A warm welcome back to the final term of the 2015 school year. We sincerely hope families had a wonderful and relaxing holiday in readiness for term 4.

**Christian Options Christmas and Easter Message Programs**

In term 2, the community was surveyed as to whether they wished to see East Adelaide School continue offering Christmas and Easter messages to students. This would be a choice for families to make. There was an overwhelming majority of community response for the options to continue. This was taken to Governing Council who further discussed the option prior to taking a vote. The Governing Council voted to continue the Christmas and Easter message program.

This term, all families will receive a note for their child to participate in the one hour Christmas message which will be delivered by members of the local churches’ group in the resource centre.

Vicki Stravinski  
(on behalf of Governing Council)

**Reporting Abuse and Neglect/Volunteer Training**

A new RAN training package has been developed hence the expectation that all volunteers trained prior to term 3 2015 will need to attend updated training in order to be able to volunteer in our school.

The Morialta partnership schools, which East Adelaide is part of, will be facilitating a series of workshops starting term 4 and across 2016 which will be advertised for your convenience. Facilitators of the sessions are personnel from the Parenting SA Association. The final session at our school for this year is on Monday 2 November at 3.30pm in the staffroom. Email Linda if you are interested in attending.

Vicki Stravinski

**Pupil Free Day**

**Monday 23 November**

Contact OSHC for bookings 8362 6585

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**Dates to Remember**

**Monday 19 – Tuesday 20 October**
Narnu Farm Camp – Rooms 25/26

**Tuesday 27 October**
K-R Parent Session 6.30pm

**Wednesday 28 October**
K-R Transition

**Friday 30 October**
9.10am Assembly hosted by rooms 21 and 22

**School Disco**

**Monday 2 November**
3.30pm RAN Training for Volunteers

**Monday 2 – Tuesday 3 November**
Narnu Farm Camp – Rooms 15/16

**Tuesday 3 November**
Governing Council 7.00pm

**Wednesday 4 November**
K-R Transition

**Tuesday 10 November**
School Open Morning

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**WHAT'S INSIDE**

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Committee Meetings

Governing Council
Tuesday 3 November and Tuesday 1 December 7.00pm

Asset and Landscape Committee
Thursday 29 October and 26 November 8.00am

Education Committee
Tuesday 20 October and 17 November 6.30pm

Canteen Committee
Monday 26 October and 23 November 8.00am

Finance Committee
Wednesday 28 October and 25 November 8.00am

Out of School Hours Care Committee
Tuesday 20 October and 17 November 6.30pm

Parents and Friends Committee
Tuesday 20 October and 17 November 6.30pm

Sports Committee
Wednesday 21 October and 18 November 8.00am

Road Crossing Monitors

<table>
<thead>
<tr>
<th>Week 2</th>
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<tbody>
<tr>
<td>8.30 - 8.50am</td>
<td>Lucas R</td>
<td>Jack D</td>
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<tr>
<td>3.10 - 3.30pm</td>
<td>Arpan S</td>
<td>Siddique M</td>
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<tr>
<td>3.10 - 3.30pm</td>
<td>Thomas M</td>
<td>Jude K</td>
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<tr>
<td>8.30 - 8.50am</td>
<td>Erin S-J</td>
<td>Edie P</td>
</tr>
<tr>
<td>3.10 - 3.30pm</td>
<td>Thomas M</td>
<td>Jude K</td>
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Music Evening

Students learning a musical instrument with DECD Instrumental Music Tutors and/or private tutors are invited to showcase their talent at our end of year music evening on Wednesday 2 December 2015. Please advise your tutor if you wish to participate in the evening.

Canteen News

Watch out for our Halloween Special order form coming home next week.

The Canteen is always looking for volunteers so if you have any time to spare, please call in to see Julie or Lisa. They will be happy to see you.

Student Learning and Digital Technologies

BYOD 1:1 Years 5-7

Students are encouraged to have their own device in years 5-7. The only supported devices for use at East Adelaide School at this point in time are ACER and HP devices. Parents have the opportunity to purchase these devices through our East Adelaide School Portal http://eas.ippartners.com.au/portals/eas/home

Disco Friday 30 October

Information has been sent home with students. School disco information and ticket information needs to be returned by Friday 23 October.

Session Times

- Reception and Year 1: 3.45pm to 4.30pm
- Years 2 and 3: 4.45pm to 5.30pm
- Years 4 and 5: 5.45pm to 6.45pm
- Years 6 and 7: 7.00pm to 8.15pm

School Open Morning

Families wishing to enrol children at our school are invited to our Parent Information Morning and School Tour on Tuesday 10 November at 9.30am. Please contact Linda Fehlandt on 8362 1622 or email linda.fehlandt511@schools.sa.edu.au if you are interested in attending.

