing, dance & performances</p>  <p><u>\$50 Less CCB & CCR</u></p>	<p><u>Tuesday 14th July</u></p> <h3>Ten Pin Bowling</h3>  <p>Murray Bridge Bowl Please be at Oshc by 9.30am</p> <p><u>\$65 Less CCB& CCR</u></p>
 <p><u>Wednesday 8th July</u></p> <h3>Roller Skating</h3> <p>St Clair recreational centre</p> <p><u>Please bring your protective gear—helmets, knee pads, elbow pads</u> <u>Please be at Oshc by 8.30am—No spending money</u></p> <p><u>\$65 Less CCB& CCR</u></p>	<p><u>Wednesday 15th July</u></p> <h3>Pyjama Day</h3>   <p>Bring your favourite board game from home Bring your favourite DVD from home (G/PG only)</p> <p><u>\$50 Less CCB & CCR</u></p>
<p><u>Thursday 9th July</u></p> <h3>Craft Day</h3>  <p>Shrinkies & Scratch Art</p>  <p><u>\$50 Less CCB & CCR</u></p>	<p><u>Thursday 16th July</u></p> <h3>Sky Watch Planetarium</h3>  <p>Come and see the night sky Space craft and game</p> <p>Show starts 10.30am</p> <p><u>\$65 Less CCB& CCR</u></p>
 <p><u>Friday 10th July</u></p> <h3>Mt Barker Cinema</h3> <p>“Minions” (pg)</p> <p><u>Please be at Oshc by 9am</u></p>  <p><u>\$65 Less CCB& CCR</u></p>	<p><u>Friday 17th July</u></p> <h3>Football Clinic</h3>  <p>Dress up in your team colours <u>Hot Dogs for lunch</u></p>  <p><u>\$50 Less CCB & CCR</u></p>

OPENING TIMES 7AM—6.30PM

PHONE : 8391 4742

MOBILE : 0409 920 446

Email : kathryn.schultz132@schools.sa.edu.au

Bookings close Friday 26th June 2015

Book early to guarantee a place as spots are limited and may be booked out before closing date
(Bookings after 26th June 2015 will not be accepted)

Enrolment and Booking forms: <http://www.littlehams.sa.edu.au/OSHC.htm>