

# SEAVIEW DOWNS PRIMARY SCHOOL

# NEWSLETTER

Number 7, August 10<sup>th</sup>, 2023



Government of South Australia  
Department for Education



Phone: 8298 1327 Email: [dl.0984.info@schools.sa.edu.au](mailto:dl.0984.info@schools.sa.edu.au) Website: [www.seaviewdps.sa.edu.au](http://www.seaviewdps.sa.edu.au)

## Events to remember in Term 3, 2023

<b>Week 4</b>	Way Too Cool Incursion	Wednesday 16 <sup>th</sup> August
<b>Week 5</b> (Book Week)	Festival of Music rehearsal School Concert SAPSASA Athletics Whole School Closure	Monday 21 <sup>st</sup> August Thursday 24 <sup>th</sup> August Thursday 24 <sup>th</sup> August Friday 25 <sup>th</sup> August
<b>Week 6</b>	Father's Day Stall	Thursday 31 <sup>st</sup> August
<b>Week 7</b>		
<b>Week 8</b>	Principal's Tour Colour Run	Wednesday 13 <sup>th</sup> September @ 9am Friday 15 <sup>th</sup> September
<b>Week 9</b>	Festival of Music Concert	Tuesday 19 <sup>th</sup> September
<b>Week 10</b>	Thursday 28 <sup>th</sup> September Friday 29 <sup>th</sup> September	Casual Day Pupil Free Day

## Families

Over the past three weeks our school has opened its doors to engage the community through events including The Resilience Project afternoon, Music Showcase, Book Fair, Book Week Celebratory Parade, and Breakfast Club opening. This week we have a 'Way to Cool' student performance, followed in the upcoming week by our bi-annual Performing Arts concert.

To all persons who have been engaging to support the growing success of our student learning, wellbeing and community – Thank You!

### Reminder - 2023 Parent survey

You're invited to complete the 2023 annual parent survey, which is now open.

In the week beginning Monday 31 July you'll receive an email or SMS from the Parent Survey Team with a unique link to participate in the survey.

If you didn't receive an email or SMS with your unique survey link, contact [education.ParentSurvey@sa.gov.au](mailto:education.ParentSurvey@sa.gov.au) and include our school's name in your email.

The survey takes less than 10 minutes and will help us understand:

- what we're doing well
- where we can improve
- what's important to you.

It has been coordinated centrally so that added administration workload isn't placed on the school. Your answers won't identify you or your child. Only collated feedback will be provided to our school. Information collected will inform school improvement planning and activities at the school. The survey closes midnight Sunday 27 August.

Sam Winters [samuel.winters317@schools.sa.edu.au](mailto:samuel.winters317@schools.sa.edu.au)

Principal

## Finance

Thank you to everyone who has paid their School Fees. Just a friendly reminder that if you haven't already done so, can you please attend to payment of any fees outstanding.

If you have a Health Care Card then you may be eligible for School Card assistance. Applications can now be done online at [www.sa.gov.au/education/schoolcard](http://www.sa.gov.au/education/schoolcard). If you need a paper copy, please come into the Finance Office to pick one up or ring us and we can send one home with your child/ren or post it. No new applications can be accepted after the 24<sup>th</sup> November 2023.

You can also organise a payment plan if this makes it easier for you. Thank you.

If you have any questions, please do not hesitate to contact me.

**Audra Nesbit**

**Finance Officer**

## Lunchtime Legends

Every lunchtime, teachers on yard duty are on the lookout for students going the extra mile and being truly outstanding helpers. Whether it be helping to clean up the yard or being extra welcoming to a new face, each one of these lunchtime legends have earned a nomination because of doing something awesome.

The following students have been recognized as being Lunchtime Legends:

- Sophie M
- Emilio H
- Eli M
- Matilda O



For each nomination, a student earns a ticket, to be placed in our barrel and drawn out (normally at assemblies). Each nomination goes in the draw and the winner gets a Frozen Mini Milk from the canteen! The names have now been drawn, and the winner of this week's lunchtime legend is:

- **Matilda O!**

**CONGRATULATIONS AND THANK YOU - KEEP UP THE GREAT WORK!**

**Thank you making the effort to keep our school yard clean 😊**

## School Concert Tickets

**Just a  
reminder...**



Our school concert is fast approaching! Friday the 18<sup>th</sup> of August is the final day to secure your tickets! A waitlist is also available through TryBooking.

