



Athelstone School

Newsletter

Diary Dates

Schools Clean Up Day
Friday 1st March

SAPSASA Swimming
Tuesday 5th March

March Public Holiday
Monday 11th March

Pupil Free Day
Tuesday 12th March

Harmony Day Assembly
Thursday 21st March
2:20pm

Parent Teacher Interviews
Weeks 9 & 10

End of Term 1,
Friday 12th April
Assembly 1:30pm
Early Dismissal 1:55pm

Athelstone School

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www.athelstone.sa.edu.au

Principal

Gyllian Godfrey

Assistant Principal

Stephen Clarke

Governing Council

Chairperson

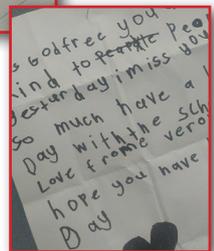
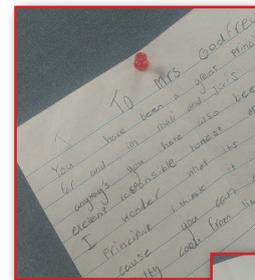
Kate Jones

From the Principal

February 14 last week brought to us the usual commercial sentiments about love; buy your flowers and cards, put aside the day to tell someone you love them. In the United States and Canada, the Valentine's Day tradition of cards and candy in schools is BIG, with plenty of candy love hearts and heart-holding bears to last right through until Easter. Fortunately, we don't have it so bad and we can usually get by without that commercial sentiment taking over our lives for a day, however when we do take the opportunity to express to another person how we love and care about them we build a culture of caring and kindness and great things happen, including better learning.



When researching top performing education systems in the world, Pasi Sahlberg (most recently from the Department of Education, Finland), suggests that there are four elements to improving education 1. That the development of health and wellbeing skills are the 21st century skills to focus on, and schools in design and scheduling need to reflect this 2. That small data is crucial to lead with – what are the tiny clues that humans notice in each other that are missed by machines processing big data 3. That we need to work on a system of education that is equitable – children get what they need when they need it, wherever they are or whichever school they attend and 4. Let the children play. Then he says 'that if we really want to improve the learning outcomes of children we need to support our children to be successful by supporting them to do these 5 things;



1. Get more sleep (10-12 hours)
2. Spend less time with technology and more time outdoors
3. Play and move every day (at least 1 hour of programmed time)
4. Read 1-2 books every month for pleasure
5. Write a letter to someone they love every week.

My favourite on the list is number 5. Let's take the time to write that letter, let people know that we care about them. When we connect with each other, we are connecting our community, when we are connected as a community we can achieve great things.

PS...we're all looking forward to more letters 🧠

Playground Redevelopment

Thank you to everyone who provided such positive feedback on the initial schematic design by LCS Landscapers. The feedback has been passed on and the next stage begins. LCS will be working on a full concept design between now and the 19th of March. There will be another short consultation window at that time.

It's important to note that the JP Plaza area will be developed later by the school but has been included in the overall design concept to complement the other redeveloped areas.

It will be exciting to see the transformation of our 2 major play areas (Springfield Adventure Playground and Sunhaven Nature Play Space) and we are confident that the concept design will meet the many and different play demands (social, physical, spiritual) of all children in our school.



ATHELSTONE SHARKS FOOTBALL

We are still looking for more students interested in joining the 2/3, 4/5 or 6/7 teams. Year 1's are welcome to join the 2/3 footy team.

Games start early in Term 2! Training will commence around week 8. More information will be coming soon to registered players.

Registration for the season is approximately \$65 - \$75 per player, which includes use of guernsey, invitation to the end of year presentation night, all game fees and use of equipment for the season.

Games are played locally on Saturday mornings, training is generally after school during the week (depending upon coach/player availability).

Register your intent to play here:

<https://goo.gl/forms/8BC4WkV8yvipgefp1>

Any parents / caregivers interested in coaching please contact Alana Lintern at alana.lintern@hotmail.com



ATHELSTONE
SCHOOL

Lesson Times

As mentioned in the last Newsletter, lesson times have changed this year.

Break times are now at 10:50 – 11:20 and 1:00 – 1:30, more evenly spread throughout the day.

