

Lyndoch Primary School

“Achieving Together”

Respect - Resilience - Collaboration - Self
Responsibility



Government of South Australia
Department for Education

04th June 2021 - TERM 2, Week 6

Principal - Melissa Babic
Coordinator - Kate McAuley
Finance Officer - Bec Handke
PCW - Jo Herrmann

Diary Dates:

Public Holiday - Queens Birthday

14.06.2021

Year 6/7 - Be Ready Program

16.06.2021

P&F meeting

24.06.2021 at 9 am

NAIDOC Week Celebration

02.07.2021

PJ Day

02.07.2021

Photo Day

23.08.2021

Bookweek

23.08.2021 to 27.08.2021

Bookweek Performance

26.08.2021

Sports Day

17.09.2021

Governing Council meeting dates

21.06.2021 - 6:30 pm

02.08.2021 - 5:45 pm

20.09.2021 - 5:45 pm

25.10.2021 - 5:45 pm

06.12.2021 - 5:45 pm

Pupil free Days

11.06.2021

07.09.2021

Term 4 TBC

School Closure Day

06.09.2021

Margaret St
Lyndoch SA 5351

dl.0237_info@schools.sa.edu.au

www.lyndochps.sa.edu.au

Phone: 8524 4172

Fax: 8524 4763

Mobile: 0422 002480

OSHC: 8524 5618 or

0427 718391

Throughout this year one of our goals is to improve the quality of students writing. As an example Leo from Mrs Richardson's class wrote this character profile with some amazing descriptive language about his captain.

Leo's Pirate Character profile

This swashbuckling genius is the best captain of the seven seas. He has a parrot on his shoulder and a sword in his hand, he is the best looter in all the land. He has a long dark blue coat and a skull and cross bone hat. He has a brown belt with a gold buckle and an eye patch.

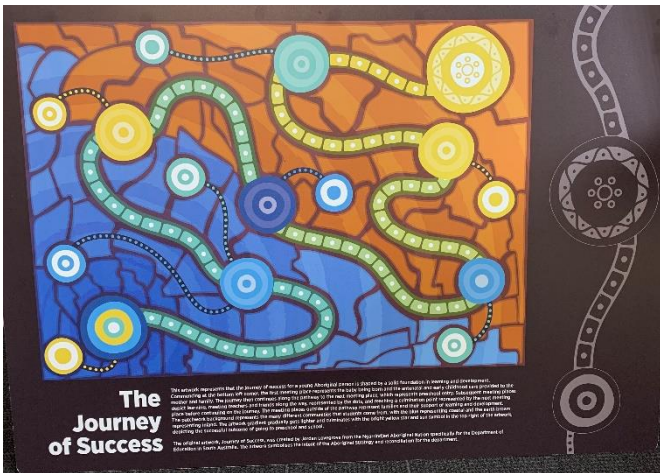
This old jolly scallywag with a peg foot and a spotty bandana can pick any lock on any treasure chest. He has a silver sharp hook and circular gold earrings. He has a big shiny grin and glimmering black boots.

Written by Leo H year 3



Journey of Success

The Department for Education have provided the school with a print of the artwork 'Journey of Success'. The original artwork was created by Ngarrindjeri artist and designer Jordan Lovegrove. The artwork symbolizes both the intent of the Aboriginal Education Strategy and steps towards Reconciliation for the department.



Science Week

This week our students have been involved in learning more about science. Students have had the opportunity to experience Sciworld as per the photos, daily experiments and dress like a Scientist on Friday.



Classroom upgrades

We are currently in the process of getting the inside of the buildings painted. This work will be carried out on weekends and during school holidays with the aim of the least possible disruptions to the learning of our students. So far the year 6/7 classroom and the Japanese classroom have been painted. This weekend will be the year 3/4 and 4/5 classroom.

Very soon the inside of the buildings will also be getting new carpet squares put down.

Staff and students have been doing an amazing job at getting this done and I would like to say a big thank you to you all.