Book via the below link or QR code.

<https://www.trybooking.com/CKHAL>



Thankyou to the Clarke family for their donation of beautiful books! So many great Picture Fiction titles to add to our collection! 😊

### Book Fair

Our Book Fair was an excellent success! It was wonderful to see so many excited students with books in arms. Thank you to the parents and carers in our school community, your support helps to engender a love of reading in young people, and as a bonus, purchases made generates commission for the school – enough to provide about 100 new books for our library! I recently ran a poll to ask students to vote on what books they would like added to our collection, these will be the first to be bought! 'Reorders' (books that sold out) have been placed and will be delivered to the school in about a week and delivered to students who are patiently waiting for their favourite book to arrive. Thank you to our wonderful volunteers who helped with sales, to the Upper Primary students who helped set it up, and to the staff who helped it run smoothly. Go team!

### Premiers Reading Challenge

Not long to go now! We have had so many students complete the challenge so far, it's been excellent. Keep those completed reading forms coming!

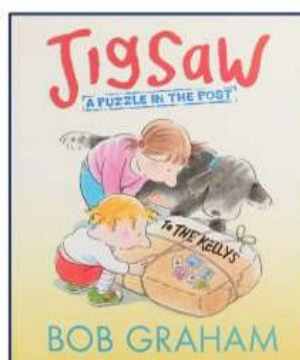
## Reading concludes 8 September 2023



### Week 4 - Book Week Special Event - "Way Too Cool" Performance

To celebrate this year's Book Week, we will be having an incursion of a theatrical performance on Wednesday of week 4. The cost of the incursion is \$5.00 per student which can be paid via QKR, in cash or by EFTPOS at the front office, please make payment if you haven't yet already.

The performance will include references to the following CBCA Shortlisted books for 2023:



### Book Week Dress Up Day!

Our annual parade was another great event, the creativity and time spent on costumes was outstanding! See next page for some photos from the day.

Kind regards,

Kathleen Banas

Library SSO

# 2023 Book Week Dress Up Day!



The Seaview Downs Primary School Bi-annual Concert is nearly here! In just two weeks, students will be taking to the stage, EUROVISION STYLE. Do you know what country your child's class is representing? It would be amazing to see the audience getting behind each country just like they do for the Eurovision Song Contest so print and colour some flags to wave or make a badge to wear or even grab some face paints and paint a little flag on your cheek! However you decide to get involved, we'd very much appreciate it!

All classes are focusing and rehearsing their items in order to be super prepared on the night but sometimes stage fright creeps in and tries to spoil the fun. Listed below are some tips that can help overcome any worries or concerns brought up by fear.

- 1) Repeat our mantra – "I can do this! This is FUN!" – Repeating this over inside our heads can help re-direct our thoughts
- 2) Intentional Breathing – Taking slow, purposeful breaths can help slow down our brain and bring back feelings of calm – 3 counts in through the nose and 3 counts out through the mouth
- 3) Be prepared – Practice, Practice, PRACTICE! Being present and focused during Performing Arts lessons can maximize the opportunity to know what needs to be done and do it confidently. Students will be attending the performance venue with their classes on the day of the performance to rehearse and familiarize themselves with the space.

### DATE REMINDER:

**When:** Thursday 24th August (Week 5, Term 3) at 6:30pm

**Where:** Edwardstown Baptist Church Theatre – Cnr Dorene Street and Rothesay Ave, St. Marys

**Who:** All R-6 students. It is a school expectation that they participate in this performance

We hope you are looking forward to being our audience as much as we are looking forward to performing for you.

