

## Berri Primary School Newsletter

Monday 6th September - Week 8 Term 3

Responsibility Respect Integ

PRINCIPAL: Greg Platt **DEPUTY PRINCIPAL: Maria Rivera GOVERNING COUNCIL CHAIRPERSON: Lisa Empedocles** 11 SULTANA ST - BERRI - SA - 5343 PHONE: 8582 1077 FAX: 8582 3206

#### **CLASS PLACEMENTS FOR 2022**

We will begin the process of placing students for 2022 in the near future. Parents who wish to provide input into the placement of their child can collect a proforma from the office. Educational and social grounds will be considered with the needs of the school. Be aware that requests may not be able to be met. Requests for specific teachers will not be considered.

Requests need to be returned to the Front Office by Friday 24th September 2021 (last day of Term 3) as we will begin class placements in week 1 of term 4. If your child will not be attending Berri Primary School in 2022 please let the Front Office staff know as this will help us when getting 2022 classes ready.

#### FESTIVAL OF MUSIC

I would like to take the opportunity to thank Karyn Clarke, Sue Press and Mai Schloithe for the many hours of preparation they put into making this years Festival of Music performance such a great success. The choir looked great, sang even better and the dance group were spectacular. Lots of very proud families and teachers in the audience.

#### SPORTS DAY

Even though this could change, at the moment parents will be allowed to attend sports day on Thursday 23 September Week 10. Masks will not be required however, social distancing and QR check ins are a must.

#### **IMPORTANT DATES**

2:15pm DISMISSAL		
END OF TERM 3	Fri 24 Sept	WEEK 10
SPORTS DAY	Thurs 23 Sept	WEEK 10
ASSEMBLY 2:30pm	Fri 17th Sept	WEEK 9
BOOK FAIR	Mon to Thurs	WEEK 9
GOVENING COUNCIL	Mon 6th Sept	WEEK 8

