



# Lyndoch Primary School

## Achieving Together

Respect - Resilience - Collaboration - Self Responsibility

18<sup>th</sup> June 2021 - TERM 2, Week 8

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

### Diary Dates:

P&F meeting  
24.06.2021 at 9 am

Ken Randall Farewell  
25.06.2021

JRFH Jump Off Day  
30.06.2021

Teddy Bear's Picnic  
02.07.2021

NAIDOC Week Celebration  
21.07.2021

Volunteer Yearly training  
27.07.2021 10 am

Photo Day  
23.08.2021

Bookweek & Fair  
23.08.2021 to 27.08.2021

RAA  
25.08.2021

Bookweek Performance  
26.08.2021

Bookweek Dress Up  
27.08.2021

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  
07.09.2021  
Term 4 TBC

School Closure Day  
06.09.2021

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We continue to aim to improve the quality of our students writing. Chelsea a year 2 student from Ms Schwarz and Ms Eaton class wrote this fairy tale about a witch and 3 fairies.

Once upon a time in a horrid forest lived a very powerful witch and 3 fairies. The oldest fairy's name was Lily, the middle fairy's name was Anibell, the youngest fairy's name was Alex. They lived in a log. One day the fairies were making breakfast, then they heard a knock on the door. It was the big bad witch. The witch said "Let me in, let me in otherwise I'll take your powers". The fairies said "not by the power on my wingy-wing wing". "Then I'll fly through your window" said the witch. The fairies tried to shut the window, but the witch used her power to open the window and flew through it!

By Chelsea



### Farewell Ken Randall

We would like to inform the community that Ken Randall has been appointed principal at Tanunda Primary School from the beginning of term 3 and therefore will not be returning to Lyndoch Primary School. Ken is looking forward to the new challenge and we would like to wish him all the best. A big thank you to Ken for everything he has done while principal at Lyndoch Primary School. We will be having a farewell on Friday 25<sup>th</sup> June 2021 during whole school meeting.

The principal position is currently being advertised for 5 years starting at the beginning of 2022.

I will be back in term 3 2021.

Regards Melissa Babic - Acting Principal



## SAPSASA News

Congratulations to Bethany Manno who represented Barossa and Light in the recent SAPSASA Netball Carnival held at Priceline Stadium. The carnival was held over 3 days and Bethany played in the Year 6 team with other girls from various schools in our region.

## Pupil Free Day

During the PFD on Friday both teachers and SSOs continued to be involved in training of Brightpath (writing). This training included diagnosing student's current level of knowledge, skill and ability and to identify next steps in learning.

## Classroom upgrades

All of the classrooms and library have now been painted. The next step is to paint the art room and the office at a later date. During the first week of the school holidays the classrooms and library will have new floor coverings. The funding for this has come from a \$60,000 grant from the Department for Education.

## Interoception

This weeks the students have been learning about 'Flip the Lid'. Have a discussion about this at home and continue to use this language.

### Flip the Lid (Hand Model of the Brain)

Make a Fist with your thumb tucked inside your fingers. This is a model of your brain.



Figure 1. A model of the brain.

**Thumb** = Midbrain (Stem & Limbic) = Emotional Brain. This is where emotions and memories are processed. This is where the fight, flight & freeze is triggered.

**Fingers** = Cerebral Cortex = Rational Brain. Houses our ability to think and reason.

**Fingernails** = Prefrontal Cortex = Problem-Solving

When something triggers us, we are prone to "Flip our Lid" which means the Prefrontal Cortex (Fingernails) have a very poor connection with the Midbrain (Thumb), and we're not able to access the logical, problem-solving part of our brain. Our emotions are overriding our ability to think clearly.

-Dr. Dan Siegel



Figure 2. Flipping your lid.

## 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 7 - Nil

Week 8 - Willow V- Social Awareness

## Congratulations to our Award Winners:

Week 7 - Nil

R/1 Class: Nil

1/2 Class: Nil

3/4 Class: Nil

4/5 Class: Nil

6/7 Class: Nil

Week 8

R/1 Class: Ezra G

1/2 Class: Louis M

3/4 Class: Alicia R

4/5 Class: Jackson R

6/7 Class: Harry S

## Mr. Smiley Award

Week 7 - Nil

Week 8 - Nate I - Getting along with others

## Birthdays

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

Cooper S 16<sup>th</sup> June

Anthony I 18<sup>th</sup> 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.

## Contact details

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

# Interoception

Interoception is known as the eighth sense: we have our 5 senses; smell, sight, taste, touch and hearing; as well as Proprioception- my body in space, Vestibular- balance sensors and Interoception- internal body cues.