### Concert running order 2023

**Sheehy** – Vietnamese Lantern Dance – Song "Ha Long Bay"

**Taylor** – Chinese Dragon Dance – Song "Dragon Dance-Festival Celebration-Ha Shin Folk Ensemble"

**Macleod** – Singing "Harugakita" followed by Japanese Fan Dance to "Furusato"

**Knight** – Bollywood Dance – Song "Bom Diggy Diggy-Instrumental" by Zac Knight and Jasmine Walia

**Williams** – Korea – "Likey Dance" by TWICE composed by [Black Eyed Pilseung](#) and Jeon Gun

**Brady** – Spain – "Senorita" by Carlos Higes

**Brockhouse** – Malta – "Diamonds in the Sky" by Gaia Gambuzza

**McDowell** – Netherlands – "Ding A Dong" by Teach In

**Downes/McRae** – Ukraine – "Stefania" by Kalush Orchestra

**Maloney** – Sweden – "Waterloo" by ABBA

**Villa** – Russia – "Uno" by Little Big

**Vandenhuevel** – Italy – "Zitti E Buoni" by Maneskin

**Randell** – Iceland – "What Do You Think About Things?" by Daði Freyler with Gagnamagnio

**Choir** – "Keep on Movin'" by Sive (Five) – lead by Mrs. Gay Wood

# Wellbeing Wrap



## Breakfast Club

A big thank you to our Student Wellbeing Officer, Travis Parker, and his team of students for setting up and running Breakfast Club each Friday morning from 8:30-8:50am. Thank you also to Kick Start for donating the food each week and ensuring our students have full stomachs heading into the last school day of the week.



## Treasure Boxes Excursion

In Week 2 we had Rikki Cooke the founder of Treasure Boxes visit our Community Connections Committee (CCC) to explain what they do and why they do it. Treasure Boxes is a South Australian children's not-for-profit. They provide vital essentials to babies, children and teens living in disadvantage in our community. On Monday of Week 4, CCC will be going on an excursion to Treasure Boxes Edwardstown factory to learn more and volunteer their time packing boxes. CCC will then plan for how the school can support Treasure Boxes in the future.



## The Resilience Project Afternoon

Thank you for the community support for our first Resilience Project Afternoon in Week 1. It was great to see so many families interested to learn about the program and show a keen interest in their children's learning when visiting classes.



## Snapshot 4:

### Mindfulness

*Working on mindfulness gives us opportunities to develop our ability to pay attention to the present moment and our thoughts. Practising mindfulness daily can help us stay focused on set tasks and reduce stress and anxiety.*

#### Whole Family Activity:

##### Mindful Walk

- As a family, go on a walk outside in nature. This might be around your local walking track, at your local park or just around your streets.
- While walking, tune into your senses and observe what you can see, hear and feel. Or you might choose to focus on one of the senses. Eg: Hear: what are all the noises you can hear on your walk?
- On your way home or when you return home, share what each person saw, heard or felt.

#### Family Habit Builder:

Each night at dinner, ask everyone to take one mouthful of food more mindfully than the rest and think about the flavours they can taste and how it makes them feel. (They can also thank the chef!).

---

(03) 9113 9302 | [theresilienceproject.com.au](http://theresilienceproject.com.au)



## Sport

A huge congratulations to our year 6 student, Chris Selaru, who became the NATIONAL Australian Judo Champion last term. Chris was competing in the junior boy's category in Gold Coast, at just 11 years old, he has a very bright future ahead. To become national champion, Chris competed in 3 grueling rounds, winning them all. We wish you all the best in your dream of becoming Olympic champion one day. Well done, Chris!





# Room 9 Newsletter Term 3,



**Wellbeing  
Bucket  
filling!**



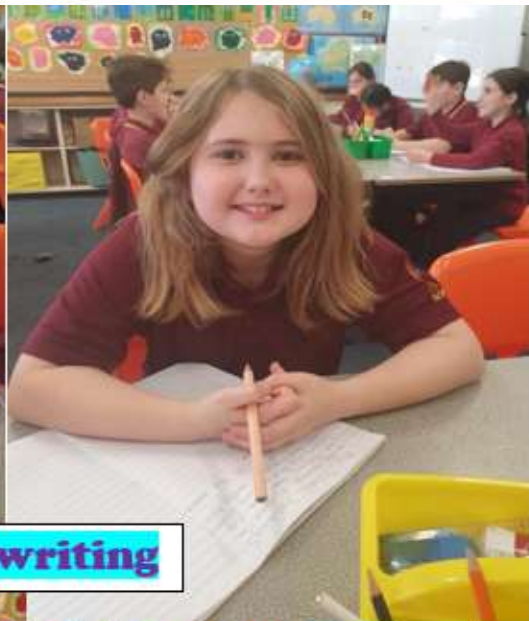


**MATHS**  
**Big Ideas In**  
**Number BiiN**





**Authors writing**



**Authors writing**





## Authors Writing



## Yoga and Mindfulness at SDPS



*On Thursday at lunchtime we hold a yoga and mindfulness session in the Japanese room.*

