



# Booborowie Primary School

*Achieving and Learning for Life*

## Term 3, 2018 Week 7 Newsletter

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Government  
of South Australia  
Department for Education

Dear Parents and Friends,

After the last newsletter, I will endeavour to keep it below 12 pages. It is always good to share what the students have been learning and working on, and they have certainly been busy again this fortnight.

Firstly Anton, Charlotte, Makala and Tyler competed in the SAPSASA athletics championships in Clare. They showed great spirit in attempting events they hadn't trained for, or had had only a little instruction. They did a wonderful job representing themselves and the school, displaying great values in sportsmanship and fair play. From this event, Tyler has been selected to represent the Mid North District at SANTOS Stadium in week 10 in the 200m, 800m and 100m relay events, a huge achievement! With the results all of the students achieved, Booborowie Primary School placed Second in the Handicap Shield. This shield is calculated on the number of enrolments and the points you achieve on the day, so is a great indication of how well the students did!!

The staff at Booborowie Primary School work very hard on creating a challenging and differentiated curriculum for the students. This is a very challenging aspect of any teaching role, engaging a robust and diverse cohort of students. Students are going to come home displaying a range of emotions; challenged, exhausted, exuberant, frustrated, glowing, whimsical, thoughtful, happy, sad, and any where in between. This is all a natural part of the educative process. Having open discussions with children about how school is challenging them is important. If you are unsure about their feelings, staff are always willing to discuss what is happening in the classrooms and the ways in which we are challenging students. If you would like to spend some time in the classroom with your children observing how they learn and what they are doing in class you are more than welcome. Please speak with your child's classroom teacher to organise a time if you wish.

Last newsletter we introduced the concept of a volunteer register to help with jobs around the school. Thanks to Bronnie, Marie, Sarah, Paul and Rick who have all helped out already. Any time or assistance that can be given is greatly appreciated by the whole school community.

A reminder that the Governing Council has authorised a school closure day this Friday. This is for the Royal Adelaide Show. As part of this process attendance will be monitored leading into the

### TERM 3 PLANNER

Red entries denotes new item or change from previous week

#### Week 7 September

Mon	3	PAT Testing until 28/9
Tues	4	Assembly
Wed	5	Clare HS Closure Day
Thurs	6	Burra CS Closure Day
Fri	7	<b>BPS SCHOOL CLOSURE DAY</b> Burra CS Student Free Day

#### Week 8 September NAIDOC Week

Mon	10	School Interview Week, by request only
Tues	11	
Wed	12	
Thurs	13	
Fri	14	

closure day to see if it has had an effect of attendance over show week. This will then help shape the decisions for next year.

With winter sports wrapping up over the next couple of weeks, summer activities are getting started. If you or your children would like further information on cricket, tennis, swimming or basketball in Burra, Clare and Spalding there are a number of pieces of information in this newsletter, or come and have a chat to me and I will put you in contact with the relevant people.

Have a great week, and our last newsletter for the term will be in Week 10 so that we can include Sports Day results from the previous week.

Matt Stewart

*Acting Principal*

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### Week 5 August

Mon	20	Book Week performance @ Saddleworth Institute, Travel via Staff Cars
Tues	21	Assembly
Wed	22	Teacher's at PD after school Book Week Dress up Day
Thurs	23	
Fri	24	Literacy Workshop 9am-10am all welcome Tree Planting @ 12.00pm

### Week 6 August

Mon	27	
Tues	28	
Wed	29	SAPSASA Athletics @ Clare HS
Thurs	30	
Fri	31	Adelaide Show begins Father's Day on Sunday

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### Week 9 September

Mon	17	
Tues	18	School Photos
Wed	19	
Thurs	20	
Fri	21	Sports Day @ Spalding 8:50am start

### Week 10 September

Mon	24	Back up Sports Day
Tues	25	
Wed	26	
Thurs	27	
Fri	28	End of term– 2:30pm Dismissal

# Sleeping Routines

**A good night's sleep is important for growth, learning and development.**

When your child sleeps well, they are more settled, happy and ready for school the next day. Good-quality sleep helps your child concentrate, remember things and behave well. This helps them to be a successful learner.

Getting enough sleep also strengthens your child's immune system and reduces the risk of infection and illness.

At school age children need **10-11 hours sleep a night**. They're usually tired after school and might look forward to bedtime from about 7.30 pm.

Some children fall deeply asleep very quickly when they go to bed. Others sleep lightly, fidgeting and muttering for up to 20 minutes, before getting into deep sleep. The first few hours of sleep are usually the most restful. Most dreams happen in the second half of the night.

A good night's sleep is about getting to sleep, staying asleep and getting enough good-quality sleep. Here are some ideas that can help your child get the sleep they need.

## Bedtime routine

A bedtime routine is very important at this age. It helps your child wind down from the day.

