



# West Lakes Shore School R-7

BUILDING STRONG FOUNDATIONS FOR LIFE LONG LEARNING

RESPECT\* RESPONSIBILITY\* HONESTY\* EXCELLENCE\* AND RESILIENCE\*



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**Principal** Sharon Brightwell  
**Deputy** Michaela Ford  
**Assistant Principal** Paul Marshall  
**Assistant Principal** Helen Grant  
**Business Manager** Cheryl Jaeschke

## Newsletter

Volume 8

Wednesday 7<sup>th</sup> June , 2017

### Diary Dates

**PUPIL FREE DAY**

Date: Fri 9<sup>th</sup> June

**PUBLIC HOLIDAY**

Date: Mon 12<sup>th</sup> June

**GOVERNING COUNCIL MEETING**

Date: Mon 19<sup>th</sup> Jun

Where: Staff room

When: 7:00pm

**GOVERNING COUNCIL MEETING**

Date: Mon 7<sup>th</sup> Aug

Where: Staff room

When: 7:00pm

**OPEN NIGHT**

Date: Wed 6<sup>th</sup> Sep

**SCHOOL CLOSURE**

Date: Thu 7<sup>th</sup> Sep

**Absentee Number:** 8449 7574  
 (4:30pm-9:00am)  
**Phone:** 8449 7255  
**Facsimile:** 8449 1559

Save the Children  
 Global Peace School

### FRIENDSHIP PART 2

#### *The skills of friendship*

Forming friendships involves a number of skills such as being able to control strong emotions, and being able to understand and use particular social skills. An example for younger children is the ability to take turns. This one skill means that the child needs to be able to postpone their wishes, understand that they have to wait and then behave appropriately when their turn is finished.

Some children seem to learn these skills intuitively while others struggle socially. Social skills and friendship are different things. It is easier to form friendships if a child has good social skills. Friendship requires the use of higher level social skills such as sharing, and conflict resolution. It also relies on children choosing each other (ie. reciprocity of interest) and then building trust and loyalty over time.

#### *What are the building blocks for friendship?*

The list below is not exhaustive and as can be seen, the skills range from fairly simple skills to quite complex skills. The skill range you teach will depend on your child's age and developmental level as well as their areas of difficulty.

· Ending a Conversation	· Recognizing other's feelings
· Joining in a group activity	· Tactfully saying 'No'
· Inviting someone to play	· Giving a compliment
· Sharing and turn taking	· Accepting a compliment
· Accepting rules when playing a game	· Showing empathy
· Asking a favour	· Keeping a confidence
· Offering help	· Apologising
· Expressing your feelings	

#### *The best way to teach such skills is:*

Choose your time with your child. Don't try to do this when you or your child is angry or upset.

Choose a 'teaching moment' when things are calm and you have some privacy and time. You do not need to do this all in one session, a few minutes each evening is better than 2 hours once a week.

Determine what skills are lacking. This may be evident from your own observation, from information from a teacher or parent about an incident with a peer or your child might even be able to tell you what they struggle with.

Use a scenario from the child's experience and act it out together. You should play your child and model the new skill. Reverse roles and have your child practice the skill.

## RECONCILIATION WEEK LET'S TAKE THE NEXT STEPS

*By Eva Wilson*

### ABORIGINAL COMMUNITY EDUCATION OFFICER

Each year National Reconciliation Week celebrates and builds the respectful relationships shared by Aboriginal and Torres Strait Islander people and other Australians.



This year for Reconciliation week Assembly many classes shared what they have been learning about Aboriginal and Torres Strait Islander people; their culture, spirituality, traditions, history and language. Aboriginal studies are woven through the Australian curriculum, within every year level. Reconciliation week is a great opportunity to share what they are learning throughout the year.

I shared my Aboriginal family history as I am from the Mirning people, on my mother's side of my family. The Mirning people come from the West Coast of South Australia along the Great Australian Bight. Below is a picture of my Great Grandmother Kumillya Boxer, a traditional Aboriginal woman and me when I was young with my Grandmother May Miller



- The year two's sang a greeting song called Niina Marni and Heads and shoulders in the Kurna Language.
- Junior and Middle primary have also been learning about dreaming or creation stories from around Australia and stories from here on Kurna land.
- Olivia Sheridan's year three class presented replicas of traditional Aboriginal shelters which were to scale.
- Year fours have been investigating the different ways Aboriginal and Torres Strait Islander people connected with the land and maintained sustainability for thousands of years.
- Year fives have been learning about the Myall Creek Massacre.
- Year six's from SD2 presented timelines of significant events in Australian history which impacted on Aboriginal and Torres Strait Islander people.
- The Choir sang Sea of Flags.

