

## Student Free Day

Monday 21st June - week 9

### FROM THE PRINCIPAL

It was fantastic to see so many parents, grandparents and carers attend our Level 4 Sausage Sizzle last Friday. At Berri Primary School we focus on 'catching kids being good' and recognising the importance of acknowledging outstanding behaviour and effort in the classroom. These children are great role models for their peers and are a major part of why Berri Primary has such a strong reputation for producing great students. Well done to those who attended.

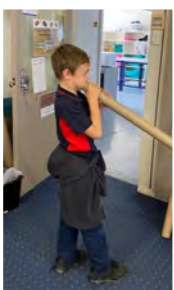
Greg

### IMPORTANT DATES

PUBLIC HOLIDAY	Mon 14th June	WEEK 8
STUDENT FREE DAY	Mon 21st June	WEEK 9
GOVERNING COUNCIL	Mon 28th June	WEEK 10
SCHOOL REPORTS	Fri 2nd July	WEEK 10
HOT DOG DAY	Fri 2nd July	WEEK 10
END OF TERM	Fri 2nd July	WEEK 10

**2:15pm dismissal**

BOOK FAIR	WEEK 2	TERM 3
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### SCHOOL ATTENDANCE

**Attendance at school is an important contributor to a student's academic achievement – all school days matter.**

We understand that sometimes students are absent due to illness, family or other reasons. If your child is absent from school for any particular reason please notify the class teacher via the class App, communication book/diary or contact us on 85821077.



**Year to Date (2021)**

The average daily attendance rate; Year-to-Date, derived from student attendance data sourced from the school systems as at 01/06/2021



**Previous Week**

Attendance rate derived from student attendance data sourced from the school systems as at 01/06/2021

Junior SRC Presents...



hot dog  
&



Bring a **TOY** to school Day

**Friday 2nd July WEEK 10 TERM 2**

- 1 Toy per student
- Labelled clearly with your name
- Avoid bringing small toys with small pieces (e.g. Lego).
- No electronics
- It must be given to your teacher in the morning
- Toys will be able to be used in a time negotiated with your teacher (in class only, not in the yard).
- Toys are brought to school at your own risk (We will not be replacing lost toys).

**HOT DOG ORDERS WILL BE SENT HOME SOON**



# MLP

## MOON LANTERN PARADE

**TUESDAY 21<sup>st</sup> SEPTEMBER - WEEK 10 TERM 3**

Dear families,

**Our 4th Moon Lantern Parade is on the way!**

**TUESDAY 21<sup>st</sup> SEPTEMBER, WEEK 10 TERM 3**

The parade aims to showcase student's work and to celebrate the love within families, with a special focus of building upon culture appreciation in our world and in children's lives.

Students will be busy learning about the history of the Moon Lantern Festival and creating their very own lantern for the parade; they looked amazing in the last parades!

Please complete the order form if your family would like to create a lantern. Return it with payment to the Front Office no later than Friday 18th June - Week 8.

Mai Schloithe  
Vietnamese Teacher

### LANTERN MAKING WORKSHOPS

Once again I will be running workshops for families to come and make their lantern at school. If you have any queries please come and see me.

#### **ROOM 17 - TUESDAYS 3:45 to 5:30pm**

22 June	WEEK 9, Term 2
27 July	WEEK 2, Term 3
17 August	WEEK 5, Term 3
24 August	WEEK 6, Term 3
7 Sept	WEEK 8, Term 3

## FAMILY LANTERN STARTER PACK \$10

**2 LONG CANE (approx. 5m) PVA GLUE, TISSUE PAPER 10 X WHITE 5 X COLOUR, MASKING TAPE**

**EXTRA CANE (x1) \$2**

**EXTRA TISSUE PAPER (x5) \$1**

**FAMILY NAME** \_\_\_\_\_ **CHILD'S NAME** \_\_\_\_\_

**No. Family Packs** (\$10) \_\_\_\_\_

**No. Extra Cane** (\$2) \_\_\_\_\_

**No. Extra Paper** (\$1) \_\_\_\_\_

**TOTAL \$** \_\_\_\_\_

**ORDERS AND PAYMENT DUE FRIDAY 18th June (WEEK 8) TO FRONT OFFICE.  
FAMILIES WILL BE NOTIFIED WHEN PACKS CAN BE COLLECTED.**





## anxiety

Anxiety is part of our survival instinct. When we're faced with a threatening situation, our brains and bodies respond by kicking into safety mode. Our adrenaline starts pumping, helping us get ready to escape the danger.