Mon 11 Oct

WEEK 1

#### Greg

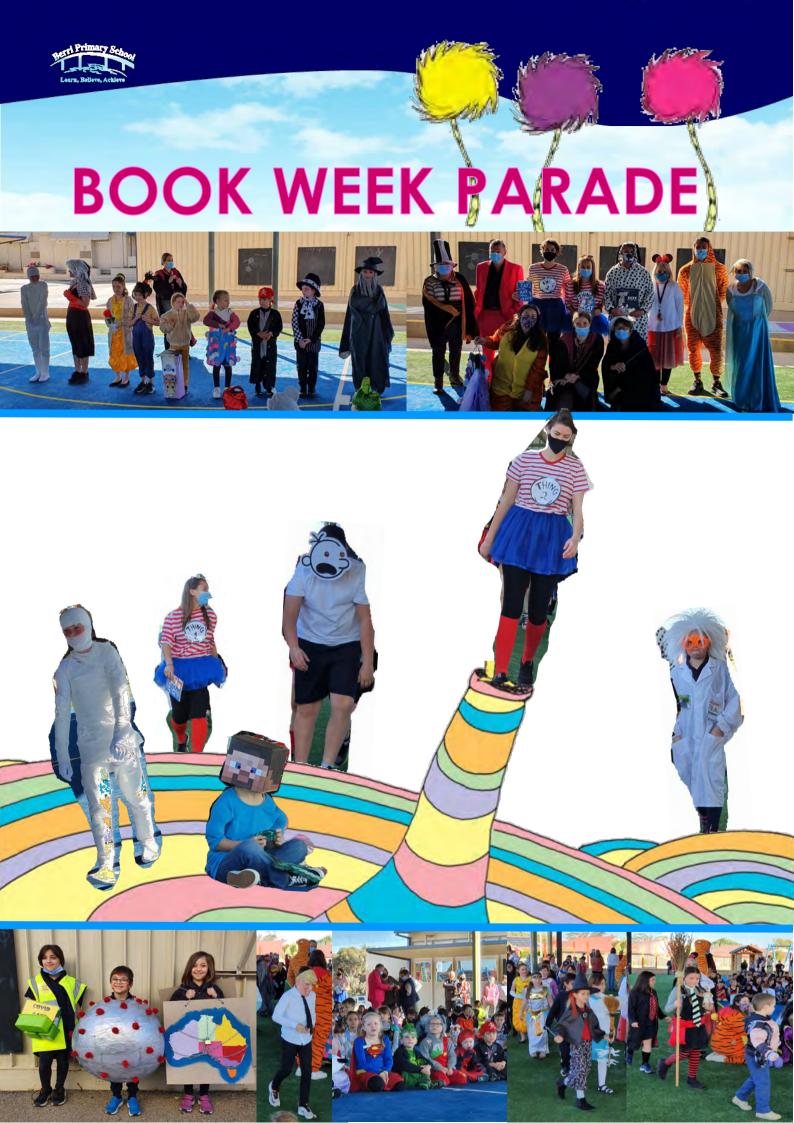






TERM 4 BEGINS









# Song Birds



What a night at the choir! We are always immensely proud of our students and school community, but we always forget how well our students (and staff) do to prepare for these nights. A big congratulations to all the choir members, their families and Mrs Clarke and Sue who not only trained our Berri Primary School choir (for months), but were backstage leading the students into positions, keeping an eye on their wellbeing and encouraging them throughout the whole performance night. Mrs Clarke is also very talented and was in the band over the three nights playing the flute (how amazing!). Our Berri Primary Soloists & compere did a fantastic job and should be proud of how they all rose to the occasion- Shayla, Isabella, Noah and Jarred. Another additional surprise was the Vietnamese dance done by some of our 5/6/7 students with the help of Mrs Schloithe. The group auditioned as an accompanying artist act, worked through lunchtimes in preparation for the performance- and WOW! They were outstanding. Well done to our Berri Primary stars!





## **Aboriginal and Torres Straight Islander NEWS**

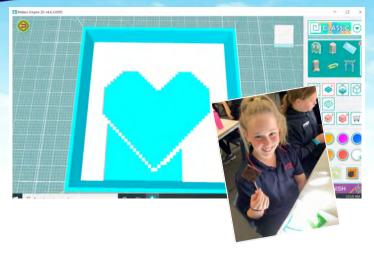




#### The Dreaming

The 'Dreaming' is First Nations peoples' understanding of the world and its creation. Passed from generation to generation through storytelling, the Dreaming shares beliefs that are connected to Country and the natural world. These stories incorporate creation, rules for living, social regulations, ethics and morality. They often feature characters who demonstrate undesirable behaviours, and face consequences because of it.





## Makers Empire and 3D Chocolate Moulds

After working through design tutorials, Room 22 students created chocolate moulds using the Makers Empire 3D design program. The moulds were then printed using the 3D printers. After some problem solving to remove the chocolate from the moulds, everyone enjoyed eating their unique chocolate design.







#### Hello everyone!

This fortnight I thought I'd touch base with some reminders about the importance of attending school regularly and on time as much as is possible. We're seeing some students taking a few days off a month but remember these add up.

One of the biggest setbacks to getting to school on time and being 'Ready to Learn' is **SLEEP**. This is something I find myself discussing with students regularly-some are telling me that they don't fall asleep until 10pm or later?!

#### So why is sleep important?

Healthy sleep is important for both physical and mental health, improving productivity and overall quality of life (Suni, 2020). Everyone can benefit from better sleep (I'm sure most parents will agree), and consistent sleep routines and daily habits can see students succeed at school.

#### How much sleep do we really need?

According to SA Health...

Pre-schoolers need approximately 10 to 13 hours each day Primary School age - 9 to 11 hours are recommended each day

Teenagers - Teenagers' sleep times start to get later (and wake times as well) but they need about 8 to 10 hours sleep each day.

Adults - from 18 years to mid-60s need about 7 to 9 hours sleep each day

#### Top Tips for a Better Night's Sleep:

- Prioritise your sleep-make time for it. Find out how much sleep YOU need (some people respond better to more sleep while others can thrive off slightly less.
- Be active during the day and reduce your activity as you get near to bedtime.
- Avoid using electronics at least 1 hour prior to bedtime.
- Make sure you are comfortable-not too hot or cold- your room is dark and you have prepared yourself for bed.
- If you are worried about something before bedtime, talk to someone (parent) or write down your worries so you can let go of them.

