

# WELCOME BACK!

## FROM THE PRINCIPAL

### A GREAT START!!

I want to say a very sincere thanks to all the parents/carers for being so supportive of the school at the beginning of the year. It has been fantastic to see every child in school uniform. The school is awash with navy and red and that certainly goes a long way to instilling a sense of pride in the school.

The other thing that I have particularly noticed is the sense of calmness both in the classrooms and in the yard. This not only creates the ideal learning environment but it also demonstrates a sense of purpose and focus on learning. I couldn't have asked for a better start.

### FURNITURE SALE

The development of our new learning facility (S.T.E.M) has commenced and as a result we have considerable surplus furniture to sell (at very low prices). Please come to the front office if you are interested and we will arrange for you to have a look.

### EARLY FINISH

Dismissal will be at 2:30pm every Thursday.

#### Options

1. Pick your child up at 2:30pm
2. Have your child attend OSHC from 2:30pm
3. Supervision in the school Library from 2:30 to 3:15pm

Greg

## DAILY ORGANISATION

8:15 – 8:45	MORNING YARD DUTY
8:45	HOME GROUP
8:55	LESSONS 1 - 3
11:25	LUNCH
12:20	LESSONS 4 - 5
2:00	AFTERNOON RECESS
2:20	LESSON 6
3:15	DISMISS STUDENTS
2:30	DISMISS STUDENTS - THURSDAYS ONLY
3:15 – 3:30	AFTER SCHOOL DUTY

## DIARY DATES

EXPO	WEEK 2	WED 7TH FEB
PUPIL FREE DAYS	WEEK 3	MON 12TH FEB
	WEEK 6	FRI 9TH MARCH
SWIMMING	WEEKS 2 - 4	YEARS 1 TO 5

Ice blocks 50c - Fridays

# Community

## Wednesday 7th February - Week 2

# EXPO

Welcome students, parents, carers and extended families to the Berri Primary School 2018 EXPO.

Our EXPO is designed to give families information about some of the services in our community including:

**SAPOL**  
**AC CARE**  
**VIVACI CHIROPRACTIC**  
**RENMARK PARK RUN**  
**RIVERLAND GEM AND MINERALS CLUB**

BBQ orders need to be returned by Friday. Please see the front office if you need an order form.

## What's happening?

**2:30 to 3:15pm**

Open Classes

**3:30 to 4pm**

FREE BBQ

**3:15 to 4:30pm**

Community Groups, Pavilion

See you there!

## Wellbeing wonderings...

Welcome to everyone joining us for the first time and welcome back to those whom have been through this time of year before. No doubt there is some excitement, worries, giggles and tears happening throughout our community. That's normal and we're here to help start the year off with a smile. Our first two weeks at school focus very much on getting to know your children and setting up routines so everyone knows what to expect of each other.

Volunteers – We just love having volunteers work with our students and being around our school. There are lots of opportunities to come and share in some positive and uplifting activities such as:

- Listening to reading
- Mentoring 1:1
- Library Lunchtime fun
  - Monday – Puzzles
  - Tuesday – Craft
  - Wednesday – Games
  - Thursday – Chess
  - Friday – Card Games

If you are interested or you know someone who may be interested in coming along and helping out with any of these activities, then let your child's class teacher, myself or the front office staff know and I'll get back to you as soon as I can.

We will have a couple of volunteer trainings early in term one that provide the opportunity for people to learn their role of a volunteer. This will include the opportunity for volunteers to be trained in how to respond if a child shares their concerns with them. Many of our volunteers were involved in this training last year and whilst it goes for a couple of hours, it's a lot of talking and reassuring. Our Volunteer training for 'Keeping Kids Safe' will be on Tuesday, 6<sup>th</sup> February from 9.30 to 11.30am. Please leave your name at the front office if you are interested in coming to the training.

Coffee and Chat sessions are continuing on Thursday mornings 9 – 9.30am. It's a chance to meet other parents as well as join in some craft sessions. Last year we played with crocheting and then were lucky enough to have a mum teach us about card making. We used this learning to work with the students during the Tuesday craft lunchtime activity. If you are interested in being involved, please come to the staffroom on Thursday mornings. There are some activities for 'little people' to go on with if needed so that adults can enjoy a tea or coffee. As I say every year, I'm good at making a cup of tea and my coffee making is on the improve.

Faye North  
Student Wellbeing Leader

## Positive School Community

Positive and respectful relationships at school help children and families feel that they belong and that their contributions are valued. A positive school community also gives children a sense of security that their needs will be met. Research shows that when children and families feel connected to school, children are less likely to develop mental health difficulties and are more likely to succeed academically.

## Social and Emotional learning for students

Learning how to manage feelings and get along with others is an important part of children's development. It helps them to become better learners and feel good about themselves. Teaching children social and emotional skills as part of the school curriculum gives them tools for coping with emotions, solving problems and learning more effectively.

## Working with parents and carers

In order to promote children's mental health and wellbeing, it makes sense for families and schools to work closely together. Schools can support parents and carers by providing useful parenting information and resources, and by connecting them with further assistance if required.

## Helping children with mental health difficulties

It can make a significant difference when children and families are able to access mental health intervention early. KidsMatter primary schools learn to respond more effectively to children's mental health difficulties by recognising and responding to concerns that may need following-up. They can provide information to families and develop links with health and community agencies in their local area.