However some people, including children, react more quickly or intensely to situations they find threatening, or find it harder to get their anxious feelings under control. Some kids also perceive the world to be scarier or more dangerous than others.

### What is 'normal' anxiety in kids?

Fearful and anxious behaviour is common in children – especially as they come across new situations and experiences. Most children learn to cope with different fears and worries.

However, they may need some extra support when:

- they feel anxious more than other children of a similar age
  - anxiety stops them participating in activities at school or socially
  - anxiety interferes with their ability to do things that other children their age can do
- their fears and worries seem out of proportion to the issues in their life.

### How anxiety affects children

As well as affecting how kids feel, anxiety can have an effect on their thinking. They perceive the fear or danger they're worried about to be much greater than it actually is. Thinking about the situation makes them more worried and tense.

Kids experiencing anxiety may come up with their own strategies to try and manage distressing situations. This often involves trying to avoid the situation or having a parent or other adult deal with it for them.

While this works in the short term, avoiding the fearful situation makes it more likely that they'll feel anxious and be unable to manage it next time. As a result, they can find it harder to cope with everyday stresses at home, school and in social settings.

Anxiety can also result in physical symptoms such as sleeplessness, diarrhoea, stomach aches and headaches (sometimes referred to as somatic complaints). Other symptoms may include irritability, difficulty concentrating and tiredness.

### What to look for

#### A child with anxiety difficulties may...

- seek reassurance often
- avoid situations they feel worried or scared about
- try to get others to do the things they are worried about
- tell you they have physical pains
- dislike taking risks or trying new things
- have lots of fears
- get upset easily
- have lots of worries

### You may notice your child...

- clings to you
  - asks for help with things they can do for themselves
  - doesn't want to get ready for school
  - won't go to sleep without a parent or other adult
  - asks, "will you do it for me?" or "will you tell them for me?" a lot
  - often complains of stomach pains or headaches
  - worries a lot about doing things right
  - prefers to watch others rather than have a go
  - is scared of the dark, dogs, injections, being alone, germs, tests
  - often cries over small things
  - complains about being picked on a lot
- always sees the dangerous or negative side of things

### Strategies to support anxious children

When kids have anxious thoughts or feelings, a common response from the adults in their lives is to step in and solve the problem.

If they're terrified of dogs, it's pretty reasonable to keep them away from the pitbull next door....right?

Well, not really. By helping children avoid scary situations, you're reinforcing and fuelling their [anxiety](#). They're also missing out on opportunities to develop coping skills and prove to themselves they can deal with the [anxious](#) thought or feeling next time it comes up.

### The best thing you can do for your child is to help them learn how to cope with anxiety... Some strategies you could try:

- "Worry Time" where your child can document their worries of the day/time. This could be in words or pictures and written in a little scrap book or on post-its. They can then shut the book or screw them up and physically chuck them in the bin and say goodbye to them at the end of the day. You could (time permitting) address one of their worries later down the track by using the "laddering" technique on the Beyond Blue website-chunking their worry into smaller achievable steps to help them eventually overcome it.

- Having positive sayings hung in your child's room or in a well-read spot (toilet door perhaps) to reinforce positivity.

- Verbalising your own fears or worries and how you are going to cope with the situation e.g. "I've got a very busy day today. I'm a bit scared of not keeping up with my workload so I'm going to write a list of the most important things I need to do today and then if I have any time left over do some of my less important jobs to prepare for the next day."

Slowing down the mind: try 'box breathing' (in for four seconds, out for four) or other slow & deep breathing techniques where the belly expands. This will help reset the nervous system into its calm state and give your child a chance to talk about their worries freely.

Source: <https://healthyfamilies.beyondblue.org.au/age-6-12/mental-health-conditions-in-children/anxiety/strategies->

# Celebrating Reconciliation Week 2021

Danielle and Angel spoke about Reconciliation, what it is and why it is important.