Nuriootpa High School Year 7 and 8 2020

Information is available on the website. This includes:

- Virtual Tour of the School
http://www.nurihs.sa.edu.au/videos/NHS_Virtual_Tour.mp4
- Bring Your Own Device (BYOD)
<http://www.nurihs.sa.edu.au/byod.htm>
- Uniform
<http://www.nurihs.sa.edu.au/uniform.htm>
- School Information Brochure
http://www.nurihs.sa.edu.au/school_info.htm

Information about the school's preparation for the new cohort of students including the new building works will be provided by the high school to be included in our latest newsletter. The school will continue to provide updated information to feeder primary schools in weeks 4 and 9 of each term.

Each of the Year 6 and 7 classes have been visited by ex-students and a staff member in weeks 7 and 8 of this term. There were 2 Open Days on March 22nd and 23rd. The PowerPoint from this presentation is also on the website in the Transition Information Documents Section of the School Information section of the website. The Principal's tour at 9:30 on Tuesday 1st June is by registration. In each of terms 2 and 3 there will be a Teams Meeting with each of the Year 6 and 7 classes with the same students who visited their school

in weeks 7 and 8 of this term. During term 4, the primary school students will come to our school and the day will be hosted by these students. For students who need additional transition visits, this will be negotiated between the primary schools and the high school.

Teachers from the high school and primary schools will be meeting during terms 2 and 3 to discuss particular learning areas and pedagogy. There will be a parent information night in term 4 with a focus on information that parents and students need to know as they transition to our school, including a session on Bring Your Own Device.

We will also provide more details to families about what the week looks like and our wellbeing program.

For students in Special Options classes, information will be provided to these families as the high school is informed about these students.

If parents have any specific enquiries they can:

- Email : dl.0788.admin@schools.sa.edu.au
- Phone: 85622022

Outdoor garden area



If you are interested we are looking for a new volunteer during term 3 2021.

Whole School Meetings

Only parents of children hosting will be permitted to attend whole school meetings. Teachers will notify families via Seesaw when their class will be presenting.

Friendly Schools Awards:

Week 5 - Nil

Week 6 - Nil

Congratulations to our Award Winners:

Week 5

R/1 Class: Ivy

1/2 Class: Lachlan

3/4 Class: Imogen

4/5 Class: Year 4/5 team

6/7 Class: Nil

Week 6

R/1 Class: Maddie

1/2 Class: Hunter

3/4 Class: Ryan

4/5 Class: Kai

6/7 Class: All Students

Mr. Smiley Award

Week 5 - Brooklyn R - The way that you work with others

Week 6 - Hamish H - The way your actions speak louder than words

Birthdays

The following students are having or had their birthdays so we would like to wish them a very happy birthday:

Madison P	24 th May
Lucy W	24 th May
Hunter R	24 th May
Mason I	25 th May
Thomas H	29 th May
Connor Mc	4 th June
Lincoln S	5 th June

Birthday song in Japanese

Otanjoubi omedetou

Otanjoubi omedetou

Otanjoubi omedetou

__(name)__san

Otanjoubi omedetou

<https://youtu.be/ufpqAspbV44>

COVID-19 update

REMINDER - Staff and Families need to be using the QR Code check in or sign on book in the office

COVID-SAFE CHECK-IN The school continues to have a QR Code for parents to check in when you enter the school buildings. Please scan in each time you enter the school buildings. Codes are available in the office and on the windows of each classroom. If you prefer not to scan there is a sign on book in the office. Thank you for your cooperation.

If you have changed your phone number or address please contact your child/children class teacher.

PIRATE DAY

Thank you to all our families for supporting our recent Pirate Day. As a school we raised \$147.00 to support the Kids Cancer Project

OSHC Director

I would like to say a big thank you to Denise who has done an amazing job at managing the OSHC/Vac Care and has decided to spend time with her family. The students and staff at Lyndoch Primary School will miss you.