## How can families help?

Families are the biggest influence on children's mental health and play a very important role in KidsMatter. Children benefit when the important people in their lives work together and have a shared understanding of their development and their needs.

KidsMatter Primary has developed a range of information sheets with parenting tips and strategies to help families support the wellbeing of their children. We will be sharing some of these throughout the year or if you would like to view them online, they are available at [www.kidsmatter.edu.au](http://www.kidsmatter.edu.au).

At Berri Primary, we are proud to be recognised nationwide as a KidsMatter school. There are many things you can do to help us to continue to make Berri Primary a success:

- Develop relationships with the staff, so you can share knowledge and information about how they can support your child
- Participate in school activities to build a sense of community
- Respond to any school request for ideas or information
- Talk to other parents and carers about ways the school can support your needs
- Let us know what skills or talents you are happy to share

It is a privilege to have your children as students at Berri Primary School and we look forward to working with both you and them to help them achieve their best, both academically and socially.

If you have any questions or concerns regarding your child, as a first step please talk with the class teacher. They are eager to know your children and to help them in any way possible. If you would like more information about the Coffee and Chat session, Governing Council or the Community EXPO, then please either leave me a message at the office of you'll find me around in the yard before and after school.

Every year we keep building on from successes and learning from previous years, so I have absolutely no doubt that 2018 is going to be a brilliant year and I hope you can get involved!

Cheers  
Faye North  
Student Wellbeing Leader



**ACEO - Shane Karpany**

Aboriginal Community Education Officer

**AET Liz Makris**

Aboriginal Education Teacher



## YOUTH MENTAL HEALTH FIRST AID COURSE

**Learn skills and gain confidence to assist young people experiencing mental health problems.**

**4<sup>th</sup> EDITION 2017**

*Mental illnesses often start in adolescence or early adulthood and it is important to detect problems early to ensure the young person is properly treated and supported. The YMHA course teaches adults who have frequent contact with adolescents, such as parents, guardians, school staff, sport coaches and youth workers, how to assist adolescents who are developing a mental health problem, experiencing a worsening of a mental health problem or in a mental health crisis.*

If you're interested in attending this course, please use contact details below to enrol. Hurry limited spots available!

**LOCATION:** headspace Berri- 3 Riverview Drive, Berri  
**DATE:** Friday 9th and Saturday 10th of February 2018 - 9:30 to 4:30 both days  
**PRICE:** Free  
**MHFA INSTRUCTOR(S):** Wes Lock and Christy Kitto  
**CONTACT NUMBER:** 08 8582 4422  
**EMAIL:** info@riverlandgp.org.au  
**ADDITIONAL INFORMATION:** To register follow the link to EventBrite below:  
<https://www.eventbrite.com.au/e/youth-mental-health-first-aid-tickets-42305733588>

**COURSE INFORMATION**

- 14-hour Youth Mental Health First Aid (YMHA) course
- Course topics cover: developing mental health problems, depression, anxiety problems, psychosis, eating disorders and substance use problems, as well as suicide and other mental health crises.
- Participants receive a copy of the Youth MHFA manual
- Participants are eligible to become an accredited Mental Health First Aider.

*Participants will learn about adolescent development and the signs and symptoms of mental health problems, how and where to get help and what sort of help has been shown by research to be effective.*

[www.mhfa.com.au](http://www.mhfa.com.au)

Brought to you in partnership through



Luke's Family  
in conjunction with



## Martin Bend Wetland refilling event

To celebrate World Wetlands Day, come along and join Wetland Ecologists, James Donaldson and Sam Hardy for the official opening of the regulating structure to refill the Martin Bend Wetland.

You will hear about the importance of wetting and drying cycles of wetlands, and how community members can get involved with ecological monitoring.

### When

Friday 2 February

### Time

5:30 pm to 7:00 pm

### Location

Martin Bend Wetland - entrance via the Berri Marina, Riverview Drive

### Cost

FREE with BBQ tea provided.

### More information

James Donaldson

T: 0437 308 056

E: James.Donaldson@sa.gov.au

This project is supported by the South Australian Murray, Darling Basin Natural Resources Management Board through funding from the Australian Government's National Landcare Program.



Relationships Australia South Australia are offering a program called "I am Me" which is a therapeutic womens group to build identity, value and self worth.

This 3 week program for women is free of cost.

**When:** 6, 13 and 20 March 2018  
10.30am - 12.30pm

**Where:** Relationships Australia SA  
9 Kay Ave, Berri

For more information about this program or to register, please contact our Berri office, phone: 08 8582 4122 or email: [berri.intake@rasa.org.au](mailto:berri.intake@rasa.org.au)

[www.rasa.org.au](http://www.rasa.org.au)

Relationships Australia  
SOUTH AUSTRALIA

February 10th  
10:00am - 2:00pm

Sail training will be every Saturday after, at 10:00am.  
\$5, first lesson Free



Come and try sailing at Lake Bonney Yacht Club on Saturday, February 10th. Canteen will be open

For more details contact Dorothy: (08) 8588 7186

## Lake Bonney Yacht Club Sailing Come & Try