Provide feedback - remember this is feedback on the positive areas of the child's attempt with suggestions for further improvement. Repeat the practice if necessary and then give your child a 'homework' assignment. This should be a small change that you want them to attempt.

At your next 'session' evaluate the success or otherwise of their assignment.

### *And what about aggressive behaviour?*

A common belief is that the way to teach children to control strong emotions of anger and frustration is for them to blow off steam, punch punching bags etc. The theory is that these aggressive energies should be vented. Despite the popularity of this idea, there is little research to support this.

Children who behave in aggressive ways often lack the skills to resolve interpersonal problems. A better approach is to teach these children cooperative behaviours.

Ideas to assist young children in learning anger management:

- Create a safe emotional environment
- Model responsible anger management
- Encourage children to label feelings of anger
- Encourage children to talk about things that make them angry
- Use books and stories about anger

As children get older, it is important to teach them to:

- recognise their early warning signs
- understand the physiological changes that occur with intense anger
- interrupt the anger cycle
- use self-calming techniques (e.g. deep breathing, self-talk, walking away etc.)

For more information go to:  
[www.headroom.net.au](http://www.headroom.net.au)

The task of raising a child to become a well-rounded and socially competent adolescent/adult requires a long term commitment. There will be times when issues or concerns with regard to your child are easily and quickly resolved. There will also be times where you find yourself uncertain of what is the best path towards resolution. There are many avenues of support available to parents from a discussion with other parents, a discussion with your child's teacher through to professional support agencies.

If you have any concerns with regards to your child's ability to make and maintain friendships as discussed in the above article or indeed any other social or academic concerns remember to talk to your child's class teacher by making an appointment at a mutually convenient time to chat with them about any concerns you may have with regard to your child's progress.

Reconciliation isn't just about one week of the year, it is an ongoing process, and students presented at assembly, a fraction of what they have been learning about in regards to Aboriginal and Torres Strait Islander people and culture. I am proud to say that West Lakes Shore School is truly working towards Reconciliation in a significant way. Below are some images of our Assembly on the 1<sup>st</sup> of June 2017.



### SCIENCE IN P4

In class we have been studying properties of materials so we did an absorbency test. People checked to see which was the most absorbent material. We all had a partner to work with. We tested some materials such as chux, felt, shopping bag, paper towel and tissue. We did this test to see which materials were the most absorbent. We all had some very different results. These are reasons why the results could be different:

- some drops bigger than others
- some materials were thicker and some were thinner.
- with some, the paper towel could have been folded.

To do this test we needed water that's been coloured, pipettes, plastic cups, rubber bands and materials. As a class we all enjoyed the test!

By Emily & Alex



### NAIL POLISH AND HAIR

A reminder to parents that as part of our school dress code policy (endorsed by our School Council) nail polish is not permitted to be worn at school. Also as part of this policy hair, shoulder length or longer, needs to be secured for health & safety reasons.

### OSHC CAR PARK

We would like to remind families that, when entering and leaving the car park for the safety of those using the car park, this is a 10km area and for drivers to be observant.

### ABSENTEES TO OSHC

Please notify us by telephoning, leaving a message on our answering machine or e-mailing as soon as possible if your child is going to be absent, having to make phone calls to school and families to find out why a child hasn't arrived at OSHC, takes a staff member away from other duties, i.e. supervising children, also making a place available for children requiring care.

### RECEPTION STUDENTS AT OSHC

The reception children have successfully fitted into the routine of walking over themselves to their classrooms in the morning and arriving at the courtyard in the afternoon, showing their progress to independence and responsibility. Well done Sea Star students.

### NO DOGS ALLOWED ON SCHOOL GROUNDS

We would like to remind parents that no unauthorised dogs are permitted on our school grounds. This includes our school oval during and out of school hours, including weekends when sport is played. This is due to safety and health reasons. Please help us to keep our school, a safe place.