TEMPORARY CONTRACT - ACTING DIRECTOR, OUT OF SCHOOL HOUR CARE - LEVEL 6.1

This temporary contract position commencing as soon as possible, until 10th December 2021 for 31.25 hours per week, which includes 10 hours per week admin time.

Hours of service are the following:

Before School Care: 7 am to 8:30 am
After School Care: 3:15 pm to 6 pm
Vacation Care: 7 am to 6 pm
Pupil Free Days: 7 am to 6 pm
Early School Finish: 2:15 pm to 6 pm

Required skills, knowledge and experience:

Sound leadership, operational and financial management skills (SPIKE)
Ability to relate well with children, families and staff
Knowledge of the National Quality Framework and My Time Our Place Framework
Knowledge of the Child Care Management System and Children Services Award

Required qualifications and training:

Diploma or Degree level qualification as approved on the ACECQA <https://www.cecqa.gov.au/>
A current approved first aid qualification, anaphylaxis management training and emergency asthma management training as listed on the ACECQA website
Current responding to Abuse and Neglect training certificate
Current Department for Human Services Working with Children Check

For further information and a copy of the job and person specification please telephone: 8524 4172 or email dl.0237_info@schools.sa.edu.au

Application addressing the above listed skills, knowledge and experience requirements and a CV with three professional referees to be emailed to dl.0237_info@schools.sa.edu.au. Please title any application email 'OSHC Director's Position'

Applications must be submitted by close of business 11/06/2021.



Interoception

Interoception is our EIGHTH sense:

1. Sight	5. Hearing
2. Smell	6. Proprioception
3. Taste	7. Vestibular
4. Touch	8. Interoception

What is Interoception?

Interoceptive awareness can be broadly defined as the conscious perception of an internal bodily state, for example, one's heart beating and breathing. These senses are related to emotional experiences. Awareness of both biological and emotional internal body cues are impacted in individuals who are affected by trauma, including intergenerational trauma, and neurodevelopmental disabilities including the autism spectrum (Schauder, Mash, Bryant, & Cascio, 2015, Mahler, 2016).

What is an interoception activity?

An interoceptive activity focuses on creating and noticing a change in some aspect of one's internal self, such as, one's **muscular system, breathing, temperature, pulse or touch**. Students/children/adults with poor Interoception are not able to identify the physiological changes that signal mood changes or bodily self-regulation needs. Interoception activities teach us to connect with these.

Structure of an Interoception Activity

- An interoceptive activity focuses on a particular part of the body for at least 30 seconds.
- It enables a change to occur in one's body state while labelling the movement and part of the body involved (e.g. toes, stretch and curl up or curl under)
- **Repeat the same activity for a second time**
- The individual is encouraged to identify a **change** in their body state (e.g. hot-cold, soft-hard, stretch-relax) and where they felt that change (arch or ball of foot, on top





Interoception

Benefits of teaching interoception:

- To help children/students connect to and learn to understand their own bodies and emotions
- It is a pre-requisite skill for self-management and self-regulation. It provides children/students with the tools to know when they are developing emotional reactions and the skills to be in control of those reactions
- Without interoception, social skills are just the application of rules and not a meaningful way of interacting – it enables students to develop a sense of belonging
- Classrooms where interoception is being taught have decreasing behavioural challenges over the school year and those where it is not have static or increasing behavioural challenges (*school wide behaviour reporting analysis*)

How many times a day?

Interoception activities need to be completed at least **TWICE** a day **EVERY DAY**. The most common times to do an interoception activity are after a recess and lunch



Interoception Activity Example:

- Sitting down with your hands resting on your lap, notice how your hands feel when they are relaxed.
- Now stretch your fingers as wide apart as possible and hold them tense like that for 30 seconds.
- *What part of your hand could you feel the stretch?*
- We are going to repeat the activity again and when we stretch our fingers, this time we are going to focus on the webs of our fingers.
- **Repeat activity for the second time.**
- *How did the webs of your fingers feel? What did you notice?*