*We have been lucky to have Saffron from Year 3 leading the sessions with Zoe, Georgie, Ellie, Annabelle and Zara supporting. The classes have been popular with all year levels with some students attending almost every week! Our regular attendees have shown great improvements in both their balance and poses. Some students come in to draw pictures and just relax. It's great to see students choosing to take time out of their busy day to be mindful, stretch and relax.*

*We are grateful to have Saffron and the girls giving up their lunch to lead the sessions and also extend our gratitude to Saffron's Mum, Suzanne for kindly donating yoga mats, blankets and blocks for us to use!*

*Nicolle Snell*



### **Vacation Care**

Our July Vacation Care Program was so much. Children loved the variety of excursions as we got to get out and about every day. October Vacation will be open for bookings soon. Please keep an eye out on Sea Saw and Central for when bookings open. We are currently in the process of discussion about bookings and capacity and we will keep families informed.

### **Booking for BSC and ASC**

We are filling up very quickly so please ensure you book at least a week in advance to ensure you get a spot. If you cannot book online that means we are at capacity or at ratio for the session and you will need to contact the service to see if there have been any cancelations.

### **Snack**

We are now having snack outside due to the increasing number of children. Fruit is available throughout the whole session and snack is served at 4:30pm outside on the courts.

### **Sea Saw**

Please regularly check for updates about our programs and your child's learning journey. Staff will keep parents up to date through this app.

### **Absences**

If your child is unwell or has an illness that may be infectious, please keep them at home and advise staff. You will need to provide a medical certificate to enable refund of session.

### **Close Time**

Please ensure to collect your child at 6:15pm. Late pick-ups will be charged \$1 a minute.

### **Culture Corner**

This month we have been celebrating INDIA. Each month we celebrate a different culture. If you would like to contribute to our OSHC and donate any cooking recipes or activities please contact us.

Kind Regards,

Kristy Weekley  
OSHC Director





The ACAP Psychology Clinic is staffed by final year Psychology/Clinical Psychology, Counselling/Psychotherapy and Social Work students on placement and offers a wide range of FREE **individual** and **group therapy** options. Students are closely monitored and supervised by experienced senior clinicians and academics. We value cultural responsiveness across many areas and offer bi-cultural counselling to many language groups as well as LGBTQA+ Communities. The wait list for services is brief (up to 2-4 weeks), and we work with children, young people and adults (including older adults). There is no wait time for face to face clients in Sydney, Melbourne and Perth. We provide therapy in person at our Clinics in central Sydney and Melbourne as well as some additional outreach locations. Those who are more isolated or outside metro Sydney/Melbourne are offered telehealth. Referrals are made via email [clinic@acap.edu.au](mailto:clinic@acap.edu.au) or via our website. You can also refer via telephone: 02 8236 8070.

**Services are delivered free- at no cost and are not time-limited.**

**Referrals are accepted Australia wide** and can be made through self-referral or via a warm referral from your service. The service is available to all people regardless of visa status. Refugees and International Students are very welcome. In addition to individual therapy, there are a number of group work programs running in 2023. Groups have limited space and early referral is suggested.

Group programs include:

- **Art for Happiness:** A Creative therapy-based workshop for children aged 4-8 and 9-12: delivered free at our Clinics in Sydney & Melbourne and using telehealth to kids nationwide. Also delivered onsite at several partner agencies.
- **Dance for Happiness:** A Movement therapy-based workshop for children aged 4-8 and 9-12: delivered free at our Clinics in Sydney & Melbourne and using telehealth to kids nationwide. Also delivered onsite at several partner agencies.
- **Emotion Regulation and Distress Skills Group (Young Adults aged 17-25):** An 8-week program to support and build skills in emotional regulation, distress tolerance, anxiety management and relationships. Will be held at our clinic in Sydney.
- **Emotion Regulation and Distress Skills Group (Adults):** An 8-week program to support and build skills in emotional regulation, distress tolerance, anxiety management and relationships. Will be held at our clinic in Sydney.
- **Cool Kids – Family Program for Children’s Anxiety:** A 9-week Family group therapy and skills development program for children aged 9–11, experiencing anxiety symptoms (purchase of manual is recommended). Will be held at our clinic in Sydney.
- **Mindfulness Group (Adults):** A 6-week program delivered free at our Clinics in Sydney & Melbourne and using telehealth to service users nationwide. This program is fantastic for people experiencing stress and low-level anxiety.
- **Mindfulness Group (LGBTQ+):** A 6-week program delivered free at our Clinics in Sydney & Melbourne and using telehealth to service users nationwide. This program is fantastic for members of LGBTQIA+ Communities who are experiencing stress and low-level anxiety.
- **Mindfulness Group (Young People aged 13-17):** A 6-week program delivered free at our Clinics in Sydney & Melbourne (and at some of our partner agencies) or using telehealth to service users nationwide. This program is fantastic for young people experiencing stress and low-level anxiety.
- **Compassion Based Therapy (Adults):** A 3-week program delivered free at our Clinics in Sydney & Melbourne and using telehealth to service users nationwide. The group targets service users experiencing self-criticism, self-worth or image issues and trauma responses.