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### SCHOOL FOOTBALL RESULTS

#### SATURDAY 27<sup>TH</sup> MAY

#### 2/3 WLSS 6-5 (41) vs Whitefriars 9-4 (58)

Goals: Dylan J, Mason H, Kai H, Mitchell J, Jack M, Lachlan T (1)  
Best: Kobe R, Tayler G, Samuel P

#### 4/5 WLSS 11-10 (77) vs Whitefriars 3-0 (18)

Goals: Jordan C, Jamie R, Cy H, Nathan G (2) Owen H, Chaise B, Mitchell R (1)  
Best: Noah R, Owen H, Jamie R

#### 6/7 WLSS 6-7 (43) vs Whitefriars 12-8 (80)

Goals: George F (2) Shey W, Lachlan F, Liam H, Izaak O (1)  
Best: Liam H, Zann G, George F



## SCHOOL FOOTBALL RESULTS

SATURDAY 3<sup>RD</sup> JUNE

**2/3 WLSS 10-15 (75) vs Hendon 9-3 (57)**

Goals: Kai H, Jack M, Tyreece B (2) Kobe R, Dylan J, Mason H, Mitchell J, (1)

Best: Quinn S, Mitchell J, Mitchell W

**4/5 WLSS 11-15 (81) vs Hendon 1-0 (6)**

Goals: Noah R (3) Ryder B, (2) Cy H, Darcy C, Owen H, Mitchell R, Braden G, Nathan G(1)

Best: Charlie S, Jai E, Nathan G

**6/7 WLSS 7-6 (48) vs Hendon 8-6 (54)**

Goals: Izaak O (2) George F, Callum F, Brodie H, Mick O, William H(1)

Best: Ryan P, Wil V, Angus O

## COMMUNITY NEWS

We are happy to support local organisations and groups however, please understand that we take no responsibility for the quality of any of the programs and products included in our Community News.



### Science Technology Engineering Mathematics

#### Shore Start Community Learning

What is it and how does it fit into the curriculum? Please join us for a discussion about what STEM entails in your child's learning.

Hosted by Facilitator Mark Feetham, Teacher at West Lakes Shore R-7 School

Date: Tuesday 20th June

A: Session 9:30 – 11:00am

B: Session 7:00 – 8:30pm

Venue: West Lakes Shore R-7 School

Register now:

[https://stem-](https://stem-2017.eventbrite.com.au)

[2017.eventbrite.com.au](https://stem-2017.eventbrite.com.au)



### July Swim and Survive Program

VACSWIM program, for children aged 5-14 years Children will be exposed to a number of swimming and survival techniques throughout the 5 day program.

**Program Dates:** Monday 17<sup>th</sup> July to Friday 21<sup>st</sup> July inclusive

**Location:** Largs Bay Swim Centre, 195 Victoria Road Largs Bay SA 5016

**Duration of classes:** 1 hour per day

**Cost of Program:** \$60.00 per child, includes pool entry and logbook.

There are many benefits to participating in swimming lessons during winter. In many cases, winter is one of the best times of the year to swim.

Online enrolments are now open!

<http://www.royallifesavingsa.com.au/swim-and-survive-largs-bay/>

Note: additional information on the Swim and Survive program can be found

here <http://www.swimandsurvive.com.au/>

## NETBALL SA CLINICS

### Ambassador Multi Sport Workshop

Friday 16<sup>th</sup> June from 9am - 4:30pm

Teacher specific course covering coaching fundamentals and specific skill acquisition across Australian Rules Football, Tennis & Netball. Delivered by elite coaching staff.



For more information contact [NICK.HARNAS@SANFL.COM.AU](mailto:NICK.HARNAS@SANFL.COM.AU)

## QUEENSTOWN GYMNASTICS

Classes held during the school term.

Classes to be held on Tuesday and Thursday starting at 10am.

The benefits of kindergym:

- Assists with social skills
- Provides a safe place to explore and discover
- Develops physical skill in a fun playful way
- Develops your child's gross motor skills
- Assists with coordination and balance
- Develops self confidence
- Promotes sharing

If you have any queries or would like to come and try a session please contact Lauren 0403354075. First lesson is a free come and try!



## RAISE A GLASS TO RESEARCH FUNDRAISING GALA NIGHT

### The Longest Table

Invite your friends and family to this fabulous, fun event and at the same time help support the Hospital Research Foundation to help find a cure for cancer. Friday 23<sup>rd</sup> June 7pm to midnight at the Grand Ballroom, 443 Tapleys Hill Rd, Fulham Gds. Tickets \$55, tables of 10 available. Dress code is semi formal. Drinks available for purchase at the bar. EFTPOS available for auction winners.

Ticket includes:

- 2 course meal
- Complimentary wine on arrival
- Entertainment
- Lucky door prize
- Live auction & fantastic prizes
- Lucky door prize

The longest table host, Trish Fuss 0438 856 378 or email [supasava@optusnet.com.au](mailto:supasava@optusnet.com.au): <https://www.thelongesttable.com.au/table/raise-a-glass-to-research/>