By having 'lunch' eating time after the morning play we are ensuring that your child's brain is fuelled for learning in the middle session of the day.

Recess is earlier so some classes will be adding in an additional crunch and sip in the afternoons and we encourage that children bring an additional healthy snack for this time.

You might like to keep a copy of the notice to the right, it could come in handy as an easy reference should you need to pick up your child for an appointment during the day.

Sports Day T-Shirts

Orders for Sports Day Team T-Shirts close **Friday 22nd February**.

The T-Shirts are available in children's and adult sizes so the whole family can get involved!

Children's sizes are from Size 2 to 16 at a cost of \$22.00 and adult sizes from Small to 3XL for \$25.00.

Order forms are available from the front office.

Please note there is no expectation for children to wear one of these shirts, any shirt in your child's team colour will be fine on the day.

We will be able to confirm the date that sports day will occur next week.



Athelstone School Lesson Times

8:35am	Yard Areas Open
8:50am – 09:10am	Classroom
09:10am – 10:00am	Lesson 1
10:00am – 10:50am	Lesson 2
10:50am – 11:20am	Break
11:20am – 12:10am	Lesson 3 (including lunch)
12:10pm – 01:00pm	Lesson 4
01:00pm – 01:30pm	Break
01:30pm – 02:20pm	Lesson 5
02:20pm – 03:10pm	Lesson 6
3:10pm	Home Time

Canberra 2019 - Parent Meeting

Parents / Caregivers of students who will be attending the excursion to Canberra at the end of this term.

WHEN: Tuesday 26th February

TIME: 5:30pm – 6:30pm

WHERE: Staff Room

A.Mabini - Sister School News

Late in January this year, our Philippine sister school, A. Mabini Elementary, was one of the billeting schools to host some of over 8000 young athletes who were participating in the games of the Davao Regional Athletic Association. During this time Lia and the other teachers were busy at school with preparations and duties to care for the visiting athletes. The school's students who were not participating, enjoyed a break from school, with home learning activities.

The games are an important annual event for many students in the Philippines and Physical Education is seen as an important part of students' development and growth. The games are valued for their role in developing a spirit of teamwork, fair play, sportsmanship, solidarity and excellence.



We can all relate to this too, as we seek to create caring communities and support healthy bodies and healthy minds at Athelstone school!

In these pictures you can see Lia standing in the decorated school grounds, ready to welcome the students, some of whom can be seen parading in the other picture.



Assembly Awards

Congratulations to the following students who were awarded certificates at the last assembly. Awards are presented to our students for actively demonstrating our four school values, which are;

Excellence, Respect, Responsibility, and Integrity.

These values are the foundations of our school culture and are essential for children if they are to be successful 21st century learners.

EXCELLENCE

Natalie Allen
Matteo Tonga
Charlize Pickering
Kurtis Schroeder
Alexandra Noble
Ivy Lai



RESPONSIBILITY

Aaron Davis
Lia So
Jackson Fay
Liam Pederson
Isla Scott
Eva Aloï
Luca Caprioli
Jaylen Haines
Tyson So
Oscar Cohen
Breanna Woods
Mitchell Farrell



RESPECT

Penny Fielding
Angus Giovine
Willow Platt
Joshua Farrell
Adriano Latte
Ella van Wyk
Sophie Dyett
Nicky Caprioli
Justin Menechella
Victoria Sales
Ben Spiby



INTEGRITY



ROOM 2 GOOD LEARNERS

In Room 2 we have begun our morning investigations. The students have been very engaged in a variety of activities designed to develop their fine motor, writing and creative thinking skills. They've also had the opportunity to engage in patterning, sorting, problem solving and dramatic role play. It's been a lot of fun!

We discussed what a "good learner" looks like.

The students came up with the following statements:

A good learner is someone who...

Asks to use something that someone else has instead of just taking it (Mia)

Shares (Ryan) Teaches others things that they know like numbers (Andy)

Always give eye contact (Luca)
Is a good sport even when they lose (Amalie)



Shares (Ryan) Teaches others things that they know like numbers (Andy)



Is organised and packs away their own things (Nevada)
Listens to the person that is talking (Natalie)



Helps others and shows respect (Oscar)



Listens to their teachers (Marley)



Says "Well Done!" to their friends when they win (Anthony)

Is always thinking (Kristian) Is careful with other people's property (Angus)

Tries new stuff (Leo R)

3 Reasons Red Foods Are Awesome



Red Fruits and Vegetables are nutritionally powerful, making them awesome lunch box foods.