A bedtime routine might look like this:

- 6.45 pm: put on pyjamas, brush teeth, go to the toilet.
- 7.15 pm: quiet time in the bedroom with a book and a bedtime story or quiet chat.
- 7.30 pm: goodnight and lights out.

## Relaxing before bed

After a big day at school, your child might still be thinking about many of the day's events and worries. If they are still thinking or worried when they go to bed, it can cause a restless night or bad dreams.

You can help your child settle and relax for sleep by playing gentle music or a reading stories together.

## Good sleep habits

Your child might sleep better at night if they:

- keeps regular sleep and wake times, even on the weekend
- turns computers, tablets and TV off an hour before bedtime
- has a quiet and dimly lit place to sleep
- gets plenty of natural light during the day
- avoids caffeine in tea, coffee, sports drinks and chocolate, especially in the late afternoon.

Adapted from [http://raisingchildren.net.au/articles/school\\_age\\_sleep\\_nutshell.html](http://raisingchildren.net.au/articles/school_age_sleep_nutshell.html)

For further information, visit this site.



**BURRA SWIMMING CLUB**  
**Annual AGM**  
**MONDAY**  
**SEPTEMBER 24**  
**COMMERCIAL HOTEL**  
**SIDE ROOM, BURRA**  
**6PM DINNER**  
**7PM AGM**  
 Contact Jane Haren  
 for more information:  
**0428965457**

PIC-COLLAGE

# **Booborowie Primary School**

## **School Closure Day**

**Friday 7th September 2018**

The Governing Council has voted to trial a School Closure Day for 2018 in alignment with the Royal Adelaide Show. If you are thinking of attending the Show this year, it would be great if you could use this designated day to minimise disruptions to student and classroom learning. Please contact Matt at the school if you have any questions.

## **Community Requests**

### **Volunteer Roster**

We have begun a volunteer roster at the front desk with the idea of helping out with odd jobs around the school. If you can help out with any time it would be most appreciated. It doesn't matter if its an hour a month or an hour a term, it all helps. Please see Fiona at the front desk to register your interest and get paired up with a job.

### **Surplus Fruit**

If you have any surplus fruit on your trees or gardens and are not sure what to do with it, BPS has a number of things we could use it for. Please have a chat with a staff member about where you can help out.



# SAPSASA Athletics Carnival 2018

by Charlotte Walker

On Wednesday the 29th of August, Makala, Anton, Tyler and I went to the Clare High School for SAPSASA Athletics.

Makala competed in the 100m, 200 m, Long Jump, High Jump and discus. Anton competed in the high jump and long jump. Tyler competed in the 100m, 200m, 800m, high jump and long jump. He came third in the 100m and first in



the 200m and 800m. I competed in the discus, shotput, long jump and high jump. For discus I threw 18.5m and came 2nd. We had a great time at SAPSASA.










GOYDER YAC PRESENTS

## BATTLE OF THE BANDS

PERFORM LIVE ON STAGE  
AT THE HISTORICAL  
REDRUTH GAOL IN BURRA!

# 08

DECEMBER  
2018



Are you a band, vocalist or musician between the ages of 12-25 years? Want to be in the chance to win some great prizes and showcase your talent? Expression of interests are now open! For more information and to apply online go to [www.goyder.sa.gov.au](http://www.goyder.sa.gov.au)



Is **CHRIST-CENTERED** and **ALL-AGE**  
**Encourages CREATIVITY** and **HOSPITALITY**  
**ENJOYS CELEBRATION OF A BIBLE THEME**

**Sunday 16th September**  
**@ Burra Uniting Church**  
**10-12 Chapel St**  
**4.00pm — 6.00pm**

ACTIVITIES - Craft; Games; Science; More  
 CELEBRATION - Theme story; Song; Activity  
 LIGHT MEAL - 2 course family style  
 Children **MUST** be accompanied by an adult

ANY ENQUIRIES TO HEIDI 8892 2332  
 OR GAIL: 0438 922 731

## Transition to High School

The transition to High School can be a daunting time for parents and students. Booborowie Primary School is a feeder school, with associated School Bus service, for Burra Community School. The Clare High School is within driving distance. Both schools have contacted BPS regarding their transition programs for students wanting to find out further information for 2019 and beyond. If you have not received a letter from either school as yet and would like one, please contact the front office to be forwarded these. Laura Hadley is Transition Coordinator at Burra Community School and can be contacted on 8892 2007. Melissa Jones is the Transition Coordinator for Clare High School and her contact number is 8842 2788. If you would like any further information or have a discussion regarding transition to high school before you contact the schools, do not hesitate to come and have a chat.



## Scotch College Visit

On Wednesday 5th September students from Scotch College came to visit Booborowie Primary School. We played a game to get to know each other. We played soccer together and the bibbed team scored a goal. They made a rule that the ball had to touch one of the Booboro-



wie students before a goal was kicked. We played a game called rats and rabbits.