Save the date

- Friday 13 November: Walkathon
- Thursday 19 November: Volunteer Afternoon Tea
- Wednesday 2 December: Music Evening
- Friday 4 December: Carols Evening
- Wednesday 9 December: Year 7 Graduation

More information about these events will be shared with you in future newsletters.

The parent calendar for term 4 will be emailed home with this newsletter. A printed copy may be collected from the front office.

Updated information on excursions and events will be regularly added to the calendar on our school website www.eas.sa.edu.au

Reminders and events will be shared with the community via our school Konnective app.
Respect  Responsibility  Resilience  Relationships

Wellbeing at East Adelaide School

The whirlwind of term 4 is upon us and the countdown till the end of the year has started! Now is an anxious time for the school community at large with class placements, end of year reports and special celebrations just around the corner. For children, saying goodbye to their class teacher and some of their classmates, or for year 7s – their school, is a daunting prospect.

You can support your child(ren) this term by checking in with them, focusing on their growth as a learner and highlighting positive experiences that they have had over this past year. Whilst this is a sad time for many, it is also a wonderful opportunity to encourage your child’s resilience and sense of optimism about the future.

Monday is the day that I have dedicated to working with classes and individuals. Please email me to arrange a time for yourself or your child. I’m also available for informal chats and consultation Tuesday to Friday in room 8 of the Heysen building. Feel free to pop in anytime.

A great website and free app to try for your child and yourself is Smiling Mind: http://smilingmind.com.au
The site aims to encourage mindfulness – being in the moment and being aware of your feelings. Mindfulness has been linked to developing resilience – the capacity to cope or bounce back from stressful situations.

Practicing mindfulness regularly may increase feelings of:
Health and wellbeing
Attention
Emotional resilience
Empathy and compassion
It might also reduce feelings of stress, something that I’m sure we all could use!

Flinders University has been researching the impact of mindfulness on the community and you can find more information at:

For those of you that have missed previous articles, two other great online resources featured are:
Kids Matter week 7
https://www.kidsmatter.edu.au/
Random Acts of Kindness week 10
https://www.randomactsofkindness.org

Don’t forget to check out the Heysen building noticeboard for articles on fostering your child’s wellbeing. The two latest articles are around increasing good feelings at home and being emotionally available for your child(ren).

Lee Hayes
School Counsellor
Lee.Hayes750@schools.sa.edu.au

News from Pastoral Support

Welcome back everyone!

I hope you have all had a relaxing holiday break and were able to spend some quality time with your friends and families. I hope you are all as excited to see what we can accomplish together as a school this term as I am.

This term, I will be focused on looking at the schools Christmas program with the leadership team, as well as developing some fun end of year lunchtime activities for students to take part in. I am still working in the classrooms to support both teachers and students, as well as working with individual students and families and with students at lunch and recess times.

I am very excited to be heading off to camp with the Year 3 students. I am sure this will be a fun and exciting time for staff, students and parents and provide some great opportunities for learning. I will also be at the upcoming school disco, so feel free to have a chat to me if you see me around.

Remember that I am always here to support all staff, parents, students and families, so if you would like to have a chat with me, feel free to leave a note in my letterbox, located in the front office and I will arrange a time to meet with you. My usual days at the school are Mondays 8am – 4pm and Thursdays 12pm – 4. However, these do occasionally change to meet the needs of the school or outside commitments.

I hope everyone has had a great first week back!
Amy
Pastoral Care Worker

News from OSHC

Over the past couple of weeks we have been working very hard to transfer all data across to our new accounting program. The aim is to improve our management procedures and use more efficient/updated technology to run the OSHC/VAC Program.

If there is anything you are concerned about, please feel free to contact me to discuss this.

Changes you might notice
- Invoices will look different
- Roles look different
- Direct Debits - I will be handing out new forms because we will be using a new system, (approximately 2 weeks from now)

Things you may notice later
- Electronic sign in and out (Ipad or Laptop)
- New Enrolment Process (Optional)
- Bookings- can be completed online (Optional)

We appreciate your understanding and cooperation throughout this time.