1. GREAT BRAIN FOOD

Red fruits and vegetables aid in memory function, making them an important part of the lunchbox mix. Ensure you include a red food daily to help with your child's learning.

2. KEEPS OUR HEARTS HEALTHY

The food we pack our children today affects their health into their adulthood. Include red foods to promote healthy hearts.

3. HELPS PROTECT AGAINST DIABETES

Help protect your child from diabetes by adding red fruits and vegetables to their lunchbox. Lowering processed sugar and regular physical activity also helps.

RED FRUITS & VEGETABLES TO INCLUDE

Apples, strawberries, cherries, goji berries, watermelon, raspberries, red grapes, tomatoes, beets, red capsicum.

Choose fruit and veg in season in Australia because it will be fresher.

FUN IDEAS THAT USE RED FOODS

- Choose 2 red fruits and 2 red veg that your children like. Rotate them in their lunchbox each day for variety.
- Make a red fruit salad of watermelon, red grapes and strawberries.
- Cherry tomatoes make a great finger food. Skewer them with cheese to make them more fun.
- Roast some beets and blitz them with hummus for a pink hummus.



THIS MAD FOOD SCIENCE™ HEALTH TIP COPYRIGHT © BEL SMITH 2017. BEL SMITH - A REGULAR ON CH 7 SUNRISE - IS A HEALTH COACH, A JAMIE OLIVER FOOD REVOLUTION AMBASSADOR, AND A MUM ON A MISSION TO TRANSFORM CHILDREN'S HEALTH IN AUSTRALIA.

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11 - 21 September 2019

[HTTPS://GOO.GL/FORMS/UT2AFKNZGBMRJ2KK2](https://goo.gl/forms/UT2AFKNZGBMRJ2KK2)

BOOK AN AUDITION

BE PART OF OUR CONCERTS AND SHOW THE VARIETY OF TALENTS SA STUDENTS HAVE!

Auditions:

Tuesday 28 May - Marryatville HS

Wednesday 29 May - PSMF Klemzig

Thursday 30 May - Woodville HS

Friday 31 May - Gawler & District

Monday 3 June - CBD

Tuesday 4 June - Brighton SS

Thursday 6 June - Playford Int.

Book an audition NOW!

[HTTPS://GOO.GL/FORMS/UT2AFKNZGBMRJ2KK2](https://goo.gl/forms/UT2AFKNZGBMRJ2KK2)



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Nurturing
Environment

Skills for
Life

Build
Confidence

Students have the opportunity to participate in a variety of unforgettable experiences. They are included in a number of different performances each year. Some of these involve special costumes, sets, lighting and are staged in professional theatre spaces.

Students are often invited to participate in additional optional events such as TV work, charity concerts, Adelaide Fringe events, Christmas Pageants, modelling and more!

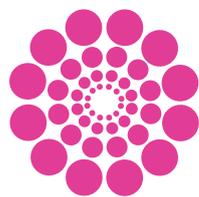
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Look no further than the Australian Girls Choir because we encourage, challenge and inspire girls as they learn to sing, dance and perform.

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Glenelg and Glen Osmond



AUSTRALIAN SCHOOL OF PERFORMING ARTS

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AUSTRALIAN GIRLS CHOIR



Is this your daughter?

For more than 30 years, the Australian Girls Choir has played a role in the growth and development of girls across the country. We provide an experience that goes far beyond the stage; your daughter will develop confidence, public speaking and presentation skills, resilience and friendships that will last a lifetime.

Our senior performers have entertained everyone from Queen Elizabeth II to Oprah, and have shared the stage with a long list of artists including Hugh Jackman and Pharrell Williams. For the past 20 years, we've been proud to represent Qantas at live events and in the 'I Still Call Australia Home' advertising campaigns.

Join us at our FEBRUARY open classes!

Call 08 8271 1622



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