We really enjoyed having Scotch College visit. Our favourite parts were showing the students around our school, making new friends and playing some new games with them.

By Holly, Makala and Tyler

## School Chooks

The school currently has on loan 5 chooks from Nicole Farr. The chooks will be here for the remainder of this term, then will be back next term. The students will be on a roster system to look after the chooks and collect the eggs. The eggs will be sold as a school fundraiser in the front office for \$3.00 a dozen. If you have any spare egg cartons we could use, they would be greatly appreciated. Also any vegetable scraps or lawn clippings you may have spare, please feel free to bring them to the school and we can use them in the chooks yard to scratch around in. Thanks to Nicole for loaning us her chooks.



# Mindfulness

## for Mums, Dads, Grandparents, Carers, Everyone!

*Do you sometimes feel like there is too much happening around you?*

*Is the family driving you crazy?*

*Would you like some time out to become more relaxed?*

*Or are you just interested in knowing what Mindfulness is all about...*

*We are running our six week Mindfulness and*

*Meditation Course in Spalding*

**Commencing Wednesday 17<sup>th</sup> October to Wednesday 21<sup>st</sup> November 9.00am – 10.30am**

**Cost: \$100, Early Bird & Repeat Participants: \$80 if booked by Friday 21<sup>st</sup> September 2018**

In these 1 ½ hour sessions we will explore techniques to:

- ~ improve mental clarity, concentration, relaxation and sleep
- ~ learn to be in the present moment and out of 'auto pilot'
- ~ reduce stress ~ improve relationships
- ~ become less judgmental of ourselves and others

**Places are limited - to register or make enquiries, contact:**

**Melanie Michael: 0428 101 228** **Michelle Sanders: 0407 795 104** [midnorthmindfulness@gmail.com](mailto:midnorthmindfulness@gmail.com)  
[ness@gmail.com](mailto:ness@gmail.com) **Certified Mindfulness-based Stillness Meditation Facilitators**



**Royal life Saving are running swimming lessons at the Booborowie Primary School Pool from 17th-21st December 2018.**

**Bookings can be made online now at**

**<http://www.vacswimsa.com.au/vacswim-locations/mid-north/booborowie-primary-school/>**



## Sports Day

**Is on Friday 21st September 2018**

(Please note the date)

**at the Spalding Oval.**

**\$2.00 Entry Fee (Includes Program).**

Lunch orders have closed but there will be some food available on the day. Make sure students have plenty of water and snacks, hats and first coat of sunscreen applied before you get there.

## Parent/Teacher Interviews

**Week 8**

**By appointment only**

Call Fiona at the school to make appointments.



**YEL**  
**Young Environmental Leaders**

### **Blue Banded Bee buzzzzzz.**

The Blue Banded bee can perform a special pollination move known as "Buzz Pollination". Not all bees can do this. The bee grabs hold of the flower and shakes their entire body causing the flower to vibrate and releases its pollen. The bee then collects the pollen.

Burra Op Shop & Interchurch Council present

## **MESSY MOVIE**

**Friday 14<sup>th</sup> Sept.**

**7.00pm - 9.30pm**



**@ Burra Uniting Church Hall**

**FABULOUS & FREE**

**BYO bean bags, pillows, etc.**

*For further information*

Contact:

Pauline: 8892 2130



**Mark in your Diary**

**23rd October**

**CPR COURSE**



**Watch this space.**

## **CLARE TENNIS CLUB**

Junior tennis will commence at **Clare Tennis Club** in term 4, 2018. **CTC** offers the following programs :

**Beginner Program HOTSHOTS** for children aged 6-10 wishing to learn the skills of tennis, using modified equipment.

**Intermediate Program** for children (usually 9-12 years in age) who have some experience but are not quite ready for the junior competition

**Junior Program** (17 & under), for players wishing to play Saturday morning competition.



New players are most welcome.

Anyone interested in receiving an information pack containing registration forms can contact Aaron Bradley 0419 863 256 [aaron.bradley@outlook.com.au](mailto:aaron.bradley@outlook.com.au)



# DARE TO DREAM



ATHLETICS HOLIDAY CLINIC

SA ATHLETICS STADIUM, MILE END

WEDNESDAY 3RD & 10TH OCTOBER 2018

A clinic for **ANY 5-17 YEAR OLDS** to learn, have fun, improve their athletics skills, and meet Australian Olympic Race Walker **Claire Tallent** and Australian Para-Athlete Thrower **Daniel Kirk**!



REGISTRATION CLOSES:  
WED 26TH SEPT 2018



(08) 8352 8133



[littleathleticssa.com.au/holidayclinics](http://littleathleticssa.com.au/holidayclinics)