Partnership Review

This week I took part in the DECD review of the schools and pre-schools in the Elizabeth Partnership. Site leaders met with senior DECD staff and answered questions about how schools and pre-schools are going in the important work of improving schooling results for our children. What we had to show is how we are making sure that each child makes 12 months progress each year they are at school. If we are not achieving this we must explain our plans for how we are going to do better.

Intervention Support

We make sure that every one of our students is making good progress in learning to read. Each student who is not keeping up is provided with some extra time 3 times a week in a small group. If your child is receiving such support a letter has been sent home to you explaining things. Please talk to your child’s teacher if you would like more information.

Support for Disabilities

Many of our students are verified with a disability. The new National Disabilities Insurance Scheme (NDIS) entitles a child to a package of extra support from the Federal Government. Families must apply for this. If you would like help to apply please contact the School and Allison Whaley will be able to assist.

Book Week and Literacy/Numeracy Week

We will be celebrating these events together in Week 7. You will have received an invitation to come to the School for our Community Maths Day on Wednesday 2 September as well as our Book Week Parade and breakfast on Friday 4 September.

Put these dates into your diary and come along to see your children participating in learning in a fun way, and celebrating their achievements in maths, reading and writing.

Fundraising

I am very pleased to let you know that we raised $1041 from the coin race and cup cake day on 24 June last term.

This is outstanding and it seems we will reach our goal this year of installing some extra cold water drinking fountains for upstairs classrooms.

Our next fundraisers will be in Book Week and Literacy/Numeracy Week. On the Community Maths Day the Fundraising Committee will be selling cupcakes with a maths theme. These will cost $2.00 each.

And on the day of the Book Week Parade you will be able to buy an egg and bacon sandwich for $2.50.

Staff News

Welcome to Josh. Josh Watson is volunteering in the School for 25 hours per week. He is helping Darryl, our grounds person, as well as supporting in the Resource Centre.
Room 2
Alanah for listening attentively during Story/Literacy time
Tayla for responding to our fairytale text with careful thought and attention
Jacob for participating actively in the reading of “Cinderella”

Room 4
Oaky for completing all homework tasks
Lara for settling in well to our school. Welcome Lara!

Room 5
Aaron for responsibly working with his SSO
Zainullah Rezie for always wanting to learn and working hard

Room 6
Ethan for improved behaviour in term 3
Natasha for great effort in art

Room 13
Kyle for thinking outside the box during Mathematics
Roya for making a positive start in Room 13

Room 14/15
Riley for responsible behaviour
Hayleigh for Leadership behaviour

Room 16
Zeke for using his courage in writing
Nastaran for being persistent and caring with all her work

Room 17
Yvette for excellent progress in reading
Dayten for excellent progress in reading

Room 18
Aleisha for improved behaviour choices
Abiol for helping others

Room 19
Dakotah for progressing to Level 5 readers this term
Gary for outstanding behaviour in Term 3 so far

Room 22
Riley for having an excellent attitude towards school
Izaak for great improvement in reading sight words

Room 23
Tyler for increasing 3 reading levels
Liesesha for excellent participation in all learning areas
SCHOOL PHOTO DAY
16th September, 2015

Information will be coming home very shortly

<table>
<thead>
<tr>
<th>Week</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
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<td>6</td>
<td>24/8</td>
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<td>26/8</td>
<td>27/8</td>
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<td></td>
<td></td>
<td>9.00 Fundraising Committee</td>
<td>2.30 Assembly Rooms 19 &amp; 14</td>
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<td>Central Districts Football Clinics</td>
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<td>7</td>
<td>31/8</td>
<td>1/9</td>
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<td>3/9</td>
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<tr>
<td>BOOK WEEK</td>
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<td>COMMUNITY MATHS DAY</td>
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<td>Book Week Parade and breakfast</td>
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<tr>
<td>LITERACY AND NUMERACY WEEK</td>
<td>2.10 Canteen Committee</td>
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<td>2.10 Maths Assembly</td>
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<td>Royal Adelaide Show begins</td>
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<tr>
<td>Newsletter</td>
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<tr>
<td>8 Show Week</td>
<td>7/9 School closure day</td>
<td>8/9 Pupil-free day</td>
<td>9/9 2.30 Assembly Science</td>
<td>10/9</td>
<td>11/9 CASUAL CLOTHES DAY</td>
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<td>9.00 Finance Committee</td>
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<td>Choir concert at Festival Theatre. 7.30pm</td>
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<td>9</td>
<td>14/9</td>
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<td>16/9</td>
<td>17/9</td>
<td>18/9</td>
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<tr>
<td>Newsletter</td>
<td>3.20 Governing Council</td>
<td>2.10 Garden Committee</td>
<td>SCHOOL PHOTOS</td>
<td>Rooms 4 and 5 excursion to Old Adelaide Gaol</td>
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<td></td>
<td>2.10 SRC</td>
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<td>2.15 Netball</td>
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<td>10</td>
<td>21/9</td>
<td>22/9</td>
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<td>24/9</td>
<td>25/9</td>
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<td></td>
<td>9.00 OSHC Committee</td>
<td>Last day of term</td>
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<td></td>
<td></td>
<td></td>
<td>2.30 Assembly Rooms 14 &amp; 16</td>
<td>3 2.00 dismissal</td>
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</tbody>
</table>