- **Compassion Based Group for Carers:** An 8- week program that will support carers to build self-compassion strategies and support themselves and their role with others. The program will be delivered on zoom only – Wednesday evenings.
- **Compassion Based Therapy (Women):** A 3-week program delivered free at our Clinics in Sydney & Melbourne and using telehealth to service users nationwide. The group targets people who identify as women who are experiencing self-criticism, self-worth or image issues and trauma responses.
- **Compassion Based Therapy (LGBTQ+):** A 3-week program delivered free at our Clinics in Sydney & Melbourne and using telehealth to service users nationwide. The group targets service users experiencing self-criticism, self-worth or image issues and trauma responses.
- **Compassion Based Therapy (Young People aged 13-17) :** A 3-week program delivered free at our Clinics in Sydney & Melbourne and using telehealth to young people nationwide. The group targets service users experiencing self-criticism, self-worth or image issues and trauma responses.
- **Social Anxiety Group (Adults):** A 6-week program delivered free at our Clinics in Sydney & Melbourne (and at some of our partner agencies) or using telehealth to service users nationwide. This program is fantastic for service users experiencing significant social anxiety.
- **Social Anxiety for Young People :** A 6-week program delivered free at our Clinics in Sydney & Melbourne (and at some of our partner agencies) or using telehealth to service users nationwide. This program is fantastic for young people experiencing significant social anxiety.
- **International Students Wellbeing Group:** An ongoing, drop-in support and well-being group for International Students. There is a focus on general support, IELTS, work issues in Australia and connecting to others – managing isolation and forming relationships. Facilitated by International Student Counsellors and Social Workers. Held via zoom.
- **Strengthening Refugee Families Workshop (Women):** A one session workshop delivered to women from Refugee backgrounds. Delivered free at our Clinics in Sydney & Melbourne as well as partner agencies. Also provided using telehealth to service users nationwide.
- **Domestic and Family Violence Recovery Program (Women) :** A 6-week program for people who identify as women and who are no longer at acute risk or have survived domestic and family violence. Delivered using telehealth to women nationwide.

To book, refer, or for more information, visit [The ACAP Psychology Clinic website:](https://www.acap.edu.au/applied-psychology/psychology/psychology-clinic/)

<https://www.acap.edu.au/applied-psychology/psychology/psychology-clinic/> send us an email or call (02) 8236 8070.



**CHEERIO NETBALL CLUB**

**Now recruiting for the 2023-24 summer season**

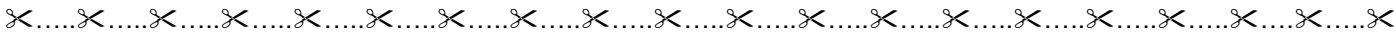
**REGISTER NOW!**

**All players welcome!**

**Juniors (ages 7 - 15)**  
**Intermediates and Seniors (ages 16 and above)**

<p><b>Trial</b></p> <p><b>Juniors</b> 6.00pm - 7.30pm</p> <p><b>Intermediates and Seniors</b> 7.30pm - 9.00pm</p>	<p><b>Dates</b></p> <p>12 &amp; 19 September 2023</p> <p><b>Venue</b></p> <p>Netball SA Stadium, Mile End</p>
---	---

[www.cheerionetball.com](http://www.cheerionetball.com)    @cheerionetballclub  
 For any enquiries - Ph: 0419 810 656, Email: secretary@cheerionetball.com



*Talk to us!*

**PARENT / CARER INPUT**

Please return to Front Office for the attention of Anthony Sheehan or email to [antony.sheehan@abcam.com](mailto:antony.sheehan@abcam.com)

I would like to raise the following matter with Governing Council –

.....

.....

Please supply contact details if you would like a school councillor to discuss this with you.

**NAME:** \_\_\_\_\_ \_\_\_\_\_