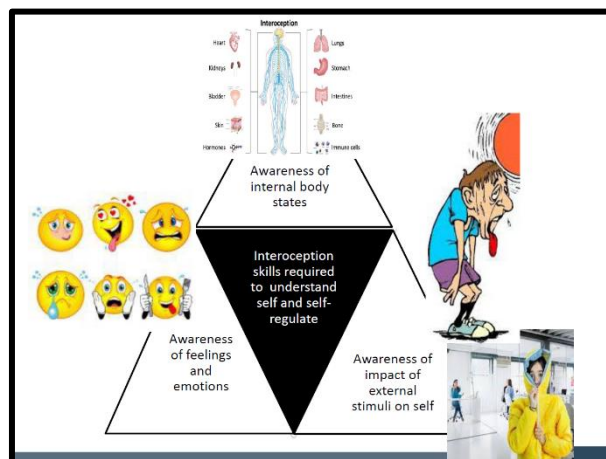
**Sensory**  
There are now known to be EIGHT sensory modalities:

The traditional 5 senses

6. Proprioception

8. Interoception

The interoception skills required to understand ourselves and be able to self-regulate are: awareness of internal body states, awareness of feelings and emotions and awareness and impact of external factors e.g. weather.



**Interoception activity**

**Finger Stretch**

Sitting down, rest your hands in your lap, stretch your fingers as wide apart as you can and hold them for 30 seconds.

Now rest them back again.

Where did you feel it when your hands were stretched?

We are going to repeat the activity again, but this time we are going to focus on the webbing between our finger and thumb.

Rest them back again.

Did you feel it between your finger and thumb?

What did you feel?

stretch    stretch    sore    pressure

4 | Interoception & Communication Booklet | 2020

Government of South Australia  
Department for Education





## Nihongo News

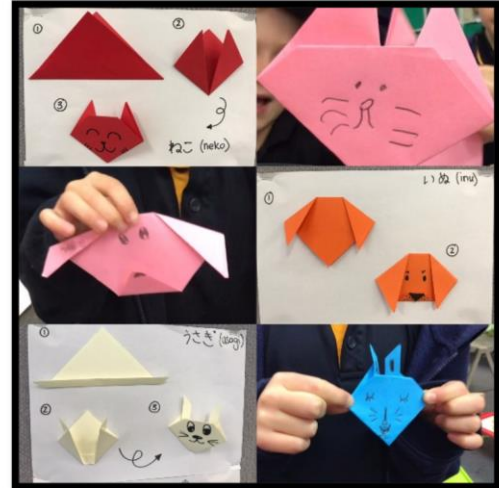
こんいちは! This week the Japanese Action Team helped to host an Origami Workshop at Recess time.

Students learnt 3 simple origami designs – a cat (ねこ = neko), a dog (いぬ = inu) and a rabbit (うさぎ = usagi).

I will share the instructions on SeeSaw, so keep an eye out for those.

S-sensei.

## おりがみ!



**SANFL School holiday clinics are returning, providing a fun, safe and inclusive environment for children at any ability aged 5 – 12.**

*In small groups (less than 20), kids will participate in activities designed for fun, whilst developing skills and fitness appropriate to their age.*

*SANFL's priority is the safety of our participants and wider community, therefore all clinics will abide by COVID safe protocols.*

### VENUES AND DATES

**Time: 10am-12:00pm**

- 5th July - Glenelg FC
- 5th July - Lameroo Oval
- 7th July - Woodville West Torrens FC
- 8th July - Crystal Brook Oval
- 8th July - Victor Harbor Oval
- 13th July - Hectorville FC (Daly Oval)
- 14th July - West Adelaide FC
- 15th July - Mt Gambier, Frew Park

**REGISTER NOW | PLACES ARE LIMITED**

**\$40**  
Participants will receive a football, SANFL tickets & more!



Mid way through the program:

**We're skipping through the term!**

Jump Rope for Heart is well underway and it's great to see so many children out in the playground skipping with smiles on their faces. Lyndoch Primary School has already raised \$2940, only \$60 away from our \$3000 goal!

It's not long until our Jump Off Day on Wednesday 30<sup>th</sup> June 2021 so keep on practicing those tricks! And don't forget to share your online fundraising page with friends and family to raise money for a great cause! Still need to sign up online? It's easy just follow this link and enter your details.  
[www.jumprope.org.au/parents](http://www.jumprope.org.au/parents)



Weekly updates:

**Lyndoch Primary School has raised \$2940 for the Heart Foundation!**

We have 29 signed up already!

Yet to register your child, it's not too late:  
[www.jumprope.org.au/parents](http://www.jumprope.org.au/parents)

**Top 5 fundraisers for Jump Rope for Heart!**

Charlee  
Sophie  
Ethan P  
Connor  
Lauren

Your efforts have been amazing so far! Let's keep up the great work!