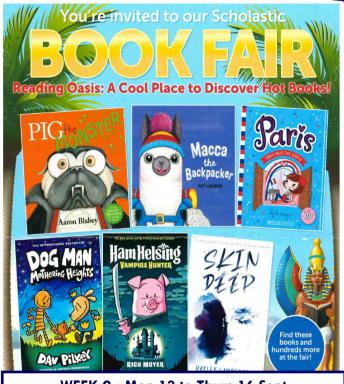
If you can't fall asleep, sit up in the dark, take some deep breaths, get a drink of water or listen to some mediation tracks until you feel sleepy.

If sleep is a reoccurring problem, talk to your GP or family health provider. Remember, if poor sleep habits have been formed, it may take time to change these. Start by reducing your bedtime by 30mins, adjusting your routine before bed, and having some clear family rules about sleep time. Invite your kids to be part of the conversation- they may have some good suggestions that you may not have considered.

If you need any support with setting sleep routines, come and see me for further information.

Happy Sleeping! Mrs Sim

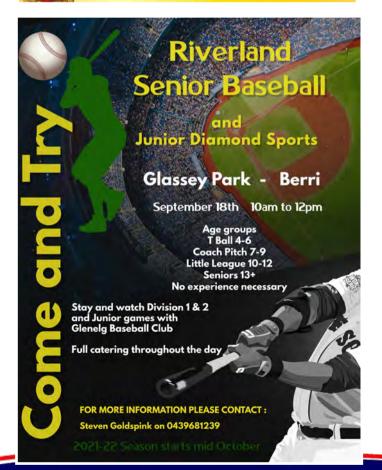




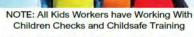
WEEK 9 - Mon 13 to Thurs 16 Sept LIBRARY OPEN 8:15 to 8:45am - 3:15 to 4pm

EVERY PURCHASE YOU MAKE EARNS LEARNING AND LITERACY RESOURCES FOR OUR SCHOOL

₩ SCHOLASTIC









#### BARMERA LITTLE ATHLETICS CLUB 2021 / 2022

Our new season starts with 2 "Come & Try" sessions Term 4, Monday 11<sup>th</sup> and 18<sup>th</sup> October 2021 5.30pm @ Glossop High School – Glossop Campus

Children aged 3 – 17 welcome.

No experience necessary, just a willingness to have fun running, throwing and jumping.

Enquires to Cilla 0418 824264 or check our Facebook site



COVID safe rules will be in play!





#### Tennis Season 2021-22

#### **Team Trials for Riverland Competition**

- Thursday 9 September at 5:00pm
- Sunday 12 September at 4:00pm followed by sausage sizzle

(Senior and Junior trials combined)

Thursday 16 September at 5:00pm

#### Berri Tennis Club

McGilton Rd. Berri

We are looking forward to seeing our tennis families back to an exciting new season and welcome any new to our competition players!

## Languages Alive! Experience the delights of other languages and cultures



Languages Alive! is a program of engaging and interactive language and cultural experiences for R-7 students

Delivered by highly proficient speakers of the relevant language, the program will run during the September/October school holidays.

Workshops will explore a range of languages including Indonesian, Italian and Vietnamese.

- Who
   Reception to Year 7
- When
   8 October 2021
- Where
   Berri Primary School
- Cost
   S10 per day
   School card/Healthcare card holders
   FREE.

Register online by 4 October www.ticketebo.com.au/languagesalive





### "i Can Play Tennis" Match Play Program Only for Y3-6

(Hots Shots schools match play format)







- Transfer Hot Shots tennis lesson skills into match play
- Singles and doubles matches
- Learn how to score
- Fun team environment

Thursday's 4:15-5:15pm at Berri Tennis Club

Information and first hit

Saturday 18th Sept at 9:30am

First match Thursday 23rd Sept at 4:15pm

to register follow the link:

https://forms.gle/uyrYx9gsqgLUCtTz9

Cost: \$55(\$5/game) paid by 3rd game



#### **HOT SHOTS Coaching Program:**

- Learn all tennis strokes technique (Forehand-Backhand-Volley- Serve-Smash)
- Learn tactics for match play
- Learn tennis skills and tennis focused movement patterns from a professional coach to have the best foundation in tennis.
- Fun coaching environment promoting the love of tennis

Starts Friday 8th October - 3rd December '21

Red 3:45-4:30pm (5-8 years)

Orange/Green 4:30-5:30 (8-12 years)

To register follow the link:

https://forms.gle/vGUv4RP9qQxEARXZ8