Other 2015 Dates
Term 4: 12/10-11/12
Public Holidays (* in school holidays)
*5 October Labour Day
Pupil-Free day
12 October
Importance of Creative Play:

Play is a child’s natural way of learning. It helps them learn about themselves and their world. Creative play experiences can help children express and cope with their feelings whilst also providing opportunities for trying out new ideas, new ways of thinking and problem-solving. Creative play also promotes the development of imagination, curiosity, independence, celebration of uniqueness, communication, exploration, confidence, social skills, physical skills and a sense of caring, fun, happiness and security...
You are all invited to come and experience a day in OSHC this Friday 7th August

Hello Everyone,

We would like to welcome you all to spend some time in OSHC this Friday afternoon and experience some of the fun filled activities and delicious snacks we have on offer.

(Please note: All children must be supervised by a Parent / Guardian at all times during the OPEN DAY, educators will be on hand to answer any questions you might have and to assist in the registration process)

The children and educators have been working extremely hard to design an underwater theme in our smaller room, we are very proud of how it is coming together and how the brightness and design makes us feel happy and refreshed.

Overall since we opened the service the transformation to both spaces make us extremely proud of the work and creativeness of all our OSHC children.

This term we have started cooking with the group, it has been a great experience and the foods we are creating are delicious! We look forward to trying many more of our recipes and revisiting our favourites. Unfortunately the weather hasn’t been the kindest lately so our outdoor play has been limited although due to having such a generously sized room we are able to adapt a variety of physical activities to be suitable for indoors.

Don’t forget to come and visit us this Friday afternoon from 3pm!!

Kind Regards

Rhiannon

OSHC Coordinator

OSHC Phone: 0426 710 914
Community Notices

A Message from the Mayor

Even as the cold weather sets in, it has been great to see so many children and families outside, enjoying the many wonderful parks and playgrounds in the City of Playford. OPAL’s theme for the last 12 months has focused on encouraging outdoor play and this has meant that families have been involved in park events, commenting on plans for the redevelopment of parks and many other OPAL activities.

During the rest of 2015, the focus will turn to a new theme, ‘Water. The Original Cool Drink’. Children, young people and families in the City of Playford will be encouraged through this theme to choose water instead of sugary drinks.

Water is the best drink for everyone to enjoy every day and we have supported the focus on water as the best drink in the past through the installation of drinking water fountains in many parks across the City.

OPAL have a number of activities and events planned in the next six months to celebrate this theme, so I would encourage you to get involved in whatever you can.

Thank you for your ongoing support.

Glenn Docherty,
Mayor of the City of Playford

‘Water. The Original Cool Drink’

Remember water?
Cool fresh water used to be a favourite drink for kids. But nowadays there’s so much choice in drinks and many are quite unhealthy.

Our Kids Are Mostly Water
Our bodies are made up of 50-60% water. That’s a lot of water. And even when your kids aren’t running around, their bodies are using it up. There’s water in the air they breathe out; plus they sweat and cry. For their bodies and brains to work well – and for them to think clearly – the water needs to be replaced. It can come from the food they eat, like fruit and vegetables, from milk and other drinks.