Stephanie and the OSHC Team
News from Physical Education

All Physical Education lessons in 2015 have been of 50 minutes duration with the following format:

- Fitness (approx. 10 minutes)
- Skill Development (approx. 25 minutes)
- Minor-Games-modified rules (approx. 10 mins)
- Reflection (approx. 5 minutes)

We have focused on ‘Moving Our Body’ - ‘Understanding Movement’ and ‘Learning Through Movement’, emphasising challenge and adventure activities: fundamental movement skills: games and sports: lifelong physical activities: rhythmic and expressive movement activities

ENJOYMENT—FAIR PLAY—BE ACTIVE—COLLABORATION—LEARNING—FUN

Objectives:

| Participate in games with and without equipment | Identify and describe how their body moves in relation to effort, space, time, and play fairly when participating in physical activities |
| Practise and apply movement concepts and strategies | Examine the benefits of physical activity and physical fitness to health and wellbeing |
| Practise specialised movement skills and apply them in different movement situations | Participate in physical activities designed to enhance fitness, and discuss the impact regular participation can have on health and wellbeing |
| | Apply basic rules and scoring systems, and demonstrate fair play when participating |
| | Participate positively in groups and teams by encouraging others and negotiating roles and responsibilities |

Skills Developed:

- Side-steps/ Skipping/ Lunging---Develop an understanding of using space and height ---Develop hand-eye-feet coordination in dance movements---Shuttle Runs/ Beep Test---Understand how to propel a ball, by hand and foot, accurately towards a target---Understand how to cooperatively work with a partner whilst learning basic skills---Kicking/Catching/Handballing---Develop skills to successfully appreciate and master the use of a football in an AFL environment. Cooperatively use skills with a group of players under specific rules of play.

Activities:

- **Athletics Events**: Develop skills to successfully engage in Athletics events.
  - 100m; 200m; 400m; 800m; High Jump; Long Jump; Discus and Shot Put.
- **Table Tennis**: Develop skills and techniques to successfully engage in Table Tennis activities. Develop partner work and tactics for playing as a team.
- **High Performance Tennis**: ANZ Hot Shots is a learn-through-play tennis coaching program available for children aged 3-12. With smaller courts, lighter racquets and low-compression balls that don’t bounce too high, it makes learning fun and easy for kids!

**Norwood League**

**Norwood Basketball Club**

**Baseball SA**

Parents and caregivers are invited to attend the Governing Council meeting to be held on Tuesday 3 November at 6.45pm for a 15 minute discussion and vote on the recommendation to increase the Materials and Services fees in 2016.
Welcome back everyone! Term 4 should be an extra special one with AMEB music exams coming very soon (good luck to all involved!) and a Musical Evening on Wednesday 2 December.

There are currently a limited number of places available for students wishing to start private instrumental music lessons with Michael Beare at the school this term. Lessons are offered for piano, keyboard, clarinet and saxophone. The yellow enrolment forms are available at the front office, or alternatively please contact Michael on 0403 004 733 or email michaelbeare@adam.com.au for more information.

Parent workshop: Jump-start your Child’s reading

A free parent's workshop exploring everyday activities to improve your child's literacy

Presented by storyteller and puppeteer Sam Harris

Event details
St Peters Library
111 Inkerman Rd, St Peter's
08:30 - 11:00 am, Tuesday 7 October

Talking to Babies & Toddlers – why and how
Monday 9 November 7.30pm

Presenter – Melissa Saliba
To babble or not to babble; to use screens or not to use screens. Find out why babbling, chatting and reading to your little one is essential for them to learn how to talk as well as read, write, socialise and regulate their own emotions. Melissa will provide practical suggestions of how and how often to talk to your child. She will help you learn to recognise different ways and opportunities to engage in baby chatter, and about the many benefits to be gained.

Effective Living Centre

Fun not Fuss with Food
Wednesday 28 October 7.30pm

Nutritionist Peter Hill looks at steps to change behaviour, and provides strategies that cue into natural developmental changes in children, supporting their growing independence and curiosity.

Book online at www.effective-living.org/positive-parenting or via our Facebook page

The wonderful world of toddlers seminar

Parenting SA is providing a free seminar for parents ‘The wonderful world of toddlers’, from 7.15 to 9.00 pm on Wednesday 4 November 2015. The seminar will help you understand more about toddler development and provide practical ways to help them thrive and manage their strong feelings.

Attend in person at the Adelaide Convention Centre, or view the live webcast. To book or access the live webcast, go to Eventbrite.
Grievance Procedure for students at EAS

Step 1: Talk to the person and tell them to stop.

Step 2: Talk to the teacher.

Step 3: Talk to a member of leadership.

Step 4: Talk to your parents so they can talk to your teacher.

Step 5: Parents talk to the leadership team.