Mia read a story called Respect, written by Auntie Muir.

Classes shared their activities, including speaking in Ngarrindjeri.



BERRI PRIMARY SCHOOL  
YEAR 6 AND 7S

## BINGO AFTERNOON

Help us raise money for our last  
camp in primary school!

**BERRI HOTEL  
JUNE 20TH @ 1:45PM**

*You're guaranteed to have a fun afternoon-  
with plenty of laughs and some yummy cakes  
and slices available for purchase.*

### RAFFLE PRIZES AVAILABLE:

Billabong overnight bag, posters, candle, chocolates, 1hr  
cleaning service, vouchers to many local businesses- Coles, Big  
River Tavern, Pressure Cleaning, Khub, Jodie Lee, Vivaci,  
Sprouts..... and more!

**DONATION  
NEEDED!**  
GIVE A LITTLE. HELP A LOT

Berri Primary School's Year 6/7 are hosting a  
bingo afternoon in Term 2 to raise money for  
their camp.

We are looking for donations of goods and  
services that we can use in a raffle on the day.  
If you own or work in a business that may be  
willing to donate some goods or services it  
would be greatly appreciated.

All donations will be raffled off and all takings  
will go towards the camp.

Drop your items off at Berri Primary School or  
contact us via Seesaw if there are any  
questions.

More information regarding the bingo will be  
released at a later date (SAVE THE DATE- 20th JUNE).

Made with PosterMyNet.com





*South* by Barry Stewart (c) David Boud

Featuring 10 incredible dancers who display "spectacular ... athleticism" (Witness Performance magazine), *South* by **Garry Stewart** is a contemporary dance work full of beauty and power.

Don't miss ADT's *South* at the **Chaffey Theatre** on **18 June at 7:30pm** - tickets available now from the theatre (student discount available).

## Free Workshops with ADT

**Australian Dance Theatre** is offering Renmark dance students the opportunity to learn from their talented ensemble while they are in town.

**Dance students aged 12+** are invited to participate in 1 of 2 **free workshops** being led by ADT dancers **Kimball Wong** and **Zoe Wozniak**, where they will have the chance to learn some choreography from *South*, as well as signature techniques that have made ADT one of our country's most awarded dance companies since its inception in 1965.

**WORKSHOP DATE:** Wednesday 16 June  
**WORKSHOP TIMES:** 4pm and 6:30pm  
**VENUE:** TBC  
**LENGTH:** 1.5 hours  
**COST:** Free

To register to attend, please email:  
[ticketing@adt.org.au](mailto:ticketing@adt.org.au)

Further information (including venue details) will be provided via email following your registration.

Visit [adt.org.au](http://adt.org.au)



(L) Kimball Wong, (R) Zoe Wozniak (c) Josh Geelen

## AUSTRALIAN DANCE THEATRE

Every school should be provided the resources it needs to ensure every child gets the best education, regardless of their background or circumstances.



Join the campaign to make sure public schools are funded properly and fairly, to give every child the opportunity for a bright future.



### Sign

Sign up to add your voice and receive regular updates and information at the [everychooleverychild.org.au](http://everychooleverychild.org.au) website



### Download

Download printable and sharable images and information at [everychooleverychild.org.au/resources](http://everychooleverychild.org.au/resources)



### Share

Share your story using the hashtag **#everychooleverychild**



[everychooleverychild.org.au](http://everychooleverychild.org.au)

Authorised by Susan Hopgood, Federal Secretary, Australian Education Union, 120 Clarendon St, Southbank 3006



## 25 Years Celebration



The Riverland Primary Schools' Music Festival is seeking sponsors for this years' celebration event to be held at the Chaffey Theatre, August 10-12.

Benefits of sponsorship over \$150:

- Business and Company exposure
- Acknowledgement via Facebook and Program
- Acknowledgement on the big screen at the Chaffey during Festival (over \$300)
- 2 free tickets in VIP row (worth \$50)

Please consider how you can support the Arts and Music Programs in our Schools.

For more details and sponsorship forms

- contact your school choir teacher or
- email: [whitehead.j@rivergum.sa.edu.au](mailto:whitehead.j@rivergum.sa.edu.au)