Why plain water is best
Soft drinks, fruit drinks, cordial, flavoured mineral waters, sports drinks, energy drinks and fruit juice all contain water. But they also contain sugar and sometimes caffeine, so they are not good for kids to have every day. If your kids regularly drink these instead of plain water it may cause tooth decay or they could put on excess weight. So limit sweet drinks – and give your kids plain tap water instead.

Tap water is also good for your kids’ teeth as in South Australia it has added fluoride that helps to prevent tooth decay.

What else could kids drink?

Milk
Breastmilk is the best way to feed babies until they are at least 12 months old, with other foods introduced from 6 months. Small amounts of cooled boiled water can supplement breastmilk from around 6 months. From 12 months of age, offer full cream plain milk and above 2 years swap to reduced fat milk. Encourage plain, reduced fat milk for children and teenagers as it provides the calcium needed for healthy bones and teeth.

Juice
Fruit juice is not necessary or recommended for infants. Limit fruit juice to occasionally and in very small amounts for older children as it is acidic and can increase the risk of dental erosion. Fruit juice also has less fibre and other healthy nutrients than the whole fruit provides.

Drink water
not sugar

Compare these common drink choices to see how many teaspoons of sugar they have.

Which one will you choose?

<table>
<thead>
<tr>
<th>Drink</th>
<th>Sugar (tsp)</th>
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</thead>
<tbody>
<tr>
<td>Glass of water</td>
<td>0</td>
</tr>
<tr>
<td>250ml cordial</td>
<td>5</td>
</tr>
<tr>
<td>200ml fruit juice</td>
<td>5</td>
</tr>
<tr>
<td>200ml cola soft</td>
<td>16</td>
</tr>
<tr>
<td>600ml sports drink</td>
<td>9</td>
</tr>
<tr>
<td>500ml energy drink</td>
<td>17</td>
</tr>
</tbody>
</table>

1 tsp of sugar = 4g of sugar

Think how much you can save!

As a family, if you swap bought drinks for free tap water, the savings will start adding up.

- 1 litre of cordial concentrate @ $5.50 per week = $1.10 per month
- 1.600ml bottle of soft drink @ $0.50 per day = $10.00 per month
- 600ml bottle of sports drink @ $3.50 per weekend = $1.10 per month
- 1.600ml bottle of fruit juice drink @ $4.50 per week = $18 per month

These changes alone could save you with $1,800 each year.

WATER. THE ORIGINAL COOL DRINK.

Want to get involved?
If you would like to promote the water theme at your site and want to find out how you can be involved, contact OPAL on 8256 0159 or email opal@cityofplayford.sa.gov.au

If you would like to promote the water theme at your site or learn more about what you can do to help, contact OPAL on 8256 0159 or email opal@cityofplayford.sa.gov.au.
One Netball
CALD Youth Program

Participation | Umpiring |
Coaching | 3 Cheers: Healthy Body, Healthy Mind, Healthy Nutrition | One Netball
Ambassador | Club Pathways

Where: Elizabeth East Primary School Netball Courts

When: Wednesday, 29 July – Wednesday, 16 September 2015

Time: 3.15pm – 4.15pm

To register contact: Lillian Murphy on (08) 8255 2262.
SCHOOL DENTAL SERVICE

All babies, children and young people under 18 years are welcome to attend the School Dental Service. Dental care is FREE for most school-aged children and ALL preschool children.

SA Dental Service participates in the Child Dental Benefits Schedule. A small fee may apply for children who are not eligible for the Child Dental Benefits Schedule.

To locate your local School Dental Clinic, or for more information about the Child Dental Benefits Schedule, please phone 8222 8222 or visit www.sadental.sa.gov.au

DISCOVER. PREPARE. COOK. ENJOY!

The NEST healthy cooking program will be held weekly on Tuesdays from 10:00am - 12:30pm on the following dates:

- 21st July
- 28th July
- 4th August
- 11th August
- 18th August
- 25th August

at the Elizabeth Rise Community Centre (34 Hamblynn Road, Elizabeth Downs).

Bookings are essential. Please call 8250 0150 or email eflavel@playford.sa.gov.au

We'd love for you to come along for a few hours and find out ways to eat well for a healthier life!

Nice, friendly and fun activity
Easy ways to remember what foods are good for you
Simple meals that are tasty and easy to make
Tips on how to save money on groceries
And best of all, it's free and fun! We hope to see you there.

nest - nice. easy. simple. tips.